Clinical Practice with Adolescents

Program Director
Diane Mirabito, DSW, LCSW
Program Description

This certificate program offers a comprehensive and eclectic theoretical framework focused on specialized clinical practice skills in engagement, assessment, treatment, and prevention with adolescents and their families. Participants gain in-depth, culturally competent clinical knowledge and skills for practice with adolescents and their families in diverse urban practice settings (health/mental health, psychiatric, youth development, community-based agencies, schools, day/residential treatment), and/or private practice. The program utilizes a multicultural perspective inclusive of gender, race, ethnicity, social class, sexual identity, and disability. Participants have opportunities to apply new learning to their ongoing practice with adolescents and families. Evidence-based practice informs the curriculum.

Program participants will

- Increase knowledge of psychodynamic, cognitive behavioral, and family systems approaches to clinical practice with adolescents and their families.
- Strengthen and further develop individual, family, group, and evidence-based practice skills with adolescents.
- Acquire specialized knowledge and skills to work with concerns frequently presented by adolescents and their families in diverse practice settings.
- Enhance critical thinking in ongoing clinical practice with adolescents.

How long will it take me to complete the certificate?

Two semesters. The course meets every other week for 16 two-and-a-half-hour sessions, unless otherwise noted. Regular class attendance is required to obtain your certificate.

Where can I find more information?

For program requirements, dates, times, and other detailed information, go to http://goo.gl/j1uNFQ or contact silver.continuingeducation@nyu.edu.

How many continuing education credits (CEs) will I earn?

36 CEs

About the Faculty

The faculty brings extensive experience in practice with adolescents in varied health, mental health, school, and agency settings, as well as experience in academic teaching.
Course of Study

Clinical Practice with Adolescents
Participants gain individual, family, group, and evidence-based skills with adolescents and their families.

Topics include

- **Developmental Tasks, Risk/Resilience, Engagement Strategies:** Focus on developmental tasks for adolescents in the context of family/culture and engagement strategies for work with adolescents and their families.

- **Diagnostic Assessment, Treatment Planning, Individual Psychotherapy:** Provides an overview of diagnostic assessment, treatment planning, and individual psychotherapy utilizing diverse psychodynamic approaches, including ego psychology and object relations.

- **Adolescents and Their Families: Engagement, Assessment, Intervention:** Provides family systems/family therapy approaches to effectively engage adolescents together with their parents, caretakers, and families, with attention to the impact of culture, race, ethnicity, and social class.

- **Group Work with Adolescents:** Provides skills for planning and leading psychotherapeutic, psychoeducational, and preventive groups with adolescents, focusing on group leadership, roles, and process.

- **Internalizing and Externalizing Behaviors/Problems:** Focus on common internalizing problems of depression and suicidality as well as externalizing behaviors of conduct/acting-out and aggression/violence.

- **Countertransference:** Helps participants understand and effectively utilize countertransference reactions in their practice with adolescents.

- **Substance Use/Abuse; Eating Issues and Disorders; Abuse and Trauma; Sexuality:** Focus on these common areas of adolescent practice.

- **Cognitive Behavioral and Evidence-based Approaches with Adolescents:** Presents current cognitive/behavioral and evidence-based intervention strategies, including Trauma-based Cognitive Behavioral Therapy and Interpersonal Psychotherapy (IPT) with adolescents.

- **Termination of Treatment:** Presents research and practice principles for both planned and unplanned treatment termination with adolescents.
To Apply

An application form for this program must be filled out online from our website at:

A current resume and statement of interest must be attached with the application.

Fees
The cost is $1,980. Reading materials are included in the costs. Discounts may not be combined.

Discounts
• 25% discount for NYU SSSW MSW/PhD graduates, NYU SSSW field instructors, and educational coordinators
• 15% discount for applicants who have already completed one NYU SSSW certificate program
• 50% discount for veterans

FOR MORE INFORMATION, CONTACT

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NYU Silver School of Social Work is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers. Provider #0012