

For more info:
E-mail pyoung13@me.com
or call 207.655.1000

Morning schedule:

8:30-8:45 **Arrival and orientation**

8:45-9:00 **Overview of day's schedule**

9:00-10:30 **The Science** (basic neuroscience of mindfulness)

- Mindfulness defined
- The “muscle” behind it all: the brain
- The 3-story (triune) brain: evolution and functioning
- Brain workout: neural “firing-and-wiring”; neural plasticity; neural genesis
- Brainwaves
- Attachment: Hardwired for relationships
- Mirror neurons: Monkey see, monkey feel
- Power of the mind: the Placebo Effect
- The brain: The right tool for the job? If not, what’s the alternative?

10:30-10:45 **Morning break**

10:45-12:00 **The Art** (making mindfulness relevant for youth)

- The use of metaphors
- The use of terms/language
- The use of themes that youth can relate to
- The use of experiential activities
- The use of multimedia (films, Powerpoints, etc.)

12:00-1:00 **Lunch** (on your own)

Afternoon schedule:

1:00-2:30 **The Art (cont.)**

2:30-3:30 **The Practice** (mindfulness practices for youth)

- Formal guided practice
- Focused attention (sight, sound, etc.)
- Isochronic brain wave technology
- Experiential activities

3:30-4:00 **Discussion and wrap-up**

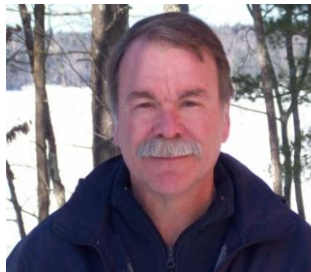
Workshop description:

Background: Mindfulness is a particular attitude toward life experience, or how we relate to life, that has been shown to be effective for alleviating suffering and making life richer and more meaningful. In recent years it has gained widespread attention from the popular press, the scientific community, and the field of mental health. This attention, in turn, has resulted in the use of mindfulness practice by a wide variety of individuals, for a wide range of purposes, and in many diverse settings. Mindfulness has become one of the most researched and discussed treatment approaches in the mental health field, and a similar trend is just beginning to emerge regarding the application of mindfulness with children and adolescents within both clinical and educational environments. Until very recently, most of the focus regarding the utilization of mindfulness has centered on adult populations, resulting in a paucity of information about how to introduce and teach mindfulness practices to young people, as well as motivate them to experience mindfulness. Due to the developmental and sociological differences that exist between adolescents and adults, the approaches used to assist youth in understanding and practicing mindfulness needs to be different from those utilized with adults.

Goals and objectives: This workshop will discuss the “nuts-and-bolts” for assisting young people to understand and practice mindfulness. Central to this effort is helping young people to see the relevancy of mindfulness to their lives, utilizing a variety of approaches that are appropriate to their cognitive, emotional, and social worlds. A wide variety of strategies and techniques will be presented, many of which will be experienced first-hand by workshop participants. How these approaches are used in clinical and educational environments will also be discussed.

Patrick Young received an MA in Education (with an area of concentration in the Education of Exceptional Children) from San Francisco State University and also holds an MS in Counseling from the University of Southern Maine. He is a conditionally Licensed Clinical Professional Counselor (LCPC-C), a Certified Alcohol and Drug Counselor (CADC) and is registered as a National Certified Counselor (NCC). With over 30 years of experience working with “at-risk” youth who have a variety of educational and mental health needs, Patrick has spent the past 22 of those years as the director, teacher and counselor at Future Builders

School, which he founded in 1989. The school provides “contextualized” educational and mental health services to middle and high school learners who have experienced limited success in more traditional environments. (For more information go to www.futurebuildersschool.com). . He also has a small private practice located at LivingWell in Westbrook, Maine. Prior to working at Future Builders School, Patrick was employed by Portland Public Schools as a teacher and administrator. His counseling work with adolescents and adults is grounded in mindfulness-based approaches such as Mindfulness-Based Cognitive Therapy (MBCT), and Acceptance and Commitment



therapy (ACT). In addition, Patrick has taught courses at the University of Southern Maine in the areas of special education special and counseling.

Workshop registration:

Name and credentials (please print)

Profession and affiliation

Address

Tel.#'s: Work Home Cell

Email Address (for workshop confirmation)



LivingWell

836 Main Street
Westbrook, ME 04092

www.livingwellcenter.info

A workshop for mental health counselors, social workers, substance abuse counselors, teachers, parents and anyone who works with youth.

Utilizing Mindfulness with Adolescents

The Science, Art, and Practice

Presenter: Patrick Young, LCPC-C, CADC

Saturday, January 15, 2011

8:30 - 4:00

NOTE: Workshop location: Future Builders School on Thomas Pond

33 Twin Pines Road, Raymond, ME.

207-655-1000

*** The National Board for Certified Counselors (NBCC) has approved 6 contact hours/.6 Continuing Education Units (CEU's) for this program.**

***LivingWell/Sally Bowden-Schaible, LCPC, CCMHC is an Approved Continuing Education Provider through the NBCC.**

Please register early since space is limited.

Cost of workshop when registering:

before 01/05/11: \$95 _____

or after 01/05/11: \$105 _____

for CEU's* (optional) + \$20_____

15% discount for students - _____

**& conditionally licensed
mental health professionals**

Total amount: _____

Please send the completed registration form and a check or money order (payable to **Patrick Young**) to:

**Patrick Young
33 Twin Pines Road
Raymond, ME 04071**

Registrants cancelling up to 48 hours prior to the workshop will be reimbursed the full workshop fee minus \$15 for administration costs.