

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

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.

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
Occupational Therapy Assistants
Speech-Language Pathologists

Questions?
Call customer service at 800-844-8260

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

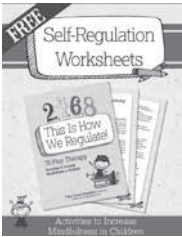
11:50-1:00 Lunch (on your own)

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.

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CBT
Toolbox
For
Children &
Adolescents



Macon, GA • Wednesday, October 23, 2019

Marietta, GA • Thursday, October 24, 2019

Norcross, GA • Friday, October 25, 2019

REGISTER NOW!

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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!

Julianna Elsworth, MSW, LCSW, 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. Amanda 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 Julianna 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

Julianna Elsworth, MSW, LCSW, has dedicated her career as a psychotherapist, educator, and advocate to individuals who have endured trauma. She has extensive experience educating professionals who work with trauma survivors, including providing agency wide residential treatment trainings and for teachers in the Syracuse City School District. Julianna has worked in numerous settings across the social work field, including psychiatric inpatient hospitals, adolescent residential treatment, and as an adjunct professor for the MSW program at Syracuse University.

Julianna currently works with children, adolescents, adults, and families as an outpatient private practice therapist in Charlotte, NC. Her specialties include complex trauma, sexually reactive behaviors in childhood, depression, anxiety, behavioral problems, and high conflict families. Julianna is knowledgeable, likable, and engaging and relates to her clients and audiences in a personable, direct and compassionate manner. She is an expert at taking evidenced based practices and implementing them into creative and functional interventions that get results and promote positive client outcomes.

Speaker Disclosure

Financial: Julianna Elsworth has an employment relationship with Calming Waters Counseling Services. She receives a speaking honorarium from PESI, Inc.

Non-financial: Julianna Elsworth has no relevant non-financial relationship to disclose.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

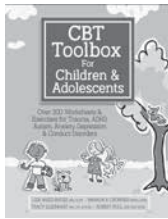
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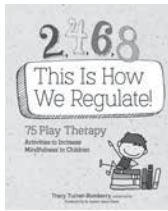
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CBT Toolbox for Children and Adolescents: Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

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.

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ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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.

GEORGIA COUNSELORS: 6.25 Core hours of continuing education have been approved by the Licensed Professional Counselors Association of Georgia, LPCA (# 8274-19M). Full attendance is required; no partial credits will be offered for partial attendance.

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

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.

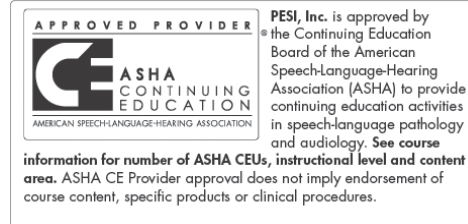
GEORGIA MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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.

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.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



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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.

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.

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ADA NEEDS

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

WALK-INS

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.

TUITION OPTIONS

• **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.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. **Advance registration required.** Cannot be combined with other discounts.

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— Seminar on CD* (audio) \$219.99 (RNA054235)

— **CBT Toolbox for Children and Adolescents** book* \$34.99 (PUB085120)

— **2,4,6,8 This Is How We Regulate** book* \$24.99 (PUB085710)

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