



Drobot Counselling - Presentations

Counselling

Parent Consulting

Education for Parents and Professionals



Patti and Colleen Drobot are registered professional counsellors who specialize in helping parents and professionals make sense of children from a developmental perspective. Faculty of the Neufeld Institute, they have studied with Dr. Gordon Neufeld for many years, and present material based on his life's work.

"Our passion is to support people in finding a path towards healthier sustaining relationships – within the self, between family members, and between parents and their children."

"I've had several parents from our school tell me Colleen and Patti's presentations based on Dr. Neufeld's work have been life transforming for them."

~Al Saugstad

Principal of Island Discovery School





“The public reacted gratefully, soaking in the sisters’ childrearing recommendations and asking multiple questions. In the end of the two-hour presentation, nobody wanted to leave.”

~ The Jewish Tribune



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Cultivating Caring Children

We all want caring and considerate children but there is much confusion about how to raise them. This presentation unravels the mystery by uncovering the developmental roots of these esteemed virtues. What may come as a surprise is the negative effect that some of our prevailing practices in parenting and education have on caring. In this presentation, we suggest how parents can best cultivate these characteristics in children. This presentation is an excellent introduction to the developmental approach to raising children.

Discipline That Doesn't Divide

According to Dr. Gordon Neufeld many of the prevailing discipline practices that parents use today prevent or erode healthy attachment with our children. We will outline seven principles of discipline that promote attachment between the parent and child and that are developmentally appropriate. We can indeed help bring order to our children's behaviour without damaging the relationship. We will give practical suggestions and examples to show how to incorporate them into our daily lives with our children.

Heart Matters Safe-guarding children in today's world

In this presentation parents and professionals will learn why the relationship with our children is the most important factor in their development, and how adults can deepen their attachments with the children in their care. We will cover why children need to keep soft hearts and have their tears, and how we can help them develop resilience and maturity. We will discuss theory and give practical suggestions. This presentation is an excellent introduction to the developmental approach to raising children.



"I was so moved by Patti and Colleen's presentation. I had tears in my eyes several times. I was riveted with the material and found their examples and personal stories helped me greatly to make sense of Dr. Neufeld's terms and concepts. I relayed what I learned to my husband and already it has made a difference in how we are approaching our two young children."

Cultivating Resilience in Children

Humans are some of the most adaptive creatures on the planet. Many of us are able to overcome adversity and find creative solutions to our problems, but unfortunately this is not the case for everyone. Raising resourceful and resilient children has never been more important. Children must face disappointment, loss, and circumstances they cannot change. How can we as parents cultivate resilience so that our children will not only endure these experiences, but will be able to gain strength and confidence in their ability to cope with them? In this presentation, we will uncover the roots of resilience and offer ideas as to how parents can foster this process in their children.

Raising the Sensitive Child

What is sensitivity and how does it manifest in some children? Understanding and recognizing sensitivity is key when a parenting or teaching a sensitive child. If misunderstood, these children are at risk for behavioural problems and failure to mature. Through years of study and personal experience, we will help make sense of the sensitive child. We will share our own challenges and discuss what the parent/teacher role is in helping the sensitive child to mature and realize his or her developmental potential. Within this session, we will cover topic such as attachment, discipline and the risks involved when these children are misunderstood and treated with behavioural techniques.

Who's in Charge? The Importance of Parenting From the Alpha Position

When your child is in charge of the relationship or tries to take the lead and dominate, many problems can manifest in varying ways, such as: anxiety, clinginess, constant pursuit of your attention, unable to hear 'no', refusal to follow directions or listen to you, bossiness, bullying, aggression/frustration, and behaviour or discipline problems. This workshop is excellent for anyone who wants to learn more about being in charge of the relationship with their children so their children can rest in their care, and therefore grow and realize their potential. In this workshop we will discuss why it is so important that we are in "right relationship" with our children, how inviting dependence brings our children to rest and can allow the brain to grow and mature, and how we can take charge and be the parent our children need us to be. There are many subtle ways we can lose the 'alpha position'. We will discuss how to identify when we are not in charge and how we can get there.



Bullies Their Making and Unmaking

The bully is an enigma. Because of this, we mistakenly project strength where there is fragility, attribute intention where there is instinct, and assume choice where there is drive. Because of common misperceptions, we proceed to battle against the symptoms, hardening the very syndrome we wish to confront. We cannot effectively address a problem we do not understand. We will trace the syndrome to its roots and pave the way for change that is deep and lasting.



" My husband attended your presentation because I couldn't go ...he was resistant and didn't think he would get anything out of it. But he loved what he heard from you and your sister. He came back and has already started relating to our children in a different way and we can already see the difference."

Sibling Rivalry

Conflict between siblings can be a natural occurrence, but one that often drives parents crazy. Competition between siblings close in age can be exasperating. Witnessing one child verbally or physically attack their sibling can be very challenging and often leaves parents at a loss as to what to do. Using the approach of developmental psychologist Dr. Gordon Neufeld, we will help make sense of the roots of aggression and impulsivity in our children and why sibling conflict is so prevalent. They will offer suggestions about handling incidences as well as cultivating caring behaviour between siblings. We will provide examples, stories, and opportunities for questions and answers to help bring their suggestions into everyday life with your children.



