Leader Name: Daniel Rechtschaffen

Workshop Title:
Mindful Education Teacher Training

Workshop Description:
Schools around the world are turning to mindfulness and social-emotional learning as an antidote for rising stress, emotional dysregulation, and attention deficit. In school systems that have adopted mindfulness, students and teachers are happier, more focused, more compassionate, emotionally regulated, and less impacted by stress. What school would pass up on a chance to raise test scores, have fewer playground fights, and cultivate a more peaceful school environment?

Led by Daniel Rechtschaffen, author of The Way of Mindful Education and The Mindful Education Workbook, this Mindfulness in Education Teacher Training helps participants gain the skills and confidence to bring the many benefits of mindfulness to children in grades K–12. Educators, counselors, parents, and child-care providers will have the opportunity to deepen their own mindfulness practice and discover practical tools to incorporate mindfulness practices into daily life and work. Throughout the week, we balance professional development with personal development, and information with transformation. Participants will train in the Mindful Education Workbook curriculum, and how to apply it to children of different ages, populations, and special needs. We will examine current research and the way schools and organizations are already successfully integrating these transformative practices. Please read The Mindful Education Workbook before the workshop begins and bring it with you to Esalen.

Required reading: Rechtschaffen, The Mindful Education Workbook.
Recommended reading: Rechtschaffen, The Way of Mindful Education.

COURSE OBJECTIVES

1. Enhance their own mindfulness practice, learning stress relief, self care, attention, and empathy skills for the classroom.

2. Learn curriculum and therapeutic interventions based on social emotional learning, mindfulness, and embodiment practices

3. Teachers will come out of this training having learned to create their own mindfulness lessons and therapeutic goals

4. Learn various mindfulness based approaches to reducing stress and creating emotional regulation for youth
This course helps teachers and therapists to cultivate their own mindfulness practices as well as learning mindfulness based lesson plans to integrate into their work with kids. New research shows that mindfulness practices decrease stress, anxiety, and depression in children, while improving emotional regulation, ability to focus, and social relations—all proven contributors to academic achievement. This 5-day training gives educators, counselors, parents, and childcare providers the practical tools they need to bring the many benefits of mindfulness to children in grades K–12.

**Goals**

Participants will:

Enhance their own mindfulness practice, learning stress relief, self care, attention, and empathy skills for the classroom.

Learn curriculum and lesson plans based on social emotional learning, mindfulness, and embodiment practices

Teachers and therapists will come out of this training having learned to create their own mindfulness lessons

Learn various mindfulness based approaches to reducing stress and creating emotional regulation for youth

**Structure**

The training begins with personal retreat time for our own practice of mindfulness and yoga. As we learn to embody these teachings for ourselves, we train in offering mindfulness to children in both educational environments and our own homes. We learn to teach children of different populations and needs mindfulness practices, yoga and body awareness, compassionate communication, cooperation-based play, emotional regulation, and nature awareness. We also discuss current research and learn how schools and other organizations are already successfully integrating these practices. There will be time spent in break out groups to create a community atmosphere. There will also be time spent practice teaching so teachers can gain confidence offering these lessons.

**Schedule**

Overview of the course
Group Check-Ins and Sharing
Discussion on Mindfulness
Day of Experiential Mindfulness Practice
Continued Day of Mindfulness Practice
Discussion on integrating mindfulness into daily life
Discussion on Mindfulness in the Classroom
Film on Mindfulness in Education
Overview of Curriculum
Teaching on How to Teach Mindfulness to Youth
Beginning Mindfulness Lessons
Teaching on Social Emotional Learning
SEL Lessons
Teaching on Embodiment Practices With Youth
Embodiment Lessons
Discussion on Teaching Mindfulness to different populations
Group share about specific work each are doing
Adapting Lessons to each environment
Teaching on Trauma and emotional issues that can arise with this work
Discussion around Heartfulness and Empathy
Heartfulness Lessons
Discussion on how to integrate this work into your classrooms
How to bring this to schools and administrations
How to structure a day with mindfulness
Practicing Lessons in Groups
Mindfulness Practice and Integration Time
Discussion of What we have learned
Questions and Ending

Citations


This course meets the qualifications for 26 hours of continuing education credit for: LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Esalen is an approved provider of continuing education by the California Association of Marriage and Family Therapists, CA BRN, APA, NCBTMB, and the California Board of Acupuncture

Esalen Institute maintains responsibility for this program and its content. You may contact us at CE@esalen.org. We encourage you to be in touch with our office with any grievances in a timely manner.