



Parent Education Workshops 2016-2017

Adolescence

The Secret Life of the Teenage Brain Do you ask yourself, "Where did my child go?" The teenage years are a time of tremendous growth, eating and sleeping. Why the sudden change? How can we all survive this? Come learn about brain development in your teen and how to live to see the other side. Presented by **Dr James Stone**, Clinical Neuropsychologist and Certified School Psychologist, The Center for Neuropsychology & Counseling, PC.

Family Matters

Breaking up is Hard to Do: How divorce and remarriage affects children Learn about how to divorce in a healthy way and how to manage the changes and the factors involved in blending families. Presented by **The Center for Neuropsychology & Counseling, PC.**

Happiness: How to Get More of It Learn about the latest research on happiness and discuss ways to teach yourself and your child to be happier. Presented by **The Center for Neuropsychology & Counseling, PC.**

Healthy Adult Relationships Learn ways to strengthen your relationship with your partner. Strong parental relationships provide a healthy foundation for children and give them role models for their adult relationships. Presented by **The Center for Neuropsychology & Counseling, PC.**

Stress Management for the Whole Family Learn about the harmful effects of stress, as well as ways to eliminate and cope with the stress of daily life whether you're an adult or child. Presented by **The Center for Neuropsychology & Counseling, PC.**

Superwoman is a Myth: Women and Self –Care Women tend to fall into caregiving roles and often put themselves at the bottom of the priority list. Start on a



path to being stronger and healthier by attending this workshop on improving your self-care. Presented by **The Center for Neuropsychology & Counseling, PC.**

The Overscheduled Family Do you find yourself asking any of these questions?

- Is my family too busy?
- How do I know when too much is too much for my child to manage?
- What are the pros and cons of the schedules we keep?
- I *know* we are too busy, but how do I simplify the schedule?
- My child wants to try many activities. How do we keep the right balance?

Discussion focuses on these issues. Presented by **Dr. Deborah Van Aken**, Psychologist.

Drug & Alcohol Issues

The first five workshops are presented by the **Council of Southeast Pennsylvania, Inc.**

- 1. Natural Highs: How exposure to healthy activities reduces likelihood of substance abuse.** This workshop will address how illicit drugs mimic naturally occurring brain chemicals and how parents can increase natural dopamine and serotonin production in their child's brain.
- 2. X-Treme Sports and the Brain**
This workshop will address how sports can provide the "excitement" youth are looking for in drugs.
- 3. Marijuana – Cannabis: Information for Parents**
This workshop will address facts about today's "pot"; the differences in potential for addiction between youth in their critical-period years versus adult years; legality; methods of use; and signs of use.
- 4. Overdose Prevention and Education: How to recognize use, basic physiological Opioid effects and how to respond to an overdose.**
- 5. Drug Trends: Overview of current substances of abuse across the ages.**
This workshop will address current youth and adult drug trends. Substances covered will include: alcohol, cannabis, cocaine, opioids/opiates, prescription medications, over-the-counter drugs, and research chemicals.

The Power of Parents: Power of Parents is a community-based underage drinking prevention program developed by Mother against Drunk Driving [MADD]. Research shows that 74% of kids say their parents are the leading influence on their decisions about drinking alcohol; and alcohol kills more teenagers than all other illegal drugs



combined. Based on scientifically proven results from research conducted by Dr. Robert Turrisi and his colleagues from Pennsylvania State University, Mothers Against Drunk Driving (MADD) has created a parent handbook to provide guidance to parents of teenagers for communicating with their kids about alcohol. The handbook will be given to participants attending the workshop. For more information on this program, please visit: <http://www.madd.org/underage-drinking/the-power-of-parents/>. Presented by **the Office of Safe and Drug-Free Schools**.

Health & Wellness

From Generation Gap to Thigh Gap: How parents can understand and help promote positive body image. Thigh gaps have become a teen status symbol. A new study from University of Leeds shows “fat prejudice” starts as young as age four in both girls AND boys. Come find out the factors affecting body image, share your concerns about the relationship between body image and self esteem, and learn how to help your sons and daughters feel better about their bodies and themselves. Presented by **Kristin A. Kwak,MS,RD,LDN**

Is this behavior and focus on food normal, or should I be concerned? Identifying and understanding disordered eating and eating disorders in boys and girls. Secretive, restrictive or an excessive focus on food can be a signal that there is more going on under the surface. Focusing on food is a way to manage other stressors in life, and early intervention is crucial. **Kristin A. Kwak,MS,RD,LDN**, will explain the behaviors and thoughts behind the development of eating problems, with recommendations of when and where to go for help.

