

**FOR IMMEDIATE**

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**Contact:** Tim Gallagher

(805) 276-2110

[Tim@the2020Network.com](mailto:Tim@the2020Network.com)

## **Casa Pacifica Hosts Workshop on Violence Prevention**

Thought leader on cognitive behavioral therapy to discuss working  
with “high-risk” children

**CAMARILLO, Calif.**—Casa Pacifica Centers for Children and Families will host a workshop led by Dr. Donald Meichenbaum, one of the founders of cognitive behavioral therapy, at an upcoming workshop on Feb. 6 at Spanish Hills Country Club in Camarillo. The workshop will address the challenges of working with “high-risk” children, adolescents, and their families. Dr. Meichenbaum will also offer strategies for identifying troubled youth and highlight successful intervention techniques.

“We are excited to have someone with the expertise and universal respect that Dr. Meichenbaum has speaking at our workshop,” said Dr. Steve Elson, Casa Pacifica CEO. “In light of recent tragic events, this is a very timely topic and one that should be very highly valued by the educational community.”

Donald Meichenbaum, Ph.D., is a Distinguished Professor Emeritus from the University of Waterloo, Ontario, Canada. He is currently the Research Director of the Melissa Institute for Violence Prevention in Miami. In a survey of clinicians, he was recently voted one of the ten most influential psychotherapists of the 20<sup>th</sup> century and has received a Lifetime Achievement award from the Clinical Division of the American Psychological Association.

The cost of the event is \$159 per person for early registration and includes lunch, materials, and a continuing education certificate. The event will be Wednesday, Febth. 6, 9:00 a.m. – 4:00 p.m. (Check-in opens at 8:30 a.m.) It will be held at Spanish Hills Country Club, 999 Crestview Ave., Camarillo.

### **About Casa Pacifica**

Casa Pacifica is a crisis-care and residential treatment facility for abused, neglected, or at-risk children in the tri-Counties. The agency is the largest provider of children's mental health services in both Ventura and Santa Barbara Counties and administers a number of community-based programs which are designed to

strengthen families and keep children in their own homes, schools, and communities. For more information about Casa Pacifica view [www.casapacifica.org](http://www.casapacifica.org) or contact the Development Department at (805) 445-7800.