

Behavioral Health Education and Training Academy presents



# Impulsive and Self-Injurious Behaviors

PRESENTER: Steven Jellá, MA, MFT, Psy.D.

## DATE AND TIME:

Friday, November 6, 2015  
8:30am-4:30pm

## LOCATION:

6505 Alvarado Road  
Suite 205 (Upstairs Training Room)  
San Diego, CA 92120

**AUDIENCE:** CYF-BHS therapists, counselors, family & youth support partners, case managers, and other direct service providers working with children, youth, and families.

## DESCRIPTION:

This full day training will provide participants with an opportunity to expand their knowledge about self-injurious behaviors and explore a variety of methods to reduce self-harm. Through role play, practice, and experiential activities, participants will have the opportunity to augment skills and learn new techniques to help children participating in impulsive and self-injurious behaviors develop alternative coping strategies.

## LEARNING OBJECTIVES:

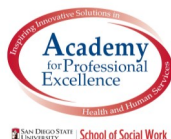
Upon completion of this training participants will be able to:

- Describe the reasons why children and youth self-injure
- Respond appropriately to a disclosure of self-harm
- Teach alternative coping strategies to reduce impulsive and self-injurious behaviors
- Address obstacles that impact intervention

**REGISTRATION:** If you already have an account, please e-mail [BHETA@mail.sdsu.edu](mailto:BHETA@mail.sdsu.edu) to register. If you do not already have an account in the LMS, please [click here](#) to create an account. This training is FREE of charge to BHS County employees and contractors.

**CONTINUING EDUCATION:** This course meets the qualifications for 7 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences, PCE 3776. The Academy is approved by the California Board of Registered Nursing, Provider Number BRN CEP-15014; CCAPP-EI, Provider Number 1S-98-398-0816, and CAADE Provider Number CP10-906-C0317 for 7 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy maintains responsibility for this program and its content.

6505 Alvarado Road  
San Diego, CA 92120  
[BHETA@mail.sdsu.edu](mailto:BHETA@mail.sdsu.edu)



Behavioral Health Education & Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, a project of San Diego State University School of Social Work

