

Pasadena Villa, The Ohana Counseling Center,  
The World Federation for Mental Health &  
St. Stephen's School Proudly Present:

THE 3<sup>RD</sup> ANNUAL  
**Rome Conference**  
ON EMOTIONAL WELL-BEING  
**2011**



# Self-Esteem & Success

WHAT PARENTS, EDUCATORS & MENTAL  
HEALTH PROFESSIONALS CAN DO!

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# REGISTRATION & COFFEE BAR

8:00 — 8:45

Help yourself to our coffee bar and register on-site for the day's exciting events!

# WELCOME ADDRESS

8:45 — 9:15

*Lesley Murphy, Head of School at SSS, Elisabetta Bettasso-Escobar, Director of The Ohana Counseling Center, and David Nissen, M.B.A., Director and Founder of Pasadena Villa*

# KEYNOTE ONE

9:15 — 10:15

*James Charney, M.D.*

“Hollywood Healers: Therapy at the Movies—Reel vs. Real”

**Description:** Because of the privacy that is one of the essentials of good therapy, it can seem a mysterious business and one that too often carries a stigma—just how “crazy” do I have to be, to be in therapy? Using clips from a dozen movies, we will answer that question and more. We will look at what really happens: what are the elements common to all therapies and how do they work? And how true to life are these Hollywood portraits?

**Bio:** James Charney, MD is a child and adolescent psychiatrist with a private practice in New Haven, Connecticut, USA. He is on the faculties of the Department of Psychiatry and the Child Study Center, Yale School of Medicine, where he teaches the psychiatric evaluation of adults, children and families to medical students and residents. Dr. Charney was for 25 years the consulting psychiatrist for the Choate-Rosemary Hall School, a private boarding school in Wallingford Connecticut. He is currently the consulting psychiatrist for the St Stephens School in Rome. For the last 10 years he has also taught an undergraduate Senior Seminar at Yale University called Madness at the Movies. This course (jointly sponsored by the Departments of Psychology and Film Studies) uses film to teach how to evaluate and understand the experience of mental illness. The seminar has proved very popular with over 150 students each year applying for only 20 spots. He is currently working on a book based on the Madness at the Movies course. His most exciting recent project, however, is the restoration of a farmhouse near Orvieto; a family dream come true.

# SESSION ONE

10:20 — 11:10

## 1. *Marco Armando, M.D., Ph.D.*

“Low Self-Esteem, Intolerance to Uncertainty and Social Anxiety: Possible Pathways to Mental Uneasiness.”

**Description:** This lecture will focus on the concept of Intolerance to Uncertainty (IU). IU is conceptualized as a basic dysfunctional scheme that may guide information processing in appraisal and is related to the idea that uncertainty is unacceptable, reflects badly on a person, and leads to frustration, stress and the inability to take action. In other words, it can generate and maintain anxiety in ambiguous situations, such as social situations, both by facilitating the perception of difficulties where none exist, and where difficulties do exist, by leading to inefficient responses to them. The development of cognitive-emotional strategies to cope with this intolerance is a fundamental target in the growth of each adolescent.

**Bio:** Dr. Armando works at the Department of Neuroscience, Clinical and Research Hospital in “Bambino Gesù”, Rome Italy. He is a medical doctor who specializes in Psychiatry and was a PhD student at “Sapienza” University of Rome and studied psychology in Birmingham University, UK as well. Dr. Armando also has a private practice in Prati and speaks Italian, English and French, which allows him to lecture internationally. He is also an accomplished medical author with numerous publications in the field of psychology.

## 2. *Nicole Fons, Psy.D.*

“Letting Go With Love: Helping Your Child Become Autonomous”

**Description:** Parenting needs to constantly be reevaluated as our children get older. Late adolescence is an essential stage of development that needs to be carefully observed. Both parties, parents and children are going through important change, often in opposite direction. While our children are becoming more focused to the outside world and develop their own identity, parents fear the “emptiness” of their child leaving the nest. During this workshop we will discuss how to prepare parents to let go with love, how to teach their children to become autonomous and get their own identity. We will evaluate potential crisis in this important stage of life and discuss parenting techniques to cope with these potential issues.

