

# All the Rage: Helping Adolescent Girls in Crisis

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*Presenter: Martha B. Straus, Ph.D.*

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Date: Friday, October 17, 2008

Time: 9:00am - 4:00pm

Location: Radisson Hotel - Corning, NY

Many adolescent girls today are in a crisis of rage and despair. Some try to disappear through starvation, others carve indecipherable symbols onto their arms or run away from home, still others bully and get bullied, hide weeping in their rooms, or attempt suicide. How can therapists become more effective with this volatile population? This highly practical workshop will explore ten vital principles underlying effective practice with adolescent girls. It will offer concrete strategies and methods for helping girls in crisis and examine the limitations of old standards of care, such as self-harm contracts and confidentiality rules. You'll learn what questions to ask and how to rally support for the girls from their extended family and relationship networks. You'll also find out about a variety of practical strategies that work, including harm reduction, inviting resistance, and developing a protective circle of adults. You'll hear about interventions specifically addressing two of the most vexing problems encountered by all therapists working with adolescent girls: self-harm and social aggression. By the time you leave, you'll know what it takes to stay connected to these struggling adolescents as you help them become competent, inter-dependent young women.



**Martha B. Straus, Ph.D.**, is a professor in the Department of Clinical Psychology at Antioch University New England Graduate School in Keene, New Hampshire, and adjunct instructor in psychiatry at Dartmouth Medical School. She maintains a private practice in Brattleboro, Vermont, and consults in the U.S. and Canada to schools, hospitals, community mental health centers, and social service agencies on child, adolescent, and family development, attachment, trauma, and therapy.

Straus graduated with honors from Brown University and received her doctorate in clinical and community psychology from the University of Maryland. She completed her internship at the Yale Child Study Center where she was a Ziegler Fellow in Child Development and Social Policy. Straus' postdoctoral years were spent in the department of psychiatry at Children's Hospital and Harvard Medical School.

She's the author of numerous articles and four books including most recently, *Adolescent Girls in Crisis: Intervention and Hope*, and the highly acclaimed *No-Talk Therapy for Children and Adolescents*. She lives in southern Vermont.