

For more info:  
E-mail [pyoung13@me.com](mailto: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/entrainment brain wave technology
- Experiential activities

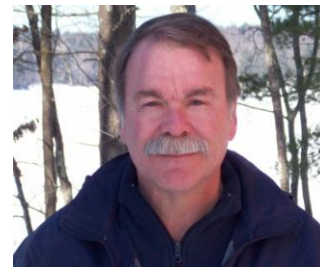
3:30-4:00 **Discussion and wrap-up**

**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](http://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.



**LivingWell**

836 Main Street  
Westbrook, ME 04092

www.livingwellcenter.info

*Workshop registration:*

\_\_\_\_\_  
Name and credentials (please print)

\_\_\_\_\_  
Profession and affiliation

\_\_\_\_\_  
Address

\_\_\_\_\_  
Tel.#'s:            Work                      Home                      Cell

\_\_\_\_\_  
Email Address (for workshop confirmation)

***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, March 5, 2011**

**8:30 - 4:00**

**NOTE: Workshop location: Future Builders School  
on Thomas Pond**

**33 Twin Pines Road, Raymond, ME.**

**207-655-1000**

***Please register early since space is limited.***

**Cost of workshop when registering:**

*before 02/26/11: \$95 \_\_\_\_\_*  
*or after 02/26/11: \$105 \_\_\_\_\_*  
*for CEU's\* (optional) + \_\$20\_*

**Total amount: \_\_\_\_\_**

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

Patrick Young  
PO BOX 272  
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.

**\* The National Board for Certified Counselors (NBCC) has approved  
6.5 continuing education units (CEU's) for this program.**