

Mindfulness Workshop

6 Continuing Education Clock Hours



Presented by Dr. Catherine Grytting through Cascadia Training Institute
Friday, October 20, 2017 from 9 AM to 4:30 PM; Shoreline Educational Center

Cost: \$155

6 Clock Hours, approved by OSPI

To register go to <http://www.cascadia-training.org> and choose “Mindfulness: Turning Down the Noise.”

Today’s students experience unprecedented levels of anxiety and depression. A 2013 survey by the American Psychological Association revealed that twenty-seven percent of teens (ages 13-17) reported extreme stress during the school year.¹ In addition, a study from the Stanford School of Medicine found that the number of children (ages 7-17) treated for depression more than doubled between 1995 and 2001.² Meditation is a practice that reduces anxiety and counters depression. It also improves learning by focusing attention, strengthening concentration and enhancing effectiveness. In addition, it increases resilience which improves the likelihood that students will persevere when faced with learning challenges. Secondary benefits are that it activates the body’s relaxation response and increases tolerance for differences, both of which contribute to a sense of calm in the classroom. Educators who understand, apply in the classroom and maintain a personal meditation practice are well-positioned to help students reduce anxiety, diminish depression and improve learning.

This six hour training introduces social workers, mental health practitioners and educators to the benefits and techniques of meditation for their personal and professional lives as well as to the concept that electromagnetic fields influence behaviors and learning. Writing for the Huffington Post, the investigative journalist, Peter Baksa, reminds us that the “brain is comprised of a tight network of nerve cells, all interacting with one another and generating an overall electrical field. This electric field is detectable with standard medical equipment.”³ The scientist Rollin McCraty reports that the heart also generates a powerful electromagnetic field.⁴

The workshop helps professionals:

1. Explore the concept that thoughts and emotions generate electromagnetic fields that influence our thoughts, feelings, behaviors, well-being and ability to learn
2. Examine ways that meditation diminishes the magnetism of these fields
3. Identify common electromagnetic patterns that influence behaviors and learning
4. Explore the process of interrupting and replacing dysfunctional patterns
5. Create templates to generate new electromagnetic fields
6. Experience six meditations

Mental health practitioners, social workers and educators who understand and apply mindfulness are well-positioned to lower personal stress levels and to help clients and students enhance wellness and well-being.

The workshop employs a wide variety of instructional approaches. Participants will actively engage with the content as they work with partners, take part in small and large group discussions and experience six different meditation techniques. Professionals who attend this workshop will leave feeling personally recharged, educationally stimulated and professionally more equipped to meet the demands of their work.

¹ Jayson, S. (2014). Teens Feeling Stressed, and Many Not Managing It Well. USA Today, Feb. 11.
<http://www.usatoday.com/story/news/nation/2014/02/11/stress-teens-psychological/5266739/>

² Wilde, M. (2008). Are We Stressing Out Our Kids? Great Schools Website. <http://www.greatschools.org/parenting/teaching-values/645-stressed-out-kids.gs>

³ Baksa, P. 2011. Can Our Brain Waves Affect Our Physical Reality? *Huffington Post*. November 26, 2011.
http://www.huffingtonpost.com/peter-baksa/-can-thoughts-manipulate-_b_971869.html

⁴ McCraty, R. 2010. The Energetic Heart is Unfolding. *Our Blog*. July 22, 2010. HeartMath Institute.
<https://www.heartmath.org/articles-of-the-heart/science-of-the-heart/the-energetic-heart-is-unfolding/>