***Morris County Psychological Association***



409 Main Street

Chester, NJ 07930

908-879-2233

www.mcpanj.com

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**May 12, 2021**

**Integrating Family Systems and Cognitive Behavioral Intervention for Pediatric Depression**

Presented by:

Mike Zito, PhD

**Meeting announcements:**

* **Phyllis Lakin is looking for a female psychologist to work with a young Middle School student**
* **Nancy Sidhu announced that if anyone needs to let others know about office space for rent they can let the board know and it can be added to an email**
* **Mike Zito announced he has three days a week of office space available in Morristown**
* **Marilyn Lyga announced that the camera must be on in order to get CE credit**

***-Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

***Contact:*** Nancy Sidhu at nancysidhumcpa@gmail.com if you have any questions or prefer not to register online.

**Meeting Attendees:**

Roderick Bennett

Deniz Colak

Sarah Dougherty

Komal Dutt

Daniel Gallagher

Kenneth Gates

Marc Gironda

Ronald Gironda

Brendan Guarino

Hayley Hirschmann

Melissa Klika Mack

Phyllis Lakin

Ilana Lev-El

Marilyn Lyga

Susan Neigher

Carly Orenstein

Francine Rosenberg

Jayne Schachter

Nancy Sidhu

Shoshana Sperling

Beverly Tignor

Aaron Welt

Paul Yampolsky

Michael Zito (presenter)

**Presenter Bio:**

Dr. Zito received his PhD from Seton Hall University in 1994 specializing in Marriage and Family therapy, and is licensed in both NY and NJ. He is certified in sport and performance psychology and has fellow status in the Association for Applied Sport Psychology. He is chair of Sport Psychology committee of NJPA and former president Morris County Psychological Association.

He has given many media interviews and trainings in the field of Sport psychology, and has published extensively in sport psychology publications including a chapter on family therapy in Approaches to Sport Psychologoy.

He has also published outside of the field of sport psychology on topics such as differentiating between pediatric bipolar disorder and ADHD and family dynamics in depressed and suicidal adolescents.

**Overview and objectives of today’s talk:**

This program will help participants understand the need to broaden assessment and intervention strategies to consider how family dynamics influence pediatric depression.  Specifically, the role of enmeshment, family conflict, alliances, discordant parenting and poor individuation will be discussed.  Methods to guide family members to promote anti-depression cognitive behavioral change will be addressed.

* ***Learning Objectives:  By the end of the session, participants will be able to:***
* 1.  Summarize the value of broadening clinical assessment and intervention by including a family systems component.
* 2.  Recognize that family racial, ethnic, and cultural background needs to be included in assessment and intervention.
* 3.  Assess healthy vs unhealthy family dynamics.
* 4.  Explain how enmeshment, family conflict, alliances, discordant parenting, and poor individuation contribute to depressive symptom development
* 5.   Provide guidance to the family member to promote anti-depression cognitive behavioral change.

**Q & A:**

* **When does enmeshment become dysfunctional? When the person who is in the relationship is unable to function due to the enmeshment.**
* **Is there a developmental progression for treatment? Yes, When teens are involved the speaker would spend more time with them as opposed to the family. Try to get them to become more assertive.**
* **Is there any implication when working with a single parent? Yes, if become over reliant on the child we should encourage other ways to get needs met and not depend on the child. This takes time. Typically there is resistance.**
* **How do you handle a blended family? Depends on the ability of the parents to co-parent. What is the reason for the divorce? The biological parent has to show acceptance of the step parent.**

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**