

Kimochis®



FOR MENTAL HEALTH PROFESSIONALS



An INNOVATIVE, ENGAGING, and PRACTICAL workshop!

"I believe that Kimochis® are great because they get children to talk about their more 'negative' feelings with other kids and with teachers and parents. Here is a vehicle for coaching children about feelings, which is the royal road to these magic moments for connecting with our children!"

— *John Gottman, Ph.D., author Raising an Emotionally Intelligent Child*

"Kimochis® help to encourage an active concrete discussion about our abstract emotional reactions. We enjoy incorporating them into our daily treatment lessons. They are helpful in encouraging students to better recognize and articulate their own emotional responses as well as to increase their sensitivity to emotions of others." — *Michelle Garcia Winner, Founder of Social Thinking®*

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WHO SHOULD ATTEND

Mental health clinicians looking for novel and creative approaches to help children, teen and adult clients better understand and communicate emotional experiences. An interactive workshop, please be willing to engage and participate in dyad and group activities.

COURSE DESCRIPTION

Learning to use Kimochis Communication Tools in verbal and non-verbal ways with clients will be at the heart of this “how-to” interactive, tool-driven workshop. Clinicians will leave with a set of tangible, effective and fun activities for helping people navigate varied mental health issues.

MORNING SESSION (3 HOURS)

The morning session focuses on learning how to use the Kimochis Mixed Bag of Feelings, required materials for this training. Appealing and friendly, these feeling pillows encourage verbal and non-verbal engagement in communication and counseling exercises. Activities are designed to be adaptable for individual, dyadic, family and group work. Additional tools, such as the Kimochis Keys to Communication, will be taught and interwoven into the workshop presentation.

AFTERNOON SESSION (3 HOURS)

The afternoon session is ideal for clinicians who want to delve deeper into the Kimochis Communication Tools. These additional tools are ideal for clinicians who work with children (K-5) in small groups or classrooms. The Kimochis Educator’s Tool Kit is required for this training. Participants will gain additional Kimochis emotional vocabulary, giving educators, parents, and children a common language to guide positive behavior in social and academic settings. The Kimochis Characters teach temperament, keeping learning fun and interesting. The Kimochis Feel Guide, a social emotional learning (SEL) curriculum, will be taught and participants will be guided on how to use it for individual and group counseling work, psychoeducation and SEL lessons. These SEL tools can all be used as stand alone interventions or integrated into existing models of support. Upon completion of this workshop, participants will be prepared to use and teach Kimochis mental health and communication tools as prevention and therapeutic intervention in practice, school and clinic settings with children and adults.

Required materials: The Mixed Bag of Feelings (required for the morning session) and the Kimochis Educator’s Tool Kit (required for the afternoon session) are available separately at shop.kimochis.com.



FOR MENTAL HEALTH PROFESSIONALS

MORNING SESSION LEARNER OUTCOMES

- Explain how to use of Kimochis feeling pillows with clients of varied ages and mental-health concerns, both individually and in groups, can be an effective and fun therapeutic tool for mental health providers.
- Demonstrate how to use Kimochis feeling pillows to help clients explore, articulate and manage feelings that accompany life's challenging circumstances.
- Recognize how to use of these clinical techniques and tools can help an individual develop new patterns of communication, which can increase one's ability to improve relationships with others.
- Teach the Kimochis Keys to Communication to support pro-social habits, SEL skills, increasing positivity in thinking and relating to self and others.

Level of course content: All levels welcome

AFTERNOON SESSION LEARNER OUTCOMES

- Use the Kimochis curriculum and tools to plan small groups to foster social-emotional and academic success for children.
- Understand how the Kimochis characters promote temperament tolerance and understanding for targeted needs in both group and classroom settings.
- Model Kimochis vocabulary to support children to use positive communication tools during times of emotional and behavioral upset.
- Collaborate with other educators and families to create Kimochis interventions that promote social-emotional development in children.

Level of course content: Intermediate, Professional

REGISTRATION

Choose to attend the morning session or the full day. *If you have already completed Kimochis Mental Health morning workshop, you may opt for just the afternoon.*

To register, **click here** to be directed to our online store. For questions, email education@kimochis.com or call us at 415-578-1104.

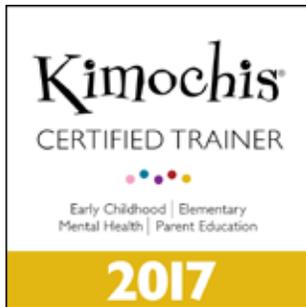
- **Morning Session:** \$150 (\$125 for Students/Interns) plus materials
- **Full Day:** \$300 (\$250 for Students/Interns) plus materials



WORKSHOP INSTRUCTOR

Katie Schmidt Raher, Ph.D.

Katie Schmidt Raher has been working with children, families, and teachers in schools for 15 years – including roles as school psychologist, professional development facilitator, teacher, parent educator, researcher, and consultant. She received her graduate level and clinical training from U.C. Berkeley, completing her Ph.D. and School Psychology Pupil Personnel Services Credential in 2010. Her dissertation was an investigation of the intersection of academic and social-emotional teaching practices in preschools and their impact on children's development. She received the UC Berkeley Center for Child and Youth Policy Dissertation Award and was the invited Doctoral Speaker at her commencement.



From 2009-2016, Dr. Raher served the Child Development program in Vallejo City Unified School District as the Early Childhood School Psychologist and provided numerous psychological services, including mental health consultation, individual and group counseling, intervention development and monitoring, teacher and parent trainings, and collateral work with community agencies. She also led the program-wide implementation of the Early Childhood Kimochis curriculum as a universal intervention, and utilized Kimochis clinical tools to facilitate more intensive mental health support for children with more challenging social and emotional needs. During her time in Vallejo, Dr. Raher also coordinated the Early Childhood Behavioral Wellness Team, created a new Student Success Team model for the preschool program, revised the district-wide Section 504 model of implementation, and consulted with the school-age Child Development staff and elementary school teams of School Psychologists and mental health support staff as needed to support optimal transitions and implementation of the Kimochis curriculum on a broader scale.

In addition to dedicating her career to the wellbeing of all children and families, Dr. Raher is particularly passionate about working to develop systems which better support populations that are marginalized and affected by poverty and societal inequities. Dr. Raher is also the proud mother of a six-year-old daughter and three-year-old son, and her very different children give her daily practice in using Kimochis to foster emotional intelligence and wellbeing.

Kimochis®



FOR THE EDUCATOR



WORKSHOP INSTRUCTOR

Maryellen P. Mullin, LMFT

Maryellen holds a Masters of Arts degree in Counseling Psychology, a Bachelor of Arts in Human Communication, and is licensed as a Marriage and Family Therapist (LMFT) in California, MFC 45966. She has been working with children and families since 2002. Her clinical experience includes work in educational settings, non-profit mental health agencies, as a school social worker and in private practice. She has specialized training in couples relationships, family systems, child and family trauma, attention/behavioral issues with children and social-emotional curriculum implementation. For seven years, Maryellen was a consultant on the “Collaborative Life Skills Program,” a research project with the University of California San Francisco’s (UCSF) HALP clinic, supporting the implementation of a behavioral based intervention for children with attention and focus issues at public schools in San Francisco. She has extensive experience teaching and implementing Kimochis across a variety of settings. Maryellen writes, speaks and provides trainings regularly to school and parent groups and community-based non-profits on parenting and child development topics. In 2014 she created the USF Parenting Symposium for the University of San Francisco’s Center for Child and Family Development. Maryellen currently serves as a board member of two non-profits in San Francisco.

