

**The Ohana Counseling Center,
Marymount International School of Rome,
Pasadina Villa Treatment Program &
The World Federation for Mental Health**

Proudly presents

The 4th Annual Conference on Emotional Well-Being

THE FAMILY IN FOCUS: BUILDING & MAINTAINING HEALTHY BONDS

Speaker Biographies &
Workshop Descriptions

Saturday, March 24th 2012 from 09.00 to 17.30

THE FAMILY IN FOCUS: BUILDING & MAINTAINING HEALTHY BONDS

To register for this conference please contact the following individuals:

Marymount:

Dr. Christine Fornabia

AOSR:

Ms. Domenica Losani

St Stephen's:

Ms. Alison Lewis

Ambrit:

Ms. Grace Novielli

For all others:

Elisabetta Bettasso

elisabeth.escobar@ambrit-rome.com

REGISTRATION FEES

PRE-REGISTRATION €55

REGISTRATION the day of the event €65

For Pre-registration you must pay IN ADVANCE to receive the €10 discount.

If you have any questions about the conference, please contact Elisabetta Bettasso at the email mentioned above.

Raising a Sexually Healthy Child

Dr. Elisabeth Schroeder

In today's world, it seems as if sex is everywhere. This workshop will debunk some of the myths about what young people do and don't understand about sexuality and growing up and provide guidance about what is age-appropriate for young people to know.

You Want me to say WHAT? Answering My Child's Questions about Sexuality

Teaching our children about sexuality, including our values and beliefs relating to sexuality, is an important job for a parent. Yet there is little support for this important job. This interactive workshop will provide basic skills for parents in responding to questions – especially challenging ones – about this vital topic.

Dr. Elisabeth Schroeder, Ed.D., M.S.W., is the executive director for Answer, a national sexuality education organization based in the United States that serves teens, parents and educators. An award-winning, internationally recognized educator, trainer, and author in the areas of sexuality education, youth development, curriculum and counseling, Dr. Schroeder has worked with thousands of adolescents, parents and professionals around the world. She holds a Doctorate of Education in Human Sexuality Education from Widener University and a Master's degree in Social Work from New York University.

The Family in Focus: Resilience and Mentalising

Dr. Toby Haslam-Hopwood

The lecture will describe the concept of resilience and provide a brief review of how it has been viewed and studied over the years. The lecture will then focus on the crucial role that relationships, particularly those in the family, play in enhancing resilience in children. This will include a brief description and discussion of mentalising as a concept that clarifies how supportive relationships promote resilience.

Dr. Toby Haslam-Hopwood PsyD 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 currently works in the West of Ireland with children and their families.

Beyond the Diagnosis...What do we know?

Helping Families understand and cope with the Diagnosis of a Loved one

Dr. Jacqueline Reina

This presentation will broaden your understanding of learning disorders, developmental disabilities and autistic spectrum disorders; and provide support skills and strategies to aid families in understanding their child's diagnosis. The presenter will discuss advocating for your child, collaborating with teachers and academic professionals, partnering with mental health professionals and creating a network of natural supports.

Dr. Jacqueline Reina earned a Masters in General Psychology and a Ph.D. in Clinical and School Psychology from Hofstra University in New York. Dr. Reina is a Licensed Clinical Psychologist in New York and Connecticut and has many years of testing, therapy, and organizational management experience.

Parenting Children with Challenging Behaviors

Dr. Eleni Getachew

In general, parenting is a very demanding task with numerous responsibilities. When our children exhibit behaviors that we find challenging, we may find ourselves frustrated, exhausted, distressed and at a loss. The goal of this workshop is to give some understanding to what may be the drive of the challenging behaviors and give techniques that could be implemented to reduce these behaviors.

Dr. Eleni Getachew is a licensed practitioner in the Washington metropolitan area. She has extensive experience working with children, adolescents and their families including adults who have been impacted with issues and symptoms related to trauma. She works with individuals who struggle with substance use; and with couples who struggle with their relationships and would like to attain a marriage/partnership of their dreams.

Executive Functioning: Recognizing and utilizing teachable moments that can enhance your child's independence and daily functioning

Dr. Christine Fornabia

Self-Regulation skills arise from a combination of genetics and experience. How can parents assist their children in developing and building on existing skills to continue to their optimal development?

Dr. Christine Fornabia received her Bachelor of Arts (BA) degree in Psychology at Fordham University, New York City. She then received both her Masters (MA) as well as her Doctoral degree (Ph.D.) in the area of Clinical & School Psychology at Hofstra University. She served as a School Psychologist at a public middle school in Westport, CT. She is also an assistant professor at Baruch College (NYC). She conducts psychoeducational evaluations and provides therapeutic services to children and their families.

When It Hurts: Talking to youth about suffering, pain and loss

Dr. Vittorio Comelli

In this workshop we will explore the notion of suffering, the understanding of pain, and experience of loss. We will learn new ways of understanding these concepts, new ways of talking about them and making them potential spaces for improving intimacy and fostering new developments in the family.

