

Matthew Selekman New Zealand Workshop Tour 2010

Organised by local branches of NZAC in the following centres:

Auckland	1 September	For information on Matthew Selekman, see Footnote. ¹ For further details, please see: http://www.partners4change.net/aboutus.html
Hamilton	3 September	
Christchurch	10 September	
Dunedin	17 September	

Workshop A: Hamilton, 3 September, 2010

This workshop will be held at the Kingsgate Hotel, 9.00am to 5.00pm. Details are on the registration form after the information below about the adolescent workshop.

THERAPEUTIC MOMENTS THAT COUNT: BRINGING HUMOR, DRAMA, AND ADVENTURE TO FAMILY THERAPY

No matter how precisely we follow a treatment protocol in the end it is our unrehearsed capacity to inspire spontaneous moments of humor, surprise, revelation, and emotional connection that transforms family therapy from clinical procedure to a healing art. How can we draw on our authenticity and natural inspiration to engage reluctant clients, encourage a sense of playfulness and adventure in families, and sponsor lively personal interactions that spark moments of real change? How do we successfully repair ruptures in our therapeutic alliances with family members who may have felt slighted or misunderstood by us in the therapeutic process?

In this upbeat, practice-oriented workshop, participants will focus on the creative use of self in family therapy as a catalyst for therapeutic change. Practical guidelines for bringing more humor, absurdity, drama, time-traveling, art, storytelling, creative writing and film-making projects, and in-session imaginative experiments into the clinical encounter will be demonstrated through videotape examples. Troubleshooting guidelines for getting unstuck with resistant and difficult families will be presented. Therapists will leave the workshop feeling inspired, liberated, more

¹ **Matthew D. Selekman, MSW** is a family therapist in private practice and the co-director of Partners for Collaborative Solutions (www.partners4change.net), an international family therapy training and consulting firm in Evanston, Illinois. He is an Approved Supervisor with the American Association for Marriage and Family Therapy. Matthew received the Walter S. Rosenberry Award in 2006, 2000, and in 1999 from The Children's Hospital in Denver, Colorado for having made significant contributions to the fields of psychiatry and the behavioral sciences. Matthew is the author of numerous family therapy articles and five professional books: *Collaborative Brief Therapy with Children*, *The Adolescent and Young Adult Self-Harming Treatment Manual: A Collaborative Strengths-Based Brief Therapy Approach*, *Working with Self-Harming Adolescents: A Collaborative Strengths-Based Therapy Approach*; *Pathways to Change: Brief Therapy with Difficult Adolescents (Second Edition)*, and *Family Therapy Approaches with Adolescent Substance Abusers*. He has presented workshops on his collaborative strengths-based brief therapy approach with challenging children and adolescents extensively throughout the United States, Canada, Mexico, South America, Europe, Singapore, Indonesia, Hong Kong, and Australia.

daring, and inventive, and armed chockfull of effective therapeutic tools and strategies.

Learning Objectives:

1. Use therapeutic alliance-building strategies to co-create a therapeutic climate ripe for change in first family therapy interviews
2. Use the systemic use of self framework to guide therapeutic moves in specific clinical situations
3. Effective engagement strategies with resistant and challenging parents, adolescents, and children
4. Tap family members' inventiveness to co-construct therapeutic experiments
5. Use storytelling, creative writing projects, time-traveling, drama, art, and playful and imaginative therapeutic experiments and rituals to produce longlasting systemic change.

Workshop B: Auckland, Christchurch, Dunedin

PATHWAYS TO SOLUTIONS: COLLABORATIVE STRENGTHS-BASED BRIEF THERAPY WITH CHALLENGING ADOLESCENTS

Adolescents presenting with oppositional and explosive, self-harming, eating-distressed, heavy substance abuse, and suicidal behaviors can be a nightmare to manage for school professionals and even the most seasoned of therapists. Often, these adolescents' families are characterized by destructive family interactions and extensive treatment histories. The adolescent's difficulties may be further exacerbated by the involved helping professionals' from larger systems unproductive attempted solutions. This can lead to the development of family-helping system knots, which contributes to treatment impasse situations.

In this "hands-on" practice-oriented workshop, participants will learn a collaborative strengths-based brief therapy approach that capitalizes on the strengths and resources of the adolescents, family members, key members of the adolescent's and family's social network, and involved helping professionals from larger systems to rapidly co-construct solutions. A special emphasis in this workshop will be placed on the therapist's creative use of self and inventiveness.

As a result of attending this workshop, participants will learn the following:

- Use pre-treatment experiments to identify and capitalize on clients' self-generated pre-counseling changes and effective coping strategies
- Interviewing for possibilities: Using therapeutic questions to elicit client expertise, well-formed treatment goals, and for co-creating compelling future realities
- The Blueprint for Change Plan: A client-driven treatment plan that honors their goals, expectations, and choices
- Practicing on the creative edge: The improvisational use of self outside the comfort zone with challenging clients
- Effective engagement strategies with challenging and resistant adolescents
- Engaging and fostering cooperative relationships with difficult parents
- Tailor-fitting, designing, and implementing therapeutic experiments that tap clients' inventiveness and key strengths to produce long-lasting individual and family system-wide changes
- One person family therapy with adolescents
- Covering the back door: Effective goal-maintenance and relapse prevention strategies
- Keys to successful collaborative relationships with involved helping professionals from larger systems
- Getting unstuck: Trouble-Shooting guidelines with complex adolescent case situations

Registration form for Hamilton Workshop follows.



New Zealand Association of Counsellors
WAIKATO BRANCH

REGISTRATION FORM

Matthew Selekman Workshop

Hamilton Workshop – Friday 3 September – Registration Due 16 August

**The Workshop*: THERAPEUTIC MOMENTS THAT COUNT:
BRINGING HUMOR, DRAMA, AND ADVENTURE TO FAMILY THERAPY**

** See the NZAC Website for full details of the workshop.*

See the NZAC website for the Auckland workshop details (1st September).

Hamilton Workshop, Friday 3rd September:

- **Kingsgate Hotel, 100 Garnett Ave, Te Rapa. Plenty of parking at rear of building.**
- **Registration from 8.30am. There will be a hot drink and cold water available.**
- **Workshop runs from 9.00am to 5.00pm.**
- **Fee: \$95 NZAC Members**
\$70 Low income and retired Members, Provisional Members, Students
\$110 Non-NZAC People

The fee includes morning and afternoon teas, and lunch.

- **To register: Registration to be with NZAC Waikato by 16th August.**
 - **Either** make a hard copy of the form below, complete it and post with your cheque to: G Milbank, 30 Kakanui Ave, Hamilton, 3216; **or**
 - Copy & paste the form below in a Word document, and e-mail to Milbank@xtra.co.nz and post your cheque as above; **or**
 - Direct Credit the fee to 03-1561-0009544-00 – **include your name.**

REGISTRATION FORM Matthew Selekman Hamilton Workshop 3rd September

Name _____ Phone: _____

Address for receipt _____

Circle or highlight Member Provisional Student Other

Circle or highlight Fee enclosed / already sent direct credit \$ _____

Circle or highlight Special food requirements: None Vegetarian Gluten Free Other

NZAC USE ONLY Matthew Selekman Workshop, Hamilton 3 September 2010

Within a week of NZAC receiving registration form and fee, this part will be returned as your receipt.

Payment received: \$ _____ Name: _____

GST Number: 52-758-467 Signed for NZAC Waikato: _____