

Practical Applications of Mindfulness Strategies to Support Child and Adolescent Mental Health (3-hour version)

Program Description

In this training, participants will identify principles of mindfulness and Mindfulness Based Cognitive Therapy, explore how mindfulness practices impact the brain, and review research findings on the applications of mindfulness therapies with children and adolescents.

Participants will then be introduced to over 30 practical mindfulness activities and 20 resources that clinicians can use in individual and group formats with children and adolescents, targeting depression, anxiety, anger management, and disruptive behaviors. Through experiential exercises and discussion, participants will discover how these mindfulness strategies target problem symptoms. The training will equip participants with a “mindfulness practice toolbox” to enhance their practice with children, adolescents, and their families.

Learning Objectives:

Upon completion of this workshop, participants should be able to:

1. Identify principles of mindfulness based therapies;
2. Describe important aspects of using mindfulness with children vs. adults;
3. Explain mindfulness interventions that target anxiety, depression, anger, and disruptive behaviors;
4. Identify challenges in using mindfulness work with children, and strategies to address these challenges.

Target Audience

This workshop will benefit mental health practitioners, educators, human service professionals, and community advocates interested in this topic.

Contact Hours

3.0 contact hours

Program Agenda

- Introduction to Mindfulness Experiential Exercise—10 minutes
- Defining Mindfulness and Mindfulness Based Cognitive Therapy—15 minutes
- Research Findings on Mindfulness—15 minutes
- Using Mindfulness With Children—10 minutes
- Targeting Specific Mental Health Symptoms in Children—15 minutes
- Mindfulness Activities for Children—60 minutes
 - Overall Concepts
 - Attention to External Environment
 - Experience of the Body
 - Experience of the Mind
- Addressing Challenges in Mindfulness Work with Children and Families—10 minutes

- Mindfulness Resources—30 minutes
- Group Discussion/Questions—15 minutes

Faculty

Amy Levine, MSW, LCSW, is a Clinical Instructor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child welfare and mental health and serves as a faculty member in the field education program. Amy has a practice background in both public and private child welfare services as well as mental health and has worked for a number of years as a child, adolescent, and family therapist. Amy is also a Certified Clinical Supervisor, providing supervision and consultation to Provisionally Licensed Social Workers in North Carolina. Amy's practice and research interests include trauma-informed care, child and adolescent mental health, and the intersection of child welfare and behavioral health services.