



# Building on the Strengths of Young People Who Have Endured Hardships

Wednesday, May 15, 2024 8:30 am – 12:30 pm (3.5-CEU Hours)

Maryland Theatre Ballroom  
(21 South Potomac Street, Hagerstown, MD)

**Seminar Fee: \$49.00** Check in at 8:00 am Continental Breakfast

The presentation will first summarize the three foundational frameworks that prepare us to develop young people capable of thriving through good and difficult times – positive youth development, resilience, and trauma-sensitive care. The program will cover the proven effects of childhood trauma and adverse childhood experiences on the brain, body, and behavior throughout the lifetime.

This program will then introduce the essentials of delivering trauma care and offer a few strategies to APPLY these principles in our work with children and youth. The program will focus on the power of well-boundaried human connection in healing as well as the imperative of restoring a sense of control back to people who have been traumatized.

Finally, we will discuss the type of open, trusting communication that positions clinicians to reach teenagers and young adults. Then the resilience model will be discussed in the context of adolescent behavioral change. All youth possess strengths and their behavior is changed only when those strengths are recognized and built upon.

### At the Conclusion, attendees should be able to:

- ◆ Understand the behavioral change process and how a strength-based approach combats the demoralization that can paralyze behavioral change progress.
- ◆ Be better prepared to eliminate shame from interactions by focusing on building confidence in youth rooted in their existing competencies.
- ◆ Communicate with youth in a way that builds on their existing strengths rather than undermines their forward movement. This objective focuses on shifting away from approaching youth with lectures and giving control back to people from whom it has been taken away.
- ◆ Communicate with youth and young adults in a way that restores control to their decision-making processes.
- ◆ Understand a stress management strategy that is designed to move youth away from self-destructive quick fixes and towards positive behaviors.
- ◆ Understand the critical importance of well-boundaried connection to trauma-informed care.

### Speaker: Kenneth Ginsburg, M.D., M.S.Ed

Dr. Ginsburg is a pediatrician specializing in Adolescent Medicine at the Children's Hospital of Philadelphia, a Professor of Pediatrics at the University of Pennsylvania School of Medicine, and Co-Founder and Director of Programs at Center for Parent and Teen Communication.

His research over the last 30 years has focused on facilitating youth to develop their own solutions to social problems and to teach clinicians how to better serve them. He co-developed the Teen-Centered Method, a mixed qualitative/quantitative methodology that enables youth to generate, prioritize, and explain their own ideas. Dr. Ginsburg has more than 200 publications, including 44 original research articles, clinical practice articles, nine parenting books, and a multimedia toolkit for professionals.

He also serves Philadelphia's Youth Enduring Homelessness as Director of Health Services at Covenant House Pennsylvania. The theme that ties together his clinical practice, teaching, research and advocacy efforts is that of building on the strength of teenagers by fostering their internal resilience. His goal is to translate the best of what is known from research and practice into practical approaches parents, professionals and communities can use to prepare children and teens to thrive.

### Continuing Education Credits

**Maryland Social Workers:** Maryland Department of Human Services is authorized by the Board of Social Work in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this Program. This training qualifies for Category 1 continuing education units and provides 3.5 credit hours; partial credit will not be awarded.

**Maryland Psychologists:** The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the State Board of Social Worker Examiners in Maryland; partial credit will not be awarded.

**Counselors/Therapists:** Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 3.5 clock hours; partial credit will not be awarded.



### Thank you to our Community Sponsors:



**Other Professionals:** A certificate of completion noting the number of educational/contact hours will be provided.

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Wednesday, May 15, 2024

Maryland Theatre Ballroom, 21 S Potomac St., Hagerstown, Maryland

Check-in 8:00 am - 8:30 am ■ Training 8:30 am - 12:30 pm (3.5 CEUs)

\$49.00 per person

## PLEASE PRINT CLEARLY

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Email (\*required for registration): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Discipline:  Social Worker  Counselor  Psychologist  Other \_\_\_\_\_

## Books Available for Purchase by Kenneth Ginsberg, M.D., M.S. Ed:

\_\_\_ Congrats You're Having a Teen (\$15.00 each) \_\_\_\_\_

\_\_\_ Building Resilience in Children and Teens (\$15.00 each) \_\_\_\_\_

Seminar Fee 49.00

Total to be Paid \$ \_\_\_\_\_

## PAYMENT INFORMATION

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### Two Ways to Register

Visit [www.brooklane.org](http://www.brooklane.org) and search for the seminar under Upcoming Events

OR

Complete this form and mail with payment to:

Brook Lane

Attn: Curt Miller

13121 Brook Lane

Hagerstown, MD 21742

### Cancellation Policy

To receive a refund, cancellations must be received in writing no later than one week prior to the seminar (5:00 pm on Tuesday, May 7, 2024). No refunds will be made after that date or for no-shows on the day of the seminar. A \$10.00 processing fee applies to all cancellations.

### Questions?

Contact Curt Miller, Community Relations & Education Manager at: 301-733-0331 x1228 or [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org).