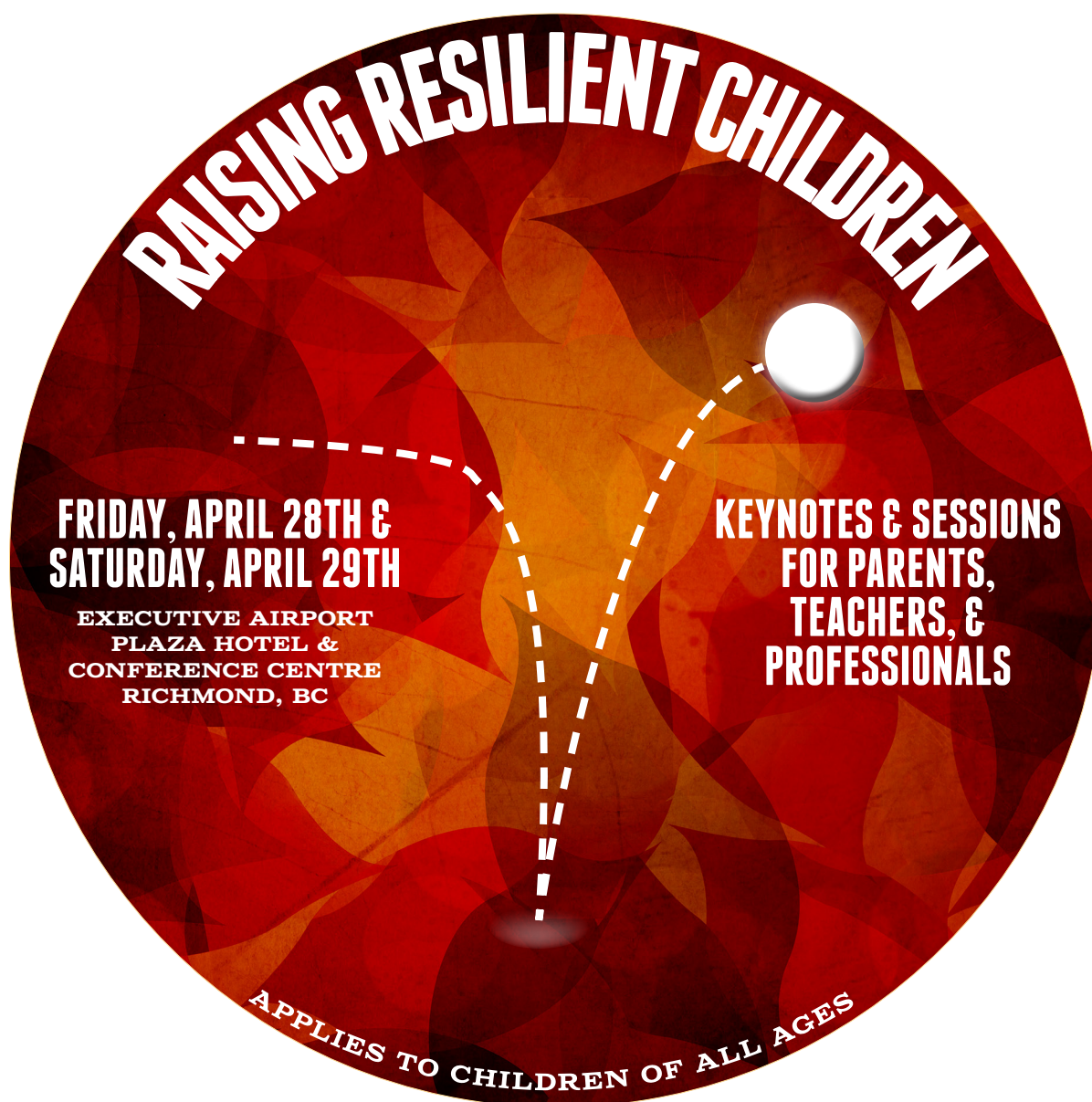




N I N T H A N N U A L

VANCOUVER NEUFELD CONFERENCE 2017

P A R E N T S • P R O F E S S I O N A L S



**INCLUDES KEYNOTES
ON RESILIENCE BY
DR. GORDON NEUFELD**



**OPTIONAL FRIDAY EVENING
PUBLIC ADDRESS ON
ATTACHMENT & FOOD BY
DR. DEBORAH MACNAMARA**

INFO & TICKETS

NEUFELDINSTITUTE.ORG

SCHEDULE

TIME	DESCRIPTION	LOCATION
8:00-9:00 am	Registration	Foyer
9:00-10:15	Dr. Gordon Neufeld—Opening Address <i>Keys to Resilience</i>	Grand Ballroom A–C
10:15-10:35	Morning Break (20 minutes)	Foyer
10:35-11:50 am	Sessions A	See Session Detail
11:50-1:00 pm	Lunch <i>Independently, or you may add an optional Indian buffet lunch for \$26.</i>	Grand Ballroom C, Westminster Rooms
1:00-2:15	Sessions B	See Session Detail
2:15-2:30	Afternoon Break (15 minutes)	Foyer
2:30-3:45	Sessions C	See Session Detail
3:45-3:55	Transition to Final Address <i>No refreshments available at this time. Book and DVD sales closed.</i>	Foyer
3:55-4:30	Door Prizes Dr. Gordon Neufeld—Final Address <i>Keys to Resilience</i>	Grand Ballroom A–C

TRAVEL INFORMATION

Hotel Information

The Ninth Annual Vancouver Neufeld Conference will be held at the Executive Airport Plaza Hotel & Conference Centre in Richmond, British Columbia – just five minutes from the Vancouver International Airport and only a 15-minute drive from downtown Vancouver. The hotel offers free shuttle transportation to and from the airport and secure overnight parking facilities, and is close to major shopping malls and entertainment.

Rooms are just \$139 for single or double occupancy and include overnight parking and in-room WIFI.

To reserve your room, call the hotel directly and mention you are with the Neufeld Institute.

Reservations must be made prior to March 28, 2017. We recommend calling either of the numbers below as soon as possible, as rooms will be booked on a first-come, first-served basis.

Executive Airport Plaza Hotel & Conference Centre

7311 Westminster Highway

Richmond, BC V6X 1A3

604-278-5555 or 1-800-663-2878



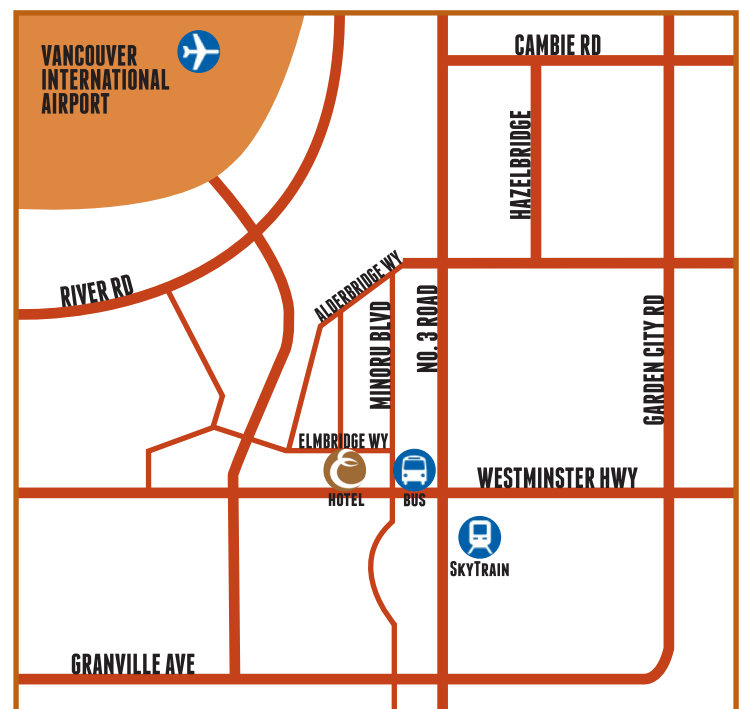
EXECUTIVE
AIRPORT PLAZA

Parking & Transportation

If you are staying at the hotel for the conference, overnight parking is included in the nightly room rate.

