

THE MAZE OF

# CONTEMPORARY MENTAL HEALTH CHALLENGES IN CHILDREN & ADOLESCENTS

After 15 years of experience with difficult children and adolescents, Dr. Berk will present clinical tips you will not read in books or journal articles! Attend this seminar and learn how mental health delivery has changed in today's world and what you need to know to help children and adolescents obtain more effective treatment.

**EARN YOUR CONTINUING EDUCATION HOURS  
AT THIS PROGRAM!**

Psychologists • Social Workers • Marriage & Family Therapists  
Speech-Language Pathologists • Occupational Therapists  
Counselors • School-Based Professionals • Teacher Assistants  
Nurses • Addiction Professionals • Special Education Staff • Clergy

**MARCH 11, 2010 • OMAHA, NEBRASKA  
MARCH 12, 2010 • KANSAS CITY, MISSOURI**



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Please pass this brochure along to your colleagues who would also benefit from this program. This brochure was printed using 50% based ink on paper produced from sustainable forestry practices.



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P.O. Box 1075  
EAU CLAIRE, WI  
54702-1075

Presented by **Jay Berk, PhD**

## THE MAZE OF **CONTEMPORARY MENTAL HEALTH CHALLENGES** IN **CHILDREN & ADOLESCENTS**

*Current Trends, Practical Treatment Strategies That Really Work*

Cutting  
Electronic Addictions  
Are There Really Axis II Kids  
Psychological "Munchausen by Proxy"  
Sensory Issues vs. Behavioral Interventions  
When School Phobia is not Related to School  
What Most Professionals Miss in a Diagnosis & Treatment  
The Most Left-Out Group You Need to Still Include in Treatment  
Why Monty Python was Right: Pro-Social Punishment  
Arguments with Defiant Kids

**AND MORE !!!!**

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# Agenda

## The Maze of Contemporary Mental Health Challenges in Children & Adolescents

**7:30** Registration, Sign-In, & Course Materials

**8:00** Course begins (a.m. and p.m. breaks determined by Dr. Berk.)

### IDENTIFICATION OF CURRENT TRENDS IN TREATMENT: WHY & WHAT YOU NEED TO KNOW

- How Mental Health Delivery has Changed in Today's World
- Which Repetitive Cycles of Clinicians that Lead to Failure of the Client
- The Most Left Out Group That You Need to Still Include in Treatment
- What Most Professions Miss in a Diagnosis & Treatment
- Reluctant Parents...Understanding Their Unique Perspective
- How IDEA Relates to Mental Health Issues & Discipline
- Why Schools are so Overwhelmed with the Mental Health Issues
- How to Create a More Effective Home/School Intervention Plan
- How & When Group Therapy Can Be a Better Modality
- Hospitalization as Intervention: If They Need to Go, What You Need to Know
- Are there Really Axis II kids?
- Electronic Addiction Issues: Which Kids Are Susceptible & Why
- Rapid Cycling Bipolar Disorder: What Really Works? Bipolar Tips
- Oppositional Defiant Disorder vs. Conduct Disorder: What Adults Should Never Say but Usually Do
- Why Monty Python was Right; Revisiting Pro-Social Punishment; Arguments with Defiant Kids
- Tourettes Syndrome: Neurological "Terrible Triad"
- Three Types of School Phobia: What Usually Needs to be Treated but is Usually Missed
- "Psychological" Munchausen by Proxy
- Learning Disabilities: The Most Important Thing to Know About Co-Occurring MH Issues
- Poverty & Mental Health: Special Concerns

**11:30** Lunch (on your own)

### 12:30 IDENTIFICATION OF CURRENT TRENDS IN TREATMENT: WHY & WHAT YOU NEED TO KNOW (continued)

- Anger & Rage Issue: Critical Mass Theory/Application
- Speech Issues that Compound MH Problems
- Expressive Language & MH Behavioral Issues
- The Most Important Strategy for Parents
- Medications: Emerging Trends & Critical Knowledge for the Non-Prescriber
- Often Missed Side Effects; "Vampire" Problems; Today's Drugs
- Sensory Issues vs. Behavioral Interventions: Great Sensory Tips
- ADHD: What These Kids Really Need Help with That Can Make a Difference
- Cutting: What we Really Need to Treat to Intervene Effectively
- Internet/In-School Bullying: What Adults Tell Kids That Fuels the Problem
- More Tips on Defiant Children/Adolescents
- Functional Behavior Assessments: How a School Thinks & Why; Behavior Meetings
- Impulsive Kids & Why Poor Timing is Everything
- White Boards; Homework Hassles & Humor
- Charts (Pros & Cons)
- Anxiety Disorder: Recalibration of the Scale & a More Rapid Fix

