



Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education and Training Center



# Coping with Self-Injury

Presented by Stephanie Larsen, Psy.D.

Wednesday, October 13, 2021

9:30 am - 11:30 am

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

## Registration Fee:

There is no cost associated with this presentation

## Continuing Education:

2 CE credits will be offered

## Registration Link:

<https://www.surveymonkey.com/r/TQC92G3>

*If you have trouble accessing the survey, please copy the link and paste it directly into your browser.*

Registration closes at 3:00 pm on October 12, 2021

## Description:

The self-injury presentation is an intermediate-level training focused on introducing the audience to various forms of self-injury that they may witness when working with children, adolescents, and young adults. The presentation will identify the function of self-injury to an individual, describe basic biological functions related to self-harm, and introduce interventions. The presentation will also aid the audience in differentiating between self-harm and suicidal attempts.

## Learning Objectives:

- 1) List types of self-injury.
- 2) Identify common reasons for onset of self-injurious behaviors.
- 3) Differentiate between self-injury and suicide attempts.
- 4) Identify potential ways of treating self-injurious behaviors.

## Presenter:



**Dr. Stephanie Larsen** is a Florida Licensed Psychologist at Palm Beach Behavioral Health and Wellness. She has prided herself on being able to provide effective services to children, adolescents, and adults in the community over the last six years. Dr. Larsen is currently the director of the anxiety treatment clinic within PBBHW and secondarily specializes in work with adolescents, treating self-injury, and providing psycho-educational testing. Dr. Larsen provides a warm and supportive environment to help individuals feel comfortable enough to make changes that they want to see in themselves. Due to her diverse background, Dr. Larsen has been able to hone the ability to integrate a warm, compassionate, accepting environment with evidence-based treatments such as cognitive behavioral therapy. Because each individual presents with a diverse set of needs and challenges, Dr. Larsen finds it important to tailor her approach to effectively address each individual's specific needs. Dr. Larsen obtained her Bachelor's Degree in Psychology at Drake University in Des Moines, Iowa and graduated from Nova Southeastern University with her doctorate degree in Clinical Psychology. She has completed a wide range of rotations and practicum experiences which has shaped her clinical attitudes and practices. Some experiences that have played a crucial role in her professional development include: providing behavioral interventions in Head Start and preschool classrooms, engaging in non-directive play therapy, working in a specialized Anxiety Clinic providing treatment of anxiety based disorders (i.e. Generalized Anxiety, Phobias, Social Phobia, OCD, performance/sport anxiety), providing supportive therapy and discussions of death and dying at a children's inpatient hospital/ group homes, and finally completed her pre-doctoral internship at The Center for Group Counseling providing individual and group therapy to a diverse population as well as completing psycho-educational testing. Dr. Larsen completed her postdoctoral residency at Palm Beach Behavioral Health and Wellness where she honed skills related to psycho-educational testing, treatment of anxiety, depression, and family therapy. It was also during this experience where she decided that she would like to continue to pursue a career in private practice and in helping clients improve their lives. Dr.

Larsen specifically created the anxiety clinic to provide specialized care for those individuals whose lives were being uprooted due to the consequences of anxiety, OCD symptoms, and panic attacks. Dr. Larsen identifies the most rewarding aspect of her job being related to watching individuals improve, take charge, and learn to enjoy their lives again.

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### **Continuing Education Information:**

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2023).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2022).

In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.

**All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](mailto:Cristal.Montepeque@pbcgov.org) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbcgov.org](mailto:CMontepeque@pbcgov.org)

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**For information about other Education & Training Center trainings/workshops and clinical services please visit our website at**

[www.pbcgov.com/youthservices/EducationCenter](http://www.pbcgov.com/youthservices/EducationCenter)

or call (561) 233-4460

## Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

### How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
  - **Everyone** – All participants will see the message in their Chat pane.
  - **Organizer(s) only** – All organizers will see the message in their Chat pane.
  - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>