

Five Acres 4th Annual Clinical Conference: Break-Out Session Details

Track One:

Session 1: **The Mind, the Brain and Psychotropic Medication**

by Allan McDonald, M.D.

Educational Goal Participants will learn basic psychopharmacology as it effects changes in brain chemistry and how the mind may view this process.

Learning Objectives At the end of this course, participants will be able to:

- 1) Explain the difference between the brain and mind
- 2) Discuss the art and science of medication prescription
- 3) Appreciate the need to pair medication with goal setting and careful assessment of response.

Session 2: **The What and Why of Psychological Testing and Assessment**

by Haig Kojian, Ph.D.

Educational Goal To better inform participants of the purpose for psychological testing and assessment, what can be expected from such testing, and what can be gained from psychological evaluations

Learning Objectives At the end of this course, participants will be able to:

- 1) Describe the reasons for requesting psychological testing and assessment
- 2) Summarize what can be expected from testing
- 3) Discuss how those results can better assist with treatment planning, clinical interventions, feedback to the family, and feedback to the school

Session 3: **Responding to the Needs of LGBTQ Youth**

by America Islas, MFTi

Educational Goal This workshop will focus on how Mental Health Clinicians can be of better service to their clients who identify as LGBTQ. Clinical interventions individualized to LGBTQ populations will be presented.

Learning Objectives At the end of this course, participants will be able to:

- 1) Accurately utilize the various LGBTQ terminology/vocabulary
- 2) Describe the prevalence of mental health concerns for LGBTQ youth
- 3) Discuss the specific challenges that exist amongst LGBTQ youth
- 4) Explain how they can provide LGBTQ-affirmative treatment

Session 4: **Risk Assessment and Prevention**

by Katherine Tsai, Ph.d., MPH and Isis Orozco, LMFT

Educational Goal This training will provide an overview on how providers can help their clients remain safe when high risk situations (e.g., suicidal ideation, sexual and physical abuse) arise.

Learning Objectives At the end of this course, participants will be able to:

- 1) Conduct a Risk Assessment Interview to help them determine whether their client and/or family requires further assistance
- 2) Collaboratively create a concrete Safety Plan with their clients and their family members

Track Two:

*Session 1-2: **How to Engage Families and Keep them Coming: Using Brief Strategic Family Therapy® Interventions.**

by Amy Kay, LMFT and Jayne Kim, LMFT

Educational Goal Participants will be able to identify diagnostic categories and apply behavioral techniques to family therapy sessions which will improve family engagement and outcomes.

Learning Objectives At the end of this course, participants will be able to:

- 1) Identify the principles that underlie Brief Strategic Family Therapy®
- 2) Identify 6 BSFT® diagnostic categories that can be used to understand the etiology of the troublesome behaviors
- 3) Identify 2 elements of the engagement process
- 4) Identify 5 behavioral interventions that can be used to further BSFT® treatment goals

*Session 3-4: **Clinical Interventions for 0-5**

by Wendy Gutierrez, M.A, MFT

Educational Goal Participants will increase their knowledge and engagement of effective clinical interventions for clients ages 0-5 and their caregivers

Learning Objectives At the end of this course, participants will be able to:

- 1) Identify development milestones and sensory profiles for children ages 0-5, in order to inform age-appropriate interventions
- 2) Assess the parent-child dyad and adapt their treatment plans to meet the family's individual needs

*** The two workshops available for Track Two are 3 hours long and split into two sessions. See conference schedule for break down.**

