

2024 Virtual STAR-Center Conference

May 10, 2024

Will be held virtually via ZOOM

INFORMATION TO BE INCLUDED IN CONFERENCE PROGRAM
(Please complete and return to Jamey Covaleski no later than December 4th)

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| Name, Credentials, Position Title | Dominique Dove, MS, LPC, Research Principal, STAR-Center Mackenzie Osborn, MSCP, Behavioral Health Therapist I, STAR-Center |
| Affiliation: | Dominique - Research Principal, STAR-Center, Owner, Dove Counseling and Consulting, LLC Mackenzie - Behavioral Health Therapist I, STAR-Center |
| Please Provide a Brief Bio (Also please attach a copy of your CV) | |
| <p>Dominique Dove, MS, LPC has been with the STAR clinic for over 4 years. During her time as a behavioral health therapist at STAR, Dominique was a lead facilitator for the COSTAR IOP, rewriting the curriculum and leading in-person and virtual therapy groups twice a week. She also co-facilitated STAR's Social Anxiety group and redesigned the STAR IOP curriculum to make it more interactive and engaging. Currently, Dominique supports STAR with curriculum development, training, and community outreach while seeing clients through her private practice, Dove Counseling and Consulting.</p> <p>Mackenzie joined the STAR Clinic in May 2022 as a Behavioral Health Therapist after a year-long internship at STAR. Mackenzie's passion for working with teenagers and college students is shown through her work in providing individual therapy, group therapy, and clinical assessments to clients. Prior to working at STAR, Mackenzie worked as a Milieu Therapist on the inpatient Dual Diagnosis Unit in Western Psychiatric Hospital for 6 months and gained additional experience through being a full-time addictions counselor at a methadone clinic in Pittsburgh for 9 months. She earned her Bachelor of Science in Psychology from the University of Pittsburgh in 2020 and went on to earn her Master of Science in Counseling Psychology from Chatham University in 2022.</p> | |
| Skill Development Workshop (1 hr. and 15 min session (includes Q&A)) | |
| Title of Presentation (As you would like it to appear in conference program) | |
| Fidelity with Flexibility: Facilitating Effective and Engaging Group Therapy for Adolescents and Young Adults | |
| Description (Please describe your presentation in 50 words or less as you would like it to appear in the conference program) | |

This interactive workshop will overview and demonstrate best practices for delivering group therapy to anxious, depressed, or suicidal adolescents and young adults. Learn how to make skills-based therapy groups more engaging and effective while watching seasoned facilitators teach CBT and DBT skills - just like they would in a group setting.

Level of Presentation (Select one) (This applies to workshops only)

Introductory ___

Intermediate X

Advanced ___

Learning Objectives: (Please list 3)

At the conclusion of this session, participants should be able to:

1. Describe the characteristics that it is important to embody when working with groups of adolescents and young adults.
2. Identify concrete ways to bring CBT and DBT skills to life in a group setting.
3. Plan and structure an effective group session for adolescents and young adults.

FOR ACCREDITATION PURPOSES PLEASE PROVIDE:

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation. (See next page).

Publications must be listed in American Psychological Association (APA) Style (see www.apastyle.org for more information).

APA format for journal article citation:

Author last name, Author first initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

1. Brent, D. A., Poling, K. D., & Goldstein, T. R. (2011). *Treating depressed and suicidal adolescents: A clinician's guide*. Guilford Press.
2. Fonagy, P., & Luyten, P. (2019). Fidelity vs. flexibility in the implementation of psychotherapies: Time to move on. *World Psychiatry*, 18(3), 270–271.
<https://doi.org/10.1002/wps.20657>
3. Malekoff, A. (2014). *Group work with adolescents: Principles and practice* (3rd ed.). Guilford Press.
4. McCauley E, Berk MS, Asarnow JR, et al. Efficacy of Dialectical Behavior Therapy for Adolescents at High Risk for Suicide: A Randomized Clinical Trial. *JAMA Psychiatry*. 2018;75(8):777–785. doi:10.1001/jamapsychiatry.2018.1109
5. Rathus, J. H., Miller, A. L., & Linehan, M. (2017). *DBT Skills Manual for Adolescents*. Guilford Press.

6. Salk, R. H., Moses-Kolko, E. L., Chugani, C. D., Mastruserio, S., Wentroble, E., Blackburn, V., Poling, K., Sakolsky, D., Brent, D., & Goldstein, T. R. (2021). An intensive outpatient program for Suicidal College students. *Journal of American College Health*, 71(1), 24–29. <https://doi.org/10.1080/07448481.2021.1879814>

If there is more than one presenter, please complete only one form and include information for each presenter. Please send a CV, COI form and AV form for each presenter.

Please e-mail your completed form, along with your CV, to me at covalesskijj@upmc.edu by Monday, December 4, 2023