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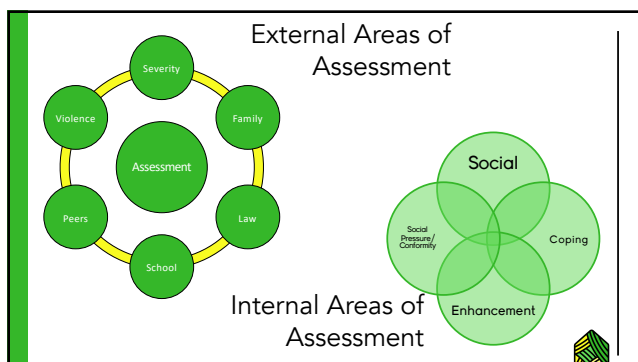
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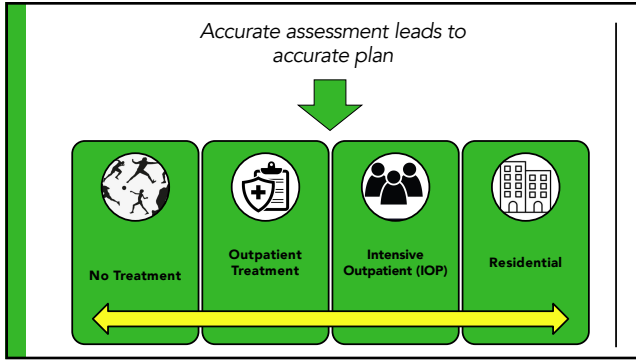
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- Assessment Tools for Providers**
(non-exhaustive)
- Screening Tools:**
- **CRAFFT** (*car, relax, alone, forget, friends/family, trouble*)
 - MAYSI-2 (Massachusetts Youth Screening Instrument)
- Assessment Tools:**
- DMQ-R (Drinking Motives Questionnaire – Revised)
 - SASSI-A3 (Substance Abuse Subtle Screening Inventory)
 - CANS (Child and Adolescent Needs and Strengths)
 - BASC-3 (Behavior Assessment System for Children)

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12

What is Mindfulness?



13

Mindful Breathing (Meditation)



14

Mindfulness Beyond

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



15



16

The "Bedrock" of this work, 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. Himelstein's trauma courses were the best and most informative courses I have ever taken on this topic. I learned a TREMENDOUS amount from Dr. Himelstein'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. Himelstein 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. Himelstein's courses, you are missing some of the most critical information you need to connect with the youth you serve.

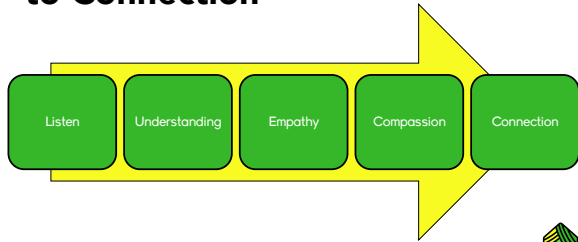
17

Deep / Reflective Listening

"Deep listening is the type of listening that can help relieve the suffering of the other person. You can call it compassionate listening. You listen with only one purpose. Help him or her empty his or her heart..."

18

How Listening Leads to Connection



19

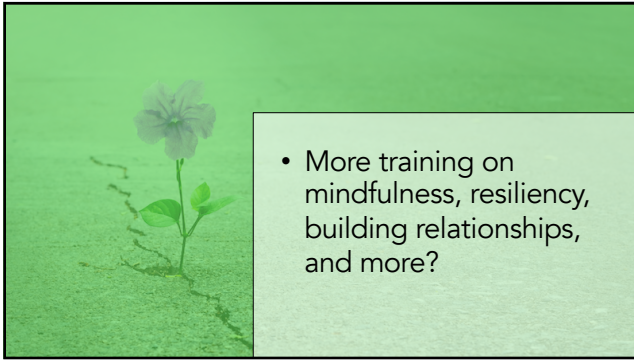
Skillful Self-Disclosure

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

20

Q&A

21



22



23

Resilience Training Community for Helping Professionals

- 4 FREE self-paced courses!

<p>COURSE 1 Introduction to Compassion as a...</p> <p>100% Completed Last activity on May 12, 2020 Enrolled on May 12, 2020</p>	<p>COURSE 2 Resilience and Self-Care Basics for Helping Professionals</p> <p>100% Completed Last activity on April 7, 2020 Enrolled on April 7, 2020</p>	<p>COURSE 3 Teaching Mindfulness To Teens</p> <p>100% Completed Last activity on March 19, 2019 Enrolled on August 9, 2018</p>	<p>COURSE 4 Trauma Basics for Youth Workers</p> <p>100% Completed Last activity on April 22, 2020 Enrolled on January 6, 2020</p>
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24

Resilience Community Cont'd

- 4 FREE self-paced courses
- 1 monthly LIVE zoom call (1st on Nov 4th @ 10am PST)
- Weekly 15 minute LIVE meditation
- Discounts on paid courses
- And more!!!!
- It's FREE!
- We want 1000 members by end of 2022!

25

Getting Certificate for this training



26