

REGISTRATION

Neufeld Institute Conference | Calgary 2017

STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

STEP 2 – SELECT ATTENDING DATE(S) | Please check off attending dates.

I WILL BE ATTENDING: DAY 1 - Nov 15 DAY 2 - Nov 16 DAY 3 - Nov 17

STEP 3 – SELECT APPLICABLE FEE | Fees do not include tax (5% GST).

INDIVIDUAL	1 DAY	2 DAYS	3 DAYS
Super Early-Bird Fee	NA	NA	<input type="checkbox"/> \$579
Early-Bird Fee	<input type="checkbox"/> \$229	<input type="checkbox"/> \$409	<input type="checkbox"/> \$599
Regular Fee	<input type="checkbox"/> \$249	<input type="checkbox"/> \$429	<input type="checkbox"/> \$619

GROUPS (3 DAYS)	3-7	8-14	15+	STUDENT (3 DAYS)
Early-Bird Fee	<input type="checkbox"/> \$579	<input type="checkbox"/> \$559	<input type="checkbox"/> \$539	Early-Bird Fee <input type="checkbox"/> \$539
Regular Fee	<input type="checkbox"/> \$599	<input type="checkbox"/> \$579	<input type="checkbox"/> \$559	Regular Fee <input type="checkbox"/> \$559

Super Early Bird Cutoff Date: May 31, 2017 - Registration and payment must be received by this date.

Early Bird Cutoff Date: November 1, 2017 - Registration and payment must be received by this date.

Group Rate: Online registration only and individuals must attend all 3 days to be eligible for group discounts.

Full-Time Student Rate: Please contact registration@jackhirose.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

Evening Session with Dr. Deboarah McNamara: Included in the conference registration fees. To attend only the evening session for \$25+tax per person, please register here (www.neufeldinstitute.org/event/nourish-why-food-and-relationship-belong-together-2/)

STEP 4 – PAYMENT

Visa MasterCard Cheque

Credit Card # _____ Expiry _____ / _____

Cardholder Name _____

Signature _____ Cheque # _____

HOTEL & ACCOMMODATIONS

COAST PLAZA HOTEL | 1316 33rd Street NE

- \$135 Comfort Room (2 Queen)
- \$160 Superior Room (1 King)
- \$210 Jacuzzi Suite
- \$230 Executive Suite

HOW TO BOOK:

1. Call the hotel directly at 1-403-248-8888 and ask for Jack Hirose and Associates corporate rate and provide reservation number: CPC-GFC22145
2. Call toll free at 1-800-661-1464 and ask for Jack Hirose and Associates corporate rate and provide reservation number: CPC-GFC22145
3. Email: your reservation request to res@calgaryplaza.com

Deadline for Corporate Rate: October 14, 2017.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Please note, a \$10 manual registration fee will apply for groups not registering online. Full time students (3+ classes per semester) must provide proof of enrolment. Please contact: registration@jackhirose.com for more info.

SUPER EARLY BIRD & EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, coffee, muffins and refreshment breaks. Lunches are not included.

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC).

TERMS & CONDITIONS

Our liability is limited to refunds for conference fees only. Jack Hirose & Associates Inc. reserves the right to cancel a event; please make hotel & travel arrangements with this in mind. In the event of a cancelled conference, we will issue a full refund for **conference fees only.** Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by conference participants is not permitted at any session. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

CANCELLATION POLICY: All cancellations must be submitted by email to registration@jackhirose.com. Non-attendance at a conference will not be grounds for any or partial refund/credit under any circumstances. **Refunds** will be available **minus a \$40 administration fee** for cancellations made 14 days or more prior to the event. For cancellations less than 14 days prior to the event, **credit minus a \$40 administration fee** will be available. **No refund or credit under any circumstances will be available for cancellations less than one full business day prior to the event.** *Exceptions to this will not be granted.* If you are unable to attend, you are invited to send an alternate in your place at **no extra cost.** Please contact our office 14 days prior to the event, so we can provide the participant with an accurate name badge, certificate and to minimize confusion at check in. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

CERTIFICATES: Provided for pre-registered attendees only. Those who register at the door, or want additional copies can download their certificate, free of charge, at certificates.jackhirose.com. Certificates are intended for continuing education credit purposes. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS: Sent by email once you're registration has been processed. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

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North Vancouver, BC, Canada
V7H 0A6

T 604 924 0296 F 604 924 0239
TF 1 800 456 5424
E registration@jackhirose.com



WHEN

November 15–17, 2017

3 Days

Wednesday – Friday | 8:30AM – 4:00PM

WHERE

Calgary, Alberta

Coast Plaza Hotel & Conference Centre
1316 33rd Street NE | (403) 248-8888



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RESILIENCE, RECOVERY & RELATIONSHIP

Towards Flourishing
Children & Youth



Gordon Neufeld
PH.D.



