



Helping Young People Manage Their Emotions

The Key to Resilience and Positive Mental Health

Presented by the Founder of YCDI Education: Professor Michael E. Bernard
Melbourne Graduate School of Education, University of Melbourne

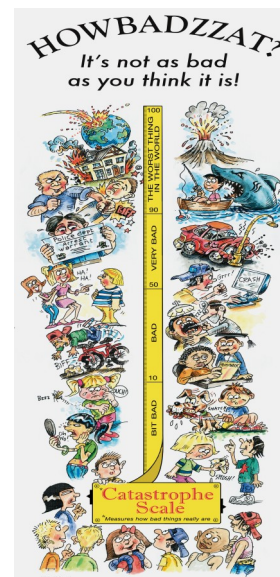
Thursday 1 March 2012
Melbourne
Best Western "The Tudor"
1101 Whitehorse Road, Box Hill

Time: 9.00 am – 3.30 pm (Registration 8.30 am) **Cost:** \$198.00 (includes morning tea, lunch, handouts)

Who Should Attend?: primary and secondary teachers and mental health practitioners

Workshop Content:

- Understanding the emotions of young people: anger, anxiety, feeling down
- The role of rational and irrational beliefs/thinking
- Model of an emotional episode highlighting the role of thinking
- The importance of strengthening the potential for rational thought
- Teaching young people the ABC's of emotional self-management
- The importance of teaching self-acceptance, high frustration tolerance and acceptance of others
- A newly produced DVD "Bullying: The Power to Cope" will be presented



PLEASE FAX REGISTRATION TO: (07) 3289 3254
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NAME		POSITION	
SCHOOL			
ADDRESS			
PHONE		FAX	
EMAIL			
Total Payable			

Tax Invoice/Receipt will be issued

ABN 21 087 648 879

Price includes GST

A confirmation email/fax with details of the workshop location will be sent to you on receipt of your registration.
An invoice for payment will be sent to your school office for payment prior to the workshop.
www.youcandoit.com.au

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