



**INSTITUTE FOR
CHILD DEVELOPMENT**

**BINGHAMTON
UNIVERSITY**
STATE UNIVERSITY OF NEW YORK

9TH ANNUAL SPRING VIRTUAL MINI-CONFERENCE

Soles of the Feet: A Brief Mindfulness Intervention for Disruptive Behavior

Soles of the Feet (SOF) is a brief evidence-based mindfulness intervention that teaches individuals an effective coping strategy to self-regulate their behavior using a simple mindfulness practice of shifting attention to the physical sensations of the feet. It has been used in various populations, including youth and adults with and without disabilities, and in school settings. SOF has demonstrated effective outcomes in over a dozen clinical trials. This introductory workshop will review the underlying theory, results from multiple clinical trials, demonstrate elements of the protocol, and offer suggestions for individuals interested in learning how to utilize this practice. Attendees will gain a general understanding of this effective intervention for reducing disruptive behavior.

**Friday 3/13/26
9:15-11:30 AM**



**Joshua C. Felver,
PhD ABPP**

Dr. Felver is an Associate Professor of Social Work in CCPA at Binghamton University, and a Courtesy Associate Professor in the Bronfenbrenner Center for Translational Research at Cornell University. He is a nationally and internationally recognized scholar in mindfulness-based programming (MBP) for youth.

For more on Dr. Felver, please visit his [faculty page!](#)

REGISTER NOW!



<https://nysrcasd.org/events/1610/registrations/new>



brcasd@binghamton.edu

Regional Centers for Autism
Spectrum Disorders