**Bio:** Nicole Fons, Founder and Director of the Southern France Youth Institute ([www.sfyi.org](http://www.sfyi.org)), was born and raised in the South of France. She graduated from the University of Aix en Provence, France in 1981 with a degree in Economics. At the age of 22, she moved to the United States and enrolled in the UCLA Extension English Program and Film School. In 1998 Nicole received her Masters Degree in Clinical Psychology from Antioch University, followed by a Doctorate in Clinical Psychology in 2001 from Ryokan College. Her dissertation was a study on loss,

grief and bereavement with adolescents who lost a parent. Prior to and during the establishment of the Southern France Youth Institute in 2002, Nicole was a therapist in private practice and with boarding schools in Southern California. Her passion for working with youth is evident in every aspect of her life, from her family to the creation of remarkable study abroad programs. Drawing from her travels throughout the world, a love of working with young people and inspiration by Indian philosopher Jidu Krishnamurti, Nicole has designed programs that give students the rich experience of living in a country not as a tourist, but as a resident. She loves the theatre, movies, books and travel. Nicole shares a love of the outdoors with her two adult sons, who push her hiking and surfing endurance levels at every opportunity!

### 3. *Alison Lewis, M.A.*

#### “Self-Esteem & Transitioning to College”

**Description:** Counselors and parents spend so much time preparing juniors and seniors for the application process: finding the right schools, making sure college lists have reaches, targets, and likely schools, preparing college essays, choosing teacher recommenders, etc. What is often overlooked in the transition from high school to college, however, is that this important step towards adulthood is an opportunity for adolescents to gain self confidence. This session will offer parents with tools to enhance parent-child communication. A parent panel will provide insight into their experiences sending a child to college, and guided questions and a short exercise will lead to a dialogue about ways in which parents can empower their children to make sound decisions and build their self-esteem through the college application process.

**Bio:** Alison Lewis is the Director of College Counseling at St. Stephen’s School. She began in the summer of 2006, and has guided three graduating classes toward matriculation to colleges and universities throughout the world. Alison has taught ninth grade English for two years, and is also the coordinator for the ninth and tenth grade health and study skills class, called Choices, and is responsible for teaching the health and wellness portion of that course. Alison is currently enrolled in a Master of Education degree in international counseling at Lehigh University. She received her Bachelor of Arts degree from Indiana University, with a major in English and a minor in Sociology, and a Master of Arts in the Humanities from the University of Chicago. She lives in Lariano, a town south of Rome in the Roman hills (Castelli Romani). Alison can be reached via email at college.counselor@ststephens-rome.com, via cell phone at +393406742394 or at work at +39065750605.

### 4. *Maira Spence, M.Sc., M.A.*

#### “Understanding Our Children Through Enneagram Personality Typing”

**Description:** Promoting self-esteem among children and teenagers is an incredibly important, and very easy, habit for parents to fall into. Staying positive and being generous with praise are two of the most important steps any adult can take to help promote a youngster’s self-esteem.

However staying positive and being generous with praise can be a challenge for parents when their children display behaviours that they don't understand or disapprove of. The Enneagram system of personality typing can help parents understand their children more profoundly and allow them to embrace all of their children's characteristics. This workshop will offer a brief overview of the 9 personality types, allowing parents insight into their own personalities and the different personality packages that children come in!

**Bio:** Moira trained as a nurse and midwife before working as a Primary Health Care Trainer in West Africa. On returning to the UK she gained a BA (Hons) in Applied Social Studies and Social Research and worked as a senior manager in the N.H.S. in one of London's poorest and most ethnically diverse boroughs. With a focus on quality in health care she went on to gain an M.Sc. in Health Services Management and an MA in Psychoanalytic Approaches to Consultancy in Organisations. Since living in Rome she has become a Certified Enneagram Trainer and works with groups, teams and individuals as a trainer, facilitator and change manager using Enneagram, positive psychology and psychoanalytic awareness to enhance personal and organisational effectiveness.

