

# Outline

## CBT Toolbox for Children & Adolescents Core Components

- Case Conceptualization and Treatment Planning
- Identify Core Belief Systems & Negative Thinking Patterns
- Understand Cognitive Distortions
- Implement Homework

Build Rapport & Motivation

Importance of Family Engagement

Creation of Self-Talk

Cognitive Skills

Relationship Coaching

Skills to Modify Maladaptive Thinking

Validation to Improve Engagement

Identify & Utilize Feelings to Improve Communication Skills

Cultural & Developmental Issues

Limitations of the Research & Potential Risks

## INTERVENTIONS:

Childhood Trauma

- Identify & Define
- Cognitive Narratives & Trauma Stories
- Utilization of Play
- Resilience
- Symptom Relief & Coping Mechanisms

ADHD

- Assessment & Diagnosis
- Concentration & Impulse Control
- Time Management & Goal Setting
- Self-Regulation
- Brain Breaks & Healthy Habits

Autism

- Assessment, Diagnosis, & Treatment Planning
- Flexible Thinking
- Sensory Integration
- Perspective Taking & Relationship Building
- Manage Expectations

ODD, Conduct Disorder, Disruptive Behaviors, & Anger

- Assessment, Diagnosis, & Treatment Planning
- Anger, Aggression, & Dysregulation
- Communication
- Building Alliances & Positive Relationships
- Emotional Vocabulary & Regulation

Anxiety and OCD

- Assessment, Diagnosis, & Medications
- Externalize & Define "Bad" Worry
- Identify Body Reactions
- Assertiveness Skills
- The Need for Control

Mood Disorder

- Mood Charting
- Reframe Thoughts
- Create Peace & Gratitude
- Body Mindfulness & Control

Self-Injurious Behaviors, & Suicidality

- Assessment, Treatment Strategies
- Self-Esteem & Confidence Building
- Identify Negative Self-Talk
- Problem Solving & Coping Skills
- Foster Motivation

Parental Supports

- Attachment
- Receive & Give Love
- Choices as a Problem-Solving Skill
- Set & Keep Limits & Boundaries
- Structure & Routine
- Rewards & Punishments
- "Time Outs" for Parents

## Live Seminar & Webcast Schedule (Time listed in Eastern)

**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.

# Objectives

1. Formulate strategies to develop a therapeutic alliance that engage children and adolescents in easy, creative and effective therapeutic cognitive behavioral activities.
2. Apply, practice, and integrate evidence-based CBT techniques to modify and change maladaptive behaviors.
3. Assess, challenge and replace negative self-talk, thoughts, assumptions and core beliefs.
4. Practice fun and creative emotional regulation activities that help children & adolescents strengthen their emotional language, thus reducing dysregulation.
5. Communicate the importance of collaboration with families and utilize approaches to engage families in the treatment of children and adolescents.
6. Utilize the CBT thought record and mood charting in order to enhance data-based decision making.

## Live Webcast Details and Live Webcast Continuing Education Credit Information

### Join us on December 7, 2018, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/66316](http://www.pesi.com/webcast/66316)

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# CBT Toolbox For Children & Adolescents

Quincy, MA • Wednesday, December 5, 2018

Newton, MA • Thursday, December 6, 2018

Peabody, MA • Friday, December 7, 2018

Live Video Webcast • Friday, December 7, 2018

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# CBT Toolbox For Children & Adolescents

Evidence-based Strategies  
to Target Specific  
Behaviors and Diagnosis

Activities, Worksheets &  
Exercises for Trauma, ADHD,  
Autism, Anxiety, Depression  
& Conduct Disorders

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**PESI®**  
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# CBT Toolbox

## For Children & Adolescents

**“Fix my kid.”** This is the desperate cry of parents and caregivers who walk into your office seeking help.

You start the therapeutic process with your go-to techniques. And your client progresses...for a while. But when they fail to make additional gains, or even regress, your skills as a therapist are put to the test. When all your usual tools have been exhausted, you're left feeling helpless and wondering how to move forward.

Breathe new life into therapeutic approaches for resistant and avoidant cases with creative, activity-based interventions grounded in the proven success of CBT!

