

Educational Forum

Please join us for this **FREE** educational event.

SELF HARM/DBT

Date:

Tuesday October 17th, 2017 7 PM - 9 PM

Location:

Evergreen Health Medical Center, Suite Tan 100
12303 NE 130th Lane, Kirkland, WA 98034

Guest Speaker:

Jennifer Palau, MSW, LICSW

Jennifer will discuss the prevalence of self-harming in teens, the problems that self-harming is attempting to solve, and how Dialectical Behavior Therapy works to provide more effective solutions to the pain teens are trying to alleviate through self-harm. A full description of what DBT treatment looks like will be explored. Jennifer will also share resources that parents and family members can use to learn more about DBT.



Jennifer Palau, MSW, LICSW is a therapist in private practice in Redmond, WA with 25 years of experience working with adolescents and adults in crisis. She specializes in working with suicidal and self-harming adolescents and adults. Jennifer is an intensively trained Dialectical Behavior Therapist (DBT), trained through Behavioral Tech, LLC in Seattle, WA and is currently working towards her DBT Certification. She also currently co-leads a DBT Multi-Family Skills Group at Cadence Child and Adolescent Therapy- a DBT Linehan Board Certified Program- in Kirkland, WA. Before opening her private practice in 2013, Jennifer worked for 9 years as an ER Social Worker at Seattle Children's Hospital. Her responsibilities included child abuse assessments and mental health evaluations of adolescents coming to the ER in crisis. Prior to this, she worked for San Diego County Child Protective Services for over 10 years conducting child abuse investigations. There, Jennifer worked closely with Family Court, Juvenile Court, psychiatric hospitals, foster homes, and residential treatment centers, primarily in the Adolescent Unit. During that time she also served as a mental health counselor for Severely Emotionally Disturbed (SED) teens at a private school in Del Mar, CA.

Jennifer received her Master of Social Work degree from Arizona State University in 1994 with a concentration in Child Welfare. She is currently licensed in California and Washington state.

She can be reached at www.jenniferpalau.com.