

## Clinical Training Fall 2019

TRAINING	DATE/TIME
<p><b>Acknowledging and overcoming implicit bias *6 CEU hours</b></p> <p>This workshop is designed to define implicit bias and support participants in understanding the way such bias impacts factors such as access to care and health outcomes. Participants will be encouraged to evaluate the role implicit bias has in their own work, as well as develop a plan for positive change. It is designed to offer a compassionate space for conversation around delicate matters, with the intent to improve the self-awareness of participants and in turn improve the quality of their work with clients.</p>	<p>9/6/19 9a-4p</p>
<p><b>Understanding the Culture of Poverty*3 CEU hours</b></p> <p>The culture of poverty is a concept in social theory that asserts that the values of people experiencing poverty play a significant role in perpetuating their impoverished condition. This workshop will examine how the wealthy, middle class, and people in poverty view the world and interpret life. Furthermore, it will discuss the challenges professionals face in understanding why children and youth in poverty behave in a certain way, why they have challenges following instructions, and how to help them succeed in the face of on-going poverty.</p>	<p>9/13/19 9a-12p</p>
<p><b>The role of attachment in grief and loss *6 CEU hours</b></p> <p>Grief and loss is complicated when the grieving person is not anchored and connected in a support system. Grief and loss is relational. Children and adults with complicated or insecure attachments struggle to resolve grief, and almost as if by definition these children and adults will have more difficulty processing it. This workshop looks at Grief and loss as being a universal experience, making it challenging for practitioners who themselves will have their own losses stirred up. It will be experiential and give the participant a chance to practice the skills of helping their clients sit with the pain of loss so that the client can find a place for it in their lives that allows them to continue to live. As they work through and process these losses, the hope is that they will be able to make themselves open to new attachments.</p>	<p>9/20/19 9a-4p</p>
<p><b>Permanency in the Child Welfare System*3 CEU hours</b></p> <p>This workshop is designed to define permanency in the child welfare system, and explain the impact of interruptions and lack of permanency has on a child. Participants will develop strategies for engaging families around permanency planning and implement family driven, youth empowered permanency planning into the treatment process.</p>	<p>9/27/19 9a-12p</p>
<p><b>Working with school anxiety and avoidance *3 CEU hours</b></p> <p>Many youth are referred to services as a result of challenges in the school setting, or truancy. This workshop will explore the differences between defiant and anxious behavior related to the school setting, as well as identify school performance areas affected by trauma. Participants will learn ways to respond empathetically, develop solutions based on the youth's identified needs, and work in collaboration with other potential members of the treatment team.</p>	<p>9/27/19 1p-4p</p>

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<p><b>Couples &amp; Family Counseling- *3 CEU hours</b></p> <p>When an individual is struggling with a problem/issues/transition they will often seek out help for themselves. Couples and Family Counseling takes into account that often this individual is part of a family system and/or part of a couple. This training will survey current approaches to couples and family counseling with an emphasis on a systemic conceptual model of family functioning and therapeutic intervention. The training is designed to give an overview of specific intervention competencies. After training participants will be able to: explore the systems perspective that provides an understanding of family systems theories and other major models of family related interventions, recognize the importance of family, social networks and community systems in the treatment of mental health disorders/issues, distinguish between the three major theoretical paradigms of family interaction, demonstrate an understanding of their own family of origin's development structure and communication patterns using a genogram. Attendees will also identify couples specific issues that lead to requesting therapy and discuss a prominent couples counseling theory in field.</p>	<p>10/4/19 9a-12p</p>
<p><b>Eating Disorders*3 CEU hours</b></p> <p>This workshop provides an opportunity to increase your knowledge of all things Eating Disorder. Participants will review the definition of eating disorders, common myths about eating disorders and learn to identify the risk factors, warning signs and symptoms of multiple types of eating disorders using the DSM-V. Participants will gain the knowledge to understand the potential health consequences of having an eating disorder, and begin to understanding the Stages of Change Model. Lastly, this training will equip providers with various treatment options to explore for treating the various eating disorders.</p>	<p>10/4/19 1p-4p</p>
<p><b>Understanding and Effectively engaging different ethnic groups*3 CEU hours</b></p> <p>This workshop will explore approaches that can be used for effectively communicating, listening, and developing an awareness of clients from different cultures and diverse backgrounds. Utilizing cross-cultural perspectives, participants will explore diversity within a community and specific populations. Exercises will be designed to help attendees internalize the approaches taught to support them in effectively engaging different ethnic groups.</p>	<p>10/11/19 9a-12p</p>
<p><b>Change Readiness/Adapting to Change *3 CEU hours</b></p> <p>This workshop allows participants to learn skills needed to adjust to constantly shifting workplace demands. Participants will explore the view of change as an opportunity; understanding the physical impact of change; developing "change hardiness"; achieving flexibility in the face of new demands; and predicting the paths of change.</p>	<p>10/18/19 9a-12p</p>

