



## TRAINING

# Mindfulness and the Juvenile Brain

PRESENTED BY: JULIE SPARROW

Julie is a social worker and counsellor with over 20 years of professional experience, in government, non-government and university settings. She has facilitated a wide range of groups, including with parents, adolescents, and children. Julie enjoys the challenge of finding ways to communicate well with diverse groups. She also works for Anglicare in Relationship Education, facilitating groups on subjects such as resilience, parenting and building healthy relationships.

**Date:** 15 May 2018

**Time:** 9:00am - 12:30pm

**Cost:** \$135 per person (incl. GST)

**Location:** East Perth

### Course Overview

This workshop provides an overview of what Mindfulness is and how practicing Mindfulness can make positive changes to the way our brains work and more specifically the impact of Mindfulness on the developing juvenile brain. The workshop focuses on how Mindfulness can be utilised with young people and in skills training in the areas of decision making, stress management and emotional regulation. The workshop looks at how Mindfulness can be utilised every day with young people and in the classroom and will also provide some practical skills and experience of Mindfulness.

### Who is this course suitable for?

It is suitable for all professionals and people in contact with young people and adolescents. It may be particularly relevant to those in the education space, but is relevant to anyone in health and community services as well as anyone working with youth.

### The one day workshop will cover:

- Recognition of what Mindfulness is
- Understanding of how to utilise Mindfulness with young people
- Strategies to utilise Mindfulness in everyday practice with young people and in the classroom and for the overall improvement of mental wellbeing

### By the end of this workshop participants will:

- Understand what is different in the brains of young people and the relationship between neuroplasticity and Mindfulness.
- Understand what the research says in relation to the application and benefits of Mindfulness.
- Understand what is meant by The Wise Mind.
- Practice strategies to get practical about teaching Mindfulness to young people.

If you wish to attend please complete a registration form.

To register contact

9263 2122

or email [training@anglicarewa.org.au](mailto:training@anglicarewa.org.au)

   [anglicarewa.org.au/training-services](http://anglicarewa.org.au/training-services)

