Introducing Mindfulness Exercises to Children and Family
Friday, August 2, 2019 | 1:00 – 4:15 pm

The University of Akron
Chima Family Center Building
27 South Forge Street, Akron

Objectives:

- Describe the basic concept of mindfulness and impact of breathing on body and mind.
- Implement a variety of mindfulness exercises for their clients in individual, relational and group therapy/counseling sessions.
- Identify resources to continue with expanding repertoire of mindfulness interventions.
- Implement mindfulness exercises in their personal lives as means of self-care and/or family/friends/community engagement.

Agenda

1:00 – 1:10pm  Welcome and Introduction
1:10 – 1:25pm  Warm up exercises
1:25 – 1:55pm  General concept of mindfulness and how diaphragmatic breathing impacts body, brain, and mind.
1:55 – 2:05pm  Experiential exercises
2:05 – 2:30pm  How to tailor explanation and implementation of mindfulness
2:30 – 2:45pm  Break
2:45 – 3:20pm  Experiential exercises
3:20 – 3:40pm  Use of mindfulness as a screening for difficulties in breathing which may affect children’s individual & relational functioning
3:40 – 4:00pm  Discussion, Q&A
4:00 – 4:15pm  Wrap up and evaluations

Presented by:
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