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<p><b>Working with adult clients *3 CEU hours</b></p> <p>This training dives into the “do’s and don’ts” of engaging with adult service recipients and strategies for addressing barriers to engagement with them. Training covers the key aspects of interacting with adult clients as well as resources to add to your tool box when trying to build a rapport. This training touches on some strategies that are helpful in capturing and/or addressing critical information in treatment planning, with the intention of effectuating change without being forceful. Lastly, training briefly covers substance use and how substances may play a role in the adult client’s mental health presentation.</p>	<p>10/18/19 1p-4p</p>
<p><b>Working with Children 0-5 *3 CEU hours</b></p> <p>This workshop will discuss developmental traits of children aged zero to five and common barriers of traditional therapeutic approaches with early childhood populations. Participants will be introduced to expressive therapies, specifically art and music. They will define expressive therapy and illustrate its uses and application.</p>	<p>11/1/19 9a-12p</p>
<p><b>ACE’s, Trauma, and Brain Development*6 CEU hours</b></p> <p>ACEs are significant childhood experiences which can result in actual changes in brain development. These changes may affect a person’s learning ability, social skills, and can result in long-term health problems. The Centers for Disease Control and Prevention (CDC) view ACE’s as one of the major health issues in the 21st century. Throughout this one day workshop, we will explore the ACE’s study performed by the American health maintenance organization Kaiser Permanente and the Centers for disease control and prevention, examine real life experiences, and discuss in depth the impact resilience has on the potential health impacts of ACE’s. Participants will leave with concrete knowledge of how to support a person who has experienced childhood adversity in overcoming the risks associated with those experiences.</p>	<p>11/8/19 9a-4p</p>
<p><b>Safety in Community Practice and Service Provision *5 CEU hours</b></p> <p>This workshop is designed to support individuals providing services to clients in a community setting to enhance their personal safety practices. Participants will increase their knowledge of personal safety in the community and in client homes. The workshop will explore and practice identifying potentially dangerous situations that could occur in the community or on home visits. They will also identify strategies to increase personal awareness and develop a safety action plan.</p>	<p>11/22/19 9a-3p</p>
<p><b>Autism spectrum disorder *3 CEU hours</b></p> <p>This workshop will define Autism spectrum disorder and discuss common challenges youth with ASD often face. Specifically, participants will examine wandering, sensory processing, stimming and meltdowns. Treatments to improve functioning will be discussed, as well as operationalizing tools in practice.</p>	<p>12/6/19 9a-12p</p>

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<p><b>Personality disorders *3 CEU hours</b></p> <p>Identifying personality disorders is a crucial element of individual counseling and clinical support. There are 10 diagnosable psychiatric conditions that are recognized and described in the recent version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). This workshop will introduce the ten identified disorders and explore three more deeply using fictional characters to explore the manifestation of the disorder in a tangible form. The training is designed to give an overview of diagnostic criteria, qualities and treatments. Participants will learn to understand the definition of personality disorders, recognize ways that some of the disorders present, distinguish three of the ten personality disorders, and demonstrate an understanding of treatment options for the identified disorders. Participants will understand that diagnosis in mental health, just like in physical health, is a medical practice.</p>	<p>12/6/19 1p-4p</p>