Full-day parking for non-hotel guests is also included, but spaces are extremely limited. The lot and parkade are likely to fill up. We recommend carpooling, using public transportation, or giving yourself ample time to find street parking nearby. (The next-closest lot is at the Richmond Centre shopping mall, about three blocks away.)

There is a TransLink Canada bus stop right in front of the hotel, and the SkyTrain's Richmond-Brighouse Station is two blocks away (about a 10-minute walk).



KEYNOTE PRESENTATIONS

Dr. Deborah MacNamara: Optional Friday Evening Public Address

Nourish: Why Food and Relationship Belong Together

Friday, April 28, 2017 | 7:00-9:00 pm

Food and relationship were meant to be intertwined, but they have become separated. In this new presentation, Dr. Deborah MacNamara will use developmental science to weave together the pieces of the feeding-and-eating puzzle. She'll draw on the fields of attachment science, neuroscience, developmental psychology, and cultural tradition. Come relish and savour a thought-provoking walk around our most basic human needs and what they reveal about what is truly essential for survival.



Please note that this optional registration item is an additional \$20.

Dr. Gordon Neufeld's Two-Part Keynote Address

Keys to Resilience

Saturday, April 29, 2017 | 9:00-10:15 am and 4:00-4:30 pm

Resilience is about the ability to bounce back to normal functioning after times of stress, or even better, to be capable of optimal functioning in the face of adversity. It is about healing after being wounded; recovery after losing one's balance; optimal functioning when under fire. Every human possesses the potential for resilience but this capacity remains elusive to many. Resilience is not inherited and cannot be learned; it must be developed and childhood is the ideal time for this. Many people confuse resilience with 'toughness,' when individuals seem unaffected by adversity or are capable of basic functioning in wounding scenarios. In fact, the very armour that makes this possible also interferes with the development of the real thing. In his keynotes, Dr. Neufeld will discuss the essence of true resilience and reveal the keys to developing this capacity in our children and in ourselves. He will also share fresh understandings about the surprising role of play in resilience.



Resilience will be a theme for a number of sessions throughout the day, taking the theory covered in Gordon's address and translating it into everyday practice.

FEES & CANCELLATION POLICIES

Conference Tuition

• Saturday Conference Fee	
– Early-bird, if registered on or before Friday, March 31, 2017	\$ 145
– Standard price, beginning April 1, 2017	\$ 175
– Group discount (<i>for employee and agency groups of eight or more, through March 31, 2017</i>)	\$ 130
• Facilitator Conference Fee (Friday and Saturday) <i>Exclusively for graduates and trainees of the Neufeld Facilitator program</i>	
– Early-bird, registering through March 31, 2017	\$ 210
– Standard price, beginning April 1, 2017	\$ 245
– Partial facilitator conference fee (Friday only)	\$ 105
• Optional Items	
– Friday Evening Public Address by Dr. Deborah MacNamara	\$ 20
– Saturday Indian Buffet Lunch	\$ 26

Final tuition fees depend on your registration options.

Cancellation Policy

You may cancel your conference registration for a refund, minus a \$25 processing fee, as long as your cancellation occurs **on or before April 14, 2017**. After this date, no refunds will be given.

You may also cancel the optional registration items (Friday evening public address and/or optional buffet lunch) for a full refund, as long as your cancellation occurs **on or before April 14, 2017**. After this date, no refunds for optional registration items will be given.

SESSION DETAIL

SESSION TITLE	FORMAT	PRESENTER(S)	ROOM
Sessions A — 10:35 am to 11:50 am			
A1—Resilience and the Adolescent Rites of Passage	Presentation	Tamara Strijack	Grand B
A2—Q&A on Food and Attachment	Q&A	Deborah MacNamara	Westminster N
A3—Supporting the Anxious Child	Presentation	Patti Drobot	Grand A
A4—Cultivating Resilience in a School Setting	Presentation	Colleen Drobot	Tivoli's II
A5—Roundtable: Walking the Maze of the Mental Health System with My Child	Roundtable	Terry Warburton	Skyview (8th flr)
A6—Resilience and the Brain	Presentation	Eva de Gosztonyi	Exec Bdrm
A7—Alpha Children: Dancing Your Way Back into the Lead	Presentation	Genevieve Schreier	Fraser S
A8—Resilience in Motion: A Journey of Stories and Pictures	Presentation	Darlene Denis-Friske	Fraser N
A9—The Up-Side of Upset: Emotions and the Road to Resilience	Presentation	Michele Maurer	Westminster S
A10—Q&A on the Role of Grandparents in Cultivating Resilience	Presentation	Joy Neufeld, Lorraine Beaudry	Concord (3rd flr)
Sessions B — 1:00 to 2:15 pm			
B1—Hyper-Sensitivity: Special Challenges Regarding Resilience	Presentation	Gordon Neufeld	Tivoli's II
B2—Alpha Problems and Resilience	Presentation	Deborah MacNamara	Grand B
B3—Aggression, Adaptation, and Resilience	Presentation	Patti Drobot	Westminster S
B4—Softening the Defenses: Helping Children Face Vulnerability and Gain Resilience	Presentation	Colleen Drobot	Grand A
B5—Understanding Counterwill and Cultivating Cooperation	Presentation	Denise Neufeld Heather Ferguson	Grand C
B6—Q&A on Adolescence	Q&A	Christie Mackie	Concord (3rd flr)
B7—The Neuroscience of Resilience (for graduates of the Neufeld Intensive I)	Presentation	Eva de Gosztonyi	Exec Bdrm
B8—Special Challenges in Resilience: Fostering, Adoption, and Divorce	Presentation	Geneviève Brabant	Fraser S
B9—Roadblock to Resilience: The Problem of Addiction (for graduates of the Neufeld Intensive II)	Presentation	Terry Warburton	Westminster N
B10—Supporting Emotional Expression in Schools	Q&A	Martine Demers	Fraser N
B11—Roundtable: Loss, Grief, and Resilience	Roundtable	April Quan	Skyview (8th flr)
Sessions C — 2:30 to 3:45 pm			
C1—Resilience and the Digital World – A New Frontier	Presentation	Tamara Strijack	Grand A
C2—Tears and Tantrums: Understanding Frustration and Aggression	Presentation	Deborah MacNamara	Grand B
C3—Q&A on Sibling Rivalry	Q&A	Patti Drobot, Colleen Drobot	Westminster S
C4—Consciously Integrating Families – The New Blended	Presentation	Jodi Bergman	Fraser N
C5—Stuck on You: Adolescent Sexuality and Nature's Design	Presentation	Robin Brooks-Sherriff	Tivoli's II
C6—Cultivating Resilience in the Defended or Stuck Child (for practitioners and parent consultants who have taken the Neufeld Intensive I)	Presentation	Darlene Denis-Friske	Westminster N
C7—Resilience and Special Needs in School	Presentation	Eva de Gosztonyi	Concord (3rd flr)
C8—Carving out the Space for Play	Presentation	Genevieve Schreier	Fraser S
C9—Attachment-Safe and Developmentally Friendly Discipline – Keeping Resilience in Mind	Presentation	Geneviève Brabant	Grand C
C10—Boys, Men, and Tears	Presentation	David Robertson	Exec Bdrm
C11—Roundtable: Resilience in Indigenous Communities	Roundtable	Denise Findlay	Skyview (8th flr)

MAKING SENSE OF SESSIONS

Session Formats

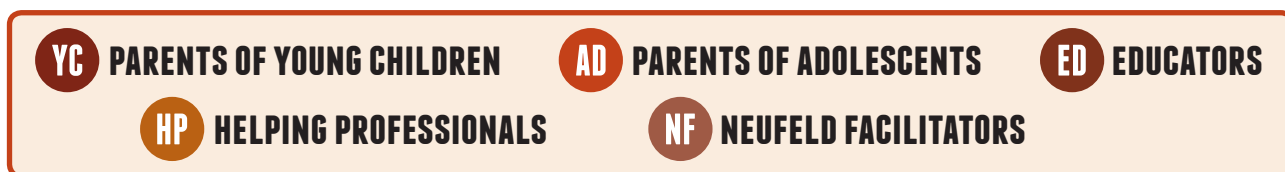
Over the years of hosting this conference, we have learned that our attendees appreciate a variety of session formats to match with their caregiving needs and learning styles. Many of us enjoy 'drinking from the firehose,' so to speak, immersing ourselves in a full day of information-rich lecture presentations, while others seek opportunities to ask questions on particular care-giving topics of interest. Others of us gravitate toward small-group settings for connection and focused discussion about specific areas. And of course, many of us prefer a mix of all of these formats, depending on our unique needs and how we are feeling in the moment.

