

# Kimochis®



FOR MENTAL HEALTH PROFESSIONALS



## An **INNOVATIVE**, **ENGAGING**, and **PRACTICAL** Training!

“I believe that Kimochis® are great because they get children to talk about their more ‘negative’ feelings with other kids and with teachers and parents. Here is a vehicle for coaching children about feelings, which is the royal road to these magic moments for connecting with our children.”

— *John Gottman, Ph.D., author Raising an Emotionally Intelligent Child*

“Kimochis® help to encourage an active concrete discussion about our abstract emotional reactions. We enjoy incorporating them into our daily treatment lessons. They are helpful in encouraging students to better recognize and articulate their own emotional responses as well as to increase their sensitivity to emotions of others.” — *Michelle Garcia Winner, Founder of Social Thinking®*

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## WHO SHOULD ATTEND

Mental health clinicians looking for novel and creative approaches to help children, teen and adult clients better understand and communicate emotional experiences. An interactive Training, please be willing to engage and participate in dyad and group activities.

## TRAINING DESCRIPTION

Learning to use Kimochis® Communication Tools in verbal and non-verbal ways with clients will be at the heart of this “how-to” interactive, tool-driven workshop. Clinicians will leave with a set of tangibles, effective and fun activities for helping people navigate varied mental health issues.

## MORNING SESSION (3 HOURS)

The morning session focuses on learning how to use the Kimochis® Mixed Bag of Feelings, required materials for this training. Appealing and friendly, these feeling pillows encourage verbal and non-verbal engagement in communication and counseling exercises. Activities are designed to be adaptable for individual, dyadic, family and group work. Additional tools, such as the Kimochis® Keys to Communication, will be taught and interwoven into the workshop presentation.

## AFTERNOON SESSION (3 HOURS)

The afternoon session is ideal for clinicians who want to delve deeper into the Kimochis® Communication Tools. These additional tools are ideal for clinicians who work with children (K-5) in small groups or classrooms. The Kimochis® Educator’s Tool Kit is required for this training. Participants will gain additional Kimochis® emotional vocabulary, giving educators, parents, and children a common language to guide positive behavior in social and academic settings. The Kimochis® Characters teach temperament, keeping learning fun and interesting. The Kimochis® Feel Guide, a social emotional learning (SEL) curriculum, will be taught and participants will be guided on how to use it for individual and group counseling work, psychoeducation and SEL lessons. These SEL tools can all be used as standalone interventions or integrated into existing models of support. Upon completion of this workshop, participants will be prepared to use and teach Kimochis® mental health and communication tools as prevention and therapeutic intervention in practice, school and clinic settings with children and adults.

**Required Materials:** The [Mixed Bag of Feelings](#) (required for the morning session) and the [Kimochis® Educator’s Tool Kit: Grades 1-5](#) (required for the afternoon session).

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## MORNING SESSION LEARNER OUTCOMES

- Explain how to use of Kimochis® feeling pillows with clients of varied ages and mental-health concerns, both individually and in groups, can be an effective and fun therapeutic tool for mental health providers.
- Demonstrate how to use Kimochis® feeling pillows to help clients explore, articulate and manage feelings that accompany life's challenging circumstances.
- Recognize how to use of these clinical techniques and tools can help an individual develop new patterns of communication, which can increase one's ability to improve relationships with others.
- Teach the Kimochis® Keys to Communication to support pro-social habits, SEL skills, increasing positivity in thinking and relating to self and others.

**Level of content:** All levels welcome

## AFTERNOON SESSION LEARNER OUTCOMES

- Use the Kimochis® curriculum and tools to plan small groups to foster social-emotional and academic success for children.
- Understand how the Kimochis® characters promote temperament tolerance and understanding for targeted needs in both group and classroom settings.
- Model Kimochis® vocabulary to support children to use positive communication tools during times of emotional and behavioral upset.
- Collaborate with other educators and families to create Kimochis® interventions that promote social-emotional development in children.

**Level of content:** Intermediate, Professional

## REGISTRATION

*Choose to attend a half day or the full day Training. If you have already completed a morning session, you may opt for just the afternoon when registering.*

Half Day: \$150/person plus materials [Click to register](#)

Full Day: \$300/person plus materials [Click to register.](#)



## TRAINING INSTRUCTOR: **Katie Schmidt Raher, Ph.D.**



Katie Schmidt Raher, PhD, PPS, is the Founder of Constant Love and Learning and is dedicated to bringing more positive feelings to children, classrooms, and schools through educator well-being, social and emotional learning, and effective, prevention-focused educational practices and systems. She has been working with children, families, and teachers in schools for nearly 20 years in her roles as a School Psychologist, education consultant, teacher, teacher educator, parent educator, and researcher.

Dr. Raher tried several Social and Emotional Learning programs throughout her career, and then in 2012, became an ambassador for Kimochis® after seeing its unique effectiveness with children and adults alike. Since this powerful discovery, she has supported numerous schools and programs with implementation of the Kimochis® curriculum as part of multi-tiered systems of support to foster children's social-emotional, behavioral, and academic success.

In 2016, Katie became a Kimochis® Certified Trainer and has now had the honor of sharing the power of Kimochis® with hundreds of educators and mental health clinicians in person and is even offering online courses through her organization now.



During her career, Dr. Raher also coordinated an Early Childhood Behavioral Wellness Team, created an early childhood Student Success Team model, revised a district-wide Section 504 model of implementation, chaired a Positive Behavioral Intervention and Supports (PBIS) committee, supported large-scale and federally-funded research projects, and taught college courses, presented, and published in areas related to development and instruction. She received her graduate level and clinical training from U.C. Berkeley, completing her Ph.D. and School Psychology Pupil Personnel Services Credential in 2010.

Katie received the UC Berkeley Center for Child and Youth Policy Dissertation Award for her investigation of the intersection of academic and social-emotional teaching practices in preschools and their impact on children's development. She was also the invited Doctoral Speaker at her commencement, a Spencer Fellow, and voted Teacher of the Year at the elementary school where she taught.

Dr. Raher is the mother of two beautiful, sensitive children, whose unique personalities and needs have taught her more about herself and how to best serve children and families than any other training she has had, and who give her daily practice in using her Kimochis® tools.