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Course Certification Info

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Mindfulness Based Wellness and Resiliency

Type: RFC Annual Status: Approved
 Cert. Number: 02759058
 Version: 1.0

Created By: [Redacted] Created Date: 12/28/2017
 Last Modified By: [Redacted] Last Modified Date: 11/8/2019

Course Information

Est. Class Size: 50 Course Hours: 4
 Primary Population: Adult Corrections Officer, Supervisors
 Agency Specific: No Delivery Method: ILT – Instructor Lead Training

Course Summary:

This training course will provide participants education and training on basic mindfulness practice, other mindfulness-awareness practices for self-regulation, breathing techniques for self-regulation, intro to physiology of stress, stress management and resilience, intro to brain science of stress, stress management and resilience, intro to basic strategies for appropriate self-care and resilience building, and intro to basic shift readiness strategies & emotional intelligence skills

Provider Information

Provider Name: Santa Clara County Sheriff's Office

Course will exceed the STC maximum tuition of \$12.50 an hour? No

Performance Objectives

- Practice basic mindfulness exercises on their own
- Employ simple breathing techniques for self-regulation
- State simple definitions of stress, chronic stress, and resilience
- State simple definitions of mindfulness and emotional intelligence
- Distinguish between the purpose and effects of the sympathetic and parasympathetic branches of the autonomic nervous system
- Name the and describe the basic function of the three areas of the brain described in triune brain theory: reptilian, limbic, neocortex
- Name and describe the four areas of self-care and resilience building: physical, mental, emotional and spiritual
- Name and describe the four areas of shift-readiness/emotional intelligence skills: self-awareness, self-regulation, social awareness, relationship/communication skills

Testing Procedures (if applicable)

Assurance Statement

By submitting this course you are assuring that you are following the STC Policies and Procedures Manual for Training Providers, including the requirement to have a lesson plan on file for this course. I further certify that the information included in this request is accurate to the best of my knowledge.

Assured by Provider: Yes

Versions

Previous versions of this certification				
Cert #	Course Title	Expires	Last Changed ▲	Status
02759058	Mindfulness Based Wellness and Resiliency	1/1/1900	11/8/2019	Archived

Change History

Changes made to this certification

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Change	Action	Changed Date
outline day-1	edited	1/2/2018
outline day-1	edited	1/2/2018
Agency Specific	edited	12/28/2017

Attachments

Attachments for this certification

[Edit](#)

Instructors

Course instructors

[Edit](#)

[Delete](#)

I [REDACTED]

Course Outline

[Edit](#)

Day	Begin	End	Subject Matter	Instructional Methodology	Instructor	Agency Notes
1	0800	0900	Basic Mindfulness Practice Instruction, Health Risks in Corrections, and Intro to Physiology & Brain Science of Stress & Stress Management	"Lecture","Group Discussion","Demonstration","Group Exercise"	[REDACTED]	
1	0900	1000	Intro to Four Areas of and Strategies for Mindfulness-Based Self-Care & Resilience Building & Additional Mindfulness Practice	"Lecture","Group Discussion","Demonstration","Group Exercise"	[REDACTED]	
1	1000	1100	Intro to Four Areas of Mindfulness-Based Shift Readiness /Emotional Intelligence Skills & Additional Mindfulness Practice	"Lecture","Group Discussion","Demonstration","Group Exercise"	[REDACTED]	
1	1100	1200	Additional Mindfulness Practice, Debrief, Review, Q&A Session	"Lecture","Group Discussion","Demonstration","Group Exercise"	[REDACTED]	

4 event(s) total

Schedule

Course dates and locations

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Event ID	Start Date ▼	End Date	Location	Registration Count
	2/12/2018	2/12/2018	SCC S/O Auditorium	

1 date(s) total