

Dr. Ron

CLAVIER

Neuroscientist, Clinician, Author, Educator

The Teenage Years

Presentations For and About Adolescents



Table of Contents

Table of Contents

About Dr. Clavier.....	3
Neuroscientist and Clinician.....	4
Author and Educator.....	5
Speaking Engagements.....	6
Presentations	
• Student Presentations.....	7
• Parent Presentations.....	8
• Parent Education Topics.....	9
Testimonials	
• Educators' Comments.....	10
• Professional Endorsements.....	11



About Dr. Ron Clavier

About Dr. Ron Clavier

Dr. Ron Clavier was born in Montreal. Following his undergraduate studies at McGill University, he earned his Doctorate in Experimental and Physiological Psychology from Northwestern University. His Postdoctoral training was in Biochemical Psychiatry at the University of British Columbia. Ron then taught Anatomy and Psychology in medical schools in Chicago and Vancouver. Since 1982, he has run a private practice in clinical psychology, basing it on his background as a neuroscientist. In addition to his private practice, Ron consults in the corporate, law enforcement, community, health, and education sectors. He worked for a number of years as Research Consultant in psychiatry at the University of Toronto. Ron's television series, "Adolescence: The Stormy Decade" was broadcast on Canadian Television from 2001 - 2007. His book "Teen Brain, Teen Mind" (Key Porter Books, Toronto, 2nd Edition, 2009) helps teenagers and those who work with them cope with the difficulties of this phase of life. Ron lives in Toronto, Ontario.

Contact Info:

Telephone:
416.489.0300

Email:
info@ronclavier.com

Web:
www.ronclavier.com





Neuroscientist and Clinician

Neuroscientist

Ron's research in medical schools in Chicago, Vancouver, and Toronto, was supported by the National Institute of Mental Health in Bethesda, MD. He has published over 35 journal articles. His findings have increased our understanding of the anatomical and biochemical basis of addiction, and in the development of current treatments for depression. His workshop— **“The Biological Basis of Psychiatric Disorders”** — has been presented to medical professionals in New York, Toronto, Milwaukee, Green Bay, New Orleans, and Washington.

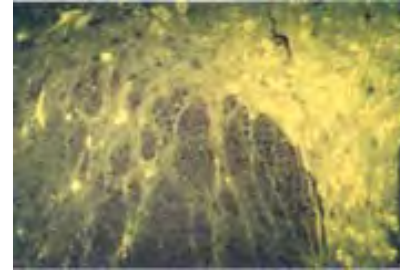
**Studying Brain
Reward Mechanisms
In the Laboratory**



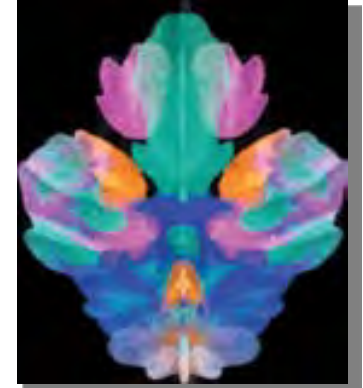
**Dopamine cells are
involved in addiction**



**Brain cells in the
cerebellum are damaged
by alcohol**



**Serotonin-Containing Neurons in
the Median Raphé Nucleus of the
Brain are Damaged by Stimulant
Drugs like “Ecstasy” and
Methamphetamine**



Inkblot Test

Clinician

Ron is a Registered Clinical Psychologist in the Province of Ontario. His therapy is based on the unity of the brain and the mind. He specializes in a cognitive – behavioral approach to adolescent and family counseling and relationship psychotherapy. In addition to counseling, Ron conducts comprehensive psychological assessments, using both standardized and projective techniques.



Author and Educator

Author

“Let’s get something straight right from the start: Parenting teenagers is a tough business. You want to protect your kids and help them, but you don’t understand them. What goes on in their brains is beyond you.”

– Dr. Ron Clavier

Why do teens act the way they do? Dr. Ron Clavier explains that neurological changes in a young person’s developing brain underlie many of the emotions and behaviours that can make teens so unpredictable and volatile. With a healthy dose of humour, Clavier argues that a clear understanding of the teenage brain is the key to unlocking the mysteries of why teens act and think the way they do. Along the way, he offers numerous coping tips and strategies designed to ease tensions and improve communications.

**TEEN BRAIN
TEEN MIND**
What Parents Need to Know to
Survive the Adolescent Years
SECOND EDITION



DR. RON CLAVIER

NOW UPDATED WITH CURRENT SCIENTIFIC RESEARCH

2nd Edition, 2009

Educator

Ron began his teaching career as Assistant Professor of Anatomy at Northwestern University Medical School in Chicago. He subsequently joined the medical faculties of The University of British Columbia and The University of Toronto. Ron then left formal academics to focus on teaching in the community. He taught courses on the brain and its impact in our lives to parents and educators in Chicago, Vancouver and Toronto. This led to his becoming senior consultant to The Council on Drug Abuse, on whose behalf Ron taught thousands of students, their parents and teachers about drugs and the brain over a period of 21 years.



