



**The Bouverie Centre presents Matthew Selekman
2 day workshop in Melbourne
Tuesday 7 and Wednesday 8 September 2010
9.30 am – 4.30 pm**

**PATHWAYS TO SOLUTIONS: COLLABORATIVE
STRENGTHS-BASED BRIEF THERAPY WITH
CHALLENGING ADOLESCENTS AND THEIR FAMILIES**

Adolescents cutting or burning themselves, heavily abusing alcohol and drugs, have made past suicide attempts, exhibit aggressive and explosive behaviours, and may be having regular brushes with the law, are but a few of the kinds of intimidating case situations we may see in our clinical practice settings today. Most of these youth have already been in treatment programs or have seen numerous outpatient therapists and detest counselling. They often carry the worst DSM-IV labels and are described by former treatment providers as being “resistant,” “noncompliant,” and “unmotivated.” Their parents may be demoralized and quite pessimistic about the likelihood of their kids being able to change. To further complicate matters, there may be multiple helping professionals from larger systems involved who are in conflict with the family and one another about how to *best* manage the adolescent’s problematic behaviours.

In this “hands-on” practice-oriented workshop, participants will learn how to rapidly foster cooperative and collaborative partnerships with challenging adolescents and their families. We will discuss motivation-enhancing methods for maximizing treatment compliance and retention, therapeutic questions that elicit clients’ expertise, effective engagement strategies with difficult adolescents, how to utilize the adolescent’s key strengths, inventiveness, and passions with therapeutic experiment design and selection, and collaborative tools for untangling family-helping system knots. A strong emphasis will be placed on the therapist’s use of self to co-create a therapeutic climate ripe for change.

The workshop format will combine information-rich didactic presentation, extensive use of videotape examples of major therapeutic tools and strategies, skill-building exercises, and live family therapy case consultations. Participants will leave this workshop more daring, inventive, and with a check-full of therapeutic ideas, tools, and strategies.

LEARNING OBJECTIVES

1. Demonstrate effective engagement strategies with difficult adolescents
2. Utilize therapeutic questions that elicit clients’ expertise and tap their imagination powers to co-create with them compelling future realities
3. Demonstrate how to utilize the adolescents’ key strengths and what they are most passionate about with therapeutic experiment design and selection
4. Guidelines for designing and tailor-fitting therapeutic experiments with clients’ key strengths, learning styles, stages of readiness for change, and their goals
5. Foster cooperative and successful collaborative relationships with involved helping professionals from larger systems and key members from clients’ social networks

MATTHEW D. SELEKMAN, MSW, LCSW



Matthew is the founder and Co-Director of Partners for Collaborative Solutions. He is a licensed clinical social worker, a certified addictions counsellor, and an Approved Supervisor with the American Association for Marriage and Family Therapy. Matthew provides couples and family therapy and executive job coaching and organizational consulting in his private practice in Evanston, Illinois. He is the 2006, 2000, and 1999 recipient of the Walter S. Rosenberry Award offered by The Children's Hospital of Denver, Colorado for having made significant contributions to the fields of psychiatry and the behavioural sciences. Matthew has published numerous family therapy articles and the following professional practice-oriented 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*.

Since 1985, Matthew has presented workshops on family therapy and his Collaborative Strengths-Based Therapy approach with self-harming clients and substance abusers, couples, and challenging children and adolescents extensively throughout the United States, Canada, Mexico, South America, Europe, and Australia. Matthew is frequently invited to serve as a keynote speaker for the state chapters of and institute speaker for the American Association for Marriage and Family Therapy. He also provides consultation to mental health, addictions, juvenile justice programs, behavioural healthcare organizations, and school systems throughout the world. His passion, humour, and strong emphasis on teaching creative and practical therapeutic tools that participants can put to immediate use with their toughest clients is often acclaimed. Matthew's research interest areas are young adult and adolescent self-harm, the therapeutic relationship, creative uses of self in the therapeutic relationship, and client inventiveness and imagination.

Workshop Fees:

Full fee \$445.00,

Early Bird \$425.00 (payment received before Friday 6 August 2010),

Student discount available.

See attached Registration and Payment form

Workshop Location: The Bouverie Centre, 8 Gardiner St. Brunswick VIC 3056



This form serves as a

TAX INVOICE

An official tax receipt will be issued on receipt of payment



ABN: 64 804 735 113

THE BOUVERIE CENTRE – APPLICATION FORM

MATTHEW SELEKMAN

PATHWAYS TO SOLUTIONS: COLLABORATIVE STRENGTHS-BASED BRIEF THERAPY WITH CHALLENGING ADOLESCENTS AND THEIR FAMILIES

Tuesday 7 & Wednesday 8 September 2010

Please complete and return this form (one per person) and fax to 03 9381 0336 or post to: The Bouverie Centre, 8 Gardiner Street, Brunswick 3056.

A minimum deposit of \$50 per workshop must be received with this application form. The total fee must be received 21 days prior to the commencement of the course or the place may be forfeited.

Enquiries: phone 03 9385 5100 or bouverie.training@latrobe.edu.au

PLEASE NOTE: IF YOU DO NOT RECEIVE A CONFIRMATION LETTER/EMAIL WE CANNOT GUARANTEE YOUR PLACEMENT

I am a Health & Welfare Worker Consumer, Carer & Family etc.

SURNAME: FIRST NAME:

DR/MR/MRS/MS: POSITION:

PLACE OF WORK:

DEPARTMENT:

ADDRESS:

..... POSTCODE:

PHONE (W): FAX (W):

MOBILE: EMAIL:

SPECIAL DIETARY REQUIREMENTS:

WORKSHOP FEES: FULL FEE \$445.00 **EARLY BIRD \$425.00 (to be paid by Friday 6 August 2010)**

STUDENT DISCOUNT AVAILABLE (contact Enquiries)

NOTE: THERE IS NO GST APPLICABLE TO THESE PROGRAMS

I agree my details above are true and correct and I have read and agree to abide by the conditions printed on this form (conditions also found in the Handbook)

Signature: Date:

Payment Method:

Cheque: to be made payable to: La Trobe University (ABN 64 804 735 113) – Please attach to this form

OR **Credit Card For \$**..... Visa Mastercard Exp Date/.....

Grid of 16 empty boxes for credit card details:

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Cardholder Name: Cardholder s Signature:.....

Office Use only: Place reserved

Payment rec./...../..... Amt Rec \$: Outstanding \$ Receipt No

Payment rec./...../..... Amt Rec \$: Outstanding \$ Receipt No