



Alameda County Behavioral Health is pleased to offer a  
**FREE course:**



# Dynamic Mindfulness Trainings

## Date options:

### 1. February 25, 2019 - One-day *Foundation* training

**Attend Day 1 only:** For any level of staff who wants an overview of dynamic mindfulness and would like to use it for themselves.

*(NOTE: the one-day Foundation training does NOT qualify for CE credit)*

### 2. February 25 & 26, 2019 - Two-day *Teacher* training

**Attend Both Days:** For participants who would like to incorporate mindfulness into their clinical practice and teach it to clients/consumers, families/peers.

*(NOTE: CE credits will only be issued for participants who complete BOTH days of training. If you want CEs, please register for the two-day session)*

Time for both days: 9:00am – 4:30pm

*(Sign in begins at 8:30 am and training will begin promptly at 9:00 am each day)*

Location: HCSA – Creekside Plaza

1100 San Leandro Blvd, San Leandro, 94577

Redwood Conference Room

**Audience:** the target audience for this training is ALL Alameda County Behavioral Health Staff who are interested in learning how to reduce their own stress, develop a mindfulness practice for themselves, and teach mindfulness skills to clients.

**Description:** Dynamic Mindfulness is an evidence-based practice validated by neuroscience, trauma research, and somatic psychology. Dynamic Mindfulness integrates mindful movement, breathing techniques, and meditation for stress management, self-care and healing from personal and secondary trauma.

**Trainer:** Colleen A. Sanford, LCSW, is a Dynamic Mindfulness Certified Trainer, and Certified Clinical Trauma Professional.

#### Learning Objectives – at the end of day one, participants will be able to:

1. Explain the impact of chronic stress on the brain and behavior.
2. Identify personal stressors to enhance coping strategies.
3. Describe crucial ways Dynamic Mindfulness works to counteract the impact of stress and trauma, including secondary/vicarious trauma.
4. Learn and demonstrate a simple 15-minute Dynamic Mindfulness protocol to enhance stress resilience personally and professionally.

#### At the end of day two, in addition to the above, participants will be able to:

1. Design and practice trauma-informed instruction when leading others in Dynamic Mindfulness.
2. Identify the Dynamic Mindfulness ABCs in each pose.
3. Create their own protocol, customizing the Dynamic Mindfulness ABCs for themselves, a class, or a student.
4. Apply trauma-informed instruction for fight, flight, or freeze stress responses.

#### REGISTRATION:

Please self-register online at:  
<http://alameda.netkeepers.com>  
Limited seating; Open until filled.

For registration help contact:

[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

Ph: 510-567-8113

*When emailing, include training Date and Title in Subject Line.*

For content-related or other information about this training contact:

**Colleen Sanford**

[Colleen.Sanford@acgov.org](mailto:Colleen.Sanford@acgov.org)

#### Continuing Education (CE):

*This 2-day course meets the qualifications for 12 hours of CE credit for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0620; for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Alameda County Behavioral Health Care Services is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; and for Psychologists as an approved provider by the California Psychological Assoc., Provider No. ALA006. ACBHCS maintains responsibility for this training and its content. Please note: in order to receive CE credit, you must attend the full training and complete an evaluation.*

*CE Certificates will be sent to qualifying training participants via email within 30 days after the training.*