

# Outline

## Unpacking Traumatic Stress for Kids

Hijackers of executive functioning and emotional balance: Anxiety, panic, fear, toxic stress, worry

A Whole Look: Developmental, psychological and neuro-biological lens

Triune Brain: Integrate and engage the three levels

Key functions compromised by stress and trauma

Co-regulation and the power of relationship

Modeling: Mirror neurons and empathy

## Prepare Kids Minds and Bodies for Learning & Play

Special guidelines for a trauma-informed integrative yoga and mindfulness practitioner

Effective exercises for neuroplasticity: Rewiring the young brain

Neurointegration to balance the separate regions of the brain

## Yoga, Mindfulness & Sensory Techniques: Putting It Into Practice

Master application of the 7 senses to any technique for increased self-awareness and connection

Experience 50+ dynamic ready-to-use techniques to address areas of functioning most compromised by traumatic stress in the body:

### Breath

Making best use of our anchor

Pair breathe with movement

Increase motivation through challenge while decreasing resistance

### Embodiment

Support kids in using their internal resources to be strong, grounded and balanced

Movement with intention and purpose

Facilitate self-awareness and insight

### Interoception and Tuning IN

First step to self-advocacy: Help kids notice when their bodies are sending a message

Listen to the "I" within the body

### Focusing

Gain mastery of maintaining and shifting attention

Prioritizing stimuli and information

### Relaxation

Initiate a relaxation response: Soothe the autonomic nervous system

### Kindness & Gratitude

Nurturing compassion for self and others

## Integrate Skills Into Daily Life

Master 15+ seated modifications, partner poses and group games

Build a take-home tool-bag

Recipes for handmade tools and props

Overview of aromatherapy

Tips for working with different strengths, needs, and abilities: Including Autism, ADHD, deaf community, and many more

## Challenges As Opportunities: Responding to Resistance

The Plan versus The Child

Expectations and outcomes

Create a self-care plan

### Valuable Seminar For Professionals

Psychologists • Counselors • Social Workers • Educators  
Occupational Therapists • Occupational Therapy Assistants  
Physical Therapists • Physical Therapists Assistants  
Speech-Language Pathologists • Marriage and Family Therapists  
School Psychologists (NASP) • Other Helping Professional who work with Children

### Live Seminar Schedule

7:30 Check-in/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

# Objectives

1. Interpret trauma from a developmental and psychological perspective.
2. Support how sleep, eating and learning patterns are related to overall better function.
3. Evaluate how yoga and mindfulness exercises rewire the brain to become more connected.
4. Integrate mindfulness techniques to promote more focus, attention and awareness.
5. Establish how soothing the nervous system will promote engagement.
6. Construct effective plans to respond to resistance when sharing yoga and mindfulness with children.
7. Model skills for parents to implement at home for a better bond.

Questions?  
Call customer service at  
800-844-8260

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson-Graf at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call 715-855-8199.

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**Treating Traumatic Stress in Kids:**

Sensory, Yoga & Mindfulness Techniques to Rewire the Young Brain

**Tinley Park, IL**  
Wednesday, September 25, 2019

**Oak Brook, IL**  
Thursday, September 26, 2019

**Northbrook, IL**  
Friday, September 27, 2019

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**Treating Traumatic Stress in Kids:**

Sensory, Yoga & Mindfulness Techniques to Rewire the Young Brain

50+ Dynamic Ready-to-use Techniques to Dig Deep into Challenging Diagnoses and Behaviors:

- ✓ Attention-Deficit Hyperactivity Disorder
- ✓ Oppositional Defiant Disorder
- ✓ Reactive Attachment Disorder
- ✓ Anxiety, intense worry, fear
- ✓ School avoidance
- ✓ Aggression, angry outbursts
- ✓ and more.....

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Details Inside

A Non-Profit Organization Connecting Knowledge with Need Since 1979

# Treating Traumatic Stress in Kids

Anxiety, panic, inattention and stress are at epidemic proportion for our kids and teens, leaving them unable to play, learn and grow. Many kids feel disconnected, lonely, scared, sad and angry, left vulnerable to depression, anxiety, disconnection, and psychological and physiological challenges.

Anxiety and fear are the grand hijackers of kids attention, focus and self-regulation.

