

Schedule and Course Descriptions	
Time	Session Title and Description
8:30 – 8:50	<p>Check-in and Continental Breakfast Middle School Entrance to Main Bldg.</p>
9:00 – 9:40	<p>Welcome and Introduction Doug Lenzini, Carl Sabatino, and Ellen Rosen (High School Hallway – 2nd floor)</p> <p>Keynote Rita Eichenstein, Ph.D.</p> <p>PARENTING RESILIENCE IN THE AGE OF NEURODIVERSITY</p> <div style="text-align: center;">  </div> <p>While neurodiversity is becoming more accepted as a natural part of human variation, parents continue to face the challenges of raising children who learn, process and behave differently. Prepare to deep dive into the parent brain to understand how your brain evolves to keep up with the challenge and how to cultivate a higher level resilience and optimism.</p>
Session #1 – (Choose 1 workshop from below for this session)	
9:45 - 10:45	<p>1. The Bright Brain 2.0: Understanding the Latest Neuroscience of Giftedness Nicole Tetreault, Ph.D. (Rm 109)</p> <p>Originating with a unique neuroanatomy and physiology, gifted people perceive and respond to the world differently, experiencing heightened emotional, sensory, motor, imaginal, and intellectual processing. Recent studies report that high IQ individuals are also at risk for psychological and physiological conditions. These studies join a growing body of scientific evidence providing guidance for gifted individuals to live a good life based on an accurate understanding of their greater capacity to take in the world based upon their uniquely expanded and elevated neuroanatomical and physiological systems. Participants will learn how our brains are as unique as a fingerprint, and how gifted experiences may be intense because we are simply “hard-wired” differently! “Gifted” are not better, not worse, but neurodiverse.</p> <p>This talk opens a discussion based on accurate information and appropriate language that engenders compassion for the gifted experience. Understanding of the gifted experience through science we can learn to support the lives of gifted people as empowered advocates owning their voices and stories and engaging in a global dialogue.</p>

9:45 - 10:45	<p>2. Screens and Teens: Video Games, Social Media, and Other Electronics Obsessions. Kent Toussaint, M.A. L.M.F.T. L.P.C.C. (Rm 116)</p> <p>This session will address the profound allure and the risks of video games and social media. We go into how to set appropriate boundaries around screens along with developing alternative activities that may generate more healthy family and social interaction.</p>
9:45 - 10:45	<p>3. Using Positive Education to Cultivate Resilience, Well-Being, and Creativity in All Students. Scott Barry Kaufman, Ph.D. (Community Rm)</p> <p>Scott Barry Kaufman will share some of the wisdom and insights of his unique research in the realm of positive psychology and how this perspective can nurture many illusive traits through education. Learn the importance of imaginative play, daydreaming, mindfulness and sensitivity, and how these attributes can help to turn adversity into advantage.</p>
9:45 - 10:45	<p>4. Transitioning 2E Students from High School to Young Adulthood: Building a Plan. Dan Greenwood, Ph.D. & Beth Greenwood (Rm 104)</p> <p>Transitioning from high school to young adulthood is one of the most important milestones in a person’s life. This presentation will help frame the transition and highlight all of the decisions and ways an emerging 2E young adult can be supported to help facilitate this important moment in their life. We will discuss how to identify future career directions that are in keeping with their abilities, interests, values, and personalities. These career directions should inform their next educational and experiential decisions. We will look at the different types of educational options and support services that are available and discuss how to think about formulating a plan to create the highest likelihood of success during this transition.</p>
9:45 - 10:45	<p>5. Parenting Roles and 2e Children: Keeping the Light in Their Eyes Ellen Rosen, JD & Robin Schader, Ph.D. (Rm 115)</p> <p>As subjective as it may seem, you can spot engaged and happy learners by their “Eye-Q,” especially with twice-exceptional learners. We’ll talk about ways to recognize, respect, and retain (or re-engage) excitement for learning. This session will highlight parent and teacher roles that support cognitive, social, and emotional growth for talent development.</p>
10:45 - 11:00	<p>Short Break before Session #2. (Choose 1 from below)</p>
11:00 - 12:00	<p>1. Mindful Parenting - How to Parent from a Place of Ease, Resiliency, and Inner Calm. Laurie Cousins. (Community Room)</p> <p>In this workshop, participants will learn about secular mindfulness, understanding behavior from a neurobiological lens, and how to cultivate more connection from a place of presence versus disconnection from being in a state of overwhelm and reactivity.</p>

