Expanding your Therapeutic Toolkit for Individuals, Families, and Couples
Nov 13-14, 2014

With respected instructor and therapist, Doug Meske, MSW, PhD

Pyle Center
702 Langdon St
Madison, WI

Register today: continuingstudies.wisc.edu/mental-health

For more information contact: Ann Whitaker
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Join us for this unique workshop that focuses on practical therapeutic strategies to use with couples and families, and on how often individual therapy will be part of the treatment effort. Learn about interventions that will be immediately helpful in your professional life or practice using Cognitive Therapy, Behavioral Changes, The Power of the Six Emotional Needs, Transactional Analysis, and useful elements from Psychoanalytic Theory.

You’ll learn more about and discuss:

- How to begin helping before the first session
- What should take place in the first session?
- How to effectively use homework—what kinds, how often, and how to create homework during sessions
- When to spend time with the individual versus the couple or family
- What does it mean to be “old enough to be married”?
- How to structure the therapeutic separation and when to use it
- Five ingredients for a healthy, effective family: are all the players healthy?
- How to help parents react versus reinforce
- Bullying doesn’t just happen at school; it happens in families, too
- How to know when to refer and to whom?

And much more…

This workshop is designed to help you:

- Describe how to begin therapy before the first session
- Utilize homework to enhance therapy
- Develop helpful interventions with a variety of clients
- Discover the rewards of working effectively with couples and families
- Recognize when referrals are needed

This program is designed for intermediate to advanced practice professionals, but offers strategies for all practice levels.

Meet your instructor

Doug Meske (MSW, PhD) has been in practice offering individual, couple, and family therapies since 1968 with an emphasis on couples therapy, family therapy, and affective and personality disorders. He has provided training throughout the United States on building relationships, taking care of emotional needs, and treatment issues. Clinical memberships have included the National Association of Social Workers and the American Academy of Psychotherapists.

A special message and invitation from your instructor:

I encourage you as therapists and counselors to participate and engage in discussions throughout the program. There is no role playing and no forced participation. Our time on Thursday is devoted to numerous interventions I’ve found effective when working with individuals, couples, and families. Friday morning is spent discussing actual cases and brainstorming how to best address complex issues and treatment blocks. I look forward to making this workshop very practical for you and working with you on difficult cases and situations.

— Doug Meske

What past participants say about Doug Meske’s workshops

“Could be billed as ‘Meske 101.’ Translated his expertise/experience into skills I can immediately add to my professional works.”

“Doug does a nice job of blending images, stories, and real-life interactions with clinical/therapeutic theory and practice.”

“Doug has wisdom that clearly was gained through his sensitive work with others.”

“Doug uses plain language and great illustrations to set up training techniques. He was never too busy with his own agenda to answer questions.”