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SPRING/SUMMER 2018



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SPECIAL EVENTS

Challenging Racial Disparities Conference, June 6, with Derald Wing Sue, PhD
Ethics Seminars with Frederic Reamer, PhD, or David Barry, JD, LSW

CONTINUING EDUCATION CATALOG



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RUTGERS

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- ◆ Monthly weekend residencies
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Our main location at 390 George Street in New Brunswick. Free Parking!

Discount Plan – “2 for \$200”

Our workshops consistently receive top satisfaction scores. Many of you indicate you would like to attend even more workshops; however, cost becomes an issue. We have heard your concerns and have developed the best discount plan in our over 40-year history. Our single-day workshop rate is \$129; however, if you register for two workshops, the rate drops to \$200. For those of you interested in attending several workshops or a certificate program, the rate is stackable — 4 workshops for \$400, 6 for \$600, and so on. The discount rate does not apply to multi-day workshops or special programs. Get a jump on your CEHs this time. We hope to see you this spring and summer!

Are You Ready to Teach With Us?

As you will see in this catalog, the Office of Continuing Education offers a LOT of topics relevant to social work practice. We are always interested in finding new instructors who have expertise and a driving passion to teach others. If you or someone you know is an experienced professional who would like to partner with us in sharing your area of expertise, please contact us at ce@ssw.rutgers.edu or go to our webpage <http://socialwork.rutgers.edu/ce>.

The Office of Continuing Education
Learn for Good

socialwork.rutgers.edu/ce

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Special Notices

Office of Continuing Education

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All workshops are approved for continuing education hours (CEHs) by the Rutgers School of Social Work in accordance with New Jersey Administrative Code 13:44G and recognized by the:

New Jersey Board of Social Work Examiners

Pennsylvania State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors

New Jersey Department of Education, approval code 1965

National Board for Certified Counselors, provider 6389

The Rutgers School of Social Work is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events (or programs) that meet NBCC requirements. Sessions (or programs) for which NBCC-approved clock hours will be awarded are identified in the program bulletin (or in the catalog or website).

The Rutgers School of Social Work as the ACEP is solely responsible for all aspects of the program. (NBCC provider number 6389).

Addictions workshops are appropriate for LCADC and CADC recertification/renewal (N.J.A.C. 13:34 c-53).

*Association for Play Therapy (APT)
Approved Provider 11-300*

State of New York — The Rutgers University School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, provider SW-0069.

All workshops in this catalog provide approved continuing education hours for New York social workers and New Jersey licensed social workers, professional counselors, marriage and family therapists, and teachers, unless otherwise noted.

Rutgers CEHs are recognized for social workers by most U.S. states. Check your state license board to verify if they are valid in your state.

Our Main Location — 390 George Street

We are in a prime location, with free parking, the train station, and many diverse eateries within easy walking distance.

FREE PARKING

Workshop participants attending trainings at 390 George Street or the Boggs Center can park at the lower Church Street Parking Deck (90 Church Street) for free! You will receive a free gate card to cover the parking cost. Be sure to enter Church Street from Neilson Street.

DISCOUNTS AVAILABLE! 2 for \$200

Our best discount ever makes it even easier to take all the workshops you need to complete your CE requirements. Plan ahead and register for the workshops that benefit you the most or consider starting a certificate program. Enroll early to ensure your spot is reserved.

- ◆ Discount applies to individual registrations in multiples of two (i.e., 2, 4, 6 workshops, etc.).
- ◆ Registration for the workshops must be done at the same time.
- ◆ Only workshops listed in the spring/summer catalog are eligible.
- ◆ Discount can be applied to group registrations if submitted together. Normal cancellation policy applies; refunds will be prorated.
- ◆ Discount does not apply to multi-day workshops or special programs.
- ◆ Discount cannot be combined with other discounts or coupons.

10% Discount

Rutgers alumni, staff, field instructors, and students receive a 10% discount! Discounts cannot be combined with other discount offers.

NEW — Online Workshops!

The Office of Continuing Education has opened a new online portal to provide you with a variety of one- and two-hour online trainings. Learn what you want, when you want, where you want. Create your personal account where you can browse the available online trainings, keep track of your completed courses, and download your certificates. The online portal will be regularly updated with new trainings. Contact us if you have interest in uploading a training of your own. All trainings are approved for CEHs for N.J. social workers. Check out all the compelling topics we have to offer online at: RutgersCE.wcea.education.

MINI-CERTIFICATE IN COMPLEX TRAUMA

A Five-Week Series with Monica Indart, PsyD

Develop advanced skills and knowledge in healing complex trauma through intensive training. In this popular program, you will learn a resilience-based, attach-

ment-focused treatment framework to work with adolescents, adults, and older adults. Limited to 20 participants — sign up now! See page 26 for more information.

Leading Experts on Ethics

Meeting your license ethics requirement does not have to be boring. Spend a thought-provoking day with a leading expert on social work ethics. Frederic Reamer, PhD, is one of the nation's foremost scholars on professional ethics. David Barry is the Chairman of the National Ethics Committee of the NASW and past President of NASW's New Jersey Chapter. They will each lead a full-day workshop on ethics at our new site in Somerset, N.J. (easy parking). See page 19 and page 20 for more information.

DBT Intensive Series

Check out our new three-day series on the essential components of dialectical behavior therapy. Clients with severe emotional dysregulations can be extremely difficult to treat. DBT is a proven modality that helps clinicians engage this difficult-to-treat population to help them stabilize and develop a life worth living. See page 11.

NEW — Introduction to Comprehensive Integrative Psychotherapy

Comprehensive Integrative Psychotherapy (CIP) is a psychotherapy model designed to treat the great range of clients who suffer from psychological distress due to negative life experiences in their past. Used in both individual and couples/family treatment, it takes concepts and techniques from psychodynamic psychotherapy and cognitive-behavioral therapy and places them atop a foundation derived from evolutionary psychology. This five-session series provides a powerful treatment road map for both beginning and experienced clinicians. To learn more, see page 9.

Mini-Certificate in Mindfulness Across the Lifespan

There is a wealth of empirical evidence on the physical and emotional benefits of



mindfulness practice. In this four-workshop series, you will learn how to incorporate mindfulness with clients across the lifespan — from young children to teenagers to older adults. Learn how to help clients of all ages use mindfulness to address stress, addiction, pain, and other physical and emotional challenges. See page 31.

