



Treating Angry & Challenging Children and Adolescents: Strategies to Create Positive Emotions and Resilience

Presented by

Robert Brooks, Ph.D.

Overview Children and adolescents who display anger and disruptive behaviors pose significant challenges for parents, clinicians, and other professional childcare professionals in their lives. In this program Dr. Brooks will examine these behaviors within a strength-based treatment approach that provides guidelines and strategies for lessening angry and challenging behaviors while creating positive emotions and reinforcing self-discipline, responsibility, caring, intrinsic motivation, and resilience in these youth.

Dr Brooks will describe (a) the mindset and accompanying behaviors of clinicians who work effectively with angry children and adolescents, (b) the concept of a “resilient mindset,” (c) the different “waves” of resilience research during the past 45 years, (d) the power of one person to change the trajectory of a child’s life, labeled by the late psychologist Julius Segal as a “charismatic adult” or an adult from whom children “gather strength,” (e) the impact of “micro moments” in therapy, (f) the significance of “positive emotions” as a basic foundation for therapeutic change, (g) the importance of empathy and empathic communication, (h) lessening “avoidance motivation,” and (i) the components of a theory that offers guidelines for nurturing a “resilient mindset” in challenging youth. These guidelines and strategies can be applied in a number of settings. Dr. Brooks will use many case examples to describe

Objectives: Participants will be able to:

Identify the components of a “resilient mindset” that lessen angry and challenging behaviors

Describe the lifelong influence of a “charismatic adult” on resilience in children

Identify positive emotions as part of a treatment plan

Describe strategies to promote empathy and empathic communication in therapy

Identify and reinforce “Islands of competence” as part of an intervention plan

Describe strategies to strengthen self-discipline, caring, responsibility, hope, and resilience in angry and challenging youth

The importance of mindsets in determining our therapeutic interventions (1:27)

- Understanding the concepts of mindsets and resilience, including the components of a “resilient minds
- Identifying the four “waves” of resilience research and application
- Highlighting an essential factor for nurturing resilience: the presence of a “charismatic adult” (1:27)

Assuming the role of a “charismatic adult” (1:40)

- Creating positive emotions in therapy
- Using empathy and empathic communication to respond effectively to angry and challenging children and adolescents

Assuming the role of a “charismatic adult” (1:29)

- Identifying and lessening “avoidance motivation”
- Learning and applying strategies rooted in Self-Determination Theory to reinforce
- Intrinsic motivation, “islands of competence,” and other components of a “resilient mindset” in angry and challenging kids

Dr. Robert Brooks is a clinical psychologist on the faculty (part-time) of Harvard Medical School and former Director of the Department of Psychology at McLean Hospital, a private psychiatric hospital in the Boston area. He has lectured nationally and internationally and written extensively about such themes as psychotherapeutic techniques, motivation, working with challenging youth, resilience across the lifespan, parenting and family relationships, and a positive school and work environment. He is the author or co-author of 21 books, including *Raising Resilient Children; Tenacity in Children: Nurturing the Seven Instincts for Lifetime Success; The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life;* and *Handbook of Resilience in Children (co-edited all three editions)*. For additional information visit Dr. Brooks’ website www.drrobertbrooks.com

6 CE Hours for Psychologists Counselors Social Workers MFT

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