

# POSITIVE DISCIPLINE MENTAL HEALTH CONFERENCE



## CE Credits Available!

Join us for inspiring and transformative online conference sessions dedicated to exploring Positive Discipline and mental health. Positive Discipline uses an experiential learning model based on Adlerian Psychology which provides a holistic approach to mental health and well-being. Sessions will explore the intersection of Positive Discipline and mental health. This event is designed to empower individuals, professionals, and communities with Adlerian-based Positive Discipline tools and knowledge needed to thrive.

Learn from Positive Discipline Trainers who are licensed mental health professionals, therapists, researchers, and advocates as they share how Positive Discipline and Adlerian Psychology provide practical strategies for promoting mental health.

Together, we can be part of the conversation around mental health and contribute to a world where everyone has the resources and support they need to thrive. Join us and be part of the change for a mentally healthier and more resilient society.

**Date:** Friday, January 26, 2024

**Time:** 11:30 AM – 4:00 PM (Eastern Time) [Check your time zone](#)

**Format:** Live Online

**Language:** English only

**Recordings:** Available to registered participants two weeks after the event.

**Intended Audience:** Social workers, mental health professionals, play therapists, counselors, psychologists, parent educators, other professionals.

### REGISTRATION TYPES

- \$99 USD – General
- \$89 USD – PDA Members (Before registering log in to [www.positivediscipline.org](http://www.positivediscipline.org))
- \$69 USD – Students

### SPONSORSHIP OPPORTUNITIES

Did you know that you can be a sponsor at the Positive Discipline Mental Health Conference? [More Information](#). PDA members receive a 5% discount. [Sponsorship Application](#)

## CONFERENCE KEY HIGHLIGHTS

- Inspiring Stories: Hear personal stories of resilience from individuals who have overcome mental health challenges illustrating recovery and wellness are possible and that no one is alone on this journey.
- Interactive Experiential Learning: Engage in hands-on, interactive conference sessions that provide valuable skills and techniques for managing stress, building resilience, and fostering emotional well-being.
- Community Support: Connect with a diverse and inclusive community of attendees, including mental health professionals, educators, students, and anyone passionate about mental well-being.
- Advocacy and Awareness: Explore ways to become an advocate for mental health awareness, reduce stigma, and promote mental health equity in your community.
- Networking: Build meaningful connections with like-minded individuals who share a commitment to improving mental health.

## SCHEDULE

TIME	SESSION
11:30 AM – 12:30 PM	Opening Panel
12:30 PM – 12:45 PM	Break
12:45 PM – 2:15 PM	Session One
2:15 PM – 2:30 PM	Break
2:30 PM – 4:00 PM	Session Two

## CE CREDITS



### Up to 4 hours of NBCC CE Credit.

The Positive Discipline Association is an approved National Board for Certified Counselors (NBCC) Continuing Education Provider. ACEP No. 6723.

# CONFERENCE AGENDA

Time	Sessions
11:30 AM – 12:30 PM	Opening Panel
<b>12:30 PM – 12:45 PM</b>	<b>BREAK</b>
12:45 PM – 2:15 PM	<p><b>Choose Your Session</b></p> <ul style="list-style-type: none"> <li>• The Other Side of ACEs: How the Building Blocks of HOPE and Adlerian Concepts Promote Positive Childhood Experiences – Aisha Pope &amp; LaTysa Flowers-Jackson</li> <li>• Positive Discipline Tools for Working With Families in Counseling – Lora Ferguson</li> <li>• Using Positive Discipline Tools to Teach Children Self-Soothing – Noha Alshugairi</li> </ul>
<b>2:15 PM – 2:30 PM</b>	<b>BREAK</b>
2:30 PM – 4:00 PM	<p><b>Choose Your Session</b></p> <ul style="list-style-type: none"> <li>• Using Positive Discipline and Adlerian Psychology to Build Resilience in Times of Change and Uncertainty – Deborah Owen-Sohocki</li> <li>• How to Keep the Joy in Relationships: A Positive Discipline Perspective – Mary Tamborski</li> <li>• Promoting Mental Health in the Classroom Through Belonging and Significance – Lois Ingber</li> <li>• Rethinking Parenting Anxious Kids: Using SPACE: Supportive Parenting for Anxious Childhood Emotions and Positive Discipline to Reframe and Rethink Supporting Anxious Kids and their Parents – Julianne Reilly</li> </ul>

Register at [www.positivediscipline.org](http://www.positivediscipline.org)

# SESSION DESCRIPTIONS

## **The Other Side of ACEs: How the Building Blocks of HOPE and Adlerian Concepts Promote Positive Childhood Experiences**

**Presenters:** Aisha Pope, LCSW, HOPE Trainer, PD Lead Trainer & LaTysa Flowers-Jackson, HOPE Champion, PD Parent Educator

Adverse Childhood Experiences (ACEs) negatively impact individuals over their lifetime, while Positive Childhood Experiences (PCEs) provide a buffering effect that improves mental health in adulthood, even in the face of ACEs. This session discusses the HOPE Framework, the alignment with Adlerian Principles, and how Positive Discipline strategies support PCEs.

## **Positive Discipline Tools for Working With Families in Counseling**

**Presenter:** Lora Ferguson, LPC-S, CPDT

Families often present for therapy with the goals of strengthening their relationship with their children, learning new parenting skills, and supporting their child's mental health. Positive Discipline offers a unique framework that clinicians can use to facilitate these goals, with a strong theoretical foundation, rooted in Adlerian Psychology, and a robust set of tools, including books and toolcards.

## **Using Positive Discipline Tools to Teach Children Self-Soothing**

**Presenter:** Noha Alshugairi, LMFT

This session will explore current data on mental health crisis. Noha will share Wes Wingett's model of the psychological process followed by a discussion around 12 concepts and tools that nurture self-soothing.

