**CE/CME Information Packet**

**Stressed Teens Certificate Program: An in-Depth Training of the Mindfulness Based Stress Reduction for Teens**

**30 CE hours**

**Target Audience:**

The Stressed Teens online certificate program is designed for mental health professionals including Counselors, Psychotherapists, Psychologists, Social Workers, Case Managers, Marriage and Family Therapists, Addictions Counselors, Nurses, Occupational Therapists, Speech-Language Pathologists, Educators, School Administrators, Other Mental Health Professionals. Those with background in any or all of the following areas are encouraged to attend: the practice and teaching of mindfulness, personal and professional development, health and well-being, emotional development, and community building.  This course is designed at a beginner level.

**Course Objectives:**

After attending this course, attendees will be better able to:

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| 1. Discuss the recent advances in neuroscience, neuroplasticity, and mindfulness on the developing teenage brain. |
| 1. Discuss and breakdown the foundational principles of MBSR-T. |
| 1. Describe how to construct the essential core components of the MBSR-T program. |
| 1. Chart the evidence-based research on MBSR-T including latest studies and new directions. |
| 1. Substantiate the value of intentionality in MBSR-T |
| 1. Employ the 4-step mindful check-in to better understand teen’s life problems and their use and accessibility of the MBSR-T interventions |
| 1. Implement the 5Ws (who, what, where, when, and why) to develop a personal mindfulness practice. |
| 1. Devise mindfulness techniques that increase teen’s present moment functioning and living. |
| 1. Describe how to provide instruction on how to bring informal practices into teens lives; and how to connect informal practices to the five senses. |
| 1. Discuss the guided instruction for central MBSR-T interventions. |
| 1. Review experiments with interventions that can be used in teen’s daily life to facilitate maintenance and growth of the MBSR-T program. |
| 1. Describe the basics behind leading formal mindfulness practices in MBSR-T. |
| 1. Point out ways the MBSR-T program assists teens to take in the good, create beneficial lasting resources, and develop fundamental human needs for safety, security, and connection. |
| 1. Communicate how mindfulness creates a pause between a stimulus and response, which improves teen’s ability to respond to life’s problems rather than reacting. |
| 1. Identify ways to separate life moments as: pleasant, neutral, or unpleasant; and teach teens to be with all moments regardless of label. |
| 1. Describe how to apply positive coping behaviors instead of negative coping behaviors, to manage stress |
| 1. Discuss ways to be with painful events versus pushing away or clinging to the event or situation. |
| 1. Identify how to present the guided instruction for central MBSR-T interventions |
| 1. Identify ways to experiment with interventions that can be used in teen’s daily life to facilitate maintenance and growth of the MBSR-T program. |
| 1. Investigate the role of the media, social networking, and the use of mindfulness practices on the development of the adolescent. |
| 1. Evaluate techniques for building positive and beneficial relationships with self and others— mindful communication, acceptance, trust, and letting-go. |
| 1. Discuss the steps in conducting the dropping-in, body scan, sitting, walking, yoga, heartfulness and gratitude mindfulness practices. |
| 1. Identify ways to maintain mindfulness practice and continue to use mindfulness in daily life. |

**Schedule:**

Please visit the follow link to review specific course content of each week: <https://www.stressedteens.com/schedule>

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| **WEEK #** | **Hours of content** |
| 1 | 1.5 hours |
| 2 | 3 hours |
| 3 | 3 hours |
| 4 | 3 hours |
| 5 | 4.5 hours |
| 6 | 3 hours |
| 7 | 3 hours |
| 8 | 4.5 hours |
| 9 | 3 hours |
| 10 | 1.5 hours |

**CE/CME Credit Information:**

This non-live distance learning course is approved for 30 CE hours. Please click here for complete CE information: <https://www.stressedteens.com/ce-information>

**Course launch**

9/15/2021

**Course CE review/expiration date:**

9/15/2024

**Speaker/Planner Conflict of Interest Disclosures:**

Praxis Continuing Education and Training is responsible for the content, quality and scientific integrity of all CE/CME activities certified for credit. When an educational activity is offered for medical (CME), Nursing (ANCC) and/or Psychology (APA) continuing education credit, participants must be informed as to the source, amount, nature, and disposition of any funding used to support the activity, whether in the form of educational grants, cash contributions, or in-kind contributions.  Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with ineligible companies.

