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Alexis Bales. Crisis & Trauma Resource Institute

[**Questions in Counselling - The Art and Skill**](https://ctrinstitute.com/workshops/live-virtual-questions-in-counselling-04-03-2024/)

April 3, 2024, 9am-4pm CDT

This workshop explores the curiosity, skill, and artistry it takes to discern the what, where, when, and why of effective questions, and what can prevent you from asking them.

[**Mental Health Concerns in Children and Youth**](https://ctrinstitute.com/workshops/live-virtual-mental-health-concerns-in-children-and-youth-04-04-2024/)

April 4, 2024, 9am-4pm CDT

This workshop provides a general overview of the common mental illnesses for children and youth, including the signs and symptoms, themes for treatment, and the controversies that surround some of the diagnoses.

[**Regulation Strategies for Children and Youth in Crisis**](https://ctrinstitute.com/workshops/live-virtual-regulation-strategies-for-children-and-youth-in-crisis-04-18-2024/)

April 18, 2024, 9am-4pm CDT

This workshop explores the reasons behind difficult behaviours and provides strategies to help children and youth learn new ways to move forward as they navigate these developmental challenges and times of crises.

[**Anxiety in Children and Youth - Practical Intervention Strategies**](https://ctrinstitute.com/workshops/live-virtual-anxiety-in-children-and-youth-05-01-2024/)

May 1, 2024, 9am-4pm CDT

This workshop provides a diverse range of skills that can be taught and practiced with children and youth to expand their capacity for managing anxiety.

[**Attachment - Strategies for Fostering Connections**](https://ctrinstitute.com/workshops/live-virtual-attachment-05-07-2024/)

May 7, 2024, 9am-4pm CDT

This interactive and experiential workshop will explore attachment theory, as well as common attachment dynamics at play for children and adults alike.

[**Solution Focused Therapy - Skills for Short-Term Counselling**](https://ctrinstitute.com/workshops/live-virtual-solution-focused-therapy-05-08-2024/)

May 8, 2024, 9am-4pm CDT

This workshop provides practical strategies for helping others reach achievable goals and gain an increased confidence and capacity for supporting others when there are time constraints.

[**Family Violence - Working with All Affected**](https://ctrinstitute.com/workshops/live-virtual-family-violence-05-29-2024/)

May 29-30, 2024, 9am-4pm CDT

This workshop examines different forms of violence within family relationships, including psychological, emotional, physical, and sexual abuse.

[**View the full live virtual workshop schedule here**](https://ctrinstitute.com/workshops/?format=Live+Virtual+Workshop)**.**