Helping Couples Get the Love They Want

Do you find working with couples challenging? Most clinicians do. Learn about the widely acclaimed Imago model from the internationally known master trainer Maya Kollman. You are guaranteed to learn new ways of working with couples and will be thoroughly energized to use them in your practice. See page 16.

Bring Training and CEHs to Your Agency

We will develop training for any size organization on virtually any topic and then deliver it at your site. Train all your staff on the same topic at the same time. To find out more, contact us at ce@ssw.rutgers.edu or call 848-932-8758.

Need Ethics and Cultural Competence Workshops?

We have several scheduled this spring and summer. See page 4 for the “Must-Haves in CEHs.”

Rutgers LCSW/LSW Exam Prep Course

Be prepared to pass! Developed by the Office of Continuing Education, this engaging and stimulating workshop will cover what you need to know, teach you proven test-taking strategies, and provide useful practice questions. See page 17.

Want to Become an LCSW? If Yes, READ THIS!

If you are an LSW who wants to become an LCSW, do you know that your clinical supervisor must complete 20 hours of an approved course in clinical supervision before the start of your supervision? Since July 2004, LCSWs who do clinical supervision must first have a minimum of three years of licensure and at least 20 CE hours of a NJBSWE-approved course in supervision. We offer a fully approved dynamic 20-hour clinical supervision series to meet this need. See page 26 for more information

Track Your CE Progress on Our Website

We have designed our own registration and account management system. Online you can see a list of all our offerings, register for workshops, see your workshop history, get directions to all workshop sites, and even see your progress in each certificate program with “Certificate Advisor”! Just open your web browser and visit socialwork.rutgers.edu/ce.

Single Workshop or Certificate Program? You Decide

All workshops in the catalog can be taken individually. Completing a certificate program is self-paced. Just sign up for any workshop you want. If it is part of a certificate program, we will automatically apply your attendance toward the appropriate certificate. You can track your progress on our website.



All licensed N.J. social workers are required to receive continuing education in ethics and social and cultural competence. We make meeting the requirements easy with a wide selection of engaging workshops. Look for the following throughout the workshop listings:

Ethics
Social and Cultural Competence
Clinical

All workshops are general (nonclinical) unless indicated as above.

License Requirement: Ethics

The N.J. social work license mandates that all social workers take 5 hours of continuing education on ethics each relicensing period. The Office of Continuing Education provides the opportunity to meet this requirement with innovative and interesting workshops. Below are the spring/summer 2018 workshops that meet the ethics requirements. Please see indicated pages for workshop details.

Social Work Ethics: Dealing With Serious Practice Challenges

March 28, 2018 • Parsippany • See page 17

Self-Care in Trauma Work

April 6, 2018 • Bordentown • See page 34

Incorporating Cultural Competence into Ethical Decision-Making

April 9, 2018 • New York • See page 43

Ethical Issues in Social Work Practice

April 10, 2018 • Bordentown • See page 9

Ethical Issues in Social Work Practice

April 12, 2018 • New Brunswick • See page 9

If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization

April 12, 2018 • Parsippany • See page 17

Legal and Ethical Issues in Clinical Supervision

April 26, 2018 • Parsippany • See page 26

Ethical Dilemmas in Working With Older Adults

April 27, 2018 • Parsippany • See page 30

The Ethics of Trauma and Disaster Response: Doing Right, Doing Good

May 4, 2018 • Paramus • See page 35

Legal and Ethical Issues in Child/Adolescent Mental Health

June 5, 2018 • Bordentown • See page 25

Community Organizing and Ethics

June 6, 2018 • Paramus • See page 33

Incorporating Cultural Competence into Ethical Decision-Making

June 7, 2018 • New Brunswick • See page 17

Legal and Ethical Issues in Working With Trans Youth

June 14, 2018 • New York City • See page 12

If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization

June 14, 2018 • New Brunswick • See page 17

Incorporating Cultural Competence into Ethical Decision-Making

June 14, 2018 • Bordentown • See page 17

Social Work, Ethics, and Professional Responsibilities

June 18, 2018 • Bordentown • See page 19

Cutting-Edge Ethical Issues in the Digital Age

June 18, 2018 • Somerset • See page 19

Ethical Issues in Social Work Practice

June 21, 2018 • Parsippany • See page 9

Social Work, Ethics, and Professional Responsibilities

June 21, 2018 • New Brunswick • See page 19

Ethical and Legal Issues in Substance Abuse Counseling

June 22, 2018 • New Brunswick • See page 22

Incorporating Cultural Competence into Ethical Decision-Making

June 28, 2018 • Parsippany • See page 17

Ethical Issues in the Schools

June 29, 2018 • West Long Branch • See page 14

Social Work, Ethics, and Professional Responsibilities

June 29, 2018 • Parsippany • See page 19

Social Work, Ethics, and Professional Responsibilities

July 12, 2018 • West Long Branch • See page 19

Ethics Essentials in Geriatric Care

July 18, 2018 • New Brunswick • See page 29

Ethical Issues in the Schools

August 3, 2018 • New Brunswick • See page 14

Ethics Essentials in Geriatric Care

August 9, 2018 • Bordentown • See page 29

Ethical Social Work Practice in the Digital Age

August 11, 2018 • Somerset • See page 20

License Requirement: Social and Cultural Competence

All N.J. licensed social workers are required to take a minimum of 3 hours in the area of social and cultural competence each relicensing period. As social workers, we embrace the goal of increasing culturally competent practice and are pleased to offer the following dynamic workshops this semester:

Incorporating Cultural Competence into Ethical Decision-Making

April 9, 2018 • New York • See page 17

Multicultural Perspectives in Developmental Disabilities

April 10, 2018 • New Brunswick • See page 27

Cyberbullying: Nothing Virtual About It

April 11, 2018 • Parsippany • See page 17

Managing Differences and Difficult Supervisees

April 24, 2018 • Parsippany • See page 26

Working With Asian Indian-Hindu Families: Moving Towards Culturally Responsive Interventions

April 25, 2018 • New Brunswick • See page 10

The Impact of Gangs on Trauma-Informed Care

April 25, 2018 • New Brunswick • See page 34

Sexual Orientation and Gender Identity Diversity: Understanding the Needs of LGBT Individuals

May 1, 2018 • New York City • See page 18

Sexual Orientation and Gender Identity Diversity: Understanding the Needs of LGBT Individuals

May 9, 2018 • New Brunswick • See page 18

School-to-Prison Pipeline: Understanding the Relationship Between School Discipline, Dropping Out, and Incarceration

