

OUTLINE

What is the 1-2-3 Magic System?

Raise emotionally intelligent kids  
Excellent preventive mental health  
Avoid The Dangerous Assumption about children  
Link between child discipline and marital satisfaction

The Neuroscience Behind the Success of 1-2-3 Magic

Research supporting 1-2-3 Magic  
Cognitive restructuring  
Simplicity and rapid, substantial results reinforce compliance  
The neuroscience of kids' self-control  
Unique behavior management technology

Building a Solid Foundation for Parenting

Automatic vs. deliberate parenting  
Three crucial components for happy, healthy kids  
The two biggest discipline mistakes

Controlling Obnoxious Behavior

Counting – it's simple but not easy!  
Techniques for problem situations  
Strategies to overcome sibling rivalry, tantrums, pouting and lying  
How to get kids onboard

Identify & Manage the 6 Types of Testing and Manipulation

Badgering  
Temper  
Threat  
Martyrdom  
Butter Up  
Physical Tactics

Encourage Good Behavior

Positive routines and brain pathways  
Up and out in the morning  
Cleaning up and chores  
Suppertime  
Homework  
Going to bed—and staying there!

Strengthening Parent/Child Relationships

Sympathetic listening and emotional attachment  
The dangers of over-parenting  
Real magic: One-on-one fun  
Solve problems together  
Human bonding, human brains, and child discipline

Training Problems

The No-Talking, No-Emotion rules and slipping  
Involve other caretakers  
Pre- and post-testing  
Counting start behavior  
Overfocus on counting  
Omitting relationship strengthening  
Differential diagnosis and special needs kids


OBJECTIVES

- Adapt the three fundamental parenting jobs for practical use in session.
- Demonstrate one simple method to get children to stop obnoxious behavior and improve client level of functioning.
- Articulate seven tactics for encouraging good behavior for purposes of client psychoeducation.
- Implement four strategies for strengthening parent/child relationships as they relate to clinical practice.
- Identify the Six Types of Testing and Manipulation to inform the clinician's choice of treatment interventions.
- Determine how to apply 1-2-3 Magic to clients with different diagnoses and special needs.

Target Audience:

Counselors • Social Workers • Psychologists • Marriage & Family Therapists • Case Managers • Educators • Nurses  
School Administrators • Occupational Therapists  
Occupational Therapy Assistants • Other Helping Professionals who Work with Children

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**1-2-3 MAGIC**

**3-STEP DISCIPLINE FOR CALM,  
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**SILVER SPRING, MD**

Monday, January 20, 2020

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Monday, January 20, 2020

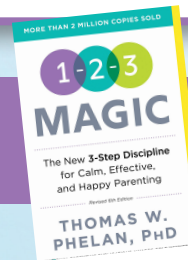
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**1-2-3 MAGIC**

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EFFECTIVE & HAPPY PARENTING**

**BECOME A CERTIFIED  
1-2-3 MAGIC TRAINER® TODAY!**



Featuring, **Thomas W. Phelan, PhD**, author of numerous books including, *1-2-3 Magic: 3-Step Discipline for Calm, Effective and Happy Parenting*

- Become the go-to therapist parents can count on for practical discipline techniques that work
- Help clients avoid power struggles, improve communication, and reduce parental stress
- Discover the secret to successfully use counting as a powerful tool to improve even the most difficult behaviors

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1-2-3

MAGIC

3-STEP DISCIPLINE  
FOR CALM, EFFECTIVE  
& HAPPY PARENTING

BECOME A CERTIFIED 1-2-3 MAGIC TRAINER TODAY!

parents. Clients wind up stuck in a cycle where ineffective parenting methods exacerbate behavior problems and the parent has no idea what to do.

Join clinical psychologist and parenting expert, Thomas Phelan, PhD, as he teaches you how to incorporate *1-2-3 Magic* (2 million copies sold) with even your most difficult families. This evidence-based, easy-to-learn method transforms difficult behavior and revolutionizes your treatment plans.

