

NORTHWEST BEHAVIORAL HEALTH IPA PRESENTS

**GABOR MATÉ, MD**

**FOSTERING RESILIENCE  
IN A STRESSED CULTURE**

**St. Luke's Education Center  
3333 Squalicum Parkway  
BELLINGHAM, WASHINGTON  
Friday, October 11, 2019  
8:30 a.m. to 4:00 p.m.**

# THE PRESENTER: GABOR MATÉ, MD

**Gabor Maté** (pronunciation: GAH-bor MAH-tay) is a retired physician who, after 20 years of family practice and palliative care experience, worked for over a decade in Vancouver's Downtown East Side with patients challenged by drug addiction and mental illness. The bestselling author of four books published in twenty-five languages, including the award-winning *In the Realm of Hungry Ghosts: Close Encounters With Addiction*, Gabor is an internationally renowned speaker highly sought after for his expertise on addiction, trauma, childhood development, and the relationship of stress and illness. For his groundbreaking medical work and writing he has been awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver.

To learn more, join his e-news list at [www.drgabormate.com](http://www.drgabormate.com).



# Fostering Resilience in a Stressed Culture

## WORKSHOP DESCRIPTION

Many more children than in the past are diagnosed these days with various learning and behaviour difficulties and many have problems learning from negative experiences. Schools are also having to deal with an increasing incidence of bullying which “zero tolerance” policies do not seem to be diminishing. Dr. Maté’s sessions, based on his best-selling books, will include generous time for interactive dialogue with participants and will focus on the causes and underlying dynamics of the challenges faced by today’s children—and therefore, by the adults tasked with nurturing and educating them.

It will be shown that the most important feature of any approach to resilience needs to be the attachment relationship between children and the adults responsible for their care. Sometimes we seek to avoid conflict by keeping each other at an emotional arm’s length, creating yet another impediment to genuine connection.

# Fostering Resilience in a Stressed Culture

## WORKSHOP OBJECTIVES

Attend this dynamic workshop and you will learn to:

- 1) Identify the sources of bullying and why the “zero tolerance” policies in school do not work and are, in fact, harmful.
- 2) Identify the causes of the challenges faced by today’s children: why an increasing number of children are being diagnosed with a plethora of disorders from ADD to ODD, from depression to anxiety.
- 3) Describe the correlation between the underlying dynamics of these challenges and how they arise from and can be mitigated by children’s relationship with the adults who nurture them.
- 4) Describe the basis of resilience.
- 5) Describe the importance of self-care in promoting the resilience of children and others.
- 6) Describe why approaches that seek to change a child’s behaviors without addressing or changing the underlying dynamics of these behaviors exacerbate the distress that leads to those behaviors in the first place.

# Fostering Resilience in a Stressed Culture

## WORKSHOP SCHEDULE

- 8:20 - 8:30 Opening Remarks
- 8:30-10:00 Bullying and why the “zero tolerance” policies in school do not work and are, in fact, harmful.
- 10:00-10:15 Break
- 10:15-11:45 Challenges faced by today’s children: why an increasing number of children are being diagnosed with a plethora of disorders from ADD to ODD, from depression to anxiety.  
Correlation between the underlying dynamics of these challenges and how they arise from and can be mitigated by children’s relationship with the adults who nurture them.
- 11:45-12:45 Lunch
- 12:45-2:15 The basis of resilience and the importance of self-care in promoting the resilience of children and others.
- 2:15-2:30 Break
- 2:30-4:00 Why approaches that seek to change a child’s behaviors without addressing or changing the underlying dynamics of these behaviors exacerbate the distress that leads to those behaviors in the first place.
- 4:00-4:15 Q & A

# WHAT IS NWBHIPA?

## What is NWBHIPA?

The Northwest Behavioral Health Independent Provider Association is a not-for-profit group of over 270 mental health providers throughout Whatcom, Skagit, Island and San Juan counties in Washington State. The NWBHIPA is now in its 12th year and is dedicated to providing quality mental health care that is safe and confidential to patients and collegial support and excellent educational opportunities to members. Membership in the NWBHIPA is available for a one-time fee of \$150. Benefits include discounted tuition to all NWBHIPA sponsored continuing education workshops.

**This workshop is approved for 6 continuing education credits by the Northwest Behavioral Health Independent Providers Association (NWBHIPA). NWBHIPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NWBHIPA maintains responsibility for this program and its content.**

# REGISTRATION INFORMATION

## REGISTRATION

\$149 IPA members

\$179 Non IPA members

\$ 75 Student with current ID (limit of 10)

Late fee of \$15 added after September 27

\$150 IPA Membership one-time fee

Certificates of completion available to all attendees.

Registration includes lunch.

Pay ONLINE using PayPal or by check or money order payable to NWBHIPA and mailed to NWBHIPA, PO Box 1661, Mount Vernon, WA 98273-1661.

## CANCELLATION POLICY

Full refunds minus a \$25 processing fee will be offered with written requests received by Sept 27, 2019

## ACCOMMODATIONS

Special room rates have been made available at the Best Western in Bellingham for \$99 per night. Reservations: (360) 676-7700. Code NWBHIPA.

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FRIDAY, OCTOBER 11, 2019

8:30 A.M. TO 4:00 P.M.

Register online here.

Register by mail here.

FOR INFORMATION CONTACT

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