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**What past attendees have said about Dr. Edgette's workshops:**

"A practical, creative alternative to conventional modalities that do not work for everyone, presented in a very thorough and effective manner."

"Great information that is realistic and appropriate to everyday therapy sessions."

"Very knowledgeable and experienced. I felt privileged to have her share with us."

"Presenter was brilliant!"

"Wonderful presentation with very real examples and useful information."

Non-Profit Organization U.S. Postage PAID Minneapolis, MN Permit #3723

Institute for the Advancement of Human Behavior  
4370 Alpine Road, Suite 209  
Portola Valley, CA 94028

**WORKSHOP OBJECTIVES**

**Attend this powerful workshop, Stop Walking on Eggshells, and enhance your ability to:**

- Avoid common first session mistakes that cause adolescent clients to lose confidence in their therapist's ability to help.
- Refrain from asking the three questions adolescents hate the most.
- Conduct effective therapy within shorter time frames and fewer sessions.
- Respond constructively to three ways in which adolescents commonly try to shut down the counselor and the therapy.
- Draw on four creative techniques for dealing with the uncommunicative adolescent.
- Identify three ways to make it more compelling for your adolescent clients to change.
- Hold the adolescent client accountable for his/her actions — without fracturing the therapist/client relationship.

**Overall goal:** Participants will become more effective working with difficult adolescents and their families.

Visit the IAHB Web Site at [www.iahb.org](http://www.iahb.org)  
Save an Extra \$5 by Registering Online!

**\$20 Alumni Discount for Past Attendees!**

Institute for the Advancement of Human Behavior

INNOVATIVE CLINICAL TRAINING FOR BEHAVIORAL HEALTHCARE PROFESSIONALS

# Stop Walking on Eggshells

Therapy with Reactive, Explosive, Indulged, and Other Difficult Adolescents

**Janet Edgette, PsyD**  
Workshop Leader

**Fall 2005**

October 5	Chicago, IL
October 6	St. Louis, MO
October 7	St. Paul, MN
October 14	Cleveland, OH
November 30	Cincinnati, OH
December 1	Columbus, OH

**Earn 6 CE/CME Credit Hours**

*Space is limited. Register early!*

**IAHB WORKSHOP AGENDA**

7:45 am *Registration and CE/CME Check-in*

8:30 am **Developing a Teen-Sensitive Approach to Mental Health Services**

- Four ways counselors lose credibility with adolescent clients — and how to avoid it
- Three counseling styles that don't work with teenagers
- What to do instead: using candor to connect/getting out of the habit of trying too hard to make something happen/identifying useful questions that the teen cannot resist answering

**Looking at It from the Other Side**

- Five reasons why adolescents have a hard time making better choices
- The importance of helping young clients *save face* — and how to do it

**Assessment**

- The different things that are important when working with teenagers
- Eliminating weak questions, dead-end fact-finding missions, and witch hunts for underlying issues
- Developing a mutual focus of attention and circumventing resistance

**Intervening with Individual Adolescent Clients**

- The extraordinary power of using permission and choice with teenaged clients
- Managing strained small talk, making small talk that matters
- Managing other difficult moments (kid refuses to speak, walks out, postures aggressively, throws "trust" issues in your face, swears he/she has no problems, and more!)

12:00 noon *Lunch (on your own)*

1:00 pm **The Face of Modern Adolescence and What It Means for Therapists and Counselors**

- Factors contributing to parents' difficulties managing their kids: myths about adolescence, lifestyles, personality liabilities, youth culture
- Parenting blind spots

**Intervening with Families**

- Involving parents who want you to "fix" their kid
- How to support the parent's view without alienating the kid and vice versa
- Respecting - and helping the parent to respect - the adolescent's message without letting his/her silence, anger, provocations, or rationalizations control the session

**Helping Parents Who Have Lost Confidence in Their Parenting**

- Working with parents who are too "careful" around their reactive teen, who are shut down by them, or feel emotionally blackmailed
- Working with parents who feel beleaguered/overwhelmed; who don't want to try anymore
- Helping emotionally impoverished, psychiatrically impaired, or disorganized families

4:00 pm *Adjourn*


**WHY YOU SHOULD ATTEND**

This practical and original workshop teaches how to work with teenagers who may show little interest in sitting in a room and discussing their "problems" with an unfamiliar adult. Many of these clients come only because they are told to, and have many ways to communicate their disinterest in therapy or even contempt for the process. Learn how to avoid the traps of becoming too careful or self-conscious with the rejecting teenage client, or, alternatively, of trying harder than the client to make the therapy work.

