

MAKING SENSE OF ANXIETY AND RELATED PROBLEMS

HALIFAX | JUNE 4 & 5, 2018 | 9AM - 4PM
Dalhousie University - Scotiabank Auditorium
6135 University Ave

The escalating level of anxiety in our children begs for an explanation as well as a solution. Dr. Neufeld sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This workshop brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety. The focus of this workshop is the anxiety of our children and what we can do about this, both as a society and as the adults responsible for them. The dynamics and insights however apply to all ages. 📌

LEARNING OBJECTIVES

1. The anatomy and working model of the human alarm system.
2. How to recognize anxiety in all its various manifestations.
3. An updated and insight-based working definition of anxiety.
4. Why anxiety is increasing in our children.
5. Why current discipline methods are alarming our children.
6. Addressing anxiety without relying on medication.
7. What parents and teachers can do to help their anxious children.

WORKSHOP AGENDA

Neuroscience of Anxiety

» The key discovery here is of a complex and comprehensive human alarm system

Anxiety, Attachment & Vulnerability

» To discover what alarms us, we need to go to the science of attachment and redefine our understanding of human threat – that of facing separation in all its various forms

Working Model of Anxiety

» Understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties

Addressing Anxiety

» Six surprising solutions are described for reducing the anxiety in our children

WORKING WITH STUCK KIDS

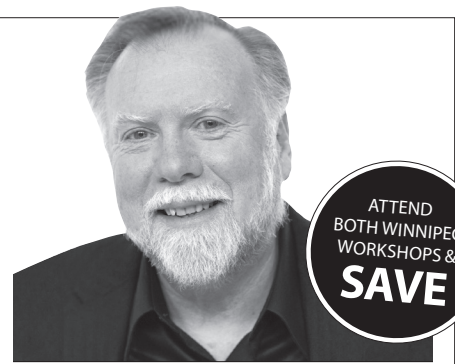
HALIFAX | JUNE 6, 2018 | 9AM - 4PM
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Not everyone grows up as they get older. The construct of psychological immaturity has been with us as an intuitive concept for ages, but only recently has developmental science advanced to a state where it can now yield effective strategies and interventions to address learning and behavioural challenges.

Bestselling author of *Hold On To Your Kids*, Gordon Neufeld presents an integrated developmental approach to reaching troubled kids, using the constructs of attachment, vulnerability and maturation. In this workshop, Gordon takes the best that developmental science has to offer and delivers it in a usable form to the professionals who work with these children or those responsible for them. His model has been honed from years of application in a wide range of settings: education, special behaviour programs, therapy, corrections, aboriginal communities, adoption, counseling, parenting, and the foster system. This material is applicable to children of all ages, from toddlers to teens. The insights and interventions apply to a wide range of presenting problems and syndromes including attention problems, bullying, impulsiveness, anxiety problems, learning disabilities, autism spectrum, oppositionality, drug abuse, aggression problems, boundary problems, alarming behaviour, boredom and much more. 📌

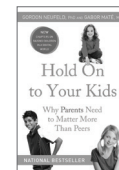
LEARNING OBJECTIVES

1. How to uncover the relationship between psychological immaturity and the most common presenting problems and syndromes.
2. Three distinct processes that drive maturation and how to support them.
3. Maximize how emotional engagement warms the engine of maturation.
4. To identify the signs being defended against vulnerability.
5. Developmentally-supportive interventions for problems resulting from stuckness.
6. Why separation-based discipline for stuck kids doesn't work and how to provide alternatives.
7. Why consequence-based discipline fails to work with aggression problems and what does.



GORDON NEUFELD, PH.D.

Gordon Neufeld, Ph.D. is a Vancouver-based developmental psychologist who consults with parents and professionals regarding children and their problems. He brings to us his unique synthesis of the developmental literature and his exceptional ability to make children understandable. He has a widespread reputation for being able to make sense of difficult and complex problems regardless of one's degree of exposure to the psychological literature and for opening doors for change. Dr. Neufeld has a reputation for educating in a most engaging way, speaking with passion and compassion. His style is dynamic, his approach is refreshing and his effect is to affirm intuition. Dr. Neufeld has provided continuing education and in-service training to various professional groups including physicians, nurses, psychologists, clinical counselors, families and youth workers.



BEST SELLING AUTHOR
Hold On to Your Kids:
Why Parents Need to
Matter More Than Peers

WHO SHOULD ATTEND

- K-12 Classroom Teachers
- School Counsellors/Psychologists
- Learning Assistance/Resource Teachers
- School Administrators
- School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers
- All other professionals who support students with behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

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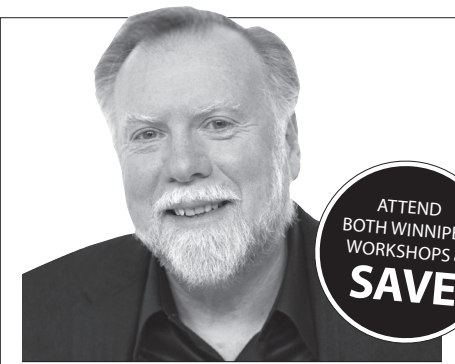
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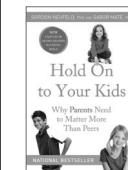
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