11:00 - 12:00	<p>2. Panel: Twice Exceptional Young People and Their Stories Moderator: Anna Shaerf, MS. (Room 109) Panel: Amy Faigan, Max Goldberg, Cameron LaBonge, Liza Esposito</p> <p>Hear both current students and alumni of Bridges tell the stories of their journeys and growth throughout their childhood to young adulthood. Each represents a different perspective, yet all have much in common. Each story inspires in its own way.</p>
11:00 - 12:00	<p>3. Conflict Resolution for Parents -- Without the Conflict Hank Nicols, MS (Rm 104)</p> <p>The best kind of conflict is that which is resolved before it escalates to the point where conflict resolution skills become necessary. In this interactive session we will explore the two most important skills necessary to resolve conflicts early and fairly AND so to avoid future conflicts. We will focus on listening and telling. How to listen to what the other person needs and how to tell what we need. Almost everyone seeks to follow Hank's Law. That is to act in their own best interest. We will focus on how to make the resolution of a conflict in each person's best interest.</p>
11:00 - 12:00	<p>4. Who is this Crazy Person Masquerading as My Teenager? Kent Troussaint, M.A. L.M.F.T. L.P.C.C. (Rm 116)</p> <p>This session will discuss the changes in adolescent brains in regard to impulsiveness, lack of perspective and the yearning for novelty and connection during this life changing transition. We will talk about the importance of and how to nurture better understanding and empathy between kids and parents and how that helps to promote more cooperation within the family as a whole.</p>
11:00 - 12:00	<p>5. The Food Dilemma: The Links between Food, Inflammation, and Autoimmunity in 2e Children. Joan Cass (Rm 103) Nutritional deficiencies are often overlooked in the diagnosis and treatment of 2e children. However, the standard American diet is leading to an increase in these deficiencies, which in turn leads to an increase in inflammation and problems among exceptional children. In this workshop, we will explore many of the cause of these deficiencies such as diet, environmental exposure, and dehydration. However, the good news is that these nutritional deficiencies can be remedied using several techniques leading to a happier, healthier life.</p>
12:00 - 1:00	Box LUNCH with Board Members

1:00 - 2:00	<p>1. An Author's Interview with Dewey Rosetti. Interviewer: Robin Schader, Author: Dewey Rosetti. (Rm 115)</p> <p>Dewey Rosetti, author of <i>Parenting Bright Kids Who Struggle in School</i>, will chat with Board member Robin Schader to answer frequently asked questions by parents of 2e children. Rosetti's book builds upon Harvard professor Todd Rose's research in the "Science of Individuality" in which an individual's unique profile of strengths and weaknesses is leveraged in order to help him or her live a fulfilling, successful life. Drawing from her own experience as a parent of a child with learning differences, who is now a highly successful adult -- Rosetti addresses clear lessons from a quarter century of advocating for kids who learn differently. This informal interview will invite questions from session participants as well.</p>
1:00 - 2:00	<p>2. Decision Making through Creative Problem Solving: Expanding Options Susan Baum (Rm 103)</p> <p>2e Kids often have trouble making decisions or choosing among different options. Creative Problems Solving (CPS) is an effective 6 step approach used professionally and in daily life to generate ideas and systematically evaluate options. Learn how to use this model as we work together to creatively solve a problem.</p>
1:00 - 2:00	<p>3. Conflict Resolution for Parents -- Without the Conflict (repeat of morning session). Hank Nicols, MS. (Rm 104)</p> <p>The best kind of conflict is that which is resolved before it escalates to the point where conflict resolution skills become necessary. In this interactive session we will explore the two most important skills necessary to resolve conflicts early and fairly AND so to avoid future conflicts. We will focus on listening and telling. How to listen to what the other person needs and how to tell what we need. Almost everyone seeks to follow Hank's Law. That is to act in their own best interest. We will focus on how to make the resolution of a conflict in each person's best interest.</p>
1:00 - 2:00	<p>4. Introduction to SENG Parent Workshops Caroline Lubbe, JD; Kasi Peters, MT, BC; Adriane Ranson, MA, OTR/L, SWC (Rm 109)</p> <p>Learn what the Jim Webb founded organization SENG (Supporting Emotional Needs of the Gifted) has to offer parents during its eight-week training session. This program has been a lifeline to parents of newly diagnosed 2e children, as well as those who have been living with the unique challenges these children present. The presenters, trained facilitators of SENG parent workshops, will be introducing topics of the workshop sessions that will be offered during the spring including sessions on anxiety, relationships, and more.</p>

