

# Therapeutic Strategies for Working With Teenagers



Friday, August 20th, 2010 | 3:00 – 5:00 pm  
Kristina S. Brown, PhD, LMFT

**Workshop Summary:** “I don’t know” or a simple shrug with no words is a common response from teenagers. They are often described as sullen, defiant, rude and disrespectful—especially teenagers that are in therapy and who have either not “bought in” to the process or feel like they were “dragged in” by their family. This workshop will teach participants ways to connect and engage teenagers in therapy whether they are presenting individually or with their families. Updates on current teenage modes of communication and hot topic issues for today’s teenager will be reviewed including bullying, influences of the media, technology, friendship and sex. Interventions aimed at building a positive and productive therapeutic relationship with teenagers in therapy will also be presented and practiced by the participants.

**Abstract:** Sullen. Defiant. Rude. Teenagers. Are these words synonyms? Not necessarily, but they can be descriptors, especially of teenagers in therapy. Learn strategies and interventions to connect and build a therapeutic relationship with the teenage clients in your practice.

**Learning Objectives:** At the end of this session, participants will be able to:

1. Strategize ways to connect and engage teenagers in therapy, including getting updated on current teenage modes of communication.
2. Discuss current hot topic issues for teenagers in 2010.
3. Practice interventions to be used to build a positive and productive therapeutic relationship with teenagers in therapy.

**Presenter:** Kristina S. Brown PhD, LMFT, is an assistant professor at The School of Professional Psychology at Forest Institute in the Marriage and Family Therapy program. She is also a licensed marriage and family therapist with a small private practice at the Robert J. Murney Clinic. She has been working with couples and families for over twelve years. Dr. Brown has presented both locally and nationally at the Missouri Association for Marriage and Family Therapy Annual Conferences, the American Association for Marriage and Family Therapy, and the Collaborative Family Healthcare Conferences and internationally at the World Congress on Endometriosis in Melbourne, Australia. The presenter, who was once a teenager and often feels like she is married to a teenager, is currently raising a teenager and a tween and works with teenagers in private practice.

**Date and Time:** Friday, August 20th, 2010 3:00 pm – 5:00 pm

**Location:** The School of Professional Psychology at Forest Institute  
11477 Olde Cabin Road, Creve Coeur, MO 63141.

**Target Audience:** Behavioral Health & Human Services Professionals, Medical Professionals, School Counselors, Non-Profit Agencies, Clergy

**Registration Fee:** Professionals: \$35 / Students: Free

**Continuing Education:** This workshop is offered for two (2) Continuing Education credits. Participants must attend the entire session to receive CE credit. No partial credit will be issued. The School of Professional Psychology at Forest Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Forest Institute maintains responsibility for the program and its content.

# Continuing Education Registration Form

**TO REGISTER ONLINE:** [www.forest.edu/stl/workshops](http://www.forest.edu/stl/workshops)

## **Therapeutic Strategies for Working with Teenagers**

**Friday, August 20th, 2010**

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Students:  Free

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### **Mail Completed Form and Fee to:** *(Make Checks payable to Forest Institute)*

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**For more information**, please contact The School of Professional Psychology at Forest Institute at (800) 424-7793.