



# 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, between teachers and students, and between parents and their children."*

***"I've had several people 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***



## **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 and Patti 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

This presentation will include strategies, stories, and examples to help educators in and out of the classroom.





***“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***

## **Heart Matters Safe-guarding children in today’s world**

In this presentation professionals will learn why the relationship with our students 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.



## **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 educators can best cultivate these characteristics in children.

## **Discipline That Doesn’t Divide**

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

## **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.



## **Cultivating Resilience in Children and Youth**

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 students has never been more important. Children must face disappointment, loss, and circumstances they cannot change. How can we as parents and educators cultivate resilience so that 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 we can foster this process in children.

## **You`re Not the Boss of Me Understanding Defiant Behaviour and Cultivating Cooperation in the Classroom**

Children and 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, making life difficult for teachers and parents. It can create significant challenges for teachers in both the learning and behavioural spheres. 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 behavior and deepen attachment and cooperation with children and youth in and out of the classroom.



## Supporting 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.



***“ 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 and educators 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 and educators 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 educators can deepen attachment with teens to help them learn and 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 teachers and 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 adolescents.

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

For more information or to book a presentation contact us.

Colleen at [cmdrobot@shaw.ca](mailto:cmdrobot@shaw.ca)  
or  
Patti at [pdrobot@shaw.ca](mailto:pdrobot@shaw.ca)

[www.drobotcounselling.com](http://www.drobotcounselling.com)

*"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."*



*"As teachers we are constantly challenged to engage our student's minds in learning and to gain respect as their leaders within the community. Colleen and Patti remind us that without a connection to their hearts, in warm and vibrant relationship, we are limited in our power to lead, mentor and inspire our students. The Drobot team is a formidable resource for parents and teachers alike, calling us back to what we know intuitively matters, and giving us the courage to make that our aim."*

**Kirsten Bowles**  
Counsellor at West Point Grey Academy



## 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.