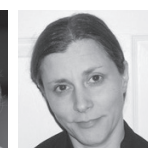
Gabor Maté
M.D.



Martin Brokenleg
PH.D.



Maria
LeRose
M.ED.



Geneviève
Brabant
MSW, RSW



Patti
Drobot
B.SC., OT, RPC



Colleen
Drobot
B.ED., RPC



Deborah
MacNamara
PH.D.



Tamara
Strijack
M.A.

WHO SHOULD ATTEND

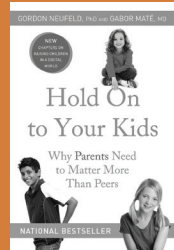
K-12 Classroom Teachers, School Counsellors/Psychologists, Learning Assistance/Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers. All other professionals who support students including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Early Childhood Educators. Parents and grandparents are welcome to attend.

EXHIBITOR OPPORTUNITIES

JACKHIROSE.COM/EXHIBIT

As an exhibitor at this conference, you will receive an exclusive opportunity to network with our participants and educate them on your program. You will have space to display promotional materials and showcase your organization or business.

ABOUT DR. NEUFELD



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 best-selling 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 others, including 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.

WWW.NEUFELDINSTITUTE.ORG

ABOUT JACK HIROSE & ASSOCIATES



Since 1998, Jack Hirose and Associates has provided quality training to more than 55,000 mental health professionals in Canada and the United States. Our mission is to offer effective and stimulating training opportunities that respond to the ever changing needs of counsellors, therapists, psychologists, psychiatrists, social workers, nurses, medical doctors, teachers, mental health professionals and more. We strive to provide proven training methods that focus on practical interventions and increased skill development.

WWW.JACKHIROSE.COM

A MESSAGE FROM DR. NEUFELD

I am so pleased to be working with Jack Hirose to bring this three-day conference on Resilience to Calgary. It is a first for the Neufeld Institute to do something on this scale outside of the Vancouver area. I am delighted that Martin Brokenleg and Gabor Maté have accepted my invitation to share the keynote responsibilities with me. I am also delighted that Maria LeRose has consented to moderate a panel, giving Martin, Gabor and I the opportunity to interact with each other around this important and timely topic. Maria is my favourite interviewer of all time, and we are fortunate to have someone of her media experience and stature to help draw us out on this topic. I am also excited to have five of our seasoned Neufeld Institute Faculty lead the way to flesh out this topic in specific arenas of interest. This should be a unique opportunity for participants to unravel the mysteries of this complex and multi-layered dynamic.

“This should be a unique opportunity for participants to unravel the mysteries of this complex and multi-layered dynamic.”



Resilience is an incredible construct - an overarching metaphor that touches on the arenas of stress, neural plasticity, emotional health, recovery, healing, mental illness, adaptation, defendedness, and therapy. It is relevant to everyone in most every role and regardless of age: teachers, therapists, youth workers, parents, support workers, etc. Fresh understandings are coming to the fore as we glean more working knowledge of the brain as well as the nature of emotion. The implications for working with children are profound, never mind the implications for dealing with stress in our own lives and in the lives of our loved ones.

I hope this conference will help to truly make sense of this challenging subject, and in so doing, open doors for change at a level where lasting differences can be made. We all want more resilience, for ourselves and those in our care. The challenge is in finding the key.

Yours sincerely,

Gordon Neufeld, Ph.D.
Clinical & Developmental Psychologist
Vancouver, Canada



PRESENTER BIOGRAPHIES



Martin Brokenleg, Ph.D.

is co-author of the book *Reclaiming Youth at Risk: Our Hope for the Future* and co-developer of the Circle of Courage model and provides training worldwide for individuals who work with youth at risk. He holds a doctorate in psychology and is a graduate of the Anglican Divinity School. He is a retired professor and was most recently Director of Native Ministries and Professor of First Nations Theology at the Vancouver School of Theology. For thirty years, Dr. Brokenleg was Professor of Native American studies at Augustana University of Sioux Falls, South Dakota. He has also been a director of The Neighborhood Youth Corps, chaplain in a correctional setting, and has extensive experience as an alcohol counselor. Dr. Brokenleg has consulted and led training programs throughout North America, New Zealand, Europe, Australia, and South Africa. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe.

