

SELF-REGULATION & MINDFULNESS PRACTICES FOR SYSTEM-INVOLVED YOUTH

INTERACTIVE ZOOM TRAINING:
SATURDAY, NOVEMBER 6
9AM-12PM
COST: FREE



TRAINING CONTENT: This training supports Resource Parents working with system-involved youth, including youth with mental health diagnoses, developmental delays, and/or substance use, in identifying ways to help youth self-regulate if they are dysregulated in their time and work together. Participants will explore multiple mindfulness practices and embody them, as well as experiment with coaching youth in using such practices. Participants will identify practices that will be most helpful and relevant to youth needs 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