To that end, we offer three session formats. The following icons, presented with each session description, will cue you as to their format:



Audience

Each session description also includes the following symbols to help you decide which sessions are best suited to your needs:



Prerequisites

Some of our sessions have a prerequisite. Our advanced sessions usually require completion of a particular course (or courses) in order to attend. Other sessions may require watching or listening to content that is available online. If this is the case for you, after you register we will send you any links or files needed.

PROGRAM DESCRIPTIONS

8:00 – 9:00 am

Registration and Connection

The registration desk will open at 8:00 am. Pick up your name badge and conference materials, then enjoy connecting with other attendees before getting settled in the ballroom.

9:00 – 10:15 am

Opening Address—Keys to Resilience

Dr. Gordon Neufeld

Resilience is about the ability to bounce back to normal functioning after times of stress, or even better, to be capable of optimal functioning in the face of adversity. It is about healing after being wounded; recovery after losing one's balance; optimal functioning when under fire. Every human possesses the potential for resilience but this capacity remains elusive to many. Resilience is not inherited and cannot be learned; it must be developed and childhood is the ideal time for this. Many people confuse resilience with 'toughness,' when individuals seem unaffected by adversity or are capable of basic functioning in wounding scenarios. In fact, the very armour that makes this possible also interferes with the development of the real thing. In his keynotes, Dr. Neufeld will discuss the essence of true resilience and reveal the keys to developing this capacity in our children and in ourselves. He will also share fresh understandings about the surprising role of play in resilience.

Resilience will be a theme for a number of sessions throughout the day, taking the theory covered in Gordon's address and translating it into everyday practice.

Words past conference attendees have shared:

"Gordon Neufeld has a way of presenting complex things in a manageable way."

"I attend every year to feel re-inspired and connected, to be reminded I am not alone."

"I came both as a parent and professional. It exceeded my expectations."

"Conference highlight – Dr. Neufeld's passionate keynote."

10:15 – 10:35 am**Morning Break**

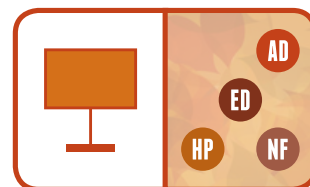
Refill your water bottles, connect with other attendees, and make your way to your morning workshop.

10:35 – 11:50 am**Sessions A****A1—Resilience and the Adolescent Rites of Passage**

Tamara Strijack

Adolescents are faced with an explosion of awareness in emotion and thought. This alone can put them in a very vulnerable place, with temptations to escape at every turn. In this workshop, Tamara will explore the rites of passage that an adolescent needs to go through in order to become truly resilient. While a certain level of defense or armour is needed to survive in today's often wounding world, when the defenses become stuck, maturation is at risk. We will also look at how we, as caring adults, can step in to help foster true resilience.

- **Prerequisite:** None required.

**A2—Q&A on Food and Attachment**

Dr. Deborah MacNamara

This session is a follow up for those who attended Deborah's Friday evening public address. She will lead a discussion exploring and delving into the nuances of the connection between food and human relationship.

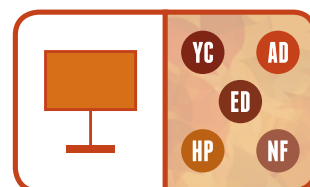
- **Prerequisite:** None required.

**A3—Supporting the Anxious Child**

Patti Drobot

Anxiety has increased substantially in children of all ages over recent years and can show up in a variety of symptoms including phobias, panic, obsessions and compulsions, somatic issues, sleep issues, and avoidance, to name a few. Today's world can create many challenges for children. School and societal pressures, peer interactions, family dynamics, and many other stressors can impede a child's ability to mature and develop resilience. This workshop will address this increasing problem of our times and help parents make sense of the roots of anxiety, as well as provide practical suggestions on how to support our children through anxiety and help them cultivate resilience.

- **Prerequisite:** None required.

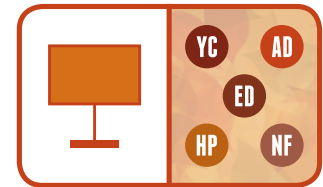


A4—Cultivating Resilience in a School Setting

Colleen Drobot

Many students are able to overcome adversity, face loss and disappointment, accept not getting their way, and find creative solutions to problems. Yet not all students are so resilient. How can educators and schools cultivate resilience so that students will not only endure these experiences, but will be able to gain strength and confidence in their ability to cope with them? Based on years of working with Dr. Neufeld, teaching in schools, parenting, and counselling families, Colleen's strategies are helpful for educators to use in the classroom and the school setting as they cultivate resilience at school and throughout their lives.

- **Prerequisite:** None required.

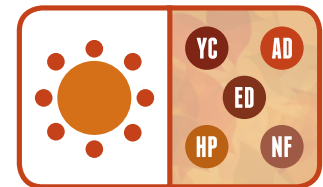


A5—Walking the Maze of the Mental Health System with My Child

Terry Warburton

Children and teens are being diagnosed with anxiety and depression at alarming rates. With a diagnosis often comes referral to mental health professionals. Parents often feel intimidated, alone, and alienated in this system. This round-table discussion will provide parents with an opportunity to understand the influential, supportive, and key role that they can have in this sometimes confusing and challenging journey with their child. In the context of these difficult circumstances, it is still possible for parents to find a way to hold on to their kids and nurture resilience.

- **Prerequisite:** None required.

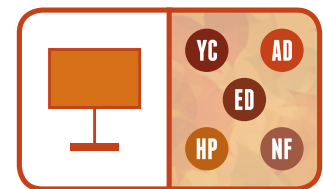


A6— Resilience and the Brain

Eva de Gosztonyi

Sometimes finding out what is going on inside our brain and our body helps us to better understand and accept our somewhat messy psychological processes. This session will introduce participants to the neuroscience of adaptation. Then we will look at how to prime and create the space for this process in our interactions with our children so that we can help them – be they babes-in-arms, children, teens, or young adults – to become more resilient.

- **Prerequisite:** None required.

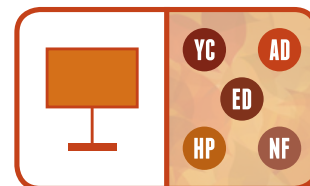


A7—Alpha Children: Dancing Your Way Back Into the Lead

Genevieve Schreier

This presentation will explore the essence of attachment, revealing a fascinating, little-talked-about dynamic that impacts every relationship – most significantly the parent-child and teacher-student relationship. With a growing number of children taking the alpha lead, the child-adult dance is becoming much more difficult than it used to be. It is in exploring and recognizing the intricacies of the alpha-dependent dance that doors for lasting change are opened: in the family, in the classroom, and in society.

- **Prerequisite:** None required.

