NEW Self-Injury and Suicide: Prevention and Treatment
Jan 8-9, 2015, 9am-4pm each day, $275
Pyle Center, Madison, WI

Self-injury and suicide prevention are two of the most challenging clinical dilemmas we will all face in our practice settings today. To further compound matters, individuals who self-injure often have concurrent difficulties with eating disorders and substance abuse. Research indicates that the longer an individual engages in a self-injuring behavior and as the life consequences increase, the more this individual is at high-risk for a suicide attempt or multiple attempts. Many individuals who self-injure have grave difficulty coping with negative emotion and stress and have grown up in a family environment where they have been repeatedly emotionally invalidated.

In this hands-on practice-oriented workshop, we will discuss the latest research on self-injuring behavior and provide supported empirical research to inform clinical practices. Intervention and prevention modalities will be explored for at-risk children and youth. Effective treatment approaches that have shown positive outcomes with clients who self-injure and their families are discussed.

Learning Objectives
At the end of this workshop, participants will be able to:
• Apply key research findings to the engagement and treatment of self-injuring children, adolescents, and adults
• Develop strong relationship alliances that foster cooperation, treatment adherence, and prevent premature drop-out
• Demonstrate strategies for managing clients who self-injure with concurrent eating-distressed difficulties and substance abuse difficulties
• Formulate treatment regimens that match clients’ unique self-injuring practice and/or risk for suicide
• Teach clients effective mindfulness meditations and other WISE MIND thinking tools to better cope with negative emotion and stressful life events
• Design, select, and implement therapeutic interventions that address destructive family patterns, improve family communications, and strengthen relationship bonds
• Teach clients and their families effective relapse prevention tools and strategies
• Discuss guidelines for school personnel about how best to manage students who self-injure
• Understand how to implement and run the Stress-Busters’ Leadership Group for at-risk adolescents and the Solution-Oriented Parenting Group for their parents

Instructor
Matthew D. Selekman, MSW, LCSW is a family therapist and addictions counselor in private practice and co-director of Partners for Collaborative Solutions in Evanston, IL. He specializes in treating self-injury, eating disorders, substance abuse, school disruptive behaviors, oppositional defiant disorder, and anger management difficulties of children, adolescents, and adults. A three-time recipient of the Walter S. Rosenberry Award from Children’s Hospital in Denver for significant contributions to psychiatry and the behavioral sciences, he has authored numerous books including: Collaborative Brief Therapy with Children, Working with Self-Harming Adolescents: A Collaborative Strengths-Based Therapy Approach, and Pathways to Change: Brief Therapy with Difficult Adolescents, and Changing Self-Destructive Habits: Pathways to Solutions with Couples and Families with Mark Beyebach. He has presented workshops throughout North and South America and around the world.

Past Participant Comments:
“Awesome ideas of dealing with or looking at problems differently. I hope to be a part of future conferences provided by Mr. Selekman.”
“Clearly knows what he is talking about.”
“Presenter was great!”
“Very interactive with examples and information.”
“Gives direct example of what to do and how one might do it.”
“His presentation is 100% useable.”
Medications Used to Treat Attention Deficit Hyperactivity Disorder (ADHD)

Jan 16, 2015, 9am-4pm, $140
Pyle Center, Madison, WI

Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders and can continue through adolescence and adulthood. Symptoms include difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (over-activity).

Medications are one of the principle treatments of ADHD. The workshop will provide a background on incidence of ADHD, potential genetic predisposition to ADHD, measurement of ADHD, and medication effects on this disorder. The focus of the workshop will be on the medications used to treat ADHD, their mechanism of action, and their side effects (unwanted effects).

Learning Objectives
At the end of this workshop, participants will be able to:
• Describe the signs and symptoms of ADHD
• Identify the mechanism of action for stimulant and non-stimulant medication
• List common side effects of medications used in the treatment of ADHD
• Describe the advantages and disadvantages of the types of medications used in treatment of ADHD

Instructor
Tom Nelson, PharmD, RPh, is a drug information and substance abuse consultant for numerous state AODA treatment agencies and school districts. A registered pharmacist, he serves as pharmacy clinical coordinator and is director of the pharmacy residency program and investigation drug studies program at Children’s Hospital of Wisconsin in Milwaukee. Tom’s thoughtful and low-key style is well received by participants.

Past Participant Comments:
“Extremely knowledgeable instructor.”
“I really liked the time Dr. Nelson took to answer our questions. He was very knowledgeable.”
“Excellent. Learned some new things.”
“Enjoyed the discussion on medications.”