#### 5. *Pascale Salomon, M.Ed.*

"What Happened to My Little Girl?" (ITALIAN ONLY)

**Description:** This workshop will discuss how many young girls become focused on friends, grades and body comparisons and how parents can sometimes struggle with understanding their daughters as they move through this phase and into a healthier sense of self. A look at how parents talk to their daughters, so that they move past comparisons and into autonomy will also be explored.

**Bio:** Pascale Salomon has been involved in international education since 1981 when she received her B.ed degree from Mc.Gill University. She has been a teacher at Ambrit rome International school and Primary Principal for the past 11 years. She received her Masters in International Counseling from Lehigh University in 2010. Pascale has been a presenter at the MAIS and ELMLE conference on issues such as bullying and the emotional well being of children and teen agers. Mother of two teen-agers and an third-culture adult she brings her experience as a mother, educator and counselor to her presentations.

# SESSION TWO

11:15 — 12:05

## 1. *Jane Rumsby, B.Ed., B.Psy., M.Psy.*

“What Does the Size of My Underpants Have to Do With How I Learn?”

**Description:** This workshop will focus on such questions as: What does the size of my underpants tell you about how smart I am? What do my grades in school tell you about how smart I am? How are they related? Are they related? Kids report verbally or non verbally the following: Can I tell you how smart I am? Can you see me? Is someone listening out there? And they feel like there is information overload and nobody has a map. In order to teach kids, we need to really SEE and HEAR them. This workshop will allow participants to deconstruct their interactions with kids in order to work with the whole child.

**Bio:** Jane says that her most important jobs are being mother to two sons and a wife of almost three decades. Jane Rumsby has worked with children and young adults for over 30 years. She has worked as a teacher, counsellor, suicide intervention program consultant and on a help line. She facilitates groups and enjoys presenting educational workshops. At present she teaches at A.O.S.R. and is on staff at The Ohana Counseling Center.

## 2. *Catherine Saxbe, M.D.*

“Short & Long Term Effects of Substance Abuse in the Adolescent Brain”

**Description:** This workshop will describe and discuss the behavioral and neurological changes that occur with substance use, as evidenced by imaging studies and other biological or behavioral markers. Depression, attention-deficit, risk-taking and pleasure-seeking are risk factors for drug use as well as the result of drug use. Personality, self-esteem, hereditary predisposition, family support, school support and peers all contribute to a child’s choice to use intoxicants. We will look at the immediate and accumulated effects of cocaine, ecstasy, marijuana, methamphetamine and alcohol and how to intervene with children and adolescents who exhibit signs of substance abuse.

**Bio:** Catherine Saxbe, M.D. is an American physician who received her undergraduate degree from Northwestern University and her medical degree from the Keck School of Medicine at the University of Southern California. Following a year of internship in internal medicine at the Naval Medical Center in Portsmouth, Virginia, she served as a General Medical Officer aboard a Navy aircraft carrier, then trained in psychiatry at St. Vincent’s Catholic Medical Center in Manhattan. She returned to the University of Southern California for a specialized year in Child and Adolescent Psychiatry before moving to Rome where she lives with her Italian husband. She is currently a consultant in the health unit of the Food and Agriculture Organization of the United Nations and has a private practice in Rome.

### 3. *Mark Burdick, Ph.D.*

#### “Team Building Exercises & Foundational Character: Building Self-Esteem”

**Description:** Adolescents and young adults can profit in self-esteem from team building exercises that help promote character development and mutual reliance. As people disclose more about themselves, the group learns about their membership and tolerance for risk taking. In this workshop, participants will explore the power of encouragement and increase discernment about the differences between praise and encouragement in building a cohesive team experience. The principles used are adapted from a well recognized training for teachers working with youth, and used with parents of school aged youth.

**Bio:** Dr. Burdick has served as Chair for State of California Board of Behavioral Sciences. He is a dual licensed practitioner both educational psychologist and clinical psychologist. He is an educational consultant, expert, and international speaker. He works in the field of crisis and intervention, assessment and placement. He is the father of two young adults and knows first hand the challenges of raising kids in today’s climate of popular and negative stressed culture.

