



## GAIL APPEL INSTITUTE 5 Day Certificate Course

### COLLABORATIVE STRENGTHS-BASED THERAPY WITH CHALLENGING CHILDREN AND ADOLESCENTS

Children and adolescents presenting with long treatment histories for school disruptive, oppositional, violent, delinquent, heavy substance abuse, bulimic, and self-harming behaviors can be a real nightmare to manage for school professionals and even the most seasoned of therapists. Since these family case situations can be quite complex, they require a collaborative, flexible, and integrative family therapy approach that targets interventions at the child/adolescent, family, peer group, school, and other larger systems levels to co-construct solutions together. This highly respectful and competency-based approach invites children and youth and their families to define their goals, co-construct their treatment plans, and select which therapeutic experiments and treatment modalities can best meet their needs. The main emphasis of this strengths-based approach is on what is *right* with the clients, not on what is supposed to be wrong with them.

In this 5-session practice-oriented certificate course, participants will:

- Master the major therapeutic strategies and techniques of the collaborative strengths-based therapy
- Learn several creative ways to use themselves outside their comfort zones with challenging clients
- Accurately assess at what systems levels to target interventions
- Learn strategies for engaging difficult children and adolescents and reluctant family members
- Learn to use therapeutic questions to establish well-formulated treatment goals
- Select, design, and match therapeutic experiments with clients' theories of change, stages of readiness for change, key strengths, and goals.

Learn effective goal-maintenance tools and strategies to keep clients on track; and how to establish meaningful and successful collaborative relationships with helping professionals from larger systems

The course format will combine information-rich didactic presentation, extensive use of videotape examples of major therapeutic strategies and techniques, live family therapy and family-multiple helper systems consultations, and skill-building exercises.

***Who will benefit:*** *Social Workers, Child & Youth Workers, Family Intervention Workers, Marriage and Family Therapists, Psychologists, Addiction Counselors and anyone who is working with children, adolescents and their families.*

## The Presenter: Matthew D. Selekman, MSW, LCSW



Matthew D. Selekman, is a highly seasoned family therapist and addictions counselor in private practice and the co-director of Partners for Collaborative Solutions an international family therapy training and consulting firm in Evanston, Illinois. Matthew received the Walter S. Rosenberry Award in 2006, 2000, and in 1999 from The Children's Hospital in Denver, Colorado for having made significant contributions to the fields of psychiatry and the behavioral sciences. Matthew is the author of numerous family therapy articles and four professional books (*Working with Self Harming Adolescents: A Collaborative, Strengths-Based Therapy Approach*; *Pathways to Change: Brief Therapy with Difficult Adolescents (second edition)*; *Solution-Focused Therapy with Children: Harnessing Family Strengths for Systemic Change*, and *Family Therapy Approaches with Adolescent Substance Abuser*.) He has presented workshops on his collaborative strengths-based family therapy approach with challenging children and adolescents extensively throughout the United States, Canada, Mexico, South America, Europe, and Australia.

**WORKSHOP LOCATION:**  
114 Maitland Street  
Toronto, Ontario  
M4E 1E1

**CONTACT:**  
Tel. 416-972-1935 ext. 3345  
Fax: 416-924-9808  
E-mail: [training@hincksdellcrest.org](mailto:training@hincksdellcrest.org)

**Fee:** Pay before May 19, 2008: \$650  
Thereafter \$750

**Dates:** June 16—20, 2008, 9:00 a.m.—4:00 p.m.

**Register on line:** [www.peopleware.net/2323](http://www.peopleware.net/2323)

#### CANCELLATION POLICY

An administration fee of \$75 will be charged for all cancellations. For refund, notice of cancellation must be received in writing two weeks prior to the workshop date. After this time, you may elect to change to another workshop of the same value within one year of current registration, or a colleague may be substituted for attendance. We regret that a fund cannot be offered after the cancellation

