18th Annual Conference

Ways to Improve Community-based, Educational and Psychotherapeutic Interventions:
Applying the Lessons Learned

Friday, May 2, 2014
8:30 a.m.- 4 p.m.

Special location again this year!
Christ the King Lutheran Church
11295 SW 57 Avenue
(Red Road and SW 112 Street)
ABOUT THE CONFERENCE
An examination of various interventions — such as helping at-risk children succeed in school or catching troubled kids before they fail — often demonstrates a lack of success, leading to the frustrating conclusion that “nothing works.” This conference will critically examine which interventions “do work” and highlight strategies that can be implemented. The focus will be on specific ways to improve community-based, psychotherapeutic and educational interventions in times of diminishing resources and accompanying calls for evidence-based accountability.

LEARNING OBJECTIVES
Upon completion of this conference, participants will be able to:
- Determine ways to critically improve any interventions in their setting.
- Implement community-based interventions by addressing potential barriers.
- Use a case conceptualization model that influences any intervention decision making.
- Identify the core tasks of psychotherapy used by expert therapists, and learn specific ways to conduct outcome-driven assessments to improve treatment outcomes.
- Implement effective ways to make schools safer and more inviting and improve the principal’s leadership.
- Analyze what kinds of interventions are most successful in diverse settings of communities, clinics and schools.

TARGET AUDIENCE
Teachers, administrators, school counselors, psychologists, social workers, family mediators, mental health workers, marriage and family therapists, social services agency personnel, juvenile and family-court judges, law enforcement personnel, clergy, pediatrics, primary care physicians and psychiatrists.

CONFERENCE DIRECTOR
Lynn Aptman, M.Ed., is President of The Melissa Institute and a former elementary school teacher. She is one of the founders of the Institute, along with her husband, Michael Aptman, M.D., Suzanne L. Keeley, Ph.D., and Donald Meichenbaum, Ph.D.

PRESENTERS
Steve Dykstra, Ph.D., is a psychologist in Milwaukee, Wisconsin, with over 24 years of experience working with complex, difficult cases. After starting out in the conventional system of inpatient, outpatient and day treatment services, he shifted to a community-based model of care and assessment when he joined the Mobile Urgent Treatment Team (MUTT) as Associate Director. MUTT is part of Wraparound Milwaukee, a nationally recognized system of care that keeps children in their community and provides them with individualized, coordinated, effective, community-based options for growth and change.

Donald Meichenbaum, Ph.D., is Research Director of The Melissa Institute and Distinguished Professor Emeritus at the University of Waterloo, Ontario. He has served as Distinguished Visiting Professor at the School of Education at the University of Miami and is one of the founders of cognitive behavior therapy. North American clinicians voted Dr. Meichenbaum “one of the 10 most influential psychotherapists of the 20th century.” He has presented in all 50 states and internationally. He has published extensively, and his most recent book is Roadmap to Resilience. Other books include Treatment of Individuals with Anger-control Problems and Aggressive Behavior, Treating Adults with Posttraumatic Stress Disorder, Nurturing Independent Learners and Stress Inoculation Training.

