

Building a Compassionate and Mindful School

Trauma Informed Practice Summit

January 20, 2016

2:00pm– 3:15pm

Presenter(s):

Cathy Lehmann (Principal), Ellen Baltus (Licensed Clinical Social Worker / Counselor), Emily Barret (School Psychologist & Behavioral Specialist), Annie Schelgel (Social Work Intern & Behavioral Assistant)

Session Description:

In this session, we will share Lot Whitcomb Elementary School's journey into becoming a Mindful & Compassionate School. We will share our experiences with Developmental Discipline, Trauma-Informed Practices and Mindfulness support for our entire community. Our Mindful Journey is new but we have developed some very hopeful practices that are bringing back a sense of compassion, hope, and joy to our school.

We are constantly reminded that we live in a different world these days, and the challenges facing our children are daunting: bullying, obesity, technology, in addition to more longstanding problems like poverty and racial/ethnic discrimination. Fortunately, we also live in an age of unprecedented research and clinical support for the potential of mindfulness and compassion to support all of us in meeting the challenges we face in the 21st century. We invite you to join us and learn together as we build this community of dedicated and mindful learners.

Specifics covered in this session are Compassionate Schools background, Trauma-Informed Practices and Mindful techniques for self-regulation and learning. A brief overview of our Wolf Den (Self-Regulation Room), our Soft Start, lessons on brain development and compassion as well as daily breathing practices in classroom and intervention settings