

REGISTRATION

RSVP by Tuesday, October 16, 2007 to

Cal Farley's Training Department

Ph: 806-322-2575 or 866-302-2789

E-mail: training@calfarley.org

Registration cost: \$20.00 (includes lunch)

Seating is limited—reserve your seat now!

For more information, visit

<http://cfllearning.org/Brooks.html>

Directions:

Amarillo College

Business and Industry Center

1314 S. Polk Street

Take I-40 to the Downtown Exit. (From Canyon, take I-27 to downtown) Take the Fillmore Street exit two blocks to 10th Street, then west to the second traffic light (Polk Street), and turn left (south) on Polk Street. Two blocks down on the right is the Amarillo College Business and Industry Center.

.7 LPC/Social Work CEUs

provided through Amarillo College



Cal Farley's
P.O. Box 1890
Amarillo, TX 79174-0001

A CAL FARLEY'S
TRAINING
OPPORTUNITY

THE POWER OF
MINDSETS:
NURTURING SELF
-DISCIPLINE,
MOTIVATION, AND
RESILIENCE IN AT
-RISK YOUTH



Presented by

Dr. Robert Brooks

October 23, 2007



Dr. Robert Brooks

Robert Brooks, PhD, is a leading speaker on themes



of resilience, self-esteem, motivation, and family relationships. During the past 25 years, Dr. Brooks has presented nationally and internationally to thousands of parents, educators, mental health professionals, and business people with a message based on encouragement, hope, and resilience. He is renowned for the warmth and humor he uses to bring his insights and anecdotes to life.

Dr. Brooks received his doctorate in clinical psychology from Clark University and did additional training at the University of Colorado Medical School. He is on the faculty of Harvard Medical School and served as Director of the Department of Psychology at McLean Hospital. Dr. Brooks received a Gubernatorial Award for Distinguished Public Service for his work with the Governor's Alliance Against Drugs; as part of his contribution to the Alliance, he co-authored a pamphlet for parents about talking with children and adolescents about drugs. Dr. Brooks has received numerous awards from organizations including C.H.A.D.D. (Children and Adults with Attention Deficit Disorders), the Connecticut Association for Children with Learning Disabilities, the Massachusetts Psychological Association, and the New England Educational Institute.

Training Content

LEARNING OBJECTIVES

- To learn the characteristics of the mindset of adults who work effectively with at-risk, angry children and adolescents.
- To learn exercises to enhance empathy and respond more effectively to others.
- To learn the characteristics of the mindset of resilient children and adolescents.
- To learn strategies for reinforcing a resilient mindset in angry, resistant youngsters, including such qualities as self-discipline, motivation, cooperation, caring, and effective problem-solving skills.
- To learn the importance of a strength-based model in which each youngster's "islands of competence" are identified and reinforced.

REGISTRATION: 8:00 a.m.—8:30 a.m.

COURSE OUTLINE

8:30 a.m. - 10:00 a.m.: The concept of mindsets; the mindset of adults who are able to reach angry youth; the belief in the resiliency of at-risk youth to overcome adversity.

10:00 a.m. - 10:15 a.m.: Break

10:15 a.m. - 11:45 a.m.: Assuming "personal control;" the importance of empathy in understanding and responding effectively to angry, challenging youngsters.

11:45 a.m. - 1:00 p.m.: Catered Lunch

1:00 p.m. - 2:15 p.m.: The negative mindset of angry youth; the features of a resilient mindset and strategies for fostering this mindset in at-risk youth in order to nurture motivation, self-discipline, cooperation, responsibility, caring, hope, and resilience.

2:15 p.m. - 2:30 p.m.: Break

2:30 p.m. - 4:00 p.m.: Continuation of strategies to foster a resilient mindset.

Training Date and Location

Tuesday, October 23, 2007

Amarillo College Business and Industry Center Auditorium

1314 S. Polk Street

8:30 a.m. - 4:00 p.m.

Who should attend?

Child and youth care workers, parents of teens, teachers, administrators, psychologists, caseworkers, counselors, and other professionals in direct contact with troubled youth.