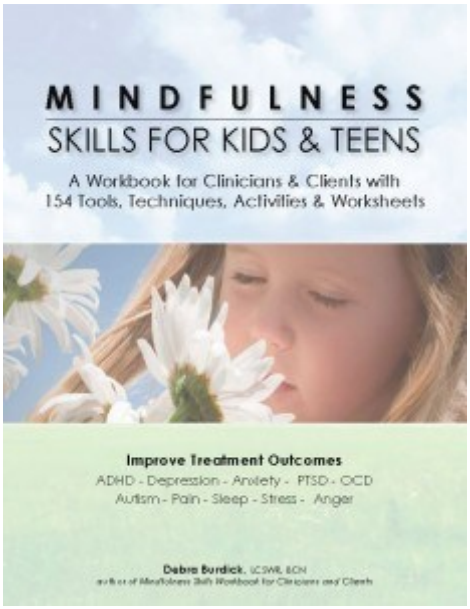
Mindfulness Skills for Kids & Teens

Book Fact Sheet



Author: **Debra Burdick, LCSW,** also known as 'The Brain Lady', is an international expert on Mindfulness and ADHD, an award-winning #1 best-selling author, licensed clinical social worker, formerly board-certified Neurofeedback practitioner, and online expert at SelfGrowth.com.

Deb retired from private practice to slow down and focus on writing and speaking. Her personal mission is to experience contentment and joy and hopes that her books, meditations, and training will help others do the same. She has been a frequent speaker for PESI and other organizations, teaching workshops on ADHD as well as Mindfulness Skills to psychotherapists, teachers and other helping professionals, nationally. She also teaches workshops to local organizations titled Mindfulness Skills to De-Stress as well as Radical Self-Care When You Are Ill. Deb created the skills in this book to help her own daughter and thousands of clients thrive with ADHD.

Book Synopsis: This book is designed specifically for both clinicians and parents who are looking for mindfulness skills to help children and teens thrive.

Finally, a comprehensive, practical and user-friendly Mindfulness resource written specifically for children and adolescents. Best-selling author Debra Burdick, *Mindfulness Skills Workbook for Clinicians and Clients,* has blended the latest mindfulness research and the clinical practice of mindfulness to create this straight-forward guide to improving self-awareness, self-regulation skills, mental health, and social connectedness in kids and teens.

This expertly crafted and guided resource features a collection of more than 150 tools, techniques, activities and worksheets that provide a step-by-step skill building process you can use in a clinical or educational setting to improve and enhance treatment outcomes. Perfect for mental health practitioners, teachers and all in the helping professions.

■ Tools for explaining Mindfulness and neurobiology in kids' language

■ Activities, games, and meditations that build basic through advanced mindfulness skills

■ Step-by- step instruction on teaching and practicing mindfulness, meditation and reflection

■ Guidance on choosing age appropriate skills

■ Parental Involvement

■ How to apply Mindfulness skills to specific childhood mental health disorders

■ Journal prompts to help integrate learning

■ Reproducible tools for tracking progress

You will find a link inside to download a free pdf version of all the handouts!

ISBN	978-1937661571
Categories	Medical Clinical Psychology, Popular Child Psychology, Popular Psychology Counseling
Publication Date	September 2014
Size	8.5" x 11"
Binding	Perfect Binding, 320 pages
Price	$29.99 paperback, $14.99 Kindle
Publisher	PESI Publishers
Author web site	www.TheBrainlady.com
Purchase	Mindfulness Skills for Kids and Teens

Her books include:

- Mindfulness for Kids with ADHD
- Mindfulness for Teens with ADHD
- ADHD: Non-medication Treatments and Skills for Children and Teens (Benjamin Franklin GOLD winner in psychology)
- Mindfulness Skills Workbook for Clinicians and Clients
- Mindfulness Skills for Kids and Teens
- Radical Self-Care When You Are Ill

Her card decks include:

- Mindfulness Skills for Kids Card Deck and 3 Card Games
- Radical Self-Care When You Are Ill Digital Card Deck

Her CDs help with ADHD, sleep, and mindfulness.

- Mindfulness Toolkit
- Mindfulness Toolkit for Kids
- Meditations for Concentration
- Meditation for Sleep

Her online trainings include:

- Mindfulness – the Basics and Beyond
- Transforming Stress