

# Counseling Children and Families with Complex Needs

*Interventions to Nurture Hidden Resilience across Contexts and Cultures*



**Michael Ungar, Ph.D.**  
AAMFT Clinical Supervisor  
Registered Social Worker

A two-day workshop for those working with children, youth and families labelled 'dangerous,' 'deviant,' 'delinquent' and 'disordered'. A social ecological model of intervention will be presented that nurtures hidden resilience.

**October 21-22, 2011**

**Homewood Suites • 1023 Baxter Lane  
Bozeman, MT 59715 • (406) 587-8180**

*Also on Saturday, Oct. 22*  
**Test Preparation Course for Licensed  
Clinical Social Work Exam**  
Registration information within.

## REGISTRATION FORM

**Counseling Children and Families with Complex Needs**  
Friday-Saturday, Oct. 21-22, 2011, Homewood Suites by Hilton,  
Bozeman, MT 59715

**Test Preparation Course for LCSW Exam**

Saturday, Oct. 22, 2011

Register for the full conference or test preparation course, or take advantage of our combination registration option (Friday conference, Saturday test prep) and save \$\$\$

- Register now with a credit card at [www.naswmt.org](http://www.naswmt.org) and click on **Online Conference Registration Option** (online processing fees apply)
- Or complete this form and mail with payment to:  
**National Association of Social Workers, Montana Chapter  
25 S. Ewing, Suite 406, Helena, MT 59601**

Please copy and use a separate form for each person's registration.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (w) \_\_\_\_\_ Phone (h) \_\_\_\_\_

E-mail \_\_\_\_\_

*Space Limited – Please Register Early!*

Registration fee covers conference registration, conference materials, and refreshment breaks.

### Registration for Two Days

NASW Member \$225 \_\_\_\_\_

Non-Member \$250 \_\_\_\_\_

Student / Retired \$130 \_\_\_\_\_

### Can't Make it Both Days? One-Day Registration

Fri  Sat

NASW Member \$115 \_\_\_\_\_

Non-Member \$130 \_\_\_\_\_

Student / Retired \$75 \_\_\_\_\_

### Licensure Prep Course Registration Fee

Saturday, Oct. 22. Course limited to 30 people. Must have 8 participants by Oct. 14 or course will be cancelled.

NASW Member \$175 \_\_\_\_\_

Non-Member \$230 \_\_\_\_\_

### Attend Both Conference and Licensure Prep—Save \$\$\$

NASW Member Combo Fee \$260 \_\_\_\_\_

Non-Member Combo Fee \$325 \_\_\_\_\_

**Total enclosed \$** \_\_\_\_\_

**Cancellation Policy:** Full refund (less \$30 processing fee) if cancelled 48 hours prior to the workshop. No refund after this deadline.

**Continuing Education:** 14 Continuing Education Credits for LCSWs, LPCs, MFTs, and psychologists are available for the conference.

**Michael Ungar** is a Killam Professor of Social Work at Dalhousie University where he directs the Resilience Research Centre that coordinates more than \$5 million in funded research in a dozen countries. His work focuses on youth and their families and how they together survive adversity in culturally specific ways. He has published over 75 peer-reviewed articles and book chapters on this topic and is the author of eleven books, including *The Social Worker*, his first novel. Among his books for professionals are *Counseling in Challenging Contexts: Working with Individuals and Families Across Clinical and Community Settings*, and *Strengths-based Counseling with At-risk Youth*. He also writes for parents and educators. Among his most recent work is *We Generation: Raising Socially Responsible Children and Teens and Too Safe for Their Own Good*. In addition to his research and writing, Michael maintains a family therapy practice in association with Phoenix Youth Programs, a prevention program for street youth and their families, and was the recipient of the Canadian Association of Social Workers Distinguished Service Award for Nova Scotia in 2010. His work has been featured in numerous magazines (*Reader's Digest*, *Body and Soul*, *Today's Parent*) and newspapers around the world (*Globe and Mail*, *Toronto Star*, *USA Today*), and he regularly appears on radio and television. Currently, he is Co-Chair of the Nova Scotia Mental Health and Addictions Strategy Advisory Committee. His blog, *Nurturing Resilience*, can be read on *Psychology Today's* website.

### Hotel Accommodations

A block of rooms at the conference rate of \$89 is reserved at the Homewood Suites by Hilton® Bozeman, 1023 Baxter Lane, Bozeman, MT. For reservations click on the [Reserve Your Hotel Room](#) link on our website, [www.naswmt.org](http://www.naswmt.org). Book by October 8 to reserve your room. Or call Homewood Suites at (406) 587-8180 to make a room reservation before or after the cutoff date. Be sure to identify your attendance as part of the NASW-Montana Chapter group when you call.

### Continuing Education

A total of 14 CE's\* are available to meet the requirements of the Montana Board of Social Work Examiners and Professional Counselors.

