

Questions?  
Please call (530) 918-7222.

# DEVELOPING MINDFULNESS PRACTICES

## TEACHING WITH THE BRAIN IN MIND

Presented by  
**Laura Fish, LMFT**



**Monday, March 11, 2019**  
**9:00am - 3:30pm**

at the  
**Miner's Inn Convention Center**  
122 E. Miner Street, Yreka

In this training, participants will explore the developing brain of children as well as of adults, how to use the mind to change the brain, and the brain benefits that translate to behavior benefits of teaching with the brain in mind.

**Particular focus is placed on adult's incorporating mindfulness practices both for themselves and with children in order to promote social and emotional development, and prevent challenging behavior. Theory, experiential exercises, and practical strategies are included in this training.**

**This course meets the qualifications for 6 hours of continuing education credit for Registered Nurses, LCSWs, LMFTs, and CADAC/SUD Counselors as required by the California Board of Registered Nursing, the California Board of Behavioral Sciences, and CCAPP. The CEUs are free of cost. More information about CEUs, and the trainer, on back page.**

### LEARNING OBJECTIVES:

Upon completion of this training, the participant will be able to:

- Understand the brain reasons for behavior and some mind methods to change that behavior, both in children and adults
- Develop a clear understanding of mindfulness and the potential benefits of using the practices for both adults and children
- Adjust paradigms regarding the meaning of challenging behavior to better support developmentally appropriate and inclusive practices
- Identify common teaching practices that promote mindfulness both in children and adults
- See the child behind the behavior to avoid the shame and blame that regularly comes from adult reactions to challenging behavior

**Light breakfast and lunch will be provided.**

☀ Register at: <https://tinyurl.com/yabe9uov>



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### About the Trainer:

**Laura Fish** is a Marriage and Family Therapist in private practice and a consultant in the field of education sought after for classroom-based coaching services, keynote speaking, training and coaching of teachers and coaches. Laura's early beginnings as a preschool teacher and passion for early intervention led her to seek a degree in counseling to broaden her ability to help children, families, and educators work to promote health and well-being in children.

She worked with WestEd Center's Child and Family Studies to adapt the Teaching Pyramid framework (CSEFEL) and develop a model for coaching that is used to authorize coaches in California. Laura draws from the field of interpersonal neurobiology for both her work as a therapist and consultant, looking at the mind and brain in the context of relationships to help promote social, emotional and cognitive growth while preventing behavioral and emotional challenges.



### Continuing Education:

#### **Registered Nurses, LMFTs, LCSWs, and CADAC and SUD Counselors:**

Siskiyou County Health and Human Services (HHS), Public Health Division, is approved by the California Board of Registered Nursing (Provider #8608) to sponsor continuing education for Registered Nurses. Lilliput Families is approved by the California Association of Marriage and Family Therapists (CAMFT - Provider #66256) to sponsor continuing education for LCSWs and LMFTs. Siskiyou County Behavioral Health is approved by CCAPP (Provider #3N-06-236-0619) to sponsor continuing education for CADAC/SUD Counselors. Siskiyou Behavioral Health, HHS, and Lilliput maintain responsibility for this program/course and its content. This course meets the qualifications for 6 hours of continuing education credit for Registered Nurses, LCSWs, LMFTs, and CADAC/SUD Counselors as required by the California Board of Registered Nursing, the California Board of Behavioral Sciences, and CCAPP. **CEUs are free of cost** and will be provided by email within two weeks of the training date. A 30-minute lunch break within this course is excluded.

### Additional Information:

#### **This training is free of cost.**

Materials, continental breakfast, lunch, and beverages are provided. Check-in and Welcome: 8:30 - 9:00am ~ Training: 9:00 - 3:30pm

#### **Pre-registration is required.**

Register at: <https://tinyurl.com/yabe9uov>

### Cancellation Policy:

If you are UNABLE TO ATTEND, please notify Leslie Damschroder by phone (530-879-3861) or email ([ldamschroder@lilliput.org](mailto:ldamschroder@lilliput.org)) to cancel in order to allow space for other participants as space is limited.

### Accommodation for Disabilities:

Training location is ADA approved. For special arrangements or accommodations to attend this training, please contact First 5 Siskiyou at (530) 918.7222 prior to course date to allow timely accommodations.

### Grievances:

Grievance Policies & Procedures are available upon request: Please call or email:

RNs ~ 530-841-2140 or [sdavis@co.siskiyou.ca.us](mailto:sdavis@co.siskiyou.ca.us)

LCSWs/LMFTs ~ 530-879-3861 or [ldamschroder@lilliput.org](mailto:ldamschroder@lilliput.org)

CADAC/SUD Counselors ~ 530-841-4100 or

[rightmier@co.siskiyou.ca.us](mailto:rightmier@co.siskiyou.ca.us)