



## Holyoke & Montpelier Locations

Friday, March 26th – **Holyoke, MA**

### Rapid Assessment for High-Risk Patients

Kirk Woodring, LICSW, CGP

While national suicide rates in the past decade have gradually declined, suicide attempts and para-suicidal behavior (self-mutilation, reckless driving, etc.) continue to increase. Assessing for suicide risk requires not only an understanding of the intensity of ideation, the plan, and the means, but also knowledge of the cultural, racial and socio-economic pressures that may increase suicide risk. This workshop will provide an analysis of the clinical and social factors influencing risk for suicide, and offer a variety of tools for interviewing and intervening with high-risk individuals.

**Kirk Woodring, LICSW, CGP**, is an Adjunct Associate Professor of Social Work at Smith College in Northampton, MA. His experience in risk assessment includes supervision of psychiatric crisis services and consultation for numerous state and national organizations providing crisis debriefings following natural and human caused disasters. He is currently the Director of Central Intake & Admissions at the Brattleboro Retreat.



Thursday, April 8th – **Holyoke, MA**

### Bipolar Disorder & Other Major Mood Disorders in Youth and Adults

Joseph W. Shannon, Ph.D.

The symptoms of bipolar and depressive disorders manifest themselves differently depending upon a number of variables including the age of onset, the severity of the symptoms, the duration of the symptoms and other factors. This workshop will assist clinicians in accurately diagnosing and treating the broad range of mood disorders that can occur in youth and adulthood. Specific recommendations for conceptualizing, assessing and treating these challenging disorders will be presented.

Dr. Shannon's Bio –SEE BRATTLEBORO LISTING.

Friday, April 23 – **Holyoke, MA**

### The 10 Best-Ever Anxiety Management Techniques

Margaret Wehrenberg, Psy.D.

Workshop participants will learn 10 methods to help clients calm their minds and diminish the physical, cognitive and behavioral symptoms of anxiety. Dr. Wehrenberg will present techniques to eliminate panic, generalized anxiety and social anxiety disorder. She will demonstrate how to help clients take control of anxiety by addressing the physiology, cognition and behavioral signs of the disorder. This seminar will prepare attendees to apply effective methods for prompt, effective relief of anxiety symptoms.

Dr. Wehrenberg's Bio – SEE BRATTLEBORO LISTING.

Thursday, June 3—**Holyoke, MA**

### Treating Complex Trauma in Children, Adolescents & Families

Martha Straus, Ph.D.

This workshop will outline the impact and legacy of developmental trauma on children, adolescents and families as well as offer dozens of effective interventions. Participants will examine the cumulative and synergistic effects of fostering resilience in the face of great vulnerability. Topics will include: building teams that can offer multiple attachment relationships, improving executive functioning, reducing anxiety, unmasking agendas, devising joyful consequences, regulating affect, decreasing dissociative coping, fostering competencies and social skills, and developing coherent narratives.

**Martha Straus, Ph.D.**, is a professor in the Department of Clinical Psychology at Antioch University New England Graduate School in Keene, New Hampshire, and adjunct instructor in psychiatry at Dartmouth Medical School. She has authored numerous articles and four books including No-Talk Therapy for Children and Adolescents, and more recently, Adolescent Girls in Crisis: Intervention and Hope.



Thursday, May 13 – **Montpelier, VT**

### Smart but Scattered: Helping Children & Adolescents with Executive Dysfunction at Home and in School

Richard Guare, Ph.D., D-BCBA

Peg Dawson, Ed.D., NCSP

Children deficient in executive functions—organization, time management, impulse control, goal-directed persistence—require a high degree of external structure and cuing. They are often at risk for academic failure as well as emotional and behavioral difficulties. Drs. Guare and Dawson present evidenced-based strategies to help youngsters overcome executive skill weaknesses. Practitioners will leave with a set of tools that include strategies for task/environmental modifications, skill development through cognitive/behavioral techniques, and creation of incentive systems.

**Richard Guare, Ph.D., D-BCBA**, is a clinical neuropsychologist, board-certified behavior analyst, and Director of the Center for Learning and Attention Disorders in Portsmouth, New Hampshire. His areas of expertise include diagnosis and intervention for children and adults with ADHD, LD, Acquired Brain Injury and Autism Spectrum Disorders.



**Peg Dawson, Ed.D., NCSP**, was awarded the National Association of School Psychologists' 2006 Lifetime Achievement Award. She has worked as a school psychologist in Maine and New Hampshire. Now practicing at the Center for Learning and Attention Disorders in Portsmouth, NH, Dr. Dawson specializes in the assessment of children and adults. Drs. Dawson and Guare co-authored the book, Smart but Scattered.



**For more information and to register for a workshop in Brattleboro, Holyoke, or Montpelier, visit [brattlebororetreat.org](http://brattlebororetreat.org), or call 1-802-258-4359.**