**3:30** Evaluations, Adjournment, & Certificates

## Learner Objectives

**At the conclusion of this program, you will have the knowledge required to:**

- Discuss the components of some of today's trends in treatment of child and adolescent mental health disorders.
- Explain possible effective uses of medications and potential side effects of medications that can appear as misbehaviors.
- Describe discipline techniques that provide positive behavior support as well as the concept of "pro-social" punishment.
- Identify and eliminate some of the more common mistakes made by even the most seasoned clinicians.
- Identify and incorporate treatment concepts in to multiple settings such as school, home, and treatment programs.

### Comprehensive Program Manual Included with Your Registration!

The Maze of Contemporary Mental Health Challenges in Children & Adolescents, designed specifically for this program by Dr. Jay Berk, will be provided to each registrant at sign-in.

www.health-ed.com | 800-839-4584

## Location

**MARCH 11, 2010**  
**OMAHA, NEBRASKA**

MARRIOTT OMAHA  
10220 Regency Circle | Omaha, NE 68114  
402-399-9000

**MARCH 12, 2010**  
**KANSAS CITY, MISSOURI**

EMBASSY SUITES KANSAS CITY PLAZA  
220 West 43rd Street | Kansas City, MO 64111  
816-756-1720

For additional hotel information, including driving directions and parking, please contact hotel directly or view hotel website at [health-ed.com](http://health-ed.com).

### CONTINUING EDUCATION HOURS:

#### Sponsor: HEALTH Education Network, LLC

To receive verification of successful completion of the following credit hours, participants must sign-in, attend the entire program, and complete an evaluation. For continuing education inquiries, please go to this program's page at [www.health-ed.com](http://www.health-ed.com) or contact [ssell@health-ed.com](mailto:ssell@health-ed.com).

#### ADDICTION PROFESSIONALS: 6.0 Hours.

**NAADAC** - HEALTH ED, (provider #464), is an approved provider with NAADAC - The Association for Addiction Professionals. Full attendance is required. No partial credit will be offered for partial attendance.



#### COUNSELORS AND MARRIAGE AND FAMILY THERAPISTS: 6.0 Hours.

**NBCC** - 6.0 Hours HEALTH ED, (provider #5655), is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines.



#### NURSES/NURSE PRACTITIONERS/NURSE SPECIALISTS: 6.0 Contact (60 minute) Hours.

HEALTH ED is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



#### OCCUPATIONAL THERAPY PRACTITIONERS/OCCUPATIONAL THERAPY ASSISTANTS: 6.0 Hours.

**AOTA** - .6 CEUs (6.0 Contact Hours). HEALTH ED is an Approved Provider of Continuing Education for occupational therapists and occupational therapy assistants by the American Occupational Therapy Association. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



#### PSYCHOLOGISTS: 6.0 Hours.

**APA** - HEALTH ED is approved by the American Psychological Association to sponsor continuing education for psychologists. HEALTH ED maintains responsibility for this program and its content. Full attendance is required. No partial credit will be offered for partial attendance.

#### SOCIAL WORKERS: 6.0 Hours.

**Missouri** - This program dated 3/12/10 in Kansas City, has been approved by the NASW-Missouri Chapter for social work contact hours per approval certificate #031210-003. Please bring your Missouri membership number and picture ID.

**ASWB** - HEALTH ED, (provider #1033), is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program and maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval.



#### SPEECH-LANGUAGE PATHOLOGISTS: 6.0 Hours.



HEALTH ED is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**ASHA** - This course is offered for 0.6 ASHA CEUs (Intermediate level, Related area).

ASHA account number required for ASHA Registry.

#### TEACHERS/SCHOOL-BASED PERSONNEL: 6.0 Hours.

This program has been designed to offer six professional development hours. It is recommended that you check with your Professional Development Committee/Coordinator or the school district contact for recognition of this program.

√**Others:** If your profession is not listed, please contact your board to determine how to receive credit. This program is designed to offer six contact hours. Many boards accept reciprocal approval via the organizations listed above.

#### CANCELLATIONS/TRANSFERS

To make registration changes, please email [smartin@health-ed.com](mailto:smartin@health-ed.com) prior to the program for transfers or credit coupons which can be applied toward a future program. If contacted no later than seven (7) business days prior to the start of the program, a tuition refund, less a \$30 cancellation fee, is available. In the unlikely event HEALTH ED has to cancel or postpone a program for an unforeseen reason, you will be notified immediately to discuss options.

