

# FRIDAY FORUM ENCORE

Friday, May 13, 2016

Abigail Gewirtz, Ph.D., L.P.

## PROMOTING RESILIENCE IN CHILDREN IN HIGHLY STRESSED FAMILIES: PROGRAM FINDINGS

**Registration:** 8:30 – 9:00 a.m.

**Program:** 9:00 a.m. – 12:00 p.m.

**Location:** Metropolitan State University

Midway Campus, Room P

1450 Energy Park Drive, St. Paul, MN 55108

### About the Program:

*This program qualifies for 3.0 continuing education credits.*

It often takes over 15 years after publication for research findings to impact clinical practice. This is particularly troubling in the field of psychological interventions for children and adolescents. The presentation focuses on what is known about the correlates of resilience in at-risk children, and the state of intervention research. What works? How does it work? And how can research-based programs be effectively implemented in practice settings? Effective parenting is a core correlate of resilience, and interventions to improve parenting have shown significant and longstanding impact on children's adjustment. The presentation reviews one family of effective parenting programs, and latest research in the area of prevention and intervention research.

#### Participants will:

1. Identify parenting as a core predictor of resilience.
2. Delineate what constitutes an effective parenting program.
3. Identify recent advances in prevention science that can bridge the gap between research and programs in community practice settings.

### About the Presenter:

**Abigail Gewirtz, Ph.D., L.P.**, earned a Ph.D. in Clinical Psychology from Teachers College, Columbia University, in 1997. She is the Director for the Institute for Translational Research in Children's Mental Health at the University of Minnesota. Now on the faculty as the Lindahl Leadership Professor with tenure in both the Department of Family Social Science and the Institute of Child Development, she is able to draw on both disciplines and train a range of students at the University of Minnesota. The thread that runs through Dr. Gewirtz's work is improving outcomes for children and families affected by traumatic and other extreme stresses—from war to homelessness—and finding strategies that work best. Her research and interest in resilience in kids has led to projects along the Israel-Gaza border, observing parent-child interactions in families exposed to years of missile attacks. In Minnesota, her work with the Minnesota National Guard and Reserves on Project ADAPT has the goal of easing the transition after deployment by developing and testing the effectiveness of a parenting program to strengthen resilience in children and families. Her research with the AMBIT Network, a federally funded Center of the National Child Traumatic Stress Network, has the goal of increasing access to quality care and effective treatment for traumatized children.

**Please note: You must attend the full 3-hour program to get continuing education credit for the event.**

### About First Friday Forums:

#### Friday Forums are cosponsored with the Metropolitan State University Psychology Department

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**EARLY BIRD SPECIAL FEES:** Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

**REGULAR REGISTRATION:** Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

**CONFIRMATION/CANCELLATION:** Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

**WEATHER-RELATED CANCELLATION POLICY:** On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, [www.metrostate.edu](http://www.metrostate.edu). Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952.564.3048.



# MPA Friday Forum Encore • May 13, 2016

*Note lower registration fees for 2016!*

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

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

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

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

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

If you register **by** April 29 select the **Early Bird Registration** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

If you register **after** April 29, select the **Regular Registration** Fee:  MPA member: **\$55**  Non-member: **\$75**  Student: **\$25**

Total Amount Enclosed: \$ \_\_\_\_\_

Check (made payable to MPA)  Visa  MC  American Express

All credit card fields are required

Card Number \_\_\_\_\_ Exp. date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder Name (print) \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

Credit card billing address:  Same as above

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

City/State/Zip \_\_\_\_\_

Please do not email credit card information. Fax or mail your registration form to protect this information.

**or Register online @ [www.mnpsych.org](http://www.mnpsych.org)**

**Return To:**

**Minnesota Psychological Association**

5353 Wayzata Blvd. Suite 350

Minneapolis, MN 55416

P: 952.564.3048 • F: 952.252.8096



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## LOCATION: Metro State Midway Campus, Room P

**Directions:** I-94 to Snelling Avenue exit, north on Snelling to Energy Park Drive exit; turn left at stop sign and follow road as it curves around to the Energy Technology Center parking lot. Enter building through east entrance.

**Bus Route:** 3B (Minneapolis, St. Paul)