### 4. *Marco Armando, M.D., Ph.D.*

#### “Low Self-Esteem, Intolerance to Uncertainty and Social Anxiety: Possible Pathways to Mental Uneasiness.” (ITALIAN ONLY)

**Description:** This lecture will focus on the concept of Intolerance to Uncertainty (IU). IU is conceptualized as a basic dysfunctional scheme that may guide information processing in appraisal and is related to the idea that uncertainty is unacceptable, reflects badly on a person, and leads to frustration, stress and the inability to take action. In other words, it can generate and maintain anxiety in ambiguous situations, such as social situations, both by facilitating the perception of difficulties where none exist, and where difficulties do exist, by leading to inefficient responses to them. The development of cognitive-emotional strategies to cope with this intolerance is a fundamental target in the growth of each adolescent.

**Bio:** Dr. Armando works at the Department of Neuroscience, Clinical and Research Hospital in “Bambino Gesù”, Rome Italy. He is a medical doctor who specializes in Psychiatry and was a PhD student at “Sapienza” University of Rome and studied psychology in Birmingham University, UK as well. Dr. Armando also has a private practice in Prati and speaks Italian, English and French, which allows him to lecture internationally. He is also an accomplished medical author with numerous publications in the field of psychology.



### 5. *Julia Dvinskaya, M.A., MBACP (UK)*

#### “Making Use of the Larger Picture: Learning to Hear Life-Motifs of Our Children”

**Description:** Children come to us at various points in our individual biographies. While we are still trying to make sense of our own life events, and follow our own life paths, we are entrusted with the task of guiding them to theirs. The way we deal with their resistances, struggles to find self-worth and responses to the challenge of ‘being successful’ has something to do with who we are, and with our own self-esteem, defense mechanisms and visions of success. In the workshop we will look at ways of helping children by formulating some exploratory questions to ourselves. Theory will be complemented by some carefully chosen experiential activities. The goal of the workshop is to offer initial theoretical and practical tools of building deeper connection with the children’s struggles to find their own life calling.

**Bio:** Julia was trained and has worked in areas of child and adult Education and Development for over 20 years, first in state schools and universities and then in Waldorf secondary and upper schools in the UK and in Russia. Her professional focus is on the psychology of personal development, forces for conscious change and methods of therapeutic individual and group work. Trained in the UK as a Biographical Counsellor under the aegis of Biography and Social Development Trust (BACP accredited training), she now works in Rome, London and Moscow offering individual counselling, Biography Work seminars and talks. Additionally she is preparing a publication exploring methods of working with the human sensorial system in the therapeutic process. Julia works with wide spectrum of issues: meanings of events in biography, crisis and trauma, challenges of parenting, relationships and patterns, the role of illness, anxieties, depressive symptoms and the spectrum of related conditions.

## LUNCH

12:10 — 1:10

Please join the group for lunch hour, located in the cafeteria.

# KEYNOTE TWO

1:15 — 2:15

*Toby Haslam-Hopwood, Psy.D.*

“Self-Esteem: The Foundation of Success”

**Description:** This talk aims to aim to answer the questions “What is self-esteem?” and “Why is this thing so important?” In order to answer these questions the speaker will draw from the knowledge that comes from scientific research and clinical practice in a manner that aims to provide not only understanding but also practical applications of this concept. The objectives would be:

- To understand the concept of self-esteem
- To understand why and how self-esteem is so important
- To understand how healthy self-esteem develops
- To understand the role of the family and school in promoting healthy self-esteem

**Bio:** Toby Haslam-Hopwood, Psy.D. is a clinical psychologist with a strong international background. Originally from England Dr. Haslam-Hopwood completed his clinical training in the United States, which included a stint at the University of Denver, University of Rochester School of Medicine and a fellowship at the Karl Menninger School of Psychiatry. He remained working at the Menninger Clinic for some years, performing a number of different roles but finishing up as the Director of Psychology Training and a faculty member at Baylor college of Medicine. He has published and lectured internationally on the use of education to promote health and well being and has international experience of working with children, adults and families. He too has an exciting recent project, albeit a slightly cold and damp one, which is the restoration of a farmhouse in rural Tipperary.

