

Yoga Calm®

Educating the Heart, Mind, and Body

ATTENTIVE MIND

THE ATTENTIVE MIND

with Jeff Sosne, PhD,
Lynea Gillen, MS
and Jim Gillen, RYT-500

November 13 - 14
9 am to 4 pm

Lewis and Clark College
Templeton Campus Center
SW Portland, OR

\$215

1 PSU graduate credit (\$55) and CEUs available

Register at
www.yogacalm.org
or 503.977.0944

Jeff Sosne, PhD, is a Clinical Psychologist and as co-founder of the Children's Program has worked with children since 1972. Dr Sosne is widely recognized by educators and doctors as one of Portland's leading authorities on ADHD.

Lynea Gillen, MS, is a Counselor at the Children's Program, adjunct faculty member at PSU, and co-founder of Yoga Calm. As a school teacher and counselor she has taught yoga and mindfulness training to children for over 25 years.

Jim Gillen, RYT-500, is a Registered Yoga Teacher, and co-founder of Yoga Calm.

Jim previously taught and developed youth programs as a co-principal investigator for the National Science Foundation and the National Sports Center for the Disabled.



Attention is the gateway to learning. The ability to engage, shift and sustain attention is central to academic and social success. Yet despite increasing concerns about inattention in our classrooms, teachers often lack the support and strategies necessary to help their students.

In this course, we will explore the nature of attention, the strategies that facilitate attention and the factors that are toxic to a child's ability to focus. This course is particularly useful for teachers and parents who want to develop strategies for children with AD/HD that go beyond medication therapy and behavior management.

TOPICS INCLUDE:

- What "attention" is
- Biological, motivational and emotional factors that affect attention
- Cognitive strategies and mindfulness practices to improve attention
- Effective approaches to task completion
- The toxic effects of stress, multitasking and electronic media on attention
- Creating attentive classrooms & Instructional strategies
- Special considerations for AD/HD, LD, TAG/GATE and other "unique" learners.

1 PSU graduate/undergraduate credit and/or 10 Washington Clock Hours available. Coursework also qualifies for Yoga Calm continuing education credit and professional development credit through NBCC, OSCA/WSCA, Occupational Therapy Boards & the Oregon Nurse Association.

www.yogacalm.org