

# A CLOSE LOOK AT SELF- INJURIOUS BEHAVIORS

***Presenters: Michele Sanchez, Psy.D. & Lisa Wasserman, Psy.D.***

**Friday, January 27, 2012 ♦ 9:00 a.m. – 12:00 p.m.  
Fort Lauderdale, Florida**

This presentation provides an overview of self-injurious behaviors as well as of intervention strategies useful in working in a hospital or correctional setting. Clinicians are frequently faced with challenges in working with clients who utilize self-injurious behaviors as a coping strategy for dealing with their traumatic histories. The presentation will focus on identifying the three types of self-injurious behaviors including superficial, stereotypical, and major self-mutilation. Along with self-injurious behaviors, individuals diagnosed with major mental illness, personality disorders, and co-occurring disorders are often challenging for a clinician to treat in a hospital or correctional setting. Therefore, identifying the psychological characteristics provide warning signs that can assist the clinician, as well as the individual who self-injures, in decreasing these destructive acts and increasing healthier coping mechanisms.

## **PROGRAM OBJECTIVES**

Participants will be able to:

- Describe the differences between self-injurious and suicidal behaviors
- Discuss the demographic profile of self-injurers within a hospital as compared to a correctional setting
- List common diagnoses associated with self-injurious behaviors
- Explain terminology associated with self-injurious behaviors
- List several treatment interventions

## ABOUT THE PRESENTERS

**Michele L. Sanchez, Psy.D.** earned her doctoral degree in psychology with a specialization in forensics from Carlos Albizu University in 2002. She has worked in the field of mental health and substance abuse since 1998. She has provided direct services as a counselor to juvenile offenders in a level eight facility at the Department of Juvenile Justice and worked in the county, state, and federal systems throughout the state of Florida. Since January 2003, she has been the mental health treatment supervisor with the Broward Sheriff's Office (BSO). Her expertise has helped to develop a successful mental health program that has been offered to the inmates at the mental health units of the North Broward Detention Center. Moreover, Dr. Sanchez has provided clinical supervision and consultation for the correctional/mental health population for many years. Her work also includes the development and implementation of the internship program at BSO with Nova Southeastern University's doctoral students.

**Lisa Wasserman, Psy.D., ATR-BC** is an expert in crisis stabilization. She has extensive training and experience in the therapeutic use of art and traditional psychotherapy for more than seventeen years. She began her career in Brooklyn, New York at county and state psychiatric centers with children, adolescents, and adults. Her career lead to working in residential facilities, including a level eight sex offender treatment center, a residential facility for female and male adolescents, a program for men and women released from jail in the substance abuse program (where she served as the clinical director). Starting in 1996, Dr. Wasserman has been an integral part of the treatment team at Memorial Regional Hospital, Department of Behavioral Health, when she started the Choices Program for Mood Disorders and Dual Diagnosis. She has worked on all of Memorial's psychiatric units, including the inpatient and outpatient programs. Currently, she provides direct clinical interventions and services for the patients and families, case consultation and supervision for the students and interns. Dr. Wasserman is also the past president of the Florida Art Therapy Association and is currently the treasurer for the state chapter.

## PROGRAM AGENDA

|                         |   |
|-------------------------|---|
| 8:30 a.m. – 9:00 a.m.   | Registration and refreshments                     |
| 9:00 a.m. – 10:00 a.m.  | Self-injurious behaviors and demographic profiles |
| 10:00 a.m. – 11:00 a.m. | Co-occurring disorders                            |
| 11:00 a.m. – 12:00 p.m. | Intervention strategies                           |

## PROGRAM LOCATION

Nova Southeastern University  
Mailman Segal Institute for Early Childhood Studies (MSI) – Room 2215  
7600 SW 36 Street  
Fort Lauderdale-Davie, Florida 33328

For maps and directions to Nova Southeastern University's Mailman Segal Institute, please visit our web site at <http://www.nova.edu/msi/contact/directions.html>. Telephone directions to MSI are available by calling 1-800-836-8326 or 954-262-6918.

**For additional information on continuing education policies, please visit our web site at <http://cps.nova.edu/programs/continuingeducation/workshops.html>**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's Center for Psychological Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/13.

**School psychologists:** Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/13.

Nova Southeastern University's Center for Psychological Studies is approved by the National Association of School Psychologists to offer continuing education credits for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

**Professional counselors:** Nova Southeastern University's Center for Psychological Studies is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #4548, Exp. 04/30/15.

**All mental health professionals will receive three (3) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

Nova Southeastern University's **Center for Psychological Studies** is dedicated to providing the highest quality education to its students, superior mental health care services to the community, and research contributions to the mental health sciences. The center offers two doctoral programs (Ph.D. and Psy.D.) in clinical psychology and two predoctoral internship programs. The center offers master's programs in mental health counseling, school counseling, counseling (online), and general psychology (online). The center also offers a specialist (Psy.S.) program and doctoral (Psy.D.) program in school psychology.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida.

The Center for Psychological Studies' clinical psychology doctoral programs are accredited by the American Psychological Association (APA), 750 First Street NE, Washington, DC 20002-4242. Additionally, the Center for Psychological Studies sponsors two predoctoral internship programs. The NSU Psychology Services Center internship program is accredited by the APA and the Consortium Internship program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The Specialist Program in School Psychology is approved by the Florida Department of Education, and accredited by the National Association of School Psychologists. The Master of Science in School Counseling is approved by the Florida Department of Education.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

**Registration Form**  
**A CLOSE LOOK AT SELF-INJURIOUS BEHAVIORS**  
**Friday, January 27, 2012**

NAME: \_\_\_\_\_ DEGREE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE (work): \_\_\_\_\_ TELEPHONE (home): \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Please email me about future workshops:     yes     no

**CHECK ALL THAT APPLY:**

psychologist     school psychologist     mental health counselor

social worker     marriage and family therapist

other \_\_\_\_\_

License # \_\_\_\_\_ State \_\_\_\_\_

**NSU CENTER FOR PSYCHOLOGICAL STUDIES:**

faculty     adjunct faculty     part-time core faculty     full-time staff

doctoral student     master's student     specialist student     CPS alumnus

**WORKSHOP FEES:**

**Advanced Registration** (*by Jan. 20*)     **Regular/On-Site Registration** (*after Jan. 20*)  
\$45.00    \$50.00

check/money order payable to Nova Southeastern University

**TO REGISTER WITH A CREDIT CARD, PLEASE VISIT OUR WEBSITE AT**  
<http://cps.nova.edu/programs/continuingeducation/workshops.html>

**MAIL CHECKS TO:**

Nova Southeastern University  
Center for Psychological Studies  
ATTN: Suzanne O'Sullivan  
3301 College Avenue  
Fort Lauderdale, Florida 33314-7796

**REFUND AND CANCELLATION POLICY:** A full refund or a full credit for another program will be issued for cancellations received no later than one week prior to each workshop date. Credit toward another program will be awarded for cancellations after that date. The university reserves the right to cancel the program due to low registration.