



Verbal Aikido with Difficult People

Lunch & Learn Webinar – Thursday May 7, 2020
Presented by Kevin Polk & Phil Tenaglia

ADR Atlantic Institute offers this one-hour FREE Lunch & Learn webinar to ADR practitioners and Human Resources Professionals.

OVERVIEW OF THE TRAINING

Verbal Aikido is the art of redirecting the energy of words toward workability.

During this webinar, participants will learn how to quickly and easily set up what is known as the "Workability Point of View," aka, The ACT Matrix. Participants will learn how to notice words that difficult people commonly use, sidestep those words, and then sort the words into a simple diagram.

COST: FREE

LOCATION: Your computer via webinar
(you will be sent a ZOOM link the day before the webinar)

DATE: Thursday May 7, 2020
Webinar – Noon to 1:00pm (Atlantic Time)

Register at: (use Ctrl+Click to activate link)
https://www.adratlantic.ca/ADRAtlantic/ADRAI_Events/ADRAI/Events/Events_List.aspx?hkey=78282acb-728c-42ea-907c-43fe822c31aa

Facilitators – Kevin Polk & Phil Tenaglia

Dr. Kevin Polk is the cohost of The ART of Being with the ACT Matrix podcast. He was born in Southwest Texas and Raised in Central Oklahoma. After attending High School in Oklahoma City, he enrolled in Oklahoma State University at Stillwater, Oklahoma. Over the next sixteen years, he was in and out of school, but remained in Stillwater. When working full time, he once managed a pizza restaurant, sold life insurance and vacuums, and then managed a retail lumber yard. When in school he finally landed in psychology and caught the eye of folks in the Experimental and Social Psychology programs. After undergraduate, he stayed at OSU studying Organizational Psychology and Conflict Resolution. Post masters he was accepted into the Clinical Psychology program at OSU, where he studied Family Systems, Psychodynamic, and other therapies. His dissertation was in Cognitive Psychology, studying visual language processing.

He did his internship at the Togus Veterans Affairs Hospital in Togus, Maine. He then worked for one year at the Augusta Mental Health institute, before returning to Togus to lead an outpatient PTSD Program. He became the Director of PTSD Services, which included both inpatient and outpatient PTSD programming. In 2004 he became interested in ACT as an alternative to Prolonged Exposure for PTSD. That lead to creation of the ACT Matrix in 2009, and then the ProSocial Matrix in 2011. Kevin retired from the VA in 2017. He now devotes some time to spreading the ACT/ProSocial Matrix around the world.

Married happily for 33 years, Kevin has three grown children, and two grandchildren. His home life includes four dogs, a cat, a parrot, two goats, and about a dozen colonies of honeybees. He is an avid tennis player and natural handy man. His favorite historical figures are the author and humorist, Mark Twain (famous for saying, "Man is the only animal that blushes... or needs to."), the columnist, actor, and comedian Will Rogers (famous for saying, "I never met a man I didn't like."), and Fred Rogers, the creator and host of the children's television show, "Mr. Roger's Neighborhood" who said toward the end of each show, "I like you just the way you are."

Phil Tenaglia, M.A. is a licensed psychologist, school psychologist and family therapist with over 36 years of experience working collaboratively with teachers, students, families, and organizations. He specializes in consultation, counseling, and social-emotional program development. Phil is also a recognized nonviolent school crisis expert with the Crisis Prevention Institute. In 2016, Phil was named the school psychologist of the year by the New Jersey Association of School Psychologists for his innovative work in schools. Since 2009, Phil has implemented the ACT Matrix approach for social-emotional learning, educational team building, and workplace interventions through his training and work with Dr. Kevin Polk, the creator of the Matrix. Phil authored the chapter "Promoting Psychological Flexibility in Education" in the first ACT Matrix book published by New Harbinger in 2014. He is a certified ACT Matrix Coach and Trainer, providing online and in-service training and workshops. Phil lives with his wife and two college-age children in Langhorne Pennsylvania. He is a long-time practitioner of Aikido, training and teaching at Princeton Aikikai. When he isn't rolling around on a dojo mat, he spends his time hanging out with his family, binging on Netflix and looking for good sushi.