

Let's Get Creative: 25 Brief, Interactive Strategies to Engage Children & Adolescents in Therapeutic Settings

Thursday, September 11, 2025

Zoom Log On: 8:50am

Program: 9:00am – 11:15am

WAKE AHEC
PART OF NC AHEC

**RECRUIT
TRAIN
RETAIN**

Event #75820ks

Program Description: Research has demonstrated that one of the most important aspects of effective therapeutic work is engaging a client and building positive rapport and trust in the therapeutic relationship. In establishing and maintaining a positive relationship with children and adolescents, clinicians must find creative and innovative ways to make therapeutic work engaging and interactive. In this educational activity, 25 brief strategies and techniques that can be used in a variety of therapeutic settings to engage children and adolescents will be provided. Participants will broaden their therapeutic toolbox and discuss engaging and effective strategies that support child and adolescent well-being.

Target Audience

Occupational Therapists, Occupational Therapy Assistants, Child Life Specialists, Counselors, Educators and other health and human service professionals who work with the child and adolescent population.

Objectives

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

1. Explain the framework for using interactive techniques with children and adolescents in therapeutic settings.
2. Describe 10 interactive strategies to aid in engagement and assessment work with children and adolescents.
3. Describe 15 interactive activities to target anxiety and emotional dysregulation in children and adolescents.
4. Review resources for clinicians to use in practice and therapeutic settings.

Registration Fee

\$20. Vouchers will be accepted.

- Fee will include online handouts, evaluation and certificate of completion.
- Visit www.wakeahec.org for our ADA Statement and call 919-350-8547 for Inclement Weather updates.
- Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Cancellations and Refunds

No refunds. Substitutes are encouraged.

To register and for more information go to



Questions? Contact Kimberly Spencer at kispencer@wakeahec.org or 919-350-0480.

Agenda

- 8:50am Check In
- 9:00 Welcome, Introductions, and Initial Reflection Activity
- 9:15 Frameworks: Working with Children and Adolescents in Our Current Times
- 9:25 Engagement & Assessment Activities
- 9:55 Break
- 10:10 Addressing Stress & Anxiety
- 10:35 Addressing Emotional Dysregulation
- 11:00 Exploring Resources for Further Learning (15 minutes)
- 11:15am Adjourn

Speaker(s)

Amy Levin, MSW, LCSW

Clinical Assistant Professor

Interim Associate Dean of Undergraduate Education

UNC Chapel Hill School of Social Work

Credit

Occupational Therapists: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. 6.0 CCAs. Please select contact hours for your certificate.



NBCC: Wake AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6477. Programs that do not qualify for NBCC credit are clearly identified. Wake AHEC is solely responsible for all aspects of the programs.

Wake AHEC will provide 0.2 CEU to participants upon completion of this activity.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Wake AHEC will provide up to 2.0 Contact Hours to participants.