



Behavioral Parent Training for Caregivers of High-Risk Youth

Lorie Ritschel, PhD & Becca Edwards-Powell, LCSW

Dates: September 5-6, 2024

Time: 10:00am-5:30pm Eastern Standard Time

Cost: \$650 (early bird - by 7/15/24), \$750 (standard rate - by 8/30/24)

Location: virtual (recording will be available after the live training)

Continuing education credits available for those attending the live event.

Program Description:

Parenting under the best of conditions can be a rewarding but challenging undertaking. Parenting youth who engage in self-harm or other difficult behaviors is a frightening experience that often leaves caregivers feeling overwhelmed, exhausted, angry, and burned out.

Behavioral Parent Training (BPT) is a broad description for a range of treatments designed to help caregivers struggling to manage behavioral and/or emotional difficulties with their youth. Most caregivers who would benefit from BPT have been challenged by their youth's behaviors for some time and often feel as if they have "tried it all." This BPT protocol helps caregivers figure out which problems to tackle, in what order, and how to implement behavioral principles effectively. BPT is designed to be short-term (approximately 12-15 sessions), problem-focused, and customizable for each family's needs. Knowing that caregivers need more than one tool in their toolbox, BPT offers multiple strategies for addressing problem behaviors.

In this 2-day training, participants will be provided with an in-depth instruction of how to teach behaviorism and associated strategies to caregivers of youth with problem behaviors or severe emotion regulation difficulties. The presenters will also demonstrate effective approaches to improving communication, validation and acceptance from caregivers to youth.

Learning Objectives

Upon completion of this workshop, participants will be able to:

1. Describe when a referral to a BPT program is warranted.
2. Explain similarities and differences between BPT for high risk youth and other existing empirically supported parenting interventions.

3. Conceptualize parenting difficulties within the BPT framework to design a tailored treatment.
4. Navigate disclosures and information sharing between BPT therapists and other members of the treatment team.
5. Utilize TAP-developed BPT worksheets and handouts with clients.
6. Describe the goal of parental attention in BPT.
7. Describe the coercive cycle.
8. Identify three elements of behaviorism that can be utilized to effectively help caregivers of dysregulated youth.
9. Name three strategies for improving effective communication between caregivers and youth.
10. Name two strategies BPT teaches to improve caregivers' ability to give effective instructions.
11. Describe 3 ways to improve caregiver resilience.
12. Describe 3 or more supplemental handouts that are available to use in BPT sessions.

Target Audience

This workshop is an intermediate level training designed for mental health professionals who work with caregivers of high-risk youth. Attendees should be familiar with behaviorism and should have some knowledge of working with family systems.

Schedule (all times eastern)

DAY 1	
9:30a - 10:00a	Log-on and Sign-in
10:00a -11:30a	Background and treatment development Treatment overview and format Referral considerations
11:30a - 11:45a	Break
11:45a - 12:30p	Behavioral principles and parent training
12:30p - 1:15p	Lunch
1:15p - 3:15p	Behavioral principles (cont'd)
3:15p - 3:30p	Break
3:30p - 4:30p	First sessions: Assessment and (re)orienting caregivers to treatment

4:30p - 5:15p	Q&A
5:15p - 5:30p	Completion of evaluation

DAY 2	
9:30a - 10:00a	Log-on and Sign-in
10:00a -11:30a	Core sessions 3-6
11:30a - 11:45a	Break
11:45a - 12:30p	Core sessions 7-9
12:30p - 1:15p	Lunch
1:15p - 3:15p	Core sessions 10-12 Optional handouts
3:15p - 3:30p	Break
3:30p - 4:30p	Integrating BPT with other inventions Collaborating with other providers
4:30p - 5:15p	Q&A
5:15p - 5:30p	Completion of evaluation

Trainers

Lorie Ritschel, PhD

Dr. Ritschel earned her doctorate in Clinical Psychology from the University of Kansas, and she completed postdoctoral fellowships at Duke University Medical Center and Emory University School of Medicine. She is a faculty member in the department of psychiatry of the University of North Carolina at Chapel Hill School of Medicine, where she collaborates with the UNC TEACCH Autism Program. Dr. Ritschel is an expert trainer and consultant of DBT and the DBT Prolonged Exposure protocol through Behavioral Tech, LLC. She is a board certified DBT therapist through the DBT-Linehan Board of Certification. She provides training and consultation in CBT, DBT, and DBT PE, as well as educational trainings in self-injury, suicide, borderline personality disorder, mood disorders, mindfulness, and hope. Dr. Ritschel is a co-owner of the Triangle Area Psychology (TAP) Clinic,

an outpatient private practice in Durham, NC where she and her colleagues provide a wide range of empirically supported treatments for depression, anxiety, trauma, and emotion dysregulation in youth and adults.

Becca Edwards-Powell, LCSW

Becca is one of the original therapists at the TAP Clinic and a key player in both the BPT and DBT programs. She completed her undergraduate degree from UNC Chapel Hill and completed her Master's degree in Social Work at UNC Charlotte. Becca has expertise in treating mood disturbances and self-injury, as well as suicidal and maladaptive coping behaviors that can accompany diagnoses such as depression, anxiety, and borderline personality disorder. Along with Dr. Ritschel, she developed the BPT program to better assist parents and caregivers learn skills to navigate difficult circumstances with their children. She has a particular passion for and expertise in working with parents of transition aged youth. Becca has extensive training in Dialectical Behavior Therapy (DBT) and is a certified provider through the DBT-Linehan Board of Certification. She is also extensively trained in a range of evidence-based treatments for trauma and PTSD, including Trauma-Focused Cognitive Behavioral Therapy, Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE).

Continuing Education

Participants may earn 10 CEs for attending this webinar live. The TAP Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. TAP maintains responsibility for this program and its content.

Cost

Workshop Registration Fee (includes workshop attendance and supporting materials):

- Early Bird Discount (registrations received and paid by 7/15/24 – \$650 per person)
- Standard Rate: for registrations received and paid by 8/30/24 – \$750 per person

Continuing Education Credits (optional):

- Continuing Education Credits - \$20 per person

This fee covers the cost of 10 Continuing Education credits that will be offered by The TAP Clinic. CE credits must be registered and paid for when registering for the event.

Refund Policy

Live trainings: Refunds will be issued up to one month prior to the event. Cancellations occurring less than one month prior to the event will be given a partial refund (50%). Please contact Amanda Powell at powell@tapclinicnc.com to make arrangements, or if you have any other questions.

Webinars: refunds will not be issued.

CE fees are fully refundable up to 7 days before the event. Cancellations received between 6 and 3 days before the event are entitled to a 50% refund. Cancellations 2 or less days before the event will not be eligible for a refund.

Conflict of Interest

Both trainers are employees of the TAP Clinic and receive payment for training and clinical services provided as part of their employment.

Other Important Information:

1. Links cannot be shared and are only active for the participant who registered.
2. Please make sure the email you use to register is the email address in which you would like to receive your certificate.

References

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Forehand, R., Lafko, N., Parent, J., & Burt, K. B. (2014). Is parenting the mediator of change in behavioral parent training for externalizing problems of youth?. *Clinical psychology review*, 34(8), 608-619.

Zalewski, M., Maliken, A. C., Lengua, L. J., Martin, C. G., Roos, L. E., & Everett, Y. (2020). Integrating dialectical behavior therapy with child and parent training interventions: A narrative and theoretical review. *Clinical Psychology: Science and Practice*.