

PRESENTATION & TRAINING MENU — Dr. Crystal Collier, LPC-S

SPEAKER BIO *Dr. Crystal Collier, LPC_S* is a therapist, prevention researcher, educator, and person in long-term recovery who specializes in adolescent brain development, prevention programming, addiction, family-of-origin work, and parent coaching. She is the author of the award-winning NeuroWhereAbouts book series, including The NeuroWhereAbouts Guide for parents, Your Moves Matter for teens, and the Know Your Neuro: Adventures of a Growing Brain children's series. Dr. Collier is also the founder of Know Your Neuro, Inc., a 501(c)(3) nonprofit that delivers brain-based prevention and social-emotional training to K-12 youth, families, and schools.

PRESENTATIONS & TRAININGS (1-6hrs)

1. The Neuroscience of High-Risk Behavior This presentation explains how alcohol, drugs, vaping, technology overuse, gambling, pornography, anxiety, depression, and other risky behaviors affect the developing brain. Participants learn how executive functioning develops, why adolescents are especially vulnerable to risk-taking, and practical strategies for protecting healthy brain development. The material is designed to be engaging, interactive, and easy to understand for students, parents, educators, and clinicians.

2. Brain-Based Parenting & Teaching Parents and educators learn how everyday interactions shape children's brain development. The presentation combines prevention science, child development, and executive functioning research with practical parenting and classroom strategies that strengthen resilience, emotional regulation, and healthy decision-making. Participants leave with tools they can use immediately at home or in school.

3. Neuroscience & Genetics of Addiction This presentation explores how addiction develops in the brain and the role genetics play in increasing or decreasing vulnerability. Participants learn how substances and behavioral addictions change brain circuitry, why addiction is considered a chronic brain disease, and evidence-based approaches for prevention, treatment, and recovery. The content is appropriate for professional and community audiences alike.

4. The Genetics of Addiction: Reward Deficiency Syndrome This program focuses specifically on the biological factors that influence addiction risk. Participants learn how inherited differences in the brain's reward system can increase susceptibility to substance use and other compulsive behaviors. The presentation emphasizes prevention, early intervention, and reducing stigma through education.

5. Technology: Shaping Our Brain for Better and Worse This presentation examines how smartphones, social media, gaming, and digital technology influence brain development. Topics include attention, motivation, learning, sleep, anxiety, depression, relationships, and healthy habits. Families and educators learn practical strategies for creating healthier digital environments while still benefiting from technology.

6. The Neuroscience of Marijuana: Foundations of Sound Policy & Prevention Participants review current scientific research on cannabis, THC products, and adolescent brain development. The presentation discusses learning, memory, motivation, mental health, executive functioning, and prevention implications while teaching critical thinking skills for evaluating marijuana marketing claims. It is appropriate for parents, schools, healthcare professionals, and policymakers.

7. The Vaping Craze: Critical Analysis of Effects & Marketing This presentation reviews the health and brain effects of vaping and nicotine use among youth. Participants learn how vaping products are marketed to adolescents, how advertising influences decision-making, and strategies for building refusal skills and media literacy. Scientific evidence is translated into practical prevention messages.

8. Youth Depression & Anxiety: Coping Skills This presentation helps families and students understand why anxiety and depression are increasing among young people. Participants learn how stress affects brain development, recognize healthy versus unhealthy coping strategies, and develop practical resilience skills. Participants also learn ways to support emotional regulation and healthy coping at home and school.

9. Healthy Teen Relationships This presentation explores healthy dating relationships through the lens of adolescent brain development. Topics include communication, consent, dating violence prevention, pornography exposure, cyberbullying, and healthy boundaries. Families receive age-appropriate guidance for supporting healthy relationship development.

10. Best Practice School-Based Prevention & Treatment of High-Risk Behavior Designed for educators, school leaders, and prevention specialists, this training demonstrates how to build comprehensive prevention systems instead of relying on one-time assemblies. Participants learn prevention science principles, multi-tiered implementation strategies, and methods for integrating brain-based prevention into school culture. The emphasis is on sustainable, long-term change.

