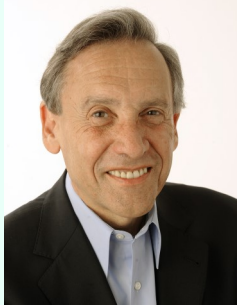


Treating Angry & Challenging Children and Adolescents: Strategies to Create Positive Emotions and Resilience



Presented by

Robert Brooks, Ph.D.

Friday, January 19, 2024

LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET

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 webinar 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 concepts and strategies.

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

9: a.m. The importance of mindsets in determining our therapeutic interventions

- 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”

10:30 a.m. Break

10:45 a.m. Assuming the role of a “charismatic adult”

- Applying the concept of “personal control” in therapy
- Engaging in creating “micromoments” as a therapeutic strategy

12:15 Lunch Break

1:00 p.m. Assuming the role of a “charismatic adult”

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

2:30 p.m. Break

2:45 p.m. Assuming the role of a “charismatic adult”

- 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

4:15 p.m. Program Ends

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

ACCREDITATION

Practice Level –Intermediate

- *J&K Seminars, LLC is approved by the **American Psychological Association** to sponsor continuing education for psychologists. J&K Seminars, LLC maintains responsibility for this program and its content. (6 hours)*
- *This course has been approved by J&K Seminars, LLC, as a **NAADAC Approved Education Provider**, for educational credits. NAADAC Provider #103381, J&K Seminars, LLC is responsible for all aspects of the programing (6 hours)*
- *J&K Seminars LLC, Provider #1080, is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB) Approved Continuing Education (ACE)** program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. J&K Seminars maintains responsibility for this course. ACE provider approval period: 01/27/2021 – 01/27/2024. Social workers completing this course receive 6 Clinical continuing education credits.*
- *J&K Seminars, LLC has been approved by **NBCC** as an Approved Continuing Education Provider, ACEP No. 5599. Programs that do not qualify for NBCC credit are clearly identified. J&K Seminars is solely responsible for all aspects of the programs. (6 CE Credits)*
- *This program has been approved by the **Pennsylvania Board of Social Workers, Professional Counselors, and Marriage and Family Therapists** (6 hours)*
- ***Pennsylvania Department of Education – Act 48** approved for (6 hours)*
- *J&K Seminars, LLC, is recognized by the **New York State** Education Department's State Board for Psychology as an approved provider of continuing education for **Licensed Psychologists** #PSY-0140. (6 hours)*
- *J&K Seminars, LLC, is recognized by the **New York State** Education Department's State Board for Social Work as an approved provider of continuing education for **Licensed Social Workers** #SW-0174. (6 hours)*
- *J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Marriage and Family Therapist** #MFT-0041 (6 hours)*
- *J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Mental Health Counselors**. #MHC-0077. (6 Hours).*
- ***Ohio** Counselor, Social Worker, Marriage and Family Therapist- RCST111404 (6 hours)*
- ***State of Illinois** Department of Professional Regulation – J&K Seminars, LLC is a Registered Social Worker Continuing Education Sponsor – License #159-000833, and Marriage and Family Therapy Continuing Education Sponsor – License #168-000195 (6 hours)*
- *J&K Seminars is an approved provider with the **Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling**. Provider Number 50-1062. (6 hours)*
- *J&K Seminars, LLC is authorized by the **Board of Social Work Examiners in Maryland** to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for Category I continuing education units. (6 hours)*
- *J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Professional Counselors for Licensed Professional Counselors** – Provider #1835 (6 hours)*
- *J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Marriage and Family Therapists** – Provider #824 (6 hours)*



We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.

Disclosure of potential conflicts of interest: The speaker receives royalties from the sale of books and has a website.

All Professionals (except psychologists) must complete the online feedback form to receive their CE certificate.

Refund Policy: We provide full refunds for cancelations made before the Webinar begins. If for any reason the program is cancelled, the liability of *J&K Seminars, LLC* shall be limited to a full refund of registration fees.

For more information, phone (800) 801-5415 or email - JK@jkseminars.com/ FAQ



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

Presented by
Robert Brooks, Ph.D.

Friday, January 19, 2024

Table with 2 columns: Registration Type and Registration Fee. Rows include Individual Early Registration, Two or more together at the same time, Regular Registration, and Late Registration.

Please Print - Name & Degree as you want them to appear on your CE certificate

Name _____ Degree/License _____

Agency _____

Mailing Address to receive your nametag & receipt: ___Home ___Work

Street _____

City/State/Zip _____

Phone (W) () _____ (H) () _____

Fax () _____ Email _____

Additional Information

Your Profession:

Type(s) of CE Credit Desired:

FID# 23-3072383

Visa/MC/Disc/Amex# _____ Exp. _____ Signature _____

3-Digit Verification # on back of Visa/MC/Discover _____ 4 digit # on front of AMX _____

\$ _____ Amount Authorized/Enclosed - Make Checks Payable To: J&K Seminars

Send payment & registration form to J&K Seminars, 904 Church Rd, Wyncote, PA 19095 -1601
OR Register By Phone (800) 801-5415 OR FAX (717) 393-4605 OR online at www.JKSeminars.com

Audience - Human Service Professionals

- psychologists, social workers, licensed professional counselors, school counselors and psychologists, drug & alcohol counselors, marriage & family therapists, music therapists, case managers, rehabilitation counselors, graduate students

About our Live Interactive Webinars

If you've never experienced one of our Webinars, we think you will like this modality. We make it easy. The Zoom Webinar we use requires no special software. You can view our Webinars on any internet connected device that has sound. You don't need a camera. We email the Zoom links with clear instructions, reminders and lots of backup support.

With our Zoom Webinars you will not see the other attendees, but you will have several ways to interact with our speakers in real time. There is no posttest. The CE credits you earn count as in-person by most professional boards. We will email your certificate within a week of the Webinar. It takes us a few days to verify your attendance and the completion of your Feedback form.

We do not provide CE credit to webinar participants watching in groups. Attendees must register and login individually to receive credit. Please contact us if you have additional questions or concerns.

Bonus: attendees can access the recorded Streaming Video of this Webinar for 30 days following the presentation.