

Outline

A Close Look at the Uncontrollable Child

Diagnoses including ODD, DMDD, ADHD
Hallmarks of the uncontrollable or highly sensitive child
DSM-5™ and the DMDD diagnosis

The Guide to Maximize Parent Counseling

Dialectical balance of acceptance and change
Bridge the knowing and doing gap
Empower parents to relate to their children
Techniques for day-to-day use
Recognize, understand, and overcome common roadblocks

DBT-based Strategies to Help Parents Overcome their Child's Disruptive Moods

Acceptance strategies including overcoming roadblocks to acceptance (beliefs and emotions)
Mindfulness to light the way to effective parenting
Validation as a relationship booster
Behavior-change strategies to reduce unwanted behavior
Limit-setting and the positive-negative ratio

Synthesize the Acceptance and Change Balance

Ways to strengthen love, connection, nurturing, and change
Behavioral change strategies for effective limit setting
How to apply strategies to real life scenarios
Guide parents through implementation and follow-up
Integrate empathetic, down-to-earth style in your practice
Limitations of the research and potential risks

Case Studies: How DBT-based Parenting Skills Helped These Children

3-year-old, always tantruming, parents can't calm her down!
7-year-old, argues with parents about everything, it's always a fight!
13-year old, impulsive, dx ADHD, struggles socially and academically
16-year-old complains that parents "don't get her" and they are the cause of all her misery!
Every time parents try to help their son, he just shuts down!

Objectives

1. Develop an understanding of the acceptance/change balance in order to teach it to parents struggling with emotionally dysregulated children.
2. Assess and target deficits in various areas of parenting and develop appropriate goals.
3. Utilize dialectic concepts, language, and skills in parent training sessions.
4. Implement mindfulness skills for everyday parenting situations.
5. Demonstrate obstacles that commonly hinder your clients' success.
6. Support clients by learning how to relate to and understand their struggles, thought patterns, and challenges.

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Live Webinar Schedule (Times listed in Eastern)

8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience:

Counselors • Social Workers • Psychologists • Marriage and Family Therapists
School Counselors • School Social Workers • School Psychologists
School Guidance Counselors • Speech-Language Pathologists • Occupational Therapists
Occupational Therapy Assistants • General ED and Special ED Teachers
School Administrators • Educational Paraprofessionals • Case Managers • Nurses
Other Helping Professionals Who Work with Children

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Breakthrough DBT Techniques for the Uncontrollable Child

Help Parents Go From Escalating Emotions to the Balance of Acceptance and Change

Live Interactive Webinar
Thursday, March 31, 2022

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Breakthrough DBT Techniques for the Uncontrollable Child

Help Parents Go From Escalating Emotions to the Balance of Acceptance and Change



featuring

Matis Miller, LCSW, ACT, DBT-LBC

Parenting training expert and author of the groundbreaking book, *The Uncontrollable Child*.

"One of the best, research-based and common-sense approaches for parent training, Matis Miller provides a clear roadmap for parents to become more effective with their children."

— Judith S. Beck, PhD —

President, Beck Institute for Cognitive Behavior Therapy

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Breakthrough DBT Techniques for the Uncontrollable Child

When it comes to the “uncontrollable” child—who may have a diagnosis of ODD, DMDD, ADHD, severe impulse control, or emotional dysregulation—the rules are different...

...and it requires a powerful set of skills and tools, used at exactly the right time, to help them and their parents get unstuck and go from escalating emotions to the balance of acceptance and change.

Join Matis Miller, LCSW, parent training expert and author of the groundbreaking book, *The Uncontrollable Child*, as he guides you through the most effective DBT-based techniques to help parents understand their child’s behavior, define their child’s strengths and challenges, and see the tools they have.

In this comprehensive parent training, you’ll learn how to skillfully integrate targeted strategies and practices for acceptance, mindfulness, validation, behavior-change and limit-setting that’ll empower parents to revolutionize their parenting skills and restore peace, limits and love with their children. Attend and you’ll confidently be able to:

- Relate effectively to the struggles and thought patterns of children and parents
- Identify and overcome the roadblocks that hinder progress
- Teach parents to manage their own behavior
- Decrease noncompliant, disruptive, and aggressive behavior in children
- Ensure the child feels loved, accepted, and understood
- And more!

The concepts you’ll learn are tailored to each client’s unique perspective, adapted for real life, and imparted in a clear and relatable style. When a parent who’s completely exhausted and at their wits end because nothing they’ve tried works with their child walks through your door, you’ll be ready! **Register today!**

What leaders in the mental health field are saying about Miller’s parent training approach:

“Grounded solidly in research, Miller’s approach offers practical and useful advice that can really help parents manage their own emotions and the emotions of their spirited children.”

—John Gottman, PhD

The Gottman Institute, co-author of best-selling *Raising an Emotionally Intelligent Child*

“Matis Miller weaves together behavioral theory, dialectical principles, and evidence-based practices from DBT into a loving effective parenting training.”

—Charles Swenson, MD,

Associate Professor of Psychiatry, Charles Swenson University Of Massachusetts, author of popular *DBT Principles in Action: Acceptance, Change, and Dialectics*

“Matis Miller offers clear and thoughtful concepts and effective navigational tools for some of the most challenging issues in the province of parenting.”

—Wendy Behary, MSW, LCSW

Director, The Cognitive Therapy Center of NJ and Schema Therapy Institutes of NJ-NYC-DC, author of best-selling *Disarming the Narcissist*

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Meet Your Speaker

Matis Miller, LCSW, ACT, DBT-LBC., is a licensed clinical social worker and certified cognitive behavioral therapist with 15 years of experience specializing in severe emotional and personality disorders, insomnia, and anxiety in teens and adults. He is the founder, director, and supervisor of The Center for Cognitive & Behavioral Therapy of New Jersey.

Matis’ impressive educational and training background includes certification in CBT from the Academy of Cognitive Therapy and the Beck Institute for Cognitive Behavioral Therapy. He has been awarded the newly developed certification from the DBT-Linehan Board of Certification in Dialectical Behavioral Therapy. Matis’ expertise in CBT and intensive training in DBT and Schema Therapy compelled him to establish the Center and select the finest therapists to complete his team.

He is a seasoned lecturer on CBT- and DBT-related topics, addressing parents, clients, and professionals and is presently focused primarily on supervision, education, and consultations. Matis is the author of the popular book, *The Uncontrollable Child: Understand and Manage Your Child’s Disruptive Moods with Dialectical Behavior Skills* (New Harbinger Publications, 2021).

Speaker Disclosure:

Financial: Matis Miller has an employment relationship with The Center for CBT of NJ. He is a published author with New Harbinger Publications and receives royalties, and he receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Matis Miller has no relevant non-financial relationships.



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This activity is pending approval from the National Association of Social Workers.



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\$219.99 tuition

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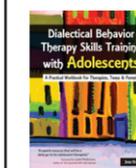
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Recommended Reading:



Dialectical Behavior Therapy Skills Training with Adolescents
Jean Eich, PSYD, LP

~~\$29.99~~ **\$22.99***

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The DBT Deck for Clients and Therapists
Lane Pederson, PsyD, LP

~~\$22.99~~ **\$14.99***

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