



UNIVERSITY of NEW HAMPSHIRE
Professional Development & Training

Following is a list of

December, 2011, through August, 2012, Workshops

that can be used towards the

**Coaching Children and Teens with ADHD
Certificate Program**

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

Classroom Interventions for Children with ADHD

Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits, Auth. #2754

Manchester/286: *CRN 227212, March 30, Friday, 9:30 a.m.-4 p.m., .6 CEUs, \$149, lunch included*

This workshop will outline methods for meeting individual differences and show how to create a classroom community within which the ADHD child can thrive. You'll begin with a review of the primary minimal brain dysfunctions that interfere with learning. You'll cover: the implementation of precise behavior modification strategies targeted to the learning and social difficulties of ADHD children; setting a classroom context for individual differences; organization of the classroom; and IEP rationale for children with ADHD or other minimal brain dysfunctions. (This is part of the Coaching Children and Teens with ADHD Certificate Program, but you do not need to enroll in the program to take this workshop.)

Instructor: Ellen Allaire, M.Ed., is an elementary, middle and high school teacher as well as district mentor and administrator in the Manchester School District. She currently teaches in various adjunct positions at the university level.

» [Register Now](#)

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 351212, February 15, Wednesday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included*

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.

» [Register Now](#)

Motivation, ADHD, and Learning Manchester/286: *CRN 225212, May 11, Friday, 9:30 a.m.-4 p.m., .6 CEUs, \$149, lunch included*

In this workshop you will look at current issues in the psychology of motivation, especially in relation to ADHD students. Topics will include: literature on motivation, including psychological and educational issues; the role of motivation in the functioning of ADHD students; research on the brain and its effect on motivating behavior, functioning, and learning; how ADHD and certain breakdowns in brain function impact motivation; and strategies for teaching motivation and learning to ADHD students. (This is part of the Coaching Children and Teens with ADHD 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.

» [Register Now](#)

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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Strategies for Coaching Children and Teens with ADHD

Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits, Auth. #2740

Portsmouth: *CRN 354212, April 13, Friday, 9:30 a.m.-4 p.m., .6 CEUs, \$189, lunch included*

An emergent body of research shows that coaching is more powerful in addressing symptoms of ADHD than other forms of support such as psychotherapy. Coaches are specifically trained to help children with ADHD learn to manage time, break down daunting tasks into manageable steps, keep themselves organized, think proactively, use mindfulness techniques, and learn to check their thinking/acting at intervals. This workshop will define the difference and delineate the effective techniques unique to coaching children and teens with ADHD. The content of the coaching plan is contrasted and merged with the process of coaching throughout the workshop. This is an experiential workshop where you will work with one another to learn and practice ADHD coaching strategies. (This is part of the new Coaching Children and Teens with ADHD 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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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