11. Prevention Science Training This professional development training teaches evidence-based prevention strategies matched to children's developmental stages. Educators learn age-appropriate methods for building attachment, emotional regulation, executive functioning, resilience, and decision-making skills from early childhood through adolescence. The goal is to strengthen protective factors before problems develop.

12. Stages of Change & Motivational Interviewing Participants learn how to recognize where someone is in the behavior change process and respond effectively using motivational interviewing techniques. The presentation focuses on reducing resistance, increasing motivation, and supporting lasting change through collaborative communication rather than confrontation. Families and clinicians alike benefit from these practical skills.

13. Build Your Family Code Families create a personalized "Family Code" built around brain development, family values, and prevention science. Parents learn how to use consistent language and everyday conversations to reinforce healthy choices and strengthen family connectedness. The workshop includes hands-on family activities that encourage participation across generations. This can be done as a 'train-the-trainer' to equip prevention specialists with the skills to implement this workshop in their area.

14. B-Mod: Shaping Your Child's Behavior This parenting workshop teaches positive behavior modification strategies that reduce conflict and encourage cooperation. Parents learn how reinforcement, consistency, mentoring, and effective consequences shape behavior over time. The presentation emphasizes practical tools grounded in behavioral science rather than punishment. This can be done as a 'train-the-trainer' to equip prevention specialists with the content to replicate the workshop in their area.

15. Family of Origin (FOO) Mapping Workshop Participants explore how childhood experiences and family systems shape beliefs, emotions, relationships, and coping patterns throughout life. Through guided exercises, they identify recurring patterns and begin developing healthier alternatives. The workshop combines family systems theory, neuroscience, and experiential learning.

16. Trauma Bonds & The Critical Parent This clinical workshop examines how attachment wounds, trauma bonds, and critical parenting influence adult emotional and behavioral patterns. Participants learn to identify developmental origins of maladaptive coping strategies and explore evidence-based approaches for healing. It is designed primarily for clinicians and advanced audiences.

17. Attunement & Attachment in Practice Participants learn how secure attachment develops and how attunement strengthens relationships. The workshop teaches practical methods for increasing empathy, improving communication, and becoming a secure attachment figure for children, clients, coworkers, or customers. It blends neuroscience, attachment theory, and experiential exercises. These principles are basic skills for clinicians and prevention specialists.

18. Challenging Cognitive Distortions This workshop helps participants recognize automatic negative thinking patterns that interfere with emotional health. Through reflection, guided imagery, and practical exercises, participants learn to identify distorted thinking and replace it with healthier neural pathways. The presentation emphasizes neuroplasticity and lifelong brain change. The content can be offered for clinicians, parents, and prevention specialists, as well as provided as a 'train-the-trainer' model.

19. Relational Ethics Developed for behavioral health professionals, this continuing education presentation examines ethical decision-making through the lens of relationships, professional boundaries, attachment, and clinical judgment. Participants apply ethical principles to real-world counseling situations while strengthening therapeutic effectiveness.

20. Know Your Neuro Prevention Programming This presentation introduces the Know Your Neuro prevention framework and demonstrates how schools and communities can implement comprehensive, brain-based prevention programming. Participants learn how to create consistent messaging, strengthen executive functioning skills, involve families, and build sustainable prevention systems across grades K-12. School administrators, counselors, and prevention specialists will learn how to utilize the content in Know Your Neuro to achieve long-term, measurable effects in attitudes, knowledge, and behavior.

21. Gambling: Changing Laws & Youth Addiction Landscape This presentation explains how the changing laws and prediction market language affect the youth gambling landscape. Participants learn how executive functioning develops, why adolescents are especially vulnerable to risk-taking and problem gambling, as well as practical strategies for protecting healthy brain development. The material is designed to be engaging, interactive, and easy to understand for students, parents, educators, and clinicians.



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