



PRESENTS:

*Community Education*  
**Workshops for Professionals**  
2010 - 2011

*Therapists Performing Under  
Pressure: Skills to Enhance Therapist  
Performance*

**When:** September 24, 2010 9:00 a.m.-4:00 p.m.  
*Registration begins at 8:30 a.m.*

**Where:** S.A.C. - 101 French Landing Drive Nashville, 37228

**Cost:** \$125, \$70 for students with valid ID *(lunch not included)*

**Presented by:**  
**Dr. Keith Wilson, LCSW & D.Min**

**Summary:**

Therapists feel pressure in many areas of their professional lives. Whether it is testifying in court or doing therapy with challenging clients, pressure impacts the therapist performance. Therapists under pressure are more likely to make errors and forget what they know. It is easy to say to therapists, "Just relax and focus and you will be fine." Telling someone to relax and focus without teaching them to relax and focus is like telling a sprinter to run faster without providing them instruction to run faster. This workshop will teach specific skills to help therapists relax and focus under pressure. Dr. Wilson will draw upon his performance expertise as well as over 30 years of providing therapeutic services to clients. Foundation skills will be taught which will take practice to reduce the stress of any therapeutic performance. Once these skills have been mastered in the workshop, then skills which can be used in the moment of pressure will be taught. These are the most important skills since they can be used in any pressured situation to improve the performance of the therapist. These performance skills can be used to improve the therapeutic relationship with clients, reduce mental distractions during therapy and help the therapist contain performance anxiety while testifying in court or other public speaking situations.

**Earn valuable CEU credit  
from the National Association  
of Social Workers —  
Tennessee Chapter (NASW-  
TN) and the National Board of  
Certified Counselors (NBCC).**

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**To Register:**

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- Call (615) 259-9055 ext 342. Payment can be made over the phone with a credit card, or you may mail a check. Your registration is not confirmed until payment is received.
- Space is limited, register early.

**Cancellation:**

You must cancel 48 hours in advance of the workshop to receive a full refund. After 48 hours you will receive a half refund.

E-mail inquires may be sent to  
amarkham@SACenter.org

## **Presenter: Dr. Keith Wilson, LCSW & D.Min**

Keith is a sports psychotherapist and performance consultant and founder of the Wilson Center for Sport, Business and Life Performance. He is a consultant to professional, college and amateur athletes.

For 17 years, Dr. Wilson was in private practice in El Paso, Texas as a psychotherapist and performance consultant where he developed the Performance Hypnosis protocol. He was the cofounder of the Nashville Rape and Sexual Abuse Center, now the Sexual Assault Center, over 30 years ago.

He continues as a performance consultant for individuals and organizations. Dr. Wilson helped develop the City of El Paso's innovative sports parenting program that is mandatory for all parents with children in city-run sports programs.

The American Society of Clinical Hypnosis certifies him in clinical hypnosis. Dr. Wilson has a children in city-run sports programs. The American Society of Clinical Hypnosis certifies him in clinical hypnosis.

Dr. Wilson has a Masters in Divinity from Vanderbilt, received his Masters in Social Work from the University of Tennessee, or his Doctorate in Ministry from Boston University. He is the father of two former youth athletes.

### *Future S.A.C. Community Education*

Workshops for Professionals 2010-2011:

#### **“Tools for the Toolbox: Interventions for Traumatized Children and Adolescents”**

Presenters: Lori Myers, LCSW & RPT and Rachel Freeman, LCSW

Friday, October 29, 2010

9:00 a.m. – 12:00 p.m.

3-CEU's

#### **Summary:**

Sexual abuse is a very prevalent problem among children and adolescents in our society. “Tools for the Toolbox: Interventions for Traumatized Children and Adolescents” is an interactive workshop that will increase the participant's understanding of working therapeutically with sexually abused children and adolescents. Several different treatment modalities will be discussed, and numerous tools and interventions will be presented to add to your own therapists' toolbox. Participants will walk away from this presentation with an increased knowledge in the treatment of sexually abused children and adolescents, as well as with several hands-on techniques and activities to be used when working to accomplish treatment goals with these children and teens. This workshop is ideal for new clinicians, those who are looking for a refresher course in working with sexual abuse survivors, and those interested in adding new treatment interventions and activities to their toolbox.

## **LEARNING OBJECTIVES**

- To recognize the stress response and how it erodes therapy and presentation skills.
- To teach foundational performance skills which can be used immediately to improve the therapeutic connection
- To teach advanced performance skills which can be used in “real time” to enhance therapy performance or improve court testimony.
- All participants will receive a CD to practice the skills learned at the workshop. There is no additional fee for the CD