This conference provides training in two evidence-based interventions to help parents of children with disabilities of any age manage stress. Both interventions are designed to be facilitated by peer mentors who are also parents of individuals who have intellectual or developmental disabilities or mental health issues, and/or by other professionals in the field who have educational training in group facilitation.

Individuals providing either intervention, including parent mentors, are expected to have received formal educational training in group facilitation, and ongoing supervision on clinical issues such as confidentiality, group dynamics, and referral of those who may require additional intervention services.

We encourage professionals wishing to provide the interventions to include parents of children with disabilities on their intervention teams, since those parents bring an essential perspective.

**TUES.-WED., JULY 14-15, 2015**

**Positive Adult Development (PAD) Intervention**

9 a.m. to 5 p.m. • Trainers: Carol Rabideau, LCSW; Lynnette Henderson, PhD; and Janet Shouse, parent

Incorporates evidence-based interventions from positive psychology, emphasizing ways to temper such emotions as guilt, conflict, worry, and pessimism, and offering exercises involving gratitude, forgiveness, grace, and optimism.

**THURS.-FRI., JULY 16-17, 2015**

**Mindfulness-Based Stress Reduction (MSBR) Intervention**

9 a.m. to 5 p.m. • Trainers: Gordon Peerman, DMin; Roxanne Carreon, parent

A way of relating directly to whatever is happening in your life, meeting your experiences skillfully and with an open heart, and breaking the habitual responses that can lock us into routines that undermine emotional and physical health.

**For information and to register for one or both events**

Contact 615-875-8833 or janet.shouse@vanderbilt.edu. Register at vkc.mc.vanderbilt.edu/events/4547.

**Register by Tuesday, June 30. Fee**

- $200 for either PAD or MSBR 2-day sessions
- $400 for both PAD and MSBR sessions

Note: Attendees are required to have purchased the appropriate intervention manual in advance of registration, available at vueinnovations.com/psip

**Location**

Vanderbilt Kennedy Center, Nashville, TN 37203
One Magnolia Circle Bldg., Room 241