

Practitioner's guide, a mindfulness workshop:"reclaiming self" for adults with history of adverse childhood experiences

Khoddami, Manya

URI: <http://hdl.handle.net/10211.2/1218>

Date: 2012-06-06

Abstract:


This graduate project offers a manualized mindfulness based workshop that allow mental health professionals to respond to the needs of adult's with history of adverse childhood experiences, ACE, whose daily functioning may be crippled with the residuals of their past experiences. The review of research literature presents the need for a replicable mindfulness based intervention that can increase stress tolerance and promote affect regulation in dealing with everyday life challenges. The workshop created is comprised of eight weekly sessions, and each session is divided into 5 segments with 3 experiential and 2 educational segments for a total of 90 minutes. This manualized workshop is recommended to be used as a preventative intervention to alleviate risks of future revictimization and perpetration for individuals with history of childhood trauma.

Description:

Includes bibliographical references (pages 47-58)

[Show full item record](#)

Files in this item

	<p>Name: Manyak.thesisfinal.05.15.2012-Copy.pdf</p> <p>Size: 1.022Mb</p> <p>Format: PDF</p> <p>• Download</p>
---	--

This item appears in the following Collection(s)

- [Electronic Theses & Dissertations \(ETDs\) \(2011-\) \[1470\]](#)
Collection of theses and dissertations written by CSUN students.
- [Educational Psychology and Counseling Master's Thesis Collection \[199\]](#)
Collection of theses written by CSUN Educational Psychology and Counseling department students

Search

Search

This Collection

My Account

[Login](#)

[Register](#)

RSS Feeds

[RSS 1.0](#)

[RSS 2.0](#)

[Atom](#)

