

# **Practical Applications of Mindfulness Strategies to Support Child and Adolescent Mental Health**

## **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 35 practical mindfulness activities and 20 resources that clinicians can use in both individual and group formats with children and adolescents, targeting depression, anxiety, anger management, and disruptive behaviors. Through experiential exercises, video clips, 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**

4.0 contact hours (to include two 10 minute breaks)

## **Program Agenda**

9:00-9:15	Introduction to Mindfulness Experiential Exercise
9:15-9:35	Defining Mindfulness and Mindfulness Based Cognitive Therapy
9:35-10:00	Research Findings on Mindfulness
10:00-10:15	Special Considerations In Using Mindfulness With Children
10:15-10:35	Targeting Specific Mental Health Symptoms in Children
10:35-11:40	Mindfulness Activities for Children Overall Concepts Attention to External Environment Experience of the Body Experience of the Mind
11:40-11:55	BREAK
11:55-12:25	MBCT Group Therapy for Anxious Children 12 Session Structure

	Creating a Group
	Engaging with Parents
	Evaluating Effectiveness
12:25-12:40	Addressing Challenges in Mindfulness Work with Children and Families
12:40-1:00	Mindfulness Resources
1:00-1:15	Group Discussion/Questions
1:15	Adjournment

**Faculty**

**Amy Levine, MSW, LCSW**, is a Clinical Assistant Professor 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 worked for 12 years as a child, adolescent, and family therapist. Amy is also a North Carolina Certified Clinical Supervisor, providing supervision and consultation to LCSW-A's in North Carolina. Amy's practice and research interests include trauma-informed models of care, child and adolescent mental health, and the intersection of child welfare and behavioral health services. Amy enjoys providing training on a variety of practice topics and appreciates learning from and further supporting the important work carried out by our human service professionals.