



News Release

C4L Offers Mindfulness Training for Teens Multiple Benefits Seen After Adolescents Practice Specific Meditation Exercises

Irvine, California, January 11, 2012: The Center for Learning and Behavioral Solutions is beginning new sessions that will coach teenagers in breathing techniques, the practice of being 'present,' aligning themselves with the positive, and fostering love, gratitude and appreciation.

"Research has clearly established that mindfulness training develops attention and concentration, social-emotional awareness, body awareness and coordination, and improved interpersonal skills for adolescents," said Shirin Ansari, Ph.D. "We are excited to offer teens the opportunity to practice mindfulness in a safe, accepting environment. Our goals will be to help teenagers reduce test anxiety, ADHD behaviors (specifically hyperactivity and impulsivity), negative affect/ emotions, anxiety, depression, and conduct and anger management problems."

Mindfulness meditation, which is the focused awareness on one's thinking process, is taught through attending to the thinking process as well as the practice of monitoring thoughts, slowing them down, observing them, and releasing them without judgment (Hooker and Fodor, 2003).

Boys' sessions will be run by Anthony Chavez and Dr. Ansari. Vista Kushesh, M.S. will lead the girls' group. Teens ages 13 to 16 (in grades 7 through 10) may register for one workshop session or a package of sessions. The first workshops begin the weekend of January 14/15, 2012 and continue through the end of the school year.

Dr. Shirin Ansari is the founder of The Center for Learning and Behavioral Solutions in Irvine. She served as a School Psychologist with the Irvine Unified School District for many years. C4L is a multi-disciplinary resource that offers clients research-based techniques for the treatment of learning difficulties, processing disorders and language problems.

To register or for more information please visit www.C4L.net/mindfulness or call (949) 654-2424.