Scott Miller, Ph.D., is Founder and Director of the International Center for Clinical Excellence and Chief Science Officer of Groupnos Technologies. He is the Cummings Professor of Behavioral Health at Arizona State University in Phoenix. He is a co-author of numerous books, including The Heart and Soul of Change, Escape from Babel: Toward a Unifying Language of Psychotherapy Practice and Achieving Clinical Excellence. (See scottmiller.com for additional information.)
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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:00 a.m.</td>
<td>Registration</td>
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<td>8:30 a.m.</td>
<td>Welcome and Introductions&lt;br&gt;Lynn Aptman, M.Ed., President of The Melissa Institute</td>
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<td>8:45 a.m.</td>
<td>Community-based, Educational and Psychotherapeutic Interventions: Overview and Critical Questions&lt;br&gt;Donald Meichenbaum, Ph.D.</td>
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<td>9:00 a.m.</td>
<td>Community-based Interventions: Lessons Learned From Wrap-around Services and Mobile Crisis Intervention Programs&lt;br&gt;Steve Dykstra, Ph.D.&lt;br&gt;(Dr. Dykstra will describe the nature and effectiveness of wrap-around services and crisis management interventions, how to get started and establish collaboration across agencies and ways to anticipate and address potential barriers to the implementation of these services.)</td>
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<td>10:30 a.m.</td>
<td>Break</td>
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<td>10:45 a.m.</td>
<td>The Role of a Case Conceptualization Model and Core Tasks of Intervention&lt;br&gt;Donald Meichenbaum, Ph.D.&lt;br&gt;(Dr. Meichenbaum will discuss how to make assessment and treatment decision making more informed by focusing on both risk and strength/resilience factors and considering what expert interventionists do.)</td>
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<td>11:30 a.m.</td>
<td>Question-and-Answer Period&lt;br&gt;Drs. Dykstra, Meichenbaum and Miller</td>
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<td>12:00 noon</td>
<td>Lunch</td>
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<td>12:45 p.m.</td>
<td>Suzanne L. Keeley Ph.D. Community Service Award</td>
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<td>1:00 p.m.</td>
<td>The “State of the Art” of Psychotherapy and Ways to Improve Treatment Outcomes&lt;br&gt;Scott Miller, Ph.D.&lt;br&gt;(Dr. Miller will critically review why psychotherapy has not improved over the years and provide specific suggestions on ways to use outcome-driven client feedback to improve treatment outcomes. He will provide examples of expert psychotherapists who obtain the best treatment outcomes.)</td>
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<td>3:00 p.m.</td>
<td>Break</td>
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<td>3:15 p.m.</td>
<td>Question-and-Answer Period&lt;br&gt;Drs. Dykstra, Meichenbaum and Miller</td>
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<td>3:30 p.m.</td>
<td>Ways to Implement Interventions in Schools in Order to Make Them Safer, More Inviting and Pedagogically More Effective&lt;br&gt;Donald Meichenbaum, Ph.D.&lt;br&gt;(Dr. Meichenbaum will provide a set of detailed checklists and procedural guidelines on ways to reduce bullying and harassment in schools, a principal’s checklist “Report Card,” and ways to improve teachers’ instructional practices, or what has been called “Teach like a champion!”)</td>
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<td>4:00 p.m.</td>
<td>Adjourn</td>
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REGISTRATION

Registration deadline is April 25, 2014. Space is limited; register early!

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Name __________________________________________ Title ________________________________

Institution or Organization _____________________________________________________________

Contact Address _________________________________________________________________ City/State/Zip ______________

Contact Telephone __________________________ Email ______________________________________

Registration fee: ❑ $95 ❑ $50 (Student) Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.

Payment method:
❑ Check enclosed (Make payable to The Melissa Institute.).
❑ Purchase Order number ________________________________ (Please mail/fax copy of registration to guarantee reservation.)

Credit Card: ❑ American Express ❑ MasterCard ❑ Visa ❑ Discover

Cardholder Name ________________________________ Account No. __________________________
Exp. __________________________ Signature __________________________________________

Specialty professional credits required: LICENSE # __________

❑ Florida Board of Psychological Examiners ❑ Florida State Board of Nursing
❑ Miami-Dade County Public Schools ❑ Florida Board of CSW, MFT and MHC
❑ Florida Board of Medicine ❑ Florida Board of Occupational Therapy Practice
❑ Florida Board of Clinical Laboratory Personnel ❑ Mediators (Family and Dependency)

Mail to: The Melissa Institute, 6250 Sunset Drive, Suite 204, Miami, FL 33143
Fax to: 786-662-5211
Email to: info@melissainstitute.org
For information, call 786-662-5210

Cancellations must be sent in writing and postmarked by April 25, 2014, to receive a refund of the registration fee, less a $10 administrative fee. Cancellations postmarked after April 25 will forfeit the registration fee.
The mission of The Melissa Institute is to prevent violence and promote safer communities through education and application of research-based knowledge.