

The Trauma Institute of Orange County  
doing business as The Welcome Orange  
Training Institute Presents:

### When:

Friday, December 1, 2023  
9:00 a.m. -3:00 p.m.

### Where:

Orange County Department  
of Mental Health  
Melville Conference Room  
30 Harriman Drive  
Goshen, NY 10924

### Registration:

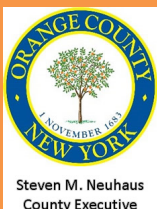
[www.bookeo.com/octraumainstitute](http://www.bookeo.com/octraumainstitute)  
(50 seats available)

### Continuing Education Credit:

This educational offering is acceptable for 5 continuing education contact hours for psychologists, social workers, mental health counselors, psychoanalysts, creative arts therapists, and marriage and family therapists. Full attendance is required to receive credit; variable credit for partial attendance may not be awarded based on state board guidelines.

### Cost: \$50

\*1 Hour will be set aside for lunch which will be provided



# Treating School Avoidance, Anxiety, and Emotional Dysregulation: A Solution-Focused Therapeutic Approach

## About the Program:

### I. Introduction

- Review psychological mechanics that result in school avoidance
- Describe Neuro-developmental Informed Therapy (NDIT) model or intervention

### II. Elements of a Successful Solution

#### A. Student-Centered Intervention

- Reduce student's sense of vulnerability
- Reduce student's level of self-consciousness
- Reduce student's level of isolation

#### B. Family-Centered Intervention

- Address the problem of excessive rumination and compulsive fixation

- Reduce (hostile) dependency

- Restore parental hierarchy

- Develop crisis management strategies

#### C. School-Centered Intervention

- Accommodations and Interventions that work

### III. Problem Solving Exercise

Participants should be prepared to discuss problematic situations to which concepts and strategies presented in this workshop can be applied.

## Trainer Biography

Gary Edelstein, LCSW, is the former Chief Operating Officer (COO) for Health and Behavioral Health Services at Hudson Valley Community Services (HVCS). Mr. Edelstein has a private practice located in Brewster, NY. He received his Masters of Social Work (MSW) degree from the New York University School of Social Work in 1982. Since then, he has worked as a clinician providing mental health services to a wide variety of patient populations, including children, adolescents, and adults. Mr. Edelstein's clinical areas of specialization include the treatment of neuro-psychological and developmental disorders, anxiety and attention deficit disorders, and the management of emotional and behavioral dysregulation in children, adolescents, and adults. He utilizes a range of strategies and techniques to address these problems including structured family therapy, strategic therapy, interpersonal therapy, and cognitive behavior interventions.