May 11, 2018 • Hackensack • See page 33

Successful Treatment for Criminal Justice Clients: A Social Work Perspective

May 15, 2018 • Parsippany • See page 10

Living as a Multicultural Family: An Adoptive Family Perspective

May 16, 2018 • Piscataway • See page 23

School-to-Prison Pipeline: Understanding the Relationship Between School Discipline, Dropping Out, and Incarceration
May 18, 2018 • Bordentown • See page 33

Ethnogeriatrics: Working With Older Adults of Various Cultures
May 19, 2018 • New Brunswick • See page 30

Understanding Child Development Through a Cultural Lens
May 23, 2018 • New Brunswick • See page 25

Developing Cultural Competence in a Multicultural Society
June 5, 2018 • Parsippany • See page 18

Incorporating Cultural Competence into Ethical Decision-Making
June 7, 2018 • New Brunswick • See page 17

Environmental Justice: A Social Work Perspective
June 7, 2018 • New Brunswick • See page 33

Starting Out: From Diagnosis Through Early Childhood
June 8, 2018 • New Brunswick • See page 27

Cultural Competence and Equity in LGBT Healthcare: Strategies for Medical and Mental Health Providers
June 8, 2018 • Bordentown • See page 33

Dealing With Supervisory Challenges in Nonclinical Settings
June 8, 2018 • Glassboro • See page 19

Clinical Work With LGBTQ Youth
June 12, 2018 • New York City • See page 12

Cross-Cultural Competence Skills: Bridging Cultural Differences With Respect and Understanding
June 12, 2018 • Parsippany • See page 19

Living as a Multicultural Family: An Adoptive Family Perspective
June 12, 2018 • New York City • See page 23

Social Justice Practicum: Managing Conflicts and Challenges in the 21st Century
June 13, 2018 • New Brunswick • See page 33

Legal and Ethical Issues in Working With Trans Youth
June 14, 2018 • New York City • See page 12

Incorporating Cultural Competence into Ethical Decision-Making
June 14, 2018 • Bordentown • See page 17

Promoting Wellness in Older Adults
June 14, 2018 • New Brunswick • See page 30

CBT With Latino Populations
June 15, 2018 • New York City • See page 12

Social Media: The Good, the Bad, and the Ugly from a Social Work Perspective
June 15, 2018 • New Brunswick • See page 19

Violence Against Women in Diverse Populations
June 27, 2018 • Parsippany • See page 37

Incorporating Cultural Competence into Ethical Decision-Making
June 28, 2018 • Parsippany • See page 17

Suicide Prevention With Trans Youth
July 10, 2018 • Camden • See page 14

Working With Latino Cultures
July 10, 2018 • Parsippany • See page 14

Addictions in the Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Communities: If Gay Means Happy, Why Am I Always Getting High?
July 20, 2018 • Glassboro • See page 22

End-of-Life Issues
July 24, 2018 • New Brunswick • See page 30

Cultural Competency in Trauma Treatment
July 26, 2018 • Parsippany • See page 36

Understanding the Immigration Process and Supporting Immigrant Families Through Their Traumatic Experiences
July 31, 2018 • Parsippany • See page 16

Differences and Diversity in the Experience, Effects, and Treatment of Trauma
August 3, 2018 • Bordentown • See page 36

Fatherhood
August 3, 2018 • New Brunswick • See page 20

Spanish for Social Service Settings
August 18, 25, Sept. 8, 15, and 22, 2018 • New Brunswick • See page 20

License Requirement: The Clinical Supervision Series

LCSWs who provide clinical supervision for LSWs must first have a minimum of three years of licensure and 20 continuing education hours in a specialized clinical supervision course approved by the NJBSWE. The approved course must be completed prior to the start of the supervision. We offer a highly praised 20-hour clinical supervision series for LCSWs who are interested in providing supervision. Completion of the four workshops will fully meet the coursework requirement for LCSWs to supervise LCSW candidates. Please see page 26 for more information on each of the four workshops that will be offered this spring and summer:

Core Issues in Clinical Supervision
April 17, 2018 • Parsippany • See page 26

Models and Techniques of Clinical Supervision
April 19, 2018 • Parsippany • See page 26

Managing Differences and Difficult Supervisees
April 24, 2018 • Parsippany • See page 26

Legal and Ethical Issues in Clinical Supervision
April 26, 2018 • Parsippany • See page 26

SPECIALIZED AREAS OF PRACTICE

Working with Children, Teens, and Parents

Cyberbullying: Nothing Virtual About It
April 11, 2018 • Parsippany • See page 17

Play Therapy Techniques That You Can Use Today
April 13, 2018 • Parsippany • See page 24

Positive Parenting
May 8, 2018 • Piscataway • See page 10

Parents and School Success
May 17, 2018 • New Brunswick • See page 18

Challenging Cognitive Distortions in School-Age Children
June 19, 2018 • Parsippany • See page 13

Psychodynamic Concepts for the Child Therapist: How it Applies to Today's Therapeutic Interactions
June 22, 2018 • Bordentown • See page 14

Practical Parenting Toolbox
June 27, 2018 • Bordentown • See page 14

Through Our Eyes: Children, Violence, and Trauma
June 21 & July 20, 2018 • Bordentown & New Brunswick • See page 13

Child and Adolescent Mental Health Certificate Workshops
Multiple dates • Varied • See page 24

Eating Disorders

What's Eating You? The Psychology of Eating
May 22, 2018 • Bordentown • See page 11

Mothers, Daughters, and Food: Understanding Disordered Eating
June 13, 2018 • New Brunswick • See page 12

Diet, Nutrition, and Eating Behaviors: Helping Clients Make Changes
June 20, 2018 • New Brunswick • See page 13

Eating Disorders and Obsessive Compulsive Disorder: Sorting Out a Complicated Symptom Picture
July 25, 2018 • New Brunswick • See page 15

Mindfulness

East and West Converge in the Present Moment: How Mindfulness Practice Activates Innate Healing and Happiness
April 13, 2018 • Bordentown • See page 31

Mindfulness and Acceptance-Based CBT for Anxiety
April 19, 2018 • New Brunswick • See page 9

Mindfulness Practice for Children: Keys to Success in the Age of Distraction
April 20, 2018 • Bordentown • See page 31

