

SPECIALISTS OF SCHOOLS

and

the *Philadelphia Society of Clinical Psychologists* are pleased to offer:

A MINDFUL COMPASSIONATE APPROACH TO MANAGING STRESS: USING EXPERIENTIAL EXERCISES

Mindfulness can be a great tool in helping us become aware of and manage stress. This workshop will help teachers and allied professionals involved with the educational care of students to better understand the science of stress, and how it keeps us in states of worry, anger, or sadness. As adults, it is very important that we have a regular mindfulness practice so that we can model regulation of our nervous systems and emotions for the children we teach and treat, and for their families.

Jacquelyn O'Malley, M.Ed., co-founder of the Center for Mindfulness and Wellness in Ft. Washington, PA has counseled families, children and teens for over 17 years. She is a Certified School Counselor with a Masters of Education degree in counseling from Temple U., and spends much of her time in schools teaching mindfulness to students and teachers. For the past seven years Jacquie has studied and practiced mindfulness with Mindful Schools in Emeryville, CA, where she completed a one-year Mindfulness Teacher Certification.

Jesse Frechette, LCSW, co-founder and managing partner of the Center for Mindfulness and Wellness. He is also the Director of Center Mindful where he teaches and coaches mindfulness, as well as facilitating groups, classes, and programs in schools, business, and community organizations. Jesse earned his MSW from the University of PA and is a Licensed Clinical Social Worker with 20 years of experience working with children, teens, and families. He also completed the one-year Mindfulness Teacher Certification program at Mindful Schools.

Date: Friday, February 2, 2018

Place: **Center for Mindfulness & Wellness**
(St. Thomas Church Whitemarsh Campus)
7020 Camphill Rd. at Bethlehem Pk.
Fort Washington, PA 19038
215-370-1626 or 610-680-1944
www.centermindwell.org

Time: 12:30 P.M. to 2:30 P.M.

Please bring a bag lunch. Dessert and beverages will be supplied

FEES: This workshop is free for members of SOS, PSCP, and staff at the host school. There is a \$15.00 admission fee for others. CE credits and Act 48 credits are \$30.00 each. Payment must be made online, by check, or money order made out to SOS. **NO CASH PLEASE.**

TO REGISTER: visit www.specialistsofschools.org (if you are a member please sign-in), click the name of the event, select the appropriate registration option and click the "Register Now" button, then follow the onscreen instructions to pay by credit card. This is strongly recommended, as it will decrease a lot of waiting time and confusion at the registration table.

CE CREDITS: This session is co-sponsored by the Philadelphia Society of Clinical Psychologists (PSCP) and Specialists of Schools. PSCP is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. PSCP maintains responsibility for the program and its content. This program provides 2 hours of CE credits for Licensed Psychologists, Social Workers, Licensed Professional Counselors, and Marriage and Family Therapist.



LEARNING OBJECTIVES: Upon completion of this training, participants will be able to:

- demonstrate the ability to notice distraction, and the fact that we have control over it
- describe the brain science of stress and be able to teach it to others
- demonstrate the ability to identify when we are on "autopilot" in everyday life, as well as the use of informal mindfulness practice

DIRECTIONS: a map will be provided with the handouts.

