

Teaching Mindfulness to Trauma-Impacted Youth

This 6-hour training builds upon the previous half-day training and is geared more toward clinical/direct service staff as we will delve deeper into what mindfulness is on an experiential level and how to and how not to teach it to trauma-impacted youth with actual practice in session. The mindfulness logic model and relational mindfulness will also be explored more deeply, along with how to work with resistant youth and still promote mindfulness practices and principles. This session is a mix between didactic, experiential, and process elements of learning with a heavy emphasis on experiential learning.

Learning Objectives:

- Demonstrate how to teach at least 4 mindfulness meditations
- Demonstrate how to teach informal mindfulness (mindfulness beyond meditation)
- Review the logic model for why mindfulness is a plausible intervention for substance abusing, trauma-impacted youth
- Discuss the need for relational mindfulness
- Present at least 4 concrete skills that promote relational mindfulness
- Discuss what resistance is and how to work with it within a trauma-informed, cultural competency lens

Important Continuing Education Information

This course is provided free of charge. Unless otherwise noted, all activities included within the course are eligible for CEU/CEH credit. For those attendees that successfully complete the course, a completion certificate will be provided at the conclusion of the course or within 30 days via mail/email.

San Mateo County Behavioral Health & Recovery Services is approved to provide the following:

- This course meets the qualifications for 3.5 hours of continuing Education credits for LMFTs, LCSWs, and LPCCs as required by the California Board of Behavioral Sciences. CAMFT CE Provider # 128414
- Provider approved by the California Board of Registered Nursing, Provider Number CEP1405, for 3.5 hours.
- Provider approved by CCAPP-EI, Provider Number 4C-06-400-1119 for 3.5 CEH's.

**Monday, November 4th
2019**

Facilitated by Sam Himelstein, PhD
Founder, Psychologist,
Center for Adolescent Studies, Inc.

9 am – 4 pm

Sign-in begins at 8:30 am

About the Facilitator

Dr. Sam Himelstein is a licensed psychologist, public speaker, author, and researcher.

He currently works as a Chemical Dependency Psychologist at Kaiser Permanente with teens and their families, in private practice in Oakland, CA, and research the efficacy of mindfulness-based interventions with incarcerated and underserved adolescent populations. He has authored multiple scholarly journal articles and two books and loves to travel the country speaking at conferences and conducting professional trainings.

Dr. Himelstein is the founder and president of the Center for Adolescent Studies, Inc., a professional training institute for adults working with teens which offers online and in-person trainings on mindfulness, trauma, substance abuse, and other topics that young people struggle with. His mission is to help professionals from multiple disciplines create authentic, healing relationships with the adolescents they work with