

## **Nonadherence, Self-Sabotage & Self-Injury: A Theoretical and Clinical Perspective**

This workshop will offer the participants a theoretical and conceptual framework that will allow them to understand the reasons behind the patient's nonadherent behavior and inability to follow a treatment protocol recommendation. The goal is to provide health care professionals with the necessary skills to work with patients who are struggling to adhere to some aspect of the treatment recommendation because they are motivated to bring some type of harm to themselves. The presenter will demonstrate how to translate theory into specific therapy techniques.

Learning objectives:

1. Participants will be able to identify 3 self-injurious behaviors
2. Participants will be able to describe the relationship between nonadherence and self-sabotage
3. Participants will be able to identify two unconscious motivations underlying nonadherence
4. Participants will be able to name two types of interventions that are thought to be effective when working with patients who self-sabotage

CE Credits: 2

Contact Hours: 2

Cost: \$80

If you have an interest in attending this workshop, please contact me.