

PURPOSE & OBJECTIVES:

Purpose: Provide participants with an overview of non-pharmaceutical interventions and alternatives when working with challenging behaviors of children and adolescents of all ages and developmental stages. At the conclusion of the program, each participant should be able to:

1. Define “experiential avoidance” & its disadvantages
2. Understand the difference between “looking from thoughts/feelings/urges” to “looking at them”
3. Describe therapeutic activities based on a metaphor
4. Describe the strategies of “defusion”.
5. Describe a “Matrix” activity & its promote service to a person’s value
6. Name the elements of “self-compassion” & “shame resiliency”
7. Name ways to modify treatment approach for individuals with intellectual disabilities

SPEAKER:

Susan Smith, is an employee of the Woodward Resource Center where she has provided behavioral technology within an interdisciplinary team; provided group and individual counseling to individuals who live there; and serves as Chairperson of the Autism Team, past Director of the I-PART program and current Director of the I-TABS program. She is an Iowa licensed mental health counselor (LMHC), a Master’s Level board certified behavior analyst (BCBA), has attended Acceptance and Commitment Therapy (ACT) Boot Camp and received intensive training from Behavioral Tech, Inc. in Dialectical Behavior Therapy (DBT).

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Mental Health Institute
1251 West Cedar Loop
Cherokee, Iowa 51012



*Feeling Hurt,
Without
Hurting Back*

**April 18, 2017
8:30am – 12:30pm**



TARGETED AUDIENCE:

Families, health care professionals & providers including medical staff, nursing staff, social workers, educators, counselors, youth workers & support services to individuals with health care needs

SCHEDULE:

- 8:00** Registration and coffee
8:30 "Experiential avoidance" & it's disadvantages. The differences between "looking from thoughts/feeling/urges" & "looking at them"
9:00 The advantage of using metaphors & therapeutic activities based on a metaphor
9:45 "Defusion" strategies
10:15 Break
10:30 "Matrix" activity to draw awareness & promote behavior that is in the service of the person's value
11:15 Elements of "self-compassion" & "shame resiliency"
12:00 Ways to modify the treatment approach for individuals with intellectual disability.
12:30 Questions & Answers/Evaluations

PLANNING COMMITTEE:

Clinical Staff Development Committee:
Dawn Bobzien, RN, Linda Mummert, SW, Jane Campbell, AON, Jason Tentinger, PA-C, Kathy Norris, SW, Carol Mugge, RN, Jacey Benson, RN, Susan Roemen, RN, John Fansaga, RN, Leann Greiner, Pharm.D., Carolyn Schuver, AA

PROGRAM CANCELLATION:

We reserve the right to cancel the program if there is insufficient enrollment. In the event of cancellation, notification will be made one week prior to the program and the registration fee will be refunded.
Cancellations by registrants within 5 business days of the program will be refunded registration fee minus \$5 cancellation fee.

CONFERENCE SITE:

The Program session will be held in the Auditorium of the Mental Health Institute, Cherokee, Iowa. Please register in the lobby of the Administration Building.

- ⇒ Inform us if you have special needs, handicapped parking is available .
- ⇒ We request that all cell phones and pagers be turned off or in the silent mode while in the conference.
- ⇒ Smoking is not allowed on campus grounds
- ⇒ Please dress in layers, personal preferences vary and room temperatures may fluctuate.

Participants are responsible for their own hotel/motel accommodations. If a list of hotels/motels or a map is needed please request when sending your registration in.

CEU'S AND CONTACT HOURS:

Continuing education credits approved: IA Board of Nursing, Provider #94— .45
This training may meet the standards & criteria specified in IAC 645-281.3, continuing education for social workers for 4 contact hours. However, each participant is responsible to determine continuing education eligibility.

REGISTRATION FORM:

Feeling Hurt, Without Hurting Back

April 18, 2017 8:30 a.m. – 12:30 p.m.

Name: _____

Profession: _____

Agency Name: _____

Agency Address: _____

Agency City/State: _____

Daytime Phone Number: _____

Zip Code: _____

E-mail Address: _____

Please check type requested:

___ **CEU Certificate**- Nursing— Lic # _____

___ **Contact Hour Certificate**— Available at end of conference ___ Social Work -Lic # _____

___ Other - _____ Lic # _____

Registration Fee includes CEU or Contact Hour Certificates and break refreshments

Registration Fee: \$25.00 - Checks or Cash
No Credit Cards

Registration fee MUST accompany registration

Please send registration and check payable to:

Cherokee Mental Health Institute

ATTN: Carolyn Schuver

1251 West Cedar Loop

Cherokee, IA. 51012

For information contact::

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Resilience