Palm Beach County
Board of County Commissioners

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

Palm Beach County YOUTH Services
Growing Brighter Futures

Building Blocks of Blended Families

Presented by Alyssa M. Payne, Ph.D.

Wednesday, November 18, 2026

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/2WC2JGH

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 November 17, 2026

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:

Blended families often refer to families formed when a biological parent remarries or cohabits with a non-biological stepparent. An increasing number of youth are embedded in blended families and find the strengths of a widened support system. However, unique strengths come with unique challenges as family members navigate changing roles, relationships, and expectations. This presentation will define the concept of blended families while exploring the developmental stages and family dynamics that may occur. Common challenges in familial adjustment, such as co-parenting, boundary setting, loyalty conflicts, and attachment, will be explored. By approaching blended families from a family systems perspective, participants will learn evidence-based strategies and interventions to increase family togetherness, improve open communication, and foster resilience.

Learning Objectives:

1. Define and describe blended families along with their formation and dynamics.
2. Identify common challenges unique to caregivers and youth in blended families.
3. Implement strategies and interventions to foster familial attachment and resilience.

Presenter:



Alyssa Payne, PhD, earned her bachelors of science degree in Psychology and Behavioral Neuroscience and her bachelors of arts degree in Spanish from the Harriet L. Wilkes Honors College at Florida Atlantic University (FAU). She earned her master's and doctoral degrees in clinical psychology at Nova Southeastern University (NSU) in Fort Lauderdale, Florida. Her ongoing research interests include the role of linguistic and cultural factors on parental accommodation, youth anxiety, and measure development. Dr. Alyssa has trained in community mental health centers and behavioral health clinics in collaboration with social workers, psychiatrists, and licensed psychologists providing individual, family, and group therapy, psychological testing, and community outreach. She also holds certification in Parent-Child Interaction Therapy (PCIT) and has specialized training for the assessment of Autism Spectrum disorder. Dr. Alyssa is currently a postdoctoral fellow with the Palm Beach County Youth Services Department, where she serves Palm Beach County families by providing bilingual Spanish-English outpatient family therapy, PCIT, and psychological testing services. She enjoys collaborating with fellow professionals in pursuit of knowledge, empathy, and empowerment.

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 at (561) 233-4460.

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

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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