



## Using the Becoming Who I Want to Be Workbooks for Adolescents with Problematic Behaviors

**Presenter:** David Prescott, LICSW, ATSA-F

**Recorded on:** December 12, 2023

**Length:** 3 hours

### 1 hour and 30 minutes

- Historical foundations: How our history shapes workbook usage Glossary
- Behind the scenes in the workbooks: Protective factors and role of trauma
- Operationalizing the Good Lives Model in treatment settings

### 1 hour and 30 minutes

- Specific exercises in the Becoming Who I Want to Be
- Questions and reflections to supplement the workbook exercises ("thinking further on these goals")
- Considerations with special populations and implementation tips, as time allows.
- Q&A

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