1:00 - 2:00	<p>5. Panel: The Ages of 18-25. Moderator: Carl Sabatino Panel: Kim Miller, Ph.D.; Eileen Brennan JD, RN; Kim Vargas MS; Ellen Rosen JD (Community Rm)</p> <p>This panel of parents and professionals will be led by Bridges Head of School to discuss life after Bridges and the unique developmental trajectory of twice exceptional young people into adulthood. The panel consists of Bridges professionals and parents of former Bridges students. Their insights will give a view of the challenges of 2e students as they leave Bridges, as well as a road map to help parents to guide their young adult into more independence and a successful life.</p>
2:00 - 2:15	Break
2:15 - 3:00	<p>Remarks and Introduction to Keynote Speaker Hank Nicols, Dean of Graduate School. (HS Hallway)</p> <p>Closing Keynote: General Intelligence vs. Personal Intelligence: Why This Difference Matters. Scott Barry Kaufman, Ph.D.</p> <div data-bbox="391 846 1482 1123" style="text-align: center;">  </div> <p>Scott will explore some theories of intelligence, and through a sharing of his personal journey reveal how a multifaceted understanding of intelligence can make a difference.</p>
3:00-3:30	<p>Graduation Ceremony: Hank Nicols, Susan Baum</p> <p>Congratulate, Refresh, Mingle</p>

Speakers Biographies

Susan Baum, Ph.D. Director of the Bridges 2e Center for Research and professional Development has published a multitude of books, chapters, and articles about twice-exceptional students. She served on the Board of Directors of the National Association of Gifted Underachieving Students (AEGUS)

Eileen Brennan, J.D., R.N., worked for 12 years in the ICU at Santa Monica Hospital specializing in medical trauma, neurology, and respiratory illnesses, and then practiced health law. She has a passionate interest in understanding and advocating for the academic needs of 2e students. From 2001-2008 she served in a number of capacities on the Board of Trustees of Bridges Academy, from chair of the Development Committee to co-chair of the Board. Her son, Griffin, attended Bridges from 2001-2008.

Joan Cass is an Innovative Nutrition Consultant with certificates in the fields of Neuro & Gastrointestinal Inflammation and Autoimmune Clinical Strategies from the Kharrazian Institute. In addition, she has earned certificates in Functional Nutrition and Trauma Parenting. She is a member of the National

Association of Nutrition Professionals, American College of Nutrition, Bio-Individual Nutrition Institute and the Anxiety Nutrition Institute. Her continuing education includes board certification in nutrition and functional medicine. She possesses a gift for connecting the dots of gifted/2e children in a way that conventional methods often cannot by filling in the gaps between traditional and holistic medicine. She provides a simplified support for the overwhelmed while integrating functional nutrition, diet & lifestyle awareness. She has been blazing this trail, while homeschooling her sixteen-year old 2e son. Joan can be reached at 2e Kids Revealing Root Causes, at joancass.com and joancass.2efxrootcauses@gmail.com

Laurie Cousins is a mindfulness teacher, trauma-informed non-violent parent educator and motivational speaker. She has extensive education and training through the mindful centers of UCLA & UCSD. Laurie enjoys being a lead teacher for Susan Kaiser Greenland's Inner Kids curriculum and brings mindfulness into schools for students, parents, and faculty throughout the Los Angeles area. She is on the clinical team of Hope Integrative Psychiatry where she has a private practice and counsels youth, adults, and families through a holistic model rooted in wisdom traditions, neuroscience, mindfulness and resiliency.

