### **CORA Services**

CORA is a multi-funded, community-based, non-profit agency, which offers professional services to children, youth and their families. Among the many services provided are: psychological and educational evaluations; speech and language services; individual, family, and group counseling; vocational and career counseling; remedial education; parent education; resource and referral assistance; job training and preemployment skills. The service approach of CORA is based upon a belief in the value of the person, and apprizing of the individual's unique potential for growth.

www.coraservices.org

### **Location of Programs**

CORA SERVICES, 8540 Verree Road, Philadelphia, PA 19111. Directions from Roosevelt Boulevard (Rt. 1) -Traveling North on Rt. 1, turn left onto Rhawn Street (if traveling South on Rt. 1, turn right onto Rhawn Street). Drive approx. 1.5 miles and turn right onto Verree Road. After the third light make a left into the CORA Services driveway (there is a sign at the entrance). Park in the first lot on your left. Enter the Reception area and proceed to Conference Center. The CORA Building is wheelchair accessible.

### **Continuing Education Credits**

**CORA Services,** is approved by the **American Psychological Association** to sponsor continuing education for Psychologists. **CORA** Services maintains responsibility for the program and its content.

CORA Services is approved by the **Pennsylvania Department of Education** to sponsor continuing education for certification under Act 48.

The PA Board of Social Workers, Marriage and Family Therapists and Professional Counselors has approved the credit hours for this conference.

**CORA Services** has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5802. Programs that do not qualify for NBCC credit are clearly identified. **CORA Services** is solely responsible for all aspects of the programs.

CORA Services asks that participants attend the <u>entire</u> workshop <u>and</u> complete the evaluation form. Partial credits will not be awarded. Late arrival or early departure will preclude awarding of CE credits.

CORA SERVICES, INC. 8540 Verree Road Philadelphia, PA 19111

# CORA SERVICES, INC.

**Presents:** 

A Transdiagnostic Approach to Mental Health Service Delivery for Children and Adolescents

**Presented by:** 

Richard G. Allen, Psy.D. Assistant Professor, Department of School Psychology Director, Educational Specialist Program (EdS) School of Professional Applied Psychology Philadelphia College of Osteopathic Medicine

On

February 28, 2023



# **Registration Form** VIRTUAL WORKSHOP

# A Transdiagnostic Approach to Mental Health Delivery for Children and Adolescents Presented by Richard G. Allen, Psy.D. 2/28/23 – 9:00 a.m. to 11:00 a.m.

Name:

Address:

Phone:

E-Mail Address:

## Credits Applying for:

Act 48 CE Hours
Psychology Credits
NBCC
SW, MFT & PC

## Cost of Program – Public: \$50.00 Former Staff: \$25.00 Staff: \$10.00

Pre-registration is required. Registration deadline is 2/21/23. Register online at <u>www.coraservices.org</u> or send registration form by 2/21/23 with check made payable to CORA Services, Inc. to: Ceil Hanas CORA Services, Executive Offices 8540 Verree Road Philadelphia, PA 19111 Phone (215) 701-2629 Email: chanas@coraservices.org Cancellations made less than 72 hours before the program will NOT be refunded.

For additional information contact: chanas@coraservices.org

## VIRTUAL WORKSHOP

A Transdiagnostic Approach to Mental Health Delivery for Children and Adolescents Presented by Richard G. Allen, Psy.D., Assistant Professor, Department of School Psychology Philadelphia College of Osteopathic Medicine 2/28/23 – 9:00 a.m. to 11:00 a.m.

Presenter: Dr. Allen is presently an Assistant Professor and the Director of the Educational Specialist Program (EdS) in the Department of School Psychology at the Philadelphia College of Osteopathic Medicine (PCOM). He also serves as a consulting psychologist at Cora Services and Devereux Advanced Behavioral Health where he provides support to home, school and community-based programs, serving both children and adolescents on the autism spectrum, as well as other developmental disabilities and/or mental health concerns. Dr. Allen has extensive experience providing psychological assessment, consultation, and clinical supervision in schools and community-based programs. He completed his doctoral degree in School Psychology from the Philadelphia College of Osteopathic Medicine and both his BS and MS in psychology at Saint Joseph's University. Dr. Allen has presented frequently at both regional and national conferences on such topics as, program-wide positive behavior support, clinical outcomes in community services, treatment foster care, performance management and social skills training for individuals on the autism spectrum.

**Purpose:** Mental health problems can be challenging to effectively treat through a diagnostic specific approach as patients often present with co-occurring problems that may also shift in priority through the course of treatment. Additionally, while there have been many empiricallysupported diagnostic-specific manualized treatments developed, they are often not implemented in "real world" due a lack of time and resources. Transdiagnostic approaches may be an effective way to address some of these issues. According to a transdiagnostic approach, there are shared cognitive and behavioral processes responsible for symptoms across mental health disorders and interventions can be implemented to address multiple problems. During this session, attendees will be provided with an overview of transdiagnostic approaches, current research support and their application in the treatment of children and adolescents with emotional and behavioral disorders. Common empirically supported interventions will be reviewed to support practitioners in linking clinical conceptualization of presenting problems to a model for effective and practical service delivery.

**Objectives:** As a result of this interactive workshop, participants will be able to:

- Define the core elements of a transdiagnostic approach
- Describe the current research support for interventions related to a transdiagnostic approach
- List and describe at least 3 evidence-based interventions based on a transdiagnostic approach to treatment

**Intended Audience:** This program will benefit, Psychologists, Speech Therapists, Educators, Social Workers, Mental Health Counselors, Principals, Teachers, Occupational Therapists, Graduate Students, and other practitioners within mental health and education who provide direct services and/or parent/teacher consultation.

### Schedule:

### 8:30 Registration

- 9:00 Conference Begins
- 11:00 Evaluation and conclusion

### **Cost of Program:**

Public:	\$50.00
Former Staff:	\$25.00
Staff:	\$10.00

## **Credits Offered:**

•	Act 48	2.0
•	Psychology credits	2.0
•	NBCC	2.0
•	SW, MFT & PC	2.0