

# Mindfulness with Children and Youth in Community and School Settings

**Diane R. Gehart, Ph.D.**



Diane Gehart, Ph.D., is a professor in the Counseling and Marriage and Family Therapy Program at California State University, Northridge and has a private practice in Agoura Hills, CA.

She has developed mindfulness programs for use in school, university, and private-practice settings. She has authored several books, including *Mindfulness and Acceptance in Couple and Family Therapy*, *Theory and Treatment Planning in Counseling and Psychotherapy*, *Mastering Competencies in Family Therapy*, and co-edited *Collaborative Therapy: Relationships and Conversations that Make a Difference*. You can learn more about her at [www.dianegehart.com](http://www.dianegehart.com), [www.mindfulschool.net](http://www.mindfulschool.net), and [www.masteringcompetencies.com](http://www.masteringcompetencies.com) and on YouTube.

#### For more information:

The IUP Center for Creativity and Change is affiliated with the Department of Counseling (CACREP-accredited). To find out more or to email the Center, please see: [creativity-coun@iup.edu](mailto:creativity-coun@iup.edu)  
<http://www.iup.edu/counseling/centers>  
412-824-1999/724-357-2306  
Dr. John McCarthy, Director

**Friday, March 1, 2019**

8:30am to 3:15pm

**Westmoreland Intermediate Unit 7**

102 Equity Drive, Greensburg PA 15601

### Learning Objectives

By the conclusion of the workshop, participants will be able to:

1. Choose an appropriate mindfulness-based curriculum for agency/practice- or school-based settings.
2. Introduce basic mindfulness and related skills to K-12 youth.
3. Conduct a mindfulness exercise with children and youth.

The IUP Center for Creativity and Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4060. Programs that do not qualify for NBCC credit are clearly identified. The Center is solely responsible for all aspects of the programs.



## Tentative Agenda

8:30-10:00am: **Introduction to Mindfulness**

- Defining mindfulness
- Neurobiology of mindfulness
- Review of the evidence

10:00-10:15am: Break

10:15-11:45am: **Mindfulness with children, teens, and families for ADHD/ADD, trauma, depression, and anxiety**

**Mindfulness in schools to improve academic and behavioral outcomes**

**Guidelines for developing group programs**

11:45-1:00pm: Lunch

1:00-2:00pm: **Mindfulness group curriculum**

- Overview of 8-week group curriculum for children and youth
- Practical mindfulness exercises with children and youth

2:00-2:15pm: Break

2:15-3:15pm: **Mindfulness, agency/school culture, and self-care**

- Group facilitator training
- Using mindfulness with agency and/or school staff
- Mindfulness for counselor self-care

## WORKSHOP LOCATION

### Westmoreland Intermediate Unit 7

102 Equity Drive, Greensburg PA 15601

Free on-site parking

## REGISTRATION INFORMATION

Type of Registration	Early Registration on/by Jan 24	Regular Registration
Professional	\$119	\$169
*Professional (Group Rate)	\$109	\$159
IUP Alumni	\$109	\$159
Student/ IUP Staff	\$25	\$59

Early registration is encouraged, as an insufficient number of registrations could prompt the cancellation of a workshop. Cancellations or modifications to program may also be made in the case of inclement weather, illness, or other unanticipated events.

\* Group discount rate applies to three or more registrants from the same professional organization, agency, or school.

**Please note:**

A certificate of attendance will be provided at the conclusion of the workshop for participants who are in full attendance and submit a workshop evaluation. Full attendance is required for those requesting an NBCC or student certificate; partial credit will not be given for partial attendance.

Early registration: Payments must be received in person, by phone, or postmarked on/by **Thurs, Jan 24, 2019.**

## REFUND POLICY

Withdrawal requests must be made by calling the IUP Research Institute at 724-357-2223.

Center policies may be obtained by request by contacting Dr. John McCarthy at [john.mccarthy@iup.edu](mailto:john.mccarthy@iup.edu)

Refunds are offered on the following basis:

	Withdrawal 6+ Days Before Event	Withdrawal 1-5 Days Before Event	Withdrawal Day of Event
Professional/Alumni	Full refund	Full refund minus \$25 administrative fee	No refund
Student/IUP Staff	Full refund	Full refund minus \$10 administrative fee	No refund

**For more details, or to be added to the Center for Creativity and Change email list, please visit:  
[www.iup.edu/counseling/centers/](http://www.iup.edu/counseling/centers/)**

**Registration Form**

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102 Equity Drive, Greensburg PA 15601

**Register by phone:** Individuals can register by calling 724-357-2223.

**Register by mail:** Individuals and groups can mail a check or money order (payable to "IUP Research Institute/CCC") with the completed registration form to:

IUP Research Institute  
1179 Grant Street, Suite #1  
Indiana, PA 15701

**Early Registration Deadline: Thursday, January 24, 2019**

Payments must be received in person, by phone, or postmarked on/by Thursday, January 24. No exceptions will be made.

*Early Registration*

*Regular Registration*

Professional

Professional (group rate)

IUP Counseling Alum

Student/IUP Staff

Total enclosed:  
\$\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email (required): \_\_\_\_\_

**Certificate(s) Requested:**

5.0 Act 48 hours

5.0 Act 48 & NBCC hours

5.0 NBCC hours

Certificate of attendance (students only)