

Outline

Unpacking Traumatic Stress for Kids

Hijackers of executive functioning and emotional balance: Anxiety, panic, fear, toxic stress, worry

A Whole Look: Developmental, psychological and neuro-biological lens

Triune Brain: Integrate and engage the three levels

Key functions compromised by stress and trauma

Co-regulation and the power of relationship

Modeling: Mirror neurons and empathy

Prepare Kids Minds and Bodies for Learning & Play

Special guidelines for a trauma-informed integrative yoga and mindfulness practitioner

Effective exercises for neuroplasticity: Rewiring the young brain

Neurointegration to balance the separate regions of the brain

Yoga, Mindfulness & Sensory Techniques: Putting It Into Practice

Master application of the 7 senses to any technique for increased self-awareness and connection

Experience 50+ dynamic ready-to-use techniques to address areas of functioning most compromised by traumatic stress in the body:

Breath

Making best use of our anchor

Pair breathe with movement

Increase motivation through challenge while decreasing resistance

Embodiment

Support kids in using their internal resources to be strong, grounded and balanced

Movement with intention and purpose

Facilitate self-awareness and insight

Interoception and Tuning IN

First step to self-advocacy: Help kids notice when their bodies are sending a message

Listen to the "I" within the body

Focusing

Gain mastery of maintaining and shifting attention

Prioritizing stimuli and information

Relaxation

Initiate a relaxation response: Soothe the autonomic nervous system

Kindness & Gratitude

Nurturing compassion for self and others

Integrate Skills Into Daily Life

Master 15+ seated modifications, partner poses and group games

Build a take-home tool-bag

Recipes for handmade tools and props

Overview of aromatherapy

Tips for working with different strengths, needs, and abilities: Including Autism, ADHD, deaf community, and many more

Challenges As Opportunities: Responding to Resistance

The Plan versus The Child

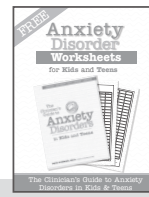
Expectations and outcomes

Objectives

1. Analyze trauma from a developmental and psychological perspective.
2. Support how sleep, eating and learning patterns are related to overall better function.
3. Evaluate how yoga and mindfulness exercises rewire the brain to become more connected.
4. Integrate mindfulness techniques to promote more focus, attention and awareness.
5. Argue how soothing the nervous system will promote engagement.
6. Construct effective plans to respond to resistance when sharing yoga and mindfulness with children.
7. Role-play skills for parents to implement at home for a better bond.

FREE BONUS OFFER!

Anxiety Disorders for Kids and Teens Worksheets



Access these practical and engaging printable tools at pesi.com/anxietyworksheets

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Treating Traumatic Stress in Kids:

Sensory, Yoga & Mindfulness Techniques to Rewire the Young Brain

LIVE Interactive Webinar
Thursday, November 4, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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Join us online for this live training!

Treating Traumatic Stress in Kids:

Sensory, Yoga & Mindfulness Techniques to Rewire the Young Brain

Victoria Grinman, PhD, and Certified Family Trauma Professional will teach you:

- Effective ways to cope with feelings of isolation and loss
- Techniques to calm tantrums and diffuse outbursts
- Creative brain-based movements to improve focus
- Tips for setting up a sensory environment to support success
- Teachable skills for parents to co-regulate not co-escalate

Kids will be more: regulated, responsive, focused and resilient!

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Treating Traumatic Stress in Kids

Anxiety, panic, inattention and stress are at epidemic proportion for our kids and teens, leaving them unable to play, learn and grow. Many kids feel disconnected, lonely, scared, sad and angry, left vulnerable to depression, anxiety, disconnection, and psychological and physiological challenges.

Anxiety and fear are the grand hijackers of kids attention, focus and self-regulation.

In this highly experiential seminar, we will **dig deep** into the most challenging diagnoses and behaviors including:

- Attention-Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder (ODD)
- Reactive Attachment Disorder
- Anxiety, intense worry, fear
- Sleeplessness
- Tantrums
- Aggression and angry outbursts
- Withdrawal
- School-avoidance
- Impulsivity
- Risk taking behaviors
- and more . . .

