



**CHILD MINDFULNESS GROUP**  
UW HEALTH-PSYCHIATRY  
6001 RESEARCH PARK BLVD  
MADISON WI 53719

**Group Leader:**

Stephanie Steinman, PhD

**Group Day/Time:**

Mondays 3:30-5:00

Usually offered 2-3 times a year



## **Group Description:**

The child mindfulness group teaches members to learn how to practice mindfulness skills in day-to-day life through games, art activities, and mindful movement guided by an experienced instructor. Mindfulness has been shown to be helpful with a variety of concerns including anxiety, attention, and anger. It is a strategy used to learn how to focus on different thoughts, emotions, and body sensations. Children are encouraged to practice the skills at home and school.

## **Inclusion Criteria:**

- Ages 9-12
- Must have completed an intake at WisPIC
- May have various problem areas (e.g., anxiety, depression, etc.)

## **Referral Process:**

Prospective kids are referred by their mental health care providers. All referrals are sent to Stephanie Steinman. Families will be provided with an overview of treatment during a brief phone screen with one of the leaders. Once members are accepted into the child mindfulness group, parents will receive a call to notify them of the start date of the group.

## **Additional Information:**

- Space is limited to 10 participants
- Wear comfortable clothes (no dress/skirts please)
- Yoga mats and cushions will be provided for the kids
- There is a required weekly parent component. Parents are asked to attend the beginning of each session and will then meet with one of the facilitators at 4:30. Parents will learn what skills their children are being taught and how to continue to support this practice at home.

## **Instructor**



## **Stephanie Steinman, PhD**

Dr. Stephanie Steinman is a clinical psychologist and licensed alcohol and drug therapist. Dr. Steinman specializes in Dialectical Behavior Therapy, mindfulness-based therapies, addiction, and adolescent mental health. She works with all ages. She has been practicing with UW for over 10 years.

Providers: *To refer a teen to this group – please send a Re: Patient message via Epic*