

Mindfulness and Yoga for Anxiety, Depression and Trauma in Schools

About this Seminar

Target audience: Social workers and other social service providers

Content level: Beginner to Intermediate

Date Course Revised: January 2019

Instructor(s) name and bios(s): Shara Plynton, LICSW

Shara Plynton, LICSW, has been a school social worker in urban Pawtucket, Rhode Island for over 18 years. They both have extensive training and practice in the areas of trauma sensitive schools as well as experience in using mindfulness and yoga practices to treat anxiety and to promote wellness and self-care in school communities. Their training includes work with the Mindful Schools, HeartMath Resilience, Mindfulness in Schools Project, and Kripalu and Kundalini 200 hour yoga teacher trainings. Together, this Principal and Social Worker created a school wide mindfulness program called Quiet Time in their middle school.

Agenda/Outline:

Course Completion Requirements:

All learners are required to attend the entire workshop and complete an evaluation to receive credit for this workshop. The instructor will hand out a paper evaluation form at the end of the workshop. Attendees will need to turn in evaluation form when they sign out of the workshop to receive credit.

The learner will need to request an ASWB ACE Continuing Education Certificate from Boston University School of Social Work staff. A staff member will confirm attendance and will email a PDF certificate within 30 days of request to the learner.

ACE Approval Statement:

Boston University School of Social Work, 1121, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Boston University School of Social Work maintains responsibility for this course. ACE provider approval period: 11/8/2018 – 11/8/2021.

System Requirements:

Please visit the [BU IT Help Desk System Requirements](#) page to view system requirements.

For information about [refunds, cancellations, accommodations](#). To contact us, please email pepssw@bu.edu or call 617-353-3756.