

How to Strengthen Your Relationship with Your Teen AND Get Them to Do What you Ask

A CBCW-sponsored workshop for parents

Workshop Objective:

Parents will learn key strategies for reducing problematic behaviors while enhancing the parent-teen relationship:

- Develop a framework to define problems in a way that is most conducive to change.
- Generate realistic goals and focus your energies on the behaviors that need the most attention.
- Learn to communicate in a way that will promote a healthy dialogue and reduce escalation, tension, and explosive outbursts.
- Gain support and learn from other parents facing similar parenting challenges.

Who can attend? Parents of teens (ages 13-18) seeking help with strategies for effectively parenting challenging teenagers.

Workshop Date: Friday, July 16, 2010

Workshop Schedule:

1:00-1:15 pm: Registration
1:15-3:15 pm: Workshop (Part I)
3:15-3:30 pm: Snack Break
3:30-6:00 pm: Workshop (Part II)

Fee: \$125 per person / (\$200 per couple)

Workshop Leaders: Dr. Jennifer Steinberg and Dr. Michelle Greenberg

Please contact Dr. Jennifer Steinberg at 914-385-1150 (ext. 14) or Dr. Michelle Greenberg at 914-385-1150 (ext. 11) with any questions or to register.

Dr. Jennifer Steinberg is a licensed psychologist and the Director of Child and Family Therapy at CBCW. Dr. Steinberg specializes in the use of cognitive behavioral therapy to treat mood and behavioral disorders in children and adolescents. She is also intensively trained in Dialectical Behavioral Therapy (DBT), and co-leads a multi-family DBT skills group. In addition to individual therapy, Dr. Steinberg has extensive experience in conducting parent training, couples therapy, and family therapy to improve relationships and enhance problem-solving skills.

Dr. Michelle Greenberg is a licensed psychologist specializing in cognitive behavioral therapy with children, adolescents, and families. She has also been intensively trained in DBT and co-leads a young adult DBT group and a multi-family DBT group. Additionally, she does individual DBT treatment with teens and young adults. Dr. Greenberg has done extensive individual and group work, in which she has taught empirically supported strategies and skills to children, teens and families.