



ANZATSA

The 'Wizard Skills' program. A DBT-based recreational therapy program to enhance learning skills both during and after therapeutic treatment

A training day for clinicians working with youth exhibiting challenging behaviours

Presented by

Anette Birgersson (Sweden)

Christin Santiago (USA)



Training date:

Tuesday May 28th 9am – 4.30pm

Location:

Westmead Education and Conference Centre Westmead Hospital
Level 1 Corner Hawkesbury and Darcy Roads Westmead, NSW, 2145

Fee structure:

Early bird registrations: Members \$260 Non Member \$280
Registrations from 1 May 2019: Members \$310 Non Member \$330
Limited places available due to training format.

Register online www.anzatsa.org

If you require an invoice please contact us at admin@anzatsa.org

The Training

The *Wizard Skills* program combines DBT-skills with recreational therapy to enhance skills-learning and the maintenance of skills after treatment for traumatized youth and children, including kids who are in out-of-home care, or have other specific affect-management issues.

The program offers a strengths-based approach that directly targets the major areas of concern that youth with challenging behaviours display: guilt, shame, anxiety, anger, dysregulation, and self-esteem. The addition of mindfulness training, as well as experiential learning, allows for a more complete whole-person treatment model to increase emotional regulation and competency (Singh, et al 2011). Using experiential learning as a major tool within this model also addresses the language-based deficits that youth display.

Attendees will be introduced to behaviour-change strategies that work 'bottom-up', and all through the waking-hours of the day – in other words, these skills can be utilised during school-hours, in-therapy, at home and in every other setting that young people may be engaged in.

As skill-development takes time and effort, the trainers present the *Wizard Skills* program within a *Risk, Needs, Responsivity (RNR)* framework, ensuring that attendees walk away from the training with a full and comprehensive understanding of how these interventions can be tailored to an individual client and his/her needs – rather than a 'one size fits all' approach that so often falls-flat with more complex presentations. This ensures clients develop, challenge and practice new skills in a safe environment with staff who can guide and supervise.

The training includes:

- The basics of DBT
- The basics of recreational therapy
- Behavioural analysis/ Chain analysis
- Trauma and the effects of trauma on the brain
- Working with adolescents with trauma, diagnosis and challenging behaviours
- How to teach the DBT skills: Mindfulness, Distress tolerance
- Emotional regulation, Relationship skills and how to practice them in every-day life
- How to get families and residential staff involved in the skills training
- Developing individualised treatment plans
- Learning how to make treatment sensory-based and multimodal

.....And lots of practice with role-plays and activities!

The *Wizard Skills* model training has been presented across the United States, the UK and Europe, including at ATSA and NOTA. It is a highly-acclaimed, lively and interactive (dare we say – fun) training day that will have you walking away feeling energised and excited about new potentials for your clients. Highly recommended for beginning, intermediate and even very experienced clinicians (psychologists, social workers, teachers, and residential program staff).

About the trainers

Annete Birgerrson, is a licensed psychotherapist with over 20 years-experience of working with children and adolescents with trauma, neuropsychiatric diagnosis and sexual harmful behaviours. Anette is trained in CBT, DBT, TF-CBT, PE, EMDR, and ERGT. She is also a certified TF-CBT trainer.

Annete is well-known in her home country of Sweden for developing a culturally appropriate program for treating sexually abusive youth and young children. After almost two decades of work in this area, Annete opened her own company; *Skills Clinic* which has seen her undertake training and supervision all over Europe, Scandinavia and the United States. She is also a lecturer on these topics at Barnafriid – the Swedish National Centre of Research and Knowledge in Child Abuse, at Linköpings University.

Annete is a NAPN Advisory Board member, and sits on several Boards for the Association for the Treatment of Sexual Abusers, (ATSA: USA).

Christin Santiago, is a Recreational Therapist, with 20 years-experience of working with children and adolescents with trauma, neuropsychiatric diagnosis and sexual harmful behaviours. She is the Director of Recreational Therapy for the Whitney Academy in Massachusetts, USA, where she works both alongside, and hand-in-hand, with Kevin Creeden, the clinical Director at Whitney. Many of you will know Kevin through his extensive writings on the subjects of traumatised youth and sexually abusive youth, as well as his trips to Australia over the past decade.

In her senior role at Whitney, Christin has developed many programs using innovative therapeutic activities in order to assist adolescents develop their internal and emotional skills through activity, movement, and clinically sound strategies that assist in them managing their trauma symptoms.

Christin also has an international reputation as a skilful and engaging trainer, having both trained and supervised across the USA, Europe, Scandinavia and the UK.

Christin also coaches across a multitude of (seven) sports as a part of the Special Olympics of Massachusetts. The program offers her clients the opportunity to develop their skills through traditional sports as well as to build relationships outside the Academy. In 2016 she was chosen as the Coach of the Year for Special Olympics of Massachusetts, and in that same year was one of 16 coaches to be considered for National Coach of the Year. In 2018 she was selected as the Head Athletics Coach for Special Olympics of Massachusetts to participate in the National USA Games in Seattle, Washington.

For further information

Please contact Dale Tolliday 0408 330 560 or Russ Pratt, 0430530125