Imagine the feeling of success when that frustrated parent returns and tells you that what used to be an hour-long argument with their child is now a problem solved within 30 seconds! Or that exhausted parent is now more energized because bedtime is no longer a struggle.

The formula for this success is straightforward: The plan is simple, it's easy to learn, and it works. Don't let the frustration, anger, and stress continue any longer for your clients - Sign up to become a *Certified 1-2-3 Magic Trainer*® today!

## SPEAKER

**Thomas W. Phelan, Ph.D.,** is the author of numerous books, DVDs and audios including *1-2-3: Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting*, the *1-2-3 Magic Workbook*, *1-2-3 Magic in the Classroom*, *All About ADHD* and *1-2-3 Magic Teen*. In addition to writing and producing, Dr. Phelan maintains an active schedule of international lectures, and he is a frequent guest on radio and television. His articles appear in numerous regional and national publications.

A registered clinical psychologist, Dr. Phelan has worked with children, adults and families for over 40 years. He is a member of the American Psychological Association and the Illinois Psychological Association. He has also served on the boards of directors for both ADDA and CHADD, two national organizations for the parents of children with ADHD. Dr. Phelan was inducted into the CHADD Hall of Fame in 1997. His books have been translated into 25 languages.

Dr. Phelan has given more than 1,500 1-2-3 Magic seminars to parents, teachers, hospitals, support groups, mental health professionals, pediatricians, military installations and child psychiatrists. 1-2-3 Magic addresses child behavior management in a way that is practical, entertaining, and down-to-earth. 1-2-3 Magic is often referred to as a humorous look at parenting and a serious look at discipline.

### Speaker Disclosures:

Financial: Thomas Phelan maintains a private practice. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Thomas Phelan is a member of the American Psychological Association; and the Illinois Psychological Association.

### Live Seminar & Webcast Schedule (Times listed in Eastern)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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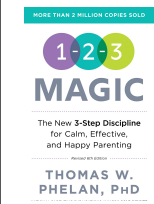
"My child is out of control and never listens to anything I say"

"I've tried yelling, timeouts, that counting thing, and nothing works with my child"

"I'm so exhausted I don't even know where to start with my child's misbehavior"

How often do you hear complaints like this from a frustrated parent in your office? Stress from dealing with behavior problems related to ADHD, Autism spectrum, or ODD can aggravate depression, anxiety, impulse control disorders, marital discord, substance abuse, and a host of other psychological problems in

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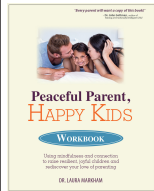
#### 1-2-3 Magic

*3-Step Discipline for Calm, Effective, and Happy Parenting (6th Edition)*

By Thomas W. Phelan, Ph.D., [Your Speaker](#)

1-2-3 Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting provides easy-to-learn parenting techniques and practical advice for parents of children ages 2-12.

This award-winning, bestselling book in a new edition, is now even easier to use with an updated internal design that is user-friendly and has more visual interest. The 6th Edition is more engaging and browse-able for the reader. We've also added a handy new index.



#### Peaceful Parent, Happy Kids Workbook

*Using Mindfulness and Connection to Raise Resilient, Joyful Children and Rediscover Your Love of Parenting*

By Laura Markham, Ph.D.

Experience a happier family life, with a lot less drama and a lot more love! In her groundbreaking guide *Peaceful Parent, Happy Kids*, Dr. Laura Markham helped millions of parents better understand their children and their own emotions, so they could parent in a more empathetic and emotionally connected way. Now, parents can take Dr. Markham's simple yet transformative approach even deeper-with this personalized, interactive and practice-filled companion workbook.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



### Live Webcast Details and Live Webcast Continuing Education Credit Information

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*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

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**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MARYLAND COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



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**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

Questions? Call customer service at **800-844-8260**

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### WALK-INS

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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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☐ **\$24.99\*** *Peaceful Parent, Happy Kids Workbook*

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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