***Morris County Psychological Association***



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*2/8/2023*

**Inspiration Must Precede Remediation:  Mental Health Requires Connection to Social and Emotional Learning (SEL) and Youth Purpose**

Presented by

Maurice J Elias, Ph.D

**Meeting Announcements**:

***Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

***Contact:*** Hayley Hirschmann, Psy.D. if you have any questions or prefer not to register online.

**Meeting Attendees:**

Leslie Becker-Phelps

Deborah Fisch

Kenneth Gates

Marc Gironda

Hayley Hirschmann

Melissa Klika mack

Meredith Kurland-Ross

Phyllis Lakin

Marilyn Lyga

Susan Neigher

William Neigher

Francine Rosenberg

Nancy Side

Brenda Steak

Beverly Tignor

Matthew Zakreski

Michael Zito

Maurice Elias (speaker)

**Presenter Bio:**

Dr. Elias is Professor, psychology Department, Rutgers University, Director, Rutgers Social-Emotional and Character Development Lab, and on the leadership teams of SEL4US and SEL4NJ.  Over the course of his 43+ year career at Rutgers, his work has focused on promoting mental health through social-emotional and character development in schools.

**Overview and Objective of Today’s Talk**

We are too quick to try to “fix” children without also inspiring them.  Indeed, without connecting students to a sense of positive purpose, the Common Good, and the skills for complex social participation, we will not be adequately treating them or preparing them for their roles as adults in charge of our democracy.  We will discuss the necessity of fostering children’s social-emotional and character development (SECD), helping them articulate a sense of positive purpose and nourishing their sense of constructive contribution.  Clinical and school related cases provided.

***Learning Objectives:  By the end of the session, participants will be able to:***

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1.     Describe the difference between SEL and what is involved when character development and purpose are added

2.     Bring strategies for SECD and positive purpose into current educational/intervention approaches.

3.     Carry out what SEL is telling us now about how to create climates of kindness, caring and inclusion.

*This program is intended for psychologists, psychiatrists, social workers, nurses, mental health counselors, marriage and family therapists, physicians and graduate students. It will be presented at an introductory level, meant for those with little prior knowledge of the subject matter. The presenter does not have any commercial support and/ or conflict of interest for this program****.***

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**