

REGISTRATION FORM - Friday, March 26, 2010

RATES: includes continental breakfast & afternoon cookies
\$99.....Early Registration (postmarked by 3/16/2010)
\$109...Regular Registration (after 3/16/2010)

Group Rate (3 or more in same envelope who are not already receiving a student discount) deduct **\$5** per person
Student Rate \$90—must include copy of college ID (student rates cannot receive the additional group discount)

REFUND POLICY:

*Full refunds will be given up until March 19, 2010.
A \$20 administrative fee will be taken from refunds requested March 20 - 25, 2010. Refunds will NOT be issued for registrants who fail to show on the day of the workshop without prior notification to the Family Service Society Professional Training Institute.*

Name: _____

Employer: _____
(Your name & employer will appear on your name tag)

Address: _____

City, State, Zip: _____

Work Phone: _____

Home/Cell Phone: _____
(in case we need to contact you at the last minute)

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Payment Options: Check (made payable to Family Service Society, Inc.), Money Order, Purchase Order, Voucher, or Visa/MasterCard.

FOR CREDIT CARD REGISTRATIONS ONLY

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Professional Training Institute
Family Service Society, Inc.
280 Princeton Ave. Ext.
Corning NY 14830

RETURN SERVICE REQUESTED



Send Registration Form & Payment to:
FSS Professional Training Institute
280 Princeton Ave. Ext.
Corning, New York 14830



Family Service Society, Inc.
Planting the Seeds for a Better Tomorrow

NO SUCH THING AS A BAD KID!



Key Strength-Based Principles & Techniques for Understanding & Responding to Troubled Children & Youth

Friday, March 26, 2010
9:00am - 4:00pm
Radisson Hotel - Corning, NY

Brought to you by the:
Family Service Society
Professional Training Institute

Presenter:
Charlie Appelstein, LMSW

Workshop Overview

Strength-based practice is an emerging approach to helping troubled children, youth and their families that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that all individuals have strengths and past successes that can be utilized to stop problem behavior and enhance decision making. This full-day comprehensive workshop will highlight many of the key principles and techniques of this transforming modality. Topics include The power of a positive attitude; strength-based communication principles and techniques - including reframing, solution focused techniques, and de-escalation strategies; self-esteem building & activities for at-risk children and youth; how to help cognitively inflexible young people; 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

At the completion of this workshop, participants will be able to:

- Describe the principles of a strength-based and prevention-oriented approach to working with troubled children and youth.
- Discuss the importance of self-awareness & self-management in working with troubled children & youth.
- Define verbal interventions to use when encountering behavior problems for troubled children & youth.
- Develop individualized behavioral support strategies that help children and youth learn to self-manage.
- Train individuals working directly with troubled youth in basic interpersonal and interactional techniques and skills.

Intended Audience

This workshop is for social workers, psychologists, educators, counselors, mental health professionals, graduate students, and other health and human service workers who work with children and adolescents.

The Presenter

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.

Workshop Schedule

The registration table opens at 7:45 a.m. The workshop begins promptly at 9:00 a.m. There will be two 15 minute breaks - one in the morning and one in the afternoon. Lunch is on your own from 12:00 - 1:00 p.m. The workshop ends at 4:00pm.

Areas Covered

- 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
- The importance of being family centered and creating interlocking partnerships with families and community resources
- Why, how, and when to use incentive plans
- Taking humor seriously
- The importance of controlling personal emotions (i.e. Managing number one first/ Responding vs. Reacting)
- 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
- Using standard behavior management vs. unconditional responses to challenging behavior
- Creative cognitive behavioral strategies, including the power of rhythmic self-talk and externalizing & naming negative behaviors

Other Details

CONTINUING EDUCATION INFORMATION

- **NBCC** - The FSS Professional Training Institute is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. Provider #5930
- **APA** - The FSS Professional Training Institute is approved by the American Psychological Association to offer continuing education for psychologists. Family Service Society, Inc. maintains responsibility for the program. Provider #1323
- **NASW-NYS** - This program has been submitted for approval by the NASW-New York State.
- **OASAS** - This program has been submitted for approval by the NY State Office of Alcoholism and Substance Abuse Services.
- **Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors** - The State Board of Social Workers, Marriage and Family Therapists and Professional Counselors recognizes Family Service Society (as a sponsor approved by the National Board of Certified Counselors NBCC - #5930), to be a pre-approved provider of continuing education programs for social workers (Sec. 47.36), Marriage and Family Therapist (Sec. 48.36), and Professional Counselors (Section 49.36).

LOCATION - This workshop will be held at the Radisson Hotel in Corning, NY. Their phone number is 607-962-5000. Need information about other area hotels and lodg-

QUESTIONS OR CONCERNS?

If you have questions or concerns, you may contact Janalee Orfanides, Training Institute Director, at 607-962-3148 or via email at janalee@stry.rr.com. Please note that Janalee is only in the office on Wednesdays and Fridays.

2010 Training Institute Partners

- Allegany County Community Services
- Allegany County Department of Social Services
- Arbor Development
- Family Services of Chemung County, Inc.
- Lea R. Powell Institute for Children & Families at Alfred University
- Pathways, Inc.
- Schuyler County Community Services
- Steuben County Department of Community Services