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January 10th 2011: Mindfulness with Kids and Teens

Dr. Willard works part time as a psychologist at Tufts University and part time in private practice as a therapist and consultant. Chris trains teachers, therapists and medical professionals in mindfulness practices through the Institute for Meditation and Psychotherapy, where he recently joined the board of directors. In addition, Chris consults with organizations and media about educational, psychological, and relational issues. Chris's first book is titled "Child's Mind: Mindfulness Practices to Help Children Be More Focused, Calm and Relaxed" and currently is working on his second book a

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### Featured Guest

Guest Image

#### Dr. Christopher Willard (Psy. D.)

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