



CSC Child Study Center
Collaboration, Innovation, Education, Action

the Penn State Psychological Clinic, and SCASD presents

6th Annual Central PA Workshop on Evidence-Based Mental Health Services



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Adolescent Research (CFAR)

“Functional Family Therapy: A Flexible, Adaptive Approach for Behavioral Health Clinicians Serving Adolescents and Their Families”

Community-based behavioral health practitioners who serve adolescents address a broad range of problem behaviors, including substance use, disruptive behaviors, depression, and trauma-related stress. Clinicians often refer youth to specialized addictions treatments and develop an array of intervention strategies to address other disorder-specific skills. One result is that youth receive multiple interventions that may not be well coordinated. Functional Family Therapy (FFT) is a brief, multi-systemic evidence-based treatment that can be tailored to address a wide range of presenting problems within a single unified approach. The workshop will provide an overview of FFT, present strategies for engaging families, eliciting motivation for change, enhancing family relationships, developing youth and family strengths, and resolving presenting problems. Specific substance-related intervention strategies will be discussed, along with ways to structure treatment to address multiple co-occurring problems within the family.

LEARNING OBJECTIVES

- Become familiar with the key features of FFT for adolescent problem behaviors.
- Describe the clinical techniques used to enhance motivation for change in troubled families.
- Develop knowledge and skills for enhancing family communication, problem-solving, and related skills.
- Develop knowledge and skills for addressing multiple, co-occurring adolescent problems.
- Describe strategies for preventing problem relapse and maintaining treatment gains.

Friday, May 10, 2019

9:00 a.m. – 3:00 p.m., 127 Moore Building, University Park

REGISTRATION IS REQUIRED at
csc.la.psu.edu/training-institute/workshops
\$50 for current Penn State affiliates,
\$75 for non-Penn State attendees,
\$15 PSU Graduate Students
Contact Shannon Ranio (srr12@psu.edu
or 814-863-0752)

This workshop satisfies PDE's requirements for six Act 48 hours. Psychologist can receive a maximum of six APA continuing education (CE) credits. Full attendance at the workshop is required to receive CE and Act 48 credit. Late arrivals or early departures will preclude awarding of CE credits. The Pennsylvania State University Psychological Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. There is no known commercial support for this program



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