

# Mindfulness in the Playroom

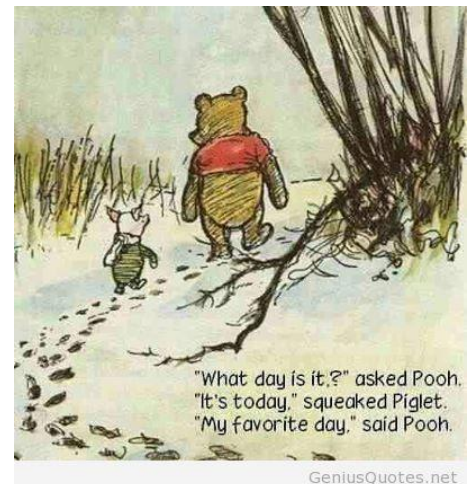
## 1 day workshop

This one day workshop will explore the use of mindfulness with children and youth in all settings. Practitioners will learn simple tools to promote awareness, wellbeing and self-support. An overview of the elements of a mindful attitude, and how it can benefit our clients and our own self-care will be covered. Additionally the workshop offers practical activities for children and youth who experience or have experienced stress or trauma, or have issues with self-regulation such as with ADHD, ADD and DCD.

### Participants:

This workshop is for Play and Arts Therapists, Social Workers, Childcare Workers, Social Care Workers, Project Workers, Teachers, Residential Teams, Psychotherapists, Mental Health professionals and anyone undertaking direct work with children.

**Date:** 2 April 2015  
**Times:** 10am – 4pm  
**Cost:** €65  
**Venue:** Teach Dara, Kildare Town



**Facilitator:** Gayle Kearney, MA, BA, CPT-S IBECPT, MIATP

Gayle Kearney is a Child and Adolescent Psychotherapist, Play Therapist, Counsellor and Supervisor. Gayle has further training in family play therapy, mindfulness-based family play therapy, and therapeutic use of mindfulness, sensory attachment, dyadic developmental psychotherapy, and child-parent relationship therapy. Gayle has over 15 year's experience working with complex cases in childcare, Barnardos, special needs, a community drug team, HSE, residential, family work, and private clinical practice. Gayle currently works passionately as a therapist, consultant, lecturer, and a co-founder of Specialised Play and Workshops.

Places Limited

Booking form: Contact Gayle Kearney at 087 6181445 / [gaylehearney@gmail.com](mailto:gaylehearney@gmail.com)

# Mindfulness in the Playroom

## Application Form

**Name:**

**Address:**

**Email:**

**Telephone:**

**Place of Employment and Job Title:**

**What is your experience of mindfulness?**

**What are your hopes and expectations of this workshop?**

**Where did you hear about the workshop?**

**Please tick if you require an invoice for the workshop**

Places are limited. To provisionally book a place please email: [gaylehearney@gmail.com](mailto:gaylehearney@gmail.com)

Please send completed application form and remittance to:

Gayle Kearney

4 Curragh Finn

Kildare Town

Kildare

Please wear comfortable clothes and bring a packed lunch/alternatively there are an array of local eateries.