

The Arizona Association of School Psychologists is sponsoring a workshop for members of the Arizona Association of School Psychologists and the community:

Friday, November 30, 2018

By

Lauren Coe, EdS, NCSP

School Psychologist and Mindful Educator Trainer

Mindfulness Matters: Strategies for Integrating Mindfulness Into Your Daily Practice

1:30 pm to 4:00 pm

Tolleson Union High School Boardroom

9801 West Van Buren Street, Tolleson AZ 85353

Happy Hour/Social to follow the training at Fuego Bar and Grill

Appetizers will be provided

9113 W. Van Buren Street

Tolleson, AZ 85353

Topic: Mindfulness practices can provide skills for students to self-regulate and educators to practice self-care. It is a skill that is developed to build resilience and foster emotional regulation. In this session, you will learn to move beyond the basics of mindfulness and toward a process of integrating mindfulness into the existing academic and social emotional classroom curriculum and implement the skills throughout the day to enhance awareness and address the need for building resilience and connection. Learn how mindfulness can be practiced in the general education classroom, special education classroom, counseling group, and individual counseling. Avoid mistakes that are common when implementing mindfulness and why focusing on adult practices are key to creating lasting habits. You will be provided with free resources (strategies that can be used immediately in your practice) for teaching mindfulness, recommended programs and materials, as well as personal practices to integrate mindfulness into your personal and professional life. You will also get a sneak peak of a hybrid online program that reaches educators and their students beginning January 2019.

Workshop Objectives:

By participating in this workshop, attendees will:

1. Discover where mindfulness fits within Positive Behavior Interventions, Social Emotional Learning, and Trauma Informed Practices to meet educators and student needs.
2. Learn how Social Emotional Learning (outside in) and mindfulness (inside out) are complimentary, provide safety, and create connection.
3. Build an educator focused perspective of self-care to teach mindfulness (put on your oxygen mask first) and learn how to model self-awareness and self-care skills for students.

Presenter information:

Lauren Coe, EdS, NCSP

Lauren Coe is currently a School Psychologist with more than 12 years of experience in public and charter schools. She has integrated mindfulness into her life for the past 20 years and supported by an AASP Grant, completed the Mindful Schools Educator training in 2015 to bring the lessons to students. Lauren believes strongly in prevention and the need to integrate mindfulness and social emotional skills into every classroom, modeled by teachers and supported by trauma informed practices. She has 5 years of experience training districts/schools in Positive Behavior Interventions and Supports (PBIS), is a Board Member for the nonprofit organization Mindfulness First, and is a Court Appointed Special Advocate (CASA).

The Arizona Association of School Psychologists is approved by the National Association of School Psychologists to offer continuing education for school psychologists (NASP Approved Provider #1013). AASP maintains responsibility for this program. Contact Jina Yoon (jina.yoon@aasp-az.org) or Jean Skiles (jean.skiles@aasp-az.org), AASP CPD Co-Chairpersons, with any concerns or needs regarding this workshop. **2.5 CPD credits will be given to participants who attend this workshop in its entirety.**

Cost: Free for AASP members ---- \$20.00 for non-AASP members
Cash, Checks, or District POs are accepted.
