



UNIVERSITY of NEW HAMPSHIRE  
**Professional Development & Training**

**Following is the List of  
December, 2011, through August, 2012, Workshops**

that can be used towards the

**Coaching Children and Teens  
Certificate Program**

**(Please Note: Not all the workshops listed on our website under "Coaching Children and Teens" apply to this Certificate Program. Only those listed below.)**

**Anxiety and Depression in Adolescent Girls**

*Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2186*

**Portsmouth:** CRN 204212, May 11, Friday, 9:30 a.m.-4 p.m., .6 CEUs, \$149, lunch included

**Manchester/286:** CRN 999100, August 3, Friday, 9:30 a.m.-4 p.m., .6 CEUs, \$149, lunch included

Drug abuse, self mutilation, sexual acting out, panic attacks, truancy, sadness, social isolation and suicidal ideation can all be manifestations of clinical anxiety and depression in adolescent females. This workshop will address how to differentiate mood disorders from "normal" adolescent moodiness and oppositional behavior. Descriptions of treatment tailored to this developmental period will be explored. This workshop is appropriate for people working in schools, group homes, and other related settings. (This is part of the Coaching Children and Teens Certificate Program, but you do not need to enroll in the program to take this seminar.)

**Instructor:** Christine Miller, Ed.M., LCMHC, is a psychotherapist in Bedford, NH. She is a clinician with 35 years of experience in treating women and adolescents in varied settings. She specializes in integrating therapeutic tools, tailoring them to the individual and providing short-term, focused and brief psychotherapy.

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**Coaching Children & Teens: A Coach's Approach to Bullies and Victims**

*Submitted to NASW, NH Chapter, for CE Approval*

**Portsmouth:** CRN 357212, May 9, Wednesday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included

**Manchester/286:** CRN 999351, August 1, Wednesday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included

*included*

This seminar provides life coaches and other professionals with cutting edge research on bullies and victims. The progressive research that will be presented focuses on two skills: how to work with bullies and victims using one-to-one strategies, and how to support growth in bullies and victims using evidence-based systems. To effectively reduce bullying and victimization, coaches must take into account the various systems that are at play in schools, families, and other structures to address, prevent, and train the bully. Evidence-based programs provide a wealth of information to support discipline procedures in bullying, support mechanisms for victims, and education for bystanders. The first part of the day focuses on the role of the coach in training bullies and victims for behavioral and attitude growth and skill acquisition. You'll learn procedures for setting clear limits on bullying, look at how to deal in a direct and educational manner with bullies, and how to provide strategies for self-efficacy with victims. In the second part of the day we'll review systems models that teach you a variety of empirically tested programs, including: The Fast Track Model, Olweus Bully Prevention Program, Bully Busters, and Youth Matters. (This is part of the Coaching Children and Teens Certificate Program, but you do not need to enroll in the programs to take this workshop.)

**Instructor:** Anita Remig, Ed.D., has worked with children and families for over 30 years. She gives seminars on ADHD, PDD, LD, and the human brain throughout the country.

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### **Coaching Children from Dysfunctional Families**

*Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits, Auth. #2694*

**Portsmouth:** CRN 353212, March 23, Friday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included

While mental health issues must be treated by licensed professionals, coaching also provides a means of teaching and supporting children from dysfunctional families. Many coaching strategies focus on improving communication, setting goals, problem solving and guiding imagery which benefit children who experience dysfunctional family life. Coaching empowers, educates and encourages children to understand their potential and make step-wise movements to learn skills, improve function and aspire to new heights. This workshop will address the dysfunctional family and related literature: conditional parenting (Edward L. Deci), disciplinary style, perfectionism, anxiety-generating styles, conflict-based approaches, dismissive and permissive parenting styles. Coaching techniques that support children with particular types of dysfunctional parenting styles are described. (This is part of the Coaching Children and Teens Certificate Program, but you do not need to enroll in the program to take this workshop.)

**Instructor:** Anita Remig, Ed.D., has worked with children and families for over 30 years. She gives seminars on ADHD, PDD, LD, and the human brain throughout the country.

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### **Coaching Ourselves and Children and Teens for Creativity**

*Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2561*

**Portsmouth:** CRN 16249, December 7, Wednesday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included

Without tapping into the soulful, creative sides of ourselves and helping children and teens do the same, life is clearly lacking. This offering shows how to employ life coaching concepts to raise the personal creative bar and overcome those stumbling blocks that have prevented you--

sometimes for many years--from being maximally creative, inspired, joyful and alive. We will also discuss ways in which you, as an educator or counselor, can use life coaching with kids and teenagers to inspire them to access and act on their own creative stirrings. Be prepared to stretch and break some bonds that have been holding you back both from personal growth and from the ability to inspire others. (This is part of the Coaching Children and Teens Certificate Program, but you do not need to enroll in the program to take this workshop.)

**Instructor:** Jeff Levin, M.A. in Social Work and Education, is a former public school teacher, resource room counselor, and dean of students at Vermont Academy. Currently a life coach based in Concord, NH, he also maintains a private practice of training and consultation. He has worked as a life coach and consultant to parents, families, schools, athletes, teams, and corporations throughout New England.

