

The use of Mindfulness with autistic and ADHD pupils

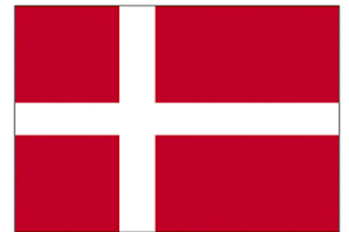
An approach designed to reduce stress and improve wellbeing



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www.langagerskolen.dk



Mindfulness at Langager

MBSR Mindfulness Based Stress Reduction training

Staff

8 weeks
training

Mymind 10 Weeks training

ASD Group with
Adolescents

12-21 Years old

Parents Group

10 Weeks

Mindfulness at Langager

7-11 Years old

12-17 Years old

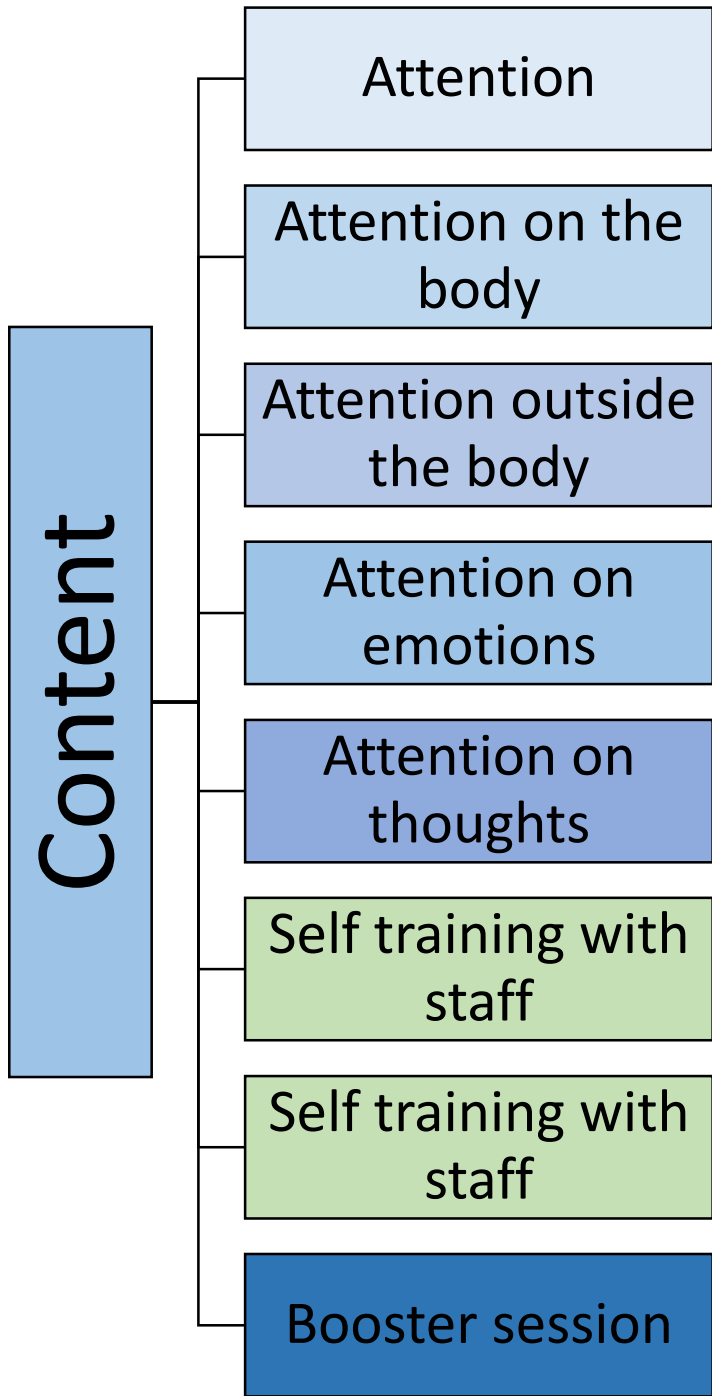
8 Weeks

Supported by staff

Our Langager Mindfulness Project

Do Mindfulness training complement other interventions at Langagerskolen, and increase mood and reduce anxiety - improve wellbeing?





Evaluation

- Controle group difficult to practice
- Difficult to get feedback from Staff
- Data difficult to gain
- **Content:**
- The students showed up for each session, even without the Staff
- Feedback from the students is, that attaining a mindful session affects their emotional regulation in a positive way
- We observed, that one of student with ADHD was less impulsive after 30 minutes of training, and was able to join the exercise.
- Alexander: *I am not my thoughts, I can choose to let go of my thoughts.*



Next step 2019

10 pupils 15-18 years old a course of mindful training

Comparison pre-post on:

SDQ: Strengths and Difficulties Questionnaire

FRS:

Termometer evaluation



Thank you for your attention

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