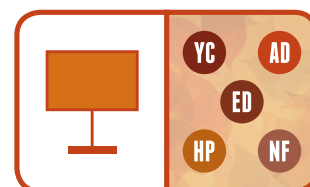


A8—Resilience in Motion: A Journey of Stories and Pictures

Darlene Denis-Friske

There are many ways to absorb deep understanding of lessons, theories, and concepts beyond the structured word. Oral tradition, poetry, story, and expressive mediums are all able to weave a ‘knowing deeper than words,’ leaving us with a feeling of coming home to something we already knew. Join Darlene as she shares a presentation of stories and experiences that highlight key factors in the process of ‘resilience in motion.’

- **Prerequisite:** None required.

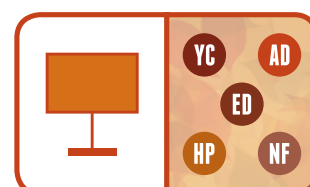


A9—The Up-Side of Upset: Emotions and the Road to Resilience

Michele Maurer

Emotions can be messy, and we are sometimes tempted to avoid the mess, but at what cost? While emotions were once thought of as a “nuisance,” recent advances in brain science confirm that they are not just important – emotions are the key to maturation and the development of resilience. This workshop will explore the connections between emotions and resilience, including the important role of parents and caregivers in guiding and supporting children through these messy waters.

- **Prerequisite:** None required.



A10—Q&A on the Role of Grandparents in Cultivating Resilience

Joy Neufeld, Lorraine Beaudry

The role of grandparents can be rather confusing in today's society. In more traditional times grandparents served a pivotal role, often assisting with the care and serving as an anchor point for a child. For the most part, culture both honoured and preserved that role. With society coming undone, the need for grandparents has never been greater, yet the support of culture and society has never been weaker. What can grandparents do to make a difference in the lives of their grandchildren when they have so little control over the circumstances that affect them? How can they protect the grandchild who is having to deal with the sting of sibling rejection, the flaws of their own parents, or a divorce? How can grandparents cultivate a strong enough relationship to build the resilience a child needs? This Q&A session is both for grandparents and for those who would like to explore the role of grandparents in a child's life.



- **Prerequisite:** None required.

11:50 – 1:00 pm

Lunch (Independently or Optional Add-On)

For an additional charge of \$26, you may pre-order a buffet lunch with your conference registration – an Indian buffet that has received rave reviews from past conference attendees and includes some vegan/dairy-free and Paleo options. If you have specific dietary considerations, you may want to bring your own lunch. There are also a handful of restaurants near the hotel, only a short drive away.

Vancouver Kidsbooks will be on site with a conference bookstore, which you're welcome to peruse during this time, too.

1:00 – 2:15 pm

Sessions B

B1—Hypersensitivity: Special Challenges Regarding Resilience

Gordon Neufeld

The condition of neurological hypersensitivity occurs when the sensory input is too much for the brain to process. The manifestations of this condition can range from a certain kind of giftedness all the way to classic autism, depending upon how this underlying condition has impacted attachments and development. It can also lead to attention problems or result in an Asperger's syndrome. There is probably no condition where resilience is more needed and yet less likely to exist. Dr. Neufeld will briefly introduce this neurological condition, explain why resilience is so elusive, and suggest ways to restore neural plasticity and the capacity for adaptation.



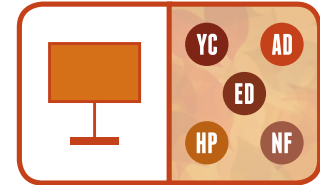
- **Prerequisite:** None required.

B2—Alpha Problems and Resilience

Deborah MacNamara

A growing number of children are presenting as demanding, prescriptive, bossy, and controlling. A disturbing number of these alpha children are turning into bullies, as well. Alpha children tend to have difficulties letting themselves be parented or taught. These children also lack resilience in the face of adversity. This is making the child-adult dance much more difficult than it used to be or needs to be, despite the plethora of strategies and advice-giving available today. Deborah will discuss the roots of the alpha complex, along with the path to fostering greater resilience in alpha children.

- **Prerequisite:** None required.

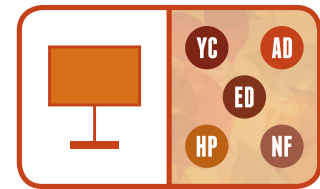


B3—Aggression, Adaptation, and Resilience

Patti Drobot

None of us knows what may happen in the future. Emotional readiness for adversity is just as important as physical readiness for a natural disaster. If there were any single tell-tale sign that the capacity for resilience is lacking in a child – or adult for that matter – it would be the existence or eruptions of attacking energy. Residual attacking energy is most often experienced as foul moods, irritability, and impatience. Eruptions of attacking energy can take many forms, including even suicidal thoughts and impulses. One could think of aggression as an early-warning system, alerting us to the fact that should a stressful event occur, a bounce-back is not likely to happen. This renders aggression of utmost concern – not just as problem behaviour to be addressed – but as a sign that the adaptive process needs to be restored. Patti will clarify the relationship between aggression, adaptation, and resilience and focus on ways to restore the ability to bounce back from whatever may befall.

- **Prerequisite:** None required.

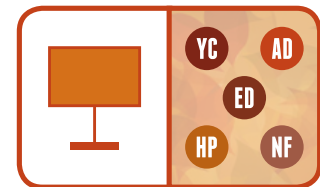


B4—Softening the Defenses: Helping Children Face Vulnerability and Gain Resilience

Colleen Drobot

Dr. Neufeld and faculty often speak of the need for a child's heart to remain soft, for emotions to be felt and expressed, and for tears of futility to be shed in order for a child to develop and mature. For anyone raising a sensitive or stuck child, softening the defenses can be a daunting task that sometimes seems almost impossible. This workshop will focus on ways we can soften a child's heart so that the tears can be restored, lowering frustration and anxiety and cultivating resilience. As a family therapist and mother of sensitive children, Colleen will share Dr. Neufeld's wisdom and her personal experiences of how to restore the ability for a child to feel, attend, grieve, and attach.

- **Prerequisite:** None required.

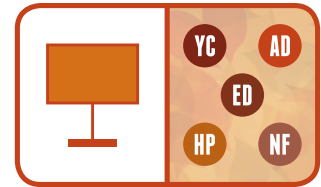


B5—Understanding Counterwill and Cultivating Cooperation

Dan Nault Heather Ferguson

Children and teens are naturally inclined to resist and oppose when feeling pressed upon or controlled. Although the reaction is quite normal – and even healthy in certain circumstances – its manifestations and impact can be highly disruptive, making life difficult for parents and teachers. In this session, Heather will discuss the meaning of this deep-rooted instinct and the dynamics that control its existence and expression. She will provide strategies to help adults reduce the effects of oppositional behaviour and deepen attachment and cooperation with children and youth.

- **Prerequisite:** None required.



B6—Q&A on Adolescence

Christie Mackie

Crossing the bridge from childhood to adulthood can be such a challenging time – for adolescents and for those caring for them. Defenses and peer orientation can often get in the way. How can we come alongside our adolescents as caring adults? How can we help them navigate questions of friendship and sexuality? How can we make room for them to discover who they are in the midst of all the physical and emotional changes and the increasing demands of our digital world? In this question-and-answer workshop, Christie will share some of her stories from her experience as a clinical counsellor and as a parent of adolescents. Please bring your questions as parents, grandparents, teachers, and/or helping professionals.

- **Prerequisite:** None required.

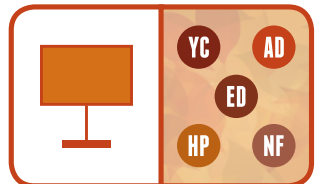


B7—The Neuroscience of Resilience (Exclusively for graduates of the Neufeld Intensive I)

Eva de Gosztonyi

This session will deepen the participants' understanding of the neuroscience of the adaptive process. How does the brain move us from mad to sad? What role do bio-chemicals play in whether we become defended or truly resilient? And, most importantly, how can we help those in our care harness this wondrous process that can bring them closer to achieving their full human potential?

