



PATHWAYS TO SOLUTIONS WITH SELF-HARMING AND SUICIDAL ADOLESCENTS: A COLLABORATIVE STRENGTHS-BASED FAMILY THERAPY APPROACH (November 13th, 2020)

In today's highly toxic digital era of extremes, economic upheaval, and high stress, we are seeing increasingly more adolescents and in our practice settings presenting with multiple self-harming behaviors like self-injury combined with substance abuse, bingeing and purging or overeating, excessive use of digital technology and video-gaming, and cyber-sex, all or in any combination can contribute to their experiencing serious psychological, physical, family, school performance consequences. However, since these self-harming habits are emotionally and physically rewarding and serve many functions for adolescents, they will protect their habits at all costs, making it quite difficult for us to engage and retain them in treatment. Adolescents grappling with multiple stressors, heavy substance abuse, and long careers of self-injury are at highest risk for suicide.

To further complicate matters, these high-risk adolescents often attract multiple helping professionals from larger systems like a magnet. Often, these helping professionals not only do not regularly communicate with one another but they may not see eye-to-eye regarding problem views, the *best* treatment methods to pursue, and may end up establishing highly unrealistic treatment goals and expectations that are unattainable for these high risk youth and their families to achieve. Thus, family-helping systems knots develop, which further perpetuates the adolescent's difficulties.

In this hands-on, practice-oriented webinar, participants will learn a collaborative eco-systemic, strengths-based approach that targets interventions at the adolescent, family, social network, and larger systems levels. The clinical implications of the latest research on adolescent self-harming and suicidal behaviors will be discussed.

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

MATTHEW D. SELEKMAN, MSW, LCSW



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.