WWW.MARTINBROKENLEG.COM



Maria LeRose, M.Ed.

is an award-winning television producer, and a producer of Educational Videos. She holds a Masters in Education with a concentration on social and emotional learning and development. Early in her career Maria worked in a variety of Social Service jobs including Youth Worker and Mental Health Worker. She was also Coordinator of the first Child Abuse Prevention program in British Columbia. For 14 years Maria has been an Adjunct Professor in the Faculty of Medicine at UBC. She is a Communications and Education consultant with a variety of organizations including the Dalai Lama Center for Peace and Education - where she designs and moderates their annual Heart-Mind Conference.

WWW.MARIALEROSE.COM



Tamara Strijack, M.A.

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 teenage 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.

WWW.NEUFELDINSTITUTE.ORG/PERSON/TAMARA-STRIJACK



Patti Drobot, B.Sc., OT, RPC

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.

WWW.NEUFELDINSTITUTE.ORG/PERSON/PATTI-DROBOT



Gabor Maté, M.D.

a renowned speaker and bestselling author, is highly sought after for his expertise on a range of topics, from addiction to mind-body wellness. Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to

present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them. Dr. Maté has written several bestselling books including the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. Dr. Maté is the co-founder of Compassion for Addiction. Dr. Maté has received the Hubert Evans Prize; an Honorary Degree (Law) from the University of Northern British Columbia; an Outstanding Alumnus Award from Simon Fraser University; and the 2012 Martin Luther King Humanitarian Award from Mothers Against Teen Violence. He is an adjunct professor in the Faculty of Criminology, Simon Fraser University.

WWW.DRGABORMATE.COM



Deborah MacNamara, Ph.D.

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.

WWW.NEUFELDINSTITUTE.ORG/PERSON/DEBORAH-MACNAMARA



Colleen Drobot, B.Ed., RPC

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 an adjunct 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.

WWW.NEUFELDINSTITUTE.ORG/PERSON/COLLEEN-DROBOT



Geneviève Brabant, MSW, RSW

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, with her partner and associate Mathieu Lyons, where she offers parent consultation and play-based therapeutic services to children and youth. Geneviève 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, Geneviève makes it her priority to incorporate her knowledge of the Neufeld paradigm into her daily parenting and relationships.

WWW.NEUFELDINSTITUTE.ORG/PERSON/GENEVIEVE-BRABANT

1ST KEYNOTE | 9:00 AM – 10:15 AM

Keys to Resilience: Emotionally, Developmentally & Relationally

Gordon Neufeld, PH.D.

The human capacity for resilience is remarkable. It is also somewhat mysterious. Although resilience is spontaneous, it is not inevitable. Everyone possesses the potential for resilience but only some come to realize it. It cannot be commanded and is not a skill to be learned. Resilience is not genetic and there is no pill that can deliver it. Resilience therefore lies outside the parameters of both of the prevailing approaches for explaining human behaviour - the medical disease model as well as the learning paradigm.

So where does resilience come from and how are we to make sense of it? In this anchoring keynote of the conference, Dr. Neufeld will put the puzzle pieces together to reveal the three pivotal keys to this elusive human attribute as well as the two natural contexts in which these keys are more likely to be found. Once found, these keys can be used to unlock an emotional process that is the very essence of resilience and the bounce-back phenomenon. This model of resilience has profound implications for school, home and treatment.

This plenary address will provide the theoretical foundations for the 3-day conference, laying the groundwork for all that follows.

2ND KEYNOTE | 10:45 AM – 12:00 PM

Keys to Resilience: Emotionally, Developmentally & Relationally (Continued)

Gordon Neufeld, PH.D.

CONCURRENT SESSIONS | 1:15 PM – 2:30 PM

A1 Q&A with Dr. Gordon Neufeld

This session provides an opportunity for participants to interact with Dr. Neufeld around the material presented in his morning keynote.

**A2 Resilience in the Digital World
Tamara Strijack, M.A.**

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.

**A3 Alpha Problems, Bullying & Resilience
Deborah MacNamara, PH.D.**

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.

**A4 Resilience & School
Colleen Drobot, B.ED., RPC**

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.

CONCURRENT SESSIONS | 2:50 PM – 4:00 PM

**B1 Special Challenges with Adolescents
Tamara Strijack, M.A.**

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.

**B2 Tempers & Tantrums in Preschoolers
Deborah MacNamara, PH.D.**

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.

