

Growing Mindful: Encouraging Compassion and Connection in Children & Teens

Friday, November 6 - Sunday, November 8, 2015

Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Barre Center for Buddhist Studies

149 Lockwood Rd.

Barre, MA 01005

ph. 978-355-2347 ext. 10

www.bcbsdharma.org

Program description

As our own practice blossoms, more of us are seeking ways to share mindfulness with the young people in our lives to prepare them for a world that is often less than compassionate. We cannot always protect them from the suffering of life, but we can offer them the lifelong gift of mindful awareness to ease their way through their lives. We know that mindfulness builds resilience for dealing with life's challenges from childhood onward, helping cultivate emotional, cognitive and spiritual intelligence in place of stress, confusion and distraction. Participants should be prepared for an active workshop to participate in a variety of creative mindfulness practices, including sensory, movement, play, and artistic activities. We will discuss the history as well as the science behind meditation and mindfulness, practice both formal and informal techniques for all ages and minds, while learning from each other's experiences with building mindful communities. This program is designed for both parents and professionals who plan to bring mindfulness awareness in the lives of young people.

Preliminary schedule (subject to change)

- Friday
 - o 4:00 Registration
 - o 6:00 Dinner
 - o 7:30 – 9:00 Course Opening/Introductory Session
- Saturday
 - o 6:30 Wake-up Bell
 - o 7:00 - 7:30 Group Sitting Practice
 - o 7:30 - 8:00 Breakfast
 - o 9:00 – Noon Morning Session
 - o Noon - 12:30 Lunch
 - o 2:00 - 5:00 Afternoon Session
 - o 5:00 - 5:30 Dinner
 - o 7:00 – 9:00 Evening Session

- Sunday
 - o 6:30 Wake-up Bell
 - o 7:00 - 7:30 Group Sitting Practice
 - o 7:30 - 8:00 Breakfast
 - o 9:00 – Noon Closing Talk/Morning Session
 - o Noon Lunch

Goals & Learning Objectives

1. Learn basic definitions of mindfulness and meditation.
2. Learn contemplative practices that can be taught to children and teens.
3. Learn ways to engage young people in contemplative practices.
4. Learn times and ways to integrate mindfulness into daily lives of young people.
5. Describe research backing mindfulness and mental health.
6. Discuss importance of integrating mindfulness into life for self care of adults.

- This course is suitable for beginner, intermediate and experienced meditators and practitioners.
- The target audience for this course: teachers, educators, parents, child professionals.

Faculty

Christopher Willard (Psy. D.) is a psychologist, psychotherapist and educational consultant in the Boston area specializing in mindfulness-based treatment of adolescents and young adults. He has been practicing meditation for over 15 years, and now regularly leads workshops around the world. He currently serves on the board of directors at the Institute for Meditation and Psychotherapy, where he teaches in the core faculty. He is most recently the author of *Child's Mind*, a book on teaching mindfulness practices to children and adolescents.

Continuing Education

Psychologists: *The Institute for Meditation and Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers **12** hours of credit.*

Social Workers: *“This program has been approved for **12** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 70912.”*

Register at www.bcbsdharma.org or by calling 978-355-2347 ext. 10.

Fee: \$198/\$250/\$300 (entire program, including accommodations and meals; donation to teacher customary but not required, plus \$25 processing fee for CEUs.)

Location: Barre Center for Buddhist Studies (directions at www.bcbsdharma.org)