

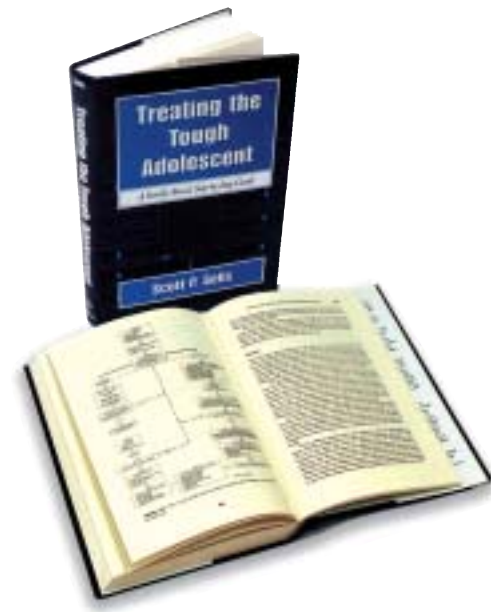
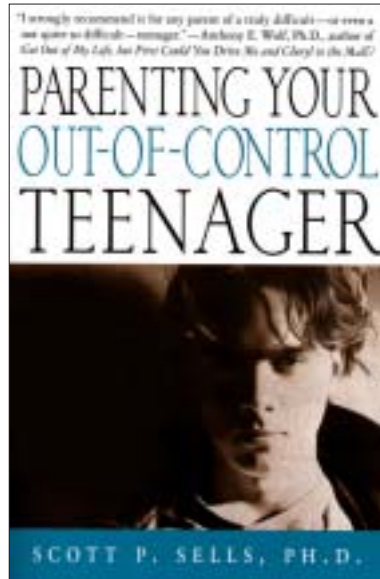
About the Author

Dr. Scott P. Sells, Ph.D., LCSW, LMFT



Dr. Sells is a Full Professor of Social Work at the Savannah State University and the Executive Director of the Savannah Family Institute, Savannah, Georgia. Over the past four years, Dr. Sells has conducted seminars in over 80 cities and spoken to over 20,000 professional counselors and parents, based on his first book, *Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide* (New York: Guilford Press) and his second book, *Parenting Your Out-of-Control Teenager* (St. Martin's Press, 2001). This work is detailed at the Savannah Family Institute website (www.difficult.net).

Dr. Sells is the author of 14 publications and is currently writing a book for Guilford Publications entitled *Treating Impossible Cases Through Undercurrent Therapy*. He was a recent speaker at the Psychotherapy Networker conference and the Cape Cod Institute.



"This is the first workshop I've attended where I can actually use the strategies I learned with my clients the next day at work."
— Dr. Gene Alligood, Burlington, VT.

"Dr Sells' book offers a sensible and strategic approach to resolving the family problems of difficult adolescents—This is a valuable book that wedges research-supported ideas into practical guidance for therapists struggling with exasperating adolescents and their families."
— Jay Haley, Founder of Strategic Family Therapy

"I came as a parent, professional, and a student. Rarely has a workshop been so useful to all the hats I wear."
— Dr. Cynthia Wilburn
Phoenix, Arizona.

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Parenting With Love and Limits: Parent Training for Defiant Children and Teens

and

Brief Therapy with Impossible Cases: Uncovering Undercurrents and Deep Wounds to Produce Lasting Change

featuring
Scott P. Sells, Ph.D.

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featuring
Scott P. Sells, Ph.D.

Based on
**Parenting Your Out-of-Control Teenager
Treating the Tough Adolescent: A Step-by-Step Guide**

Parenting With Love and Limits®: Parent Training for Defiant Children and Teens

Based on Dr. Sells' new parenting program, Parenting With Love and Limits®, this workshop outlines a six-week parent training seminar that has been successfully used to teach parents the core skills they need to stop their child or teen's behavioral problems and prevent their further occurrence. Prevention through pro-active skill building is the goal of this program.

As part of the registration fee participants will receive all these materials (a \$179.00 value) to get started immediately:

- 1 Parenting Video Series Tape
- 1 Application Leader's Guide
- 1 Parent Workbook
- 1 Teen Workbook



We will show you how to present the program in a way that persuades your most resistant parents to trust the process and commit to it throughout the six week training period and beyond.