**B3 Softening the Defenses
Colleen Drobot, B.ED., RPC**

Dr. Neufeld and faculty 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. 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. Colleen will share how to restore the ability for a child to feel, attend, grieve, and attach.

1ST KEYNOTE | 9:00 AM – 10:15 AM

Play & Resilience: Why We ALL Need to Play

Gordon Neufeld, PH.D.

Building on his keynote of the first day, Dr. Neufeld will elaborate on the surprising role of true play in cultivating resilience, not only in children but in adults as well. Long dismissed as unproductive, play is now being discovered as essential to emotional health and well-being, much like sleep is to mental functioning. A number of academic disciplines are now merging to explore the remarkable healing power of play, rivaling therapy itself or perhaps even explaining why therapy works when it does. Dr. Neufeld will present emotional playgrounds as an ideal context for finding the keys that can unlock the essential emotional process in resilience. Harnessing the power of play becomes the challenge of every parent, teacher and helping professional.

2ND KEYNOTE | 10:45 AM – 12:00 PM

Circle of Courage

Martin Brokenleg, PH.D.

For thousands of years, North American Indigenous cultures nourished respectful and courageous children without employing punitive discipline. Now, recent youth development research is revealing the essential elements in raising confident, caring children. Drawing on his research with Drs. Larry Brendtro and Steve Van Bockern in their book, *Reclaiming Youth at Risk*, Dr. Martin Brokenleg presents information on the Circle of Courage which offers concrete strategies for creating environments in which all young people can grow and flourish.

CONCURRENT SESSIONS | 1:15 PM – 2:30 PM

**A1 Reaching Deeper
Martin Brokenleg, PH.D.**

From Parker Palmer to the Dalai Lama to the brain science of neurobiology, adults are pondering the importance of tending the inner world of children and youth. Native peoples have traditions which enhance and explore the inner world of youth regardless of that youth's values. Current resiliency strategies create inner strength in children and youth. This session develops a theory of creating inner strength in children and youth and explores specific activities adults can use in classrooms and residences to help children grow on the inside.

**A2 Hypersensitivity & Resilience: Special Challenges with the Autistic and the Gifted
Gordon Neufeld, PH.D.**

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.

CONCURRENT SESSIONS | 2:50 PM – 4:00 PM

**B1 Discussion with Martin on Strength-Based Resilience
Martin Brokenleg, PH.D.**

This session provides an opportunity for participants to interact with Dr. Brokenleg around the 'Circle of Courage' model and the material presented in his morning keynote and his afternoon session on 'Reaching Deeper'.

**B2 Discussion with Gordon and Neufeld Faculty on the Journey of Tears
Gordon Neufeld, PH.D.**

Feelings of futility – in all their various manifestations – play a significant role in the story of human resilience. Yet impediments abound in a tear-phobic society. Neufeld Institute Faculty will share some stories of resilience that highlight the role of tears, as well as give participants a chance to ask questions about the journey of tears.



THIS CONFERENCE IS A FUNDRAISER FOR THE NEUFELD INSTITUTE and the offspring of a collaborative effort between Jack Hirose and Associates and Dr. Gordon Neufeld of the Neufeld Institute - a worldwide charitable organization delivering developmental science to those responsible for our children. Most of the speakers have generously donated their time and forfeited their usual speaker fees to support this fundraiser. The Neufeld Institute is deeply grateful for all who have extended themselves in this way.

A portion of the conference proceeds are to be donated to The Neufeld Institute.

DAY 3 | Friday, November 17, 2017

1ST KEYNOTE | 9:00 AM – 10:15 AM

Fostering Resilience in a Stressed Culture

Gabor Maté, M.D.

Many more children than in the past are diagnosed these days with various learning and behaviour difficulties and many have problems learning from negative experiences. Schools also have to deal with an increasing incidence of bullying which “zero tolerance” policies do not seem to be diminishing. Dr. Maté’s keynote, based on his best-selling books, will focus on the causes and underlying dynamics of the challenges faced by today’s children—and therefore, by the adults tasked with nurturing and educating them. It will be shown that the most important feature of any approach to resilience needs to be the attachment relationship between children and the adults responsible for their care. The follow-up Q&A session will allow for generous time for interactive dialogue with participants.

2ND KEYNOTE | 10:45 AM – 12:00 PM

Panel with Gordon Neufeld, Martin Brokenleg, and Gabor Maté

Marla LeRose, M.ED.

