






Today's Outline

- 1) Lion Mind
- 2) Window of Tolerance
- 3) Relational Mindfulness
- Q&A
- How to get your certificate from this webinar

Disclaimer: *I'll move fast but this WILL be recorded*

Lion Mind

What is Mindfulness?



Mindful Breathing (Meditation)



4 Mindfulness Myths

"I can't practice mindfulness because..."

1. "I can't meditate."
2. "I can't calm down."
3. "I can't clear my thoughts."
4. "Meditation is the only way to practice mindfulness"

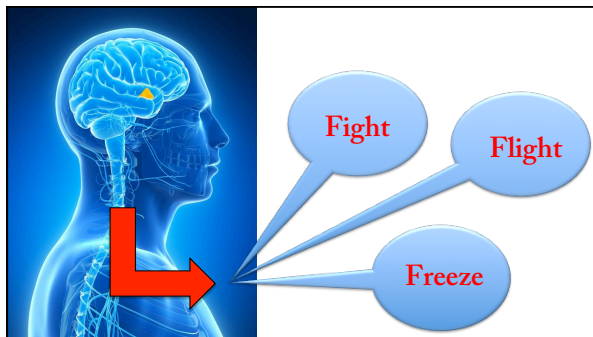
What if mindfulness "doesn't work?"

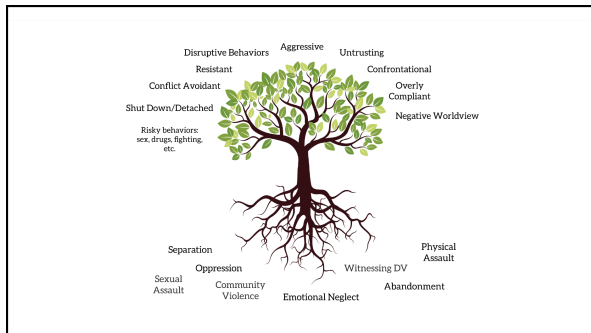


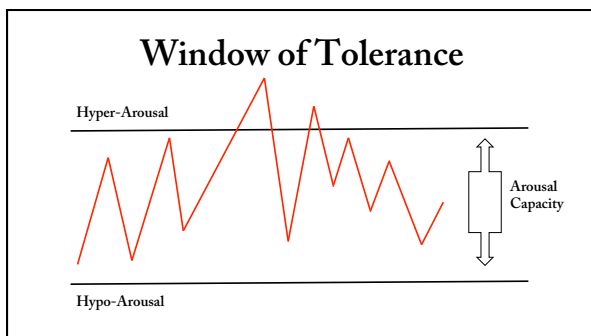
- Difficulty staying present
- Fluster of thoughts
- Feeling difficult emotions
- Full blown triggering of the autonomic nervous system

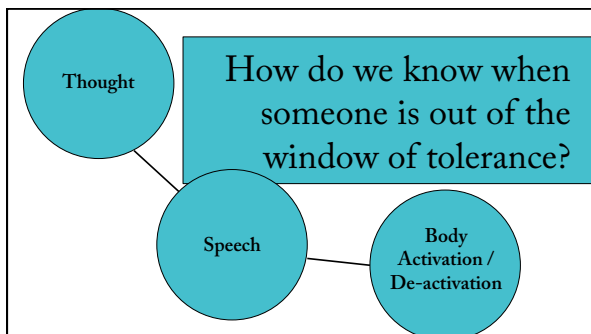












Simple Orienting Practice

- 3 things you see
- 2 things you hear
- 1 thing you feel



Mindful Breathing Beyond Meditation

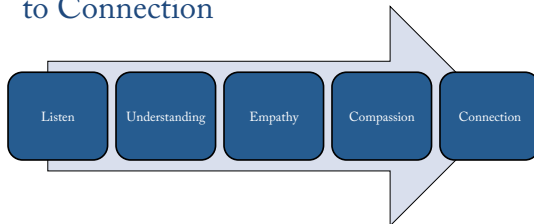
- T.** Take a breath
- A.** Acknowledge “**TAP-In**”
- P.** Proceed

Relational Mindfulness

The “Bedrock” of Trauma-Informed Care, whether your just starting out or have been in the field 25 years...