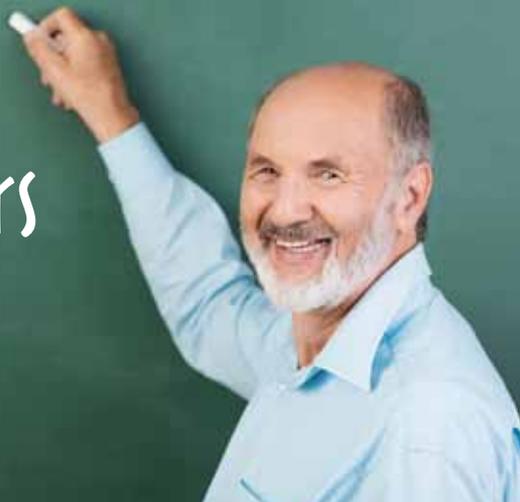
Mindfulness and the Teenage Brain
May 4, 2018 • Bordentown • See page 31

Senior Moments Redefined: Mindfulness Practices for Older Adults and Their Caregivers
May 11, 2018 • Bordentown • See page 31

Beyond Healing to Thriving: Post-Traumatic Growth Through Mindfulness, Cognitive Behavior Therapy, and the Arts

August 13, 2018 • New Brunswick • See page 16

Advance Your Career with a Rutgers Certificate Program!



A university certificate program is a substantial credential representing advanced postgraduate education. Each certificate is designed to enhance your work and further your career by providing knowledge that is both broad and deep in a concentrated area. Upon completion, your certificate will demonstrate your advanced training and commitment.

Key Information About Certificate Programs

- ◆ **Any workshop in a certificate program can also be taken as a single-day workshop.** No special enrollment required. Take one, a few, or all the workshops to complete a certificate.
- ◆ Completion of a certificate program is self-paced. You can complete the required workshops in a certificate in as little as one year or over a few years.
- ◆ Create an account on our website and you can track your workshop history and certificate progress with “Certificate Advisor.”
- ◆ Full details on each certificate can be found on our website: socialwork.rutgers.edu/ce.
- ◆ Contact the Office of Continuing Education at 848-932-8758 or ce@ssw.rutgers.edu for more information or with inquiries about certificate programs.
- ◆ Workshops typically offered in the spring/summer semester are in **GREEN**.
- ◆ Workshops typically offered in the fall/winter semester are in **BROWN**.

Certificate Program in Adoption

This clinical certificate program addresses the key issues involved in the adoption process and focuses on how the clinician can skillfully help adoptive families. To receive the final certificate, a participant completes: **7 required workshops, 2 elective workshops, a total of 9 days.** For this semester’s offerings see page 22.

ADOPTION CERTIFICATE WORKSHOPS

1. **#5954: Attachment-Focused Therapy for Adoptive Families**
2. **#5955: Family-Focused Therapy for Post-Institutionalized Adopted Children**
3. **#5957: Behavioral Management and Discipline With Adopted Children**
4. **#5978: Conceptualizing Crisis Intervention When Working With Adoptive Families**
5. **#5951: The Psychology of Adoption**
6. **#5953: Life Cycle Experience and Issues in the Adoption of Older Children**
7. **#5963: Impact of Early Adverse Childhood Experiences — Implications for Adoption**

PLUS TWO ELECTIVE WORKSHOPS

Bowen Family Systems Theory Clinical Certificate and Individual Workshop Series

Bowen theory is regarded as one of the most important and substantive social-behavioral theories of the 20th and current centuries. This workshop series, offered in conjunction with the Center for Family, Organizational, and Natural Systems Education, is designed for

individuals who want to develop a solid understanding of: Bowen theory, its natural science foundations, a systems thinking approach to human behavior, and how to use this theory to manage self in professional endeavors and personal life.

CLINICAL CERTIFICATE IN BOWEN FAMILY SYSTEMS THEORY

10 workshops (including 10 group/individual supervision sessions)

9:30 a.m. - 6:00 p.m., September-June,
75 clinical CE Hours

Applications for the certificate are accepted every August

See the Bowen webpage to apply or for more info: <http://socialwork.rutgers.edu/bowen>

Single-day workshops: You may take any of the certificate workshops as a single-day enrollment. See page 28 for the workshops being offered this semester. Up to 2 workshops in the year immediately before acceptance into the certificate can be taken in advance.

Certificate Program in Case Management

The certificate program in case management provides extensive training in the specialized skills used in this important practice modality that is used by all social workers. To receive the final certificate, a participant completes: **5 required workshops, 2 elective workshops, a total of 8 days.** For this semester’s offerings see page 23.

CASE MANAGEMENT CERTIFICATE WORKSHOPS

1. **#4504: Building the Helping Relationship**
2. **#4503: Handling Crisis in Case Management**
3. **#4505: Advocacy and Collaborating Skills in Case Management**
4. **#4502: Improving Networking Skills and Enhancing Interagency Relationships**
5. **#4501: Comprehensive Assessment and Case Planning (2 days)**

PLUS TWO ELECTIVE WORKSHOPS

Certificate Program in Child/Adolescent Mental Health

This certificate program offers clinicians the opportunity to increase their diagnostic and treatment skills particular to the needs of children and adolescents. Designed for the advanced practitioner in a variety of settings, these workshops address developmental, environmental, cultural, and family issues that impact clinical interventions. To receive the final certificate, a participant completes:

9 required workshops, 2 elective workshops, a total of 14 days. For this semester's offerings see page 24.

CHILD AND ADOLESCENT MENTAL HEALTH CERTIFICATE WORKSHOPS

1. #5651: Principles of Differential Diagnoses in Adolescents (2 days)
2. #5652: Psychopharmacology With Children and Adolescents
3. #5655: Legal and Ethical Issues in Child/Adolescent Mental Health
4. #5656: Understanding and Treating Children and Adolescents in the Context of Their Families
5. #5653: Attachment Theory
6. #5650: Normality or Pathology: An Exploration of Child Development and Mental Health
7. #5654: Assessment and Differential Diagnoses of Childhood Disorders (2 days)
8. #5657: Psychotherapeutic and Psychosocial Treatments for Child and Adolescent Disorders (2 days)
9. #5658: Dealing With Differences and Diversity in the Clinical Treatment of Children and Adolescents

PLUS TWO ELECTIVE WORKSHOPS

Mini-Certificate in Complex Trauma

This four-week series provides you with in-depth training on the essential principles and practices in healing complex trauma. Utilizing a closed-cohort model, you will learn the most modern conceptualizations of complex trauma and learn to utilize a resilience-based, attachment-focused treatment framework. See page 26.

