

# Moving Mountains Workshop

## An Integrative Approach for Working with Youth

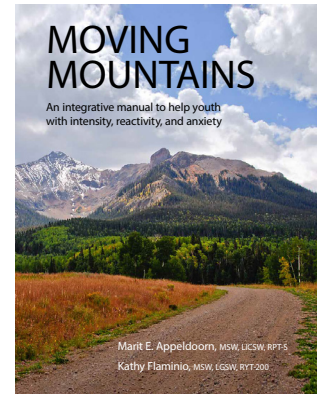
Sometimes the most thoughtful interventions with children/youth in distress don't work as planned. This can make situations worse and cause frustration for both the child and the helper. In our hands-on presentation, participants learn and practice using tools to assess a child's/youth's "zone" of agitation and effectively intervene using a wide range of mind-body techniques.

During this workshop, participants create their own intervention tool kits to immediately use in their education, early intervention, home visiting, and outpatient therapy settings.

**WEDNESDAY, JUNE 23, 2021**

6:00 pm - 7:30 pm CT | Zoom Platform

Individuals: \$60 (includes workshop and *Moving Mountains manual*)



[Click here to register](#)

### LEARNING OBJECTIVES:

- Describe developmental pathways to intensity and reactivity in children and adults
- Understand the impact of intensity, reactivity, and anxiety in youth and adults
- Explore the "Mountain" model of assessing and intervening at the appropriate level to meet the child's/youth's need
- Complete self-assessment "Mapping the Mountain" on sensory thresholds and temperament and then complete similar assessment on a child or youth
- Create a tool kit of interventions targeted to each level of the "Mountain"

### MOVING MOUNTAINS IS HELPFUL FOR:

**Parents:** This easy-to-read manual with practical tools helps you feel physically and emotionally effective as a parent.

**Therapists:** This manual is a resource for you to use in both live and telehealth sessions with youth and families.

**Educators:** A simple and effective tool for organizing interventions and learning mind-body strategies to integrate into both live and online instruction.

### PRESENTERS

**Marit Appeldoorn, MSW, LICSW, RPT-S**, is a therapist, supervisor, and consultant in private practice in Minneapolis, Minnesota. She is also the co-founder of Safe Haven, an organization providing comprehensive professional support to therapists including supervision, coaching, mentorship, and training.

**Kathy Flaminio, LGSW, MSW, E-RYT-200**, is the founder of MoveMindfully®, a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into educational, therapeutic, and home environments. She is the creator of MoveMindfully training, workshops, products, and curriculum that teach trauma-responsive, movement-based sequences for self-regulation, focus, and overall well-being. With a master's degree in social work, Kathy holds more than 20 years of experience in regular and special education.

**For more information call 612-516-5749 or email [info@move-mindfully.com](mailto:info@move-mindfully.com).**