

The Astor Home for Children
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TRAINING ANNOUNCEMENT

SAVE THE DATE

HOW TO MAKE AN AGGRESSIVE AND VIOLENT YOUTH: IMPLICATIONS FOR PREVENTION AND TREATMENT

Donald Meichenbaum, Ph.D.

Tuesday, March 25, 2008

10:00am to 3:00pm

The Poughkeepsie Grand Hotel
40 Civic Center Plaza, Poughkeepsie, NY (845-485-5300)

About The Presenter: **Donald Meichenbaum, Ph.D.** is Distinguished Professor Emeritus from the University of Waterloo, Ontario, Canada, and presently Visiting Professor at the School of Education at the University of Miami. He is Research Director of The Melissa Institute for Violence Prevention in Miami, FL (www.melissainstitute.org and www.teachsafeschools.org).

He is one of the founders of Cognitive Behavior Therapy and in a survey of North American clinicians, Dr. Meichenbaum was voted "**one of the ten most influential psychotherapists of the century.**" He has published extensively and has consulted internationally for various treatment centers including psychiatric facilities for children and adolescents, for deaf children and those with developmental disabilities, juvenile offenders, residential programs and community agencies. Another major area is his work with children with histories of victimization including Native populations and victims of natural and intentional trauma.

Workshop Description: Research indicates that aggressive behavior is relatively stable over the life course and that there are often early warning signs of such a developmental trajectory. Dr. Meichenbaum will provide a risk and protective factors *Case Conceptualization Model* of the multiple developmental pathways to aggressive and violent behavior and consider the implications for both treatment and prevention efforts.

Dr. Meichenbaum will highlight the heuristic value of a biopsychosocial life-span treatment perspective. The workshop will consider practical ways that **clinicians, educators, pediatricians and community leaders** can use evidence-based programs to alter the developmental course of high-risk children, youth and their families. This

workshop will also highlight the role of gender differences, co-morbid disorders, especially the impact of victimization experiences on brain development, and the role of depression/suicidality, school-based behavioral and academic interventions, parent training, and ways to bolster resilience.

Learning Objectives:

Participants will learn how to:

- 1) Use a life-span Case Conceptualization Model that informs assessment and treatment decision-making;
- 2) Conduct empirically-based multifaceted psychosocial interventions in schools and clinics;
- 3) Tailor interventions to address issues of gender differences, co-morbidity of internalizing problems like depression/suicidality and victimization experiences;
- 4) Bolster resilience in high-risk children, youth, families and communities

Agenda:

10:00am-Noon:

The Nature of Aggressive Behavior: Incidence, Stability and Multiple Developmental Pathways: Implications for Assessment, Treatment and Prevention

Evidence-based interventions: What Works and How **NOT** to Make Things Worse

School-based Interventions: Behavioral and Academic Programs

Cognitive-behavioral Interventions: Addressing the Challenging Problem of Generalization

Noon-1:00pm: Lunch

1:00-3:00pm:

Parent Training with Aggressive Children and Adolescents

Treatment of Children with Co-morbid Disorders

Focus on Childhood Depression/Suicidality

Focus on the Impact of Victimization: Trauma-focused Cognitive-behavioral Treatment

3:00pm: Adjourn

Fee: \$65, includes continental breakfast, lunch and free parking voucher for the hotel.

Registration Form: Fee: \$65.00. Make checks out to: The Astor Home for Children. Mail to: Dr. Athena Drewes, The Astor Home for Children, 13 Mt. Carmel Place, Poughkeepsie, NY 12601, adrewes@astorservices.org; 845-452-6077x112.

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