

Child Study Center Educational Workshop Series

An Expert Resource for New York's Parents



THE CHILD STUDY CENTER (CSC) at NYU Langone Medical Center hosts weekly workshops on topics related to raising healthy kids, managing behavior, and emotional health and illness. All workshops are led by our expert clinical team.

The workshops are on Thursdays from 6:30 to 7:30 p.m. at our Manhattan office, located at One Park Avenue. All are free and open to the public.

CSC also hosts webinars that offer insights, practical tips, and advice to parents and caregivers. Webinars are streamed every other Tuesday at 1:00 p.m.

To register for a workshop or webinar, please visit nyulangone.org/csc or facebook.com/NYUChildStudyCenter.



ABOUT THE CHILD STUDY CENTER

The CSC offers a wide range of mental health services for children, adolescents, young adults, and families in the New York metropolitan area, as well as nationally and internationally.

Whether your child has been diagnosed with a psychiatric illness, a learning disorder, or you are concerned about how your child is functioning at home, in school, or with friends—we can help.

Our faculty is composed of clinicians with expertise in a variety of fields—from child and adolescent psychiatry and clinical psychology to social work and academic achievement. Our world-class doctors are selected for their outstanding knowledge, experience, dedication, and compassion for each child and family. They are trained in the most advanced, research-based treatments and diagnostic techniques. Each is part of a multidisciplinary team that works together to develop a treatment plan tailored to the specific needs of your child and family. Our goal is to have a full picture of your child as an individual and as part of your family in order to find ways to improve his or her life.

Our highly trained staff will work with you to decide which of the CSC's locations, programs, and clinicians are best suited to your child's needs. Our offices are dedicated to the care and treatment of your child.

Locations

One Park Avenue
7th Floor
New York, NY 10016
646.754.5000

1981 Marcus Avenue
Suite C-102
Lake Success, NY 11042
516.358.1808

411 Hackensack Avenue
7th Floor
Hackensack, NJ 07601
201.465.8111

Working with Your Child's School: Advocating for Your Child and Partnering with Teachers ● ● ● ●

10/1/15

Partnerships between parents and school staff are critical to children's long-term success. This workshop identifies strategies to develop effective classroom accommodations and behavioral plans for attention and behavioral concerns. We will also cover helpful behavioral interventions, including Individualized Education Programs (IEPs), Section 504, and Daily Report Cards.

Presenter: Yamalis Diaz, PhD

Pandora's iPhone: Talking with Your Child About Internet Safety ●

10/8/15

The amount of digital media children consume is growing steadily. The impact is unclear, but this increasing level of involvement leaves less time for other developmentally appropriate activities. This workshop will examine the potential benefits and drawbacks of Internet use by children, the characteristics of problematic use, and the need for parental involvement.

Presenter: Douglas Brodman, PhD

The Lowdown on ADHD Meds ●

10/15/15

There are few issues in medicine that elicit more emotion and controversy than the use of ADHD medication in children. Faced with a mountain of information and misinformation, parents struggle to make an informed choice for their child. In this workshop, find out how these medications work, their risks and benefits, and how they complement other kinds of treatment.

Presenter: Susan Friedland, MD

Lies, Darn Lies, and Statistics

10/22/15

The Internet is a great tool to access cutting-edge scientific research on the best ways to help your child. But it is also subject to spin, click-bait titles, and often drastically overstated claims. If you want to learn to be a savvy consumer of research studies and the treatments they promote, attend this workshop to develop a healthy skepticism for reviewing the news for your child.

Presenter: Christina Di Bartolo, LMSW

Stressed Out: Helping Children Manage Test Anxiety ●●

10/29/15

While tests and exams can be anxiety-producing for many kids and teens, NYC children face more opportunities than most to be stressed out! From state tests in elementary school and specialized exams in middle school to Regents and SATs in high school, our kids are placed in high-demand, high-stress testing situations. This workshop will focus on how to manage test anxiety and performance fears in children and teens.

Presenter: Rebecca Rialon Berry, PhD

Simple Steps to Improve Your Child's Sleep ●●

11/5/15

Sleep plays a key role in daytime functioning. Unfortunately, many children experience sleep problems, which can result in insufficient sleep for them and their parents. We will discuss how sleep problems develop and strategies you can use to help both you and your child sleep better. You will learn how to set up your child for success, develop healthy sleep habits, work on fears and behaviors that interfere with sleep, and track the results of these changes.

Presenters: Stephanie Wagner, PhD, and Argelinda Baroni, MD

Getting to Dialogue: How to Turn Conflict into Closeness in Relationships ●

11/12/15

Conflict in relationships is inevitable, but contrary to conventional wisdom, it is also a necessary pathway to greater emotional connection. This workshop will provide methods for transforming destructive arguments into constructive dialogue. The skills and concepts taught will apply to couples, parent-child relationships, or any meaningful relationship.

