

SHAPING THE FUTURE

2019 ATSA Conference | Friday November 8 | 10:30 AM – 12:00 PM

F-14

“You Had Me at Hello”

How to Help our Clients Make and Keep Respectful, Healthy Relationships

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Many times, our clients avoid intimacy in relationships due to self-focused perspectives, negative self-worth or lack of appropriate social skills. These deficits lessen the likelihood of making and keeping positive relationships whether they are romantic or otherwise.

This presentation will focus on the concept of self-respect and respect for others in relationships. This workshop will also address how mindfulness enhances relationships and improves communication skills.

This workshop will assist participants in working with clients' social and relationship skills. The audience will be provided with exercises which assist in creating mindfulness in their clients' interactions with people as well in addressing obstacles which prohibit intimacy. Audience case consultation will also be offered.

Learning Goals:

- To assist participants in helping their clients identify patterns that interfere with positive interactions with others.
- To assist participants in helping their clients communicate with others more effectively.
- To provide participants techniques to assist clients in more mindful interactions with others.

Dr. Janet DiGiorgio-Miller is a licensed psychologist in private practice in Summit, New Jersey. She conducts evaluations and treatment for sex offenders. She has over thirty years of clinical experience in working with adolescents and families. She has been a frequent presenter both locally and nationally on various topics including; reunification, relationship issues and mindfulness. Dr. DiGiorgio-Miller was past president and secretary of the New Jersey Chapter of The Association for the Treatment of Sexual Abusers,(NJATSA) and has served on the board for many years. She is also on the Ethics and Juvenile Committees with National ATSA. Dr. DiGiorgio-Miller has several publications in the field and has done research on emotional variables and deviant sexual fantasies in adolescent sex offenders. She published a self-help book for young adults called “A Great Relationship & Then Some.”