Rita Eichenstein, Ph.D. is a noted neuropsychologist and author of the award-winning book: *Not What I Expected: Help and Hope for Parents of Atypical Children.* Through her over 25 years of practice and research into evolving neuroscience, she is devoted to the aspirational goal that every family will have the tools to guide their children to become their best selves. She is in clinical practice at Cedars-Sinai where she has served both atypical children of all ages, and their parents, for over 25 years. With this busy schedule, Dr Rita still makes sure she takes enough time for yoga, beach meditation, friendships and dog walking. She is a mother to 3 kids, and a grandmother of two.

Amy Faigin is a Neurodivergent Educator, Advocate and Individual. She works at Bridges Academy, along with the Ed Asner Family Center, to meet the needs of a variety of neurodiverse students. She is presently enrolled in the Bridges Graduate School of Cognitive Diversity in Education, pursuing an M.Ed. As an autistic adult, she has unique insights into the 2e experience, which allows her to effectively communicate with her students and their families. She sees the future developing at Bridges Academy, and she believes it is a bright one.

Dr. Dan Greenwood and Beth Greenwood are career and educational counselors with over 30 years experience each. Dr. Greenwood has been a Head of School and Mrs. Greenwood a Director of Admissions at prestigious independent schools. As career counselors they help students identify their long-term career goals using the Greenwood System and develop an educational plan to help them achieve their goals. Dr. Greenwood has his doctorate in education from the University of Virginia and Mrs. Greenwood is a graduate of Bates College and holds a certificate in College Counseling from UCLA. The Greenwoods also train other counselors and programs in the use of the Greenwood System.

Scott Barry Kaufman, Ph.D., is a humanistic scientist interested in the development of intelligence, creativity, and personality. He applies a variety of perspectives to come to a richer understanding and appreciation of all kinds of minds and ways of self-actualizing. He has taught at Columbia University, the University of Pennsylvania, NYU and elsewhere. He received his Ph.D. in cognitive psychology from Yale University, and an M.Phil. in experimental psychology from the University of Cambridge. Barry is also Director of Research at the 2e Center, Bridges Academy. His writing has appeared in *The Atlantic* and *Harvard Business Review*, and his books include *Ungifted*, *Wired to Create* (with Carolyn Gregoire), and, as editor, *Twice Exceptional* and, as co-editor, *The Cambridge Handbook of Intelligence*. In 2015, he was named one of "50 Groundbreaking Scientists who are changing the way we see the world" by *Business Insider*. His latest book, *Transcend*, will be out in early spring.

Doug Lenzini has served as Director of Admissions at Bridges Academy since 2001. For several years, Doug was Director of the Theatre of Arts, Los Angeles' oldest school for the performing arts. He spent the first decade of his career as a journalist, working in virtually every medium—newspaper, magazine, wire service, advertising, marketing, and public relations and has also worked as a professional actor, writer, producer, and director in film, television, radio, commercials, and industrial films.

Kim Miller, Ph.D., is an educator, researcher, and 2e parent. After receiving her Ph.D. from UCLA, she taught at CSUN and SCUSB. She has worked in the field for over 25 years and is currently a teacher and administrator at Bridges.

Henry (Hank) Nicols, MS, is the Dean of the Bridges Graduate School. He has taught Conflict Resolution to Graduate students and others in an international program in more than 60 countries. He has a background in social and emotional research and has received two U.S. Department, Office of Overseas Schools, grants to develop materials for International Schools. He is a former college professor, hospital administrator, and a retired investigator and police chief. He is also a parent and a grandparent.

Ellen Rosen, JD, chair of Bridges Board of Trustees, was associated with the law firm of Simke Chodos in Los Angeles where she practiced in commercial and business litigation. Prior to her tenure at Simke Chodos, she practiced business, real estate, municipal and governmental law in Pennsylvania. She currently is a professional photographer who specializes in portraiture. Ellen is married to Martin Rosen and they have three children, one of whom graduated from Bridges Academy.

