



RUTGERS
NEW BRUNSWICK

CHANCELLOR'S THIRD ANNUAL MENTAL HEALTH AND WELLNESS LECTURE SERIES:

A PARTNERSHIP WITH THE GSAPP CENTER FOR YOUTH SOCIAL EMOTIONAL WELLNESS (CYSEW)

WED. 11/5
12-1 PM

EVIDENCE-BASED PARENTING STRATEGIES FOR BUILDING CONNECTION AND DECREASING PROBLEM BEHAVIOR

Dr. Andrea Temkin-Yu, Psy.D., Assistant Professor of Psychology at Weill Cornell Medicine

- Learn how to effectively maintain the use of evidence-based positive parenting skills while implementing consequences with children and adolescents.

[Zoom link for Temkin Presentation](#)



THU. 11/6
12-1 PM

EVIDENCE-BASED SUICIDE PREVENTION STRATEGIES

Dr. Linda Oshin, Ph.D., Assistant Professor & Director of the CITY Lab

- Learn to identify and assess key risk factors for suicide and implement evidence-based safety planning and DBT distress tolerance skills.

[Zoom link for Oshin Presentation](#)



MON. 11/10
12-1 PM

EVIDENCE-BASED SKILLS AND STRATEGIES TO ADDRESS SLEEP PROBLEMS

Dr. Kristen Riley, Ph.D., Assistant Professor & Director of the Health Psychology Clinic at GSAPP Center for Psychological Services

- Learn how to use motivational interviewing techniques to help clients recognize and address sleep problems.

[Zoom link for Riley Presentation](#)



TUE. 11/11
12-1 PM

EVIDENCE-BASED SKILLS AND STRATEGIES TO ADDRESS ADHD

Dr. Joshua Langberg, Ph.D., Professor of Psychology, Director of GSAPP CYSEW & Chief Wellness Officer

- Learn to identify and utilize the core mechanisms of action common across most ADHD treatments to improve executive and academic functioning.

[Zoom link for Langberg Presentation](#)



WED. 11/12
12-1 PM

EVIDENCE-BASED SKILLS AND STRATEGIES TO ADDRESS ANXIETY

Dr. Brian C. Chu, Ph.D., Professor, Chancellor Scholar, Interim Director of Clinical Training, & Director of the Youth Anxiety and Depression Clinic

- Learn to identify the TRAPs that get youth stuck and develop FEAR plans to address anxiety and worry in children and adolescents.

[Zoom link for Chu Presentation](#)



FREE to the public; CE credits available with fee.

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ALL ONE-HOUR WEBINARS ARE IN EST