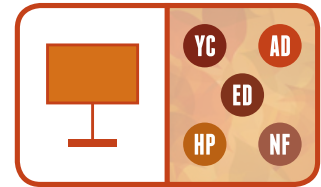
- **Prerequisite:** This is an advanced workshop, open only to graduates of the Neufeld Intensive I.



B8—Special Challenges in Resilience: Fostering, Adoption, and Divorce*Geneviève Brabant*

All children possess the potential to adapt and “bounce back” from emotionally challenging circumstances. However, the transplanted child in the context of foster care, adoption, or divorce has the most to adapt to, and the least capacity to do so. Geneviève will discuss some of the impediments to the development of resilience in transplanted children, as well as the keys to overcome these impediments and help children develop to their full potential.

- **Prerequisite:** None required.

**B9—Roadblock to Resilience: The Problem of Addiction
(Exclusively for graduates of the Neufeld Intensive II)***Terry Warburton*

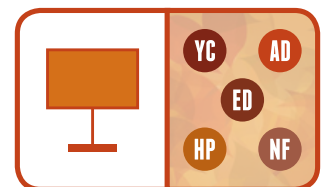
Addiction can easily get in the way of individuals becoming resilient and achieving their developmental potential. Pursuit is nature’s way of filling attachment voids. What happens when this pursuit becomes depersonalized into fixes and fixations resulting in addictions of various kinds? What does an attachment-based developmental understanding of human relationships reveal about this common problem of addiction, and what hope does it offer for recovery?

- **Prerequisite:** This is an advanced workshop, open only to graduates of the Neufeld Intensive II.

**B10—Supporting Emotional Expression in Schools***Martine Demers*

Life in schools is hectic and demanding. For many children, handling all the demands – both academic and behavioral – is daunting, overwhelming, and scary. Managing peer relationships, responding to academic challenges, coping with the varying expectations of adults, and dealing with family issues can evoke a range of emotions. It is important to provide support and a warm invitation for children to express their most vulnerable emotions and to feel safe in our presence. Martine will show how Dr. Neufeld’s developmental paradigm can be applied in various school settings. This session applies to preschool, elementary, and high school alike.

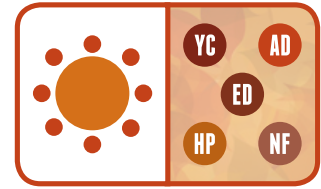
- **Prerequisite:** None required.



B11—Loss, Grief, and Resilience

April Quan

Loss is an unavoidable human experience, but many of us are not comfortable with grief – whether our own or another's. At the same time, the emotions surrounding loss are some of the most crucial for developing resilience. Childhood losses can take many forms besides death – including separation of parents, moving, loss of a pet, and others that adults might discount as minor. Our children need us to lead the way in making room for feelings of loss. In this round-table discussion, we will look at obstacles to grieving and find ways to support the process in our children's lives, as well as our own.



- *Prerequisite:* None required.

2:15 – 2:30 pm

Afternoon Break

Refill your water bottles, connect with other attendees, and make your way to your next session. Vancouver Kidsbooks will be on site with a conference bookstore to peruse, too.

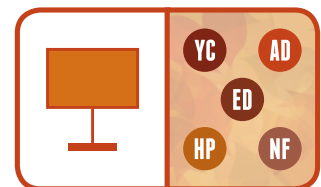
2:30 – 3:45 pm

Sessions C

C1—Resilience and the Digital World – A New Frontier

Tamara Strijack

Our world continues to move quickly around us, with technological advances at every turn. Whether we like it or not, the digital world is here to stay. While in many ways these advances make our world an easier place to live, sometimes the shortcuts they offer come at a cost. Although technology can be tempting, offering its easy ways to avoid and distract from difficult feelings, it can also have implications for the development of true resilience. In this workshop, Tamara will explore how technology can interfere with healthy development and resilience, as well as how we can safeguard the developmental process in our children and adolescents.

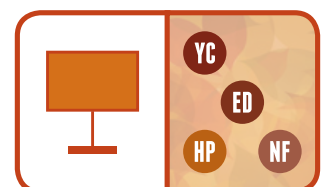


- *Prerequisite:* None required.

C2—Tears and Tantrums: Understanding Frustration and Aggression

Deborah MacNamara

The expression of frustration and aggression in children can take on many forms, including temper tantrums and various forms of attack. Part of making headway requires understanding the roots of frustration and aggression and how to deal with the resulting behaviours. This presentation will focus on strategies for dealing with a frustrated child while preserving one's relationship to them. It will address the importance of setting limits and helping children learn that they can survive the futilities that are part of life.



- *Prerequisite:* None required.

C3—Q&A on Sibling Rivalry

Patti Drobot, Colleen Drobot

Conflict between siblings can be a natural occurrence, but one that often drives parents crazy. Competition between siblings close in age can be exasperating. Witnessing one child verbally or physically attack his/her sibling is very challenging and often leaves parents at a loss as to what to do. Siblings Colleen and Patti will share stories and answer questions around the subject of sibling conflict.

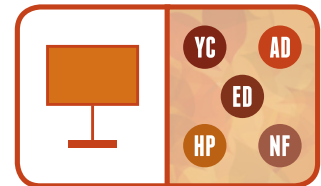


- **Prerequisite:** Viewing the *Sibling Rivalry* online presentation from November 2015. (The link to the recording will be sent to you when you register.)

C4—Consciously Integrating Families – The New Blended

Jodi Bergman

The family structure is rapidly changing and the process of bringing people together is complex. Not all step-families are alike, and true integration involves respectfully combining different histories, traditions, personalities, and preferences. Insight into the dynamics of attachment and vulnerability and how they are at play in these new relationships can help navigate the maze, and offer us an opportunity to understand and act from relationship, not role. Through years of study and personal experience, Jodi Bergman will help make sense of the dynamics of an integrated family and discuss the key elements that need to be present to support growing a family that is thriving, not just surviving.



- **Prerequisite:** None required.

C5—Stuck On You: Adolescent Sexuality and Nature's Design

Robin Brooks-Sherriff

Adolescent and *sex* in the same sentence generally strikes fear in the hearts of even the most grounded and intuitive parent. How on earth can we help teens navigate – or even begin to understand what healthy sexuality looks like – in a world that has truly gone mad? Somewhere along the line, teaching sexuality left the realm of family and was handed over to schools. We have come to a point where we teach about sex and birth control and disease outside of any context. Intuitively we know something is wrong with this approach, but how can we bring sexuality and sex back into context where it belongs? Science offers us some insight into nature's design: sex is essentially human superglue and our adolescents have no idea what they are playing with. Robin offers perspective on how to take this information and find our way back into the lead with our adolescents. She will also discuss how to come to their side in this exciting and challenging period of their lives with insight that might save them from an unexpectedly sticky situation.



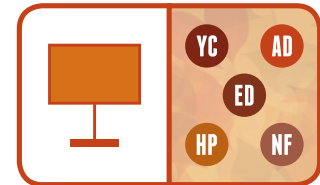
- **Prerequisite:** None required.

C6—Cultivating Resilience in the Defended or Stuck Child

(For practitioners and parent consultants who have taken the Neufeld Intensive I)

Darlene Denis-Friske

For the child who is adaptive, we might say there is balance in the intricate life-dance between emotion and human defenses. The adaptive process guides the dance at times – enough for defenses to soften, emotions to drain, and rest to be found. Resilience is in motion. We celebrate healthy functioning, and guide the parents' eyes to understand what is naturally unfolding. For the child who has stuck tears, however, defenses have assumed a protective and dominant position, wrestling for control in the dance. Our discussions with parents must necessarily take a more nuanced shape, and include special considerations around working with defenses to regain healthy functioning. In this workshop based on her direct therapeutic work and parent consultation, Darlene will present thoughts and experiences on cultivating resilience in the child who is stuck or defended.