“More than 200 members of the expat community, educators of the Istanbul International Community School, and locals gathered at Çırağan Palace on the Bosphorus Wednesday night to hear Dr. Ron Clavier share strategies for making adolescent years healthier and more productive, an outcome some living abroad fear might elude them.”

- Hurriyet News, Istanbul

Ron speaking with the Istanbul International School community



Speaking Engagements

Speaking Engagements

Ron has lectured extensively, both nationally and internationally. Some of his invited addresses have been at:

American Psychological Association: *New Orleans, New York, Washington, Toronto,*
Appleby College, *Oakville, Ont.*
Borden, Ladner, Gervais Law Firm, *Montreal, Toronto, Vancouver, Ottawa*
Brain Stimulation Reward Conference, *Antwerp, Belgium*
Canadian Judicial Student Affairs Conference, *(Windsor) Keynote Address*
Clark County Social Services, *Las Vegas, Nevada*
Collingwood School, *West Vancouver, B.C.*
Crescent School, *Toronto*
Durham Academy, *Durham, North Carolina*
GEMS Education Parent Engagement Week, *Dubai, Abu Dhabi, UAE*
Global Conference on Drug Abuse Prevention, *Palermo, Italy*
Grande Prairie, Alberta, *Municipal Health System*
Greenwood College, *Toronto*
Harbor Day School, *Corona del Mar, California*
Injaz, *Amman, Jordan*
Lester B. Pearson School Board, *Montreal*
Mackenzie Financial, *Toronto*
Montreal English School Board
National Association of Independent Schools, *Chicago, Illinois*
Pennsylvania State University
San Luis Obispo (California) Drug and Alcohol Advisory Board
Selwyn House, *Montreal*
Shoppers Drug Mart, *National Speaking Tour*
The Globe and Mail, *Toronto*
UCLA Department of Medicine, *Los Angeles, California*
Upper Canada College, *Toronto*
US Military Counselors Professional Development, *Baden-Baden, Germany, Kauai, Hawaii*
Wyeth Pharmaceuticals, *National Speaking Tour*
Young Presidents' Organization, *Vancouver, Edinburgh, Dubai, San Diego, Istanbul*



Ron speaks with investment firm executives at the Capital Club in Dubai, UAE



Student Presentations

Presentation Topics for Students

- Teen Brain, Teen Mind: A Neuro - Developmental Approach to Understanding Adolescent Behaviour
- Motivating the Underachiever
- Career Decisions
- Self- Esteem and Empowerment
- Emotionally Safe Sex: Intimacy, Commitment, and Relationships
- Drugs and the Brain
- Bullying
- Setting Rules in the Family
- The Neuro- Development of Ethical Behaviour



Speaking with students at La Jolla Country Day School, La Jolla, California

Students' Comments on Ron Clavier's Classroom Presentations

"I really liked the way you talked to us. You were talking to us just as a normal person. Most people that talk to us sound like parents...that really gets me mad!"

"You did not force your view on us, but instead simply drew a clearer picture for us, which captivated many people."

"I think your talk must have had an enormous impact on anyone taking, or considering taking drugs. You told us things we really had to know, and I'm sure it helped."

"I think your talk was amazing. Thank you." "This...shows that you really care about kids. I really respect that."

"You are a gifted speaker." "It was absolutely amazing how much I didn't know about the brain!"

"Thanks for not preaching, but giving us the facts."

"When I went home that night, I was able to re-tell what you told us to my parents. Everything stayed in my head."



Speaking with students at Ridley College, St. Catharines, Ontario



Parent Presentations

“Adolescence: The Stormy Decade” An Evening Course For Parents



Ron speaking with parents from around the world in Edinburgh, Scotland

Originating out of parental demand for advanced understanding of their teenagers, this multi-session course on adolescence has been delivered over 45 times, including repeat offerings at the following Toronto area schools:

Bishop Strachan School
Branksome Hall
Crescent School
Havergal College
Montcrest School
Royal St. George's College

St. Clement's
The Toronto French School
Trinity College School
Upper Canada College
Whitney Public School
York Mills Collegiate Institute

Parents' Comments

“It was very informative and stimulating. It made me look at things differently.” “I'd love this series to have carried on for months!”

“I found the scientific perspective very interesting.” “Awesome speaker. Very easy to understand and entertaining. The very best to date.”

“Extremely useful presentation to my family. Opened my eyes to a number of important issues.”

“Extremely interesting and practical. Dr. Clavier's delivery is educational and entertaining. Please have him back again.”

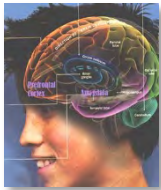
“The energy he displayed when he presented is phenomenal and he certainly kept the audience engaged from start to finish.”

