

## **7 Ways to Foster Love, Respect & Communication**

Do communication and discipline with your child or teen seem to get harder and harder each year? This course will teach you how to get their attention and establish rules while discussing trust relative to responsibility. You will come away from this class with a clearer idea on how to use positive reinforcements for behaviors and how to establish appropriate consequences while building a stronger relationship with your child/teen.

### **Trainers: Dr. Warren Phillips & Dr. Joann Seeman**

Dr. Warren Phillips is a Licensed Psychologist and owner of Central Iowa Psychological Services, a group psychological practice with locations in Ames and West Des Moines, Iowa. Dr. Phillips is also a Senior Lecturer and clinical supervisor in the Department of Psychology at Iowa State University. In his practice, he provides psychological evaluations and psychotherapy to children as young as age 3, adolescents, adults, families, and couples. His areas of specialty include working with children, adolescents, and adults who have numerous neuro-biological disorders including attention-deficit disorder, learning disabilities, bipolar disorder, autism-spectrum disorders, and obsessive-compulsive disorders. Dr. Phillips also specializes in the assessment and treatment of children's behavior problems, depression, anxiety, post-traumatic stress disorder, and adjustment difficulties due to abuse, bereavement, or divorce.

Dr. Joann Seeman Smith is a Licensed Mental Health Counselor who specializes in diagnosis, and treatment of children and adolescents with attention-deficit disorder, learning disabilities, autism-spectrum disorders, behavior problems, depression and bipolar disorder, anxiety, and adjustment difficulties due to abuse, bereavement, or divorce. Dr. Seeman Smith specializes in treatment of preschool age children (as young as age 2), school age children, and teens. In addition to standard short-term and traditional talk therapies, Dr. Seeman Smith has expertise in using play therapy approaches with children, teens, and families, including children and families with attachment-based difficulties. Dr. Seeman Smith works full time as an LMHC at Central Iowa Psychological Services.