



PACIFIC JUDICIAL COUNCIL

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EQ Education Program Aims to Decrease Family Violence Throughout Micronesia

(Hagatña, Guam) The Pacific Judicial Council (PJC) has partnered with the executive and legislative branches of government in Micronesia to take on the rising level of violence in their islands.

The PJC, composed of chief judges and justices from Guam, the CNMI, Palau, Chuuk, Pohnpei, Yap, Kosrae, and American Samoa, is leading *and organizing* the charge with a different, yet proven solution termed “EQ” or the emotional quotient of a person - which refers to their ability to manage emotions *in a healthy way*.

“Together as program co-chairs, Chief Justice Cyprian Manmaw of Yap island and I are honored to lead the Pacific Judicial Council in this pioneering and ambitious education outreach. Our judicial counterparts on each island are for the first time ever partnering with the executive and legislative branches to reduce violence throughout Micronesia,” said PJC President, Chief Judge Frances Tydingco-Gatewood.

The PJC has commissioned EQ expert, Dr. Neil Nedley, to develop a special EQ curriculum for elementary, middle, and high school grade students, as well as outreach/in-reach seminar materials for the community and those workplaces that promote the mental wellness of their employees. The curriculum and outreach materials will be part of a pilot program in the islands from January to March next year.

“I applaud Micronesia’s desire to get to the root of family violence and crime. Teaching an EQ based curriculum with community outreach should do more in lowering crime in Micronesia than any other known methods available.”
- Dr. Neil Nedley, MD

A 3-day PJC EQ informational conference - with afternoon train-the-trainer sessions - begins **this coming Wednesday, December 1st, at the District Court of Guam** in Hagatña. Because the borders are still closed on many of the participating islands, the conference will be presented using a hybrid online format. It will be LIVE (in-person) on Guam and streamed with an interactive platform to all other islands. Delegates from Palau and the CNMI are expected to attend in-person.

“We are excited that the Chief Justice of Guam, F. Phillip Carbullido is leading Team Guam in this very special and critically needed education program,” said PJC President, Chief Judge Frances Tydingco-Gatewood.

For more information, a press badge, or to set up an interview with PJC President, Hon. Chief Judge Frances Tydingco-Gatewood, please call, Whatsapp or iMessage Haley Gibbons at 671-864-7327 or haley_gibbons@gud.uscourts.gov.

**Pacific Judicial Council Family Violence Conference Phase 1
Hybrid: In-Person/Virtual EQ Conference/Train-the Trainer Program
December 1-3, 2021
Courts of Micronesia Locations**

Agenda

WEDNESDAY, DECEMBER 1, 2021

SEGMENT 1 (Courtroom)

7:15am Morning Refreshments (Designated Rooms)

8:00am Welcome Remarks

PJC President, Chief Judge Frances Tydingco-Gatewood
PJC Board Member, Chief Justice of Guam, F. Phillip Carbullido

8:15am Program Overview/Introduction of Speaker

PJC President, Chief Judge Frances Tydingco-Gatewood

8:30am - 9:30am (Inc: QA)

“The Essential Emotional Intelligence”

Neil Nedley, MD

What is emotional intelligence? How does EQ compare with IQ for future success? What are the effects of high emotional intelligence? Can a person change their EQ? How?

9:40am - 10:40am (Inc: QA)

EQ and Brain Plasticity

Neil Nedley, MD

What is brain plasticity? How could it help in our endeavor to reduce family violence in Micronesia? Dr. Nedley presents proven methods of “changing the brain” to enhance emotional intelligence.

10:40am-10:55am BREAK

10:55am -12:00pm (Inc: QA)

“Emotional Intelligence and Abuse/Trauma”

Neil Nedley, MD

Are there healthy and unhealthy attachments in relationships? How does that relate to EQ? Is there a relation between trauma and addiction? Can EQ be improved through life’s difficulties and disasters?

SEGMENT 2 (Designated Rooms)

12:00pm

LUNCH BREAK (Lunch provided by PJC)

LIVE QA from 12:15pm -12:45pm (Courtroom)

**Questions from Micronesia texted in the chatbox. Presented by moderator. *Questions from participants on Guam will be taken in-person.*

SEGMENT 3 (Courtroom)

1:00pm-3/3:30pm

Train-the-Trainer/Train-the-Teacher Sessions
(Multiple Presenters)

SEGMENT 4 (Courtroom)

4:00pm-5:00pm

Community Outreach Train-the-Trainer Sessions

Program Concludes

Welcome Dinner Reception Hosted by PJC (By invitation only)

Hyatt Regency Guam, Seaside Deck 6:00pm

THURSDAY, DECEMBER 2, 2021

SEGMENT 1 (Courtroom)

7:15am Morning Refreshments (Designated Rooms)

8:00am Welcome Remarks

PJC President and Program Co-chair, Chief Judge Frances Tydingco-Gatewood
Program Co-chair, Chief Justice Cyprian Manmaw of Yap Island

8:15am Culture and EQ

Churchill Edward, Former Director of Education, Pohnpei State

8:30am - 9:30am (Inc: QA)

“The Role of the Family in Developing Emotional Intelligence”

Neil Nedley, MD

What is the difference between a functional and dysfunctional family? What are the emotional benefits/risks of functional/dysfunctional families? How do functional families deteriorate into dysfunctional families? Can families change from dysfunctional to functional families? How important are expressions of self-sacrificing love with expressions of objective truth in producing healthy family environments?

