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## ***MYmind:* Mindfulness training for youth with ADHD, Youth with ASD and Parallel Mindful parenting training**

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**Trainer:** Dr. Susan Bögels

**Date:** June 15th-19th, 2015

**Time:** 9:00am - 5:00pm

**Location:** Room 163, Behavioural Science Building, Keele Campus

MYmind is a mindfulness-based 9 session parent and child training program that aims to improve focus and concentration, and decreases impulsivity, hyperactivity, and aggression in youth (9-18 years) with Attention Deficit Hyperactivity Disorder (ADHD). MYmind has recently been extended to address stress, anxiety and depression and appears to have a positive effect on social communication in children and youth with Autism Spectrum Disorders (ASD). The parallel mindful parenting training helps parents to deal with the problems of their children in a mindful, non-reactive way. In addition, parents learn how they can support and reward their child's mindfulness training.

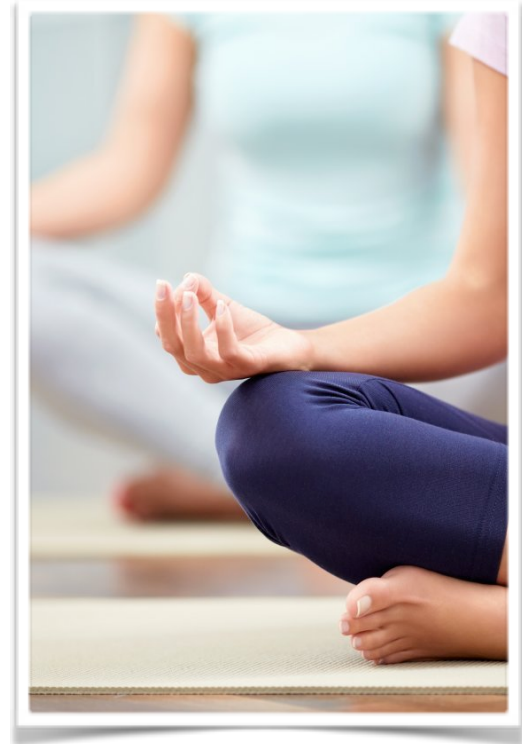
This 5 day training is meant for mental health professionals with a background in mindfulness training and meditation, who want to use MYmind with their clients. Participants will receive training in both the child and the parent program. MYmind is provided by two therapists, one for the child group and one for the parallel parent group. As such, it is advisable to participate in the current training with a colleague, although not required. By means of meditation practices, in which participants place themselves in the role of youth and of parents, the typical MYmind exercises are experienced, and subsequently practiced in the role of the instructor.

This training is being coordinated by the Chair in Autism Spectrum Disorders Treatment and Care Research and sponsored in part by NeuroDevNet.



**From this workshop, participants will learn:**

- How to conceptualize ADHD and ASD in a mindfulness framework
- How to teach mindfulness to children and adolescents
- How to work with groups of youth with ADHD or ASD
- How to instruct mindful parenting to parents
- How to work with children and parents together



**The Training will occur at the Behavioural Science Building, York University, Toronto, Ontario, M6J 1P3.**

## **Training Agenda**

### **June 15th, 2015**

Detailed training of MYmind for youth with ADHD(part I)  
(Examples: Motivation, rationale, awareness of body, use of breath)

### **June 16th, 2015**

Detailed training of MYmind for youth with ADHD (part II)  
(Examples: Distractors, practice, planning for follow-up and evaluation)

### **June 17th, 2015**

MYmind specifically oriented for work with adolescents with ADHD

### **June 18th, 2015**

Adaptations of MYmind for youth with ASD  
(Examples: Dealing with stress, feelings, changes, perspective taking)

### **June 19th, 2015**

Examines the parent program: Mindful Parenting  
(Examples: Rationale, beginners mind parenting, parenting patterns, rupture & repair, love & limits)

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## **Trainer: Prof. Susan Bögels**

**Susan Bögels, Ph.D.**, is a professor in Developmental Psychopathology at the University of Amsterdam, as well as a licensed clinical psychologist and cognitive behavior and child and family therapist. Her research focuses on the intergenerational transmission of psychopathology, through parent-child and family interactions, with a specific focus on the father, on the role of attentional processes in psychopathology, and on child and family interventions, including mindfulness. She is also the director of the academic center for the treatment of parents and children, *UvA minds*, in which evidence-based cognitive-behavioral and mindfulness interventions are offered to families. She is a practicing cognitive-behavior therapist and mindfulness trainer, specialized in mindfulness for children and their parents in a mental health context. She is the author of the book *Mindful Parenting: A Guide for Mental Health Practitioners* (2013) together with Kathleen Restifo, and has published many articles in the field of mindfulness and youth psychopathology. She is a member of the workgroup on Anxiety, Obsessive–Compulsive Spectrum, Post Traumatic, and Dissociative Disorders of the *DSM-5*.

## **Registration Information**

### **Registration Requirements:**

This training is designed for psychologists, social workers, counselors, psychotherapists and health/mental health professionals working with child and/or adolescent clients and/or their parents.

Participants are expected to have a formal practice in mindfulness, including having completed a course in MBSR or MBCT and participated in a 4-day (or longer) mindfulness retreat or have the intention to complete this soon after the training. The MBSR or MBCT course can be done in parallel with the workshop timing. Upon completion of the 4-day training, MBSR or MBCT course, and 4-day retreat, participants will receive a certificate as a MYmind instructor.

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**Prior to being formally accepted for the MYmind training, potential participants must complete the online application requirements. To access the online application, you may copy the following link into your browser, follow the link sent to you in the MYmind email or contact Rachel Grant ([rgrant@yorku.ca](mailto:rgrant@yorku.ca)).**

**Application Link:** [https://yorkupsych.co1.qualtrics.com/SE/?SID=SV\\_6G7q5Em5bWOXrDv](https://yorkupsych.co1.qualtrics.com/SE/?SID=SV_6G7q5Em5bWOXrDv)

Spots will be allocated on a first come, first serve basis so please complete the online form as soon as possible.

Upon review of the application, participants will be informed that they have been accepted and will be allowed to register. It is recommended that participants do not make plans to come to the training prior to being formally accepted.

**Early Registration Fee two months month prior to the workshop \$850.00 (until April 15th); \$1050.00 regular registration rate. This training is reserved for a maximum of 20 spots.**

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