

BUILDING ON OUR HOPES AND DREAMS

7th Annual Conference & Celebration, May 19th, 2017 Best Western Royal Plaza and Trade Center
Marlborough, MA

2017 Conference Workshops

MORNING WORKSHOPS

Workshop 1

Eye of the Storm: Reconceptualizing Trauma in Individuals with Eating Disorders

Presenter: Rachel Benson-Monroe, LMHC

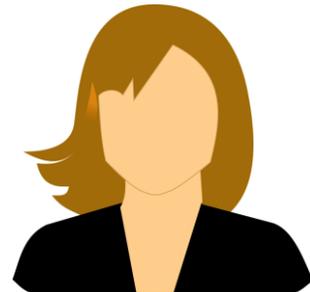
So often the lives of people with eating disorders are also permeated by PTSD. How do trauma and eating disorder symptoms intersect? How do we treat both simultaneously? This presentation offers hands-on strategies to holistically guide people with trauma and eating disorders to recovery.



Workshop 2

Demystifying the Neuropsychological Evaluation

Presenter: TBD



Workshop 3

Talking with Youth about Marijuana

Presenter: Jordana Willers, EdM and Jennifer Rifken, MSW

This training provides an overview of the latest data and current trends of marijuana use among youth, research on marijuana and the teenage brain, perceived benefits, short-term vs. long-term effects of use, cannabis use disorder (facts about marijuana and addiction), and ways to engage youth to promote open, positive communication in order to reduce substance misuse. Information about how to access treatment and recovery resources for youth and young adults will be provided as well.



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Workshop 4

Why Does My Child Behave Like That? Practical Strategies for Raising Your Child on the Autism Spectrum

Presenter: Brenda Dater, MPH, MSW

Please join Brenda Dater, author of *Parenting without Panic* and Associate Director at the Asperger/Autism Network for a session to help you understand your child's needs and what you can do to help. There's no shortage of parenting advice; but advice for typical kids doesn't always translate to children with Asperger's or similar behavioral profiles. Learn why your child's challenges exist and the variety of ways you can support your child's growth and development. Also walk away with a better understanding of your own triggers and how to become a more resilient parent and family.



Workshop 5

Spirituality, Religion and Mental Health

Presenters: David H. Rosmarin, PhD.

Even in this increasingly secular age more than eight in ten people worldwide identify with a religious group, and nearly three-quarters of Americans profess "certain" belief in God or a higher power. Furthermore, consistent research highlights that spirituality/religion can have both positive and negative effects on mental health, and that it is very common for individuals to turn to spirituality in coping with distress. However, the mental health disciplines in general and psychiatry in particular have had a tenuous history with this subject, and many practitioners shy away from addressing spiritual/religious issues with their patients. This talk will address the subject of spirituality/religion as it pertains to the treatment of mental disorders. In addition, a panel will share their experiences with spirituality, religion and mental health.



Workshop 6 *This workshop is presented in Spanish*

Proyecto Acceso a la Educación Especial

Presenter: Diana Santiago, Esq.

Los padres de niños y jóvenes con necesidades especiales (o discapacidades) pueden tener dificultades para conseguir la ayuda que sus hijos necesitan. Para familias con diferencias de cultura e idioma, puede ser aún más difícil tener acceso a estos servicios. Las leyes de educación especial protegen los derechos de niños y jóvenes con necesidades especiales. Proyecto Acceso a la Educación Especial ayuda a padres Latinos a entender esas leyes y sus derechos. El conocer sus derechos le puede ayudar en la abogacía de su hijo/a.



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AFTERNOON WORKSHOPS

Workshop 7

'You can't make me go!': Assessment and Treatment of School Avoidance in Children and Adolescents

Presenters: Nathan Doty, PhD and Brian Willoughby, PhD
School avoidance can be triggered by a number of disability-related challenges, such as anxiety, depression and mood disorders, or traumatic life events. School avoidance can also be related to needs that can be met through special education and related services. Often the causes of school avoidance are difficult to identify and treat. Drs. Doty and Willoughby will shed light on these challenging issues. They will discuss common clinical issues that lead to school avoidance, how to identify these issues and how to help access the help that is needed. The presentation will be followed by a Q&A session and discussion.



Workshop 8

Hearing Voices

Presenter: Natan Cohen and guest

The Hearing Voices Network offers a non-pathologizing, open way of understanding and supporting people through the experiences of hearing voices and holding unusual beliefs. It assumes that hearing voices (as well as seeing visions and other sensory experiences) can be a normal part of human experience with a variety of meanings for people. Join us to learn more about how the Hearing Voices approach can reorient how we relate to these experiences.



Workshop 9

Trauma, Children and Strategies to Help Them

Presenter: Stephanie Monaghan-Blout, PsyD

The diagnosis of Post-Traumatic Stress Disorder, or PTSD, was developed to describe the reactions of soldiers returning from war, but the formulation does not adequately represent the experiences of people who had been exposed to dangerous situations over long periods of time, and it was particularly poor at describing the presentation of children whose brains are still growing. In this workshop, we will discuss the presentation of these children, explore how their challenges affect their ability to function in school and at home, and share some recommendations for how teachers and parents can help.



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Workshop 10

Promoting Social Change through Social Media

Presenters: Kelley Chunn and Christina Maryland

This interactive workshop provides guidance and best practices to better understand creating meaningful change and influence through strategic use of social media. We will outline different types of popular social media: Twitter, Facebook, YouTube, and community forums, such as Reddit.

By providing case studies of best practices or lessons learned, we will educate attendees about the power of social media influence and how these tools can be effectively used to advocate issues of concern and promote the best image of themselves and families. We also will discuss the implications of using social media to share too much information or engage in cyber wars.



Workshop 11 *This workshop is presented in Spanish*

Terapia cognitiva basada en la atención plena (MBCT)

Presenter: Tomas Serrano, PhD, LMHC

Grupo para prevenir la depresión y reducir el estrés
El MBCT es un grupo psicoeducativo donde se enseñan las habilidades de atención plena. Estas habilidades pueden reducir las constantes preocupaciones y el efecto de los pensamientos poco saludables que crean ansiedad y depresión. El principal objetivo de MBCT es prevenir la recaída en la depresión, la ansiedad y el estrés. Los estudios psicológicos demuestran que la mayoría de los participantes del grupo MBCT educen la recurrencia y la intensidad de los síntomas de depresión y ansiedad (tenga en cuenta que para lograr los beneficios deseados debe participar en 8 sesiones y practicar los ejercicios dados en casa). Los participantes tendrán dos sesiones de seguimiento, un mes y tres meses después de la finalización del grupo.



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