

**EBP Trainings March 4, 2010  
Des Moines Botanical Center**

The Iowa Consortium for Mental Health is pleased to offer trainings in evidence-based practices targeted to staff from agencies receiving mental health block grant funding. There is no charge for these trainings. Agendas are attached. Lunch is on your own (12-1pm).

As detailed below, there will be three concurrent tracks, each lasting the whole day. Two will focus on adult issues (motivational interviewing and borderline personality disorder), and one on youth and family issues.

**RSVP if you plan to attend:** RSVP to Brenda Hollingsworth [Brenda-hollingsworth@uiowa.edu](mailto:Brenda-hollingsworth@uiowa.edu) or 319-353-5436. Please indicate which of the 3 tracks you plan to attend (one only).

**Continuing Education:**

We will provide a letter of attendance at no charge and CEUs will be available.

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8:45—9:15 am      Registration

9:15—4:00 pm      **Track 1: Motivational Interviewing: A Follow-up Training**

- Brief Description: This full day workshop is intended primarily for mental health clinicians who have had some introductory training or experience in Motivational Interviewing. The focus of this training will be on improving skills in eliciting and recognizing “change talk”. A structured assessment of MI skills will also be conducted using the [Video Assessment of Simulated Encounters](#) or VASE-R.
- Presenters: Fonda Frazier, MA, ACADC, MINT. Ms. Frazier is the Clinical Director of the Mid-Eastern Council on Chemical Abuse (MECCA). She is a MINT trainer and has been teaching MI in a variety of contexts for several years.

Michael Flaum, MD, is Director of the Iowa Consortium for Mental Health and the Division of Public and Community Psychiatry at the University of Iowa Carver College of Medicine. He has been teaching MI to all of the University of Iowa Medical Students, Physicians Assistant Students and Psychiatry Residents over the last few years.

9:15—4:00 pm      **Track 2: The STEPPS™\* Treatment Program for Borderline Personality Disorder** \*(Systems Training for Emotional Predictability and Problem-Solving)

- Brief Description: The morning session will include an overview of STEPPS and the afternoon session will incorporate essential STEPPS elements in everyday practice with clients who have BPD or clients with impulsive/compulsive behaviors (pathological gambling, kleptomania, trichotillomania, etc.).
- Presenter: Nancee Blum, MSW, LISW is a social work specialist in the Department of Psychiatry, University of Iowa College of Medicine, and a consultant to the Iowa Department of Corrections for implementing the STEPPS treatment program for borderline personality disorder in several Iowa prisons.

### **Track 3: Working with Youth and Families**

*Note—This full day track, targeted to those who work mostly with youth and families has 3 sessions, with different presenters.*

- 9:15—12:00 pm      Track 3: Session 1: Working with Depressed Youth and Their Families
- Brief Description: This workshop will introduce community practitioners to basic principles of cognitive-behavior therapy and family therapy for youth and families.
  - Presenter: Scott Temple, Ph.D., is a Clinical Professor in the Department of Psychiatry, University of Iowa Carver College of Medicine.
- 1:00—2:30 pm      Track 3: Session 2: Differential Susceptibility to Effects of Parenting
- Brief Description: Parenting is considered one of the most important sources of influence for children's development. However, some children seem to be more affected by parenting quality than others. The differential susceptibility hypothesis provides an explanation for this observation and proposes that the very children who seem most susceptible to low quality parenting may also benefit the most from developmentally supportive rearing. Evidence consistent with this view is reviewed highlighting three different categories of characteristics that have been found to make children (and adults) more or less susceptible to environmental influences. Finally, the identification of high susceptible children and the application of differential susceptibility in practice are discussed.
  - Presenter: Michael Pluess, PhD, is an associate research fellow at the Institute for Children, Families and Social Issues at Birkbeck University of London and honorary lecturer in positive psychology at the Department of Psychology at the University of East London. He received his Masters degree in clinical psychology and his Ph.D. in developmental psychology. His research, which has been published in the leading journals of the field, focuses on the effects of early experiences, resilience and differential susceptibility.
- 2:45—3:45 pm      Track 3: Session 3: Intervention Strategies that Support Parenting Self-Efficacy: "I see how I make a difference to my child"
- Brief Description: Low parenting self-efficacy is associated with parental depression, parenting stress, and child behavior problems. Intervention strategies can enhance parenting self-efficacy and help parents perceive themselves as more effective parents or further undermine their sense of competence. This presentation will define parenting self-efficacy, review evidence-based psychotherapies that increase parenting self-efficacy, and discuss intervention strategies that can undermine parenting self-efficacy.
  - Presenter: Beth Troutman, PhD, ABPP is a Clinical Associate Professor in the Department of Psychiatry, University of Iowa Carver College of Medicine. Self-efficacy theory guides her approach to parents and led to her interest in evidence-based parenting interventions. Her research on parenting self-efficacy is widely cited.

