

Outline

Oppositional and Defiant Children and What Makes Them Tick

Out of control behavior and hierarchy related
Why family trauma in these cases is unseen
How “teen terrorism” defeats parents and counselors
Why “rules without relationships” cause defiance
Video case example: Interactional Trauma:
A single parent and child out of control

Importance of Including the Parent/Caregiver in Treatment

Motivate toughest parents to show up and cooperate
A 7-question motivational script to start and end treatment
Beyond the “just fix my kid” parent mindset
Engage your extended family at a high level
Case example: A motivational phone call

Assessment and Diagnosis Quickly and Accurately

High level scaling to pinpoint the problems
Locate the root cause of the extreme behaviors
Locate the child’s safety stressors (self-harm, suicide, aggression, drugs, etc.)
How to stabilize the extreme behaviors and treat trauma simultaneously
How to set goals of therapy with the entire family that work
Video case example: “Knowing where to tap” to locate the root causes

Using a Playbook to Initiate Rules, Boundaries, and Emotional Warm-Ups

How to write a clear written playbook to heal both trauma and extreme behaviors
How to heal the stronghold of shame, blame, performance and approval
How to locate the child’s love language
Creative consequence to neutralize extreme behaviors such as running away, truancy, safety issues, aggression and disrespect
Video case examples: “Extreme kids and Written Playbooks that Work”

Why Parents Must Practice Delivery and Think Two Steps Ahead

Why defiant kids are master button pushers and using button busters to stop it
Dress rehearsals to practice delivery and troubleshooting is needed
Set-up and execute the best dress rehearsals and troubleshooting of your life
Video case example: Watching a great dress rehearsal unfold to see immediate child change

Relapse Prevention to Achieve Permanent Changes in the Defiant Child and Family

The mini-scale technique: Consolidating changes in treatment
Map out next steps of treatment and beyond
Identify red flags to prevent potential relapse
Video case example: See the mini-scales in action

Using Client Feedback to Improve Outcomes

5 key questions to ask at the end of your sessions to get better outcomes
Real-time client feedback improves outcomes
Delivery vs. content: Not what you say but how you say it
Video case example: “We finally feel a part of the treatment”

Limitations of the Research and Potential Risks

Live Webcast Schedule
(Times listed in Central)
8:00 Program begins
11:50-1:00 Lunch Break
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.

Objectives

1. Evaluate the connection between extreme behavior and an upside-down hierarchy and family trauma.
2. Integrate a 7-question motivational script to motivate the toughest parents to show up and cooperate.
3. Utilize therapeutic tools, scripts, and handouts to more effectively treat oppositional and defiant behaviors.
4. Assess “toxic seeds” and “undercurrents”, or hidden causes of a child or adolescent’s extreme behaviors within the family to increase the effectiveness of treatment.
5. Create clinical treatment plans using playbooks to address the specific needs of each client/family.
6. Utilize various scaling techniques to evaluate progress in treatment and identify potential risks for relapse.
7. Analyze when it is appropriate to begin active treatment as opposed to stabilization of extreme behaviors to ensure the safety of the child and family members.

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Oppositional and Defiant Children & Adolescents: Family-Based Treatment Solutions for Aggression, Disrespect and Other Extreme Behaviors

LIVE Interactive Webcast

Friday, January 22, 2021

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Oppositional and Defiant Children & Adolescents: Family-Based Treatment Solutions for Aggression, Disrespect and Other Extreme Behaviors

- Stop even the most severe behavior problems at home and school
- Go beyond treating surface issues and get to the core of the problem
- Change expectations from “fix my child” to “help our family”
- Engage and motivate resistant parents and caregivers
- Deliver online treatment with excellence by seeing video case examples
- Improve boundaries, attachment, discipline, and communication in the home

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OPPOSITIONAL AND DEFIANT CHILDREN & ADOLESCENTS

Family-Based Treatment Solutions for Aggression, Disrespect and Other Extreme Behaviors

Out of Control behavior involves the entire family – shouldn't your treatment do the same?

The parent's mantra of **"just fix my kid"** isn't the most effective because while you can make some progress individually, relapse rates skyrocket when the child returns to the same unhealthy patterns/behaviors/ environment. Oppositional and Defiant children and adolescents are often referred to treatment because of extreme emotional or behavior problems – **aggression, disrespect, skipping school, self-harm, suicide, running away** – and not the underlying trauma and unhealthy family dynamics that are the real cause of the problem.

Join Dr. Scott Sells, founder of the Family Systems Trauma (FST) Model and creator of Parenting with Love and Limits®, to learn **7 must have, evidence-based techniques for assessing and treating the oppositional and defiant child or adolescent in whole new way.**

Under Dr. Sells' expert guidance, you'll discover how you can:

- Engage and motivate even your most resistant children, parents, and families
- Use step-by-step tools with handouts and scripts to use immediately with clients
- Identify the underlying reason for defiance and what are called "undercurrents" to quickly find the solution
- Keep your sessions strength-based and solution-oriented
- Empower parents to heal trauma, improve boundaries, and restore attachment
- Overcome the most common treatment roadblocks that frustrate you and your client

If you're treating out of control children and their parents, you need these techniques in your clinical toolbox - Sign up today!

Speaker

Scott P. Sells, Ph.D., MSW, LCSW, LMFT, is former tenured professor of social work, Savannah State University, Savannah, GA and associate professor at UNLV in Las Vegas, NV. Dr. Sells is the author of three best-selling books, *Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide* (1998), *Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love* (2001), and *Treating the Traumatized Child: A Step-by-Step Family Systems Approach* (Springer, 2017). He has over 20 publications in such periodicals as *Psychotherapy Networker*, *Contemporary Corrections*, *Journal of Child and Adolescent Substance Abuse*, *Professional Issues in Criminal Justice*, *Family Process*, and *Journal of Marital and Family Therapy*, plus book chapters in the *Handbook of Family Therapy Research Methods* (1996) and *Social Worker's Desk Reference*, 2/E (2008).

Dr. Sells has extensive experience as a keynote speaker for the American Association of Marriage and Family Therapy, the National Association of Social Workers, the Southeastern Psychological Association, and others. He was invited to be one of six expert presenters at the American Association of Marriage and Family Therapy's prestigious summer institutes as well as the world-renowned Cape Cod Institute. Dr. Sells is the founder and model developer of an evidence-based model as the FST | Family Systems Trauma Model that is being used by both juvenile justice and child welfare in over 14 states and in Europe.

Speaker Disclosures:

Financial: Scott Sells is the owner of Savannah Family Institute, Inc. He receives a speaking honorarium from PESI, Inc. Non-financial: Scott Sells has no relevant non-financial relationship to disclose.

Target Audience

Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Speech-Language Pathologists
Teachers • School Guidance Counselors • Case Managers • Nurses • School Administrators
Educational Paraprofessionals • Occupational Therapists & Occupational Therapy Assistants
Other Helping Professionals that Work with Children



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Speech Language Pathologists – All States

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National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review.

Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84266>.



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PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 6 ASHA CEUs (Intermediate level, Professional area).

**** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.**



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

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Family-Based Treatment Solutions for Aggression, Disrespect and Other Extreme Behaviors

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