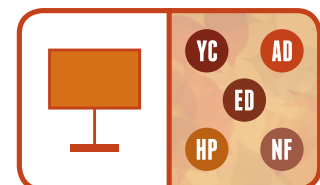


- **Prerequisite:** This is an advanced workshop, open only to practitioners and parent consultants who have taken the Neufeld Intensive I.

C7—Resilience and Special Needs in Schools

Eva de Gosztonyi

When we have in our care a child with special needs – be it as parents or as teachers – life can be hectic. The focus on early intervention often means a life filled with appointments, interventions, and therapies. But is there something we are missing? What about resilience? This presentation will examine the conditions necessary to promote true resilience and what the implications are for those in charge. Come prepared to experience some cognitive dissonance as we explore this topic. Can less really be more?

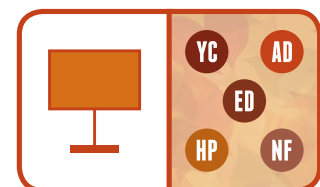


- **Prerequisite:** None required.

C8—Carving out the Space for Play

Genevieve Schreier

In this busy, demanding, pressure-filled world, play seems like a luxury. Who has time for play when urgency is all around us? The trouble with the urgent, however, is that it risks eclipsing the important. True play is absolutely vital to the unfolding of human potential, but we are losing the room for this kind of play in our society. In this presentation, Genevieve will explore the necessity of play and carving out the room and space for it – not only in our children's lives, but in our own lives as well.



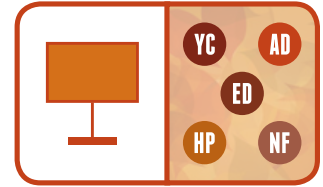
- **Prerequisite:** None required.

C9—Attachment-Safe and Developmentally Friendly Discipline – Keeping Resilience in Mind

Geneviève Brabant

As parents and adults responsible for children's well being, we are often tempted to correct their behaviour, teach them a lesson, or ignore their plea for attention. On the other hand, developmental science informs us that resilience is not inherited and cannot be learned; it must be developed. Geneviève will discuss special considerations when using discipline to impose order on a child's mind, including ways to help children grow up and adapt to the many circumstances they are up against.

- **Prerequisite:** None required.

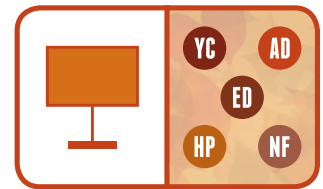


C11—Boys, Men, and Tears

David Robertson

Framed within the context of “true resilience,” David’s presentation will invite participants to: unfold some assumptions we might have about tears; name a few cultural and social norms; make connections with our own narrative and experience; notice our relationship with emotion; and create room for expression. These are all significant compass points for exploring the territory of boys, men, and tears. This presentation will help participants consider how the practice of fostering a connection between tears and resilience – along with the preservation of a soft heart from boyhood well into the adult years – will make a difference.

- **Prerequisite:** None required.

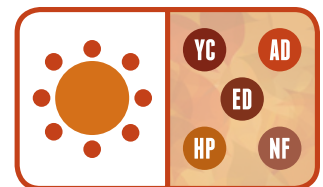


C11—Roundtable: Resilience in Indigenous Communities

Denise Findlay

Our indigenous people have suffered significant stressors in the past – like colonization and residential school – that make resilience of paramount importance. Unfortunately a significant number of today’s indigenous children and adolescents continue to be exposed to wounding environments – both inside and outside of their communities. Fortunately many pieces of the resilience puzzle actually exist within traditional aboriginal culture, but now need to be restored and knitted back together: rituals, ceremonies, rites of passage, and family relationships. In this session Denise will facilitate a round-table discussion about resilience within indigenous communities and what adults can do in the context of relationship to ensure that our children and adolescents reach their full potential.

- **Prerequisite:** None required.



3:55 – 4:30 pm

Final Address—Keys to Resilience

Dr. Gordon Neufeld

Dr. Neufeld will share his closing thoughts on resilience.

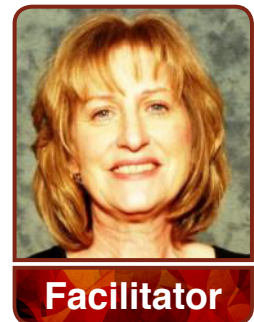
PRESENTER BIOGRAPHIES

Dr. Gordon Neufeld is a Vancouver-based developmental psychologist with over 40 years of experience with children and youth and those responsible for them. A foremost authority on child development, Dr. Neufeld is an international speaker, a bestselling author (*Hold On to Your Kids*), and a leading interpreter of the developmental paradigm. Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change. While formerly involved in university teaching and private practice, he now devotes his time to teaching and training parents, educators, and helping professionals. His Neufeld Institute is now a world-wide charitable organization devoted to applying developmental science to the task of raising children. Dr. Neufeld appears regularly on radio and television. He is a father of five and a grandfather to six.



Dr. Neufeld

Lorraine Beaudry is a retired classroom teacher from the Calgary Catholic School District. She has a Bachelor of Physical Education with teacher certification and worked in a variety of school settings and inclusive classrooms with students from kindergarten through grade nine. In addition, Lorraine is the mother of three children and grandmother to three. Still actively involved in the lives of her children, she is also full-time day-nana to her four-year-old granddaughter. She is reminded daily of the power of relationship and the importance of patience with the maturation process. Lorraine is certified to deliver a number of Neufeld video courses and facilitates classes for parents and professionals throughout the Calgary area.



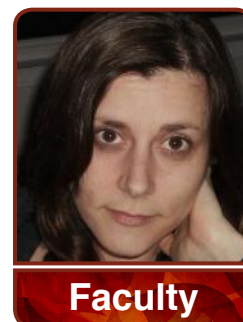
Facilitator

Jodi Bergman has spent the last 25 years developing attachments with children as a public and international school teacher, creating individual learning plans for homeschooling families and supporting children and parents in their journey. Currently, Jodi works for Self Design, where she provides in-person and online consultation. She lives in the Kootenays with her husband, and together they are consciously integrating their family of seven children based on the threads of connection, relationship, and attachment. Jodi is committed to making sense of the dynamics of an integrated family (the new blended) to support thriving, not just surviving.



Facilitator

Geneviève Brabant is a faculty member at the Neufeld Institute and a clinical social worker (MSW, RSW) with over 15 years' experience working as a child and family mental health practitioner (therapist) in the Ottawa area. In 2010 she launched her private practice, Le Repère Counselling Services (cflerepere.ca), with her partner and associate Mathieu Lyons, where she offers parent consultation and play-based therapeutic services to children and youth. Genevieve gives talks and presentations across Ontario on different course topics such as Preschoolers, Teachability Factor, The Art and Science of Transplanting Children, and The Science of Emotion. As a mother of three, Genevieve makes it her priority to incorporate her knowledge of the Neufeld paradigm into her daily parenting and relationships.



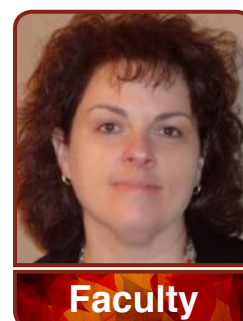
Robin Brooks-Sherriff is a Registered Nurse in Calgary, where she has worked in various capacities with families and clients for over 20 years. Both as a nurse, and as a mother, she has been tremendously impacted by Dr. Neufeld's paradigm since she happened upon it eight years ago. In particular, the adolescence material has informed her current work with teens and young adults in regards to their sexual health. The insight into these mysterious beings (teenagers) gained through Dr. Neufeld's approach is immensely helpful when offering a guiding hand through the maze of sexual decision-making our teens and their families face.



