

# Shawna

MURRAY-BROWNE, LCSW-C

INTEGRATIVE PSYCHOTHERAPIST  
QIGONG INSTRUCTOR  
SPEAKER  
MIND-BODY MEDICINE PRACTITIONER

FOR SCHOOLS & ORGANIZATIONS



# ABOUT SHAWNA

Shawna Murray-Browne, LCSW-C is the owner of Kindred Wellness, LLC, an integrative practice dedicated to honoring culture, expanding mindfulness, and holding safe space that empowers professionals & families to heal themselves.

She holds a Masters degree in Social Work from the University of Maryland, Baltimore and a Bachelor of Science in Criminology and Family Science from the University of Maryland, College Park. Shawna completed the Advanced level training in Mind-Body Medicine at The Center for Mind-Body Medicine, headquartered in Washington, D.C.

Shawna is a Licensed Certified Social Worker- Clinical (LCSW-C), QiGong Instructor, Speaker and Mind-Body Medicine Practitioner. She has over 9 years experience serving children and families in the human services field including, working with victims of sex abuse, children and adolescents in foster care, juvenile detention centers, after-school programs, public schools and residential treatment centers.

She provides personalized, culturally-affirming integrative psychotherapy, classes, workshops and Mind-Body Skills groups that honor the healing power of art, movement, breath and connection to nature. Shawna enjoys holding safe space for parents, children and human service professionals to gain the skills and insight to live a well, vibrant life..

# MENU OF OFFERINGS



FOR EDUCATORS/PROFESSIONALS

QiGong and Mindfulness in Action: A Series  
Self Care for the Passionate Professional

FOR PARENTS/COMMUNITY

Because You're Worth It  
Teach Your Child to Chill

FOR STUDENTS

Keep Calm and Be Mindful: A Series

FOR EVERYONE

Mind-Body Skills Group Series  
QiGong for Calm and Clarity (Class)

# FOR EDUCATORS/ PROFESSIONALS



## QiGong and Mindfulness in Action: A Series

This workshop series is for the deeply connected professional/ educator, engaging families who journey through challenging paths. Participants will learn to infuse mindfulness techniques, not only in centering themselves; but also to support the establishment of a culture of mindfulness in the school setting. With qigong exercises and mindfulness concepts made simple, participants will commit to executing their own mindful regimen for the self personally and professionally.

**Series of four to six, 60 minute sessions to include (your choice of):**

Mindfulness 101  
Techniques for Intense Emotions  
Cultivating a Positive Mindset  
Mindfulness for Communication  
Developing Daily Practice  
Creating a Mindful School Culture (2-Sessions)



# FOR EDUCATORS/ PROFESSIONALS

## Self Care for the Passionate Professional

It is not uncommon for those in the helping and academic profession, passionate about the needs and wellbeing of youth to meet with burnout. Children navigating their way in communities impacted by poverty, violence and generations of trauma require a consistent output of compassion and patience. Without a commitment to self-preservation, organizations may meet with a domino effect of challenges stemming from an overwhelmed team member. Radical self care is a concept of prioritizing personal needs in an effort to continue caring for others. Professionals will leave this workshop with a renewed commitment and understanding of how their self-care parallels to the quality of care provided to youth.

**60-90 minutes.**

# FOR PARENTS

## Teach your Child to Chill

From temper tantrums, silent spells, anger outbursts and sleeping in sadness, we can all recognize when a child is simply not acting like themselves. The fact of the matter is, building your parent's toolbox with skills to use throughout their child's lifespan can change the rhythm at home, in class and their overall emotional wellbeing. This workshop is suitable for parents, grandparents, aunts, uncles, caregivers, co-parents, step-parents.

Parents will learn about the impact of stress on brain development, experience "chill skills" to share with children at home (including games, deescalation techniques, mindfulness, meditation), discuss the challenges of navigating emotions and leave with solutions to apply at home.

**60-90 minutes.**

# FOR PARENTS

## Because You're Worth It

This workshop is perfect for those who tend to forget about self-care for the sake of caring for others. Mothers, fathers, caretakers, and those who simply have a loving heart, will engage in practical QiGong and seated meditations to apply to their daily lives. Engaged throughout the entire experience, participants will leave with a "self-care prescription" for nurturing themselves.

**60-90 minutes.**

# FOR STUDENTS

## Keep Calm and Be Mindful: A Series

Our children are experiencing constant mental stimulation: cell phones, video games and media. This can become challenging when encouraging youth to remain engaged in a classroom that values consistent focused attention. This workshop series infuses urban youth culture with candid conversations about stress to teach youth to "Keep Calm."