You will also see how the class breaks down both parent and teen resistance through specialized techniques, such as button pushing, contracting, and the restoration of lost nurturance. The program also acts like a catalyst to create a built-in village, with parents and kids becoming sponsors to one another. Finally, we will show you how to use this course as a filter to determine which families need more intensive one-to-one treatment and those that need only periodic follow-up after the course is completed.

Brief Therapy with Impossible Cases: Uncovering Undercurrents and Deep Wounds to Produce Lasting Change

This workshop will demonstrate how to conduct both brief treatment and deep healing, simultaneously using undercurrents to unstick even your most impossible cases. Undercurrents are deep wounds, such as abandonment, loss, fear, role confusion, or violence, that must be uncovered and addressed if your client is to experience lasting change. It is commonly believed that deep healing work can only be accomplished through long term therapy.

Video case examples and role plays will demonstrate a brief therapy approach to impossible cases through the integration of solution-focus and undercurrents to uncover and treat deep wounds that prevent lasting change. We will highlight special treatment issues with substance abuse, conduct disorders, depression, borderline personality disorders, and eating disorders.

Participants will learn specific undercurrent techniques to disarm client defenses, generate therapeutic intensity within sessions, and choreograph enactments to bring deep wounds to the surface. Throughout the workshop, we will highlight the spirituality inherent in undercurrents, as well as ethical considerations and the optimal timing of when and how to properly utilize undercurrents.

9:00 am - 10:00 am	The Use of Icebreakers—Why is this a Good Beginning Intervention Overview of Six Classes Class #1 Venting and Why Teens Misbehave Class #2 Button Pushing and Button Busters Class #3 Contracting and Recruiting Outside Helpers Class #4 Inner-Outer Circle Contracting and Troubleshooting Class #5 Neutralizing the 7 Aces (Disrespect, Threats or Violence, Running Away, Alcohol or Drug Abuse, Truancy/Poor School Performance, Suicidal Threats, Teen Pregnancy.) Class #6 Restoring Nurturance and Graduation Video Demonstration: The Inner-Outer Circle and a Panel of Parental Experts What Makes This Seminar Different From Typical Parent Educational Experiences • The inner outer circle • How the teenager is engaged • Breaking parental resistance • The 7 aces parents only night
10:00 am - 10:15 am	Break
10:15 am - 12:00 pm	Learn Process #1 – The Art of Venting • Empathizing not sympathizing (What's the difference?) • How do you gently neutralize a monopolizing or agitated parent or teen? • Can you form linkages? Learn Process #2 – Inner/Outer Circle and Button Pushing • Can you be playful in getting parents and kids to buy into your playfulness and produce their own buttons? • Can you set up and execute an inner outer circle?
12:00 pm - 1:00 pm	Lunch on Your Own
1:00 pm - 2:00 pm	Learn Process #3 – Demonstrate How to Construct Ironclad Rules • Can you show how to “connect the dots” and go from a problem to a concrete and literal rule? • Can you take a complex concept like contracting and simplify it?
2:00 pm - 2:15 pm	Break
2:15 pm - 3:00 pm	Learn Process #4 – How to Construct a Positive Parent Report With Kids • Can you convince the toughest of teens to be softer to their parents? • Can you orchestrate the use of a positive incident report?
3:00 pm - 4:30 pm	Learn Process #5 – How to Inject Nurturance Back Into These Families • Can you integrate movie clips into learning? • Can you use experiential exercises like “nurturing a plant” to facilitate learning? • Can you sell a tough concept like nurturance?

9:00 am - 10:00 am	What are Undercurrents with Impossible Cases and How Do You Spot Them? Video Demonstration: Seeing Undercurrents
10:00 am - 10:15 am	Break
10:15 am - 11:15 am	Step One: Taking Solution Focused Therapy to the Next Level by Gauging Your Client's Readiness for Change • How to remove the cotton in parents' ears • Using scaling and storytelling in a very creative way • How to answer their question “What's in it for me?” Video Demonstration: The Road Less Traveled
11:15 am - 12:00 pm	Step 2: Bringing the Undercurrent Themes to the Surface and Discovering their Purpose and Function Video Demonstration: Locating Undercurrents to Restore Attachment
12:00 pm - 1:00 pm	Lunch on Your Own
1:00 pm - 2:00 pm	Step 3: Turning Up the Heat to Unstick Impossible Cases Video Demonstration: I Became a Man Through My Father's Eyes
2:00 pm - 2:15 pm	Step 4: Bringing Undercurrents into the Room and Moving from the Role of Therapist to Solution-Focused Coach
2:15 pm - 2:30 pm	Break
2:30 pm - 4:30 pm	Step 5: Predicting the Fallout of Change and Relapse Prevention Step 6: Moving Your Impossible Case to the Experience of Healthy Undercurrents and Permanent Change Step 7: Undercurrents and Spirituality

