

**Family Service Society Professional Training Institute
2010 Workshop Series**

**NO SUCH THING AS A BAD KID!
Key Strength-Based Principles &
Techniques for Understanding &
Responding to Troubled Children & Youth**

Presenter: Charlie Appelstein, LMSW
Friday, March 26, 2010
Radisson Hotel - Corning, New York

Strength-based practice is an emerging approach to helping troubled children, youth and their families that is exceptionally positive and hope-inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that every individual has strengths and past successes that can be utilized to stop problem behavior and enhance decision making. This one-day comprehensive workshop will highlight many of the key principles and techniques of this life-changing, inspiring approach to guiding high-risk youth.

Topics include: The power of a positive attitude from both a neurological and psychological perspective; Strength-based communication principles and techniques - including reframing, solution focused techniques, and inspirational metaphors; Self-esteem building & activities for at-risk children and youth; How to help inflexible and explosive young people; Why, how, and when to use incentive plans; Taking humor seriously; Understanding and developing empathy for children and youth who have been traumatized; Strategies to prevent problem behavior; Core verbal interventions & de-escalation strategies; Respectful limit setting; What every youth care worker should know about developmental psychology; The do's and don'ts of personal self-disclosure; and Using standard behavior management vs. unconditional responses to challenging behavior.



Charlie Appelstein, LMSW, whose motto is "There's no such thing as a bad kid", has worked in child welfare for over 25 years. As president of Appelstein Training Resources, LLC, he provides original, strength-based training, consultation, and youth care literature to individuals and groups seeking to better understand and respond to troubled children and youth. Charlie works primarily with residential and foster care programs; children's and adolescent psychiatric facilities; public, private, and special education schools; parent groups; and detention centers.

*For more information call Family Service Society at 607-962-3148,
or visit www.familyservicesociety.org*