



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

Wednesday, May 24, 2017

1 - 4:15 p.m.

Location:

Cumberland County Partnership for Children  
351 Wagoner Drive  
Ste. 200, Multi-Purpose Room (Rm. 2328)  
Fayetteville, NC 28303

## Target Audience

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

## 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.

## Objectives

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

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

## Agenda

12:30 p.m.	Registration
1 p.m.	Welcome / Introduction Introduction to Mindfulness Experiential Exercise
1:10 p.m.	Defining Mindfulness and Mindfulness Based Cognitive Therapy
1:25 p.m.	Research Findings on Mindfulness
1:40 p.m.	Using Mindfulness With Children
1:50 p.m.	Targeting Specific Mental Health Symptoms in Children
2:05 p.m.	Mindfulness Activities for Children <ul style="list-style-type: none"><li>• Overall Concepts</li><li>• Attention to External Environment</li><li>• Experience of the Body</li><li>• Experience of the Mind</li></ul>
2:50 p.m.	Break
3:05 p.m.	Addressing Challenges in Mindfulness Work with Children and Families
3:15 p.m.	Mindfulness Resources
3:45 p.m.	Group Discussion/Questions
4:15 p.m.	Wrap-up / Adjourn

## Fee

\$65 if registration and payment are postmarked on or before May 18, 2017; \$75 thereafter.

## **Substitutes/Refunds/Transfers**

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

## **Speaker**

**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.

*This presenter is being supported through the partnership between UNC CH, School of Social Work and the NCAHEC.*

## **Credit**

CEU: 0.3

Contact Hours: 3.0

Credit will be awarded to participants who attend 100% of the program.

SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit).

The program will provide 3.0 contact hours (category A) continuing education credit to NC psychologists.

Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.

Southern Regional AHEC is solely responsible for all aspects of the programs.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.



## **Contact(s)**

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Kate Smith, Program Assistant Mental Health CE, SR-AHEC  
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# Registration Form

Form may be duplicated.

**Practical Applications of Mindfulness Strategies to Support**

**Child & Adolescent Mental Health**

CASCE #51894/ MH170524

**Phone:** 910-678-7226 **Fax:** 910-323-0674

**Online:** <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=51894>

**Mail:** SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name \_\_\_\_\_ Last 4 digits of SS# \_\_\_\_\_

Certifications/Degrees \_\_\_\_\_ Specialty Area \_\_\_\_\_ Are you an NCC? \_\_\_\_\_

Employer \_\_\_\_\_ Job Title \_\_\_\_\_

Work Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (work) \_\_\_\_\_ (home) \_\_\_\_\_

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) \_\_\_\_\_ (secondary) \_\_\_\_\_

Do not send email announcements of upcoming SR-AHEC programs.  Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies \_\_\_\_\_

## Payment Information

Check (Make payable to SR-AHEC)

Mastercard / Visa # \_\_\_\_\_ Expiration Date (mm/yy) \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

*The handouts for the program will be provided online through MyCE located on the SR-AHEC website: [www.sr-ahec.org](http://www.sr-ahec.org). Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.*

*For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <http://sr-ahec.org/ContinuingEd/CE.html>*

**Office Use Only:** Check Auth # \_\_\_\_\_ Date \_\_\_\_\_ From \_\_\_\_\_ Amount \$ \_\_\_\_\_

SR-AHEC.org  
1601 Owen Drive • Fayetteville, NC 28304  
(910) 678-7226

Southern Regional  
**AHEC** | Area Health  
Education Center