

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

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 mggraf@pesi.com or call 715-855-8199.

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

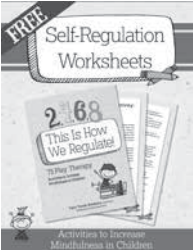
11:50-1:00 Lunch (on your own)

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.

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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

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.


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Mindful Chair Yoga Card Deck
50+ Practices for All Ages

By Jennifer Cohen Harper, MA, E-RCYT 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!

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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.



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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 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.

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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.

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- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$229.99** standard

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This course counts toward the educational hours required for certification as a Certified Child & Adolescent Trauma Professional (CATP).

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