



nirw-healing.org

HEALING THE BODY, MIND AND SPIRIT:
WORKING WITH CHALLENGING YOUTH
1-Day Brain Based & Wellness Workshop
Specific tools for emotional health and healing with at risk children
Also begin your own brain and body wellness plan!!!
~ In 2 Locations: Frankenmuth (7/28) & Holland (7/30) ~

1422 ALLENDALE
SAGINAW, MI 48638




Course Director: JOHN MICSAK

MA, LLPC, CTC

Selected as the "2009 Consultant of the Year" by the National Institute for Trauma and Loss in Children and acknowledged in "Psychology Today" for his brain based sensory outreach programming

Mr. Micsak has *over thirty years experience* working with vulnerable youth with traumatic and delinquent histories with positions varying from front line staff, manager and clinical supervisor. Mr. Micsak is a *trauma consultant with the National Institute for Trauma and Loss in Children*. John is a certified trainer in *Therapeutic Crisis Intervention (Cornell University)*. John is a qualified national trainer with *RAP (Response Ability Pathways)*, a cutting edge program developed in South Africa to assist at-risk youth populations. He is a registered clinician with *Robertson Research* which provides clients with a program to help balance brain chemistry with holistic approaches. John recently completed the *Child Trauma's Academy's* series on neuro-sequential therapeutics. John acts as a liaison and consultant to schools, families, mental health and legal professionals in promoting the healing of at-risk children and adolescents. **Author of a revolutionary educational manual "Brain, Body, Mind: Restoring Healthy Pathways for Children and Youth."**

Regarding Mr. Micsak's Workshops:

"This program is truly revolutionary and a breakthrough for our administration. I will immediately implement John's strategies in my school"
-James Qualman, Principal Pittsburgh, PA

"John has outstanding hands on experience with the most troubled youth. He provides one example after another. I took 15 pages of notes and strategies. I've never been to a training like this before, the workshop itself was a sensory experience."
-Dr. Suzyn Jacobson, Clinical Director First Home Care, Washington D.C.

"John Micsak's workshop was recently rated as the top presentation at the (MEAA) Michigan Educational Association for Adjudicated Youth conference in Lansing, John provides startling new developments in the area of childhood trauma, neurophysiological (body-mind) research, positive youth psychology and resiliency work with at risk children and adolescents."
-The Michigan Federation for Children and Family State Newsletter (Lansing MI, Nov 07)

1422 Allendale Saginaw, MI 48638
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The National Institute for Resiliency and Wellness Presents:

Healing the Body, Mind and Spirit: Working with Challenging Youth *Brain Based and Wellness Approaches For Challenging Children and Adolescents*

Utilizing the latest breakthroughs in body/mind research!

1-Day Workshop • 2 Locations



Frankenmuth Bavarian Inn
713 S. Main St.
Frankenmuth, MI 48734
(888) 775-6343

Holiday Inn Express
12381 Felch Street
Holland, MI 49424
(616) 738-2800



- Latest Breakthroughs
 - Neuro-Relational
 - Resiliency Research
 - Trauma Informed
 - Brain & Body Wellness
 - Tons Of Hands On Tools
- 6.5 CEU'S NASW
6.5 CEU'S NBCC
6.5 SB-CEUs (MI-NASW)



 www.nirw-healing.org

please visit our website
for the most up-to-date
information.



Sponsored by the National Institute for Resiliency and Wellness

Healing the Inside Child:

Course Description:

"Using Neuroscience to Connect with Challenging Youth"

This NIRW workshop was designed to provide a high quality, multi-theoretical training approach that combines neuro-relational science with positive youth psychology and resiliency research. Drawing on social, emotional and relational factors, this innovative one day workshop incorporates promising approaches that will transform how adults work with children and youth. Professionals who understand the brain and how ecological factors affect it are better equipped to design positive, dynamic and meaningful interventions for children and youth in need.

