Overview
This Webinar will examine the challenges that diverse youth and their families are confronting as a result of the pandemic and ways to bolster their resilience using strengths-based interventions. The presentation will consider the following topics:

• The changing neuro-biological and accompanying cognitive-emotional developmental changes in adolescents and implications for interventions;
• How to engage and maintain a working therapeutic alliance with adolescents and their families;
• Ways to treat depressed and suicidal adolescents;
• Ways to bolster resilience in LGBTQ youth and victims of Human Trafficking and other victimizing experiences;
• Ways to address parent-adolescent conflict.

The cost to register for this seminar is $75.

Target Audience
This program is designed for intermediate psychologists, social workers, psychiatrists, nurses, allied mental health professionals, educators, and other medical professionals.

Objectives
At the end of this program, participants will be able to:

• Use the Case Conceptualization Model of risk and protective factors that informs treatment decision making
• Use the Session by Session Youth Feedback Informed Treatment Scales to evaluate the quality of the therapeutic relationship
• Demonstrate two evidence-based interventions to treat depressed and suicidal adolescents
• Discuss and implement specific ways to bolster resilience in LGBTQ youth using the Empowerment Self-Report Scale
• Discuss and implement the Interviewing procedures to turn angry youth into social problem-solvers.
• Explain and implement the Core Tasks of treatment of adolescent and parent conflict

Agenda (Please note that all times are Eastern Time.)

1:00pm | Welcome and Introduction
1:05pm | Part I
• The nature of the challenges: Impact of COVID 19
• Neuro-biological and cognitive-affective developmental changes: Implications for interventions
2:25 | Stretch Break
2:35pm | Part II
• Treatment of adolescents who are depressed and suicidal and various forms of victimization
• Ways to bolster resilience: Affect regulation, skills training and substance abuse interventions
3:55 | Stretch Break
4:05pm | Part III
• Ways to Address Parent Adolescent Conflict
Faculty

Donald Meichenbaum, PhD is Distinguished Professor Emeritus from the University of Waterloo, Ontario from which he took early retirement 25 years ago to become the Research Director of the Melissa Institute for Violence Prevention in Miami (www.melissainstitute.org).

He is one of the founders of Cognitive behavior therapy and in a survey of clinicians he was voted “one of ten most influential psychotherapists of the 20th century...” He has worked with youth in various clinical settings and he has published extensively. His presentations are noted for their combination of scholarly critical acumen, clinical perspicacity and humor.


Accreditation

Psychologists
Commonwealth Educational Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. Commonwealth Educational Seminars maintains responsibility for these programs and their content.

4 units of continuing education

These sessions are suitable for beginner and intermediate levels for psychologists.

Physicians
Boston University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Boston University School of Medicine designates this live activity for a maximum of 4 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers
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Social Workers – New York State
Commonwealth Educational Seminars is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers. #SW-0444

All Social Workers must attend all sessions for credit, partial credit is not allowed.

Nurses
Boston University School of Medicine Continuing Nursing Education is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.

Licensed Mental Health Counselors
Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Licensed Professional Counselors/Licensed Mental Health Counselors. Please visit CES CE CREDIT (https://www.commonwealthseminars.com/seminar-ce-credit.html) to see all states that are covered for LPCs/LMHCs. CES maintains responsibility for this program and its content.

It is the participant’s responsibility to check with their individual state boards to verify CE requirements for their state.

There is no known conflict of interest nor commercial support for this program.

References


Meichenbaum, D. (2020) Treatment of individuals with addictive disorders. NY; Routledge
