



# Angry & Challenging Youth Strategies to Nurture Motivation, Self-Discipline, and Resilience

Presented by  
**Robert Brooks Ph.D.**

## Overview

Youth who display anger, resistance, and disruptive behaviors pose significant challenges for clinicians, educators, and parents. In this two-day seminar, Dr. Brooks examines these negative behaviors using a strength-based framework that focuses on the concepts of mindsets, motivation, and resilience.

### Objectives: Participants will be able to describe:

1. the mindset of adults who work effectively with angry youth
2. the mindset of many angry youth
3. the mindset of youth who are more cooperative, self-disciplined, hopeful, and resilient
4. the components of motivation and a “resilient mindset”
5. approaches and interventions that are highly effective in working with angry and difficult youth

## J&K Seminars Home Study Program - 12 hours CE credit

### Key Concepts

- Mindset
- Resilience

### Background

- Inner city Boston
- Locked Inpatient School
- A Personal Loss

### Key Questions

- Mindsets - Angry and Resilient Adults & Youth

### Positive Adult Mindset

- Resilience is Possible
- Importance of a “Charismatic Adult”

### Positive Adult Mindset

- Inborn Wish for Mastery
- Addressing “Avoidance Motivation”
- When to Change Strategies
- Empathy

### Negative Mindset of Angry Youth

- Stories of Angry Youth
- Beliefs and Feelings on Angry Youth

### Frameworks for Identifying Intrinsic Motivation

- Attribution Theory
- Deci’s Focus

### Interventions to Reinforce “Resilient Mindset”

### More Interventions (continued)

### Developing Stress Hardiness

- Disillusionment and Burnout
- Commitment, Challenges & Personal Control
- Promoting Satisfaction & Happiness

## Robert Brooks, Ph.D

Robert Brooks received his doctorate in Clinical Psychology from Clark University in 1969 and did additional training at the University of Colorado Medical School.

Currently, he is on the faculty of Harvard Medical School and has served as Director of the Department of Psychology at McLean Hospital. His first position at McLean Hospital was as principal of the school in the locked-door unit of the child and adolescent program. He also maintains a part-time private practice.

Dr. Brooks has received numerous awards, including the Outstanding Educator Award for Mental Health Education from the New England Educational Institute. He has also served as a consultant to Sesame Street Parents Magazine.

Dr. Robert Brooks has lectured nationally and internationally to audiences of parents, educators, mental health professionals, and business people on topics pertaining to motivation, resilience, family relationships, the qualities of effective leaders and executives, and balancing our personal and professional lives. He has also written extensively about these topics. He is the author or co-author of 15 books including his most recent book, *Raising Resilient Children with Autism Spectrum Disorders*.

### Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

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