



The Melissa Institute
For Violence Prevention and Treatment

15th Annual Conference

Bolstering Resilience: A Life-span Perspective

Friday, May 6, 2011

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

**Victor E. Clarke Education Center
South Miami Hospital
U.S. 1 and SW 62 Avenue**

Co-sponsored by



**Baptist Children's
Hospital**

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Victor E. Clarke Education Center, South Miami Hospital, U.S. 1 and SW 62 Avenue

ABOUT THE CONFERENCE

Poverty, homelessness, maltreatment, alcoholic and dysfunctional families, exposure to family and neighborhood violence, and other forms of victimization characterize the lives of many children. Their young lives are filled with exposure to multiple stressors, which pile up and can take a long-term toll in terms of physical and mental health. Some 25 percent to 35 percent of students, who enter school are at-risk of failing academically and socially, contributing to high school dropout rates of up to 40 percent.

Yet research indicates that in spite of all those potentially victimizing experiences, one-half to two-thirds of children living in such extreme circumstances will grow up, overcome the odds and go on to successful and well-adjusted lives (not get into trouble with the law or have any psychiatric or behavioral problems). Resilience appears to be the rule, rather than the exception.

A similar pattern of adjustment also holds for adults who have experienced traumatic stressors, whether they are the result of natural disasters or victimization due to intentional human design. For example, following the devastating Asian tsunami, which was responsible for 280,000 deaths and more than a million displacements, the post-traumatic stress disorder (PTSD) prevalence rate was only 6 percent. After the 9/11 terrorist attack in New York City, only 7 percent of bystanders evidenced clinical problems. Following combat deployment, 75-80 percent of returning service members demonstrate resilience. This conference will explore what distinguishes those who manifest clinical problems following exposure to traumatic events from the majority who exhibit resilience.

CONFERENCE HIGHLIGHTS

- Review research findings about resilience in children and adults;
- Examine what factors contribute to resilience and even to post-traumatic growth versus those that result in chronic poor adjustment, PTSD and related difficulties;
- Provide practical, doable “how to” suggestions on ways individuals, family members, educators, clinicians and community leaders can help nurture resilience in high-risk populations;
- Consider the lessons to be learned about resilience from diverse populations, including returning soldiers and their family members, highlighting the need for culturally and gender-sensitive interventions;
- Examine how technology can be used to bolster resilience — a look into the future;
- Provide attendees with a “How-to-bolster-resilience list” of specific ways they can nurture resilience in others, as well as in themselves.

TARGET AUDIENCE

Educators, guidance counselors, psychologists, social workers, mental health workers, marriage and family therapists, social agency personnel, judges, law enforcement personnel, pediatricians, primary care physicians, psychiatrists and family mediators.

LEARNING OBJECTIVES

Upon completion of this conference, participants will be able to:

- Enumerate factors that contribute to resilience in children and adults versus poor adjustment following victimization experiences.
- Develop and implement practical resilience-engendering strategies and activities.
- Learn ways to bolster their own resilience (“self-care”).
- Adapt and implement a “strengths-based” mindset in their setting (school, clinic, community) and evaluate its effectiveness.

