

# Doug Cochran-Roberts, MA, LPC

## *Counselor, Consultant and Instructor*

Voice Mail: 240-3510  
Email: karidoug@csd1.net

2651 Quinn Court  
Missoula, MT 59804

### Workshops on Relationship, Resiliency, and Responsibility

- *Helping Kids Give Up Their Misbehavior (K-12)*
- *Motivating Kids with Positive Behavior Interventions (K-12)*
- *Discipline with Love and Logic (K-12)*
- *Supporting Disruptive Kids in the Mainstream (K-12)*
- *Building Responsible and Caring Classrooms Through Class Meetings (K-6)*
- *Helping Kids Take Charge of their Challenges (3-12)*
- *Asperger Syndrome and High Functioning Autism (K-6)*
- *Teaming with Parents (K-12)*
- *Discipline with Restorative Justice Practices (K-12)*

### *Workshop participants say:*

- ❖ *"... wonderful presentation. I am excited and motivated to take this back to my school."*
- ❖ *"... has innovative ideas for working with youth, parents and staff."*
- ❖ *"... is well-informed, a dynamic speaker."*
- ❖ *"has pertinent information for today's challenges."*
- ❖ *"... has good practical examples, videotape footage, role plays, demonstrations and handouts."*

### WORKSHOP DESCRIPTIONS

(More on the back)

#### *Helping Kids Give Up Their Misbehavior*

Kids are getting in trouble everyday – on the playground, in the hallway, in the lunchroom and in the classroom. How do educators become motivators and cheerleaders for these kids when limits are set so often? How do they keep from “working too hard” to change the student and, consequently, having negative feelings toward the student? How do they encourage these students to own and solve their problems? This presentation will show how Resiliency approaches and Discipline with Love and Logic help educators feel good about their work with even the most challenged students. Demonstrations and role-plays will show to keep a positive relationship and increase a student’s motivation to solve his problems. Resiliency techniques and Love and Logic’s “5-step Process to Get a Child to Own and Solve Their Problems” will be demonstrated.

### SCHEDULE

Apr 5 + Apr 19: Missoula Youth Homes staff

April 15 and April 26: Guest speaker at UM Advanced Behavior Management course

April 26: Bitterroot Valley Families Expo (Attachment)

May 1: Missoula Headstart – parents workshop

May 13: PLUK telecast (Student-led IEP meetings)

June 21: Great Falls MSDB Parent Weekend

June 17: Bozeman MBI Institute, Early Childhood strand, Circle of Security

August 19-20: Havre Schools educators

**ABOUT DOUG:** Doug is noted for his summer university courses and workshops throughout the state of Montana. He blends cutting edge research with his everyday experience of working with children and youth with very challenging behaviors. His practical examples and demonstrations illustrate a realistic and compassion approach for reaching difficult, troubled kids. He inspires and informs; and audiences give great reviews. He is a father of four grown children – one of who has multiple disabilities - and two grandchildren. He has worked in schools and all grade levels for twenty -two years. He was a therapeutic foster parent for nine years. He is presently a school counselor/psychologist in the Corvallis Schools and has a small private practice in Missoula as a licensed professional counselor.

# WORKSHOP DESCRIPTIONS

**Discipline with Love and Logic** (K-12) Discipline with Love and Logic helps parents and professionals set firm, loving boundaries and avoid control battles while keeping the relationship positive. Kids learn to solve their own problems and turn their mistakes into opportunities increased confidence. This presentation discusses Love and Logic principles and techniques through examples, demonstrations and role-plays.

**Circle of Security and Other Positive Behavior Interventions** (K-12) Motivating some children can be difficult and frustrating. Relationships with these kids are often strained. Rewards and consequences can have little effect. Application of resiliency research, Glasser's Choice Theory and Attachment Theory can begin to turn the corner with a child or youth. This presentation will provide practical, positive interventions and make the relationship better.

**Supporting Disruptive Kids in the Mainstream** (K-6) No self-contained ED room? Is it necessary for some kids? This presentation will provide practical, positive behavioral interventions with concrete examples of how to work with the handful of disruptive students in a building – some who can radically change the climate of a class and a school's playground. The presentation will focus on disciplinary measures, support for the rest of the class, office referrals, control battles, building a relationship, getting the student to own their behavioral challenges, and setting academic and behavioral expectations.

**Responsible Kids and Caring Classrooms Through Class Meetings** (K-6) Class meetings provide students a forum to establish how they want their class to function. Students help create an atmosphere of care and support for one another. They help each other give their best academic effort. Friendships are discussed and strategies are developed and practiced. Students can confront their peers' irresponsible behavior with kindness and support them to become more responsible. This presentation prepares educators to lead class meetings.

**Helping Kids Take Charge of Their Own Challenges** (K-12) Research shows children and teens can take charge of their behavior and learning by setting their own goals and participating in the development of their own programs. This presentation shows professionals how to help kids - as young as 3<sup>rd</sup> grade – develop their own behavioral and academic goals and make a self-efficacy plan with specific goals and strategies. This presentation shows how a student can be prepared in 30-45 minutes to take the lead at his own student assistance meeting or IEP meeting.

**Asperger Syndrome and High Functioning Autism** (K-6) This presentation will help professionals make an early identification of these complex children who often have very unusual behaviors. Practical interventions will include the demystification of syndrome, the teacher's relationship with the child, support for friendships and peer interactions, academic expectations, supports for classroom behavior and work completion, parents and school teaming, and support for the family.

**Teaming with Parents to Help Students with Challenges** (K-12) Sometimes a parent meeting can leave the professional discouraged, angry and even hopeless. We know kids often get better if we can help parents, but it can be tough when emotions are high and blame is laid on the professional or the parent. How do we move to a more calm, rationale interaction and the development of a plan? This presentation will help participants understand parent's reactions, come along side and build a more positive relationship with a parent, and unite to help a kid become more responsible.

**Discipline with Restorative Justice Practices** (K-12) Traditional disciplinary practices for some kids are not effective and, at times, appear to make things worse. Isolation and alienation, lowered self-esteem and even less motivation can result. If discipline is needed, this presentation demonstrates compassionate confrontation, an educational experience, restoration of affected relationships, and a peer support team to help the student improve his behavior and relationships.

For fee information and schedule, contact Doug: (406) 240-3510 or karidoug@csd1.net