



# The Neurobiology of Learning and Mindfulness Seminar



## Non-Degree Seminar Description

A seminar to equip education professionals who work with children experiencing foster care and homelessness to become informed in the science and healing power of heart-centered connections.

## Objectives:

- develop an understanding of how toxic-stress, trauma, and Adverse Childhood Experiences (ACEs) impact the brain's potential to self-regulate
- learn effective ways to apply mind-body practices that promote heart-centered engagement, self-regulation, and emotional wellbeing for both adults and children
- disrupt the implicit bias that often sits at the intersection of race, socioeconomic status, special education, and foster care placements

[Click to register:](#)

## Seminar Dates:

Immersion Day: January 31 - 9:00AM-5:30PM

Follow-up Zoom Sessions: Tuesdays 5:00-6:30PM

February 7, 21, 28, March 7, 14, 21, 28

*This is a non-degree professional course offering in which students, upon successful completion of all assignments and course requirements, can earn 2.5 Continuing Education Units (CEUs) from the LaFetra College of Education at the University of La Verne. These credits can be used to advance on the pay scale, but may not be applied for future credit for a graduate program. Students in this program do not earn letter grades, but receive credit/no-credit.*