

Outline

CBT Toolbox for Children & Adolescents
Core Components

- Case Conceptualization and Treatment Planning
- Identify Core Belief Systems & Negative Thinking Patterns
- Understand Cognitive Distortions
- Implement Homework

Build Rapport & Motivation

Importance of Family Engagement

Creation of Self-Talk

Cognitive Skills

Relationship Coaching

Skills to Modify Maladaptive Thinking

Validation to Improve Engagement

Identify & Utilize Feelings to Improve Communication Skills

Cultural & Developmental Issues

Limitations of the Research & Potential Risks

INTERVENTIONS:

Childhood Trauma

- Identify & Define
- Cognitive Narratives & Trauma Stories
- Utilization of Play
- Resilience
- Symptom Relief & Coping Mechanisms

ADHD

- Assessment & Diagnosis
- Concentration & Impulse Control
- Time Management & Goal Setting
- Self-Regulation
- Brain Breaks & Healthy Habits

Autism

- Assessment, Diagnosis, & Treatment Planning
- Flexible Thinking
- Sensory Integration
- Perspective Taking & Relationship Building
- Manage Expectations

ODD, Conduct Disorder, Disruptive Behaviors, & Anger

- Assessment, Diagnosis, & Treatment Planning
- Anger, Aggression, & Dysregulation
- Communication
- Building Alliances & Positive Relationships
- Emotional Vocabulary & Regulation

Anxiety and OCD

- Assessment, Diagnosis, & Medications
- Externalize & Define “Bad” Worry
- Identify Body Reactions
- Assertiveness Skills
- The Need for Control

Mood Disorder

- Mood Charting
- Reframe Thoughts
- Create Peace & Gratitude
- Body Mindfulness & Control

Self-Injurious Behaviors, & Suicidality

- Assessment, Treatment Strategies
- Self-Esteem & Confidence Building
- Identify Negative Self-Talk
- Problem Solving & Coping Skills
- Foster Motivation

Parental Supports

- Attachment
- Receive & Give Love
- Choices as a Problem-Solving Skill
- Set & Keep Limits & Boundaries
- Structure & Routine
- Rewards & Punishments
- “Time Outs” for Parents

Questions?

Call customer service at 800-844-8260

Objectives

1. Formulate strategies to develop a therapeutic alliance that engage children and adolescents in easy, creative and effective therapeutic cognitive behavioral activities.
2. Apply, practice, and integrate evidence-based CBT techniques to modify and change maladaptive behaviors.
3. Assess, challenge and replace negative self-talk, thoughts, assumptions and core beliefs.
4. Practice fun and creative emotional regulation activities that help children & adolescents strengthen their emotional language, thus reducing dysregulation.
5. Communicate the importance of collaboration with families and utilize approaches to engage families in the treatment of children and adolescents.
6. Utilize the CBT thought record and mood charting in order to enhance data-based decision making.

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

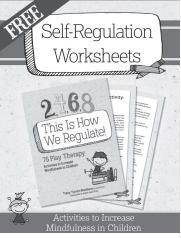
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Target Audience

Counselors • Social Workers
Psychologists • Psychotherapists
Addiction Counselors
Marriage & Family Therapists
Case Managers
Mental Health Professionals
School Guidance Counselors
School Psychologists • Educators
Occupational Therapists
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CBT
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For
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Portland, ME • September 25, 2019
Manchester, NH • September 26, 2019
Burlington, VT • September 27, 2019

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**CBT
Toolbox
For
Children &
Adolescents**

Evidence-based Strategies
to Target Specific
Behaviors and Diagnosis

Activities, Worksheets &
Exercises for Trauma, ADHD,
Autism, Anxiety, Depression
& Conduct Disorders

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CBT Toolbox For Children & Adolescents

“Fix my kid.” This is the desperate cry of parents and caregivers who walk into your office seeking help.

You start the therapeutic process with your go-to techniques. And your client progresses...for a while. But when they fail to make additional gains, or even regress, your skills as a therapist are put to the test. When all your usual tools have been exhausted, you're left feeling helpless and wondering how to move forward.

Breathe new life into therapeutic approaches for resistant and avoidant cases with creative, activity-based interventions grounded in the proven success of CBT!