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## **Fundamentals of Coaching Children and Teens: Principles, Practice and Power**

*Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2557*

**Manchester/286:** CRN 999350, July 20, Friday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included

Coaching is a relatively new concept referred to in a variety of ways such as Life Coaching, ADHD Coaching, and Professional/Career Coaching. Principles of coaching are evolving, and various writers and practitioners have begun to elaborate guidelines and strategies for the understanding and practice of coaching. This seminar will focus on coaching children and teens. Some basic fundamental aspects of coaching this age group will be discussed, and emphasis will be on coaching to find their unique strengths and power. The relationship between coaching and child/adolescent empowerment throughout development will be examined, with the goal of maximizing critical periods in cognitive and emotional growth. A variety of coaching exercises are built into the seminar to provide you with practical skills. (This is part of the Coaching Children and Teens and the Coaching Children and Teens with ADHD Certificate Programs, but you do not need to enroll in the programs to take this workshop.)

**Instructor:** Anita Remig, Ed.D., has worked with children and families for over 30 years. She gives seminars on ADHD, PDD, LD, and the human brain throughout the country.

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## **Nervous and Unhappy: Teen Anxiety and Depression**

*Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #975*

**Portsmouth:** CRN 16256, December 9, Friday, 9:30 a.m.-4 p.m., .6 CEUs, \$149, lunch included

**Portsmouth:** CRN 200212, April 14, Saturday, 9:30 a.m.-4 p.m., .6 CEUs, \$149, lunch included

Anxiety and depression are the two most common adolescent mental health disorders. In this workshop you will look at the history, types, symptoms, causes, screening instruments, and diagnosis related to these disorders. The focus will be on the adolescent and self-harming behaviors, suicide, and drug use as they pertain to anxiety and depression. Effective treatments, self-help, how friends help friends, and the impact on a teen's life for each of these disorders will also be discussed. (This seminar is one of the electives in the Certificate Program in Coaching Children and Teens, but you do not need to be enrolled in the program to take this seminar.)

**Instructor:** Mike Hague, M.A., has been involved with teaching, counseling and working with

youth/students for over 25 years. He has held leadership positions in professional organizations, worked as a state trainer and has been a long time Licensed Alcohol and Drug Counselor. Recently retired from Bedford, NH school district where he counseled high-risk students, he coordinates and develops community programs for drug prevention; and presents trainings on adolescent issues for school districts, community organizations, mental health agencies and colleges.

» [Register Now](#) for the December Workshop

» [Register Now](#) for the April Workshop

## **Practical Techniques and Strategies for Coaching Children and Teens**

*Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2558*

**Manchester/286:** *CRN 352212, March 7, Wednesday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included*

Building a coaching practice involves practical arrangements of time, place and context. This is a "how-to" seminar where the techniques of coaching will be placed within the context of a coaching practice. You'll look at specific strategies and techniques such as: listening, goal-setting, opening, expanding and focusing discourse, questioning techniques, transfer of training, relapse prevention, consultation and termination. You'll review record-keeping systems and forms such as coaching information sheets, parental consent, and session notes. You'll discuss assessment of child and parent needs, goal-setting and re-setting, and making and remaking agreements for how to work together. Ethical issues will also be addressed. (This is part of the Coaching Children and Teens and the Coaching Children and Teens with ADHD Certificate Programs, but you do not need to enroll in the programs to take this workshop.)

**Instructor:** Anita Remig, Ed.D., has worked with children and families for over 30 years. She gives seminars on ADHD, PDD, LD, and the human brain throughout the country.

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## **Self-Coaching as a Path to Coaching Children and Teens**

*Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2614*

**Portsmouth:** *CRN 356212, April 4, Wednesday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included*

The powerful, energizing techniques of life coaching can be applied to oneself very effectively, and this workshop does just that. The goal is to not only provide stimulus for your own growth, but to also enhance your skills as a coach to others. You will emerge from the day with a crystal clear sense of your deeply held values, a series of resolutions setting the stage for personal change and growth, a "Why Bother List" that informs and propels that change, and a specific action plan with checkpoints and techniques to stay on the path. The workshop is taught with an eye towards inspiring you to live the grandest version of the greatest vision of yourselves, and to learn that only by reaching towards that vision and modeling that kind of courage, can you help children and teens in the most powerful of ways. Be prepared to do quite a bit of self-exploration and "self-coaching" in this workshop both as ways to fully understand the coaching process and to maximize your own effectiveness in your work. (This is part of the Coaching Children and Teens Certificate Program, but you do not need to enroll in the program to take this workshop.)

**Instructor:** Jeff Levin, M.A. in Social Work and Education, is a former public school teacher,

resource room counselor, and dean of students at Vermont Academy. Currently a life coach based in Concord, NH, he also maintains a private practice of training and consultation. He has worked as a life coach and consultant to parents, families, schools, athletes, teams, and corporations throughout New England.

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## **The Practicum Experience in Coaching Children and Teens**

*Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2559*

**Portsmouth:** *CRN 16263, December 14, Wednesday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included*

**Manchester/286:** *CRN 355212, May 16, Wednesday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included*

In this hands-on seminar you will discuss methods and tools for empowering children and teens through coaching, and then practice the skills learned. Principles of the coaching process will be reviewed while the practice of coaching and promoting growth in children and teens is emphasized. Rationales and systems for assessment, problem solving, goal setting, and making, implementing, evaluating, and reorganizing plans will be outlined. Human growth exercises, decision-making skills, empowerment techniques, listening strategies and consultation methods will be offered. You will also examine challenging cases and share experiences with difficult problems. Person-to-person coaching, group processing, brainstorming, and solution-focused interactive communication will be used. (This is part of the Coaching Children and Teens and the Coaching Children and Teens with ADHD Certificate Programs, but you do not need to enroll in the programs to take this workshop.)

**Instructor:** Anita Remig, Ed.D., has worked with children and families for over 30 years. She gives seminars on ADHD, PDD, LD, and the human brain throughout the country.

» [Register Now](#) for the December Workshop

» [Register Now](#) for the May Workshop