

# Foundations Community Partnership 2007 Professional Education Workshops on the campus of Foundations Behavioral Health

8:30 a.m. - 9:00 a.m. Registration and Breakfast

9:00 a.m. - 12:00 p.m. Workshop

## Workshop Location:

Community Service Center, Community Room, Foundations Behavioral Health

833 E. Butler Ave., Doylestown, PA 18901

215-340-1500

## • Wednesday, October 3, 2007 • The Knowledge to Educate Earlier: The Adolescent Depression Awareness Program

Foundations Community Partnership is excited to bring **Karen Swartz, M.D.**, Assistant Professor of Psychiatry and Co-Director, Mood Disorders Program at The Johns Hopkins Hospital to Bucks County to discuss "The Knowledge to Educate Earlier: The Adolescent Depression Awareness Program". Dr. Swartz is the developer of the award-winning "Adolescent Depression Awareness Program" (ADAP), which aims to increase basic depression literacy and teaches the symptoms of depressive and bipolar illness. Dr. Swartz will discuss how teen depression education helps spot students in the midst of depression or other psychiatric problems and educates students, parents, and educators about the illness. Dr. Swartz earned her undergraduate degree at Princeton University and her M.D. at John Hopkins School of Medicine. She has written articles for such journals as Archives of General Psychiatry and the Journal of the American Academy of Child and Adolescent Psychiatry.

### Workshop Learning Objectives:

- Provide an overview of teen depression and bipolar illness.
- Describe the public health need for depression education.
- Show how adolescent depression increases risk factors for other disorders and problems.
- Offer tactics on developing a school-based teen depression education curriculum.



Karen Swartz, M.D.

## • Wednesday, November 7, 2007 • Treating the Impulsive Child/Teen: Understanding the Development of Impulse Control and Effective Therapy Techniques for Treating Impulsivity

**Karen Sheridan, Ph.D.**, a psychologist with The Yardley Center for Psychology, Inc. will examine the multiple factors (psychological, emotional, cognitive and psychosocial) that underlie the development of impulse control from early childhood through later adolescence. During her insightful presentation, Dr. Sheridan will discuss effective assessment tools, case examples and therapeutic interventions targeted to enhance insight and regulation. Dr. Sheridan was formerly a psychologist with Children's Specialized Hospital and Bronx Lebanon Hospital Center. She was also a Post Doctoral Research Fellow at Albert Einstein College of Medicine and an adjunct faculty member at Mercy College. She has authored papers presented at The American Psychological Association, International Congress of Behavioral Medicine and at the Cognitive Neuroscience Annual Conference.

### Workshop Learning Objectives:

- Understand the developmental course of impulse control/self regulation, including the contribution of neurological, socio-emotional, and environmental factors.
- Learn therapy techniques to assist clients in enhancing self awareness and understanding the link between impulse behaviors, thoughts and affect.
- Learn positive parenting techniques to empower and support parents.



Karen Sheridan, Ph.D.

## • Wednesday, December 5, 2007 • Children, Families and Trauma: Issues and Interventions

Exposure to violence, critical incidents, and traumatic loss are examples of trauma that occurs in the lives of many children and their families. In her enlightening presentation, **Kathleen Mulrooney, M.A., LPC**, Director of the Allies Program at Richard Hall Community Mental Health Center in Bridgewater, NJ will examine levels of exposure to trauma and the impact of trauma on children and families. She'll also outline methods of assessing at-risk children, common responses and therapeutic interventions at various developmental stages. A Licensed Professional Counselor with over 25 years of clinical, training, and administrative experience and an accomplished speaker, Ms. Mulrooney has served on the faculty of Fairleigh Dickinson University Department of Psychology, Seton Hall University, and YCS Institute for Infant & Preschool Mental Health. She was formerly Associate Director of The Institute for Training in Infant & Preschool Mental Health. Her other accomplishments include: Fully Trained Community Level Brazelton Touchpoints Trainer; Project Head of Statewide Early Childhood Social Emotional Development Project in Wyoming; National Consultant with Zero to Three to Care for Military Families Project; and she is author of "The Impact of Violence on Young Children."

### Workshop Learning Objectives:

- Describe different types and levels of trauma and their impact on adults and children.
- Explain the impact and reactions to trauma at various developmental stages from infancy through adulthood.
- Offer methods of assessing at-risk children, differential diagnostic considerations.
- Learn therapeutic interventions aimed at children and families.



Kathleen Mulrooney,  
M.A., LPC

