

**SAGE program**  
**Center for Neuropsychology and Consciousness (CNC)**  
**Aldrich Chan, Psy.D. Neuropsychologist**

**PROGRAM DESCRIPTION:** This educational program integrates evidence-based practices to help young adults improve self-regulation (e.g. emotions, thoughts, and impulses), awareness, goal-attainment and emotional intelligence. Capacity for this program is 6 students, all of whom will work directly with Dr. Chan.

**LEARNING OUTCOMES:** By the end of the program, the student will be able to:

- Describe and understand the basic organization of the brain and how that relates to psychological challenges;
- Describe and understand different philosophies of life coming from classical greek and eastern streams of thought and how they may apply to their lives;
- Describe and understand what emotions and thoughts are; in addition to what techniques exist and how to implement them in order to improve regulation of them;
- Describe and understand what meditation is, its benefits, classify different types and how to practice it;
- Describe and understand the importance of relationships (i.e. to self, others and their environment), and how to improve them in different contexts;
- Understand the impact of social media on their mental health, and improve their relationship to it.
- Describe the cognitive and psychological benefits of physical movement, exercise and sleep;
- Understand what values are, identify their own, and how to live in accordance with them
- Integrate knowledge and practices into their everyday life to facilitate character development and develop a deeper insight into who they are and what they strive for.

**LOGISTICS:** Location: 2601 SW 37<sup>th</sup> Ave. Suite 703, Miami, Fl, 33133.

Parents may drop off or find street parking. Parents may wait in the waiting room, which can only hold 4 people, space is not guaranteed. There is additional waiting area on the 7<sup>th</sup> floor, but this is also limited. It is suggested that children are dropped off and picked up.

**CODE OF CONDUCT:** CNC values and respects the perspectives and diversity of our students in regard to ethnicity, nationality, gender, sexual orientation, socioeconomic status, religion, age, and ability status. Thus, it is critical that discussions include respectful dialogue about any issue that impacts the lives of our students, and the individuals, families, and communities that our students serve.

While an important part of this program is to assist students in developing mature social responses, continual violation of this code, or extreme interruptions in the process may result in the termination of the students position within the group.

**PROGRAM FORMAT**

Meetings will be 90 minutes, with approximately 45 minutes dedicated to education and 45 minutes dedicated to application. This is meant to be an in-person experience but may also join through zoom, if they cannot attend in person (e.g. due to sickness).

- Each student will receive a packet on their first day to assist with the advancement and continuity of character development. This packet will include additional modules intended to facilitate reflection and integration into their lives.

**SCHEDULE**

Week	Topic	Process
1	Introduction	<ul style="list-style-type: none"> <li>• 45 min               <ul style="list-style-type: none"> <li>○ Review plans, goals, expectations</li> <li>○ Basic education on the brain and mind as they relate to psychological challenges</li> </ul> </li> <li>• 45 min               <ul style="list-style-type: none"> <li>○ Process group: student introductions and questions designed to stimulate thoughts in relation to the purpose of this program.</li> </ul> </li> </ul>
2	Philosophes of life	<ul style="list-style-type: none"> <li>○ 45 min               <ul style="list-style-type: none"> <li>○ Education</li> <li>○ Different philosophies of life                   <ul style="list-style-type: none"> <li>▪ Greeks – Hedonism, Epicurus, Socrates/Plato, Aristotle, Stoicism</li> <li>▪ Eastern – Daoism and Buddhism</li> </ul> </li> </ul> </li> <li>○ 45 min               <ul style="list-style-type: none"> <li>○ Group discussion and life applications</li> </ul> </li> </ul>
3	Emotions and Thoughts	<ul style="list-style-type: none"> <li>• 45 min               <ul style="list-style-type: none"> <li>○ Education:                   <ul style="list-style-type: none"> <li>○ What are emotions?</li> <li>○ How to regulate emotions</li> <li>○ Emotional Forecasting</li> <li>○ Introduce Cognitive Defusion</li> </ul> </li> <li>○ Education: What are Thoughts?                   <ul style="list-style-type: none"> <li>○ How to regulate thoughts</li> <li>○ Introduce thought record</li> <li>○ Cognitive Distortions</li> </ul> </li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>● 45 min           <ul style="list-style-type: none"> <li>○ Process group – direct exercises related to the regulation of emotions and thoughts.</li> </ul> </li> </ul>
4	Meditation	<ul style="list-style-type: none"> <li>○ 45 min           <ul style="list-style-type: none"> <li>○ Education: What is meditation?               <ul style="list-style-type: none"> <li>▪ Types and purpose</li> </ul> </li> <li>○ Benefits of Meditation</li> <li>○ Attention as a moral act</li> </ul> </li> <li>○ 45 min           <ul style="list-style-type: none"> <li>○ Process group practice</li> </ul> </li> </ul>
5	<b>Relationships</b>	<ul style="list-style-type: none"> <li>● 45 min           <ul style="list-style-type: none"> <li>○ Importance of relationships (science)</li> <li>○ Types of relationships</li> <li>○ Bullying</li> <li>○ Gottman and Gottmans 4 Horsemen of Relationships</li> </ul> </li> <li>● 45 min</li> <li>● Group discussion and real life examples of how to work through relationship difficulties</li> </ul>

SAGE Program  
Center for Neuropsychology and Consciousness

6	<p><i>Social Media, and Psychological Health</i></p> <p><i>Physical Health and Cognitive/Psychological Benefits</i></p> <p><i>Sleep</i></p>	<ul style="list-style-type: none"> <li>○ 45 min <ul style="list-style-type: none"> <li>○ Education: What is the purpose of social media?</li> <li>○ Which ones do you use and why?</li> <li>○ Benefits? And Issues?</li> <li>○ How can you use social media without the problems?</li> </ul> </li> <li>○ 45 min. <ul style="list-style-type: none"> <li>○ Process group – Discussion and application</li> </ul> </li> </ul>
7	Values	<ul style="list-style-type: none"> <li>○ 45 min <ul style="list-style-type: none"> <li>○ Education:</li> <li>○ What are values?</li> <li>○ Identifying personal values</li> </ul> </li> <li>○ 45 min <ul style="list-style-type: none"> <li>○ Values exercise: how do you specifically live a life closer to your values?</li> </ul> </li> </ul>
8	<i>Final Review and Integration</i>	<ul style="list-style-type: none"> <li>○ <i>Group discussion</i></li> <li>○ <i>Review of techniques and knowledge</i></li> <li>○ <i>Updated life philosophies</i></li> <li>○ <i>Final questions</i></li> </ul>