

About Robert Brooks, PhD



Dr. Brooks has lectured nationally and internationally and written extensively about working with or raising angry, challenging youth from a strength-based approach that focuses on the development

of self-discipline, motivation, hope, and resilience. He has authored or co-authored 14 books including *The Self-Esteem Teacher*; *Raising Resilient Children*; *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*; *Angry Children*, *Worried Parents: Seven Steps to Help Families Manage Anger*; *Raising a Self-Disciplined Child*; and *Handbook of Resilience in Children*. Dr. Brooks is on the faculty of Harvard Medical School and is the former Director of the Department of Psychology at McLean Hospital.

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3100 SW 62nd Avenue
Miami, FL 33155



Department of Psychiatry
presents

Fostering Resiliency in Children and Adolescents

A Strength-Based Approach for Working
with Angry, Challenging Youth

A seminar for
professionals and parents

Offering
6 CEUs

Friday, April 16, 2009

9 a.m. to 3:30 p.m.

Miami Children's Hospital
3100 SW 62nd Ave., Miami, FL

Workshop Description

In this workshop, Dr. Brooks will outline a strength-based approach for working with angry, challenging children and adolescents. The approach can be applied in therapy, residential programs, schools, and homes. Dr. Brooks will describe the mindset of professionals and parents who are effective with these youth as well as the mindset of resilient children and adolescents. He will outline specific strategies for reinforcing a resilient mindset in angry, challenging youngsters, including such qualities as motivation, self-discipline, responsibility, compassion, and hope. He will emphasize the importance of identifying and reinforcing each youngster's "islands of competence."

Learning (course) Objectives

- To learn the importance of a strength-based model in which each youngster's "islands of competence" are identified and reinforced.
- To learn the characteristics of the mindset of adults who work effectively with at-risk, angry children and adolescents.
- To learn exercises to enhance empathy and respond more effectively to others.
- To learn the characteristics of the mindset of resilient children and adolescents together with strategies for reinforcing this mindset in angry, challenging youngsters.

Who Should Attend

The program is for mental health professionals working with children and families, including psychologists, psychiatrists, marriage and family therapists, social workers, nurses, corrections staff as well as school personnel – teachers, psychologists, social workers, nurses and counselors.

Conference Schedule

Friday, April 16

8:30am	Continental Breakfast & General Registration
9 am	Dr. Robert Brooks: Presentation
10:15 am	Break
10:30 am	Dr Brooks: Presentation continued
11:45 am	Break
12 Noon	Lunch / Dr. Americo Padilla, Medical Director of the Department of Psychiatry will present on <i>Post-Traumatic Stress Disorder in Children and Adolescents</i>
1 pm	Dr. Brooks: Presentation continued
3 pm	Conclusion/6 CEUs awarded

About Miami Children's Hospital Department of Psychiatry

Miami Children's Hospital Department of Psychiatry is a full-service psychiatric treatment center for children, adolescents and families. The department offers three levels of care to meet the needs of children and families, including inpatient care, an intensive outpatient program and outpatient services.

In addition to individual and family therapy, the department provides outpatient group psychotherapy and topic-specific psychoeducational groups for children and parents. The program also offers psychotherapy, psychological and psychoeducational evaluations.

Registration

Three Ways To Register:

1. Fax: 305-668-5598 (Visa, Mastercard)
2. Email: Lourdes.niebla@mch.com
3. Mail: MCH-Psychiatry, 3100 SW 62 Ave, Miami, FL 33155

Registration Fee:

- \$160
- Early Registration \$139 (by March 29, 2010)
- Student/Parent: \$65

Includes:

- Lunch/Free parking
- CME (1-Grand Rounds)
- 6 CEUs

Please use one form per person - copy as needed

Name: _____

Title: _____

Address: _____

City: _____ State: _____

Zip: _____ County: _____

Phone: _____

Email: _____

- Psychologist Physician Marriage & Family Therapist
 Social Worker Nurse Educator School Psychologist
 School Social Worker School Counselor
 Other: _____
 STUDENT (School name) _____
 PARENT

Please indicate your form of payment:

- Check or money order made payable to MCH-PSYCHIATRY
 Visa
 Master Card (We do not accept Discover or American Express)

Name (as it appears on the card): _____

Card Number: _____

Exp. Date _____ 3 digit CID code: _____

For inquiries related to lodging or other questions, please call
Lourdes Niebla at 305-666-6511, ext. 2549.

Day of event registration based on availability only.