

Boston Child Study Center

BOSTON & LOS ANGELES

Expert Mental Health Treatment, Training & Research

BCSC



Community Training Initiative

As part of the Boston Child Study Center's mission to expand access to evidence-based treatment, training, and research, we are pleased to offer free one-to-two hour continuing education trainings, provided directly to your staff and team at your agency or site.

Available dates for trainings
in the Greater Los Angeles and Orange County Areas:

Thursday September 19, 2019 - Wednesday September 25, 2019

Additional times available via web-conferencing

I APA Approved Continuing Education (CE) Credit per hour of In-Person Training

For more information or to schedule a training at your site or facility, please contact
Kim Mackay, ACSW at kmackay@bostonchildstudycenter.com

Presenters:

Ryan Madigan, PsyD founded Boston Child Study Center in 2013 and Boston Child Study Center–Los Angeles in 2018 with the mission to improve the lives of youth and families through evidence-based treatment, community education and training. Dr. Madigan is an Instructor of Psychology in the Department of Psychiatry at Harvard Medical School and a Clinical Psychologist at the McLean Hospital 3East DBT Program, where he co-founded the 3East DBT Trauma & Exposure Program. Dr. Madigan provides consultation, supervision and training in evidence-based treatments for anxiety, mood, and behavioral disorders, and directs BCSC's comprehensive DBT services, developed and co-directs BCSC's Intensive Outpatient Programming for Complex Care, which delivers intensive CBT, DBT and PCIT programming to youth and young adults. Dr. Madigan has developed assessment and treatment protocols combining neuropsychological testing and functional cognitive-behavioral analyses to identify specific skill and performance abilities critical to adaptive and maladaptive emotion regulation. Dr. Madigan earned his Master's degree and Doctorate in Clinical Psychology from Rutgers University.

Lin-Ann Ching, LCSW, LICSW is Co-Director of Boston Child Study Center-Los Angeles. Lin-Ann is a practitioner, consultant, supervisor, and educator who specializes in evidenced-based treatments for Borderline Personality Disorder, PTSD, and other anxiety, mood and behavior disorders, including DBT, CBT, and Mentalization-Based Therapy (MBT) for adults, children, adolescents, and families. Prior to her current position at BCSC-LA, Lin-Ann held a faculty position at Boston College School of Social Work, and served as Clinical Team Manager in the 3East DBT Intensive Residential and Partial Hospitalization Programs at McLean Hospital, an affiliate and teaching hospital of Harvard Medical School. Lin-Ann earned her Master of Social Work from Boston University, and is an independently-licensed clinical social worker in California and Massachusetts.

11400 West Olympic Boulevard : Suite 200 : Los Angeles, California 90064
www.bostonchildstudycenter.com

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Available Training Topics

Dialectical Exposure Therapy

Dialectical Exposure Therapy (DET) is a trans-diagnostic intervention for the assessment and treatment of anxiety, depression, trauma & emotion dysregulation in multi-problem youth and adults. DET has also been shown to be an effective method of enhancing traditional Exposure and Response Prevention (ERP) with anxious youth and adults. DET is an integration of well-established evidence-based treatments aimed at targeting multiple problems simultaneously. Participants will be introduced to the theoretical rationale for the bio-social causes of anxiety, depression and emotional and behavioral dysregulation. Participants will also be introduced to the DET treatment modules which integrate key components of: Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Cognitive Therapy, Behavioral Activation, Functional Analytic Psychotherapy, Exposure and Response Prevention, and Prolonged Exposure.

Dialectical Behavior Therapy for School Refusal

This training will provide participants with an understanding of the multiple causes for avoidance of school in youth, a unified framework for assessing and treating the various causes to this problem, and a protocol for working with youth, their families, and the school system. Case examples and role plays with the presenter will help highlight methods of integrating this intervention into participants' individual practices.

DBT adaptations for PTSD and Complex Trauma: DBT-PE & DBT-PTSD

This training will introduce participants to adaptations of DBT treatments designed for PTSD and complex trauma in adolescents, including DBT-Prolonged Exposure (DBT-PE) and DBT-PTSD. Participants will be provided with a theoretical framework for understanding the causes and presentations of PTSD and complex trauma, as well as learn about interventions aimed at treating symptoms of PTSD and complex trauma, through didactics, discussions, and case examples.

DBT Parent Coaching and DBT Family Therapy

Participants will learn about the application of DBT principles and interventions with parents and families of adolescents involved in comprehensive DBT treatment. Participants will be oriented to topics of special consideration when working with suicidal and self-harming adolescents, including balancing confidentiality and direct communication, parent skills training and coaching, and the application of standard DBT principles and interventions in a family context.

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