Certificate Program in Developmental Disabilities

The certificate program in developmental disabilities has been created through a joint effort with the Rutgers Boggs Center on Developmental Disabilities and the Rutgers School of Social Work. It is intended to enhance the specialized skills and knowledge of professionals working in the field of developmental disabilities. To receive the final certificate, a participant completes: **9 required workshops, 3 elective workshops, a total of 12 days.** For this semester's offerings, see page 27.

DEVELOPMENTAL DISABILITIES CERTIFICATE WORKSHOPS

1. #3025: Community Services and Supports: Evolving Approaches
2. #3009: Growing Old Together: Aging and Family Caregiving

3. #3005: Multicultural Perspectives in Developmental Disabilities

4. #3008: Starting Out: From Diagnosis Through Early Childhood
5. #3001: An Introduction to Developmental Disabilities and Social Work Practice
6. #3027: Supporting Youth With Disabilities in the Transition to Adult Life
7. #3002: Disability Policy Issues
8. #3003: Legal and Ethical Issues
9. #3026: Supporting Families Through Change

PLUS THREE ELECTIVE WORKSHOPS

The Gerontology Certificate Programs

The gerontology program offers four different certificates:

- ◆ Basic Certificate Program in Gerontology
- ◆ Advanced Certificate Program in Gerontology
- ◆ Certificate Program in Senior Housing Issues
- ◆ Certificate Program in Senior Services Management

Basic Certificate Program in Gerontology

The basic certificate program in gerontology is designed to provide the foundational knowledge for people directing their careers toward serving older adults and their families. A multidisciplinary perspective is used in the planning and implementation of this certificate program. To receive the basic certificate in gerontology, a participant must attend: **6 required workshops, 2 elective workshops, a total of 14 days.** For this semester's offerings, see page 29.

BASIC GERONTOLOGY CERTIFICATE WORKSHOPS

1. #1004: Practical Case Management With Older Adult Clients
2. #1006: Aging: Policy and Economic Considerations (3 days)
3. #1002: Coping With Functional Loss and Environmental Changes (2 days)
4. #1001: Aging: The Human Process (3 days)
5. #1003: Assessment of Older Adults (2 days)
6. #1005: Communicating With Older Adults

PLUS TWO ELECTIVES

Advanced Certificate Program in Gerontology

This advanced certificate program offers higher-level knowledge and skills for social workers and others who work with older adults. It has been specifically designed for professionals who have completed the basic gerontology certificate program and are looking for advanced training. Individual workshops can be taken by anyone who is interested; however, the final certificate is only available to those who complete the basic gerontology certificate. To receive the final advanced certificate in gerontology, a participant must attend: **6 required workshops, 2 elective workshops, a total of 8 days.** For this semester's offerings, see page 30.

ADVANCED GERONTOLOGY CERTIFICATE WORKSHOPS

1. #1036: Ethical Dilemmas in Working With Older Adults
2. #1023: Ethnogeriatrics
3. #1103: End-of-Life Issues
4. #1102: Advanced Care Planning
5. #1013: Legal Issues and Planning for Older Adults
6. #1101: Psychiatric Vulnerabilities in Older Adults

PLUS TWO ELECTIVES

Certificate Program in Senior Housing Issues

This certificate program has been created through a joint effort between the New Jersey Housing and Mortgage Finance Agency, social workers who work in senior housing around the state, and the Rutgers School of Social Work. It is intended to enhance the skills and knowledge of service coordinators, property managers, and other building staff who work in senior citizen housing developments. To receive the final senior housing certificate, a participant must attend: **5 required workshops, 2 elective workshops, a total of 9 days.** For this semester's offerings, see page 30.

SENIOR HOUSING ISSUES CERTIFICATE WORKSHOPS

1. #1036: Ethical Dilemmas in Working With Older Adults
2. #1200: Working Together: Property Management and Social Services Staff
3. #1001: Aging: The Human Process (3-day workshop)
4. #1013: Legal Issues and Planning for Older Adults
5. #1024: Common Health Problems and Medication Use With Older Adults

PLUS TWO ELECTIVES

(Any elective workshop listed under the gerontology programs)

Certificate Program in Senior Services Management

This certificate program has been created as a joint effort between the N.J. Association of Senior Center Directors and the Rutgers School of Social Work. It is intended to enhance the skills and knowledge of the professional directors, administrators, and managers of senior services programs, such as senior centers, offices on aging, and other agencies that provide services to older adults. To receive the final senior services management certificate, a participant must attend: **6 required workshops, 2 elective workshops, a total of 10 days.** For this semester's offerings, see page 30.

SENIOR SERVICES MANAGEMENT CERTIFICATE WORKSHOPS

1. #1036: Ethical Dilemmas in Working With Older Adults
2. #7153: Management of Budgeting and Finance
3. #1001: Aging: The Human Process (3-day workshop)
4. #1005: Communicating With Older Adults
5. #7151: Strategic Management
6. #7158: Program Evaluation — An Opportunity, Not a Burden

PLUS TWO ELECTIVE WORKSHOPS

(Electives may be selected from all workshops listed under the gerontology programs or the nonprofit and public management program)

Certificate Program in Nonprofit and Public Management

Inspired by the work of the former Dean of the School of Social Work, Dr. Richard Edwards, as well as many experienced faculty and leaders, this certificate program is designed to build and enhance the knowledge, skills and competencies of current and future leaders of nonprofit and public human service organizations and to assist them in strategically managing the many challenges presented in today's human services environment. To receive the final certificate in non-profit and public management, a participant must attend: **5 required workshops, 3 elective workshops, a total of 8 days.** For this semester's offerings, see page 31.

NONPROFIT AND PUBLIC MANAGEMENT CERTIFICATE WORKSHOPS

1. #7151: Strategic Management
2. #7152: Human Resources Management
3. #7153: Management of Budgeting and Finance

4. #7154: Managing Change
5. #7150: Essential Attributes of Leadership

PLUS THREE ELECTIVES

Certificate Program in Training Skills

This certificate program teaches participants the skills and methods to plan, design, and deliver effective and engaging training programs for professionals based on current theories about adult learning. To receive the final certificate in training skills, a participant must attend: **6 required workshops, a total of 6 days.** For this semester's offerings, see page 34.

