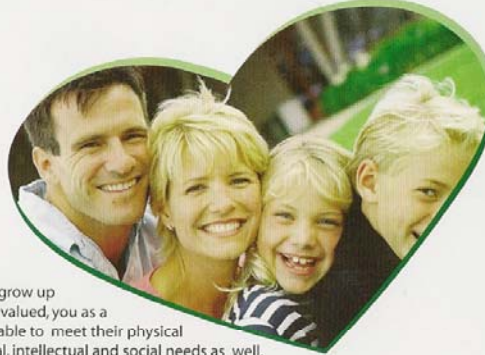




مؤتمر الوالدية الفعالة بدول مجلس التعاون الخليجي

Effective Parenting Conference in GCC

on 24th April 2010 at JW Marriott Dubai - UAE



WHAT IS EFFECTIVE PARENTING ?

In order for your child to grow up feeling loved, secure and valued, you as a parent must not only be able to meet their physical needs but their emotional, intellectual and social needs as well. Although loving your child is necessary, it takes many other skills to be an effective parent.

The Heart of Parenting

Key speakers include:

Dr. Onita Nakra, Ph.D., Ed Psychology (University of Minnesota, USA),
Counselor at the American School of Dubai.

Ms. Rebecca Grappo, M.Ed.
Certified Educational Planner and educational consultant, RNG International Educational Consultants, USA.

Dr. Saliha Afridi, PsyD
Doctorate in Clinical Psychology, Arizona USA,
Licensed Clinical Psychologist in Dubai and USA.

Dr. Kennon Ryder, Marriage and Family Therapist, Professor,
Michigan State University, Dubai.

"Balancing Love and Anger: a Parental Dilemma"

"Raising Encouraged Children: How to Apply Democratic Parenting Principles"

"How to Get Kids to Think About Tomorrow" Parenting Principles

Who Should Attend ?

Parents, parent/family educators, early childhood interventionists, family support professionals, school/parent liaisons, students of education and psychology, child and family advocates, and policy makers.

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Meet your expert Course Leaders



Dr. Onita Nakra, Ph.D., Ed Psychology
(University of Minnesota, USA),
Counselor at the American School of Dubai.

Dr. Onita Nakra, Ph.D., Ed Psychology (University of Minnesota, USA).

Dr. Nakra obtained her Ph.D. in Educational Psychology from the University of Minnesota (USA). An educational psychologist in practice, she has over twenty five years of experience as an educator and psychologist, working with children and their families. Her book "Children and Learning Difficulties" is a pioneer work in the field of learning disability in India. Dr. Nakra is currently working as Counselor at the American School of Dubai. She can be contacted at onita.nakra@gmail.com.

Ms. Rebecca Grappo, M.Ed. Certified Educational Planner and educational consultant.

Rebecca (Becky) Grappo, M.Ed., is a Certified Educational Planner and educational consultant. She works with students and families on comprehensive educational planning to include summer programs, boarding schools, career planning and assessment, college/university admissions counseling, and opportunities for special needs kids. Her website is www.rebeccagrappo.com.



Ms. Rebecca Grappo, M.Ed.
Certified Educational Planner and educational consultant,
RNG International Educational Consultants, USA.



Dr. Saliha Afridi, PsyD
Doctorate in Clinical Psychology, Arizona USA,
Licensed Clinical Psychologist in Dubai and USA.

Dr. Saliha Afridi, Master's in Clinical Psychology and graduated with a Doctorate in Clinical Psychology.

Dr. Saliha Afridi, is a licensed clinical psychologist. She completed her undergraduate studies at the University of Michigan, Ann Arbor where she graduated Summa Cum Laude with a double major in Cultural Anthropology and Communications. She continued her graduate studies at Arizona School of Professional Psychology where she received her Master's in Clinical Psychology and graduated with a Doctorate in Clinical Psychology.

Dr. Afridi has worked with individuals of varying cultures, ethnicities, religions, genders, and disabilities. She also has a rich exposure to a multitude of mental health issues including: childhood disorders, ADHD, mood disorders, anxiety disorders, addictions, psychotic disorders, personality disorders, eating disorders, and relationship problems. Her expertises include parent training, psychological and psycho-educational evaluations, as well as psychotherapy for adolescents/ adults and play and activity therapy for children. She has a special interest in parenting training and has created and implemented parenting programs based on Adlerian child guidance principles. Dr. Afridi has a long standing commitment to community outreach and education.

Dr. Kennon Ryder, Marriage and Family Therapist, Professor, Michigan State University, Dubai.