“Held me captive. Awesome lecturer.”



Parent Education Topics

Teen Brain – Teen Mind



The development of abstract cognition and the establishment of the adolescent belief system. The struggle for independence and the need for teenagers to accept responsibility for the consequences of their behaviour.

Rules: Parental responsibility in setting boundaries and limits

The development of social competence and empathy; declining parental authority; morality and ethics; the search for identity



Problems of Adolescence



Parents often express concern about changes in their teenager's: moods; eating; sleeping; personality; or ambition. The limits of normalcy of these behaviours is discussed, as are strategies for responding to difficult or oppositional behaviour.

Alcohol and Other Drugs

Antecedents of abuse: warning signals; review of the psychological and physiological effects, including the harmful effects; coping techniques or parents.



Adolescent Underachievement

Teenagers often appear to be unmotivated or underachieving. This sometimes accompanies moodiness and the appearance of alienation from friends and family. The clinical substrates and normal limits of this sort of reaction are discussed.



Relationships



The neurological events leading to cognitive as well as physical changes of puberty. Friendship and peer influence. Also discussed are: the emergence of heterosexual relationships; the role of parents in the modeling of attitudes about intimacy, commitment, passion, and sensuality. Some of the biological differences between male and female brains.



Educators' Comments

Educators Love Dr. Clavier's Classroom Presentations

"Dr. Ron was open and honest with the kids and he developed an instant rapport with them. His ability to speak knowingly about both science and society gave students the necessary facts and blended them with the individual responsibility of personal choice. The students wished he could stay longer. One can't get a better ovation than that!"

- Alexandra Mlekus, Site Coordinator, Notre Dame House, Hamilton, Ont.

"The students were captivated and interested... Dr. Clavier geared his information and facts at an appropriate pace and level of detail. Many of the students commented that they liked the way he spoke to them as intelligent young adults. We appreciate the opportunity to have a speaker of such high caliber."

- Marilyn Sinclair, Vice Principal, Dr. Roberta Bondar Public School, Ajax, Ont.

"Dr. Ron Clavier has been a pillar in the health the faculty, students and parents education curriculum at Upper Canada College for over 22 years. We have invited him annually to share with the faculty, students and parents of UCC his immense knowledge of the inner workings of the human brain. To have a widely recognized brain research scientist and drug expert support our teaching, adds to our credibility and effectiveness when educating our students on this critically important health issue. He has a unique gift for conveying his knowledge to any audience. His current and factually accurate information is presented in a non-judgmental, non-preaching approach, which is appreciated by students. I recommend him highly; you will not be disappointed.

-Derek Poon, Assistant Head, Upper School, Advising and Counseling, Upper Canada College

"Dr. Clavier's unique, thought provoking and non-judgmental approach has helped countless students make positive choices

- Lynne Stockless, Director of Secondary Schools; Judi Pyves, Assistant Director, Student Services; Viviane Briand, Drug Educator, Lester B. Pearson School Board, Montreal, Quebec

"Our students and staff were impressed with Dr. Clavier's knowledge and expertise...and all truly enjoyed the presentations. The topics chosen for presentation were extremely relevant to both the staff and the students and age appropriate.

- Monique de Villers, Principal, Lord Elgin Public School, Ajax, Ont.





Professional Endorsements

Professional Development Endorsements

“Ron presents with an engaging and animated style, securing the audience’s attention with powerful anecdotes. He was very personable and knowledgeable and he also had the ability to communicate his message in a manner that some of the more challenged students could understand. Had I known the power of this presentation I would have booked more time and more classes!”

-Anonymous educator evaluation,
Edmonton Alberta

“Ron relates brilliantly to the full spectrum of school constituents and his material is right up-to-date and very research based. The stuff he has on the adolescent brain and the lessons to be learned therein for teachers and parents is fabulous.”

-Rodger Wright, Headmaster
Collingwood School, West Vancouver, B.C.

“...I have been deeply moved by the profound message Dr. Clavier delivered to our participants at the English Montreal School Board....the presentation was most informative and relevant to our guidance counselors and spiritual community animators, many of whom mentioned that this was the best workshop they had attended. His manner of presentation was dynamic, humorous, and filled with anecdotes which were heartfelt. It is not surprising that Dr. Ron Clavier is a most sought-after presenter for groups of many and diverse interests and professions. I highly recommend Dr. Ron Clavier. He is committed to the betterment of society and his passion for this cause is most evident in his presentations.”

-Dora Cesta, Assistant Director, Student
Services, English Montreal School Board

“Dr. Clavier’s teaching style is based on sound proven adult learning concepts and it is very effective. Most important is the fact that his dynamic techniques of delivery can be duplicated.”

-A.B. Quesnel, Sgt., Communication
Skills Unit, Canadian Police College,
Ottawa