9:40am - 10:40am (Inc: QA)

“Boosting Your Emotional Intelligence and Helping Others Do the Same”

Neil Nedley, MD

In this seminar, we will learn how emotional intelligence can be enhanced. We will also learn how to develop and practice thinking principles that can help in managing emotions, managing relationships with others, and motivation in goal achievement

10:40am-10:55am BREAK

10:55am -12:00pm (Inc: QA)

“Media, Screens, and Mental Illness”

Neil Nedley, MD

How do we define the problem use of media and entertainment screen time? How can the increased usage of entertainment screen time lead to mental imbalance? Why do some with mental illness gravitate to more screen time usage? What are the studied emotional and cognitive consequences to different types of screen time (social media, youtube videos, movies, gaming, etc). What are some methods of solving a problem-use of screen time?

SEGMENT 2 (Lounge)

12:00pm

LUNCH BREAK (Lunch provided by PJC)

LIVE QA from 12:15pm -12:45pm (Courtroom)

**Questions from Micronesia texted in the chatbox. Presented by moderator. *Questions from participants on Guam will be taken in-person.*

SEGMENT 3 (Courtroom)

1:00pm-3/3:30pm

Train-the-Trainer/Train-the-Teacher Sessions
(Multiple Presenters)

SEGMENT 4 (Courtroom)

4:00pm-5:00pm

Community Outreach Train-the-Trainer Sessions

FRIDAY, DECEMBER 3, 2021

SEGMENT 1 (Courtroom)

7:15am Morning Refreshments (Designated Rooms)

8:00am Welcome Remarks

PJC President and Program Co-chair, Chief Judge Frances Tydingco-Gatewood
PJC Education Chairman, Guam Superior Court Judge Arthur Barcinas

8:15am Looking Ahead: PJC EQ Pilot Program in Micronesia

PJC President and Program Co-chair, Chief Judge Frances Tydingco-Gatewood
Program Co-chair, Chief Justice Cyprian Manmaw of Yap Island

8:30am - 9:30am (Inc: QA)

"The World in Crisis: Are we Doomed with the Exponential Rise in Mental Illness Worldwide?"

Neil Nedley, MD

Dr. Nedley presents on the rapid rise in mental illness worldwide and discusses the role of frontal lobe suppression and its association with mental illness. He also explains the rise in several key cognitive distortions in society and their association with lower emotional intelligence and higher rates of mental illness. He will also contrast the societal changes in emotional attachments with the rise in mental illness and discord.

Can a plan be formulated to address what can be done to reverse these adverse societal changes and improve emotional intelligence and mental illness rates? Attend this seminar and find out.

9:40am - 10:40am (Inc: QA)

"The Impact of Addictions on EQ"

Neil Nedley, MD

What are the effects of substances on emotional intelligence? What are the effects of addictive substance use on general intelligence? Can there be any medical benefits of using those substances? How are those benefits balancing the risks? Can individuals withdraw from drugs safely and effectively? How?

10:40am-10:55am BREAK

10:55am -12:00pm (Inc: QA)

"Solving the Suicide Epidemic: What to do about thoughts that you would be better off dead."

Neil Nedley, MD

What are the accelerating trends of suicidal thoughts in America?

What are the core beliefs that lead to suicidal thoughts and suicidal ideations? What is the importance of differentiating needs versus wants in reversing suicidal thoughts? How can a comprehensive community or residential mental health program change daily suicidal thoughts to absolutely no suicidal thoughts? How can feelings of hopelessness change relatively quickly to feelings of hopefulness?

SEGMENT 2 (Lounge)

12:00pm

LUNCH BREAK (Lunch provided by PJC)

LIVE QA from 12:15pm -12:45pm (Courtroom)

**Questions from Micronesia texted in the chatbox. Presented by moderator. *Questions from participants on Guam will be taken in-person.*

SEGMENT 3 (Courtroom)

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Train-the-Trainer/Train-the-Teacher Sessions

(Multiple Presenters)

Upcoming Phases of PJC Family Violence Program

Phase 2 January - March 2022 (Immersion Segment: EQ curriculum used in schools; community outreach/inreach on all islands)

Phase 3 July 2022 Reporting Conference on Guam (in-person)