This integrative approach to yoga and mindfulness includes:

- Sensory integration activities
- Co-regulation mastery
- Aromatherapy
- Chair-based exercises
- Cognitive behavioral approaches
- Sensorimotor modalities

Come experience each activity, gain specific language for how to modify it for kids, and discover how to weave it into your existing practice.

Live Webinar Schedule

(Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Target Audience:

Psychologists • Counselors • Social Workers • Educators
Occupational Therapists • Occupational Therapist Assistants
Physical Therapists • Physical Therapist Assistants
Speech-Language Pathologists • Physicians
Marriage and Family Therapists
School Psychologists (NASP)
Other Helping Professional who work with Children



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Speaker

Victoria Grinman, LICSW, is a psychotherapist, educator and activist with many years of experience supporting individuals of all ages and differences in life perspectives, and their families. She is the owner of Growing Kind Minds, a private practice and community resource, and a faculty member of Boston College School of Social Work. Victoria holds a BA in social work and psychology from Adelphi University and a MSW from Columbia University School of Social Work. She is a Certified Family Trauma Professional, a trained yoga and mindfulness instructor to children and adolescents through Little Flower Yoga, and a certified aromatherapist through New York Institute of Aromatherapy. Victoria was a proud faculty member of Columbia School of Social Work and Adelphi University, and is a doctoral candidate and researcher at Adelphi University, with research focus on parenting, Autism and posttraumatic growth.

Victoria has extensive experience providing individual, group and family therapeutic services to kids and teens, utilizing an integrative approach that is informed by theory, and grounded in a holistic and strengths-based perspective. She has been invited to be a speaker at universities, organizations and community groups on topics that span the areas of yoga and mindfulness, play therapy, neuropsychology education, emotional literacy, education, clinical practice, disabilities, trauma and autism; and provides consultations in program development, and social-emotional curriculum building and implementation. Victoria participates annually in national and international conferences, speaking on trauma and post-traumatic growth.

Victoria enthusiastically looks for new ways to facilitate and promote resilience, empathy and wellness. She is excited to be a part of the process of sharing tools and meeting people in interdisciplinary realms with like goals.

Speaker Disclosures:

Financial: Victoria Grinman is an adjunct professor for Adelphi University. She has an employment relationship with The Summit School and New York Therapy Placement Services. She receives a speaking honorarium from PESI, Inc.
Non-financial: Victoria Grinman has no relevant non-financial relationships to disclose.

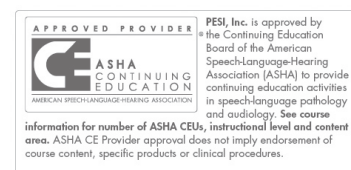
CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Psychologists, Counselors, Social Workers, Educators, Occupational Therapists, Occupational Therapist Assistants, Physical Therapists, Physical Therapist Assistants, Speech-Language Pathologists, Physicians, Marriage and Family Therapists, and School Psychologists (NASP).**

For specific credit approvals and details, visit pesikids.com/webcast/85871

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Self-study credit: To check availability for your profession, go to www.pesikids.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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Live Interactive Webinar (Option 1)

November 4, 2021 [PWZ85869]

\$219.99 tuition

8am Eastern time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
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FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

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On-Demand Digital Seminar (Option 2)

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Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
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- Earn a self-study CE certificate

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DVD (Option 3)

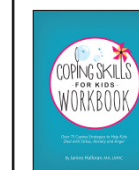
\$219.99 [RNV053115]

DVD Experience:

- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesikids.com or call 800-844-8260 to check for availability and pricing

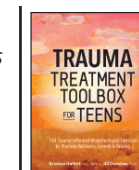
Recommended Reading:



PUB085420

Coping Skills for Kids Workbook
Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger

~~\$24.99~~ **\$19.99***



PUB085975

Trauma Treatment Toolbox for Teens
144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth & Healing

~~\$29.99~~ **\$22.99***

* Discount Included with purchase of the Webinar

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