Dr. Edgette shows how to orchestrate individual and family sessions that genuinely appeal to these kids and offer them dignified, face-saving ways out of their problems. The workshop stresses that holding teenagers accountable for their actions and choices is just as important as providing compassion for their plights, and helps attendees manage impasses and confrontations while keeping the therapeutic relationship intact. It also covers working collaboratively with parents, teachers, and other third parties who may have unrealistic expectations about how therapy can work. Numerous case examples from Dr. Edgette's practice are used to illustrate how to intervene in ways that avert power struggles and "going nowhere" conversations that frustrate therapists and bore their young clients.

*"A very practical workshop...just what I needed at this time...I am ready to go back to work and face the reluctant teen on Monday...I hope he's ready for me!"*

**WORKSHOP LEADER**



**Janet Edgette, PsyD** is a psychologist, author, workshop leader, and speaker from the Philadelphia area. She is nationally recognized for her fresh, contemporary, and effective therapeutic approach to reaching children and teenagers who are turned off by the idea of getting counseling, or just plain tired of hearing adults tell them what they should be doing differently.

Dr. Edgette received her Master of Public Health, Health Education Specialization at the University of Oklahoma and her Doctorate in Clinical Psychology at Hahnemann University in Philadelphia, PA. She is the author of five books on psychotherapy and sport psychology, including *Candor*, *Connection*, and *Enterprise in Adolescent Therapy* (Norton) and *Stop Negotiating with Your Teen: Strategies for Parenting Your Angry, Unhappy, Moody or Manipulative Adolescent*.

A warm, engaging speaker whose workshops consistently receive outstanding ratings, Dr. Edgette's workshops are dynamic, interactive, and chock-full of colorful case examples illuminating the delicate balance between the support and confrontation, forthrightness and patience, and humor and resolve needed to make a real impact upon what has, historically, been seen as a challenging client population.

**Want to learn more about IAHB? Visit the IAHB web site at [www.iahb.org](http://www.iahb.org)**

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## WORKSHOP INFORMATION

### Workshop Sites

- Oct. 5** **Hyatt Lisle**, 1400 Corporetum Dr., Lisle, IL 60532 (630) 852-1234
- Oct. 6** **Radisson Clayton**, 7750 Carondelet Ave., St. Louis, MO 63105 (314) 719-1115
- Oct. 7** **Radisson Riverfront**, 11 East Kellogg Blvd., St Paul, MN 55101 (651) 292-1900
- Oct. 14** **Radisson Cleveland Eastlake**, 35000 Curtis Blvd., Eastlake, OH 44095 (440) 953-8000
- Nov. 30** **Radisson Cincinnati Airport**, Cinti/N.KY Int'l Airport, Hebron, KY 41048 (859) 371-6166
- Dec. 1** **Hyatt Columbus**, 350 North High St., Columbus, OH 43215 (614) 463-1234

### Discounts *Must be noted on original registration (only one discount per person)*

- **Groups:** Organize a group of three or more and save! Mail your registrations together and deduct \$15 from each.
- **Full-time students:** Deduct \$25 from applicable tuition. *Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.*
- **Alumni:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$20 from your tuition.

**Cancellations** Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No refund will be issued within 7 days of the the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

**Workshop aides** Save over 45% on your tuition by working as an aide at the beginning and end of the day and at breaks. Check box labeled "Workshop aide" on the registration form and include payment for \$79. Selection is on a first-come, first-served basis. Act now; positions fill quickly. Aides must arrive at 7:00 a.m.

**Continuing Education** *The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 6 hours of continuing education (CE) and continuing medical education (CME) by the following organizations:*

**Alcoholism & Drug Abuse Counselors:** Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 6 CEHs. Provider approved by CAADAC, Provider #4S-86-074-1006, an ICRC member which has reciprocity with most ICRC member states, for 6 CEHs. The MSACCB and the IAODAPCA recognize CAADAC, an ICRC member, for course approval. The Ohio Credentialing Board for Chemical Dependency Professionals, Inc. recognizes NAADAC for course approval.

**COUNSELORS & MFTs:** IAHB is recognized by the National Board of Certified Counselors to offer continuing education for national Certified Counselors. IAHB adheres to NBCC Continuing Education Guidelines (NBCC Provider #5216). Approved by the State of Ohio Counselor Board (Approved Provider #RCX029501) and the Illinois Department of Professional Regulation for MFTs (Provider #168-000119). This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE-36). This course has been submitted to the Minnesota Board of Marriage and Family Therapy for course approval. Approval Pending.