Lifting the Grey Cloud - Preventing Youth Suicide

Suicide is the second leading cause of death for Bucks County Youth. Prevention of youth suicide begins with knowledge. Learn about youth depression and suicidal thinking, and what a caring adult can do to help identify and respond to a potentially suicidal youth. Presented by **Office of Safe and Drug Free Schools**, Bucks County Schools Intermediate Unit.

Nutrition and Sports: Separating Fact From Fiction. There are a variety of sports products and a vast array of nutrition tips today that promise athletes a competitive edge. From sports drinks to protein shakes, pre-game meals to recovery foods, discover the truth about optimal food and fluid choices for recreational and competitive athletes. Presented by **Kristin Kwak,MS,RD,LDN**.

Prioritizing your family’s health: Making Wise Food Choices in a Fast-Paced, Time-Crunched World. Do you find yourself being a short-order cook and relying on



Wawa for meals and snacks? Learn tips for planning, shopping and feeding your family in a mindful manner. Explore fun ways of introducing new foods, incorporating family favorites and feeling good about how you and your children nourish your bodies and feed your souls. Presented by **Kristin A. Kwak, MS, RD, LDN.**

Youth and Anxiety: This workshop will discuss the various types, signs, and symptoms of anxiety, as well as interventions for child/teen anxiety. Bring your friends and join other parents to learn practical child/teen coping, parenting, and biofeedback strategies to reduce youth anxiety. Partnering with your child's school staff to develop/implement strategies which can be used to address anxiety in the school setting will also be covered. This workshop will be led by **Leah Murphy, Psy. D.,** The Center for Psychology and Counseling.

Education / School/Technology

Executive Functioning: What does it mean, and what does it look like in children experiencing ADHD: This workshop will discuss Executive Functioning, which includes the following: Self Inhibition/Impulse Control, Awareness of Own/Others thoughts/feelings, Emotion Regulation, Self-Initiative, Time Management, Ability to Multi-Task, Internalization of Speech, Planning, Organization, Sustained Attention, Following/Understanding of Social Cues, and Production of Appropriate Social Responses). Bring your friends, and join other parents, to learn how Executive Functioning is impacted by ADHD, as well as practical Executive Functioning Strategies to support children experiencing ADHD. This workshop will be led by **Julie M. Ziff** LCSW, and/or **Leah Murphy, Psy. D.,** The Center for Psychology and Counseling.

Homework Help: This workshop will discuss practical coping and behavioral strategies for dealing with difficult homework issues. Bring your friends and join other parents to learn how to reduce the stressful homework battle, and instead make homework a more productive, timely, and positive learning experience for both you and your children.

This workshop will be led by **Julie M. Ziff, LCSW** and **Leah Murphy, Psy. D.,** The Center for Psychology and Counseling.

Technology & Kids: The good, the bad, and scary Understanding the ways to manage technology in your child's life. Learn about what's out there, how to introduce and limit technology, and how to use it in a positive way. Presented by **The Center for Neuropsychology & Counseling, PC**

Test-Taking Strategies: This presentation will include the discussion of healthy coping skills for managing the stress related to taking exams. It will also address ways for students to combat test anxiety. Lastly, the talk will include a discussion of the



specific test taking strategies that students can use before, during, and after an exam. This workshop will be presented by **Lorna Jansen**, Psy. D., The Center for Neuropsychology & Counseling, PC.

Parenting

Advanced Parenting Skills for 21st Century Kids Today's children require a different parenting approach than what our parents (or their parents!) used. This workshop discusses effective approaches that will bring peace and harmony to your home! Presented by **Dr. James Stone**, Clinical Neuropsychologist and Certified School Psychologist and **Dr. Christina Carson-Sacco**, Licensed Clinical Psychologist, The Center for Neuropsychology & Counseling.

Effective Communication This workshop covers specific techniques for trying to communicate with children/ adolescents (workshop adjusted to audience interest area). It covers such areas as when to push and when to back off and how to avoid endless lectures that get nowhere. Effective limit setting will also be addressed. Presented by **Reb Brooks**, Psychologist

Should I Be Concerned? Parents often question what is "normal" development versus a "phase," versus behavior that indicates a more serious problem in their children and adolescents.

This workshop is designed to give parents tools they can use to help answer these questions and steps they can take if follow-up appears warranted. Presented by **Reb Brooks**, Psychologist.

