



## ***Edina High School – Staff/Parent Presentations***

### **PARENT PRESENTATION SERIES**

***October 7, 2019***

***6:30- 8:00pm***

***Presenter: Rob Rodriguez, MA, LADC, LMFT & Rick Dauer, LADC  
Communication & Conflict Resolution***

Families attempt to resolve conflicts utilizing familiar and comfortable techniques. One common technique is blaming someone else's behavior for how we are feeling. In other words, if they would only "\_\_\_\_\_", then things would be better. What happens in this type of arguing is that the underlying issues are never resolved, and the attempts at resolution create more difficulties. Family members become frustrated at their inability to resolve the conflict and that creates another cycle of blame, anger and frustration. In this session we will explore common themes that cause conflict in families and introduce a simple conflict resolution model. We will then have fun and engaging exercises to show how this model works in everyday examples that families are facing today.

***January 13, 2020***

***6:30 – 8:00pm***

***Presenter: Rob Rodriguez, MA, LADC, LMFT***

***Kids and Screen Time: Tips for how to minimize conflict in your home***

Many parents worry about their child's use of technology and amount of time kids spend glued to screens. New studies link use of screens with developmental and neurological problems in children. Parents often express concerns about how to talk to kids about these risks and about how to set limits without creating unnecessary arguments or conflict. In this session, we will discuss how to balance the positive and negative aspects of technology use. We will explore the risks and signs of compulsive behaviors. We will introduce effective ways of setting boundaries, limits and consequences. This interactive session will incorporate role-playing scenarios to allow participants to practice these concepts.

***February 24, 2020***

***6:30 – 8:00pm***

***Presenter: Rob Rodriguez, MA, LADC, LMFT***

***Building Resilience***

In this session we will explore the importance of self-regulation as an essential part of building resilience. We will help families practice breathing techniques, as well as examine concepts



such as *timing, containment, and emotional processing*. In addition, we will talk about labels and *diagnoses*, examining how they may keep us focused on problems, rather than solutions. We will also share tips for how to maintain our progress in building family resilience in spite of what other families or society at large may be doing.

***April 6, 2020***

***6:30 – 8:00pm***

***Presenter: Rob Rodriguez, MA, LADC, LMFT***

**Understanding the Adolescent Brain: Tools and Tips for Responding to Risky Teen Behavior**

This presentation will explore how experiences and behaviors, along with outside influences, help develop the adolescent brain. Subjects such as “normal” developmental stages, stressors, adverse experiences, risk-taking, and how adolescents go about making choices will be discussed.

There will be a highly interactive activity on communication and boundary skills. We will also offer tips and potential solutions for resolving any presenting problems such as substance use, mental illness, stigma, vaping, etc.