**DAY 1**

- Collaborative Strengths-Based Therapy: An Overview
- Building on Clients’ Self-Healing and Problem-Solving Capacities: The Use of Pre-Treatment Experiments with Walk-Ins, New, and Waiting List Clients
- Co-Creating a Climate Ripe for Change: Effective Therapeutic Alliance-Building and Retention Strategies
- Practicing on the Creative Edge Outside the Comfort Zone with Challenging Children, Adolescents, and Their Families
- Interviewing for Possibilities: Eliciting Client Expertise, Untold Family Stories, Well-Formulated Treatment Goals, and Co-Creating Compelling Future Realities
- Co-Constructing the Possibility Plan for Change: Inviting Clients to be the Lead Authors of Their Treatment Plans
- The Editorial Reflection

**DAY 2**

- Getting in the Door with Resistant and Difficult to Engage Children and Adolescents
- Engaging and Fostering Cooperative Relationships with Angry, Highly Pessimistic, Laissez-Faire, Mental-Health and Substance-Abuse Impaired Parents
- Working with Post-Divorce Conflicted Parents and Their Children and Adolescents
- Engagement Strategies with Reluctant Parents and Family Members
- Guidelines for Designing, Tailor-Fitting, and Matching Therapeutic Experiments with Clients’ Strengths, Theories of Change, Stages of Readiness for Change, Learning Styles, and Goals.
- Tapping Family Members’ Inventiveness: Family Play and Art Therapy Experiments
- Post-Session Reflection

**DAY 3**

- Riding the Waves of Change: Goal-Maintenance Tools and Strategies
- Quieting the Mind: Distress Management Tools and Strategies for Children and Adolescents
- Guidelines for Constructive Management of Inevitable Client Slips
- From Simplicity to Complexity: Guidelines for Second and Subsequent Sessions with Families Presenting with More Entrenched and Intractable Difficulties
- *With a Little Help From My Friends*: The Use of the Children’s and Adolescents’ Peers and Adult Inspirational Others as Resources in Family Therapy
- Creative Uses of Consultation Teams
- Participants’ Stuck Case Presentations
- Family Therapy Case Consultation
- Post-Session Reflection

**DAY 4**

- Family –Multiple Helping System Knots
- Co-Constructing Change with Helping Allies From Larger Systems
- Critical Collaborative Tools That Pave the Way for Transformative Dialogues
- The Key Elements of Successful Collaborative Relationships
- Family-Multiple Helper Systems Consultation
- Post-Session Reflection
- Participants’ Stuck Case Presentations

**DAY 5**

- Trouble-Shooting Guidelines for Getting Unstuck
- *The Solution-Oriented Parenting Group*
- *The Stress-Busters’ Leadership Training Group*
- *The Pathways to Possibilities Program* for High-Risk Adolescents
- Celebrating Change: Honoring Our Clients’ Conquering Their Difficulties
- Participant’s Stuck Case Presentations
- Family Therapy Case Consultation
- Post-Session Reflection / Questions & Answers

**Fee: Pay before May 19, 2008: \$650, Thereafter \$750**

**Dates: June 16—20, 2008**

**Start Time: 9:00 a.m.—4:00 p.m.**

**Telephone: 416-972-1935 ext. 3340**

**Fax: 416-924-9808**

**Participants are encouraged to bring examples of their “stuck family” cases to the course for discussion and problem solving.**

**REGISTRATION OPTIONS**

- Register **online** with your credit card at: [www.peopleware.net/2323](http://www.peopleware.net/2323)
- Or, complete the form below and **mail** with cheque or credit card info to:  
The Hincks-Dellcrest Centre  
114 Maitland Street, Toronto, ON M4Y 1E1
- Or, complete the form below and **fax** with credit card info to: (416) 924-9808

Name:		
Position:	Agency/Institution:	
Mailing Address:		
City:	Province/State:	Postal Code/Zip:
Day Phone: ( )	Fax: ( )	Email: <i>Please leave email blank if you wish to receive confirmation via regular mail.</i>

I wish to pay by:  Cheque  Visa  Mastercard

Amount: \$ \_\_\_\_\_ Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_