SCHEDULE

Friday, May 6

- 8:00 a.m. **Registration**
- 8:30 a.m. **Welcome and Introductions**
Suzanne L. Keeley, Ph.D., President of The Melissa Institute
- 8:45 a.m. **Important Facts About Resilience: A Consideration of Research Findings About Resilience and Implications for Assessment and Treatment**
Donald Meichenbaum, Ph.D.
- 9:00 a.m. **The Power of Mindsets: Implications for Nurturing Resilience**
Robert Brooks, Ph.D.
- 10:00 a.m. **Break**
- 10:15 a.m. **Specific Strategies for Bolstering Resilience in High-risk Youth**
Robert Brooks, Ph.D.
- 11:00 a.m. **Dialogue About Ways to Bolster Resilience in Children and Youth**
Drs. Brooks and Meichenbaum
- 11:30 a.m. **Question-and-Answer Period With Drs. Brooks and Meichenbaum**
- 12:00 noon **Lunch**
- 1:00 p.m. **Resilience in Adults: Lessons to Be Learned From Returning Soldiers and Other Populations. A Discussion of 101 Ways to Bolster Resilience: Implications for Interventions**
Donald Meichenbaum, Ph.D.
- 2:30 p.m. **Break**
- 2:45 p.m. **Discussion with Drs. Brooks and Meichenbaum**
- 3:00 p.m. **Question-and-Answer Period**
- 3:15 p.m. **Breakout Session: Participants Discuss How to Bolster Resilience List and Ways to Implement and Evaluate Resilience-enhancing Programs**
- 3:45 p.m. **Summarize Conference Outputs**
- 4:00 p.m. **Adjourn**

CREDITS

PSYCHOLOGISTS: Miami Dade College, Department of Community Education, is approved as a provider of Continuing Psychological Education by the Florida Board of Psychological Examiners, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Psychological Education credit for Psychologists and Limited License Psychologists.

SCHOOL PSYCHOLOGISTS: Miami Dade College, Department of Community Education, is approved as a provider of Continuing Psychological Education by the Florida Office of School Psychology, provider #50-2330. This continuing education activity has been approved for 7 hours for School Psychologists.

OTHER MENTAL HEALTH PROFESSIONALS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Clinical Social Workers, Marriage and Family Therapists and Mental Health Counselors, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for Licensed Clinical Social Workers, Licensed Marriage and Family Therapists and Licensed Mental Health Counselors.

EDUCATORS: Conference registration and payment to The Melissa Institute must be completed prior to registering for Miami-Dade County Public Schools professional development credit online at <http://calendar.dadeschools.net>. Eight (8) master plan points will be awarded to participants who have completed a follow-up activity and have pre-registered online with M-DCPS.

FAMILY AND DEPENDENCY MEDIATORS: The Melissa Institute for Violence Prevention and Treatment is

an approved provider of Continuing Mediator Education (CME) credits for Florida Supreme Court Certified Mediators. This program is approved for 7.5 general CME credits for certified Family and/or Dependency Mediators.

NURSES: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida State Board of Nursing, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Nursing Continuing Education credit for Registered Nurses, Advanced Registered Nurse Practitioners, Clinical Nurse Specialists and Licensed Practical Nurses.

PHYSICIANS: Miami Dade College, Department of Community Education, is approved as a provider of Continuing Medical Education by the Florida Board of Medicine, provider #50-2330. This continuing education activity has been approved for 7 hours of General (AMA Category I) Medicine for Physicians.

OCCUPATIONAL THERAPISTS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Occupational Therapy Practice, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for Occupational Therapists.

CLINICAL LABORATORY PERSONNEL: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Clinical Laboratory Personnel, provider #50-2330. This continuing education activity has been approved for 7 contact hours.

CONFERENCE DIRECTOR

Suzanne L. Keeley, Ph.D., is President of The Melissa Institute and a psychologist in private practice. She is also affiliated with Baptist Health South Florida. Dr. Keeley has had extensive clinical experience treating victims and perpetrators of violence.

PRESENTERS

Robert Brooks, Ph.D., is on the faculty of Harvard Medical School and has served as Director of Psychology of the McLean Hospital in Boston. He has lectured nationally and internationally on ways to bolster resilience. He is the author of 14 books, including, *Raising Resilient Children and Adolescents; The Power of Resilience; Handbook of Resilience in Children and Creating Sustainable Resilient Classrooms*. He created a series for PBS entitled "Look What You Have Done! Stories of Hope and Resilience" and served as a consultant to Sesame Street Parents Magazine. Dr. Brooks has received



a number of awards for his contributions, and his presentations are informative, practical and dynamic. Visit www.drrobertbrooks.com for more information.

