

The Center for Personalized Prevention Research in Children's Mental Health (CPPR)

***Spring 2013 Colloquium Series:
Executive Function: From Neuroscience
to Personalized Intervention***

***Teaching mindfulness to adolescents: Theory, context,
translation and practice***



Patricia Broderick, Ph.D.
Penn State University

Trish Broderick, Ph.D. is a Research Associate at the Penn State Prevention Research Center, Professor Emerita, Founder and former Director of the Stress Reduction Center at West Chester University of Pennsylvania. She holds a Master's degree in Counseling from Villanova University and a Ph.D. in School Psychology from Temple University. She is a licensed clinical psychologist, certified school psychologist (K-12), certified school counselor (K-12) and a graduate of the Mindfulness-Based Stress Reduction (MBSR) advanced practicum at the Center for Mindfulness at UMASS medical center. She is a member of the Contemplative Teaching and Learning Leadership Council of the Garrison Institute and a member of the 2010 Mind and Life Summer Research Institute faculty. She currently serves as a member of the Collaborative for Academic, Social and Emotional Learning (CASEL) advisory council on secondary SEL programming. Dr. Broderick has taught courses in Stress Management, Educational Psychology, Mind-Body Health, Counseling Theory and Practice, and Human Development to undergraduate and graduate students. Her research has included work on mindfulness-based approaches to treatment, gender differences in coping styles of early adolescents, and relationships between rumination and the development of depression. The 4th edition of her developmental psychology textbook, entitled *The Life Span: Human Development for Helping Professionals* (with Pamela Blewitt of Villanova University) will be published in 2014 by Pearson Education. Her mindfulness curriculum *Learning to BREATHE* will be published by New Harbinger in the spring of 2013.

**Thursday, March 28th
4:00 p.m.
717 Delaware Street SE, Room 330**

