

SPECIALISTS OF SCHOOLS

and

the *Philadelphia Society of Clinical Psychologists* are pleased to offer:

HOW CAN IMAGINATION-BASED MINDFULNESS ACTIVITIES HELP CHILDREN AND TEENS REDUCE ANXIETY, MANAGE EMOTIONS, STAY CALM, AND CONNECT WITH OTHER? – A STRENGTH-BASED APPROACH TO AUTISM

This workshop will provide an overview of autism spectrum disorder and research on the benefits of mindfulness practice. Mindfulness refers to moment-to-moment full sensory awareness without judgment or reactivity. The presenters will engage participants in imagination-based mindfulness activities used to work with the unusual perspectives, sensory processing, neurological strengths and challenges which teens on the autism spectrum bring to their encounters with the social world.

Irene McHenry, Ph.D., a licensed Psychologist, is Director of the Institute for Engaging Leadership for Friends Council on Education, an international association of Friends schools. She is a founding board member of the Mindfulness in Education Network, and serves on the boards of Haverford College and Vector Group Consulting North America. A pioneer in integrating the fields of leadership development, mindfulness and positive psychology, Dr. McHenry has taught leadership development and mindfulness-based skills as a clinician, a teacher, and workshop leader for over 40 years. She designs and leads professional development programs for clinicians, administrators, faculty, aspiring leaders, trustees, and various professional groups, across the country.

Carol Moog, Ph.D., founder of ImagineAct, recently served as clinical director of the Social Learning Disorders Program at University of Pennsylvania. She is the psychologist for The Miquon School, actively collaborates with Autism Inclusion Resources (AIR), and works extensively with children, teens, and adults on the autism spectrum in her clinical practice as a licensed psychologist. Carol was artist-in-residence at Green Tree School and a consultant to the Social Competency Program at the Center for Autism, creating theater-based social skills programs for teens drawing from her experience as a theater improviser, actor, musician, communications consultant, and writer.

Date: Friday, October 24, 2014

Place: A STEP UP ACADEMY
520 Meeting House Road
Jenkintown, PA 19046
215-885-1075 – school
www.astepupacademy.org

Time: 12:30 P.M. to 2:30 P.M.

Please bring a bag lunch. Dessert and beverages will be supplied
The tour will be after the workshop.



FEES:

This workshop is free for members of SOS, PSCP and staff at the host school. There is a \$15.00 admission fee for others. CE credits and Act 48 credits are \$20.00. Payment must be by check or money order made out to SOS. **NO CASH PLEASE.**

TO REGISTER: Please e-mail Tocky Collins at TockyLC@aol.com.

CE CREDITS:

This session is co-sponsored by the Philadelphia Society of Clinical Psychologists (PSCP) and Specialists of Schools. PSCP is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. PSCP maintains responsibility for the program and its content. This program provides 2 hours of CE credits for licensed Psychologists, Social Workers and Marriage and Family Therapist.



LEARNING OBJECTIVES: Upon completion of this training, participants will be able to:

- articulate information about current research in the field of mindfulness
- apply mindfulness techniques to calibrate their own response to any client situation
- utilize imagination-based mindfulness techniques to their work with children and teens on the autism spectrum
- define the 3 levels of Autism Spectrum Disorder