Many adolescents and young adults struggle to cope with unprecedented stress levels in school, home and community environments. These young people present a significant challenge for school counselors, mental health professionals, and educators who themselves face ever-increasing demands while carrying enormous responsibilities and working within tight time constrictions.

This two-day “user-friendly” training provides practical evidence-based techniques that you will be able to immediately use in your everyday work to help adolescents and young adults, educators, parents, and colleagues utilize existing resources to achieve successful outcomes, develop effective solutions, and cope with ongoing challenges and stress. Techniques will be illustrated with live role-play demonstrations, detailed handouts, energizing skill-building exercises, and meaningful discussions tailored to specifically address the needs of the clients you serve.

### WHO SHOULD ATTEND:

- School Personnel Counselors
- Psychologists
- Social Workers
- Health and Human Services Workers
- Clergy
- Medical Field Professionals
- Family Practice Physicians
- Mental Health Counselors
- Nurses
- Nurse Practitioners
- Physician Assistants

### Yvonne Dolan, M.A.

Dolan is Founding Director Emeritus of the Institute for Solution-focused Therapy, co-founder (with the late Insoo Kim Berg, Steve de Shazer and colleagues) and past-president of the Solution-focused Brief Therapy Association (SFBTA). She has authored/co-authored six books, numerous chapters and articles on the evidence-based solution-focused approach, and conducts training seminars on evidence-based solution-focused counseling and therapy all over the world. Her work has been translated into seven languages.

### EARLY BIRD Discount!

Register by July 31 and SAVE!

<table>
<thead>
<tr>
<th>Attendees:</th>
<th>On/before July 31</th>
<th>August 1 and after</th>
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<tbody>
<tr>
<td>Attendee</td>
<td>$275</td>
<td>$295</td>
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<tr>
<td>Student</td>
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<tr>
<td>UW System Staff &amp; Faculty</td>
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<tr>
<td>UW-La Crosse Alumni</td>
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<tr>
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</tbody>
</table>

CEU or CE hour options:
- $15, American Psychological Association (APA) - 12 CE hours
- $15, National Board for Certified Counselors (NBCC) - 12 CE Hours
- $15, UW-Extension CEUs - 1.2 CEUs

For more information:
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conted@uwlox.edu
www.uwlax.edu/solution-focused-counseling