



**WAIT TRAINING** is excited to partner with PUT YOUR INFO HERE to present a dynamic workshop that will equip and empower you to help sexually active teens critically evaluate the health of their current relationships and enable them to return to a healthy abstinent lifestyle.

**What is Sexual Cessation?** This insightful seminar reveals the medical model for working with sexually active youth in a clinical setting. The program was developed by medical professionals who desired to do more to address the widespread problems of STDs, unintended pregnancies, emotional distress and other risk behaviors associated with sexually activity in adolescents. The Sexual Cessation Model is a system and protocol of motivational interviewing techniques, assessments and tools that can be skillfully used to help adolescents evaluate their current relationships and behaviors, and return to an abstinent lifestyle.

#### **Does This Method Work?**

The program is based on a research-based behavior change model and social science information utilized to promote risk elimination and avoidance of high risk behaviors as well as the promotion of healthy relationships and life skills.

#### **What are the Objectives of this Workshop?**

This lively training is designed to impart strategic tools that can be used in a clinical setting to guide sexually active adolescents toward healthier decision making skills with respect to sex, relationships and substance abuse.

During this seminar you will:

- learn about current national trends in sexual activity
- explore the behavior change process, which proceeds predictably through several stages
- discover behavior change strategies that reinforce healthy sexual behaviors
- develop a plan for implementing these behavioral change strategies.

#### **Will I receive Continuing Education Credits?**

Yes you will. We have been approved by the Nursing Board for 4.6 CEU credits.

For more information go to [www.waittraining.org](http://www.waittraining.org) or call 720 488 8888