



### • Wednesday, March 3, 2010

#### Cognitive Behavioral Therapy

#### for Trichotillomania and Other Body-Focused Repetitive Behaviors

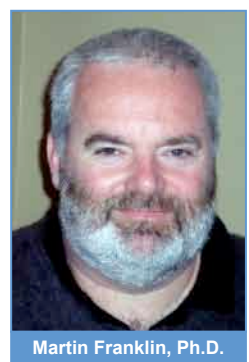
The impulse control disorder Trichotillomania (TTM), which involves self-injurious behavior, i.e. hair-pulling, usually associated with both impulse control and obsessive compulsive disorders is estimated to affect one to two percent of the population, or four to eleven million Americans. OCD disorders, including TTM are even more common in children and adolescents with autism and other severe behavioral disorders. This enlightening presentation will cover cognitive-behavioral conceptualization of TTM applicable to children, adolescents, and adults, and will describe the treatment strategies that flow directly from this conceptualization. Prominent researcher/clinician Martin Franklin will help mental health professionals and educators sharpen their knowledge and learn fundamental skills in providing empirically supported treatments for these disorders to children and adolescents. Didactic instructions, videotaped samples of actual treatment in youth and adults, role-play demonstrations, and audience discussion of clinical cases and conceptual questions will be components of the program.

#### Workshop Objectives

*At the end of this activity, the learner will be able to:*

- Develop a working knowledge of TTM disorders and their underlying etiology.
- Understand the state-of-the-art methods of assessing these disorders.
- Become familiar with the treatment outcome literature and with the specific techniques used to treat these disorders.

**Presenter: Dr. Martin Franklin, Ph.D.** is Associate Professor of Clinical Psychology in Psychiatry at the Univ. of Pennsylvania, and Dir. of the Child & Adolescent OCD, Tic, Trich, and Anxiety Group (COTTAGE). Dr. Franklin's scholarly publications include scientific articles and book chapters on the treatment of adult and pediatric OCD, social phobia, trichotillomania, tic disorders, PTSD, and readiness for behavior change. Currently, Dr. Franklin is a principal investigator of several multicenter studies funded by the National Institute of Mental Health (NIMH), including investigating the effectiveness of behavioral therapy for pediatric Trichotillomania in youths aged 10-17. Dr. Franklin is a frequent invited lecturer around the United States and abroad.



Martin Franklin, Ph.D.

### • Wednesday, April 7, 2010

#### Principles of Problem-Solving Therapy to Treat Depression

The basic principles and applications of Problem-Solving Therapy (PST), a brief evidenced-based clinical intervention for depression will be presented by Dr. Arthur Nezu in this informative workshop. PST helps individuals -- children, adults, and the elderly -- cope more effectively with difficult life situations by fostering the adoption and effective implementation of adaptive problem-solving attitudes (e.g., optimism) and behaviors (e.g., generating a variety of possible alternatives to cope with stress) in order to reduce depression.

#### Workshop Objectives

*At the end of this activity, the learner will be able to:*

- Understand the underlying theory of PST.
- Become familiar with the research supporting the efficacy of PST for depression.
- Learn specific clinical strategies of PST geared to reduce depression.

**Presenter: Arthur M. Nezu, Ph.D., ABPP** is Professor of Psychology, Medicine, and Public Health at Drexel University and co-author of "Problem-Solving Therapy: A Positive Approach to Clinical Intervention" and the widely used measure, "Social Problem-Solving Inventory-Revised." Dr. Nezu has contributed to over 175 scientific and professional publications, including 20 books. He co-developed Problem-Solving Therapy (PST), a cognitive-behavioral intervention that has been empirically found to be efficacious for treating a wide variety of populations.



Arthur M. Nezu, Ph.D., ABPP

### • Wednesday, May 5, 2010

#### Autism: Untangling Complex Causes

Don't miss this incredible opportunity to hear the world-renowned Dr. Craig Newschaffer from Drexel University talk about findings, trends, and what's ahead in the research on the causes of autism. Dr. Newschaffer is the Principal Investigator of the Early Autism Risk Longitudinal Investigation (EARLI), the most comprehensive study of autism etiology in the world. During his presentation, Dr. Newschaffer will discuss the highly complex disease of autism and talk about what we are learning about the condition's causes. He will also touch on some of the challenges faced communicating findings on autism risk factors to different audiences.

