**Mindfulness for Children**



Mindfulness allows you to understand the factors that prevent children from learning.

This course will enable you to increase your skills as a Caring Professional working with children in all areas.

Mindfulness unlocks the door to heightened receptivity and will allow you to interact with children in a much more successful way.

**Art is Medicine’s Mindfulness Training**

offers a unique combination of Mindfulness skills and creative expression.

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**Mindfulness For Children**

**8 Week Training**

**for all Caring Professionals and those working with children**

**led by Annie Lloyd**

 **(UKCP reg. psychotherapist/ supervisor & facilitator)**

**Definition and Benefits –**

Mindfulness is a state of awareness accessible to us all but that is especially valuable to children as they make their way through their developmental journey.

It develops an ability to identify the different functions of the brain: thinking, feeling, imagining, remembering, whilst remaining in contact with the somatic knowledge of the intuitive gut and our heartfelt desires.

The opportunity emerges to support the intelligence of curiosity, which leads to both expression and release.

This allows development to come to fruition empowering a child to gain the satisfaction of autonomy. It then strengthens a child’s ability to concentrate; learn to interact in a healthy way; build and maintain good relationships with those around them and raise his/her self worth and self-confidence. Registering dysregulation as it forms strengthens the ability to take steps to reduce stress levels and communicate without “acting out” distress. A relaxed child gains the ability to remain in the present moment; communicate coherently and access the curiosity intrinsic to this stage of life. Learning at the phenomenal rate is gift of childhood that evolution has afforded human beings as a means of survival.

In addition, children learn literally to “stand their ground” thus reducing their susceptibility to either bully or be bullied.

Importantly, a child’s inner life develops to nourish and support them. **The ability to choose emerges**. The connection to the innate wisdom of the body and its evolutionary journey through millions of years becomes an ever-present faithful and reliable authority.

Mindfulness is an experiential state of awareness that relies upon a person maintaining their connection to **the present moment.** As a result, it is possible to witness their experience and its relationship with external triggers rather than react to them without awareness – even in “fight/flight” mode.

Mindfulness marries one’s personal experience with sound scientific theory.

 **Importantly, anyone facilitating it in others requires a level of mastery of their own ability to be in Mindfulness in order to help others develop the skill. It then follows that your effectiveness as a caring professional working with people will improve.**

**Whilst the course is focused on working with children, the benefits of Mindfulness, and this particular course, apply to everyone working with the public and people of all ages.**

**Course Content**

The course combines Mindfulness and creativity, within its structure, to enhance understanding of oneself and to embed new ideas. Healthy habits are formed that become automatic as a result of being reinforced.

 Mindfulness and creativity combine the intellectuality of thought with the physicality of making - enabling course participants to enhance long-term learning and perception.

**The First Session:**  will be mainly concerned with experiencing Mindfulness. Participants will be required to bring their own personal journals to record their experiences throughout the course and during practice sessions. (This then forms part of the heuristic scientific format that will emerge at the end of the course.)

We shall address the basic issues of stress relief and how to both identify when it is needed and achieve it. An awareness of the neurological impact of negative stress as well as identifying the power of supporting its positive value and benefits (our ability to develop and learn) will become clear.

What is covered in this session can then be practiced in pairs.

In order to get the best out of this training and participants will need to continue practising in the intervening spaces between training sessions. This helps to activate the autonomic system.

**Second Session:** Mindfulness and how to help others experience it. Breath work. Evaluating techniques.

Practising with partners. Neuroscience. The positive impacts of Mindfulness.

**Third Session:** Mindfulness and the creative imagination: understanding the necessity of expression. The developmental journey of the child - which leads to the development of character and uniqueness. How to identify where a child may be trapped, the missing experience, and what to do.

**Fourth Session:** Contact Statements. Deepening. Working with individual challenges. The Yes / No wisdom of the body.

Participants will also experience the creative visualisation journey through the making of a talisman in glass to enhance their learning experience.

**Fifth Session:** Resourcing. Regulation of breathing. Working with fear. Return of personalized glass talisman.

**Sixth Session:** Putting into practice. Techniques for working with children. Demonstration. How to lead a guided visualisation.

Strengthening connection to talisman.

**Seventh Session:** How to deal with what arises (within ourselves and the children we are working with.)

Participants will again experience the creative visualisation journey so that they can use hand/eye co-ordination and making techniques in their interaction with children.

The final piece of glass work could then become a permanent installation in the school/workplace as part of its identity enabling everyone to respond to it.

**Eighth Session:** Additional Resourcing. Supervision. Authenticity. Extracting the scientific data from both the course and journals. Return of communal glass installation.

**Completion.**

**FURTHER INFORMATION**

Participants will be required to bring their own personal journals to record their experiences throughout the course and during practice sessions. (This then will form part of the heuristic scientific format that will emerge at the end of the course.)

A CD will be provided to support this course that includes a session of Mindfulness and a Creative Visualisation session.

Ongoing supervision sessions can be offered at further cost along with continuing professional development opportunities.

A CCPE and UKCP certificate for CPD will be provided to participants upon completion of this course.

**Cost:** Introductory rate **£99 per person per day**

**Venues:** The Phoenix Centre at

The Turning Point, Sheringwood, Beeston Regis, NR26 8TS /

Manor Lodge, Witton Bridge, NR28 9TT.

(**Dates:** To be confirmed, however first date will be early 2015.)

 *Should there be sufficient numbers, it would be possible for this course to be run in your school, college, hospital or centre etc.*

**Annie Lloyd** has been practicing and teaching Mindfulness for nearly 30 years. Originally, a secondary school teacher, she was the first person in Hampshire to run a stress management club for both pupils and staff in the school where she worked.

Her qualifications as a psychotherapist, supervision, training and supervision are extensive allowing her to offer a truly eclectic modality that ranges from the psychodynamic to the transpersonal.

Annie’s busy practice as a psychotherapist involves: supervising therapists working in private practice and CAMHS; her own work supporting children who have been adopted and their families; running ongoing CPD groups, as well as being the founder member of Art Is Medicine.

Since working with Norfolk Government, she has developed her own method of working with trauma and the entire system affected by a child’s loss of their birth family being taken into care and then adopted.

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