



**Donald Meichenbaum, Ph.D.** is Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada. He is presently Research Director of the Melissa Institute for Violence Prevention, Miami, Florida. He is one of the founders of cognitive behavior therapy.

In a survey in the *American Psychologist*, clinicians voted Dr. Meichenbaum "one of the ten most influential psychotherapists of the 20th century."

He has presented in all 50 U.S. states and internationally. He has published extensively; his most recent book is *Roadmap to Resilience*.

His workshops are a combination of scholarship, critical-mindedness, clinical practicality and humor. Dr. Meichenbaum's workshops receive the highest praise.

**Presented by the  
Youth Suicide Prevention Project,  
a program of**



## **Bolstering Resilience in Veterans & GLBT Youth**

*Presented by Donald Meichenbaum, Ph.D*

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**Monday, September 15, 2014**

Resort and Conference Center at Hyannis

35 Scudder Avenue, Hyannis, MA

**8:30 a.m. - Registration**

**9:00 a.m. - 4:30 p.m. - Workshop**

**Program fee is \$79. To register contact [yspp@chcofcapecod.org](mailto:yspp@chcofcapecod.org)  
or call (508) 477-7090, ext. 1192.**

**(Registration form available at [www.chcofcapecod.org](http://www.chcofcapecod.org), Events & Education)**

**Cancellation fee after September 2 will apply.**

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**Returning veterans and GLBT youth are at high risk for developing psychiatric disorders and adjustment problems, as well as for violence toward others and themselves.**

This workshop will explore the challenges faced by each group and the long-range impact of exposure to traumatic and victimizing experiences. The major focus will be on ways to bolster resilience in these groups. Specific ways to assess for risks and nurture protective factors will be presented.

Participants will learn how to:

- Identify risk and protective factors in veterans and GLBT youth
- Employ a Case Conceptualization Model that informs assessment and treatment decision-making
- Implement specific ways to bolster resilience in veterans and LGBT youth
- Enlist others to help create a supportive , safe environment that strengthens resilience

*7 CEU's will be credited for LMHC's and SWs who attend the full day session.*