



ISMIND

Istituto Italiano per la Mindfulness

Organizes in collaboration with:
Casa di cura Villa Margherita
and
Istituto di Scienze Cognitive (ISC)
The workshop

Mindfulness-Based Interventions for children

Mindfulness meditation as an educational
and therapeutic tool

Hotel Viest -Vicenza– Italy

11-12 September 2010



Teacher: **Prof. Susan Kaiser Greenland** (Los Angeles –USA)



Contents: In this workshop Dr. Susan Kaiser Greenland will present an innovative model of standardized intervention based on mindfulness meditation adapted to the childhood. This model, which also involves teachers and families, allows us to learn how meditation can be implemented as a valuable educational tool for teaching children to better understand their mental and emotional states and to manage them. Medi-

tation applied and suited to school-aged children has also been shown to be an effective means of prevention and treatment of some psychological childhood problems (e.g. ADHD, Anxiety disorders, Behavior disorders, etc.).

The workshop will feature various experiential moments, using exercises with participants, Power Point Presentation, videos of group sessions and several games used in the various sessions of the protocol.

The course is suitable for psychologists, doctors, nurses, teachers and educators.

Susan Kaiser-Greenland JD, co-founder and executive director of InnerKids Foundation develops mindful awareness curriculum for and teaches programs to children as well as educators, parents, therapists and health care professionals. Susan is a member of the clinical team of the Pediatric Pain Clinic at UCLA's Mattel's Children's Hospital, Co-Investigator on MARC's MAPs in pre-k and elementary education research studies, and Collaborator on a UCSF research study looking at the impact of mindful eating on children and families. In 2006, Susan was named a "Champion of Children" by First 5 LA. She speaks at universities, medical centers and professionals programs throughout the country and consults with various organizations on teaching mindful awareness in an age-appropriate and secular manner.

In 2009 the Free Press publishing house has published her book "The mindful Child"



The workshop will be in English, and translated in Italian by Renato Mazzonetto.

The total number of participants will be limited and you must register. It was requested CME

Registration fee: The total cost of the workshop is € 200 + VAT (total € 240).

To enroll you must fill in and submit the application form downloadable from: www.istitutomindfulness.com

Timetable:

September 11: 10:00 to 7:00 p.m.

September 12: 9:00 to 6:00 p.m.

Location:

Hotel Viest:

Strada Pelosa, 241 - 36100 Vicenza
ITALY Tel: +39 0444 582677 -
www.viest.it

How to arrive:

By car: Exit Vicenza Est motorway A4
Milan-Venice: At the exit, turn right,
continue for 150 meters.

No. 2 Exit ring road "south" in
Vicenza: at the roundabout take the
second exit and follow signs.

By train: from Vicenza train station
you can take bus No. 1. Stops at
about 800-900 m (15min) to the