

Mindfulness As An Intervention

June 24, 2019 9:00 - 4:30

Registration at 8:30 am

Wedgewood Center

4584 W. Jacquelyn Ave, Fresno CA 93722

6.0 hours of CEUs: 1 hour lunch break and two 15 minute breaks will not be counted toward CE time awarded.

Mindfulness as an intervention for clinical populations has garnered tremendous research support over the last four decades. Using mindfulness with populations impacted by trauma, let alone youth impacted by trauma, however, is a field still in its infancy. In this daylong training, participants will learn how to define mindfulness in an innovative and relevant way with youth, how to practice mindfulness and other concrete interventions within a trauma-informed lens, and how to foster interpersonal safety and create authentic relationships that promote receptivity.

Learning Objectives:

- **DEFINE** mindfulness using metaphor that youth are receptive to
- **IDENTIFY** at least 2 therapist/facilitator qualities necessary for promoting interpersonal safety from a trauma-informed framework
- **LEARN** 3 mindfulness meditation techniques for use with clients.
- **NAME** 4 concrete motivational interviewing skills
- **IDENTIFY** 3 strategies for teaching mindfulness to youth impacted by trauma.

Sam Himmelstein, Ph.D., is a Licensed Psychologist specializing in working with juvenile justice-involved youth, addiction, and trauma. He travels the country speaking at conferences and conducting professional trainings and is the president of the Center for Adolescent Studies. He is passionate about training professionals from multiple disciplines in creating authentic, healing relationships with adolescents that contribute to positive outcomes. A formerly incarcerated youth himself, Dr. Himmelstein was privileged to change his life from a path of drugs, violence, crime, and self-destruction to that of healing and transformation. His mission is to help young people become aware of the power of self-awareness and transformation, and train professionals with similar interests.



Comprehensive Youth Services (Provider #134659) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, and LPCCs. Comprehensive Youth Services maintains responsibility for the program and all its content.

Target Audience

This course is designed for all levels of mental health professionals.

Cost

\$125 per person (lunch included)

\$110 per person (4 or more from same agency)

\$20 CEU fee

Register by June 18, 2019

Visit our [Eventbrite page](#) or contact us at cys@cysfresno.org. If you would like to pay via purchase order, please contact us at cys@cysfresno.org.

Refund/Cancellation

To receive a refund, cancellations must be submitted in writing 5 days prior to event. Substitutions should be submitted in writing prior to event. Cancellations received less than 5 days prior to event will not receive a refund.

Accommodations

To request accommodations for special needs, please email the Program Administrator at jnielson@cysfresno.org.

Grievances

To obtain the grievance policy or report a grievance please email jnielson@cysfresno.org or call (559) 229-3561.

Certificates

Course Completion certificates will be awarded at the end of the course in exchange for a completed evaluation form.

Course meets the qualifications for 6.0 hours of continuing education credit for LMFTs, LCSWs, and LPCCs as required by the California Board of Behavioral Sciences.