



# PROFESSIONAL DEVELOPMENT SCHOOL YEAR 2016 -2017

## USING MINDFULNESS PRACTICES WITH SCHOOL-AGED YOUTH

**Audience: Counselors, Psychologists, Special and General Educators, Related Service Providers**

Join bestselling author, psychologist and consultant Dr. Christopher Willard in this half-day workshop on bringing mindfulness to kids, teens and families. Mindfulness is more than just breathing, and so is this workshop. Participants should be prepared for a fun session learning and practicing mindfulness through awareness, movement, games, play, and creative activities for all ages.

This practical workshop will focus on adapting mindfulness for individuals and groups, young and old, in therapeutic, educational, medical and other settings. Special emphasis will be placed on getting young people to buy in, as well as on nurturing mindfulness in their daily lives. Special attention will also be given to harnessing the power of technology and social media.

Learning differences, cultural differences, developmental differences, not to mention settings like classrooms or offices all affect how children learn best, and this workshop explores ways to adapt mindfulness, rather than approach with a one-size fits all approach.

Dr. Willard is the author/co-author of *Growing up Mindful: Christopher Willard; Teaching Mindfulness Skills to Kids and Teens: Willard & Saltzman* and *Child's Mind: Christopher Willard*

Following this training the participants will understand:

- Basic definition of mindfulness
- Simple adaptations of mindfulness practices for youth
- Practices that can be used in clinical and school settings.

## Presenter: Dr. Christopher Willard

Christopher Willard, Psy.D. is a psychologist and educational consultant based in Boston specializing in mindfulness with adolescents and young adults. He has been practicing meditation for over 15 years, and leading workshops internationally on the topic of mindfulness with young people. He currently serves on the board of directors at the Institute for Meditation and Psychotherapy, and the Mindfulness in Education Network. He is the author of *Child's Mind* (2010) *Growing Up Mindful* (2016) and three other books on contemplative practice. He teaches at Harvard Medical School.

## WORKSHOP INFORMATION

### DATE

December 8, 2016

### LOCATION

**Hampton Inn**  
319 Speen Street  
Natick, MA 01760

### TIME

Registration 8:30am  
Workshop 9am - 12pm

### COST

\$90 ACCEPT  
\$70 ACCEPT Team  
\$110 Non-Member  
\$90 Non-Member Team

### EARN

3 participation hours

### CONTACT

Jen Treacy  
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## USING MINDFULNESS PRACTICES WITH SCHOOL-AGED YOUTH

**To Register:** Fax (508.653.0878) or mail this form with check or P.O. payable to ACCEPT Education Collaborative, 220 North Main Street, Suite 201, Natick MA 01760

Name \_\_\_\_\_ Title \_\_\_\_\_ Grade/Level \_\_\_\_\_  
 District \_\_\_\_\_ School \_\_\_\_\_ Work Phone (    ) \_\_\_\_\_  
 E-mail (required) \_\_\_\_\_

Cost per person: \_\_\_ ACCEPT Members \$90    \_\_\_ ACCEPT Members Team\* \$70

ACCEPT Member (please circle your district): Ashland    Dover    Dover/Sherborn    Framingham    Franklin    Holliston    Hopkinton  
Medfield    Medway    Millis    Natick    Needham    Sherborn    South Middlesex Regional Technical    Sudbury    Wellesley

\_\_\_ Non-Members \$110    \_\_\_ Non-Members Team\* \$90

\* A TEAM is three or more participants FROM THE SAME DISTRICT who register AT THE SAME TIME. Price is per registration.

Amount enclosed (personal check) \$ \_\_\_\_\_ Purchase Order # (P.O.) \_\_\_\_\_