TRAINING SKILLS CERTIFICATE WORKSHOPS

1. #8006: Developing Objectives and Planning the Workshop
2. #8001: Creating Effective Training Presentations
3. #8005: Working With Case Studies and Role Plays
4. #8004: Experiential and Interactive Training Methods
5. #8002: Group Skills for Trainers
6. #8003: Training Needs Assessment and Evaluation

Certificate Program in Trauma Response and Crisis Intervention

This clinical certificate program is designed for clinicians, mental health professionals, and practitioners from other disciplines who wish to enhance their knowledge and skills in the field of trauma response and crisis intervention. Workshops will address a variety of traumatic events, such as interpersonal violence, natural disaster, terrorism, and personal/family crises. To receive the final certificate in trauma response and crisis intervention, a participant must attend: **9 required workshops, 2 elective workshops, a total of 13 days.** For this semester's offerings, see page 34.

TRAUMA RESPONSE AND CRISIS INTERVENTION CERTIFICATE WORKSHOPS

1. #5850: Foundations and Models of Crisis Intervention (2 days)
2. #5851: Self-Care in Trauma Work
3. #5856: Responding to Disaster
4. #5855: Family Treatment Approaches in Working With Trauma
5. #5684: Group Treatment Approaches in Working With Trauma

6. #5853: The Ethics of Trauma and Disaster Response: Doing Right, Doing Good
7. #5858: Individual Treatment Approaches in Working With Trauma
8. #5857: The Effects of Trauma Across the Developmental Spectrum (2 days)
9. #5852: Differences and Diversity in the Experience, Effects, and Treatment of Trauma

PLUS TWO ELECTIVES

Certificate Program in Violence Against Women

There are two certificate levels available: foundation and clinical. These two certificate programs are designed to give comprehensive exposure to the knowledge and skills required to address violence against women (VAW). The certificates are based on a multidisciplinary focus that encompasses the varied professional roles in the VAW field. The foundation certificate covers the essential knowledge required for competent work in the area of violence against women, and the clinical certificate expands the topic covering advanced knowledge, skills, and interventions. See page 36 for workshops offered this semester.

VAW FOUNDATION CERTIFICATE

(5 required, 5 electives, a total of 10 days)

1. #1301: Understanding Violence Against Women
2. #1303: Violence Against Women in Diverse Populations
3. #1304: Legal Responses to Violence Against Women
4. #1305: Ethical Issues and Values in Violence Against Women Work
5. #1314: Violence Against Women: Techniques in Screening, Assessment, and Basic Interventions

PLUS FIVE ELECTIVES

VAW CLINICAL CERTIFICATE

(6 required, 2 electives, a total of 8 days)

1. #1301: Understanding Violence Against Women
2. #1323: Violence Against Women and PTSD
3. #1315: Confidentiality and Counseling Ethics
4. #1501: Treatment of Adult Survivors of Child Sexual Abuse
5. #1355: Clinical Presentations of Survivors: Impacting Our Lives, Impacting Our Communities
6. #1314: Violence Against Women: Techniques in Screening, Assessment, and Basic Interventions

PLUS TWO ELECTIVES



SPRING/SUMMER 2018 WORKSHOPS

Clinical Workshops

#5096

Who is Afraid of the Angry Client? Using Schema Therapy to Understand and Treat Angry Modes

Anger is challenging to deal with both interpersonally and professionally. This workshop will provide clinicians with strategies for discerning anger modes as they surface in your clients in the treatment room, such as the angry/enraged child, bullying adolescent, angry/defiantly detached protector, critic, and aggressive overcompensator. You will learn methods for effectively addressing them, including how to “listen” for and recognize the signs of an angry bully, resentful adult, or childlike victim; and know how/when to allow for ventilation, empathically confront, or set limits.

Fee: \$129

CEHs: 5 Clinical

Instructor: John F. Gasiewski LCSW, PhD

Date: Monday, April 9, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5418

Ethical Issues in Social Work Practice

Clinicians face ethical dilemmas on a daily basis and must make ethical decisions as a part of their practice. In this interactive experiential workshop, participants will explore theories of ethical decision-making, discuss guidelines for ethical decision-making, and practice using a framework for

ethical decision-making. Codes of ethics as well as issues around dual relationships will be addressed. This workshop does not qualify for NBCC clock hours in ethics. This workshop is being offered on three different dates and locations:

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Tuesday, April 10, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

Date: Thursday, April 12, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Date: Thursday, June 21, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5238

Mindfulness and Acceptance-Based CBT for Anxiety

Early CBT systems developed cognitive and behavioral interventions to reduce anxiety. But many contemporary CBT approaches do not challenge dysfunctional cognitions and maladaptive behavior. Instead, they advocate acceptance and mindfulness-based techniques for treating anxiety disorders (e.g., de-fusion, self-compassion, mindfulness). In this workshop, Dr. Mollick will describe these new techniques and provide case examples of how to apply them to anxiety disorders. The workshop will also include opportunities to experience acceptance and mindfulness exercises firsthand. In addition, Dr. Mollick will discuss specific mindfulness and acceptance techniques for each of the anxiety disorders and how to integrate these into traditional CBT or psychodynamic practice.

Fee: \$129

CEHs: 5 Clinical

Instructor: Lynn Mollick, PhD

Date: Thursday, April 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5265

Introduction to Comprehensive Integrative Psychotherapy

Comprehensive Integrative Psychotherapy (CIP) is a psychotherapy model designed to treat the great range of clients who suffer from psychological distress due to negative life experiences in their past. Used in both individual and couples/family treatment, it takes concepts and techniques from psychodynamic psychotherapy and cognitive-behavioral therapy and places them atop a foundation derived from evolutionary psychology.

Who this series is for: This intensive series presents a model of psychotherapy that can be easily taught and learned. Early career clinicians can benefit by learning a comprehensive and structured model that applies to most patients yet can be taught concisely and that incorporates interventions from different theories. Experienced clinicians can benefit most from the parts of the model that apply to difficult, “stuck” patients and to those with personality disorders. They can also learn a model that they can use to supervise beginning clinicians to get them up and running in a short period of time.

Day 1: Introduction and Overview of Comprehensive Integrative Psychotherapy.

Day 1 introduces CIP and its basic elements and teaches participants how to interview new clients thoroughly for both symptoms and underlying past causes of psychological

(continued on next page)

problems. It then explains how to use this information to quickly form a case conceptualization that determines the areas of focus for treatment. Participants will learn how negative life experiences cause blocked emotions, negative ego states, and maladaptive interpersonal stances, and how to integrate all of these into a coherent narrative that can be used with each client to effect change. Different treatment techniques will be presented to remedy problems in each area. Interpersonal Stance Theory is also introduced in Session 1.

