

February 18, 2017

Doug Dermott

TEPS Report

Mindfulness-Based Stress Reduction for Teens

Dear Dr. Hicks,

The MBSR-T conference I attended on February 15<sup>th</sup> for my TEPS professional improvement plan was excellent. MSBR-T is an evidence-based intervention that has provided positive outcomes in helping student's with anxiety, depression, stress, emotional regulation, impulsivity, self-harm, among many other benefits. Additionally, these outcomes have been linked to increased academic performance and decreased behavioral difficulties.

The working definition of Mindfulness is noticing your thoughts, feelings and physical sensations in the present moment without judgment. There are two different Mindfulness practices, formal and informal. Formal practices include techniques such as sitting practice, body-scan practice, walking practice, and heartfulness. Informal practice includes awareness of routine activities, mindfulness qualities of daily living, developing an awareness of one's thoughts, awareness of pleasant and unpleasant events, awareness of breathing and information on the effects of stress and how to cope with it.

This conference allowed me to learn the techniques in order to teach them to students individually or in groups. The curriculum is rolled out in three stages. The first stage is to teach a development of broad awareness and insight. The second stage is to have the student be mindful daily. The third and final stage is maintenance and growth. Within each stage, the above-mentioned techniques are taught.

Included in the curriculum is a rating scale (to measure growth) and a handout to help students to mindfully complete schoolwork, homework and test taking. Additional resources that were purchased included two different Mindfulness workbooks and a Mindfulness card deck for me to integrate into counseling sessions.

I plan to teach these techniques to students that I see in regular counseling situations along with crisis counseling situations. I will be presenting this information at an upcoming Psychologist Department meeting, Guidance Department meeting, along with an Administration/Guidance meeting. Future considerations may include conducting a group program for students in need along with teaching faculty & staff members.

I want to thank you again for allowing me this opportunity to learn about Mindfulness techniques so I can better provide support for students.

Doug Dermott