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

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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)

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