

Outline

CHALLENGES FOR CHILDREN FACING DIVORCE & FAMILY TRANSITION

Multiple Losses, Multiple Reactions
Divorce Do's and Don'ts: How Kids Cope with Parental Missteps
Reduce Children's Distress due to Dysfunctional Co-Parenting
Helping Kids Cope with Parents' New Relationships
Divorce-related Grief and Loss

Blended Families: In Reality, "Semi-Integrated if You're Lucky"
"Blood is Thicker than Water"
Through Children's Eyes: Residential Invaders and Parent Stealers
Healthier Family Functioning via Management rather than Resolution
Guidelines for Smoother Stepparent-Child Relationships
Strategies for Relationship Protection and Semi-Integration

TREATMENT TECHNIQUES FOR KIDS IN THE CROSSFIRE

Intervention Strategies for Anxious Children
The 3-R Approach to Anxiety Management
Daily Relaxation Rituals
Child-Friendly CBT (No Homework!)
Family-Focused Play/Art Therapy
Transition-Management Skills for Dual Households

Intervention Strategies for Oppositional Children
Root Causes of Oppositional/Defiant Behavior
Defiance as expression of Anxiety and Depression
Social-Emotional Behavioral Assessment
Cooperation and Consequences vs. Compliance and Punishment
Creative Alternatives to Traditional Behavior Modification

Objectives

1. Identify developmental manifestations of childhood distress secondary to divorced/ blended family stressors.
2. Discover effective methods of rapport-building with children and parents /step parents to enhance treatment outcomes for anxious, depressed and oppositional children.
3. Utilize semi-structured interview and observational formats for obtaining developmental, emotional and behavioral information about distressed children in divorced/blended families.
4. Recognize five typical emotional/ behavioral responses in children coping with stressful divorced/blended family dynamics.
5. Implement developmentally appropriate cognitive-behavioral techniques with anxious/ depressed children facing family transitions.
6. Apply individualized behavior management and communication techniques for reducing oppositional behavior in children seeking control.
7. Develop family-focused therapy techniques to reduce distress and disruptive behavior in children.
8. Recommend classroom management strategies teachers can utilize for responding to children's highly emotional or disruptive behavior at school.

Intervention Strategies for Depressed Children
Effective Rapport Building and Interpersonal Approaches
Child-Friendly Mood Management Skills
Game Play Therapy for Family Dynamic
Therapeutic Technologies
Emotive Communication Skill-Building

Interventions for High-Risk Children
Vindictive/Revengeful Behavior
Physically Destructive Behavior
Aggressive/Violent Behavior
Suicidal /Self-Harming Behavior
Non-Suicidal Self Injury
Repetitive Substance Abuse
Socially Rejected/Excluded Children

Assisting Distressed Children at School: Tactics for Educators
"BASE" Method for Assessing Childhood Functioning
Family-Related Stress and Academic/Learning Problems
How Family Conflict Leads to Defiance at School
Classroom Management for Disruptive Behaviors
Special Accommodations for Highly Sensitive Children
Feedback/ Discussion Guidelines with Challenging Parents
School-Wide Solutions for High-Risk Students

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: Social Workers • Psychologists • Counselors
Teachers • School Administrators • Occupational Therapists
Speech-Language Pathologists • Marriage and Family Therapists
Other Helping Professionals who Work with Children

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Kids in the Crossfire of Divorced and Blended Families
Interventions for Anxious, Depressed and Oppositional Children

Featuring: Steven O'Brien, Psy.D.
Expert in Child/Family Psychology

Burlington, VT • Wednesday, October 30, 2019
Manchester, NH • Thursday, October 31, 2019
Portland, ME • Friday, November 1, 2019

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Kids in the Crossfire of Divorced and Blended Families

Interventions for Anxious, Depressed and Oppositional Children

Featuring: Steven O'Brien, Psy.D., Expert in Child/Family Psychology

- Clinical Do's and Don'ts with High-Conflict Families
- Parental Dynamics that Fuel Oppositional Behavior
- Interventions for Aggression, Self-Harm and other High-Risk Behaviors
- Assertiveness Training for Kids "Caught in the Middle"

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Wednesday, October 30, 2019

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Kids in the Crossfire of Divorced and Blended Families

Interventions for Anxious, Depressed and Oppositional Children

Children caught in the crossfire of divorce and those struggling with a new blended family frequently exhibit emotional and behavioral difficulties. Children's challenges may become exponential when divorce-related conflict is chronic and/or when parents' new relationships lead to cohabitation or remarriage.