Dewey Rosetti is the cofounder of Parents Education Network (PEN), which aims to educate parents and teachers on the latest and most effective methods for helping children with learning differences succeed in school and in life. After more than 25 years of experience as an advocate for individualized learning techniques, Dewey partnered with Harvard professor and best-selling author Todd Rose to bring his revolutionary research in the "Science of Individuality" to parenting kids who learn differently. Her book, *Parenting Bright Kids Who Struggle in School: A Strength Based Approach to Helping Your Child Thrive and Succeed*, will be coming out May 1, 2020 published by Prufrock Press.

Robin Schader, Ph.D., is a trustee of Bridges and also serves on the 2e Center Advisory Board. Her work and research focus on talent development, particularly with respect to the role of parents. Robin was Parent Resource Specialist for the National Association for Gifted Children (NAGC) for ten years.

Anna Schaerf, MS, is Director of Guidance at Bridges. She received her certificate of college counseling from UCLA, Master's in Counseling from Northridge, and will be receiving her Psy.D. this year. She had twenty years of experience in the field of twice exceptionality as well as 11 years of work in college counseling.

Nicole Tetreault, Ph.D. is a neuroscientist, author, meditation teacher, and international speaker on topics of neurodiversity, neurodevelopment, creativity, mental health, and wellness. Dr. Tetreault received her PhD from California Institute of Technology (Caltech) in biology specializing in neurodevelopment and neurodegenerative disorders. As the founder of [Awesome Neuroscience](#), she is dedicated to translating the most promising neuroscience and positive psychology for individuals to live their best life. Dr. Tetreault has authored and co-authored numerous academic papers on intelligence, autism, brain evolution, neuroanatomy, neuroinflammation, brain development, and behavior in journals such as Trends in Cognitive Neuroscience, Annals in New York Academy of Sciences, European Journal of Neuroscience, and Intelligence. Her science writings can be found in 2e Newsletter, Variations Magazine, SENG Newsletter, Gifted Unlimited, and Great Potential Press. Television credits include guest appearances on Addiction Unplugged on A&E and 100 Humans, a Netflix Original Series. As a Milton and Rosalind Chang Career Exploration Prize recipient from Caltech, Dr. Tetreault is creating Beyond the Cell, a transformative program to rehabilitate incarcerated women through teaching guided meditation, neuroscience, literature, and expressive writing to cultivate positive neural, mental, and behavioral patterns for healing. Beyond the Cell was inspired by [PEN America's](#) free expression mission, and the organization's work with incarcerated people. Her forthcoming [book](#), *Insight into a Bright Mind*, explores groundbreaking research examining the experiences of unique, creative, and intense brains through interviews, storytelling, and literary science, while advocating for new directions and dialogue of human and neurodiversity. For more about Nicole, please visit nicoletetreault.com.

Kent Toussaint, M.A. L.M.F.T. L.P.C.C., is a Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor. He is the Founder and Clinical Director of Teen Therapy Center in Woodland Hills where he specializes in helping kids, teens and families live happier lives. Over the years, Kent has trained many therapists in compassionately and effectively working therapeutically with youth and their parents. Kent can often be found presenting at local parent organizations in Los Angeles about various parenting topics along with a Facebook Live vlog called, *Tips on Teens @TeenTherapyCenter* where he answers parenting questions every Wednesday at 12 p.m.

You may also recognize Kent from previous monthly segment on CBS Morning News called, Ask Kent from 2017 – 2018. For the past year, Kent has led the way in launching a non-profit training site for pre-licensed therapists called, *Child & Teen Counseling* that offers lower cost treatment to the west San Fernando Valley community. For more information, please visit www.TeenTherapyCenter.com and www.ChildTeenCounseling.org.

Kim Vargas, MS, received her bachelor's degree from USC Rossier School of Education. She began her teaching career as a bilingual first grade teacher before leaving to complete her master's degree in Special Education for the Gifted and Talented as well as a special education teaching credential for learning disabilities. In addition to her work in admissions and outreach, she is the site administrator for the 2e Center. Her son, Douglas, is a 2011 graduate of Bridges.