



Jessica Waters
PhD, CRADC, CMHIMP,
CCTP, CGCS, MARS, RYT-
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Mindfulness, Yoga,
Resiliency Specialist,
Addictions and Trauma
Specialist

Certified in:

Mindfulness and Meditation
 Grief Counseling Specialist
 Compassion Fatigue Specialist
 Clinical Anxiety Specialist
 Mood Disorders Specialist
 Trauma Informed Organizations
 Trauma Informed Educator
 Clinical Trauma Foundations
 Trauma Support Specialist and Clinical
 (Children/Adolescents and Families)
 Child/Adolescent Anxiety Disorders
 Youth Mental Health Specialist
 ADHD Certified Educator//Specialist
 Addictions and Co-Occurring Disorders
 Social Emotional Learning
 Positive Psychology
 Expressive Arts Therapy
 Integrated Health and Wellness
 Multiple Yoga Certifications

Jessica has 25 years experience in K-12 education as an educator with elementary classroom, special education, reading, music and fine arts teaching experience including 15 years Title 1 experience. She has non-profit experience with PreK, HeadStart, Middle School and High School populations and served as a Headstart Mental Health Specialist supporting Second Step Violence Prevention programs after the Columbine shooting in Denver, CO and participating in school based violence prevention initiatives with UCDenver as well as been a front line employee experiencing school based violence and trauma herself. She has provided site based, district level , higher education, association, non-profit and faith based professional development. She holds a B.S.ED in Elementary Education, a M.A. in psychology, a graduate certificate in Transpersonal Psychology, a PhD in Transpersonal Counseling and continuing education certification from Hazelden, Columbia University (Complicated Grief), the University of Colorado-Boulder (SEL), the University of Pennsylvania (Positive Psychology), University of Minnesota (Integrated Health and Wellness) and the University at Buffalo – School of Social Work (Trauma Informed Organizations and TI Clinical Foundations). She is trained in MBSR, Mindfulness Based Mind Fitness and Traditional Indigenous Medicine Practices. She is trained in art from generations of artists and the Kansas City Art Institute as well as several expressive arts therapy training organizations.

CONTACT US:

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Professional Development and Workshops for Educators, Families and Organizations

Our Mindfulness, Yoga and Resiliency Specialist and counselor Jessica Waters offers numerous opportunities for K-12, Headstart/ECE, community level and various associations to learn about topics ranging from how to become a trauma informed classroom or organization , specific behavior strategies, transformative mindful parenting coaching and personal coaching/counseling (counseling only available in Colorado, or for substance use, Missouri and Colorado). Specific Mindful and Meditative Arts Workshops are available as well including access to the online, self pace courses we offer. They explore markmaking, drawing, painting, printing, fibers and contemplative photography. Below are just a few of the workshop/PD opportunities that we offer:

- Mindful and Meditative Art Practices
- Contemplative Practice
- Strategies for Mental Wellness
- Managing Anxiety and Stress in the Post COVID Cycle
- Building Resilient Staff and Students – half day or full day
- Trauma 101
- Trauma Informed Classrooms
- Becoming a Trauma Informed Organization
- The Brain and Trauma's Impact on Learning
- Adverse Childhood Experience's (ACE's) Impact on Children
- Homelessness Impact on Children and Learning – 20 minutes
- Mindful Classrooms
- Mindfulness for Adolescents
- Mindfulness for Children
- SEL, Mindfulness and Yoga Breaks in the Trauma Sensitive Classroom
- Becoming a Mindful School, organization or parent.
- ADHD Toolbox
- De-escalation as Prevention
- Self Care Strategies and Planning
- Self Regulation and Co-Regulation: The Relaxed Body Caregiver
- The Angry Brain – Anger Management Techniques
- ODD/ADHD Strategies
- Compassion Fatigue Essentials for Caregivers
- Stress Relief Through The Arts
- Healing Grief Through the Arts
- Integrating SEL and Mindfulness into the Specials Curriculum – full day
- Supporting Students Through Grief and Loss

Workshops can be customized. Some will potentially require multiple sessions. Classroom consulting, small group and individual coaching, administrative consulting a program development assistance offered as well. Contact to discuss your needs. Contact us!