# SESSION THREE

2:20 — 3:10

## 1. *Mark Schuster, M.Ed., M.A., MBA*

“Project Civility: Redefining ‘Civility’ to Empower Student Self-Esteem & Identities Through Community & Culture”

**Description:** Mark Schuster and Dr. Kathleen Hull created Project Civility, a two year initiative, at Rutgers University to test the hypothesis that intentional community-wide efforts to cultivate acts of kindness, compassion, and respect will result, over time, in noticeable changes to campus culture. Over a year in the planning, Project Civility’s launch collided with a series of insensitive attacks on students and young people with non traditional identities, both at Rutgers and across the US. Project Civility at Rutgers has avoided politics and local events to remain focused on redefining civility (Fall 2010), engaging dialectics (Spring 2011), cultural sensitivities (Fall 2011), and community, environmental and global service and learning (Spring 2012). Participants will watch and discuss a montage of mini-docs of this journey to foster a culture of civility to improve self, community, and campus esteem, respect and integrity. ([www.projectcivility.rutgers.edu](http://www.projectcivility.rutgers.edu))

**Bio:** Mark Schuster is the Senior Dean of Students at Rutgers University with Masters in Higher Education and Sports Psychology from the University of Iowa and a Masters in Business Administration from the University of New Hampshire. Project Civility at Rutgers, created with Dr. Kathleen Hull, has gained national and international attention. Mark is affiliate faculty in Psychology, American Studies, and Women’s and Gender Studies at Rutgers University. Dean Schuster is the Chair of the Rutgers University Behavioral Health Advisory Team that works with students that are a significant threat to themselves or the community. He is one of the founders of the Standing Committee for Lesbian, Gay, Bisexual and Transgender Awareness of the American College Student Personnel Association. Dean Schuster and professor Dena Seidel of Rutgers Writer’s House, and filmmaker, Scott Lazes, created a Sports and Sexuality project that teaches students and athletes how to tell their stories in mini-docs. Mark has presented in the US and internationally on social justice, civility, and sport and sexuality in Toronto, Montreal, Rome, Copenhagen, and this summer at the Human Rights Conference of the Vancouver OUTGames, “When Sport, Gender, Sexuality and Civility Collide on Campus.”

## 2. *Ursula Prameshuber, Ph.D.*

“Self-Esteem Issues in Females: A Closer Look”

**Description:** This workshop examines the differences in the development of self-esteem from childhood to young adulthood in females as compared to males. Generally females have less self-esteem. One of the problems with self-esteem in females is that it is very much connected with the body image which is strongly influenced by mass media, fashion and publicity. The problems with their body

image is also the reason why females are more likely to develop eating disorders. Some clinical examples will be given as well as proposals as to how we can help females improve their self-esteem, feel better about their body image and try to prevent eating disorders.

**Bio:** Ursula Prameshuber, Ph.D., is a clinical psychologist, psychotherapist and psychoanalyst. She studied English Literature in Austria and Psychology in Italy where she did her psychoanalytical training. She is member of the CIPA (Centro Italiano di Psicologia Analitica), IAAP (International Association of Analytical Psychology) and IARPP (International Association of Relational Psychotherapy and Psychoanalysis). She is interested in the themes of female psychology, psychological issues of expats, the story of the first female psychoanalysts, psychoanalysis and literature and has written various articles about it. She works in private practice in Rome.

#### 4. *Eithne Gallagher Dip RSA TEFLA, ESL Teacher and Author*

“Language is part of who we are and for this reason learning is more effective in schools that have a pedagogical approach that is open to other languages and cultures.”

**Description:** This lecture will address the importance of children maintaining and developing their first languages and the responsibility that schools share with parents in this process.

**Bio:** Eithne Gallagher is recognized as an authority in the field of ESL in International Education. She has worked in International Education for over twenty years and has taught English as a foreign language, French as a foreign language and ESL at both primary and secondary levels. Presently Eithne works as an ESL teacher in the Elementary department of Marymount International School Rome. She has worked with the European Council of International Schools (ECIS) ESL and Mother-tongue committee for many years. Eithne, is a regular presenter at International School conferences and has delivered workshops and lectures for teachers and administrators across Europe. Her writings on ESL and Mother-tongue issues have been published in several educational journals magazines and books. Her most recent writing is a chapter entitled ‘Young Children have Stories to Share’ in ‘Welcoming Linguistic and Cultural Diversity: Strategies for Creating an Inclusive Environment in the Early Years’, forthcoming from Multilingual Matters. Eithne is the author of ‘Equal Rights to the Curriculum: Many Languages, One Message’ published by Multiling.

