

A podcast featuring Dr. Derrick and Cassie Tollefson

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Dr. Derrick Tollefson

The I-System Institute's Dr. Derrick Tollefson and his wife, Cassie Tollefson were interviewed by Jake Downs, host of the [Teaching Literacy Podcast](#), about how to best teach resiliency and Mind-Body Bridging® to elementary school students.

Listen to the podcast below: