

Community Institute for Psychotherapy

1330 Lincoln Ave #201, San Rafael, CA 94901-2141

Phone (415) 459-5999 Fax (415) 459-5602 www.cipmarin.org



2015-2016 Professional Development Series

LOCATION:

Embassy Suites
101 McInnis Parkway
San Rafael, CA 94903

COST:

CIP Members:
\$75 early registration 10 days prior to seminar; \$85 after

Non-Members:
\$110 early registration up to 10 days prior to seminar, \$120 after

CEs: 6 CE's for MFTs, LCSWs, and Psychologists.

CIP is approved by the American Psychological Association to sponsor continuing education for psychologists. CIP maintains responsibility for this program and its content. Our BBSE provider number is PCE595.

Cancellation Policy: All cancellations must be received in writing 10 business days prior to the seminar or class. We will issue a refund minus a \$10 cancellation fee.

TO REGISTER...

ONLINE:

Visit www.cipmarin.org and select *Professional Development* and choose *Seminars for Professionals*. Click on the course title and follow the steps through our secure shopping cart.

PHONE: Call (415) 459-5999 x101

MAIL:

Send check or money order to
Community Institute for Psychotherapy
1330 Lincoln Ave #201
San Rafael, CA 94901

Please fill in the following and include a copy with your payment:

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A SEMINAR FOR PROFESSIONALS

Evidence-Based Interventions that Work with Depressed Children and Teens

Presented By: Daniela Owen, PhD
Saturday, April 9, 2016 | 9 am – 4 pm

The prevalence of psychiatric disorders in school-age children is estimated to be 20–30 percent and growing. Many of these psychiatric disorders do not remit spontaneously and appear to become more complex and treatment-resistant with time. This six hour workshop presents guidelines for conducting evidence-based psychotherapy and reviews psychosocial treatments for common childhood and adolescent disorders, focusing on anxiety and depression. For each condition, the efficacy of various treatments, the primary treatment targets and components, and a typical treatment plan are presented. In addition, the instructor will demonstrate examples of treatment strategies that have been shown to be effective in research for managing symptoms of anxiety and depression. The instructor will offer opportunities for experiential learning by providing the participants a chance to practice several effective treatment strategies with one another.



Daniela Owen, Ph.D., Daniela Owen (PSY 23748) received her PH.D. in Clinical Psychology from Stony Brook University. Dr. Owen treats attention/concentration problems, oppositional behavior, social skills deficits, anxiety disorders (phobias, panic, social anxiety, obsessions and compulsions), mood disorders (depression, bipolar disorder), adjustment to life transitions (including parent divorce), stress management, enuresis, and eating disorders in children and adolescents. She treats anxiety, mood disorders, attention and concentration problems, and social skills deficits in adults. She also specializes in couples' communication, satisfaction within relationships, and effective parenting strategies.

In addition to clinical work, Dr. Owen has a strong research background and has published articles in peer-reviewed journals, and a chapter in *The Wiley-Blackwell Handbook of Family Psychology*. Dr. Owen is an assistant professor of Clinical Psychology at the University of California Berkeley. She remains active in the Cognitive Behavioral Therapy community by participating in CBT networks (as a steering committee member for the Northern California CBT network) and presenting her research at professional conferences. Dr. Owen is committed to incorporating Evidence Based Treatments into her work, carefully tailoring therapy to each individual or family's needs.