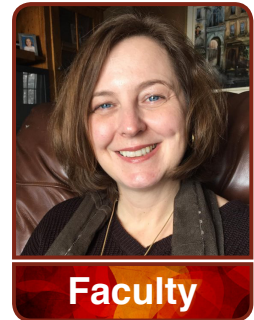
Eva de Gosztonyi is a psychologist who has worked for over 40 years in schools across Canada, and is on faculty with the Neufeld Institute. She is the Co-ordinator of the Centre of Excellence for Behaviour Management for the ten English School Boards of Quebec, helping the adults in the school setting to understand how best to work with children with severe behaviour problems. Eva believes that educators can foster the natural processes of development in their interactions and attachments with students in the classroom and in the school. In her presentations, Eva weaves together theory and practice, learning and behaviour, to help those who work with children apply Dr. Neufeld's paradigm so that they can effectively help children and youth become the "best that they can be."



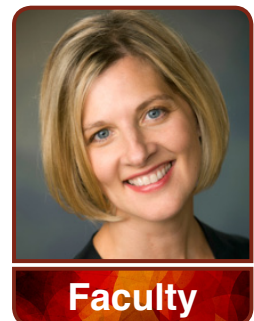
Martine Demers is on faculty with the Neufeld Institute and is actively involved in intervention with her school board where she works as a Behavior Consultant, supporting school teams with their most challenging students. She is actively involved in professional development, consultation, class intervention, networking, and accessing resources for children and their parents via various health and social service agencies. Martine has developed a Professional Learning Community for ongoing learning and support. She also facilitates Dr. Neufeld's parent education courses, understanding the importance of bringing this information directly to the source: the parents. Martine's most passionate presence is with her own family as a mother, where she lives the paradigm on a daily basis.



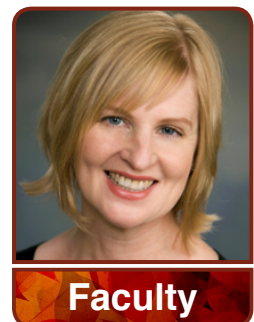
Darlene Denis-Friske is a child and youth counsellor, psychotherapist, and parent consultant within the Neufeld attachment-based developmental approach. She has worked in a variety of rewarding roles since 1988, including crisis/intervention in a psychiatric hospital, school-based work, community practice, and private practice. Darlene is currently a Registered Psychotherapist on staff with a busy family health team in Pembroke, Ontario, as well as a faculty member with the Neufeld Institute. She has taken an active role in organizing and facilitating community talks, professional development, and training geared toward understanding the emotional, developmental, and attachment needs of children – an area of advocacy which Darlene is both passionate about and dedicated to.



Colleen Drobot is a registered professional counsellor and parent consultant with a private practice in West Vancouver. She works with individuals, families, adolescents, and school districts. She is also an educator with over 20 years' experience working with children in regular classrooms and in special-needs settings. She is a faculty member of the Neufeld Institute and has worked with Dr. Neufeld's approach for many years. Colleen is a mother of two teens and draws from her personal as well as professional experience to support parents and professionals in gaining insight, opening their hearts, and leading by their intuition.



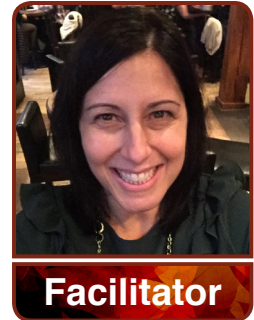
Patti Drobot is a registered professional counsellor, parent consultant, and presenter with an educational background in rehabilitation medicine. Her past experience is in psychiatric occupational therapy where she has worked in both hospital and community settings for 20 years. A faculty member of the Neufeld Institute, she currently works as a counsellor in Vancouver. Patti's greatest professional passion is working with Dr. Neufeld. Her greatest personal passion is being the mother of her two children.



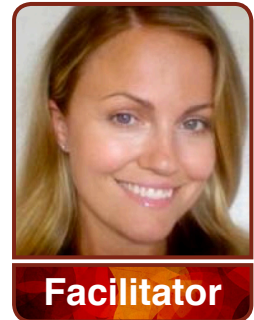
Heather Ferguson is a Registered Clinical Counsellor with a private practice in Duncan, BC, and a faculty intern with the Neufeld Institute. She facilitates courses with and offers consulting for parents, educators, helping professionals, and care providers. Heather has a Master's degree in Family Systems Counselling and has worked with family service agencies, schools, and community mental health clinics. As a mother of two, Heather is inspired by the relationship-based developmental approach that has so deeply enriched her personal and professional life. She brings warmth, compassion, and heart-felt understanding to the challenges of raising children in today's world.



Denise Findlay is a Neufeld facilitator and parent consultant, as well as wife and mother to two highly sensitive, intense, and bright boys. She works extensively with parents in the First Nations community, where she shares her insights to empower them to be their child's best bet and to look to traditional approaches to parenting that focus on attachment and life-long, whole-person development. Denise has experience training educators, parents, social workers, early childhood educators, mental health practitioners, and other helping professionals. She holds a Master's degree in education from Simon Fraser University, where she focused on contemplative inquiry and approaches in education. Denise also sits on two Vancouver Coastal Health Advisory Committees, where she provides a parent voice in regards to child and youth mental health services.



Christie Mackie is a Registered Clinical Counsellor working in private practice in Vancouver. She is most passionate about her work with adolescent clients and their families and firmly believes in her role of shedding light upon what seems to be such a difficult and confusing time. She has been involved with the Neufeld Institute since 2008 and currently assists Dr. Neufeld in the role of Director of Advanced Courses. Previously, Christie worked with the Fraser Health Institute to support children and adolescents struggling with developmental disabilities. She brings both personal and professional experience to her work with clients. She is the proud mother of three children (2, 15 and 20 years) and has a strong understanding of the breadth of feelings involved in parenting in today's world. She makes nurturing connections with her clients and draws from this experience to support parents in gaining insight into their child's behaviour.



CAREFULLY CHOSEN CHILDREN'S BOOKS AVAILABLE

Don't miss Vancouver Kidsbooks' portable conference bookstore for a wide selection of children's books that resonate with the Neufeld material, carefully reviewed and selected by the Neufeld Institute.

Kidsbooks



Michele Maurer is a registered marriage and family therapist and course facilitator with the Neufeld Institute, with 30 years' experience working with individuals, couples, and families. Michele works in private practice in Langley, BC, and is the instructor for a provincial training program for mental health clinicians. Prior to opening her practice in 2013, Michele worked in child, youth, and young-adult mental health as a counsellor, supervisor, and educator. Michele started her career working in nonprofit agencies with incarcerated and at-risk youth and families. Michele earned her Master's degree in couple and family therapy at the University of Guelph. She lives in Langley, BC with her husband and two adolescent children.



Facilitator

Dr. Deborah MacNamara is a Vancouver-based clinical counsellor and educator with more than 25 years' experience working with children, youth, and adults. She is on faculty at the Neufeld Institute, operates a counselling practice, and speaks regularly about child and adolescent development to parents, child care providers, educators, and mental health professionals. She is also the author of *Rest, Play, Grow: Making Sense of Preschooler (Or Anyone Who Acts Like One)* which provides a 360-degree developmental walk around the young child. She continues to write, do radio and television interviews, and speak to the needs of children and youth from a developmental science-based approach. Deborah resides in Vancouver, Canada with her husband and two children.



Faculty

Joy Neufeld is a retired elementary school teacher who has also spent time as an early childhood educator and adolescent counsellor. Her passion for children shaped her university studies in child development and special education. As wife to Gordon, she has been intimately involved in the development of the attachment-based developmental approach as well as the Neufeld Institute. She and Gordon are the parents of five grown children and grandparents of six.



Faculty



The Neufeld Institute is committed to putting parents back into the driver's seat with regards to their own children. Our mission is to use developmental science to rejoin parents and teachers to their own natural intuition. All our endeavours are based on the understanding that the context for raising children is their attachments to those responsible for them. The primary thrust is prevention, although the paradigm is also applicable to the most troubled of children and in the most turbulent of situations.

