

- Focused Calm - Creative Mindfulness with Children

2-Day Workshop introducing various Creative Mindfulness skills in helping to deliver to our children the tools to handle stress and to positively influence their social and emotional development



Stress is part of everyday life for children as well adults; it motivates and offers us a positive challenge to life. Still, too much of it can be counter-productive and devastating. Developing emotional well-being and resiliency can help children concentrate, learn, and relate socially more successfully when children are calm and focus. Thus, social and emotional learning is a critical and integral part of our child's learning in preparation for success in school, work and life itself.

Mindfulness interventions have been shown to help and reduce their worries, anxiety, distress, reactivity, improve sleep, self-esteem, and bring about greater calmness, relaxation, and self-awareness. It has also shown to contribute directly to the development of cognitive and performance skills, learning to be more 'present', allowing them to pay better attention and improve the quality of their performance in the classroom, sports, and performing arts. Children can become more focused, more able to approach situations creatively, and problem-solved with less anxiety.

Creative Mindfulness is infused with qualities of 'fun', 'playfulness' and aesthetic self-expressiveness in engaging effectively with children. Practicing mindfulness can potentially bring positive benefits for clinicians, educators and parents themselves, both for their own wellbeing and their ability to facilitate learning effectively. Teachers, counselors/therapists and parents who work with children are ideally placed to create positive changes both in and out of the classroom/therapy rooms.

Dates: Monday 14th March 2016 and Tuesday 15th March 2016 **Time:** 10am to 5pm

Venue: Penang Performing Arts Centre, Straits Quay, Penang

Who should attend:

Parents, early years/special needs teachers, experienced as well as creative arts/play therapists, counselors in training, psychology students and individuals who works with children.

Workshop Facilitator

Alex Chew, Consultant counsellor, supervisor and trainer. Registered Counsellor/Psychotherapist (BACP), Arts Therapists (HPC), Dramatherapist Supervisor (BADth), Online Counsellor/Supervisor (ACTO), PTUK Approved Supervisor, Approved Play Therapy Supervisor (BAPT). More than 35 years of mindfulness, bodymind, awareness, critical reflective practices in mental health, complementary therapy and education. Healing Touch and Qigong for health practitioner and teacher.

Learning outcomes and objectives

- Have an essential awareness of the significant aspects of creative mindfulness
- Recognise the rationale for using mindfulness in the context of working with children.
- Understands the positive effect of creative mindfulness on children's physical, emotional and mental health
- Apprehend how creativity, mindfulness, mind-body and imagery skills can influence children's learning, behavior, self image and self talk.
- Select appropriate tools in delivering accessible, developmentally appropriate mindfulness coaching that nurtures children's ability to:
 - enhance their capacity for emotion regulation
 - strengthen attention and reflectivity for learning
 - expand their repertoire of skills for stress management
 - sociability with their peers

Workshop Fees

RM250 (inclusive of digital resources, workshop materials, certificate, tea and lunch on both days)

Enjoy 'Early Bird' Discounts, Fees @ RM230 for fully paid bookings made before 1st February 2016

Receive an additional RM10 rebate if you decide to become a member of The Centre for Creative Arts Therapy

Organiser: The Centre for Creative Arts Therapy (CCAT), Penang.

Certificate of Participation: CCAT Certificates with CPD outcomes mapped against PTUK's competency framework for Play Therapist.

Payment by: Direct bank in to: Association for Creative Arts Therapy, Penang, CIMB Bank Ac. No. 8004236630. Please email bank-in slip and registration form to centre@creativeartstherapy.org.my. Participation is confirmed after receipt of payment. Payment made are not refundable.

CLOSING DATE FOR REGISTRATION & PAYMENT: 29th February 2016

CCAT Hotline: 016-4904 688 E-mail: centre@creativeartstherapy.org.my