Course Breakdown:

- Cutting edge brain research and neurophysiology (body/ mind) considerations
- Participants will learn a brain based relational approach including a skill set of strategies
- Understanding A.C.E (adverse child events) and the impact they have on the body and mind system
- What parents, teachers, human service professionals MUST KNOW before trying on techniques and strategies for "behavioral" change with new millennial youth.
- How to apply strategies through powerful videos and case study discussion
- Applying new and powerful strategies such as time in (vs. time out), containment, titration/pendulation, 10-20-10, bids and windows, micro-connecting, safety zones, sensory re-integration, transitioning, modulation, primary prevention, de-escalation, neurosequential models, creative pedagogy, energy psychology. Re-programming the unconsciousness, mindfulness awareness practice
- Conscious relationship building and charismatic care-giving (vs. "fear based" parenting tactics)
- Participants will experience self exploration activities, and develop their own healthy brain program

Introducing a powerful and innovative trauma informed, resiliency model option for schools

- Increase academic success
- Reduce teacher stress load
- Decrease student behavioral problems
- Increase resiliency for teachers & students
- Increase student attendance
- Increase funding opportunities

This program is approved by the National Association of Social Workers (Provider # 886531512) for 6.5 continuing education contact hours

This program has been approved by the National Board of Certified Counselors® for 6.5 contact hours. NBCC Approval NUMBER: SP:1732

Workshop Schedule of Events

- 8:30 am** Registration and Continental Breakfast
Introducing the brain based relational paradigm
Body/Mind considerations of trauma with youth
How the brain heals
Developmental stress, assessment of adverse childhood experiences (ACES)
- 9:00: am** Video/Clinical review "Jonathon" traumatized fetal alcohol spectrum child
Reducing the brains reaction to re-experiencing, hyper & hypo arousal
10 sure-fire strategies for regulation and healing
- 10:30 am** Break
- 10:45 am** Resiliency work charismatic adults vs. risky adults
The 5 crucial needs of all kids and how to meet those needs
Conscious relationship building vs fear based approaches
Neuro sequential (triune brain) strategies and treatment planning
- 12:15 pm** Lunch (on your own)
Creating healing environments for schools, residential facilities & homes
Attachment teaming and creating system support
Seven sensory pathways to healing /creating sensory adaptable environments
Video/Clinical Review: "Explosion in an Urban School:" helping the student, teacher and principal in a violent episode/ therapeutic crisis intervention
Introduction to the "School Without Limits"
- 1:15 pm** Break
- 3:00 pm** Care for the Caregivers!! (if we are not healthy, the kids can't be healthy)
- 3:15 pm** Keys to happiness (defined as contentment and personal growth)
Starting your brain and body wellness plan
- 4: 30 pm** Adjourn

Find out fascinating ways to actually begin healing the brain through



Unhealthy Brain

Distracted
Sad
Anxious
Angry
Not Effective
Vulnerable to stress

- Relationships
- Meeting needs
- Eliminating toxic input
- Increasing healthy input

Therapy is limited without first healing the brain



Healthy Brain

Focused
Happy
Relaxed
Loving
Effective
Regulatory Capacity

Registration Form

To register online, or by email, or if you just prefer to type, visit www.nirw-healing.org/registration

Frankenmuth **Holland**

registrant name 1 _____ registrant name 2 _____

registrant name 3 _____ registrant name 4 _____

email(s) _____

agency/school/facility _____

address _____

city, state zip _____

Method of Payment

Check Enclosed- payable to:
National Institute for Resiliency and Wellness

amount \$ _____

Credit Card: Visa Master Card

credit card number _____

() _____

cvv code _____ exp date _____

name on card _____

authorized signature _____

Single registrant \$110
3 or more \$95 ea.
(All registration due before the conference date)



Lodging Discounts:

Call hotel for special NIRW rate

Please mail registration and payment to:
National Institute for Resiliency and Wellness
1422 Allendale, Saginaw MI 48638

email: info@nirw-healing.org - Register by phone: 989-928-3967