I am the Executive Director for an organization that brings trauma-informed, mindfulness-based, social emotional learning curriculum to schools in a large urban school district. I have over 25 years of experience working with at-risk youth, my dissertation for my Ph.D. was on at-risk youth, and I taught at the University level for over a decade working with teachers. I have a post-doctoral certification in trauma counseling and, Dr. Himmelstein's trauma courses were the best and most informative courses I have ever taken on this topic. I learned a TREMENDOUS amount from Dr. Himmelstein's course content, from his life experience that he shares, and more importantly how to connect with traumatized youth to build authentic relationships. The courses are extremely well-organized, incredibly thought-provoking, filled with relevant materials, and extremely practical when working with students or youth with trauma histories. I now consider Dr. Himmelstein one of my greatest mentors, and strongly believe that anyone working with youth who have experienced trauma must take these courses. I cannot recommend any course I have ever taken with more conviction and passion. Let's put it this way: if you work with traumatized youth and don't take Dr. Himmelstein's courses, you are missing some of the most critical information you need to connect with the youth you serve.

How Listening Leads to Connection

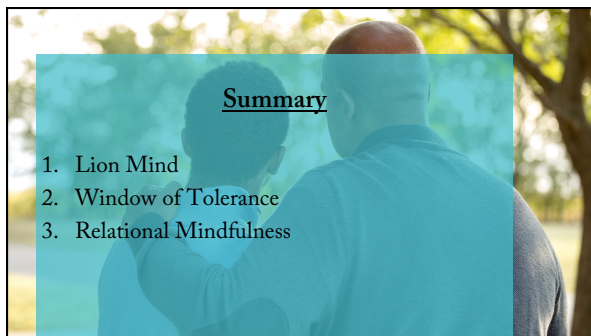


Skillful Self-Disclosure

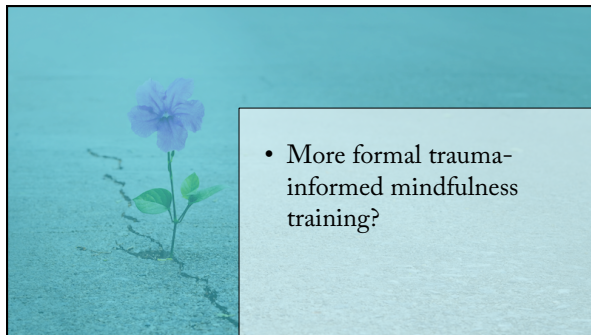
1. Use to humanize the self
2. Boundaries are important
3. What does “skillful” mean?

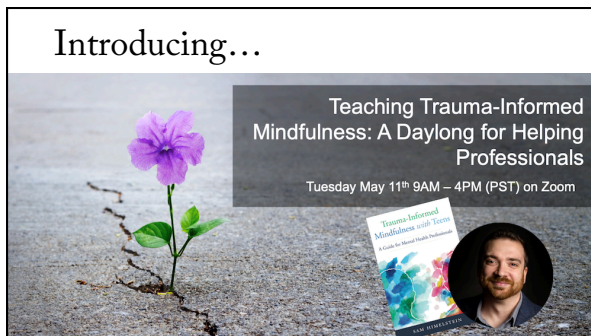













Training Details

- May 11th 9AM – 4PM (PST) all on Zoom
- Certificate of Completion
- 5.5 CEs
- Recorded for LIFETIME access!!!
- Training Cost:
 - ~~– \$197~~
 - \$167 by next Tuesday at 11:59pm PST



<https://courses.centerforadolescentstudies.com/product/trauma-informed-mindfulness-daylong-05-11-21/>

Getting Certificate for
this training