



National At-Risk Education Network (NAREN)

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2010 NAREN National Conference

Pre-Conference Seminar

Monday, February 15th, 2010

Giving a Fish a Bath: The Untold Story of the Adolescent Mind with Frank Kros, Director of the *Upside Down Organization*

I. Description of Course

Recent discoveries in neuroscience offer exciting insights into how the brains of our teens really work and the special "brain-based" challenges facing adolescents as they mature. This workshop reveals why teens are especially vulnerable to drug use, high-risk peer influences and depression as well as the proactive measures adults can take to minimize a teen's exposure to these dangers. This seminar also addresses the often mystifying role of hormones on adolescent development and focuses on the key roles that stress and sleep have on teen learning processes. In addition, the workshop offers strategies compatible with the many strengths and opportunities available during this miraculous developmental period, including helping teens to develop positive character traits. If you've ever thought that the adolescent mind could not be understood, this workshop will arm you with the latest insights and information on knowing and empowering the teenage brain.

II. Course Objectives

- To introduce participants to the rapidly emerging research on how the adolescent brain is built and how it works. Participants will identify how the adolescent brain is significantly different than the adult brain and the child brain.
- To acquaint participants with the practical application of this research to behavioral and emotional interventions provided to teens by caretakers and educators, with specific focus on helping adolescents avoid high risk activities such as drug use, alcohol abuse and sexual activity. Participants will learn and practice 6 techniques for helping teens avoid high risk behavior.
- To illustrate for participants the key brain areas involved in forming character traits and how education, experiences and reflection can be integrated to create effective character development programs.
- To expose participants to the growing body of resources on brain-compatible counseling, guidance, mentoring and parenting techniques including books, newsletters, websites, conferences and workshops. Participants will be able to locate brain-based resources in their community and via the web.
- To share with caretakers and educators tools to help their teens overcome adversity, depression, anxiety and stress and to expose participants to the scientific research on happiness and how they can nurture the childhood roots of adult happiness in their foster homes, group homes and schools. Participants will be able to articulate the five most important parenting/relationship characteristics that are predictive of happiness and identify specific practices for nurturing these characteristics.

III. Teaching Methods

"Giving a Fish a Bath" is an interactive, hands-on workshop that will engage participants in a variety of activities designed to enhance the learning experience. Some of these activities include: 1) building an anatomically-correct brain; 2) viewing and diagnosing brain scans; 3) changing brain chemistry through movement; and 4) creating an individualized brain improvement plan. This multimedia presentation will incorporate the modalities of music, video, small and large manipulatives, PowerPoint, drama, and movement to fully involve participants in learning.

Cost: \$150 per person (\$120 for NAREN Associates)

Note: This seminar does not encourage people not certified in counseling to replace guidance counselors and school psychologists. It is designed to supplement those important and necessary services and to save essential time and resources such that licensed psychological staff is relieved of preliminary and non-therapeutic burdens.

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| Name: | | Date: |
| NAREN Associate ID# (if applicable): | | |
| Home Street Address: | | |
| Address Line 2: | | Apt. #: |
| City: | State: | Zip: |
| Telephone: | | Fax: |
| E-Mail Address(es): | | |
| School/Organization Name: | | |
| School/Organization Address: | | |
| Your Position: | | |

Rates for the Pre-Conference Seminar (only) are \$120 for NAREN Associates, and \$150 for non-associates.

Make check or money order out to NAREN and mail along with this form to:

NAREN
440 Seaview Ct., Suite 1911,
Marco Island FL 34145

IF PAYING WITH A PURCHASE ORDER, YOU MAY FAX THIS FORM (TOLL-FREE) TO 888-678-4902.
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