



## **Tips and Strategies on Counseling Families on Alternative Discipline Practices to Physical Punishment**

**Date and Time:** November 7, 2023 from 12 pm to 1 pm ET

**Workshop Description:** This workshop will include a review of the adverse effects of physical punishment and negative discipline. The presenters will discuss commonly used parenting methods and introduce several positive parenting strategies. A discussion of common barriers encountered when counseling families on alternatives to corporal punishment will be held. Participants will learn various approaches that can be used to potentially overcome these barriers through a presentation of several scenarios.

### **Speaker Biographies**

**Michelle Ruda, MD** is the Director of the Child Safety and Integrated Division at McGovern Medical School at the University of Texas Health Science Center at Houston and is a Child Abuse Pediatrician. The Division provides comprehensive medical and psychosocial services to child maltreatment victims and families at risk. Her team also serves children whose complex medical and/or psychosocial needs benefit from additional services that are less readily available in traditional clinics. The Division consists of professionals from various disciplines including - medical, nursing, psychiatry, psychology, social work, recreational therapy, and education who work together to achieve the team's mission and goals – To address adverse child experiences through integrated, comprehensive approaches to intervention and prevention in a community where children are safe from all forms of preventable trauma, and nurtured to their full potential.

**Mary Senkel, MSN, RN, FNP-C** is a Family Nurse Practitioner. Her nursing education includes a BSN from Johns Hopkins School of Nursing and MSN from the University of Texas Cizik School of nursing. She began her career as an Emergency Room Nurse Practitioner where she gained a breadth of medical knowledge. Mary Senkel transitioned to the UT Health Department of Pediatrics, Division of Child Safety and Integrated care in 2014. There, she provides direct patient care to vulnerable families and children with complex medical needs in the UT Care Clinic. The Care clinic focuses on medical and psychosocial evaluations on child maltreatment victims and children living in foster care. She has focused her clinic efforts on maltreatment prevention. She incorporates the No Hit Zone program into her practice – and even personalized and branded the No Hit Zone for UT Physicians. Mary provides expert case management and clinical navigation to advocate for the best care for her patients.

**General Admission:** Free

**Please use the link to register:** [https://us02web.zoom.us/meeting/register/tZAtf-CurjkiG9cUpI2SQ2kthDEvr\\_9kUexw](https://us02web.zoom.us/meeting/register/tZAtf-CurjkiG9cUpI2SQ2kthDEvr_9kUexw)