NAME: _____
 ADDRESS: _____ SUITE: _____
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 PHONE: _____ FAX: _____
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Parenting With Love and Limits®: Parent Training for Defiant Children

Monday, May 17, 2004

Holiday Inn Select La Mirada
14299 Firestone Blvd.
La Mirada, CA 90638
714-739-8500

Thursday, May 20, 2004

South San Francisco Conference Center
255 South Airport Boulevard
San Francisco, CA 94080
650-877-8787

Brief Therapy with Impossible Cases: Uncovering Undercurrents and Deep Wounds to Produce Lasting Change

Tuesday, May 18, 2004

Radisson Hotel & Conference Center
2233 Ventura Street
Fresno, CA 93721
559-268-1000

Friday, May 21, 2004

Holiday Inn Capital Plaza
300 J. Street
Sacramento, CA 95814
916-446-0100

Parenting With Love and Limits®: Parent Training for Defiant Children

<input type="checkbox"/> Monday, May 17	Training Rate	\$ 199.00	\$	■ ■ ■ . ■ ■
	Program Materials	\$ 179.00	\$	No Charge
	6 CE Credits	\$ 10.00	\$	■ ■ ■ . ■ ■
<input type="checkbox"/> Thursday, May 20	Training Rate	\$ 199.00	\$	■ ■ ■ . ■ ■
	Program Materials	\$ 179.00	\$	No Charge
	6 CE Credits	\$ 10.00	\$	■ ■ ■ . ■ ■

Uncovering Undercurrents and Deep Wounds to Produce Lasting Change

<input type="checkbox"/> Tuesday, May 18	Postmarked before April 27	\$ 99.00	\$	■ ■ ■ . ■ ■
	Postmarked after April 26	\$ 119.00	\$	■ ■ ■ . ■ ■
	Non-professional parent rate	\$ 59.00	\$	■ ■ ■ . ■ ■
	6 CE Credits	\$ 10.00	\$	■ ■ ■ . ■ ■
<input type="checkbox"/> Friday, May 21	Postmarked before April 27	\$ 99.00	\$	■ ■ ■ . ■ ■
	Postmarked after April 26	\$ 119.00	\$	■ ■ ■ . ■ ■
	Non-professional parent rate	\$ 59.00	\$	■ ■ ■ . ■ ■
	6 CE Credits	\$ 10.00	\$	■ ■ ■ . ■ ■

Please choose method of payment:

Check or Money order enclosed (please make checks payable to Savannah Family Institute)
 VISA MasterCard American Express

Send completed registration form to:
Savannah Family Institute
P.O. Box 2049
Rincon, GA 31326
Or Fax to: (912) 826-2369

CARD NUMBER: _____
 EXPIRATION DATE (MO/YR): _____ SIGNATURE (REQUIRED): _____

Save time with online registration
www.difficult.net

Continuing Education Credit

Savannah Family Institute is a registered National Board for Certified Counselor Provider (#5854) and is an approved provider by the California Board of Behavioral Sciences (#PCE 2258). This program is co-sponsored by At Health (www.athealth.com) and the Savannah Family Institute. At Health is approved by the American Psychological Association to offer continuing education credits for psychologists. At Health maintains responsibility for this program.

Confirmation of your registration will be sent by fax or email within 5 days of receipt of your completed form. Workshop fees include hand-outs and refreshments, but not breakfast, lunch, or parking. We regret that we cannot accept any registrations by phone. All cancellations must be in writing by mail, fax, or email. Cancellations received more than 7 days prior to the workshop will receive full refunds less a \$25 administrative fee. No refunds will be made for cancellations received the week before the workshop, although substitutions are accepted. If you have any questions about the workshop, please call us toll-free (800) 735-9525, or visit our web site at www.difficult.net.