

Developing Therapeutic Relationships with Teens and Families

HopeSpoke Presents

Janet Edgette, Psy.D., M.P.H.

February 27, 2025

8:00am - 4:00pm

Nebraska Innovation Campus

2021 Transformation Dr, Lincoln, NE 68508

Register now: <https://www.eventbrite.com/>

Join us for a full day training featuring Janet Edgette, Psy.D., focusing on therapeutic relationships with teens and families.

Early Bird registration is \$60 and allows first access to registration for the conference as space will be limited. You can reach out to Whitney Kuhn, wkuhn@hopespoke.org, with questions or assistance registering bulk numbers of participants. You must register by January 31, 2025 to receive the Early Bird discount.

REGISTER NOW!

Register by January 31 to receive the Early Bird discount - full day for only \$60!

Registration includes training, breakfast, lunch, and Continuing Education hours

AGENDA

8:00am-8:30am	Registration and Breakfast
8:30am-10:00am	Adolescent Mental Health in the 2020s (modern teen therapy)
10:00am-10:15am	BREAK
10:15am-12:00pm	Modern Teen Therapy with Families
12:00pm-1:00pm	LUNCH
1:00pm-2:30pm	Treatment Planning Around Family Needs
2:30pm-2:45pm	BREAK
2:45pm-4:00pm	Special Considerations with Teens and Their Families: <ul style="list-style-type: none">- Assessing family needs- 'Lenses' to gather relevant information- Expanding conventional diagnosis
4:00pm	End

Conference Objectives

At the end of the training participants will:

1. Understand a reimagined approach to treating teenage mental health issues.
2. Develop ways to structure initial interview, manage first sessions with families, and deal with barriers that may arise.
3. Gather information related to family therapy from a new perspective.
4. Learn to integrate simultaneous assessment and interventions into treatment planning.

Meet Your Presenter:



Janet Sasson Edgette, Psy.D., M.P.H. is a psychologist, author, workshop leader, and speaker from the Philadelphia area, working with teenagers and consulting to their parents for over thirty five years in her Philadelphia-based private practice. She is the author of seven books, her most recent one being *Therapeutic Conversations with Adolescents: Helping Teens in Therapy Thrive in an Ultra-Competitive and Screen-Saturated World*. Others include *Adolescent Therapy That Works: Helping Kids Who Never Asked for Help in the First Place* and *Stop Negotiating With Your Teen: Strategies for Parenting Your Angry, Manipulative, Moody or Depressed Adolescent*.

For much of her career, Janet has focused on offering therapy services to young people that they actually value and respect, and want to participate in, eliminating the miserable and degrading tug of war and other power struggles many clinicians endure when working with this population. She has been teaching her approach, *Modern Teen Therapy* for more than three decades to audiences through the US and Canada as well as to other teen therapists in her online coaching/mentorship program.

Janet received her doctorate in clinical psychology from Hahnemann University in Philadelphia, PA and a masters in public health from the University of Oklahoma. She is a native New Yorker, the mother of three young men, an avid equestrian (show jumping), and a lover of all dogs, especially pit bulls and Bullmastiffs.

Registration & Cost

[Register Now](#) via Eventbrite.

Contact Whitney with questions or to register by phone/email.

Early Bird Discount (register by 1.31.25): \$60 Registration from 2.1 - 2.27: \$80

Registration includes breakfast, lunch, and continuing education hours.

No-shows will be charged for the conference.

Refunds will NOT be issued after February 17, 2025

Continuing Education Hours*

Conference participants will receive a certificate of attendance confirming Continuing Education* hours awarded. Participants attending the entire program will receive 6.5 Continuing Education Hours. Participants will receive Continuing Education hours if sign in at the conference and turn in a completed evaluation form at the close of the conference day.

*Continuing Education hours are approved for Social Workers, Counselors, Marriage and Family Therapists, and Licensed Mental Health Practitioners. HopeSpoke maintains responsibility for this program and its content.

Criminogenic Hours

Conference participants attending the entire program will earn 6 Criminogenic Hours.

Questions

Call 402-475-7666 or send an e-mail to info@hopespoke.org with any questions or for more information.

Contact Persons: Whitney Kuhn, Pat Sailors

The Conference is sponsored by HopeSpoke with support from BHECN