#### 5. *Mark T. Palermo, M.D.*

“From Executive Dysfunction to Inner Calm & Self-Esteem: Neurobehavioral Karate & Childhood Development” (ITALIAN ONLY)

**Description:** Karate, a complex psychomotor activity that enhances executive function, social reading, and attentional skills is used in the treatment of diverse childhood social cognitive disabilities which share a number of characteristics

including externalizing behaviours, social dysfunction and disturbed attachment. They are also seen in normal development, as temperamental traits. The disruptive nature of these conditions represents a significant stressor for families and a major source of strife in social contexts such as school. Physical activity, and sport in particular, have been used effectively in the treatment of developmental disorders, particularly as an ancillary modality. Clinically and statistically significant improvements were noted in Karate practitioners with regards to social skills, including language and attention, as well as motor behaviour. The effectiveness of Karate in the treatment of developmental disorders and as part of a normalization approach to childhood psychiatric conditions through the use of sport is evident. Karate, when properly taught may be a valid and effective adjunct, if not the sole treatment, in the multi-modal approach to many psychiatric conditions of childhood.

**Bio:** Mark T. Palermo, M.D., trained in neurology and psychiatry at the Medical College of Wisconsin and the Johns Hopkins School of Medicine. He was attending neuropsychiatrist and Clinical Assistant Professor at the Sheppard Pratt Hospital/University of Maryland in Baltimore until he relocated to Rome in 2000 and currently is Lecturer in the Department of Criminology at the University of Rome, "Sapienza" and a private practitioner in psychiatry and neurology. He is Scientific Director for the Italian Federation of Martial Arts and has published extensively in peer reviewed journals and co-authored a number of books in the field of neuropsychiatry and neurology. His area of interest is social cognition disorders and the use of traditional martial art teaching as a form of treatment for psychiatric conditions from childhood to adulthood.

# SESSION FOUR

3:15 — 4:05

## 1. *Mark T. Palermo, M.D.*

“From Executive Dysfunction to Inner Calm & Self-Esteem:  
Neurobehavioral Karate & Childhood Development”

**Description:** Karate, a complex psychomotor activity that enhances executive function, social reading, and attentional skills is used in the treatment of diverse childhood social cognitive disabilities which share a number of characteristics including externalizing behaviours, social dysfunction and disturbed attachment. They are also seen in normal development, as temperamental traits. The disruptive nature of these conditions represents a significant stressor for families and a major source of strife in social contexts such as school. Physical activity, and sport in particular, have been used effectively in the treatment of developmental disorders, particularly as an ancillary modality. Clinically and statistically significant improvements were noted in Karate practitioners with regards to social skills, including language and attention, as well as motor behaviour. The effectiveness of Karate in the treatment of developmental disorders and as part of a normalization approach to childhood psychiatric conditions through the use of sport is evident. Karate, when properly taught may be a valid and effective adjunct, if not the sole treatment, in the multi-modal approach to many psychiatric conditions of childhood.

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## 2. *Molly Gage, M.A.*

“The Super-Protective Factor: Tools for Healthy Self-Esteem in Young People (And Their Parents!)”

**Description:** The goal of this workshop will be to introduce attendants to the philosophy and practices of “Parenting by Connection”. This approach is based on close, respectful, and responsive relationships between parents and children. Parents and educators face many challenges with children, and this approach provides tools to deal with these obstacles and gain a healthy perspective on the work of parenting and educating. The techniques include Special Time,

Playlistening, Setting Limits and Staylistening. When children feel connected, they are able to learn and love easily, and become caring leaders among their peers. A healthy parent-child connection enables a child to fully access his intelligence and abilities. Parenting by Connection is consistent with best practices in child development as well as the latest research in both attachment and interpersonal neurobiology. Participants will take away concrete techniques for creating stronger connections with young people, as well as suggestions for further reading and practice, and ideas for creating support for their important parenting work.