Additional materials fee for certain sessions.

### **A Series of 60 minute workshops to include:**

Breaking the Ice

Hip-Hop and Chill: Moving Meditation

Eating with Awareness: Mindful Eating

Visualize Your Future: Guided Meditation

Draw Your Dreams: Mindful Art

Smell Good and Chill: Aromatherapy

A Mindful Race

I Got Goals: Daily Mindfulness Practice



# MIND-BODY SKILLS GROUPS

Mind-Body skills groups, established by Dr. James Gordon of The Center for Mind-Body Medicine, is a proven model to support youth or adults sort through everything from daily stressors to major traumatic experiences. Mind-body approaches include biofeedback, hypnosis, imagery, meditation, art and music therapies all in the comfort of a safe, small, supportive group. Mind-body approaches teach coping skills and provide tools for self-awareness, self-regulation, and self-care.

The Mind-Body Skills Group model recognizes and embraces individual differences: participants are given an opportunity to explore a variety of methods, and to take the time to listen inwardly to learn more about their own needs. Youth serving institutions often request Mind-body skills groups to support children/teens who could benefit from additional nurturing emotionally, to cultivate practice of healthy relationships or to simply shift the cultural norm. Corporations, non-profits, universities, school and health systems, commit to offering Mind-Body Skills groups to prevent burnout, encourage self-care and improve overall morale.

# GROUP FORMAT & TOPICS

Opening Meditation

Check-In

Didactic

Sharing

Closing Meditation

Science of the Body & Breathing

Autogenics/Biofeedback

Meditation

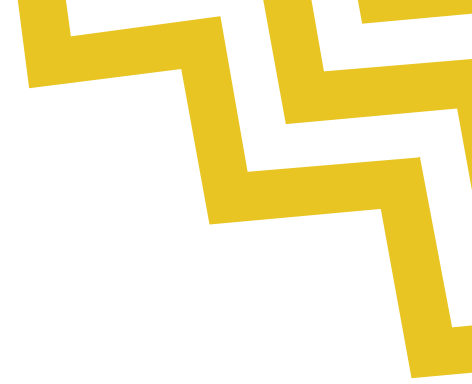
Guided Imagery/Visualization

Genograms

Music & Movement

Mindful Eating

Drawing





# QIGONG FOR CALM & CLARITY

This class is a great offering to support staff in physical and emotional wellness. High school sports teams have found this beneficial for supporting mental clarity and discipline.

QiGong (pronounced Chi Gong) is an ancient Chinese healing modality that integrates gentle movements, breathing techniques, sound and intention. Over 2,500 years old, these exercises have been known to reduce stress, improve posture, support focus, prevent illness, improve sleep and nourish your organs!

Participants who commit to this Healing experience will learn simple QiGong Movements, Ancient Healing Sounds, Sitting/Standing and Moving Meditations for wellness.

**45-60 minutes each class.**

# WORKSHOP/ CLASS DETAILS



## **Investment Includes:**

Development of Customized Content (if necessary)

Workshop Facilitation

Ongoing Evaluation

Programming Debrief to Discuss Evaluation

**Any Workshop can be customized to fit your needs.  
Special Requests for Workshops not listed are welcome.**

# SKILLS GROUP FACILITATION DETAILS

A yellow geometric graphic consisting of several interlocking, stepped shapes, resembling a staircase or a stylized 'Z' pattern, located in the top right corner of the slide.

## Mind-Body Skills Group (8-9 participants)

Groups are executed in a series of eight to sixteen lasting anywhere from 45 minutes to 2 hours, depending on the needs of the organization served.

### Investment Includes:

Personalized Topic Selection

60 Minute Strategic Planning Session

Group Facilitation

Programming Debrief

# SCHEDULE YOUR PHONE CONSULTATION



## The Booking Process (Next Steps)

During your phone consultation, Shawna will inquire about the objectives for your population (youth, professionals, parents). Together, we will assess the need, discuss timeline, pricing and best fit. You will then work with Shawna to schedule an in-person strategic planning session to create a seamless partnership.

Email: [Shawna@ShawnaMurrayBrowne.com](mailto:Shawna@ShawnaMurrayBrowne.com)

Phone: 443-292-6722

Website: [www.ShawnaMurrayBrowne.com](http://www.ShawnaMurrayBrowne.com)

LinkedIn: [www.linkedin.com/in/ShawnaMurrayBrowne](http://www.linkedin.com/in/ShawnaMurrayBrowne)