



## Skill Development Opportunities For Professionals

Offered by: Tracey Ayers, LPC CACIII  
Co-Owner, Brief Therapy Institute of Denver

### **Doing What Works:**

#### **Brief Therapy Techniques with Troubled Adolescents**

Discover new ideas, tricks and tools to engage adolescents who are depressed, angry, aggressive or withdrawn. Workshop includes methods to engage parents who have become distant and blaming. Brief Therapy techniques, motivational interviewing, resiliency and CBT concepts reviewed. Accompanying homework and in-session worksheets for teens and family members are included. (1/2 day and full day)

---

### **Promoting Long-term Change:**

#### **Brief Therapy Techniques with the Problematic User**

Incorporates the ideas of solution-focused brief therapy and motivational interviewing techniques when working with the problematic user. Addresses how to engage the pre-contemplative client, who typically is mandated to treatment. Ideas generated to help you and your clients work towards goals. Accompanying handouts with resources and ideas to implement from intake to discharge are included. *2 Day workshop eligible for 14 hrs. CEU's from the Colorado Department of Behavioral Health*

---

### **Best Practice Standards**

How to implement ideas and practices to ensure you are following Best Practice Standards. The goal of this class is to give you a thorough description of common **Best Practice Standards** expected in outpatient psychotherapy. These variables, and tools to meet the expectations, are covered. Accompanying workbook with handouts is included. (1/2 day and full day)  
*Also available in a web-based format.*

---

### **Client Based Practice Building**

The goal of this class is to help you get your practice self perpetuating and increasing referrals. Excellent service delivery is really all you need to build a practice. However, most therapists need assistance on highlighting their exceptional work. Accompanying workbook with handouts is included. (1/2 day and full day). *Also available in a web-based format.*

Please contact Tracey Ayers at (303) 654-4355 or at [tayers@btid.com](mailto:tayers@btid.com) for more information.