

SPECIALISTS OF SCHOOLS

and

the Philadelphia Society of Clinical Psychologists are pleased to offer:

TUNING IN: MINDFULNESS IN TEACHING AND LEARNING

A workshop for learning specialists, psychologists, faculty, school counselors, and staff. Research demonstrates that optimal learning occurs when the mind is relaxed and alert, fully open to itself and the external world. In this experiential workshop, participants learn about the core skills of mindfulness that promote self-awareness and capacity for concentration, observation, relaxation, stress reduction, emotional intelligence, and deep learning.

Date: Wednesday, April 27, 2011

Place: The Shipley School
Beechwood House
Lower School Campus
931 Montgomery Avenue
Bryn Mawr, PA 19010
www.shipleyschool.org

Time: 12:30 PM to 2:30 PM

Please bring a bag lunch, beverages and desert will be supplied.

LEARNING OBJECTIVES

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

- Explain at least four major benefits of mindfulness practice according to recent research in the field of medicine and neuroscience
- List four core skills and four core habits of mind that are developed through mindfulness in teaching and learning
- Identify and apply at least two basic mindfulness techniques for their own continued practice

OUR PRESENTER

Irene McHenry, PhD, is a licensed psychologist, school consultant, and author/editor of numerous publications including the 2009 *Tuning In: Mindfulness in Teaching and Learning*. She consults with organizations nationwide providing professional development and teaching mindfulness for administrators, faculty, trustees and aspiring leaders. Dr. McHenry was founding Head of Delaware Valley Friends School, co-founder of Greenwood Friends School, and founding faculty for Fielding Graduate University's doctoral program in Educational Leadership and Change. She is the executive director of the Friends Council on Education, board president for the Council for American Private Education, and a trustee for Haverford College. She has also taught for Lincoln University, Friends School Haverford and the William Penn Charter School and served on the boards of Gladwyne Montessori School and The Shipley School. She is a member of the Corporation of Haverford College.

CE CREDITS

This session is co-sponsored by the Philadelphia Society of Clinical Psychologists (PSCP) and Specialists of Schools. The Philadelphia Society of Clinical Psychologists 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 Psychologists and Social Work and Marriage and Family Therapist licensees.

FEES

Participants requesting CE credits will be charged a total of \$20.00 or Act 48 credits will be charged a total of \$25.00. A check or money order (no cash please) for this amount should be made out to Specialists of Schools (SOS). All Act 48 applications must have their Act 48 ID number on them. A completed and signed evaluation must be submitted to get credits.

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

DIRECTIONS:

From the East or West on the Pennsylvania Turnpike

- Use the Valley Forge Exit. Proceed East on the Schuylkill Expressway (Route 76) to Route 476 South
- Exit onto Route 476 (the Blue Route) and Proceed South
- Follow "From the Blue Route (476)" directions below

From the Pennsylvania Turnpike Northeast Extension

- After paying the Mid County toll proceed South on Route 476 (the Blue Route)
- Follow directions below

From the Blue Route (476)

- Exit at the St. Davids/Villanova exit
- Go east on Lancaster Avenue (Route 30) for .5 miles
- Turn Left/North onto Route 320/ Spring Mill Road
- Follow Rt. 320/ Spring Mill Road to Montgomery Avenue
- Turn right onto Montgomery Avenue
- Follow Montgomery for approximately 2 miles to the traffic light at Roberts Road in Bryn Mawr
- Turn left and travel one block
- Turn right onto Wyndon Avenue
- The parking lot is the first driveway on the right
- Please park in a parking space marked Visitor
- The main entrance is under the flag

From Center City Philadelphia

- Take the Schuylkill Expressway west and exit at City Line Avenue (Route 1 South)
- Proceed south on City Line Avenue to Conshohocken State Road
- Take a right onto Conshohocken State Road and follow for several blocks
- When the road curves sharply to the left, it becomes Montgomery Avenue
- Follow Montgomery for approximately 5.5 miles to the light at Roberts Road in Bryn Mawr
- Turn right and travel one block to Wyndon Avenue
- Turn right onto Wyndon Avenue
- The parking lot is the first driveway on the right
- Please park in a parking space marked Visitor
- The main entrance is under the flag

There are a few visitor parking spots near Beechwood and a few visitor spots in the main Lower School lot at 1030 Wyndon Avenue. People may park along the Beechwood driveway and on Wyndon Avenue as well.