**CEAPs:** IAHB has applied for 6 Professional Development Hours to the Employee Assistance Certification Commission. Approval Pending.

**NURSES:** IAHB has been approved as a provider of continuing education in nursing by the Utah Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation (UNA-7.2 contact hours, Provider Code P03-07). Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 6 contact hours.

**PHYSICIANS:** IAHB is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. IAHB designates this educational activity for 6 credits in Category 1 credit toward the AMA Physician's Recognition Award. Each physician should claim only those hours of credit actually spent on the educational activity

**PSYCHOLOGISTS:** IAHB is approved by the American Psychological Assoc. (APA) to offer continuing education for psychologists. IAHB maintains responsibility for the program. This activity is offered for 6 credits. Psychologists must attend entire workshop to receive credit. This course is being submitted to the Minnesota Board of Psychology for approval. Approval Pending.

**SOCIAL WORKERS:** IAHB is approved by the Illinois Department of Professional Regulation (Provider #159-000223); the Iowa Board of Social Work Examiners (Approved Provider #106); and the State of Ohio Social Worker Board (Approved Provider #RSX039403). This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). This course has been submitted to the NASW - Missouri Chapter and the State of Minnesota Board of Social Work for course approval. Approvals Pending.

In all cases, IAHB as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed above.

**NOTE: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.**

## FALL CALENDAR 2005

Workshop	Speaker	Location	Date
<b>New Skills for Frazzled Professionals: Lessons From Neuroscience on Hard-to-Treat Patients</b>	Daniel Amen, MD	Bethesda, MD Baltimore, MD Newport Beach, CA San Diego, CA St. Paul, MN Chicago, IL Seattle, WA Portland, OR	Sept. 15 Sept. 16 Oct. 6 Oct. 7 Nov. 3 Nov. 4 Nov. 10 Nov. 11
<b>Cognitive Therapy for Patients with Personality Disorders</b>	Judith Beck, PhD	Atlanta, GA	Nov. 4
<b>Treating Complex Psychological Trauma: PTSD Borderline Personality and Beyond</b>	John Briere, PhD	Seattle, WA Columbus, OH Baltimore, MD Portland, OR Sacramento, CA	Sept. 23 - 24 Sept. 30 - Oct. 1 Oct. 7 - 8 Oct. 21 - 22 Oct. 28 - 29
<b>"...And It's All Your Fault!" Mastering the New Cognitive Interpersonal Therapy</b>	David Burns, MD	Atlanta, GA Durham, NC	Oct. 5 - 6 Oct. 7 - 8
<b>"Scared Stiff" Fast Effective Treatment for Anxiety Disorders</b>	David Burns, MD	Boston, MA Houston, TX Detroit, MI Baltimore, MD	Sept. 23 - 24 Oct. 21 - 22 Nov. 4 - 5 Dec. 2 - 3
<b>Comprehensive Treatment of Children and Adolescents with Bipolar Disorder</b>	Kiki Chang, MD	San Francisco, CA Baltimore, MD Bethesda, MD Concord, CA	Oct. 7 Nov. 3 Nov. 4 Dec. 2
<b>The Titans' Fire: Integrated Care and Empowerment for People in the Bipolar Spectrum</b>	Michael A. Freeman, MD	Bellingham, WA	Oct. 22
<b>ENRAGED! Addressing Violent Behavior Toward Self and Others in Adult Psychiatric Patients</b>	Donald Meichenbaum, PhD	Bellingham, WA	Oct. 21
<b>Ethics Online Video Course</b>	Steven Frankel, PhD, JD	Online	24 Hours/Day

**\*\*All locations and dates are accurate at time of printing. Call the Institute for more information.\*\***

### WHO SHOULD ATTEND STOP WALKING ON EGGSHELLS

- This exciting workshop is targeted for both education and healthcare professionals including:
- Psychologists, social workers, marriage counselors, and others who work with adolescents and their families
  - School psychologists and counselors
  - Educators (Clock Hours/Professional Development Hours are available — please call)
  - Physicians, nurses, and other medical professionals
  - Others who deal regularly with difficult adolescents and their families

**For complete information, call (800) 258-8411 or visit our website at [www.iahb.org](http://www.iahb.org)**

## IAHB HOME STUDY SELECTIONS

**To Order:** Complete form below, indicating your selections, and mail it with payment to ACEI, PO Box 17980, St. Paul, MN 55117. **Please make checks out to ACEI. Please note:** Orders can only be shipped to your mailing address (no P.O. box). Please allow 4 to 5 weeks for delivery.