Day 2: Integrating Psychodynamic and Cognitive-Behavior Therapy With Evolutionary Psychology.

The morning session shows how psychodynamic psychotherapy (PP) can be integrated with CBT by accepting that PP and CBT have different conceptualizations of root causes (PP: repression, CBT: maladaptive thoughts and behaviors) that are not mutually exclusive but complementary. It then reconceptualizes the repression model for modern-day society, catalogs the toolboxes of techniques for PP and CBT, and shows how tools from each toolbox can be used to treat both repression and maladaptive thoughts and behaviors. The afternoon session covers basic concepts in evolutionary psychology, and shows how Interpersonal Stances (Dominant, Submissive, Cooperative, Nurturant, Dependent, Romantic, Hate, and Group) are psychological modules programmed into human beings by evolution. It covers how and why these stances become features of personality, and the emotions, thoughts, and behaviors that accompany each one.

Day 3: Dominance, Submission, Abuse, Trauma, Hate — The Authoritarian Complex and How to Treat It.

Day 3 covers issues of power and control over others, including abuse from the perspectives of both abuser and victim. It begins with the Authoritarian Spiral (Dominant and Submissive stances reinforcing each other) and how Submissive Stance clients can be taught to interrupt it peacefully. Next it covers feelings of excessive entitlement and obligation and how and how to treat them. Then Defensive Dominance and the Hate Stance are explained in evolutionary terms, and participants are taught how to normalize hate and discuss it objectively with clients who experience it, while maintaining reasonable moral judgments. Finally, countertransference issues regarding dominance, entitlement, and hate are covered and discussed.

Day 4: Neediness, Love, and Despair — Treating Attachment Problems and Attachment-Related Personality Problems in CIP.

Day 4 covers attachment issues in CIP and their impacts on emotions, thoughts, and behavior. The emotion of Love is precisely defined and the Attachment Dyad is explained, including both Nurturant and Dependent Stances, along with the blocked emotions and negative ego states typical of attachment-related problems. The Dependent Stance is covered in depth

along with its possible developmental pathways, and participants are taught how to recognize overdependence, fixated dependence, and counterdependence, and how to treat them. Dependent Stance entitlement is covered as an aspect of overdependence, and excessive displays of distress are covered as an aspect of fixated dependence. Then treatment of counterdependence is covered using education, suggestion, positive reinforcement, and shaping.

Day 5: Romantic Attraction and Its Frustrations — Treating Clients Who Have No Game, Way Too Much Game, or Who Keep Playing the Wrong Game.

Day 5 covers psychological problems associated with the Romantic Stance, which generates romantic and sexual attraction. Topics include: stuck in the friend zone, subclinical body-dysmorphic disorder (BDD), bad-boy attraction, and serial infidelity. The Romantic Stance is analyzed along with the emotional blockages, negative ego states, and maladaptive behaviors that accompany the various Romantic Stance problems. The Romantic-Submissive Fusion is explained as the source of both bad-boy attraction and being stuck in the friend zone, and treatment of Romantic-Submissive Fusion is explained and discussed. Identifying and treating subclinical BDD using negative ego state treatment is also covered.

Fee: \$475

CEHs: 25 Clinical

Instructors: Tom Hollenbach, PhD, and Deborah McKinley, LPC

Dates: Fridays, April 20, 27, May 11, 18, and June 1, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5203

Working With Asian Indian-Hindu Families: Moving Towards Culturally Responsive Interventions

This workshop is designed to offer clinicians strategies and techniques necessary to offer culturally responsive mental health treatment to Asian Indian-Hindu clients. Key concepts of Hinduism, such as the theory of karma, goals of human life, information about the prominent gods/idols that are worshiped, will be discussed. Socio-cultural diversity found among the people of India will be explored in order to understand subcultures. Participants will gain practical information regarding the distinct worldview of Asian Indian-Hindu clients. The workshop will address some challenges that are faced by them as they seek mental health treatment and implications of working with them.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Amisha Desai, MPS, LMFT

Date: Wednesday, April 25, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5772

Positive Parenting

Positive parenting is an approach focused on bringing out the best in kids by focusing on their potential, strengths, and inherent abilities. In many human service settings, parenting education is a key element of the services provided. Whether parents are involved in school-related activities, post-divorce mediation, the child welfare system, mental health services, or self-enrichment programs, parenting education touches the lives and future welfare of thousands of children and their families. By raising children using positive psychology, we can better provide children with a more optimistic and resilient outlook. This positive parenting workshop will focus on establishing nurturing environments, being a role model, and ways to utilize strengths and abilities as a way to create happy and meaningful lives. It's important to remember that happy parents result in happy children.

Fee: \$129

CEHs: 5 Clinical

Instructor: Diane Lang, MA

Date: Tuesday, May 8, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Middlesex Regional Educational Services Commission, Piscataway

#5097

Gestalt Theory, Therapy, and Technique: An Introductory Workshop in the Gestalt Approach

This is an introductory workshop for those interested in gestalt therapy, one of the most dynamic and growth-promoting theories in psychotherapy. In this workshop, we experientially explore and discuss the major concepts and interventions of gestalt therapy, which emphasizes the primacy of here and now experience and unity of body, mind, and environment. Highlighted areas include the importance of the dialogic therapist/client relationship, phenomenological awareness, experimentation, and the use of the empty chair. Participants will learn theory and technique through lecture, demonstration, and facilitated experiential exercises to help broaden their way of working with clients.

Fee: \$129

CEHs: 5 Clinical

Instructor: Laura Carite, LPC

Date: Friday, May 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5492

Successful Treatment for Criminal Justice Clients: A Social Work Perspective

Participants in this workshop will become aware of the diversity and oppression that exist in the prison system. They will recognize

the complex makeup of the criminal justice client when addressing the cultural and gender differences within this population. This workshop will also describe the set of symptoms, coined by Terence Gorski, called "Post-Incarcerated Syndrome" (PICS), that is present in currently incarcerated and recently released prisoners, and relate them to successful treatment and discharge.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Judeth Forlenza Wesley, RN, LCSW, LCADC, CPS

Date: Tuesday, May 15, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5239

Creative Approaches to Coping With Self-Mutilation

This workshop is designed for clinicians who are seeking alternative interventions for their clients coping with self-harm behaviors. The intervention is the basis for a book published in 2010. Background information on risk factors and types of self-mutilation are discussed. The intervention, a creative approach to understanding self-mutilation, is based on narrative therapy and will explore how clients can "express" their current life story through alternative means as well as reappraise their situations and find new coping mechanisms for emotions or pathology. The workshop includes case examples of clients who have gone through group intervention to treat their self-mutilating behaviors, as well as additional resources.

