

CEU Information

Title: No Such Thing As a Bad Kid

Reshaping the Lives of At-Risk Children, Youth & Families Using Positive, Trauma-Informed, Strength-Based Theories and techniques

Strength-based practice is an emerging approach to guiding at-risk children, youth, and families that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that every young person has or can develop strengths and utilize past successes to mitigate problem behavior and enhance functioning. This full-day, comprehensive workshop will highlight many of the key principles and techniques of this transforming modality. Areas covered include: What is strength-based practice & the power of a positive attitude & culture; the effects of trauma and positive emotions on the brain; strength-based communication principles and techniques - including reframing, using solution focused questions, positive predicting and inspirational metaphors; self-esteem building & activities for at-risk children and youth; how to help cognitively inflexible young people; the importance of being family centered; why, how, and when to use incentive plans; the importance of controlling personal emotions (i.e. managing number one first); respectful limit setting; and a host of creative cognitive behavioral strategies.

Learning Objectives

Attending this continuing education activity, participants will be able to:

1. Describe the major principles of a strength-based approach to working with troubled children and youth.
2. Discuss the importance of personal self-awareness and self-management in working with troubled children youth.
3. Cite specific strength-based verbal interventions to use when encountering behavior problems for troubled children and youth.
4. Develop individualized behavioral support strategies that help children learn to self-manage.
5. Describe at least two specific cognitive-behavioral techniques that can help at-risk children, youth, and their parents to better self-manage their actions.

Bibliography

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