

## **08-213b Teaching Mindfulness to Adolescents—6 Hour Seminar**

Jay Indik, L.I.C.S.W.

Thursday, June 19, 2008 9:00 a.m. – 4:00 p.m.

### **Learning Objectives**

1. Participants will understand why mindfulness is being taught to adolescents with psychiatric disorders
2. Participants will be exposed to many mindfulness exercises
3. Participants will be oriented to strategies and considerations when teaching mindfulness to adolescents in groups

### **References**

- Hahn, TN. (1977) *The Miracle of Mindfulness: A Manual of Meditation*. Boston: Beacon Press
- Hayes, SC, Follette VC, Linehan M.(Ed.) (2004)*Mindfulness and Acceptance: Expanding the Cognitive Behavioral Tradition*. New York: Guilford Press.
- Linehan, ML (1993). Skills Training Manual for Treating Borderline Personality Disorder. New York-, Guilford Press.
- Miller, AL, Rathus JH, Swenson, CR (foreward). (2006)*Dialectical Behavior Therapy with Suicidal Adolescents*. New York: Guilford Press.
- Miller, AL, Rathus, JH, Linehan, MM, Wetzler, S, and Leigh, E. (1997). Dialectical behavior therapy adapted for suicidal adolescents. *Journal of Practical Psychiatry and Behavioral Health*, 3, 78-86.
- Roy, Rosie, Indik JH (2005). *Mindfulness Practice List for Adolescents and Beyond*. Training handout.