



Using the *Becoming Who I Want to Be* Workbooks in Clinical Practice with Young Men and Young Women

Presenter: David S. Prescott, LICSW

Date: December 11, 2025

Time: 11:00 AM to 2:15 PM ET (*All times East Coast USA Local Time*)

- 11:00 am – 12:30 pm**
- Historical foundations: How our history shapes workbook usage
 - Behind the scenes in the workbooks: Protective factors and role of trauma
 - Operationalizing the Good Lives Model in treatment settings
- 12:30 – 12:45 pm**
- Break
- 12:45 – 2:15 pm**
- Specific exercises in the *Becoming Who I Want to Be* workbooks
 - 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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