

Mission u 2020

Requirements for Certification & Supplemental Resources for Children's Study *Managing Our Emotions*

Mission u establishes certification requirements to help prepare study leaders to lead this study. The requirements for study leader certification are listed in Section 1 and further supplemental resources are listed in Section 2, but are not required for certification.

CERTIFICATION PROCESS

Section 1: Requirements for Certification

This section contains the certification requirements for becoming a Mission u study leader.

Central Text

- Managing Our Emotions***, by Trudy Rankin and Faye Wilson
(It is important that in reading the Mission study for the certification process, study leaders should also watch the videos and other resources included in the text.)

Preselected Text

- ***The Magic Years: Understanding and Handling the Problems of Early Childhood***, by Selma Fraiberg.

Choose one of the following texts to read

- ***The Body Keeps the Score***, by Bessel van der Kolk
In this book, the author uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.
- ***Why Zebras Don't Get Ulcers***, by Robert Sapolsky
Combining cutting-edge research with a healthy dose of good humor and practical advice, *Why Zebras Don't Get Ulcers* explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease and more. It also provides essential guidance to controlling our stress responses.



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

Online Videos

- Introduction video with Trudy Rankin unitedmethodistwomen.org/managing-anxiety-youth
- “Dr. Lissa Rankin on EFT Tapping and the Mind-Body Connection”
This 40-minute interview explores how anxiety and stress impact health.
youtube.com/watch?v=UnMNdIMcL6E

Fact Sheet

- This fact sheet from Cornell University Health explains the mind-body connection for a person’s health. health.cornell.edu/sites/health/files/pdf-library/mind-body-connection.pdf

Online Checklist: Indicate the completion of the requirements above through the online certification checklist. umwomen.wufoo.com/forms/m7ns4rh1l1l8t1/

Orientation to Mission u Online Course: Only for first-time study leaders (those who have not previously led a study in a conference Mission u). First-time study leaders will receive notice on how to access the course after registering for the Mission u training. Registration for Mission u training is scheduled to open in late January.

*All requirements for certification listed above must be completed before the Mission u training event.

Attendance at One Mission u Training Event: Your Mission u dean will notify you when registration for training is available.

Section 2: Supplemental Resources

The following resources are not required for the certification process; however, study leaders may find them useful as they prepare to lead the study.

Websites

- energyconnectiontherapies.com/
“Energy Connection Therapies” has educational resources to help children process thoughts and feelings.
- beyou.edu.au/
“Be You” provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health.

Videos

- Video of Dr. Lissa Rankin talking about her book “Mind Over Medicine.”
youtube.com/watch?v=gcai0i2tJt0

- [TED Talk with Nadine Burke Harris – In this TED Talk, Dr. Nadine Burke Harris talks about how childhood trauma affects health across a lifetime.](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?)
[ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?)
- Gartenberg, Dan. “The Brain Benefits of Deep Sleep—and How to Get More of It.” TED Talk, 6:36, June 2017.
[ted.com/talks/dan_gartenberg_the_brain_benefits_of_deep_sleep_and_how_to_get_more_of_it](https://www.ted.com/talks/dan_gartenberg_the_brain_benefits_of_deep_sleep_and_how_to_get_more_of_it)
- Cohen-Posey, Kate. “Handy Brain Model Managing Your Emotions.” YouTube, 11:38 minutes, April 17, 2015. [youtube.com/watch?v=84j2fJMkgrc&t=7s](https://www.youtube.com/watch?v=84j2fJMkgrc&t=7s)
- Cohen-Posey, Kate. “Handy Brain Model Managing Other’s Emotions. YouTube, 14:44 minutes, April 17, 2015. [youtube.com/watch?v=QuxumukeMfU](https://www.youtube.com/watch?v=QuxumukeMfU)
- Cohen-Posey, Kate. “Use Your Brain to Tame Bullies.” YouTube, 22:15 minutes, July 25, 2015. [youtube.com/watch?v=mUqGGJT-akQ](https://www.youtube.com/watch?v=mUqGGJT-akQ)

Books

- Evolve Your Brain: The Science of Changing Your Mind***, by Joe Dispenza. *Evolve Your Brain* explains how the brain evolves - by learning new skills, developing the ability to concentrate in the midst of chaos, and even healing the body and the psyche.
- The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science***, by Norman Doidge. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable. Psychiatrist and psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity and the people whose lives they’ve transformed - people whose mental limitations or brain damage were seen as unalterable.
- The Brain: The Story of You***, by David Eagleman. This book is about the story of how your life shapes your brain and how your brain shapes your life.
- Energy Medicine***, by Donna Edens and David Feinstein. In this updated and expanded edition of her alternative-health classic, Donna Eden shows readers how to:
 - Boost vitality and stamina
 - Strengthen the immune system
 - Relieve pain and common complaints such as colds and tension headaches
 - Sharpen mind and memory
 - Enhance overall health with an invigorating five-minute daily routine

- Emotional Intelligence: Why It Can Matter More Than IQ***, by Daniel Goleman. Emotional intelligence is not fixed at birth, and the author shows how its vital qualities can be nurtured and strengthened in all of us. And because the emotional lessons a child learns actually sculpt the brain's circuitry, he provides guidance as to how parents and schools can best use this window of opportunity in childhood.

- Putting Out the Fire of Fear: Extinguish the Burning Issues in Your Life***, by Sharon Promislow. *Putting Out the Fire of Fear* will guide you through recognizing how stress impacts your body and how to stop the stress cycle before the damage is done. The practical techniques and real-life examples allow you to apply the principles wherever you are - at the office, at home, on the street or on a plane! You can build up your immunity to the stress epidemic.

- Be the Boss of Your Feelings: Emotional Freedom Technique for Kids***, by Jan Yordy. energyconnectiontherapies.com/product/be-the-boss-of-your-feelings/ This informative book introduces children to the body/energy/emotion connection and explains how EFT can be used to tap away negative feelings. The engaging illustrations and helpful information provide a wonderful tool for encouraging children to become the “boss of their feelings.”

Posters

- Borgman, Jim. “How Are You Feeling Today?” laminated poster available from Amazon.com.