

# NFI Vermont Presents:



## **Relational Mindfulness and Playful Techniques for Effectively Engaging Youth in School-based and Clinical Settings**

*A day of mindful engagement & laughter with Joe Klein and Jessica Morey from Inward Bound Mindfulness Education*

**Friday, December 5th, 2014**

**8:00am - 4:30pm | The Inn at Essex (The Essex Resort & Spa)**

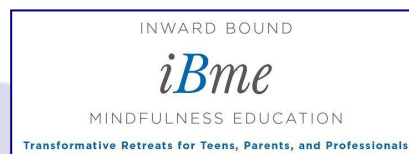
70 Essex Way, Essex VT 05452 | (802) 878-1100 | [www.essexresortspa.com](http://www.essexresortspa.com)

This workshop is designed for professionals to learn fun and effective techniques for sharing mindfulness skills with youth in school-based and clinical settings. Joe and Jessica will share strategies used to engage youth on the iBme Teen Retreats. They will offer creative and innovative interventions garnered from years of school-based mindfulness education and individual and group therapy with children and adolescents.

iBme staff have been sharing these dynamic techniques with professionals who work with youth on residential Retreats, as well as in schools, mental health and juvenile facilities. Their secular residential mindfulness retreats, held annually in California, Washington, Virginia, Colorado and New England allow youth to engage, connect and go deeper in the practices of mindfulness and authentic relationship. For many youth, these retreats are transformative experiences where they build a toolkit to deal with stress and anxiety and for improving relationships with peers, parents and themselves.

Of special note is the game Joe created for kids with ADHD called *Not Paying Attention*, which will be shared during this workshop and is a valuable tool if you work with hyperactive kids. Participants will also be taught *The Five Senses Tool*, for helping youth learn an effective way to cope with anxiety and panic attacks. The iBme *Lightening Rounds* activity is a very effective technique to quickly create a sense of connection, belonging and trust when doing small group work with youth. Classroom-based mindfulness activities will also be shared for elementary, middle and high school settings.

[www.ibme.info](http://www.ibme.info)



[www.nfivermont.org](http://www.nfivermont.org)

## About the iBme Presenters:



Presenting:

**Joe Klein, LPC, CSAC**

Founder and Lead Teacher  
Inward Bound Mindfulness Education

**Joe Klein** is the founder of Inward Bound Mindfulness Education (iBme) which provides transformative retreats for teens and college students as well as for parents and professionals who work with youth. He is an adjunct professor at Radford University's Department of Counselor Education where he teaches courses and

workshops for faculty, counselors, social workers, nurses and school teachers in applications of Mindfulness for Stress Reduction and Self-Care. He also provides programming for adolescents who struggle with depression, anxiety, trauma, addictions and eating disorders in his private practice as a Licensed Professional Counselor and Certified Substance Abuse Counselor in Virginia. Joe is a long term practitioner of mindfulness meditation, yoga and Chinese internal martial arts. He has over 20 years' experience working with youth as a teacher, counselor and soccer coach and has taught mindfulness in school settings with students ranging from K-12<sup>th</sup> grades. Joe brings playfulness and a whole body experiential integration to his work with young people.



Presenting:

**Jessica Morey**

Executive Director and Lead Teacher  
Inward Bound Mindfulness Education

**Jessica Morey** is a founding board member and lead teacher for iBme teen retreats and serves as the Executive Director of iBme. She began practicing meditation at age 14 on teen retreats offered by the Insight Meditation Society (IMS). before joining iBme. Her published works range from the chapter "Ordinary Awakening" in *Blue Jean Buddha* to a 2012 Shambala Sun article "**Dharma**

**2.0.**" describing her experience of bringing mindfulness into her work and life. More recently she wrote an article in the February 2014 *Mindful Magazine*, "**Finding My Way.**" about her experience learning and benefiting from mindfulness throughout her young adult years.

## Conference Details & Registration Information

The Inn at Essex | 70 Essex Way, Essex VT 05452 | (802) 878-1100 | [www.essexresortspa.com](http://www.essexresortspa.com)

Conference Fee: \$99 | Group Rates are available, call for more information.

### Conference Details

Registration Begins: 8:00am  
Morning Lecture: 9:00am - 12pm  
Lunch (on your own): 12pm - 1:30pm  
Afternoon Lecture: 1:30pm - 4:30pm

5.5 CEU credits for  
LICSW, LCMHC, and Psychologists

### Registration

Name \_\_\_\_\_  
Organization \_\_\_\_\_  
Email Address \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Amount Enclosed \_\_\_\_\_

Please Send to:

Amanda Camper | [AmandaCamper@nafi.com](mailto:AmandaCamper@nafi.com)  
NFI Vermont | 30 Airport Road | South Burlington, VT 05403



NFI Vermont is a non-profit mental health agency offering a statewide network of community based treatment and educational services to children and their families. NFI Vermont also provides trainings and conferences to the local community, with the goal of improving services to children and their families.