



Home and Family Counselling and Unitec's Department of Social Practice
invite you to attend a one day workshop, focusing on work with adolescents
by
Matthew Selekman (visiting presenter from USA)

Wed 1 September 9.00 am – 5.00 pm at Oakridge House, Unitec, Mt Albert campus

*Pathways To Solutions: Collaborative Strengths-Based Brief Therapy With
Challenging Adolescents*

Adolescents presenting with oppositional and explosive, self-harming, eating-distressed, heavy substance abuse, and suicidal behaviors can be a nightmare to manage for even the most seasoned of therapists. Often, these adolescents' families are characterized by destructive family interactions and extensive treatment histories.

In this "hands-on" practice-oriented workshop, participants will learn

- Interviewing for possibilities: Using therapeutic questions to elicit client expertise, well-formed treatment goals, and for co-creating compelling future realities
- The Blueprint for Change Plan: A client-driven treatment plan that honors their goals, expectations, and choices
- Practicing on the creative edge: The improvisational use of self outside the comfort zone with challenging clients
- Effective engagement strategies with challenging and resistant adolescents
- Engaging and fostering cooperative relationships with difficult parents
- One person family therapy with adolescents]

A special emphasis in this workshop will be placed on the therapist's creative use of self and inventiveness.

Matthew D. Selekman, MSW is a family therapist in private practice and the co-director of Partners for Collaborative Solutions (www.partners4change.net), an international family therapy training and consulting firm in Evanston, Illinois. He has written numerous family therapy articles and five books: *Collaborative Brief Therapy with Children*, *The Adolescent and Young Adult Self-Harming Treatment Manual: A Collaborative Strengths-Based Brief Therapy Approach*, *Working with Self-Harming Adolescents: A Collaborative Strengths-Based Therapy Approach*; *Pathways to Change: Brief Therapy with Difficult Adolescents (Second Edition)*, and *Family Therapy Approaches with Adolescent Substance Abusers*.

Costs: \$100. Students \$50.

Limited to 60 participants.

Morning tea will be provided. Bring your own lunch or buy it on campus.

Closing date for registrations 25 August.