

***BHCS Children's Specialized Services is pleased to offer a FREE training:
Dynamic Mindfulness - Foundational Workshop***

December 4, 2018

9:00am – 4:00pm

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

**Location: BHCS 1900 Embarcadero
Provider Relations Office – Ste 101, Brooklyn
Basin Room, Oakland, 94606**

Audience: the target audience for this training is any Alameda County BHCS Staff who are interested in learning how to reduce their own stress, develop a mindfulness practice for themselves.

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. She has been a BHCS employee since 2000, and is currently serving youth providing therapy at school-based sites in Alameda.

Learning Objectives – at the end of the training, 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.
5. Identify the Dynamic Mindfulness ABCs in each pose.
6. Create their own protocol, customizing the Dynamic Mindfulness ABCs for themselves, a class, or a student.

Food: Morning coffee, tea, and snack will be provided. There will be a one-hour lunch break on your own. Please bring a bagged lunch, or there are a few places nearby to purchase food.

Have a Reasonable Accommodation request? For disability or reasonable accommodation requests for BHCS trainings, please contact the person listed on the flyer or training announcement. To allow for arrangements to be made, please make request a minimum of five (5) business days prior to training.

Grievances?: If you have any question, concerns, or would like to report a grievance about a BHCS-hosted training, contact the BHCS Training Unit: Training.Unit@acgov.org; ph.: [510-567-8113](tel:510-567-8113)

REGISTRATION:

Please self-register online at:
<http://alameda.netkeepers.com>

For registration help contact:

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

Continuing Education:

This one day overview does NOT offer continuing education credit. If you would like credit for this course, please plan to attend the two-day version of this training that will be offered in February 2019. An announcement for the two-day training will be announced separately.



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