Kids end up stuck in the middle, taking on the role of fixer or therapist. Negative talk about each parent fuels blame games and regression while reunion fantasies persist.

Join child-family psychologist, Dr. Steve O'Brien, who will provide you with a practical treatment approach for children struggling with anxiety, depression, and oppositional behavior secondary to divorced and blended family stressors.

Treatment techniques will include:

- Rapport-building and interview methods for children in divorce and blended family environments
- Distress-management skills for children facing the stress of family conflict and transition
- Strategies to improve co-parenting and to help blended families better integrate
- Family-focused art, play, and game therapy techniques
- Developmentally-tailored cognitive-behavioral interventions
- Effective treatments for family-related anxiety, depression, and oppositional behavior
- Practical tactics for teachers to assist distressed children in the classroom

Upon completion of the workshop, you will walk away with multiple clinical tools and leave feeling empowered to take on the challenge of helping children struggling with highly stressful family transitions.

Speaker

Dr. Steve O'Brien, is a clinical psychologist in Clearwater, Florida with over 25 years of experience treating children adolescents and families. His specialty areas include childhood anxiety and depression, divorced and blended family adjustment, ADHD, autism, and behavior management for oppositional children. Dr. O'Brien utilizes an eclectic model which tailors treatment to the developmental level of both children and parents. His approach integrates individual child therapy with intensive parental and familial interventions. Dr. O'Brien has worked in a variety of clinical settings including community mental health centers, psychiatric hospitals and medical clinics. He earned his Psy.D. at Nova Southeastern University and received specialized training in applied developmental psychology. Dr. O'Brien incorporates pediatric and child psychiatric consultation into his therapeutic work. He served as associate professor at the Florida School of Professional Psychology from 2000 to 2016. While at the University, Dr. O'Brien developed a unique doctoral-level course, 'Parent Consultation', designed for graduate students specializing in child-family therapy. In 2015, he developed Life@Home by Psychtouch.com, an Innovative clinical tool/app for obtaining a child's perception of family life. Dr. O'Brien also serves as a media consultant for Bay News 9, Tampa Bay's 24-hour news source.

Speaker Disclosures:

Financial: Steve O'Brien is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Steve O'Brien is a member of the American Psychological Association; and the Florida Psychological Association.

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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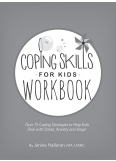


Dragon Warriors

Stories, Worksheets & Therapeutic Tools to Overcome Childhood Anxiety

By Dawn Depasquale, MA, LMHC

With heart-warming stories featuring delightfully illustrated dragons, this workbook leads children and the people who love them through even the most trying anxiety episodes. As each dragon's anxiety story is told, children are guided through solutions and strategies for the dragon, which helps their skills for dealing with their own anxiety.



Coping Skills for Kids Workbook:

Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger

Janine Halloran, LMHC

Dealing with stress, anxiety and anger are important skills to learn, but not all kids learn those strategies naturally. The Coping Skills for Kids Workbook can help teach children to calm down, balance their energy and emotions, and process challenging feelings. Author Janine Halloran, LMHC, shares over 75 innovative, fun and engaging activities developed from her experience in schools, outpatient mental health clinics and as a mother. Loved by counselors, educators and parents alike!!



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

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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.

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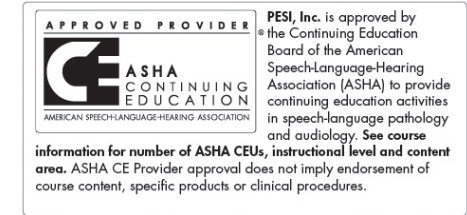


PSYCHOLOGISTS: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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VERMONT PSYCHOLOGICAL EXAMINERS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/73807.



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- **\$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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