#### Workshop Objectives

*At the end of this activity, the learner will:*

- Know the history of research on autism's causes.
- Learn the basic descriptive epidemiology of autism.
- Be familiar with some of the candidate genetic and environmental causes being actively investigated in autism research.
- Be mindful of the challenges faced in explaining autism research findings, and
- Develop strategies for helping families and other general audiences access and understand this research.

**Presenter: Craig J. Newschaffer, Ph.D.** is Professor and Chairman of the Department of Epidemiology and Biostatistics at Drexel University. He joined Drexel from Johns Hopkins Bloomberg School of Public Health where he founded and directed the Hopkins Center for Autism and Developmental Disabilities Epidemiology. At Drexel, Dr. Newschaffer leads an NIH Autism Center of Excellence project studying a large cohort of mothers of children with autism at the start of subsequent pregnancies. Dr. Newschaffer holds a masters degree in health policy from Harvard University and a doctoral degree in epidemiology from Johns Hopkins University, and maintains an appointment as an adjunct Professor of Epidemiology at Johns Hopkins.



Craig J. Newschaffer, Ph.D.



# Foundations Community Partnership

1456 Ferry Road, Suite 404  
Doylestown, PA 18901

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## Workshop Continuing Education Credits

*Continuing education credits will be offered for PA Social Workers & Licensed Professional Counselors, Psychologists, NBCC Counselors, PA Nurses and Act 48 credits.*

**NBCC:** Foundations Community Partnership (FCP) is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines.

**Psychologists:** Foundations Community Partnership is approved by the American Psychological Association to sponsor continuing education to psychologists. FCP maintains responsibility for this program and content.

**PA Social Workers:** PA State Board accepts APA and NBCC approval for SW, MFT, and LPC. All workshops provide three Continuing Education Credits.

**Educators:** Application has been approved by the Pennsylvania Department of Education for three Act 48 Continuing Education Credits.

**Nurses:** An Application for 3 contact hours has been submitted to the PA State Nurses Association. Please call Nancy DiNatale at Foundations Community Partnership, 267-247-5584 for more information about contact hours.

For more information on contact hours, cancellation policy or requests for special needs for participants, please call 267-247-5584.

## Workshop Information

8:30 a.m. • Registration and Breakfast  
8:50 a.m. - 12:00 p.m. • Workshop

### Workshop Location:

Health & Wellness Center Auditorium  
847 Easton Rd./Rt. 611, Warrington, PA 18976  
*at the intersection of Route 611 and Shetland Rd.  
approx. 4 miles north of the Willow Grove/Doylestown exit of the PA Turnpike*

**For more information or to register,**  
call Foundations Community Partnership, 267-247-5584  
or visit [www.fcpartnership.org](http://www.fcpartnership.org)

Cost is \$50 for each workshop.  
Since our workshops tend to sell out, please register in advance.  
Refreshments will be served.

## Registration Form

Register online with a credit card at [www.fcpartnership.org](http://www.fcpartnership.org)  
or complete registration form and send with check to:  
*Foundations Community Partnership, 1456 Ferry Road, Suite 404, Doylestown, PA 18901*

_____		_____	
NAME		TITLE	
_____		_____	
ORGANIZATION		DEGREE	
_____			
ADDRESS			
_____			
CITY		STATE	ZIP
_____		_____	
DAYTIME PHONE		E-MAIL	

ENCLOSED IS A CHECK FOR \$ \_\_\_\_\_ PAYABLE TO FOUNDATIONS COMMUNITY PARTNERSHIP

I AM REGISTERING FOR THE FOLLOWING WORKSHOP(S):

- MARCH 3, 2010 (\$50)
- APRIL 7, 2010 (\$50)
- MAY 5, 2010 (\$50)