

CO-CREATING COOPERATIVE PARTNERSHIPS WITH RELUCTANT AND DEMORALISED PARENTS (November 20th, 2020)

How do we respond best to angry and hostile parents? How do we instill hope with highly pessimistic and demoralized parents who have already experienced multiple treatment failures with their children? How do we engage and retain in family therapy mental health and substance-impaired parents? To make matters even more complicated for us, their children may be presenting with extreme and chronic behavioral difficulties and there may be multiple helping professionals and extended family members involved in unsuccessfully trying to change the clients' problematic situations as well. Client family challenges like these can test the integrity and skills of even the most seasoned of therapists and treatment teams.

In this “hands-on” practice-oriented workshop, participants will learn a collaborative strengths-based family therapy approach that rapidly fosters cooperative partnerships and integrates the best elements of empirically-supported family therapy approaches with clinical evidence-based practice wisdom to carefully tailor fit the treatment experience with the goals, preferences, theories of change, expectations, and unique needs of each family member. Participants will learn effective engagement and retention strategies to use with therapy veteran parents and their families. This treatment approach capitalizes on the strengths and resources of the parents, children, and key resource people from their social ecology and involved helping professionals representing larger systems to rapidly co-construct high quality solutions together. As a result of attending this webinar, participants will learn the following:

- Effective empirically-supported engagement and retention strategies for challenging parents
- Persistent outreach strategies to deploy with reluctant parents
- Guidelines for selecting and matching empirically-supported therapeutic tools and strategies with angry and hostile, highly pessimistic and demoralised, and mental health and substance-impaired parents
- Use one-person collaborative strengths-based family therapy approach with parents going at it alone

The webinar format will combine didactic presentation and videotape examples. The webinar will include information-rich didactic presentation, extensive use of videotape examples of major therapeutic tools and strategies, and skill-building exercises.

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Matthew D. Selekman, MSW, LCSW is in private practice in both Skokie and Lake Forest IL, USA. He is an Approved Supervisor and Clinical Fellow for the American Association of Marriage and Family Therapy, a licensed clinical social worker, and addictions counselor. He also is the Director of *Partners for Collaborative Solutions* (www.partners4change.net), an international family therapy and brief therapy training and consultation practice in Skokie, IL. Matthew received the Walter S. Rosenberry Award in 2006, 2000, and in 1999 from The Children's Hospital in Denver, Colorado for having made significant contributions to the fields of psychiatry and the behavioral sciences. He is the

author of eight professional practice-oriented books: *Working with High-Risk Adolescents: A Collaborative Strengths-Based Approach*, (with Mark Beyebach) *Changing Self-Destructive Habits: Pathways to Solutions with Couples and Families*, *Collaborative Brief Therapy with Children*, (with Giorgio Nardone) *Gorging, Vomiting, and Self-Injuring: A Brief Therapy Approach*, *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 (with Thomas Todd) *Family Therapy Approaches with Adolescent Substance Abusers*. He has presented workshops on his collaborative strengths-based family therapy approach with children, adolescents, and adults extensively throughout the United States, Canada, Mexico, South America, Europe, Turkey, South Korea, Singapore, Indonesia, Hong Kong, South Africa, Australia, and New Zealand.