What is Emotion Regulation, and How Do I Help My Child Do It? This workshop will explain and discuss Emotional Regulation. Bring your friends, and join other parents, to learn about Emotional Regulation, as well as practical strategies to assist children regulate their emotional reactions and responses (e.g., strategies to assist children calm themselves and respond with an appropriate level of emotion, rather than an over-reaction, or a reaction which does not match, and is out-of-proportion to, the situation). This workshop will be led by various therapists from **The Center for Psychology and Counseling**.



Presenter Bios

Professionals

Reb Brooks is a licensed psychologist who has been practicing in Central Bucks County since 1979. He provides individual, marital and family therapy in his practice in Doylestown and is certified in treating co-occurring disorders of mental illness and substance abuse. In addition to his practice, he provides workshops and trainings to both professionals and the community and has taught psychology-related courses at Delaware Valley College for over 20 years.

Dr. Christina Carson-Sacco is a clinical psychologist with a practice in Warrington. She has enjoyed working with children, teens, adults and families for over 20 years, with over 15 years in Bucks County. Dr. Carson-Sacco assists individuals and families dealing with issues such as relationship difficulties, parenting challenges, depression, anxiety, divorce, school struggles, and stress management. She uses a down-to-earth approach to assist her clients with achieving their goals. To reach her or learn more about her practice, feel free to visit her website at www.TheCenterInWarrington.com

Lorna Jansen, Psy.D., is a Psychology Resident at the Center for Neuropsychology and Counseling. There she does therapy, testing, and academic coaching with children and adolescents. She is also a Certified School Psychologist.

Kristin A. Kwak, MS, RD, LDN, is a nutrition therapist specializing in eating disorders and nutritional wellness in her private practice in Buckingham, PA, and is a consultant for Delaware Valley College, Doylestown, PA and Project Transition. She has presented at the National Art Therapy Association annual conference, has been a guest speaker for Delaware Valley College, and has presented locally and regionally to nutritionists, therapists and physicians on implementing nutrition guidelines, the patient-therapist relationship, and using a collaborative team approach in the treatment of eating disorders. She has been interviewed on television, radio and newspaper. Kristin holds a background of experience in health promotion, sports nutrition and integrative medicine which provides a strong basis for her current work with eating disorders.

Leah Murphy, Psy.D is a PA Licensed Psychologist who completed her internship and postdoctoral training at New York/Columbia Presbyterian Hospital and Columbia University. She has 17 years of experience working with youths ages 3-21, and their parents/families, in the areas of: Anxiety, Problem Solving, Anger Management, Emotion Regulation, ADHD/Executive Functioning, Behavior Problems, School Difficulties, Social/Communication Skills, Autism Spectrum, Trauma, Depression, and Eating Disorders. Dr. Murphy is oriented in cognitive-behavioral, interpersonal, and family therapy approaches, and she also provides parenting strategies/groups and child skill groups (social/communication, anxiety management, anger management,



assertion, problem solving, and school transition skills). Additionally, Dr. Murphy actively consults/collaborates with school staff, pediatricians, tutors, medical professionals, and speech/physical/occupational therapists to establish strategies and interventions in support of treatment.

Dr. James J. Stone is a Clinical Neuropsychologist and a Certified School Psychologist who specializes in the assessment and treatment of neurological, behavioral and learning challenges. He is the co-owner of The Center for Neuropsychology & Counseling, PC in Warrington and is on the staff at Doylestown Hospital.

Dr. Deborah Van Aken is a licensed psychologist with a private practice in New Hope, PA.

She has provided individual and family psychotherapy for children, adolescents and adults for more than 20 years. In addition, she provides workshops in a variety of parenting and family issues.

Julie M. Ziff, LCSW is a Licensed Clinical Social Worker and a family and play therapist. Ms. Ziff received her training in Family Therapy at the Philadelphia Child Guidance Clinic. She has more than 20 years of counseling and supervisory experience. Ms. Ziff specializes in the treatment of early childhood disorders and is a member of the National Association of Social Workers and the Association for Play Therapy.

Organization Descriptions

The Council of Southeast Pennsylvania, Inc. is a private not-for-profit human services agency serving Bucks County, Pennsylvania for the last 35 years. The mission of The Council is to provide resources and opportunities to reduce the impact of addiction and to improve related health issues for the entire community. This mission is accomplished through prevention, consultation, education, advocacy, assessment, intervention, and treatment services.

Office of Safe and Drug-Free Schools. The Bucks County Schools Intermediate Unit, Office of Safe & Drug Free Schools, strives to provide high quality prevention programs to assure that schools are a safe and drug free environment conducive to learning. The Office works together with community efforts to provide resources and technical assistance to Bucks County Schools to assist with their prevention efforts in the area of alcohol, tobacco, drugs and violence.

For more information about Parent Education Workshops contact:

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