



The FACCS Speakers Bureau is proud to present:

James West

Total Life Counseling Center
Orlando, FL
President



Biography

Jim holds his Masters Degree in Counseling and is a licensed counselor and a Nationally Certified Counselor. He specializes in treating ADHD, oppositional defiance, mood disorders often with supplements in place of medication. Jim provides consultation and speaks for schools all over Florida and has been a featured speaker for the FACCS and ACSI Conferences. His seminars are experiential, interactive, informative and engaging and his audio tapes at the conferences are among the best selling tapes.

Topics Available

Building Positive Peer Pressure in Schools

An interactive, positive, fun and experiential seminar. This seminar is a character building, student retention, school improvement, conflict resolution program all in one! Schools' using this process have reported a drop in discipline problems up to 50% by teaching positive socialization using a simple 3 step conflict resolution plan and teaching students how to repair broken relationships. This process has been used in schools in Central Florida to empower students to resolve conflict with more than just saying "Sorry". Students will go one step further and repair the hurt by "making it up to the person." Students and teachers report improved inclusion, less conflict, more class involvement, improved affirmation and encouragement in the class and in sports.

The Challenges of ADHD in the Classroom.

ADHD is a chronic disorder that affects 1-2 children in each classroom. There are new and exciting developments in accommodating ADHD students in the private school. ADHD, untreated, can lead to depression, oppositional defiance, anxiety, poor self-esteem, etc., but with warm, loving, empathetic, teachers and parents these students can thrive. Additionally there are significant positive aspects to ADHD as well and will be presented through out these seminars. Finally, protein diets and vitamin supplements have successfully treated ADHD symptoms, in many cases, without medication. This seminar is in three parts: 1- Getting in the head of an ADHD student, 2- Accommodating ADHD in the Classroom & 3-Accommodations (continued) & Treating ADHD.

Abstinence-How to Have the Best Sex

A fun interactive talk for students or parents incorporating video, skits and discussion. Over the past 60 years several research studies from Dartmouth, University of Chicago, and more have concluded those who marry without sexual experience, attend church together and refrain from cohabitation have the healthiest intimate relationships. God created sex for procreation and for our enjoyment and he wants so much for us to have the best relationships. We think God tells us to be abstinent because he does not want us to have fun when all along he knows abstinence is the recipe for the best relationships and secular research backs it up!!!

Dealing with the Oppositional Children in the Classroom

95% of students respond to our innate leadership, discipline structures and teaching abilities but Oppositional students are in the other 5%. This positive approach will help us with the following:

- Learn the history of Adolescence and how it relates to the Oppositional Child
- Understand how an oppositional child thinks
- How to respond less with directives and more with choices (both choices with the same desired outcome or directive).
- Participants will learn practical ways to respond with questions that lead the student to the solution
- How to work with Oppositional Parents

Diffusing Parents in the Private School

- Learn 3 easy positive steps to diffusing parents using Validation and Empathy to help them feel you understand how they feel. In most cases this will help the parent to diffuse.
- Then use Choices and explanations can be offered to resolve the situation.

See additional biographical information and speaking topics on the following page.

If you are interested in booking Mr. West to speak at your school, convention, conference, church service, or special meeting, please contact the FACCS Office of Program Services at ops@faccs.org or 954-517-9500 to check availability.

Biographical Information



Jim West, MA, LMHC, NCC Jim's purpose is to help families and individuals experience the "Total Life." He is president of Total Life Counseling Center, a Nationally Certified Counselor, School Consultant and Professional Communicator specializing in ADHD and Oppositional Defiance Disorder. His Total Life approach accelerates the therapeutic & healing process by relating to children, adolescents and adults and incorporating wellness. Jim's clients drive from all over the state of Florida, from Georgia and the Bahamas as he has been able to treat clients with ADHD, Anxiety, Mood Disorders, Depression and more with FDA approved supplements and Dietary Modifications. **Since 2003, 85% of his clients have not needed medication or used less medication than when they first came to Total Life Counseling Center.**

Nationally Certified Counselor: Jim has 15 years of clinical experience and is licensed by the state of Florida as a Mental Health Counselor. Jim has a unique way of bonding with children and adolescents through play therapy, Power Point presentations, interactive games, recreation therapy and staying current with the constantly changing world of the adolescent. He managed the Behavioral Health Network (BNET) for Polk, Highlands and Hardee County until November 2003. BNET is a state funded Title XXI program for kids requiring intensive therapeutic services beyond the scope of traditional outpatient therapies and has been quite successful at keeping most of those enrolled out of residential or inpatient programs.

School Consultant: He is asked to help public and private schools to assist in improving communication skills, character development, accommodations, school improvement, school retention and implements bullying programs in schools across the state of Florida. Schools using his approach often experience a 50% drop in discipline programs. Some schools include: Lake Highland Prep, Ocoee Elementary, First Academy, Foundation Academy, Orangewood, St. Pete Christian School, & more. Jim has been invited to speak for private school accreditation boards over the past 6 years including ACSI & FACCS. Jim provides retreats for schools as well to help students resolve conflicts and repair past hurts.

Professional Communicator: He is asked to speak at organizations, churches and school assemblies on various topics including Positive Socialization, Team Building, Stress Management, Anger Management, Diffusing Students or Parents, etc. Jim is asked to train or speak at various for professional state, national and international organizations such as ACSI, FACCS, SSWAA, CFAMFT & CSPBC. He has spoken to thousands of teachers over the years and influenced private schools to provide special programs for students with learning disabilities, and accommodations for ADHD.

Social Skills: He has ongoing weekly Social Skills Groups for students 6-16 years of age and also has Leadership Social Skills Day Camps and Summer Camps at Camp Wewa's Ropes course in Apopka. Recently, Jim added Equine Facilitated Camps for Social Skills and mental health issues. Summer Camps since 2004 incorporating a Challenge Ropes Course and Equestrian program has helped students mature significantly, socially and emotionally, increase confidence, become calmer, more compliant, improved leadership skills, and a more positive influence on their peers.

Author: Jim has had several skits & sketches as well as characters developed in sketches that have been published and performed across the U.S. He also has workbooks on Anger Management, ADHD, & Bullying programs as well as DVD's on Building Positive Peer Pressure, Getting in the Head of an ADHD Student & The No No's of Oppositional Defiance Disorder. *Interested in inviting Jim to come and speak at your School?*

Available Topics:

- **School Improvement, Character Building, and School Retention, in 3 simple steps!**
- **Building Positive Peer Pressure**
- **Positive Conflict Resolution for Families**
- **Understanding ADHD**
- **Food for Thought-We are what we Eat!**
- **Combating Bullying on Your Campus**
- **The No No's of Oppositional Defiance - Dealing with the Oppositional Children**
- **Diffusing Parents in the Private School**
- **ADHD is a Good Thing**

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