In this highly experiential seminar, we will **dig deep** into the most challenging diagnoses and behaviors including:

- Attention-Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder (ODD)
- Reactive Attachment Disorder
- Anxiety, intense worry, fear
- Sleeplessness
- Tantrums
- Aggression and angry outbursts
- Withdrawal
- School-avoidance
- Impulsivity
- Risk taking behaviors
- and more . . .

This integrative approach to yoga and mindfulness includes:

- Sensory integration activities
- Co-regulation mastery
- Aromatherapy
- Chair-based exercises
- Cognitive behavioral approaches
- Sensorimotor modalities

Come experience each activity, gain specific language for how to modify it for kids, and discover how to weave it into your existing practice.

## Speaker . . . . .

Victoria Grinman, LICSW, is a psychotherapist, educator and activist with many years of experience supporting individuals of all ages and differences in life perspectives, and their families. She is the owner of Growing Kind Minds, a private practice and community resource, and a faculty member of Boston College School of Social Work. Victoria holds a BA in social work and psychology from Adelphi University and a MSW from Columbia University School of Social Work. She is a Certified Family Trauma Professional, a trained yoga and mindfulness instructor to children and adolescents through Little Flower Yoga, and a certified aromatherapist through New York Institute of Aromatherapy. Victoria was a proud faculty member of Columbia School of Social Work and Adelphi University, and is a doctoral candidate and researcher at Adelphi University, with research focus on parenting, Autism and posttraumatic growth.

Victoria has extensive experience providing individual, group and family therapeutic services to kids and teens, utilizing an integrative approach that is informed by theory, and grounded in a holistic and strengths-based perspective. She has been invited to be a speaker at universities, organizations and community groups on topics that span the areas of yoga and mindfulness, play therapy, neuropsychology education, emotional literacy, education, clinical practice, disabilities, trauma and autism; and provides consultations in program development, and social-emotional curriculum building and implementation. Victoria participates annually in national and international conferences, speaking on trauma and post-traumatic growth.

Victoria enthusiastically looks for new ways to facilitate and promote resilience, empathy and wellness. She is excited to be a part of the process of sharing tools and meeting people in interdisciplinary realms with like goals.

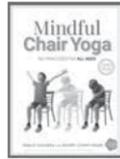
### Speaker Disclosures:

Financial: Victoria Grinman is an adjunct professor for Adelphi University. She has an employment relationship with The Summit School and New York Therapy Placement Services. She receives a speaking honorarium from PESI, Inc. Non-financial: Victoria Grinman has no relevant non-financial relationships to disclose.



This course counts toward the educational hours required for certification as a Certified Child & Adolescent Trauma Professional (CATP). Visit [traumapro.net](http://traumapro.net) for the full certification requirements.

**\*SAVE by including these products with your seminar registration!**

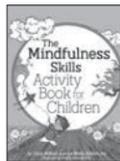


### Mindful Chair Yoga Card Deck

50+ Practices for All Ages

By Jennifer Cohen Harper, MA, E-RYT and Mayuri Breen Gonzalez

Mindful Chair Yoga is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.



### The Mindfulness Skills Activity Book for Children

By Mitch R. Abblett, Ph.D. and Christopher Willard, Psy.D.

Dozens of games, puzzles, and exercises to build calm & beat stress! *The Mindfulness Activity Book for Children* gives you the resources to help the children in your classroom, office or home learn and hone the crucial skills of mindfulness - for getting on top of stress and doing their daily best! Written by two psychologists with decades of experience working with kids, families and mindfulness, these fun, easy-to-learn and creative activities are awesome for all school-aged kids, whether they are newbies to mindfulness or not!

### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



### Seminar on DVD or CD Package:

You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**



## Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**ILLINOIS EDUCATORS:** 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University.

**INDIANA EDUCATORS:** 6.0 Professional Growth Points are available for full attendance at this seminar per the Indiana Department of Education standards.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**ILLINOIS MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

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**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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**SOCIAL WORKERS:** PESI, Inc. #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



**ILLINOIS SOCIAL WORKERS:** PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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### WALK-INS

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**\$229.99** standard

**\$20.00** IL ISBE Certificate Processing Fee  
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**\$19.99\*** *Mindful Chair Yoga Card Deck*

**\$19.99\*** *The Mindfulness Skills Activity Book for Children* book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA053115)

\_\_\_ **Mindful Chair Yoga Card Deck\*** \$19.99 (PUB085920)

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CE hours and approvals on products may differ from live CE approvals.

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