



Continuing Education

Mindfulness-Based Intervention Techniques for Youth

Friday, October 4, 2019 8:30 am – 11:45 am (3-hours)

*This program is funded in part by the
William B. and Sylvia A. Hunsberger Fund*

This experiential-training will provide practical mindfulness strategies that can be used by both youth and practitioners in a variety of settings. Attendees will learn interventions that can help with executive functioning and build self-regulation skills. The neuroscience supporting the connection between mind and body and how it influences emotions and behavior will be explored.

At the conclusion, attendees should be able to:

- Explain the connection between the mind and body and how it influences emotions and behavior
- Discuss how mindfulness interventions can help with executive functioning and self-regulation skills
- Learn practical mindfulness strategies that can be used by both youth and practitioners in a variety of settings

Featured Presenters:

Molly Love, LCSW, is the coordinator of Social-Emotional Programming at the McLean School in Potomac, MD. She has worked with youth, practitioners and parents to improve the lives of children and families in the DC and surrounding area for over 20 years. McLean School is a transformative, independent, coeducational, college preparatory day school that integrates mindfulness to reduce student stress and aid in focus and learning. They welcome traditional learners as well as those with dyslexia, dysgraphia, dyscalculia, ADHD, anxiety and those with challenges with executive functioning.

Frankie Engelking, MA, is the director of Student and Community Wellness at the McLean School in Potomac, MD. She has worked at McLean School in the promotion of Health and Wellness for over 20 years. In 2018, Ms. Engelking created a Mindfulness Education Curriculum which is being implemented in grades K-12 and provides education and training to educators, parents and mental health providers. Her journey with mindfulness began 7 years ago when she was trained by Mindful Schools and began sharing the practice with students, staff and parents. The McLean School's Mindfulness program is nationally recognized as a leader in mindfulness education and training.

**Beaver Creek Country Club
9535 Mapleville Rd
Hagerstown, MD 21740**

Continuing Education Credits

Maryland Social Workers: Brook Lane is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland. Brook Lane is solely responsible for all aspects of the Program. This program will provide 3.0 credit hours of Category 1 continuing education; partial credit will not be awarded.

Maryland Psychologists: The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the Maryland State Board of Social Worker Examiners; partial credit will not be awarded.

Counselors/Therapists: Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 3 clock hours; partial credit will not be awarded.



Other Professionals: A certificate of completion noting the number of educational/contact hours will be provided.

Registration Information

Seminar Fee: \$69.00
(includes continental breakfast and CEUs)

To Register: See reverse side

Questions: deb.staley@brooklane.org
301-733-0331 x 1189

Brook Lane Seminar Registration Form



Seminar: Mindfulness-Based Intervention Techniques for Youth
Date: Friday, October 4, 2019
Location: Beaver Creek Country Club, 9535 Mapleville Rd, Hagerstown, MD 21740
Times: Check-in: 8:00 am - 8:30 am * Training: 8:30 am - 11:45 am
Fee: \$69.00 per person

Please **PRINT** Clearly

First Name: _____ Last Name: _____

Email (*required for registration/confirmation): _____

Address: _____ City: _____

State: _____ Zip: _____ Contact Phone #: _____

Discipline: [] Social Worker [] Counselor [] Psychologist [] _____

Payment Information: (Checks should be made payable to Brook Lane)

Payment Method: [] Check #: _____ Credit Card: [] MasterCard [] Visa [] Discover

Cardholder Name: _____

Cardholder Address (if different than above): _____

Account No. _____ Expiration Date: _____

Cardholder Signature: _____ CVW Code: _____

Cancellation Policy: A \$10.00 processing fee applies to all cancellations. To receive a refund (less the cancellation processing fee), cancellations must be made in writing and received no later than one week prior to the seminar (5:00 pm, Friday, September 27, 2019). No refunds will be made after that date or for no-shows on the day of the seminar.

Questions: Debbie Staley, Manager of Continuing Education
deb.staley@brooklane.org 301-733-0331 ext. 1189 Fax: 301-733-4038

To Register by Mail:

Complete the form and mail with payment to
Attn: SEMINAR Cashier
Brook Lane, PO Box 1945
Hagerstown, MD 21742

To Register Online:

www.brooklane.org
On the left hand side of homepage
click on:
Continuing Education Events

**Driving Directions to
Beaver Creek Country Club
9535 Mapleville Road, Hagerstown, MD 21740**

From Interstate 70

- Take MD exit 35 (Smithsburg/Boonsboro Rt. 66)
- From the West, turn right off the exit
- From the East, turn left off the exit
- Proceed .5 mile
- Beaver Creek Country Club will be on the left

From Interstate 81

- Take Interstate 70 East
- Take MD exit 35 (Smithsburg/Boonsboro Rt. 66)
- From the West, turn right off the exit
- From the East, turn left off the exit
- Proceed .5 mile
- Beaver Creek Country Club will be on the left



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