Presenter: Andrew Roffman, LCSW

Making Sense of Sensory Functioning Problems in Children ●●●

11/19/15

Over the years, parents and teachers have been increasingly attending to children's sensory-related struggles. However, many people who work with children don't understand these issues or know how to support children dealing with them. To further highlight this challenge, research suggests that sensory issues affect around one in six children. This workshop will discuss sensory problems and examine what interventions can be done, at home, school, and clinically to help these children thrive.

Presenter: Michelle Miller, PsyD

- ADHD
- Anxiety & Mood
- Autism Spectrum
- Early Childhood
- Family
- Feeding & Eating
- Gender & Sexuality
- Learning
- Sleep

Teaching Safety Skills to Children with Autism Spectrum Disorder ●

12/3/15

Many children with Autism Spectrum Disorder (ASD) struggle with safety awareness and demonstrate unsafe behavior in the home, school, and community settings. You will learn strategies to address street safety, emergencies, elopement, and stranger danger.

Presenter: Clark Goldstein, PhD

All in the Family: ADHD in Parents and Children ●

12/10/15

ADHD runs in families, which often means that at least one parent has ADHD symptoms. In this workshop, you will learn how to find out if you have it, how ADHD affects parenting, and what treatments are available for adults and children.

Presenter: Mary Solanto, PhD

Practical Advice to Improve Organizational Skills for Children with ADHD ●

12/17/15

Children with ADHD often struggle with organizing schoolwork, managing time, and planning projects. This workshop will discuss techniques and best practices from our highly successful book *Organizational Skills Training for Children with ADHD*, published by Guilford Press.

Presenter: Richard Gallagher, PhD

Parenting Day to Night ● ●

1/7/16

Parenting is more than a full-time job—especially for kids with ADHD. This workshop presents practical advice for getting through the day—from morning routine to bedtime—with less stress and resistance. We will discuss parenting from the preschool years through adolescence. Parents will also learn how to measure the effectiveness of their actions and when to seek additional help.

Presenter: Stephanie Wagner, PhD

How to Talk to Your Kids About Gender and Sexuality ● ●

1/14/16

As adults we know that gender and sexuality are far from one size fits all. While exploring gender identity and sexual orientation are a normal part of kids' development, there is no user's manual for talking to your kids about these issues. In this workshop, we will discuss development of gender and sexuality in childhood and adolescence and offer ways to talk to your kids about this critical area of their development.

Presenter: Aron Janssen, MD

Fears and Anxieties in Young Children: When Is It Normal and When Should a Parent Worry? ● ● ●

1/21/16

As children learn about the world during their early years, they develop a variety of concerns and worries. Some of these are typical, while others may reflect an overly active, worried mind that may be prone to anxiety disorders. Problems with separation, interacting with people outside of the family, and trying new activities can often develop. This talk will clarify the differences and provide guidelines to parents of children 2–9 years old on how to help children deal with their worries and anxieties.

Presenters: Lauren Knickerbocker, PhD, and Randi Pochtar, PhD

Grief, Loss and Moving Forward ● ●

1/28/16

The loss of a loved one is one of life's most painful experiences. For children, such a loss can seem catastrophic, but most children recover and return to their lives with the same capacity for joy and growth. Yet some children may get stuck in their grief and struggle to resume their regular routines and roles. In this workshop, parents and caregivers will learn what to expect when children lose a loved one and when they may benefit from treatment.

Presenter: Eric Lewandowski, PhD

Identifying and Successfully Treating ADHD: What You Need to Know ●

2/4/16

New and conflicting information about ADHD is reported seemingly every week and can overwhelm any family. In this workshop, parents will learn how to distinguish fact from fiction, navigate the evaluation process, and select treatments that are based on the latest and best objective research.

Presenter: Douglas Brodman, PhD

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From Conflict to Calm: Strengthening Relationships with Young Children ● ●

2/11/16

You tell your young child to do something. He ignores you. You yell. He whines. Sound familiar? This cycle is not only draining, but also potentially damaging to your relationship. This workshop is designed to help develop and strengthen the parent-child relationship and give practical pointers in helping your child listen with less fuss and fewer arguments.

Presenter: Clark Goldstein, PhD

Identifying and Successfully Treating Anxiety: What You Need to Know ●

2/18/16

Does your child struggle with anxiety, worries, or fears? In this workshop, you will learn how to distinguish between normal and excessive anxiety, navigate the evaluation process, and select treatments based on the latest research. You will also learn about cognitive behavioral therapy, the leading treatment for child anxiety, and walk away with concrete steps to help your anxious child today.

Presenter: Aleta Angelosante, PhD

Building Communications Skills in Children with Autism ●

2/25/16

Children with ASD struggle with communication. Challenges range from not speaking, to avoiding initiations with others, to making inappropriate overtures. This workshop will provide behavioral strategies that parents can use to help their children learn or enhance communication skills.

Presenter: Sarah Kuriakose, PhD, BCBA-D

Successfully Navigating the Toddler Years: Tips for Parents ● ●

3/3/16

Parents of children ages 1–3 know firsthand the joys and challenges that come with parenting. Toddlers become more independent daily—in their ideas and pursuits—yet their bodies and emotions don't always keep pace. This workshop will help parents understand some of the developmental tasks at this stage, and how to navigate some of the challenges. We will also focus on strategies for maximizing your sense of joy and delight during this very special time.