Dr. Comelli is a clinical psychologist specialized in clinical health psychology. He is the assistant director at the University of California San Francisco School of Medicine Medical Students Well-Being Program where he provides psychotherapy and consultation to medical students. He is Health Sciences Assistant Clinical Professor for the Department of Psychiatry and School of Medicine at the UCSF. He supervises psychiatry residents and psychology interns and has a private practice in San Francisco working with adults and children.

I'll Show You Mine if You Show Me Yours

Jane Rumsby

Experimentation is a way for teenagers to learn to take responsibility for their own actions. It is a step towards becoming more mature and adult-like and in learning to make choices and decisions. Letting your teenager know how you feel and yet at the same time validating their need to experiment could be a solution to them not trying out more "dangerous" experimentation. This workshop will focus on how to manage those trying moments with your teen.

Jane Rumsby, M.A. full-time mom and life partner. She has worked with feelings for 56 years and is still on the journey of discovery.

The Dynamic Family: Differing in Perspectives and Focusing on Strengths

Moira Spence

Families are made up of distinct individuals, each with their own strengths and challenges. This workshop briefly outlines the nine different perspectives, identified in the Enneagram personality typing system, which can interfere with our capacity to love and connect with our family. We will then look at some of the tools and techniques emerging from positive psychology which focus on strengths as a way of creating connection to help our family flourish.

Moira Spence has worked as a nurse, midwife and community mental health co-ordinator in the UK then as Quality Manager at a London teaching hospital. After gaining an M.Sc. in Health Services Management and an MA in Psychoanalytic Approaches to Consultancy in Organisations she moved to Rome and qualified as a Certified Enneagram Trainer and NLP Practitioner. She now offers coaching, training and facilitation to individuals, teams and groups using positive psychology, the Enneagram personality typing system and psychoanalytic awareness to enhance personal and organisational effectiveness.

Brothers and Sisters: More Harmony or More Conflict in the Family? (IN ITALIAN)

Dr. Ursula Prameshuber

The workshop will examine what particular problems develop in a family when there is not a single child but brothers and sisters. How does the family dynamic change? What can parents do to diminish or resolve conflicts among siblings?

Dr. Ursula Prameshuber, psychologist, and psychoanalyst, works in her private practice in Rome. Her special interests are issues connected with particular psychological problems of expats, intercultural psychology, and female psychology. She speaks English, Italian and German.

The Mixing Bowl: How to Cope with Separation/Divorce (IN ITALIAN)

Pascale Salomon & Claudia Fiumara

There is never the right recipe for a separation or divorce, however the right ingredients in the process can lead to a healthy outcome. This workshop aims at exploring positive strategies to help children and families deal with divorce and separation.

Pascale Salomon B.Ed, M.Ed Ms. Salomon has been in education for 25 years as a teacher, administrator and counselor. She is currently the primary principal at Ambrit and part of the school's counseling team. This workshop reflects her work with children of divorced and separated families and her experience with her own children through the divorce process.

Claudia Fiumara is a counselor specialized in the developing age. She has been working in the educational field with children and adolescents and recently with families and parents in difficulty. As of right now she is taking a course in family mediation.

Buffy vs Bella: How to Raise Girls to Thrive in a Vampire World

Monna McDiarmid

Using pop culture icons of Buffy the Vampire Slayer and Bella Swan from the Twilight series, we will explore girls' confidence, resilience and happiness. What does it look like when girls are active, engaged and feeling great about themselves? This session will focus on concrete strategies that teenage girls can use to improve their lives... and will include a discussion of how parents and educators can support girls and promote their wellness.

Monna McDiarmid is a High School Counselor, and helps teenagers with their "big life stuff". Both of her Education degrees are from Queen's University in Kingston, Canada and, although she is Canadian, she has spent her teaching and counseling career overseas in Colombia, Mexico, Spain, Thailand and now Japan. Working with high school students through individual

counseling and educational programming provides her with energy, greater compassion for others and important insights into the complicated lives of teenagers. Her website is: <http://MonnaMcDiarmid.com>

Family Dynamics and College Planning

Alison Lewis

The focus of the workshop is communication within the family about college planning and college applications. College evenings are usually geared towards the nuts and bolts of applying to colleges, without addressing the many issues that surround applying to college for a third culture kid or a local student in an international school. These issues can be disagreements within the home about where to go to university, the type of university, and differing expectations within the family. This workshop is meant to give parents the opportunity to talk about and reflect on their own experiences, their concerns and questions, and allows them to practice having conversations about college using positive communication skills.

Alison Lewis is the Director of College Counseling at St. Stephen's School. She began in the summer of 2006, and has guided five graduating classes toward matriculation to colleges and universities throughout the world. Alison has taught ninth grade English for four years, and is also the coordinator for the ninth and tenth grade health and study skills class, and is responsible for teaching the health and wellness portion of that course. Alison is also the 12th Grade Coordinator. This is the third year that she participates in the wellness conference. 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. Alison can be reached via email at college.counselor@ststephens-rome.com.