HEALTH Education Network, LLC | 304 Gray Street Suite 201 | Eau Claire, WI 54701

## Purpose

**The goal of this program** is to provide all levels of professionals with the tools necessary to recognize underlying issues for children and adolescents dealing with contemporary mental health challenges and effectively intervene with up-to-date, practical strategies. This program will provide you with a comprehensive overview of children and adolescent mental health, behavioral, and learning issues.

## Presenter

**JAY BERK, PhD**, is a licensed clinical psychologist and an internationally recognized specialist in the child/adolescent behavioral field. He brings both a clinical and education perspective to his work with children, adolescents and families. Dr. Berk currently conducts 15 social skills/mental health groups for children and adolescents and works daily with school and community professionals, families and parents. His work includes clients with stress and anxiety, learning disabilities, Attention Deficit Disorder, Asperger's Syndrome and other Pervasive Developmental Disorders, Tourette's Syndrome, Oppositional Defiant Disorder, depression, and the treatment of individuals who have multiple impairments.

***This is not a "dry" seminar with merely clinical facts. You will find laughter as you build the solid expertise necessary for expediting rapid and effective changes in these children and adolescents! Dr. Berk is well known for presenting treatment strategies in such a way that both the seasoned professional and the novice leave the seminar commenting on the practical nature and usefulness of the information presented.***

## Program Planning Team

Jay Berk, PhD • Thomas A. Smith, LMHC • Stephanie M. Strzok, MS, LMFT  
Louise J. Armstrong, OTR • Dr. Susan Fralick-Ball, PsyD, MSN  
Judith Nelson, PhD, LCSW • Linda Schreiber, MA, CCC-SLP

"Special thanks to Dr. Berk for his expertise, wisdom, and useful strategies—all conveyed with clarity and a delightful sense of humor; loved the handouts, too!"

-Phyllis Pollio, Special Education Teacher

"Informative, practical, humorous! I will apply knowledge learned to interventions with adolescent patients with different diagnoses."

-Alan Gellert, LCSW

To find out how **you** can **receive CE credits** at a **reduced tuition rate**, please go to the **Reduced Tuition Coordinator** link at [www.health-ed.com](http://www.health-ed.com)!

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**FREE SHIPPING** when **PURCHASING** this **book** with **program registration!**



***Teaching Kids with Mental Health & Learning Disorders in the Regular Classroom***  
by Myles L. Cooley, PhD

In our age of mainstreaming, many students have Generalized Anxiety Disorder (GAD), Depression, Asperger's Syndrome, ADHD, and other mental health issues and learning problems. How can educators recognize the symptoms, respond appropriately, and meet students' learning needs while preventing or addressing disruptive behaviors? Written by a clinical psychologist, this user-friendly, jargon-free guide describes mental health and learning disorders often observed in school children, explains how each might be exhibited in the classroom, and offers expert suggestions on what to do (and sometimes what not to do). This book is an essential tool for teachers, special education professionals, school counselors and psychologists, administrators, and teacher aides.

## HEALTH ED SATISFACTION GUARANTEE

If you are not satisfied with the program, call or write us and we will make it right!

Lois Postlewaite | Penny Graham | Sue Rogge

## How to Register:

**ON-LINE** health-ed.com (*secure website*)  
**PHONE** 800-839-4584 • 715-839-8055  
8:00 am - 5:00 pm CT  
**FAX** 715-839-8680  
**MAIL** HEALTH ED  
P.O. Box 1075  
Eau Claire, WI 54702-1075  
**Federal Tax ID** 39-1779320

## Registration Policy:

A completed registration form, payment, or purchase order hard copy is required at time of registration for **each** attendee. Use only one registration form per person. Please copy this form for multiple registrations. **Pre-Registration** rates apply only to individuals and groups registering with payment in full before 12:00 noon CT the day before the program. **Groups must register at the same time.**

**ADA:** Contact us a minimum of 3 weeks prior to the program for accommodations.

**Receipt/Confirmation:** Register on-line at [www.health-ed.com](http://www.health-ed.com) or email your request to [smartin@health-ed.com](mailto:smartin@health-ed.com).

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### 3 Tuition Fee includes program manual and refreshments.

- †\$169 per person for a group of 2 or more **pre-registering** at the same time  
 †\$179 per person **pre-registering**  
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