

PRACTICAL APPLICATIONS OF *Mindfulness Strategies* TO SUPPORT *Child & Adolescent* MENTAL HEALTH

FEB
10
2022



DESCRIPTION

Join **Amy Levine, MSW, LCSW**, to discover how Mindfulness-Based Cognitive Therapy and principles of mindfulness positively impact the developing brains of children and adolescents. Participants of this seminar will review research findings and receive more than 35 practical mindfulness activities and 20 resources that may immediately be applied to practice with children and adolescents to treat depression and anxiety, as well as help manage anger and reduce disruptive behaviors. Using experiential exercises, video clips, and discussion, participants will be introduced to mindfulness strategies targeting a wide variety of problematic symptoms. The training will equip participants with a “mindfulness practice toolbox” to enhance their practice with children, adolescents, and their families.

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-As in North Carolina. Her 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. She 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.

This presenter is being supported through a partnership between the UNC School of Social Work and the NC AHEC Program.

AUDIENCE

Mental health professionals including substance use counselors, social workers, psychologists, counselors, marriage and family therapists, school counselors, educators, human service professionals, and community advocates interested in this topic.

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 how mindfulness interventions may be applied to reduce anxiety, depression, anger, and disruptive behaviors
- Identify challenges in using mindfulness work with children, and proactive strategies to address potential challenges

LOCATION Join us live via webinar
DATE Thursday, February 10, 2022
CHECK-IN 8:30 am–9:00 am
PROGRAM 9:00 am–1:15 pm

EARLY FEES AVAILABLE THROUGH FEBRUARY 3, 2022

- \$99.00** General Program Fee
- \$85.00** Groups of Five or More (must be from the same agency, registering and paying at the same time)
- \$50.00** Peer Support Specialists (ID may be requested)
- \$50.00** Students (ID may be requested)
- \$50.00** MAHEC Nursing Refresher Students
- FREE** MAHEC Employees (must register to attend)

[CLICK HERE TO REGISTER](#)

CREDITS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **4.0** hours.



NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is responsible for all aspects of their programs. Approved for **4.0** hours.

Psychologists: MAHEC is recognized by the NC Psychology Board as an approved Provider of Category A Continuing Education for NC Licensed Psychologists. Approved for **4.0** hours Category A.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.4** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **4.0** contact hours.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

AGENDA (EST)

- 8:30–9:00** Webinar Check-in
- 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** Adjourn

[CLICK HERE TO REGISTER](#)

REGISTRATION

Early registration deadline: February 3, 2022

Program fees include administrative costs and educational materials. If your registration is received after the early registration deadline, the total fee will be the registration fee + \$15.00. MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

HAVE A QUESTION?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net or 828-257-4728

REGISTRATION INFORMATION

828-257-4475

FAX REGISTRATION

828-257-4768

ONLINE REGISTRATION

www.mahec.net.cpd

EMAIL

registration@mahec.net

MAIL

MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803



Special Services

828-348-3630

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Updated contact information.

Event #66845

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX-____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK COUNTY _____

GENERAL PROGRAM FEE \$99.00 \$114.00 (after 2/3/22)

GROUPS OF FIVE+ \$85.00 \$100.00 (after 2/3/22)
(five or more from the same agency, registering & paying at the same time)

PEER SUPPORT SPECIALISTS* \$50.00 \$65.00 (after 2/3/22)

STUDENTS* \$50.00 \$65.00 (after 2/3/22)

MAHEC NURSING REFRESHER STUDENTS \$50.00 \$65.00 (after 2/3/22)

MAHEC EMPLOYEES FREE (must register to attend)

*Your ID card may be requested in order to qualify for this rate.

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ CODE ON BACK OF CARD _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____