Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center

Palm Beach County YOUTH Services
Growing Brighter Futures

Promoting Socio-Emotional Regulation: Applied & Evidenced-Based Practices

Presented by Laura Cruz, Ph.D.

Wednesday, November 16, 2022

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

https://www.surveymonkey.com/r/KPNRSZ2

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on November 15, 2022

Description:

Externalizing behavior problems in adolescents can lead to substantial familial discord and parental stress. Additionally, externalizing behaviors place youth at risk for substance use, criminal activity, academic failure, and severe psychopathology (APA, 2013). Incorporating behavioral parent training (behavior management strategies) into treatment of families with adolescents that present with externalizing behavior problems, however, can be three to four times more effective than traditional family therapy (Farrington & Welsh, 2003). In this introductory-level training participants will understand the etiology and presentation of externalizing behavior problems in adolescents. Participants will then learn behavioral parenting treatment approaches to reduce externalizing behaviors problems in adolescents and improve familial functioning.

Learning Objectives:

1. Describe the etiology and presentation of disorders related to externalizing behavior problems in adolescents.
2. Identify behavioral parenting treatment approaches to reduce externalizing behavior problems in adolescents and improve familial functioning.

Presenter:



Laura Cruz, Ph.D. earned her Bachelor's of Science degree in psychology at the University of Florida (Gainesville, Florida) and her Specialist of Education degree in school psychology at Florida International University (Miami, Florida). After completing her school psychology internship with Miami-Dade County Public Schools and working as a school psychologist in various counties throughout the state of Florida, Dr. Cruz completed her doctorate in combined counseling and school psychology, with a specialization in child clinical psychology at Florida State University (Tallahassee, Florida). She completed her doctoral internship at Jackson Behavioral Health Hospital (Miami, Florida) in the crisis stabilization unit and Statewide Inpatient Psychiatric Program (SIPP) for children and adolescents. Later, Dr. Cruz went on to complete a postdoctoral fellowship at the University of Miami, Mailman Center for Child Development, specializing in Parent-Child Interaction Therapy (PCIT). Formerly a psychologist at the Youth Services Department of Palm Beach County, Dr. Cruz now works as licensed psychologist for the City of Pembroke Pines, overseeing their mental health program. Dr. Cruz also serves as adjunct faculty at Nova Southeastern University in their School Psychology specialist and doctoral programs. She is recognized by PCIT International as Certified PCIT Therapist and Within Agency Trainer and has expertise in the areas of behavioral parent training, treatment of disruptive behaviors, neurodevelopmental disabilities, and best practices in assessment.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2023).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2022).

In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact Cristal Montepeque at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

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For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460

Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
    - **Everyone** – All participants will see the message in their Chat pane.
    - **Organizer(s) only** – All organizers will see the message in their Chat pane.
    - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send.**

Please click the link below for more help:

https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting