

LUNCH & LEARN | OCTOBER, 11, 2023 | 12:00 PM - 1:00 PM | 1 CE CREDIT

USING THE GOOD LIVES MODEL TO PROMOTE SELF-WORTH, SELF-RESPECT, & BALANCE IN MULTIPLE POPULATIONS

SPEAKER: SEAN HORNSBY, PSY.D.

Virtual

This program qualifies for 1.0 continuing education credit

Level: Introductory: Assumes post-doctoral education status and limited familiarity with topic.

Location: Registrants will receive a Zoom link to access the session online

About the Program:

The 'Good Lives Model' (GLM) has produced very promising results on its effectiveness in criminal and forensic populations. This is mainly due to the nature of this model being more in the realm of positive psychology and helping clients focus on the 'positive' side of life. However, there is not much research on the application or effectiveness of this model on other non-forensic populations as it may not be generally practiced. In addition, Socratic Questioning is considered to be a vital component in CBT based therapies when they are grounded in solution focused questions, questions focused on positive self-satisfaction, and therapeutic change. This presentation and discussion will be guided towards the basics of applying the 'Good Lives Model' in combination with Socratic Questioning to many different populations and then using that information for treatment targets.

This program qualifies for 1.0 continuing education credits. Attendees must attend entire session to gain credit. The speaker has no conflicts of interest to report.

Registration fee includes access to live webinar, program agenda, program PowerPoint, and continuing education certificate.

Participants will be able to:

1. Describe the history of the Good Lives Model (GLM) and Socratic therapy techniques and poses knowledge on how to combine these two treatment methods.
2. Propose a style in which these techniques can be utilized for a multitude of diverse populations.
3. Recognize and describe the limitations of this model in special populations.

About the Presenter:

Sean Hornsby, Psy.D., is an Early Career Psychologist/Therapist with a specialization in criminal behavior and community interventions. He achieved his doctorate in Clinical-Forensic Psychology from Alliant International University, Los Angeles, and he completed his pre-doctoral internship at Headway Emotional Health Services. He has also worked with clients in therapy and in assessment exhibiting a wide variety of mental health concerns including trauma, mood disorders, neurodevelopmental disorders, multicultural concerns, substance

abuse/dual diagnoses, interpersonal relationships, life transitions, criminal behavior/thinking, problematic sexual behaviors/sexual issues, spirituality, and codependency issues.

You must attend the full program to get continuing education credit.

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.

Register online @ <https://www.mnpsych.org/calendar-of-events> or complete the form below and fax or mail your registration to protect this information. Please do not email credit card information.

Name:

Degree:

Licensure:

Institution/Agency:

Address:

City/State/Zip:

Email:

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Registration is available until the event begins.

Fee: MPA member: \$30 Non-member: \$45 Student: \$5 Retired-member: \$30 (No CE Credit) *Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$

Check (made payable to MPA) Visa MC American Express *All credit card fields are required*

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