

SMART-In-Education

Berkeley Federation of Teachers and Berkeley Unified School District are offering **A COMPLIMENTARY, 8 week** class to help teachers and instructional staff learn to reduce personal stress and increase resiliency.

Here is a quick overview.

Who: Open to all Educators (teachers & other class room instructional staff). Teachers may be able to receive CEU's for the course.

What: SMART-in Education (Stress Management and Relaxation Techniques) for Educators course (see attachment for details on the curriculum)

Where: Classes will be held at one of the Berkeley Schools, conveniently located.

When: Eight (8) Weekday afternoons from 4:00 p.m. – 6:30 p.m. between Monday, April 9th - May 14th, Friday May 25th and Monday May 28th, and two Saturday's- April 14th and May 19th.

How: Register at erin.mindfullife@gmail.com

The class title is SMARTinEDUCATION. The deadline for registration is March 31st, 2012. There are only 25 places in the Spring Program.

Register now!

How Much: This course is **FREE**, due to collaboration and negotiations by: **Berkeley Federation of Teachers and Berkeley Unified School District. Normal fee is \$ 485.00.**

Professional Development: Participants may be able to attain CEU's for an additional fee

Sponsors: Berkeley Council of Classified Employees; Berkeley Federation of Teachers; Berkeley Unified School District.

Additional information about SMART in Education classes: **Erin Hill Selover, MFTI**, who resides in Berkeley, also has been teaching mindfulness based stress reduction techniques in educational settings for the past ten years. She worked as a senior teacher with the Niorga Institute teaching in the Berkeley Unified School District, El Cerrito School District and with Alameda County Behavioral Health Care Services. She is currently a Marriage and Family Therapist Intern, and specializes in mindfulness-based approaches to healing. She will begin a four-year Meditation Teacher training program with Spirit Rock Meditation Center and Insight Meditation Center in January of 2013.

Research over the years has shown that mindfulness practices, emotional

regulation and forgiveness have powerful clinical benefits – improved health and well being for participants. People generally know what is needed for better health, but they need support to actually do what they need to do. Mindfulness training is one of these supports.

Key to understanding stress is to realize that the experience of stress is based on an individual’s perception that something is beyond his or her resources or presents a danger. The cultivation of mindfulness allows individuals to look more closely at stress causing factors and carefully consider the accuracy of initial perceptions. With a more keenly attuned awareness of the sensations of stress in our bodies, mindfulness provides an opportunity to both evaluate events differently and to immediately engage in stress reducing behaviors, such as paying attention to physical sensations and the breath. These interventions break the fight or flight stimulation that often accompanies a perception that what has just happened is too much or is actually dangerous to us and reduce the wear and tear on our bodies.

Questions: Erin Hill Selover may be contacted at:

erin.mindfullife@gmail.com

To register: Send an email of interest to erin.mindfullife@gmail.com

Class	Day	Date	Time	ROOM
1	Mon	4/9/2012	4:00-6:30	Berkeley School, TBD
2	Sat	4/14/2012	10:00-4:00	Berkeley, School, TBD
3	Mon	4/16/2012	4:00-6:30	Berkeley School, TBD
4	Mon	4/23/2012	4:00-6:30	Berkeley School, TBD
5	Mon	4/30/2012	4:00-6:30	Berkeley School, TBD
6	Mon	5/7/2012	4:00-6:30	Berkeley School, TBD
7	Mon	5/14/2012	10:00-4:00	Berkeley School, TBD
8	Sat	5/19/2012	4:00-6:30	Berkeley School, TBD
9	Fri	5/25/2012	4:00-6:30	Berkeley School, TBD
10	Mon	5/28/2012	4:00-6:30	Berkeley School, TBD

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