Amanda Crowder, LCSW, delivers an energetic, technique-heavy workshop that will give you the tools you need to harness the power of a creative, activity-based CBT approach. Amanda will provide the exercises and interventions she's found most effective in improving outcomes for children and adolescents with disruptive behavior, trauma, ADHD, defiance, anger, anxiety, depression and family conflict.

**Case examples, activities and hands-on practice** will enable you to easily integrate these essential skills in your practice and allow you to individualize them for a variety of disorders and temperaments. Evidence-based techniques help you to drastically increase children's engagement in treatment, improve emotional functioning, strengthen relationships, maximize academic engagement, and minimize acting-out behaviors. Must-have strategies create an affiliation between you, the child, and family members - boosting parent/child satisfaction, motivation and retention in therapy.

Join Amanda for this essential workshop and leave feeling prepared and empowered to improve the lives of your most difficult-to-treat young clients with a creative, activity-based CBT approach!

## Speaker Bio

**Amanda Crowder, LCSW**, is co-author of the best-selling book *CBT Toolbox for Children and Adolescents: Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders*. Amanda is an expert at moving evidence-based interventions into practical methods for application and moving research into action. She has created and adapted evidence-based interventions to work with the most challenging children, adolescents, and families in the most difficult situations. By helping to establish the Trauma Informed Care initiative within Carolinas Medical Center, Amanda has proven her leadership in moving clinical concepts into practice. Amanda runs a private practice in Charlotte, NC, and continues to work for Carolinas Medical Center within a crisis center and virtual mental health emergency room. Her specialties include depression, anxiety, trauma, behavioral issues, and family issues. Amanda uses realness, humor, and passion to build rapport with clients and audiences.

Speaker Disclosure

Financial: Amanda Crowder is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Amanda Crowder has no relevant non-financial relationship to disclose.



**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.

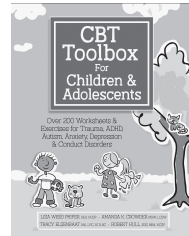
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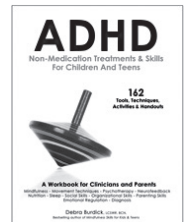


### CBT Toolbox for Children and Adolescents

Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, EDS, MED, NCSP, Amanda Crowder, MSW, LCSW, **YOUR SPEAKER**  
Lisa Phifer, DED, NCSP, and Tracy Elsenraat, MA, LPC, ATR-BC

The CBT Toolbox for Children and Adolescents gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.



### ADHD

Non-Medication Treatments and Skills for Children and Teens

By Debra Burdick, LCSW, BCN

The most comprehensive ADHD resource available! This practical workbook gives you the most effective, and proven non-medication treatment approaches and skills. Step-by-step instructions on tailoring psychotherapy to ADHD. Including ADHD-friendly parenting skills, techniques for emotional and behavioral regulation, skills for organizing time, space and activity, mindfulness skills and downloadable handouts, exercises, activities and resources.

Questions? Call customer service at 800-844-8260

#### Target Audience:

Counselors • Social Workers • Psychologists • Psychotherapists • Addiction Counselors  
Marriage & Family Therapists • Case Managers • Mental Health Professionals  
School Guidance Counselors • School Psychologists • Educators • Occupational Therapists & Occupational Therapy Assistants • Speech-Language Pathologists

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*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" 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](mailto: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 professions standards.*

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**ADDITIONAL COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group; NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LMHC CE certification.

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

**MASSACHUSETTS SCHOOL PERSONNEL:** This course may be applicable for 6.25 Professional Development Points toward your Professional Development Plan per the Massachusetts Department of Education recertification guidelines; check with your licensing authority for more information.

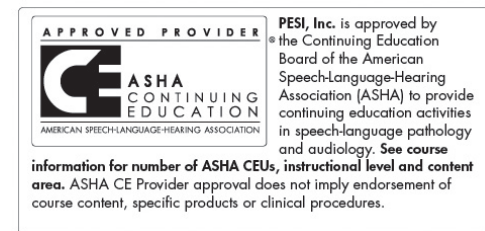
**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for 6 ASHA CEUs (Intermediate level, Professional area).

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**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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CBT TOOLBOX FOR CHILDREN AND ADOLESCENTS

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**2 Check location:** (make copy of locations)

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