We define ineligible companies as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum financial threshold; individuals must disclose all financial relationships, regardless of the amount, with ineligible companies. We ask that discloses are made regardless of whether the individual views the financial relationships as relevant to the education. For more information on the Standards for Integrity and Independence in Accredited Continuing Education, please visit accme.org/standards.

All those in a position to control the content of an education activity are asked to disclose any relevant financial relationships they have with any ineligible companies.

*There is no commercial support for this activity.*

***Gina Biegel****is the CEO of Stressed Teens. She also sells books and other educational materials. Gina may mention her company during her presentation.  Gina agrees to (1) mention other, similar products and services during her presentations, (2) refer to generic rather than brand names when possible, (3) attested that clinical recommendations are evidence-based and free of commercial bias.*

**Course References:**

1) Edwards, M., Adams, E. M., Waldo, M., Hadfield, O. D., & Biegel, G. M. (2014). Effects of a mindfulness group on Latino adolescent students: Examining levels of perceived stress, mindfulness, self-compassion, and psychological symptoms. *The Journal for Specialists in Group Work, 39*(2)*,* 145–163.

2) Brown, K. W., West, A. M., Loverich, T. M., & Biegel, G. M. (2011). Assessing adolescent mindfulness: Validation of an adapted mindful attention awareness scale in adolescent normative and psychiatric populations. *Psychological Assessment, 23/(4),* 1023–1033.

3) Meiklejohn, J., Phillips, C., Freedman, M. L., Griffin, M. L., Biegel, G. M., Roach, A., … Saltzman, A. (2012). Integrating mindfulness training into K–12 education: Fostering the resilience of teachers and students. *Mindfulness, 3(4),* 291–307

4) Van Vliet, K. J., Foskett, A. J., Williams, J. L., Singhal, A., Dolcos, F., & Vohra, S. (2017). Impact of a mindfulness-based stress reduction program from the perspective of adolescents with serious mental health concerns. Child & Adolescent Mental Health, 22(1), 16–22. https://doi.org/10.1111/camh.12170 Article Also Attached to this Email.

**CE Course Completion Requirements:**

Attendees must complete the course in full. No partial credit will be awarded. Upon conclusion of the course, attendees must submit a course evaluation and pass the post test with a score of 80% or higher. Upon receipt, attendees will be issued a CE certificate of completion.

**How to Obtain Your CE/CME Certificate:**

Upon completion of the course, you will be emailed an instruction page on how to access the post-workshop website hosted through Praxis CET. You will receive a unique website link to follow in order to access the post-workshop evaluation, test and certificate processing site. Below is an outline of the requirements.

1. In your internet browser, visit the unique link that will be supplied to you once you’ve complete the course in full. By following this link, you will arrive on the IBH-Join Event webpage. *You must use this unique link for the course to populate into your customer account.*
2. In the first field provided, enter the email address you used to register for the course.

* If this is your first time logging into the event page, you will need to complete all required fields including your address.
* Returning attendees only need to enter your email address. Type your email address and hit ENTER on your keyboard. This will direct returning attendees straight to your customer account page.

3. The course you recently completed will be pre-populated into your account.

Click on the "Certificate" button located below the title of the conference, that looks like

 this:

4. A pop-up menu will appear with the next steps. You will need to complete these steps from top to bottom (post-test (if applicable), evaluation, affidavit).

5. Click “Download your Certificate”, or have your certificate emailed to you.

***You will have 30 days*** *from the course completion date to visit this site and complete all steps to earn your CE Certificate. Please be sure to complete this process soon after the course to ensure you get your certificate before the 30 day deadline.*