Donald Meichenbaum, Ph.D., is Distinguished Professor Emeritus at the University of Waterloo, Ontario, and Distinguished Visiting Professor at the University of Miami School of Education. Research Director of The Melissa Institute for Violence Prevention, he is one of the founders of Cognitive Behavior Therapy. In a survey of clinicians, reported in the *American Psychologist*, he was voted one of the ten most influential psychotherapists of the 20th century. Dr. Meichenbaum has lectured nationally and internationally and consults widely to psychiatric and educational facilities. He is currently involved with the National Guard in preparing web-based ipod technology to bolster resilience of returning soldiers and their family members. (see www.warfighterdiaries.com). He has published extensively on resilience (See his contributions under "Author" on www.melissainstitute.org).



Registration deadline is April 29, 2011. Space is limited; register early!

REGISTRATION

15th Annual Conference — Bolstering Resilience: A Life-span Perspective

Friday, May 6, 2011 ■ Victor E. Clarke Education Center, South Miami Hospital

Name _____ Title _____

Institution or Organization _____

Contact Address _____ City/State/Zip _____

Contact Telephone _____ E-mail _____

Registration fee: \$95 \$50 (Student) *Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.*

Payment method:

Check enclosed (Make payable to The Melissa Institute.)

Purchase Order number _____ (Please mail/fax copy of registration to guarantee reservation.)

Credit Card: American Express MasterCard Visa Discover

Card Holder Name _____ Account No. _____

Exp. _____ Signature _____

Specialty professional credits required: LICENSE # _____

Florida Board of Psychological Examiners

Florida State Board of Nursing

Miami-Dade County Public Schools

Florida Board of CSW, MFT and MHC

Florida Board of Medicine

Florida Board of Occupational Therapy Practice

Florida Board of Clinical Laboratory Personnel

Florida Office of School Psychology

Mediators (Family and Dependency)

Mail to: The Melissa Institute
6250 Sunset Drive, Suite 204, Miami, FL 33143

Fax to: 786-662-5211

For information, call 786-662-5210

Cancellations must be sent in writing and postmarked by April 29, 2011, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 29 will forfeit the registration fee.

FOR INFORMATION

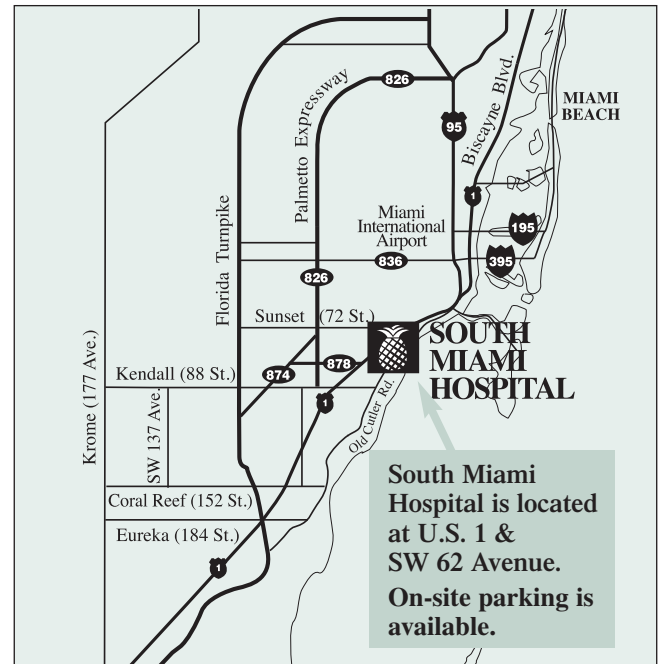


The Melissa Institute

For Violence Prevention and Treatment

786-662-5210

www.melissainstitute.org
www.teachsafeschools.org
www.youteachreading.org



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*The mission of The Melissa Institute
is to prevent violence and promote safer communities
through education and application of research-based knowledge.*

Education • Community Service • Research Support • Consultation