This is a rare chance to see the engaging Maria LeRose do what she does best – get to the heart of the matter in her interviews with her subjects. She will also facilitate discussion and dialogue between the participants and the keynote speakers, as well between the three speakers themselves, all in the quest of shedding more light on the secrets of resilience.

CONCURRENT SESSIONS | 1:15 PM – 2:30 PM

A1 Q&A with Gabor Maté

This session provides an opportunity for participants to interact with Dr. Maté around the material presented in his morning keynote.

A2 Special Challenges with Adolescents **Tamara Strijack, M.A.**

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.

A3 Resilience & Discipline **Geneviève Brabant, MSW, RSW**

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.

A4 Aggression, Suicide, Adaptation, & Resilience **Patti Drobot, B.SC., OT, RPC**

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. Patti will focus on ways to restore the ability to bounce back from whatever may befall.

CONCURRENT SESSIONS | 2:50 PM – 4:00 PM

B1 Resilience in the Digital World **Tamara Strijack, M.A.**

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.

B2 Resilience: Special Challenges with Divorce, Adoption, and Fostering **Geneviève Brabant, MSW, RSW**

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.

B3 Supporting the Anxious Child **Patti Drobot, B.SC., OT, RPC**

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 caring adults make sense of the roots of anxiety, as well as provide practical suggestions on how to support our children and youth through anxiety and help them cultivate resilience.

AGENDA	DAY 1 Wednesday, November 15	DAY 2 Thursday, November 16	DAY 3 Friday, November 17
8:30 AM – 8:45 AM	Morning Introductions		
1 ST KEYNOTE 9:00 AM – 10:15 AM	Gordon Neufeld, PH.D. Keys to Resilience: Emotionally, Developmentally & Relationally	Gordon Neufeld, PH.D. Play & Resilience: Why We ALL Need to Play	Gabor Maté, M.D. Fostering Resilience in a Stressed Culture
10:15 AM – 10:45 AM	Mid-Morning Break		
2 ND KEYNOTE 10:45 AM – 12:00 PM	Gordon Neufeld, PH.D. Keys to Resilience: Emotionally, Developmentally & Relationally	Martin Brokenleg, PH.D. The Circle of Courage	Maria LeRose, M.ED. Panel with Gordon Neufeld, Martin Brokenleg and Gabor Maté
12:00 NOON – 1:15 PM	Lunch Break		
AFTERNOON CONCURRENT SESSION 1:15 PM – 2:30 PM <i>Please Choose One Workshop to Attend</i>	A1 Gordon Neufeld, PH.D. Q&A with Gordon A2 Tamara Strijack, M.A. Resilience in the Digital World A3 Deborah MacNamara, PH.D. Alpha Problems, Bullying & Resilience A4 Colleen Drobot, B.ED., RPC Resilience & School	A1 Martin Brokenleg, PH.D. Reaching Deeper A2 Gordon Neufeld, PH.D. Hypersensitivity & Resilience: Special Challenges with the Autistic and the Gifted	A1 Gabor Maté, M.D. Q&A with Gabor A2 Tamara Strijack, M.A. Special Challenges with Adolescents A3 Geneviève Brabant, MSW, RSW Resilience & Discipline A4 Patti Drobot, B.SC., OT, RPC Aggression, Suicide, Adaptation, & Resilience
2:30 PM – 2:50 PM	Mid-Afternoon Break		
AFTERNOON CONCURRENT SESSION 2:50 PM – 4:00 PM	B1 Tamara Strijack, M.A. Special Challenges with Adolescents B2 Deborah MacNamara, PH.D. Temper & Tantrums in Preschoolers B3 Colleen Drobot, B.ED., RPC Softening the Defenses	B1 Martin Brokenleg, PH.D. Discussion with Martin on Strength-Based Resilience B2 Gordon Neufeld, PH.D. Discussion with Gordon and Neufeld Faculty on the Journey of Tears	B1 Tamara Strijack, M.A. Resilience in the Digital World B2 Geneviève Brabant, MSW, RSW Resilience: Special Challenges with Divorce, Adoption and Fostering B3 Patti Drobot, B.SC., OT, RPC Supporting the Anxious Child

EVENING SESSION NOVEMBER 15 7:00 PM – 9:00 PM

E Deborah MacNamara, PH.D.
Nourish: Why Food & Relationship Belong Together

Food and relationship were meant to be intertwined, but they have become separated. In this 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.

EVENING SESSION REGISTRATION: Included in the conference registration fees. To attend only the evening session for \$25+tax per person, please register here: (www.neufeldinstitute.org/event/nourish-why-food-and-relationship-belong-together-2/)