



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education & Training Center



Understanding Non-Suicidal Self-Injury: Facts, Figures, and How to Help

Presented by Diane Kelly Andreou, Ph.D.

Wednesday, September 24, 2025

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/JHZLBRF>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on September 23, 2025

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

Non-suicidal self-injury (NSSI) is recognized as a significant public health concern. Vulnerable populations and adolescents are at elevated risk of engaging in NSSI. The presenter will lead participants in a discussion regarding non-suicidal self-injury, its prevalence, populations who are at-risk, reasons for engagement, and methods to assess and intervene. Slides will be used as a visual aid. Anonymous case study information will be shared to illustrate points. A question-and-answer session will further engage participants.

Learning Objectives:

At the conclusion of the training, participants will be able to:

- 1) Discuss prevalence rates of NSSI in adolescents and vulnerable populations.
- 2) Explain etiology and underlying factors of NSSI.
- 3) List elements essential to assessment and intervention of NSSI.

Presenter:



Dr. Diane Kelly Andreou earned her bachelor's degree from the University of Miami and her master's and doctoral degrees in clinical psychology from Nova Southeastern University. After completing internship at the Oklahoma Department of Health, she returned to south Florida for a post-doctoral fellowship with the Child Protection Team at the University of Miami's Mailman Center for Child Development. Dr. Andreou has worked as a training director, continuing education provider, and director of an outpatient behavioral health clinic.

Currently, Dr. Andreou is a clinical psychologist at the Palm Beach County Youth Services Department's Education and Training Center. She specializes in cognitive-behavioral and family therapy, evaluation, and training and supervision of doctoral interns and trainees. She has worked with children and families for over 25 years, utilizing practical, evidence-supported interventions that emphasize individual and family strengths to facilitate positive change. She is also mother to an adolescent and highly invested in providing quality interventions to ensure today's kids are successful adults.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2027).

In order to receive Continuing Education credits, you must complete an electronic form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](mailto:Cristal.Montepeque@pbcgov.org) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460