Associate Professor, Family & Child Ecology - MSU Dubai. Will coordinate the Family Community Services Bachelor degree and be responsible for teaching, recruiting, and advising students. Dr. Ryder is a licensed Marriage and Family therapist, having received his MS in Family Relations and his Ph.D. in Human Development and Family Studies from Texas Tech University, Lubbock, Texas. He has previously taught at Zayed University in Dubai.



Dr. Kennon Ryder, Marriage and Family Therapist,
Professor, Michigan State University, Dubai.

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CONFERENCE AGENDA

8:15am

Registration, Continental Breakfast , Networking

9:30-9:45am

Welcome address - Opening Remarks

9:45 - 11:00am

"Balancing Love and Anger: a Parental Dilemma" by Dr. Onita Nakra

- ✓ What triggers anger in a parent and resentment in a child?
- ✓ What triggers off the hidden feelings of frustration that often rise to the surface even in the most loving of parents?
- ✓ How can a parent express anger without hitting and exploding? Who should make up – the parent or the child?
- ✓ Based on the work of Nancy Samalin, this talk examines patterns of communication between parents and children.
- ✓ Parents will look at their own parenting styles – are they brickwall, jellyfish or backbone parents?

Question/Answer

Coffee Break - Networking

11:00-11:15am

11:15-12:30 pm

"Raising Encouraged Children: How to Apply Democratic Parenting Principles" by Dr. Saliha Afridi

- ✓ How can you use foundational parenting skills to increase your confidence as a parent and develop positive relations with your children?
- ✓ What are the social purposes behind all behavior and misbehavior?
- ✓ When children misbehave, which goal are they seeking to fulfill, i.e. power, revenge, attention seeking, or assumed inadequacy?
- ✓ Can you identify, understand, and manage the mistaken goals of your child's misbehavior?
- ✓ There will be discussion about basic parenting skills such as disciplining children through natural and logical consequences; nurturing children using encouragement vs. praise; and understanding how and why to have family meetings.

Question/Answer?

12:30- 1:15 pm

Lunch - Networking

1:15 - 2:30 pm

"How to Get Kids to Think About Tomorrow" by Rebecca Grappo

- ✓ How can parents help children and adolescents to think about the future in a positive way? Time seems unlimited and the future lies over the horizon. But parents know how quickly time flies, and that every day is important in order to be prepared for tomorrow's challenges and opportunities.
- ✓ What is behind drive, motivation, and the lack of motivation?
- ✓ How can children and teens manage stress?
- ✓ How can children and teens balance motivation with the excessive stress that some experience?

Question/Answer

2:30 - 3:30 pm

Interactive Q&A, Panel Discussion

Dr. Onita Nakra, educational psychologist

Dr. Salida Afridi, clinical psychologist

Rebecca Grappo, M.Ed., international educational consultant

Dr. Kennon Ryder, Marriage and Family Therapist, Professor,

Michigan State University, Dubai

Audience will be encouraged to join in a panel discussion about themes that were presented throughout the day.

3:35 pm

End of the program





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Registration Form

Registration fee for 1 day AED 500/-

Group Discounts Available:- 3 - 4 people: 10%, 5 - 7 people: 15%, 8 + people: 20%

Conditions: Group Discounts apply for bookings made simultaneously and on one invoice only

Registration Information	Personal Details	
	Full Name	
	E mail	
	1st Delegates	
	2nd Delegates	
3rd Delegates		
4th Delegates		

Please confirm my registration for the Parenting Conference. Please photocopy this form if more than four delegates.

Authorisation	Authorisation Details:		Please check all that apply:	
	Contact Person Name:	Designation:	Parent	<input type="checkbox"/> Age of your child _____
	Organisation Name:		Grandparent	<input type="checkbox"/> Age of your child _____
	Address:		Foster Parent	<input type="checkbox"/> Age of your child _____
	PO Box:	Tel:	Fax:	Caregiver (Please specify) _____
	Zip Code:	City:	Country:	Educator (Please specify) _____
	Authorised Signature:	Email:		Professional (Please specify) _____
Note: Refreshments & lunches are included. Vegetarian Lunch required? Yes _____	TOTAL AED	<input type="text"/>	Others (Please specify) _____	

You will receive registration confirmation via e-mail. If you do not have e-mail access, we will send by fax or mail
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Please Note: Payment is required prior to attending this event

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Cancellation Policy

If you are unable to attend this event, you may send a substitute delegate in your place at no additional cost. Please advise us of any substitutions as soon as possible. If this is not suitable 20% service charge will be payable. Alternatively, you may transfer your registration to another event. A 10% service fee may apply. Should you wish to cancel your registration, please notify us in writing as soon as possible and a credit note will be issued valid for use towards any future events. A 10% service fee may apply and does not provide refunds for cancellation

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