Dr. Janet K. Palmerston, Ph.D., delivers an energetic, technique-heavy workshop that will give you the tools you need to harness the power of a creative, activity-based CBT approach. Janet will provide the exercises and interventions she's found most effective in improving outcomes for children and adolescents with disruptive behavior, trauma, ADHD, defiance, anger, anxiety, depression and family conflict.

Case examples, activities and hands-on practice will enable you to easily integrate these essential skills in your practice and allow you to individualize them for a variety of disorders and temperaments. Evidence-based techniques help you to drastically increase children's engagement in treatment, improve emotional functioning, strengthen relationships, maximize academic engagement, and minimize acting-out behaviors. Must-have strategies create an affiliation between you, the child, and family members - boosting parent/child satisfaction, motivation and retention in therapy.

Join Janet for this essential workshop and leave feeling prepared and empowered to improve the lives of your most difficult-to-treat young clients with a creative, activity-based CBT approach!

Speaker Bio

Dr. Janet K. Palmerston, Ph.D., is a licensed psychologist in the states of Georgia and Oklahoma. Dr. Palmerston received her undergraduate degree in secondary education from the University of Arkansas in Fayetteville, Arkansas and her master's degree in counseling from Northeastern State University in Tahlequah, Oklahoma. Dr. Palmerston received her doctorate in psychology from Oklahoma State University in Stillwater, Oklahoma. After completing her doctorate, Dr. Palmerston completed a post-doctoral program in school neuropsychology and became a diplomate of the American Board of School Neuropsychology.

Dr. Palmerston has over 25 years of experience working in the field of psychology serving clients from ages 3 to 99. She currently works with LifeSource, Inc. providing direct psychological services to clients and serving as the Regional Director for the state of Georgia. Dr. Palmerston has worked in a variety of settings including an inpatient psychological hospital treatment facility, psychoeducational center, preschool assessment center, public school settings, skilled nursing facilities, alternative school settings, and as a private practitioner. She specializes in interventions for ADHD, Learning Disabilities, Behavior Disorders, Memory Issues, Social Skills, Executive Functioning, and Emotional Disorders. Dr. Palmerston's treatment approach focuses on providing clients effective alternatives to psychotropics. Techniques utilized include cognitive behavior therapy, cognitive restructuring, biofeedback, behavioral modification, relaxation therapy, interpersonal psychotherapy, solution-focused brief therapy, and neurofeedback

Speaker Disclosure

Financial: Janet Palmerston has an employment relationship with LifeSource, Inc. She is an adjunct faculty at the University of the Sciences in Philadelphia. Dr. Parikh receives a speaking honorarium from PESI, Inc.
Non-financial: Janet Palmerston is a member of the Georgia Association of School Psychologists.



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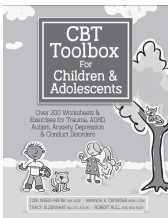
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Save by including these products with registration!



CBT Toolbox for Children and Adolescents: Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, EDS, MED, NCSP, Amanda Crowder, MSW, LCSW, Lisa Phifer, DED, NCSP, and Tracy Elsenraat, MA, LPC, ATR-BC

The CBT Toolbox for Children and Adolescents gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.



2,4,6,8 This Is How We Regulate: 75 Play Therapy Activities to Increase Mindfulness in Children

By Tracy Turner-Bumberry, LPC, RPT-S, CAS

Learning mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That's why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.

Live Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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NEW YORK ADDICTION PROFESSIONALS: This course has been approved by OASAS for 6.25 clock hours toward Initial Credentialing for CPP Section #1 or CPS Section #1 Renewal for CASAC, or CPP or CPS. Board required certificates will be sent after the program.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MAINE COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

VERMONT COUNSELORS: This course has been submitted to the Board of Allied Mental Health Practitioners (BAMHP) for review.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

NEW YORK EDUCATORS: PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hour(s), in the area of Pedagogy. Hours are based on full attendance. Board required certificates will be sent after the program.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NEW YORK MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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PSYCHOLOGISTS: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PSYCHIATRISTS: PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

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MAINE PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72777.

NEW YORK PSYCHOLOGISTS: This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

VERMONT PSYCHOLOGICAL EXAMINERS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72777.

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SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for 6 ASHA CEUs (Intermediate level, Professional area).

SPEECH-LANGUAGE PATHOLOGISTS ONLY: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologists and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



NEW HAMPSHIRE SOCIAL WORKERS: This intermediate activity consists of 6.0 Category A credits. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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