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Bridging the Hearts & Minds of Youth Conference, Feb. 4-5

Helping Children Build Inner Strength and Happiness through Mindfulness

Beginning February 4, 2012, the UC San Diego Center for Mindfulness will host a national conference for teachers, parents, therapists, and school administrators called *Bridging the Hearts & Minds of Youth*. The two-day conference is designed to familiarize and train attendees with the ways in which mindfulness is being taught to children and teens in a variety of settings. The goal is to teach mindfulness as a tool to positively impact children's psychological, physical and social well-being.

"Mindfulness is an effective means of contending with stress, pain and emotional distress in all areas of life," said **Steven D. Hickman, PsyD**, and director of the UC San Diego Center for Mindfulness. "With overlapping issues of teen suicide, childhood obesity, rampant ADHD and bullying, this is a crucial time to cultivate mindfulness in our young people so they can access their own inner resources for awareness and self-control."

More than 15 workshops and breakout sessions during the two-day conference will focus on topics such as integrating mindfulness into the classroom, **mindfulness and social media, mindful parenting practice and psychotherapy, proven practices for teaching teens skills for peace and happiness, and an introduction to mindfulness-based cognitive therapy for children.**

"Around the globe, mindfulness is being taught to children in settings as varied as the streets of urban America to the classrooms of Israel, and everywhere in between," said Hickman. "We are bringing these pioneers to San Diego to present their work and to learn from them as thought leaders in the fields of neuroscience, education and research."



Mindfulness

The Bridging the Hearts & Minds Youth Conference will take place at the Catamaran Hotel in San Diego. Physician participants are eligible to receive **14.75 AMA PRA Category 1 Credits™**. The course also meets the qualifications for **14.75** hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, and the same number of credits for psychologists.

To register for this conference, please visit <http://cme.ucsd.edu/bridging/registration.html>

UC San Diego Center for Mindfulness

The UC San Diego Center for Mindfulness (CFM) is a multi-faceted program of clinical care, professional training, education, research and outreach intended to further the practice and integration of mindfulness into the lives of individuals throughout the healthcare and educational system, including patients, healthcare providers, students, teachers and business people. The foundation and core of the Center for Mindfulness is Mindfulness-Based Stress Reduction (MBSR) as it was developed by Jon Kabat-Zinn, PhD and the Center for

Mindfulness at the University of Massachusetts Medical School. CFM also offers additional clinical programs such as Mindfulness for Teens, Mindful Eating, Mindfulness-Based Cognitive Therapy and others. For more information on the programs of the Center for Mindfulness, visit their website at <http://mindfulness.ucsd.edu>

MEDIA CONTACT

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