

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 Therapist 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.....

- Interpret trauma from a developmental and psychological perspective.
- Support how sleep, eating and learning patterns are related to overall better function.
- Evaluate how yoga and mindfulness exercises rewire the brain to become more connected.
- Integrate mindfulness techniques to promote more focus, attention and awareness.
- Establish how soothing the nervous system will promote engagement.
- Construct effective plans to respond to resistance when sharing yoga and mindfulness with children.
- 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.

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Treating Traumatic Stress in Kids:

Sensory, Yoga & Mindfulness Techniques to Rewire the Young Brain

Parsippany, NJ
Wednesday, October 23, 2019

Edison, NJ
Thursday, October 24, 2019

Toms River, NJ
Friday, October 25, 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.

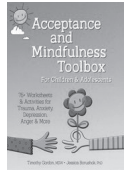
Speaker Disclosures:
Financial: Victoria Grinman is an adjunct professor for Adelphi University. She has an employment relationship with The Summit School and New York Therapy Placement Services. She receives a speaking honorarium from PESI, Inc.
Non-financial: Victoria Grinman has no relevant non-financial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



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

Visit traumapro.net for the full certification requirements.

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



Acceptance and Mindfulness Toolbox for Children and Adolescents 75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More

By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D.

The *Acceptance and Mindfulness Toolbox for Children & Adolescents* gives you the resources to help the children and adolescents better manage their behaviors and emotions. After years of clinical experience using these practical, evidence-based tools with young clients, the authors have put together **over 75 worksheets, activities, exercises, and scripts** to engage kids and keep therapy moving forward.



Dragon Warriors Stories, Worksheets & Therapeutic Tools to Overcome Childhood Anxiety

By Dawn Depasquale, MA, LMHC

With heart-warming stories featuring delightfully illustrated dragons, this workbook leads children and the people who love them through even the most trying anxiety episodes. As each dragon's anxiety story is told, children are guided through solutions and strategies for the dragon, which helps their skills for dealing with their own anxiety.

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.



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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 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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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.

New Jersey Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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

New Jersey Educators, Administrators & Education Services Personnel: This activity will offer 6.0 Actual Professional Development Hours. PESI, Inc., powered by MEDS-PDN, is a registered New Jersey Professional Development Provider with the NJ Dept of Education.

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.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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.

New Jersey Physical Therapists & Physical Therapist Assistants: This course has been approved by the New Jersey Board of Physical Therapy Examiners for 6.25 credits. Board Course Number: 1902-55.

Psychologists/School Psychologists: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

Psychologists: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.



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.

Speech-Language Pathologists: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

Speech-Language Pathologists only: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologists and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

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.

New Jersey Social Workers: Treating Traumatic Stress in Kids: Sensory, Yoga & Mindfulness Techniques to Rewire the Young Brain, Course #1981, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 09/21/2018 - 09/21/2020. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

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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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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