

SELF-REGULATION & MINDFULNESS PRACTICES FOR SYSTEM-INVOLVED YOUTH

INTERACTIVE ZOOM TRAINING:
OCTOBER 27
9AM-12PM
COST: FREE



TRAINING CONTENT: This training supports providers working with system-involved youth, including youth with mental health diagnoses, developmental delays, and/or substance use, in identifying ways to help clients self-regulate if they are dysregulated in their work together. Participants will explore multiple mindfulness practices and embody them, as well as experiment with coaching a client in using such practices. Participants will identify practices that will be most helpful and relevant to their clients based on developmental age. Mindfulness practices include: the “brain hand” activity, feelings wheel, body sculpting/power poses, body scan, and more somatic exercises.

LEARNING OBJECTIVES:

- Define self-regulation, dysregulation, and window of tolerance.
- Discuss developmental and mental health factors that may influence how dysregulation manifests.
- Define mindfulness.
- Practice embodying three mindfulness activities throughout the training, and coaching a young person to use one or more activities to regulate.

KELSEY PACHA, M.A. is a queer-identified transman who has worked with marginalized populations for 15+ years in a variety of settings. He is a graduate of Northwestern University and holds an M.A. in Religion and Psychology, a Masters of Divinity. He offers inclusivity and cultural humility trainings. Kelsey has presented at conferences across the country and serves as the Board President of *Trans Bodies, Trans Selves*.

WHO SHOULD ATTEND:

This training is appropriate for ALL Aldea staff, clinical and non-clinical:

- Counselors/Therapists
- Administrative Staff
- Social Workers
- Advocates
- Trainees & Interns
- Resource Parents



For more information, to request accommodations for disability, to cancel attendance, or to file a grievance, please email trainings@aldeainc.org

To register, please email:

trainings@aldeainc.org

or click [here](#)

(Please include your name, & phone number)

CEs: 3 Hours

This course meets the qualifications for 4 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences

Aldea Children & Family Services is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. Aldea Children & Family Services maintains responsibility for this program and its content.

CAMFT Approved Provider
#147032

Attendees who have completed the entire training and have signed in and out appropriately will be presented with a Certificate of Completion at the end of the training