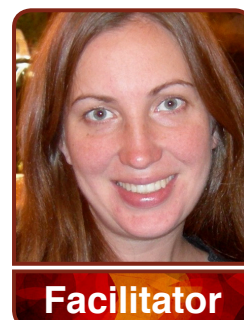
April Quan is a Neufeld course facilitator, parent consultant, and Grief Recovery Specialist® with the Grief Recovery Institute®. April has a Bachelor of Fine Arts and a Bachelor of Education. Her previous occupations include independent artist, inner-city supply teacher, and Waldorf school teacher and administrator, but her work with parents - helping them find the way to their child's side using the Neufeld approach - has been the most rewarding by far, with the possible exception of raising her own two children. Seeing emotion through the Neufeld lens, and her own life experiences, led her to certification with the Grief Recovery Institute. April offers regular Neufeld parenting courses in Toronto and sees private clients for parenting and grief recovery work. Her two children are now wonderful young men.



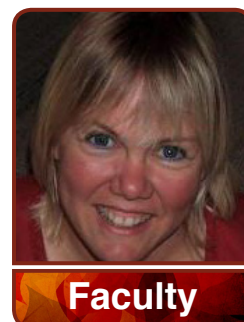
David Robertson is a pastoral theologian with 26 years' experience working with children, families, and adults. He is married to Susan and together they parent two sons (17 and 19 years old). David was first introduced to the Neufeld Institute in 2008. He has since completed his facilitator training and continues to offer his time to the Neufeld learning community. David is also a choral musician who enjoys learning languages, playing flute, working out, and drinking espresso.



Genevieve Schreier has worked for the Neufeld Institute since its inception. With an undergraduate degree in sociology and an MA in international relations, she has always had a passion for exploring human connection and uncovering potential. Genevieve has a variety of roles with the Neufeld Institute that include Director of Training for course facilitators, Event Coordinator for Dr. Neufeld, and Course Coordinator for the Alpha Children course.



Tamara Strijack is a Registered Clinical Counsellor working on Vancouver Island and a faculty member of the Neufeld Institute. She has worked with children and adolescents in various roles over the last twenty years - as mentor, counsellor, youth leader, program director, group facilitator - and is herself a mother of two wonderful adolescent girls. She also works as a parent and teacher consultant, helping adults make sense of the children in their care. Connection, relationship, and attachment continue to be central themes in all of her roles, both personally and professionally.



Terry Warburton is a certified professional counsellor who works in southern Manitoba and is a faculty member of the Neufeld Institute. Terry provides education and consultations for professionals in education, public health, childcare, and social services. She is passionate about supporting parents and professionals to help them make sense of children in their care and to improve the quality of relationships for the purpose of helping children achieve their full developmental potential. Dr. Gordon Neufeld's approach has had a profound impact on her professional work with families, as well as on her own journey of parenting three young adult children. She warmly and sensitively shares her insights with others.



FREQUENTLY ASKED QUESTIONS

Do you offer group registration?

Yes, we offer group registration for employee and agency groups. New for 2017: registrations will be consolidated into one invoice so that group members do not have to pay individually. A group administrator must register the group first and will then receive group member registration instructions. For groups of eight or more, we offer a ten percent discount for registrations received by our early-bird rate deadline of March 31, 2017. After this date, standard fees apply.

Can I cancel my conference registration?

You may cancel your conference registration for a refund, minus a \$25 processing fee, as long as your cancellation occurs **on or before April 14, 2017**. After this date, no refunds will be given. To cancel your conference registration, please contact our registrar at shauna@neufeldinstitute.org.

What can I expect in terms of food and refreshments on Saturday?

On Saturday morning, coffee, tea, and morning pastries will await you upon your arrival. Refreshments and light snacks will also be provided on Saturday during the morning and first afternoon breaks.

For an additional charge of \$26, you may pre-order an optional lunch – an Indian buffet that received rave reviews from prior conference attendees and includes some vegan/dairy-free and Paleo options. Please note that the optional lunch buffet is not available to purchase after April 14, 2017.

If you have specific dietary considerations, you may wish to bring your own lunch. There are also a handful of restaurants near the hotel, only a short drive away.

The venue offers water stations, so we encourage you to bring your own water bottle to fill throughout the conference.

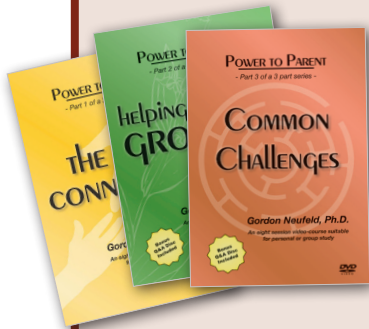
May I bring my children with me to the conference?

Childcare is not available. Babes in arms are warmly invited, but please take them for a little walk if they have a lot to say or tears to cry so they do not disturb the presenter or audience. Active children are distracting for our presenters and participants and are best left in the care of others.

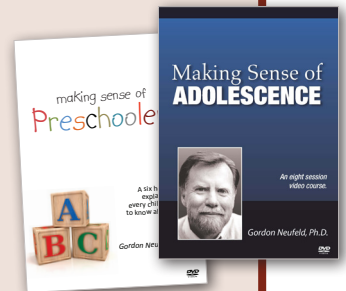
May I bring my partner or childcare provider with me to the conference?

Of course! Conference fees are per person, so you each of you will need to register separately.

Find additional questions and answers on our website at www.neufeldinstitute.org/conference-2017.

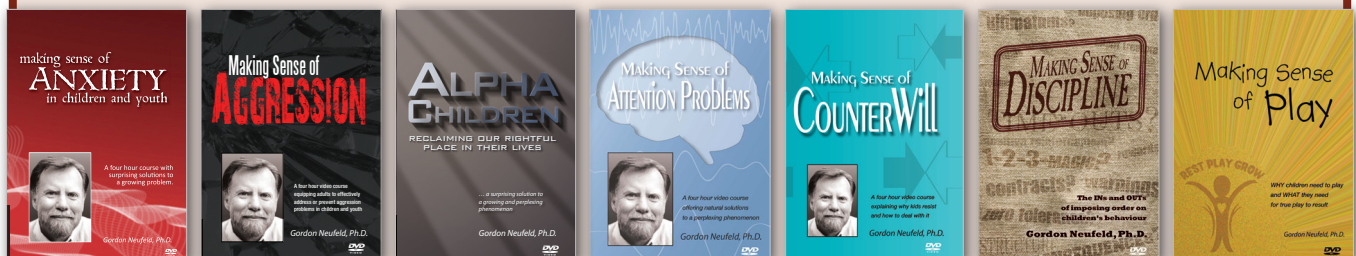


NEUFELD DVDS AND BOOKS AVAILABLE FOR SALE AT A DISCOUNT



Visit the Neufeld product table in the foyer to purchase DVDs and books. We offer an on-site discount on all our DVDs of 20% to 25% for conference attendees. Taxes are included in all on-site pricing, so it is a great time to purchase the Neufeld Institute's materials.

- Heart Matters: The Science of Emotion
- The Vital Connection*
- Helping Children Grow Up*
- Common Challenges
- Making Sense of Adolescence*
- Making Sense of Preschoolers*
- Making Sense of Play
- Making Sense of Attention Problems
- Bullies: Their Making and Unmaking*
- Making Sense of Counterwill
- Alpha Children*
- Adolescence and Sexuality*
- Making Sense of Aggression
- Making Sense of Discipline
- Making Sense of Anxiety*
- Raising Children in a Digital World
- Hold On To Your Kids*
- Relationship Matters*
- *Hold On To Your Kids*, 10th anniversary edition
- *Rest, Play, Grow: Making Sense of Preschoolers (Or Anyone Who Acts Like One)*



*DVDs also available in French.



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