Environmental Factors in the Pathway to Psychosis (IN ITALIAN)

Dr. Marco Armando

Psychological disorders can be understood as disorders of adaptation to social context. Although heritability is often emphasized, onset is associated with environmental factors such as early life adversity, growing up in an urban environment, minority group position and cannabis use, suggesting that exposure may have an impact on the developing 'social' brain during sensitive periods. Therefore heritability, as an index of genetic influence, may be of limited explanatory power unless viewed in the context of interaction with social effects.

Marco Armando, MD is a licensed psychiatrist and psychotherapist. He graduated from the University of Rome "La Sapienza" Medical School. He trained as a psychiatrist focused on the mental health of children and adolescents both in Italy and UK during his PhD at Birmingham University. He is author of several research articles and book chapters especially related to early diagnosis and interventions in adolescents with severe psychiatric disorders. At the present time he is a member of The International Early Psychosis Association (IEPA), The Schizophrenia International Research Society (SIRS), Associazione Italiana per la Prevenzione delle Psicosi (AIPP) and he work as a clinical and research psychiatrist at the Department of Child and Adolescence Psychiatry of the Research Hospital Bambino Gesù in Rome and as a researcher at the Department of Psychology of Birmingham University.

Psychological Stages of Development: A Conversation with Five Great Theorists

Elinor Flynn

This workshop will compare and contrast the theories of psychological development created by five of the most influential psychologists of the 20th century: Sigmund Freud, Erik Erikson, Abraham Maslow, D.W. Winnicott, and B.F. Skinner. Each of these theorists offers valuable insight into how one's personality and sense of identity are forged in childhood and reshaped over the lifespan.

Elinor Flynn grew up in Dallas, Texas and graduated from Princeton University with a degree in English in 2010. Since August 2010, she has been teaching at the Ambrit Rome International School, working with grades 3 through 5, and this year she has been also interning for the Ohana Counseling Center. She is currently preparing to pursue a graduate degree in psychology.

Co-therapy as an Additional Tool in the Treatment of Family Issues (IN ITALIAN)

Dr. Vincenzo Gulina

During the course of family therapy we were able to perceive that the combined work of a therapist couple is more effective from an unambiguous point of view. The power and efficiency of the combined approach is due to the fact that two therapists are observing the same client, with different yet convergent approaches and applications. The two cases we will discuss are only an excerpt of the way in which a first approach at the symptom, that is not always clear, with which an adolescent or pre-teen will typically burden him/herself, will manifest itself as a family call that will thus require the specialist to have a more direct approach to the whole family system.

Dr. Vincenzo Gulina, psychologist and psychotherapist earned a degree in Psychology from the Università degli studi "La Sapienza", Rome and a Specialization in Gestalt Psychotherapy. He worked, from 2000 to 2003, with addictions on several levels, alcoholism, pathologic gambling and co-addiction with rehabilitation programs in both public and private structures. From 2001 onwards he has lead, besides individual therapy, group sessions, family sessions and couple sessions.

Being in A Family: A Need, A Perk and A Challenge

Julia Dvinskaya

The aim of this workshop is to open the theme of what role a family plays in each person's development from childhood into adulthood. It encourages participants to give thought to the necessary stages of childhood development and how they are provided for in each individual family constellation. In a family, parental and familial responsibilities are viewed differently by different members according to their own values, habits, hopes, ability to change and emotional responses, which in turn are often carried from their own families where they were children. This gives rise to challenges that we all experience: we are individuals on one hand and members of the family on another. Becoming aware of this theme is an important step towards building and maintaining healthy familial bonds. During the workshop theory background will be accompanied by appropriate experiential exploration.

Julia Dvinskaya, MA, member of The British Association for Counselling and Psychotherapy, Biographical Counsellor. Trained in the UK under the aegis of Biography and Social Development Trust, Julia now has counselling practice in Rome and gives Biography Work workshops in Rome and London

How Teenagers See It: A Glimpse into The Teenage Mindset

St. Stephen's Peer Mentors Teen Panel

The Peer Mentor Program (PMP) at St. Stephen's School began 6 years ago when a group of 6 freshmen decided they wanted to offer support to the in-coming freshmen. From there, the PMP has grown to 25 students who not only give support to new students, but provide workshops and help foster a sense of community by interacting with students on a variety of issues. Come here this panel of experts talk about their experiences with issues ranging from school stress, sex, drugs & body image, relationships with parents and friends, to challenges they face in the competitive world of choosing colleges and preparing for careers.

Directors Elisabetta Bettasso & Alison Lewis will be on hand to offer additional information for individual who are interested in starting a PMP at their school!



SAVE THE DATE!

For more updates and information visit:

www.ohanacounselingcenter.weebly.com

Designed by:

Giulia Trojano

giulia.tc@gmail.com