## **How to Keep the Joy in Relationships: A Positive Discipline Perspective**

**Presenter:** Mary Nelsen Tamborski, MA. Licensed Marriage and Family Therapist, Certified Positive Discipline Trainer

Positive Discipline tools have been adapted for relationships. There are many activities designed to help couples (or singles who may someday be in a relationship) learn Adlerian/Positive Discipline strategies to improve their relationships—including activities on the two lists, listening beyond words, understanding male/female brains, money matters, couple meetings, little things, greetings and appreciations.

# SESSION DESCRIPTIONS

## **Using Positive Discipline and Adlerian Psychology to Build Resilience in Times of Change and Uncertainty**

**Presenter:** Deborah Owen-Sohocki, LPC

We are living in turbulent and challenging times. What humanity needs is a way to peace within and without. Peace comes from the ability to be resilient: emotionally, mentally, physically, and spiritually throughout all seasons of life. In this workshop we will propose that resilience is not about bouncing back. Instead, we will look at resilience through the lens of the psychology of Alfred Adler and the tools of Positive Discipline. During this session participants will experience activities to build resilience based on Adler and Positive Discipline.

## **Promoting Mental Health in the Classroom Through Belonging and Significance**

**Presenter:** Lois Ingber, LCSW, CPDLT

Research shows that when students feel a sense of belonging and significance in their school, and possess social-emotional skills, behavior challenges are reduced and academic skills increase. Through information and experiential activities, these principles of Adlerian Psychology will be covered along with strategies for applying them in the classroom.

## **Rethinking Parenting Anxious Kids: Using SPACE: Supportive Parenting for Anxious Childhood Emotions and Positive Discipline to Reframe and Rethink Supporting Anxious Kids and their Parents**

**Presenter:** Julianne Reilly, LCSW, PD Trainer

Learn the foundations of both Positive Discipline and SPACE: Supportive Parenting for Anxious Childhood Emotions (evidence-based parent-based treatment model to treat Anxiety) and how these two models and philosophies align in support of rethinking and reframing supporting anxious kids and their parents. We will practice specific strategies and explore how clinicians (and others) can learn more to support the families they support.

**Register at [www.positivediscipline.org](http://www.positivediscipline.org)**

# MEET THE PRESENTERS



Aisha Pope, LCSW is a Positive Discipline Lead Trainer and HOPE Champion. She is the Director of Foster Care Services at San Diego Center for Children overseeing home and residential based behavioral wellness services. Aisha serves on the board of the Positive Discipline Association as well as the California Association for Infant Mental Health.



LaTysa Flowers-Jackson is a Positive Discipline Parent Educator and HOPE Champion. She serves as the Association Diversity, Inclusion, and Belonging Director for YMCA San Diego and is the Family Support Discipline Director for California LEND. Through her business, Parent Empowerment Services, she uses her lived expertise to support families navigating special education.



Lora is a Licensed Professional Counselor and Supervisor (LPC-S) and Positive Discipline Trainer. She is the Founder and Co-Owner of Austin Family Counseling, a group therapy practice in Austin, TX. She specializes in counseling families and in promoting the growth and development of new clinicians who counsel families.



Noha is a Positive Discipline Lead Trainer & a Licensed Marriage and Family Therapist in California. She conducts regular parenting classes and workshops and lectures on issues related to family and mental health. Noha is the co-author with Munira Ezzeldine of the “Positive Parenting the Muslim Home” book.



Deborah Owen-Sohocki is an international trainer, author, and coach. As a Certified PD Lead Trainer, she has taught Positive Discipline globally. She is a co-author of Positive Discipline: A Teacher’s A—Z Guide, and Walking the Labyrinth of Grief: Living with Loss. Deborah is a licensed psychotherapist specializing in Adlerian Psychology of working with families and children.



Mary Nelsen Tamborski, wife and mother of three sons, is a Licensed Marriage and Family Therapist with a full-time private practice in San Diego. She is also a Certified Positive Discipline Trainer and Parenting Coach. Mary is co-author of the “Positive Discipline Parenting Tools book,” and “Keeping the Joy in Marriage Tool Cards” and eBook of the same title, with her mother, Jane Nelsen. She is a popular international keynote speaker, Positive Discipline Trainer, and workshop presenter.

# MEET THE PRESENTERS



Lois Ingber, LCSW, CPDLT has 35+ years experience providing services to children, youth, families and educators in a variety of settings. Lois serves as Behavioral Counselor in a San Diego area charter school and frequently presents at conferences. She is co-author of the “Positive Discipline Tools for Kids” social-emotional skills program.



Julianne is a Licensed Clinical Social Worker and Positive Discipline Provisional Trainer with over a decade of experience working with children, adolescents, and families. She is a former teacher and current school counselor. Julianne has extensive experience working in schools and helping children and adolescents (and their parents) with learning challenges, ADHD, Anxiety, Autism, and other everyday challenges that arise. Most importantly, Julianne is a mother of two children who give her daily opportunities to practice imperfectly.

## CANCELLATION POLICY

- A full refund (minus a \$35 processing fee) will be given when the request for a refund is made up to 30 days prior to conference date.
- Refunds are not available for cancellations less than 30 days before the conference date. However, paid registrants can transfer to future PDA training event including workshops within one year at no additional cost.
- Refunds are not available after a transfer is made or if you do not provide advanced notice that you will not be attending the event.
- Participants will be notified by email if for any reason the event is cancelled.

For **special needs accommodations**, please contact [onlinelearning@positivediscipline.org](mailto:onlinelearning@positivediscipline.org)

Register at [www.positivediscipline.org](http://www.positivediscipline.org)