Presenter: Lauren Knickerbocker, PhD

Supporting Young Adults with Autism Through Life Transitions ●

3/10/16

Young adults with ASD struggle to establish a peer support network, friendships, and romantic relationships. In this workshop, learn coaching strategies to support your young adult child's social success and overall well-being.

Presenters: Katherine Sullivan, PhD, and Rebecca Shalev, PhD

Your Brain: Understanding How It Learns ●

3/17/16 **A special workshop for kids**

This hands-on workshop is geared for children in grades 2–5 who want to learn how their brains work. During this workshop, they will engage in art-based activities that help them understand key concepts related to brain functioning and the core skills needed for reading, writing, and math. Children who attend this workshop will better understand their learning style and develop a new vocabulary they can use to advocate for it.

Presenter: Daniela Montalto, PhD

Your Child's Brain: Understanding How It Learns ●

3/17/16

This workshop focuses on parents of children in grades 2–5. Parents will learn about the latest research on brain functioning in children and key areas responsible for learning. This workshop will include a “walk around the brain” and a basic understanding of how children obtain the foundational skills needed to learn how to read, spell, write, and do math.

Presenter: Daniela Montalto, PhD

Enjoying Your New Baby ●

3/24/16

With every coo, newborns thrill and delight their parents. But as newborns become babies and eventually toddlers, parents may wonder how to support these transitions. This workshop will offer tips for parents on how to tune in to their babies' feelings, play with them at every stage, and foster a strong, healthy relationship with them.

Presenter: Elizabeth Roberts, PsyD

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Navigating Special Education and the IEP Process for Children and Adolescents ●

3/31/16

Children with developmental disabilities and psychiatric concerns often need varied, complex services in educational settings. This workshop will cover how to navigate special education services through the Department of Education, including what to expect during the IEP process and advocating for coordination of care between your child's school and other services.

Presenter: Ered Massie, LMSW

Mindful Parenting ●

4/7/16

Balancing your child's needs with the demands of your busy life can be overwhelming. Many parents experience anxiety, stress, and difficulties with coping. This workshop is designed to help parents feel more relaxed, calm, and in control. We will provide useful tools that can help decrease parenting stress, and improve communication and understanding between parents and children.

Presenter: Amy Di Bernardo, LMSW

Treatment Alternatives for ADHD: What Is the Evidence? ●

4/14/16

Is there an ADHD diet? Can biofeedback bring relief from ADHD symptoms? With so much information about ADHD, parents, teachers, and caregivers may need help sorting out the promises from the actual results. This workshop will cover commonly offered alternative treatments and weigh the evidence for their effectiveness to date.

Presenter: Richard Gallagher, PhD

Parent Power: 5 Steps to Improving Your Home ●

4/21/16

Parents often struggle to manage difficult behaviors in children. Defiance, temper tantrums, fighting, and school refusal, among others, are challenging to address and change. These behaviors can frustrate and aggravate parents and caregivers. In this workshop, we will synthesize a number of powerful parenting strategies into five easy-to-remember steps that will help improve your family environment.

Presenter: Justin Misurell, PhD

Less of a Shot in the Dark? Genetic Testing, Medication Choice and Your Child ● ●

5/5/16

Selecting which psychiatric medication is right for your child can often feel like trial and error. There are new DNA tests designed to help with the selection process. This type of genetic testing, known as pharmacogenomics, may be particularly beneficial for some children, but not worth it for others. Using available research and clinical vignettes, this workshop will prepare you to ask your clinician if this type of testing should be part of your child's treatment plan.

Presenters: Carlene, MacMillan, MD, and Owen Muir, MD

Guiding Your College-bound Teen Toward Responsible Decisions About Drinking and Drugs ●

5/12/16

Heading off to college is an exciting milestone for many teens. Its often the first time they are on their own and making important choices without parental supervision. This workshop is for parents of college-bound teens. It will offer practical tips and guidance for talking to teens about drinking and drug use in this new and complicated environment.

Presenters: Elizabeth Roberts, PsyD, and Lisa Laitman, MSEd, LCADC

Summer Success for Children with ADHD ● ●

5/19/16

Summer fun? Not always. For kids with ADHD, an unstructured summer vacation may be challenging. Although school-related difficulties may be over for a few months, summer is a good time to continue developing and reinforcing structured routines and good habits. This workshop will provide tips to maintain structure and routines during the break, such as structuring play dates, planning a vacation, and assigning academic tasks.

Presenter: Yamalis Diaz, PhD

Moody or More? A Guide to Adolescent Depression ●

5/26/16

While adolescence can be a difficult time, most teens can balance the angst and moodiness of typical adolescence with the joy that comes from friends, extracurricular activities, and developing their own identity. Yet some teens are challenged by depression, a serious problem that interferes with their ability to achieve that balance. This workshop will help parents differentiate typical teen moodiness from signs of depression and will provide essential strategies to help teens manage sadness, moodiness, and irritability.

Presenter: Samuel Fasulo, PhD

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