**Bio:** Molly Gage is Returned Peace Corps Volunteer and holds a Master's in Art Therapy from the School of the Art Institute of Chicago. She has worked with many populations of children, families, and adults, including in schools, the oncology unit of a Cook County Hospital in Chicago, and an alternative-to-prison program for adults with substance abuse issues and AIDS in the Bronx, NYC. She will complete certification as a Parenting by Connection Teacher in the summer of 2011. She lives in Rome with her Italian husband and very young daughter.

### 3. *Pascale Salomon, M.Ed. & Elisabetta Bettasso-Escobar, M.Ed.* "What Happened to My Little Girl?"

**Description:** This workshop will discuss how many young girls become focused on friends, grades and body comparisons and how parents can sometimes struggle with understanding their daughters as they move through this phase and into a healthier sense of self. A look at how parents talk to their daughters, so that they move past comparisons and into autonomy will also be explored.

**Bios:** Elisabetta Bettasso-Escobar, M.Ed – Elisabetta is the Founder and Director of The Ohana Counseling Center in Rome, Italy. She received her Masters Degree from Columbia University in New York City in Counseling Psychology and has been working with kids/teens and parents, as well as families and couples for the past 25 years. She has spent much of her professional life working in alcohol and other drug treatment programs, but for the past 6 years, she has focused on anxiety issues for all ages. Elisabetta has served as a counselor on a Cancer Ward at St. Luke's Hospital in New York City as well as a Crisis Support Worker for a Suicide Hotline outside of Wash DC. She has traveled and lived abroad for the past 15 years and is an Interventionist for Love First ([www.lovefirst.net](http://www.lovefirst.net)).

Pascale Salomon has been involved in international education since 1981 when she received her B.ed degree from Mc.Gill University. She has been a teacher at Ambritle International school and Primary Principal for the past 11 years. She received her Masters in International Counseling from Lehigh University in 2010. Pascale has been a presenter at the MAIS and ELMLE conference on issues such as bullying and the emotional well being of children and teen agers. Mother of two teen-agers and an third-culture adult she brings her experience as a mother,educator and counselor to her presentations.

#### 4. Ursula Prameshuber, Ph.D.

##### “Self-Esteem Issues in Females: A Closer Look” (ITALIAN ONLY)

**Description:** This workshop examines the differences in the development of self-esteem from childhood to young adulthood in females as compared to males. Generally females have less self-esteem. One of the problems with self-esteem in females is that it is very much connected with the body image which is strongly influenced by mass media, fashion and publicity. The problems with their body image is also the reason why females are more likely to develop eating disorders. Some clinical examples will be given as well as proposals as to how we can help females improve their self-esteem, feel better about their body image and try to prevent eating disorders.

**Bio:** Ursula Prameshuber, Ph.D., is a clinical psychologist, psychotherapist and psychoanalyst. She studied English Literature in Austria and Psychology in Italy where she did her psychoanalytical training. She is member of the CIPA (Centro Italiano di Psicologia Analitica), IAAP (International Association of Analytical Psychology) and IARPP (International Association of Relational Psychotherapy and Psychoanalysis). She is interested in the themes of female psychology, psychological issues of ex-patriots, the story of the first female psychoanalysts, psychoanalysis and literature and has written various articles about it. She works in private practice in Rome.

## CLASSICAL GUITAR TRIO

4:05 — 4:15

Enjoy a musical selection from the collaborative efforts of students from the St. Stephen's School prepared by Maestro Carlo Bruno, Music Director.

## PANEL OF EXPERTS

4:15 — 5:15

Facilitated by David Nissen and Elisabetta Bettasso-Escobar; our panel of experts will give their responses to your previously submitted questions. The panel will include Drs. Charney, Haslam-Hopwood, Saxbe, Armando and Palermo.

## RAFFLE & CLOSING ADDRESS

5:15 — 5:30

End your day with a closing address from David Nissen and Elisabetta Bettasso-Escobar, and a chance to win one of several tasty surprises!