HOME STUDY AUDIO COURSES (Includes tapes or CDs, handouts, and post-test):	Quantity	Amount
<b>Fast, Effective Treatment for Anxiety Disorders</b> David Burns, M.D. (13 CE/CME hrs) \$149.00		
<b>How to Overcome Anger and Interpersonal Conflict</b> David Burns, M.D. (13 CE/CME hrs) \$149.00		
<b>Compassion's Boundaries: Paradoxes of Law, Ethics &amp; Professional Regulation in Psychotherapy *</b> A. Steven Frankel, Ph.D., J.D. (6 CE/CME hrs) \$79.00 <small>* Meets the Law and Ethics requirement for CA Psychologists, MFTs and Social Workers Supplements available for WA/OR. Call for more information.</small>		
<b>Relationships in Conflict</b> David Wexler, Ph.D. (12 CE/CME hrs) \$129.00		
<b>When Push Comes to Shove: Advances in the Treatment of Domestic Violence*</b> David Wexler, Ph.D. (7 CE/CME hrs) \$89.00 <small>* Meets the Domestic Violence requirement for CA Psychologists, MFTs and Social Workers</small>		
<b>Effective Use of the GAF Scale</b> (available in tapes only) Michael First, M.D. (2 CE/CME hrs) \$30.00		
		Subtotal
		CT residents add local sales tax
		<b>Total (US dollars)</b>

*Please Note: Home study audio courses have been taped from live workshops, and include the course handouts distributed at the workshop. You may find detailed descriptions of these and other IAHB home study courses at [www.iahb.org](http://www.iahb.org).* **Shipping and handling: 1 item \$6.00, each add'l item \$2.00**

**Please Note:** Not all boards accept home study for continuing education. Please contact your own board for more information.

**Media Type Desired**  CDs  Tapes

EDG5B **If you are physically challenged and have special needs, please contact IAHB as soon as possible. All meeting rooms are wheelchair accessible.**

**Guarantee:** If, at the morning break, you are dissatisfied and want a refund, please inform the on-site coordinator and turn in all materials. Write to IAHB requesting a refund and tell us why the workshop did not meet your needs. Your money will be refunded upon receipt of your written request.

## REGISTRATION FORM (EDGETTE)

- October 5: Lisle, IL EDG5BCH
- October 6: St. Louis, MO EDG5BSL
- October 7: St. Paul, MN EDG5BMN
- October 14: Eastlake, OH EDG5BCL
- November 30: Cincinnati, OH EDG5BCI
- December 1: Columbus, OH EDG5BCS

Name \_\_\_\_\_ Degree \_\_\_\_\_  
 Company \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_\_) \_\_\_\_\_  
 Email Address \_\_\_\_\_

**Profession(s): Please provide your profession and license number.**  
 Profession \_\_\_\_\_ License(s)# \_\_\_\_\_

- Registration Fees**
- \$139 Early Registration (Must be postmarked at least 14 days prior to workshop)
  - \$159 Regular Registration (Must be received by noon the day prior to workshop)
  - \$179 On-Site registration (If space is still available)
  - \$79 Workshop aide (Please call for approval. No other discounts apply.)

- Discounts** (One per person)
- Groups: Deduct \$15.00 (Three or more registrations received together)
  - Full-time Students: Deduct \$25.00 (Proof of student status must accompany registration)
  - Alumni: Deduct \$20.00 (Must have attended an IAHB workshop during the past 12 months)

**Registration Total** \_\_\_\_\_  
**Home Study Total** \_\_\_\_\_  
**TOTAL PAYMENT ENCLOSED** (U.S. funds)  
 Payment must accompany registration.

**YOUR PRIORITY CODE**  
 Help us expedite your registration. Enter the characters printed above your name on the mailing label.  
 \_\_\_\_\_

**Method of Payment**

- Check enclosed made payable to ACEI
- Visa  MC  AMEX  Discover

Card # \_\_\_\_\_ Exp. date \_\_\_\_\_  
 Signature \_\_\_\_\_

**Mail Completed Form To:** ACEI ♦ PO Box 17980 ♦ St. Paul, MN 55117  
 ☎ (800) 258-8411 FAX (651) 489-3387 [www.iahb.org](http://www.iahb.org)  
 American Continuing Education, Inc. (ACEI) is the conference registration company proudly handling IAHB registrations.