

**How Life Coach Training Transforms My Practice:
Weaving Mindfulness, Body Awareness, and Neuroscience into Educational Therapy**

AET 35th Annual Conference -- October 27, 2013
Presenter: Debra Hori, M.A., ET/P. Certified Martha Beck Life Coach
www.DebraHori.com Email: Debra@DebraHori.com

Additional Resources:

LP (Latin Percussion) Vibra-Tone (Large size)

45mm Glitter balls: (Item #3503) Giggletimetoy.com, 800-423-5198

Brain Gym, Teacher's Edition, Paul E. Dennison and Gail E. Dennison

Meditation Clock: <http://www.salubrion.com/products/ensoppearl/>

Mindful Magazine: <http://www.mindful.org/mindful-magazine>

Interpersonal Neurobiology – Work of Dan Siegel, M.D.

Interpersonal Neurobiology is an interdisciplinary framework for how the brain, mind, and relationships are woven together.

The Developing Mind – conceptual resource book, good for foundational understanding of interpersonal neurobiology.

The Whole-Brain Child – by Dan Siegel M.D. and Tina Bryson, Ph.D. This is a very practical book with excellent real-life examples for principles in Interpersonal Neurobiology applied to children.

There is also a video of Drs. Siegel and Bryson presenting the concepts found in The Whole Brain Child in a workshop designed for parents. This is an excellent resource for parents and teachers.

New book by Dr. Siegel (to be released December 26, 2013): Brainstorm: The Power and Purpose of the Teenage Brain