

Let's Get Creative: 25 Brief, Interactive Strategies to Engage Children and Adolescents in Therapeutic Settings

Live Webinar

Thursday, June 6, 2024

9 AM – 11 AM

Program Overview

Research has demonstrated that one of the most important aspects of effective therapeutic work is engaging a client and building positive rapport and trust in the therapeutic relationship. In establishing and maintaining a positive relationship with children and adolescents, clinicians must find creative and innovative ways to make therapeutic work engaging and interactive. It is through this interactivity that children and adolescents are often most comfortable in expressing their thoughts and feelings in a way that feels natural and affirming for them.

In this presentation, we will explore 25 brief strategies and techniques that can be used in a variety of therapeutic settings to engage children and adolescents and address some common sources of distress such as anxiety, stress, and emotional dysregulation. The presentation itself will be interactive, and participants will be encouraged to engage in the activities and consider how these may be translated to their practice settings. The goal of this presentation is to broaden the therapeutic toolbox for practitioners and encourage thought and discussion on strategies that may be engaging and effective in supporting child and adolescent well-being.

Who Should Participate

This workshop will be beneficial to behavioral health and human service practitioners, including psychologists, social workers, counselors, marriage and family therapists, substance use and addictions professionals, as well as educators, human service professionals, community advocates and all others interested in this topic.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System with support from Old Vineyard Behavioral Health Services.



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Register online at www.nwahec.org/73203

Objectives

Upon completion of this course, you will be able to:

- Explore overall framework for using interactive techniques with children and adolescents in therapeutic settings.
- Describe 10 interactive strategies to aid in engagement and assessment work with children and adolescents.
- Explain 15 interactive activities to target anxiety and emotional dysregulation in children and adolescents.
- Review multiple resources for clinicians to use in practice with children and adolescents in therapeutic settings.

Credit

- 2.0 Contact Hours from Northwest AHEC
- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 2.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.
- Application has been submitted for 2.0 contact hours of General Skills Building credit from the North Carolina Addictions Specialist Professional Practice Board.
- This program does not provide specific NBCC Credits. However, per LCMHC licensure guidelines, you may submit up to 15 contact hours of continuing education by attending programs by affiliates of the National Area Health Education Center Organization (NAO). Northwest AHEC is a member of the NAO.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.



Wake Forest University
School of Medicine

NORTHWEST AHEC
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Faculty

Amy Levine, MSW, LCSW, is a Clinical Assistant Professor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child welfare and mental health and serves as a faculty member in the field education program. Amy has a practice background in both public and private child welfare services as well as mental health and worked for 12 years as a child, adolescent, and family therapist. Amy is also a North Carolina Certified Clinical Supervisor, providing supervision and consultation to LCSW-A's in North Carolina. Amy's practice and research interests include trauma-informed models of care, child and adolescent mental health, and the intersection of child welfare and behavioral health services. Amy enjoys providing training on a variety of practice topics and appreciates learning from and further supporting the important work carried out by our human service professionals.

This presenter is being supported through a partnership between UNC-CH, School of Social Work and the NCAHEC Program.

Agenda

- 9:00 am Welcome, Introductions, and Initial Reflection Activity
- 9:15 am Frameworks: Working with Children and Adolescents in Our Current Times
- 9:25 am Engagement & Assessment Activities
- 9:55 am Addressing Stress & Anxiety
- 10:20 am Addressing Emotional Dysregulation
- 10:45 am Exploring Resources for Further Learning
- 11:00 am Adjourn

Registration

\$25 — Registration Fee

Registration for this program is offered at a reduced fee through support from Old Vineyard Behavioral Health Services.

Registration fee includes instructional, administrative costs, certificate of completion and program materials.

Register and pay online at northwestahec.org/73203

Payment by Visa, MasterCard, American Express, Discover and Atrium Health Wake Forest Baptist internal transfer is accepted.

Payment Policy: Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received before the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment has been received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment before the event date.

Refund Policy: Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70 percent of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity.

Please email cancellations to awpearso@wakehealth.edu You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Note – Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

For More Information and Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Amanda Pearson at least five working days prior to the activity by calling 336-713-7715 or emailing awpearso@wakehealth.edu

Note– If you have not received confirmation of your registration 24 hours before the program date, please call Amanda Pearson at 336-713-7715 or email awpearso@wakehealth.edu to verify the status of your registration.