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## Counseling Children and Families with Complex Needs

### *Interventions to Nurture Hidden Resilience across Contexts and Cultures*

#### Summary and Objectives of the Workshop

This workshop will help professionals working with children, youth and families labelled ‘dangerous,’ ‘deviant,’ ‘delinquent’ and ‘disordered’ intervene effectively by addressing both individual and contextual factors that threaten wellbeing. Based on clinical practice with individuals with complex needs who use multiple services (mental health, child welfare, corrections, special education, and addictions) and research with children and their families around the world, a social ecological model of intervention will be presented that nurtures “hidden resilience.” While we commonly think of resilience as an individual’s capacity to ‘beat the odds’ and overcome great adversity, this workshop focuses on how mental health professionals in clinical and community-based practice settings can ‘change the odds’ to make resilience more likely to occur. Using interactive exercises, clinical transcripts and video recordings of work with children and families, Dr. Ungar will show how to identify seven factors that protect people from adversity and ways to help people navigate and negotiate for the resources they need to sustain positive psychosocial growth. This culturally-sensitive approach avoids the resistance commonly found when those intervening label and stigmatize those they are trying to help. This workshop both explores this model of treatment and gives participants an opportunity to discuss the most challenging children, youth and families with whom they work in different practice settings.

To view a sample of Dr. Ungar’s work, please go to his website, [www.michaelungar.com](http://www.michaelungar.com).

## Workshop Schedule & Outline

### Friday, Oct. 21, 2011

- 8:00 am **Introductions.** What we bring
- 8:15 am **Individuals and families with complex needs:** Survey of challenges and strengths
- 9:00 am **Definitions of resilience:** What children really need to grow up well
- 10:00 am Nutrition break
- 10:15 am **Protective processes against risk:** Creative solutions to complex problems in poorly resourced environments
- 12:00 pm Lunch
- 1:15 pm **Case illustrations** and sample interventions from clinical practice
- 3:00 pm Break
- 3:15 pm **A three part model of intervention:** Reflect, challenge, define
- 4:45 pm Closing

#### Specifically the goals for the workshop are:

- 1) To understand how individuals and families with complex needs use “problem” behaviours to enhance their resilience and wellbeing when more socially acceptable solutions are not available;
- 2) To become familiar with the principles of an engaging ecological model of individual and family intervention (that includes elements of solution-focused, postmodern/constructionist, and ecological therapeutic techniques) suitable for work in multiple service settings;
- 3) To demonstrate how to use a model of practice that helps clinicians, families and communities identify and build upon atypical, complex, culturally relevant patterns of coping;
- 4) To develop a strategy for working without resistance with different hard-to-reach individuals and families, based on examples drawn from participants’ own practice.

### Saturday, Oct. 22, 2011

- 8:00 am **Review exercise,** reflections
- 8:30 am **Five phases of intervention**
- 10:00 am Nutrition break
- 10:15 am **Video and discussion** of core principles of intervention with families
- 12:00 pm Lunch
- 1:15 pm **Advocacy and interventions** between child welfare, corrections, mental health and education systems
- 2:00 pm **Case conferencing solutions**
- 3:00 pm Break
- 3:15 pm **Surviving systems,** career resilience, and preventing burnout
- 4:45 pm Closing

#### To contact:

Michael.ungar@dal.ca or call (902) 494-3445

#### For further information:

[www.michaelungar.com](http://www.michaelungar.com)  
[www.resilienceresearch.org](http://www.resilienceresearch.org)  
Twitter @MichaelUngarPhD

Check out Dr. Ungar’s *Psychology Today* blog at: <https://www.psychologytoday.com/blog/nurturing-resilience>

To learn more about his new text, *Counseling in Challenging Contexts: Working with Individuals and Families Across Clinical and Community Settings* (a DVD comes with the text), check out: <http://www.youtube.com/watch?v=hn3GpNfojw>

## Test Preparation Course for Licensed Clinical Social Work Exam

### Saturday, Oct. 22, 2011

The new LCSW exam was introduced on January 3, 2011, and evaluates knowledge in 4–5 areas of practice, instead of 10–12 areas of practice. The test questions will be structured in the form of “Knowledge, Skills, and Abilities” statements, which describe the discrete knowledge components that may be tested in each part of the examination. You may not take the older version of the test, only the current version.

The overall 2006 pass rate for those taking the Social Work Licensing Licensure Exam in Montana was 74%. This course has successfully prepared thousands of social workers for the Clinical Examination developed by the Association of Social Work Boards. The average pass rate after taking the Test Preparation Course for Licensed Clinical Social Work Exam is 90%.

This six-hour workshop will provide attendees with test taking strategies for correctly answering examination questions. A framework for critical analysis of examination questions will be presented and the instructor will use sample questions to illustrate important concepts. Attendees should bring highlighters with them to this workshop. Prep course attendees will receive an exam training manual.

#### INSTRUCTOR:

**Colleen E. Crane, MSW, LCSW**, is a licensed clinical social worker based in Bozeman, Montana, previously instructed this course in November 2010, and received an overall evaluation of 4.7 out of 5 by the course participants! Colleen is currently in private practice and specializes in working with adolescent girls and women. She currently supervises several candidates for licensure and has helped them prepare both for the test and for setting up their own practice for success. Colleen graduated in 2001 from the University of Michigan-School of Social Work, and passed the licensing exam in 2005 after taking the first licensing prep course available in Montana, offered in 2004. Colleen is a published author in domestic violence research, a mother of two and a yoga teacher. She looks forward to helping you prepare for the test and rest of your career as an LCSW.