

Mindfulness Practices

For Your Pediatric Clients & Self-care Strategies for You

From Quiet Meditation to Active Mindful Movement

With Peggy Morris, OTD, OTR/L, BCP, and Beth Gardner, MA, CCC-SLP

August 19, 2026, 1:00 pm–3:00 pm ET

Live Online via Zoom

Free for School-based OT, PT, and SLP Practitioners

Elevate your therapy practice!

Are you looking for another evidence-supported tool to help your students improve self-regulation and engagement, while also taking better care of yourself? Mindfulness has emerged as an effective intervention for promoting emotional, cognitive, social, and motor functioning, and it can be seamlessly incorporated into your school-based OT, PT, and SLP practice.



Mindfulness is much more than quiet meditation. In this interactive course, you will learn the evidence supporting mindfulness for children and youth with ADHD, autism, fluency disorders, learning difficulties, anxiety, and depression. Peggy and Beth will then lead you to experience a variety of mindfulness practices—from the “quiet” ones to active mindful movement (so be sure to have room to move!). You will then learn practical ways to incorporate them into therapy sessions, classrooms, and daily school routines.

Mindfulness also benefits the practitioner. Burnout, emotional exhaustion, and job-related stress have become increasingly common among educators and healthcare professionals. Peggy and Beth will discuss how mindfulness can serve as an effective self-care strategy to reduce stress, build resilience, improve work engagement, and enhance attentiveness and compassion for students, families, and colleagues.

Leave this course with practical mindfulness strategies you can begin using the very next day, for both your pediatric clients and yourself.

Audience: OTs, OTAs, PTs, PTAs, SLPs & SLPAs

Educational Level: Intermediate

Learning Objectives

At the completion of this course, learners will be able to:

1. Select 3 effects of mindfulness practice to children and youth with and without disabilities
2. Identify 2 “quiet” mindfulness practices to support physical and mental health
3. Determine 2 active mindful movement practices to support participation in meaningful activity at home, at home or in their community

Your Mentor

Peggy Morris, OTD, OTR/L, BCP is an OT with 30+ years of peds experience in early intervention, private practice & out-patient, but most of her experience & passion is in school-based practice. She is Board Certified in Pediatrics through the AOTA, and a regular SeekFreaks contributor.

Beth Gardner, MA, CCC-SLP has over 10 years of experience working in preschool, early intervention, and outpatient settings. She serves as an early intervention team lead, mentor for graduate students, and is a past President of the Ohio Division for Early Childhood.

Disclosures:

Peggy Morris:

- Financial: Peggy receives a speaking fee from Apply EBP, LLC.
- Nonfinancial: She has no relevant nonfinancial relationships to disclose.

Beth Gardner:

- Financial: Beth receives a speaking fee from Apply EBP, LLC.
- Nonfinancial: She has no relevant nonfinancial relationships to disclose.

Agenda

This course is from 1:00 - 3:00 pm Eastern Time. (Note that you may be in a different time zone.)

- 1:00 pm Mindfulness as an Evidence-based Practice for Children and Youth (lecture)
- 1:15 pm Quiet Mindful Practices (lecture, group activity)
- 1:45 pm Active Mindful Movement Practices (lecture, group activity)
- 2:15 pm Mindfulness as Self-care (lecture, group activity)
- 3:00 pm Adjourned

Cancellation policy: You are registering for free! If you are unable to attend, please email vicki@applyebp.com as soon as possible so we may offer your "seat" to another school-based practitioner who can attend the course.

Handout: You will receive your course materials during the presentation. Using a laptop or desktop computer will make it easier for you to download the course materials.

Accommodation: Email or call 2 weeks prior to the course with any accommodation requests.

CEUs

2 hours of continuing education training are awarded to learners who complete this course

For OTs and OTAs

- Apply EBP, LLC is an AOTA-approved provider of CEUs. This seminar counts for 0.2 AOTA CEUs.



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AOTA does not endorse specific course content, products, or clinical procedures.

For PTs and PTAs

- Apply EBP, LLC is an approved provider of CEUs in IL, NM, NY, OK, and TX (APS #: 2703055TX)
- This course is approved in AR (APTA-AR 2970), MD (2026-449), NJ (#2607-08) and CA.
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- ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures

For Teachers

- Apply EBP is an approved sponsor of CTLE for educators in New York State (#23827)

If you would like to obtain CEUs for another state, please email carlo@applyebp.com.