



The Power of Mindsets:

Strategies to Nurture Resilience in Patients of All Ages and in Ourselves

Presented by

Robert Brooks, Ph.D.

Overview

Dr. Brooks will describe different theories of mindset, especially those that provide guideposts for developing and implementing therapeutic strategies for reinforcing a “resilient mindset,” empathy, self-dignity, responsibility, caring, and resilience in our patients. He will highlight a theory of motivation to guide our therapeutic efforts. These intervention strategies can be applied to patients of all ages in different settings including outpatient therapy, schools, homes, inpatient and residential programs, and the workplace. Many case examples will be used.

Objectives - Participants will be able to describe:

- Theories of mindset that contribute to a strength-based approach
- The lifelong impact of a “charismatic adult”
- Exercises to promote empathy
- The importance of “preparing” patients for our messages
- A theory of intrinsic motivation
- The components of a “resilient mindset”
- Strategies for nurturing a “resilient mindset” in ourselves and our patients

6 Hours CE Credit

Connecting the dots backwards (1 hr 23 min 21 sec)

- A discussion of different theories of mindsets
- Mindsets that focus on positive emotions and purpose
- The concept of resilience: changes in my perspective

The lifelong impact of one person: Segal’s notion of a “charismatic adult”

(1 hr 43 min 53 sec)

- The therapist as a charismatic adult
- The essential quality of empathy; exercises to promote empathy

The mindset and strategies of effective clinicians (1 hr 23 min 32 sec)

- Empathic communication and “preparing” patients to hear our messages
- The roots of “resistance” and understanding “avoidance motivation”
- What theory of motivation guides your work?
- A framework for intrinsic motivation

Strategies for nurturing a resilient mindset in ourselves and our patients

(1 hr 38 min 58 sec)

- Personal control, problem-solving skills, preparing for obstacles, “contributory activities,” and gratitude

Robert Brooks, Ph.D.

Robert Brooks, Ph.D. 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. He has lectured nationally and internationally and written extensively about such themes as psychotherapeutic techniques, motivation, resilience, parenting and family relationships, and a positive school and work environment. He is the author or co-author of 18 books, including *Raising Resilient Children; The Power of Resilience; Achieving Balance, Confidence, and Personal*

Strength in Your Life; Reflections on Mortality: Insights into Meaningful Living; and Chasing Positivity: The Charismatic Advisor in Conversation.

Dr. Brooks has received many awards for his work, including most recently The Mental Health Humanitarian Award from William James College for his contributions as a clinician, educator, and author. For additional information visit www.drrobertbrooks.com.

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