"I was at your presentation last night and I have to say that I was blown away. I have read Dr. Neufeld's books (Hold on to your kids) and I really appreciate his approaches. I have tried to apply as much as I can to my parenting, but still am missing the mark on some issues. That's where you come in. You and your sister were very clear, present and inspiring. It was so fun...I was there with my husband...who NEVER talks about this stuff. I was worried my husband would tune out, but he really GOT it too! I am thankful that we have this experience. When some parenting "issue" arises now, I can refer to your talk."

You're Not the Boss of Me Understanding Defiance and Cultivating Cooperation



Children are naturally inclined to resist and oppose when feeling pressed upon or controlled. Although the reaction is quite normal and even healthy in certain circumstances, its manifestations and impact can be highly disruptive, making life difficult for parents and teachers. We will discuss the meaning of this deep-rooted instinct and the dynamics that control its existence and expression. We will provide strategies to help adults reduce the effects of oppositional behaviour and deepen attachment and cooperation with children and youth.



“ I cannot thank you enough for the insight that you gave me during your talk. I think I learnt more sitting there in an hour and a half than I did in 10 years of university!”

Making Sense of Young Children

In this workshop we will provide insight into the inner world of young children. We will help make sense of their shyness, separation anxieties, aggression, resistance, oppositionality and more. Making sense of this confusing, yet wondrous time in a child's life, lays the foundation for intuitive and fruitful interaction with them. In this workshop we will explore: the developmental characteristics of young children, how to cultivate a deep attachment and deal with separation anxiety, why young children are impulsive or often resist our direction, why young children can be aggressive and how we can help them adapt to what they cannot change which cultivates resilience, why today's discipline practices recommended to parents can actually harm the relationship and healthy development, and what are safe alternatives to disciplining young children.





Making Sense of Adolescence

Crossing the bridge from childhood to adulthood has never been so daunting. An adolescent is neither child nor adult and therein lies the turbulence, the confusion and the difficulty. The challenge for parents is neither to treat teens as though they were children nor to retreat from them as though they were adults. In this presentation, we will highlight the significant changes that occur during adolescence, what nature's purpose is for these changes, how to make sense of behaviour, and how parents can deepen attachment with their teens to help them mature into adulthood.

Understanding Teen Resistance and Oppositionality

Adolescents are naturally inclined to resist and oppose when feeling pressed upon or controlled. Although the reaction is quite normal, and even healthy in certain circumstances, its manifestations and impact can be highly disruptive and disturbing, making life difficult for parents. Resistance can take many forms: disobedience, rebellion, passivity, noncompliance, disrespect, nonconformity, belligerence, and even antisocial attitudes and actions. In this presentation we will outline the meaning of this deep-rooted instinct as well as the dynamics that control its existence and expression. We will introduce strategies for how to handle this misunderstood and troublesome reaction in our adolescents.

"Thank you for your warm, humor, and willingness to share your struggles as well as your successes. You are an inspiration!"

Making Sense of Children

How educators can help support students to realize their full potential

Teaching is getting harder, not easier. This despite the fact that teachers have never been more educated, technology has never been more advanced, curriculum has never been so refined and pedagogy has never been so honed. Although these factors are important, the true problem in schooling lies elsewhere. Developmental psychologist, Dr. Gordon Neufeld has been joining the dots for over 35 years and has concluded that the power to teach is being eroded in today's society. Using Dr. Neufeld's approach, Colleen Drobot will discuss how educators can help children realize their potential through the power of relationship.

In this presentation Colleen will discuss:

- three developmental processes that must occur for children to:
 - have impulse control
 - be socially responsible
 - learn from their mistakes
 - be able to hear "no"
 - manage their frustration without erupting into aggression
 - take others into consideration
 - venture forth from a place of passion and interest
 - become more independent in their learning
- why some children are not maturing and not developing in ways that lead to growth and learning
- what educators can do to pave the way for positive change
- what disciplinary approaches protect the teacher/ student relationship while maintaining order in the classroom and school
- how to create a safe classroom environment for all and help promote these developmental processes in their students through the relationship

Colleen's presentation will include strategies, stories, and examples drawn from her many years as an educator, family therapist, and parent of two children.



About Colleen and Patti



Colleen Drobot

*B.Ed., Dip. Of Special Education
Registered Professional Counsellor (RPC)
Faculty, Neufeld Institute*

Colleen Drobot is a registered professional counsellor and parent consultant with a private practice in West Vancouver. She works with individuals, families, and adolescents. She is also an educator with the Coquitlam School District and has 20 years experience working with children in the regular classroom or in special needs settings. She is a faculty member of the Neufeld Institute and has worked with Dr. Neufeld's approach for eight years. Colleen is a mother of two and draws from her personal as well as professional experience to support parents and professionals in gaining insight, opening their hearts.

Patti Drobot

*B.Sc. O.T.
Registered Professional Counsellor (RPC)
Faculty, Neufeld Institute*

Patti Drobot is a registered professional counsellor and parent consultant with a private practice in Vancouver. She works with individuals, couples, parents, and adolescents. Her background is in occupational therapy with more than 20 years experience as both clinician and educator in the areas of neurology, psychiatry, and community mental health. She is a faculty member of the Neufeld Institute and uses Dr. Neufeld's approach in her day to day life as both mother and professional.



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