Fee: \$129

CEHs: 5 Clinical

Instructor: Sara Martino, PhD, NCC, LPC

Date: Tuesday, May 15, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5246

Relationship Connections and the Role You Have in Strengthening Them

This interactive workshop focuses on ways that people can strategically connect with others to enhance the quality and depth of their relationships. Participants will learn how to develop a greater awareness of their own efforts to connect with others, strategies for strengthening relationship connections, and how to apply this in the therapeutic setting. Through the lens of Bowen family systems theory, participants will recognize the importance of self-definition, curiosity, and reciprocity when meaningfully connecting with others.

Fee: \$129

CEHs: 5 Clinical

Instructor: Lauren Hammer, LCSW, MS

Date: Wednesday, May 16, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5201

Family Therapy 101

This workshop offers a toolkit for the child/family therapist working in both agency and private practice settings. The goal is to provide attendees with enhanced skills and techniques to build their practice repertoire. The workshop covers the initial intake session with children, including the assessment, historical gathering of family dynamics, and working with symptom presentation. From there, the workshop will provide activities to engage children under 10, address how to optimize the length of the session in regard to age, and how to best include the entire family. The workshop includes techniques on working with teens and how to determine when to refer a child of any age to a higher level of care. Additionally, the workshop will discuss issues of HIPPA compliance and consent/release forms needed on file to ensure continuing care with physicians, teens, and divorced families. This workshop is being offered on two different dates and locations.

Fee: \$129

CEHs: 5 Clinical

Instructor: Jennifer Vazquez, LCSW

Date: Thursday, May 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: St. Francis Community Center, Long Beach Twp.

Date: Thursday, August 2, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5247

What's Eating You? The Psychology of Eating

This workshop focuses on understanding the psychological processes underlying humans' development of eating behaviors and the adoption of both healthy and maladaptive cognitions and behaviors concerning food, eating, and our bodies. Issues to be addressed include food choice, the development of food preferences, motivation to eat, cultural influences on eating patterns, weight-regulation, body image, dieting behaviors, obesity, eating disorders, and the treatment of unhealthy and clinical eating problems. The psychology of eating will be emphasized, and psychological problems associated with eating will be highlighted.

Fee: \$129

CEHs: 5 Clinical

Instructor: Katherine Glick, LPC, LCADC, CCS, ACS, MAC, BCHHP

Date: Tuesday, May 22, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5049

Understanding the DSM-5: Diagnostic Changes and Clinical Implications

The ability to assess and diagnose is a core competency for mental health providers. The significant changes in the DSM-5 manual

require practitioners to modify their current understanding of diagnostic symptoms and categories. This one-day workshop will help you become knowledgeable about the DSM-5 by covering 20 revised diagnostic categories. In addition, the new "dimensional assessment" will be reviewed. This workshop is being offered on two different dates.

Fee: \$129

CEHs: 5 Clinical

Instructor: Judeth Forlenza Wesley, RN, MSW, LSW, LCADC

Date: Tuesday, May 22, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

Date: Tuesday, June 5, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5248

Dialectical Behavior Therapy: Theory, Structure, and Skills

DBT is a model of psychotherapy developed and researched to treat some of the most challenging populations seeking mental health treatment in our practices and agencies. Day 1 of this three-day series provides an overview of the theory and structure of the model, as well as the differences between a comprehensive DBT program and DBT-informed psychotherapy. Days 2 and 3 will offer an experiential group skills training to provide practitioners with the opportunity to learn DBT skills from the client's perspective. This will help therapists learn, practice, model, and teach skills to their clients.

Fee: \$300

CEHs: 15 Clinical

Instructor: Lona Stranieri, LCSW

Dates: Fridays, June 1, 29, and July 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5051

A Walk Through Grief: What to Expect and How to Work With the Bereaved

Grief is universal and will eventually emerge in the practice of all professionals. Are you ready? This workshop will provide clinicians with a useful guide on the varied presentations and symptoms encountered when working with the bereaved. All aspects of the grieving process will be examined, including symptom presentation, prognosis of mourning, key aspects of healing, and specific tools to use when working with the bereaved. The workshop will include informative case examples and a resource guide to help practicing clinicians in healing their bereaved clients.

Fee: \$129

CEHs: 5 Clinical

Instructor: Jennifer Vazquez, LCSW

Date: Thursday, June 7, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: St. Francis Community Center, Long Beach Twp.

#5053

Emotional Freedom Techniques (EFT), a Mind-Body Approach to the Anxiety Spectrum Disorders

This how-to-do-it workshop focuses on learning meridian techniques to treat the anxiety spectrum disorders, including simple phobias, generalized anxiety, panic, acute stress reaction, and trauma. These disorders overwhelmingly report physiological symptoms as well as emotional. Learn how to incorporate several complementary and integrative meridian techniques to quell these mind-body complaints, using methods emanating from China and Asia that are 2000 years old. These methods are emerging into the mainstream in both the mental health and coaching arenas. See page 16 for Level II of this workshop. This workshop is being offered on three different dates.

Fee: \$129

CEHs: 5 Clinical

Instructor: Robin Bilazarian, LCSW, DCSW, DCEP AAMET

Date: Thursday, June 7, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Date: Friday, June 22, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

Date: Friday, July 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Robins' Nest, Glassboro

#5249

Social Media's Influence on Self-Esteem and Self-Regulation

This workshop will begin with an introduction to how social media influence both self-esteem and self-regulating behaviors. We will then move into examining various social media outlets. Newer social media outlets will be explored, including the level of involvement different age groups and genders have with them. Finally, the workshop will move into social media's influence on self-regulating behaviors. The workshop will provide strategies for lessening clients' exposure to social media.

Fee: \$129

CEHs: 5 Clinical

Instructor: Sara Martino, PhD, NCC, LPC

Date: Monday, June 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5235

The Neurobiology of Trauma/PTSD

The overall goal of this workshop is for practitioners to understand that the development of post-traumatic stress disorder (PTSD) is not merely a psychosocial phenomenon and to be better able to provide treatment interven-

tions based on changes in the nervous system. PTSD has been found to be prevalent, but it is important to study PTSD to understand why some individuals develop the disorder and others, also exposed to specific traumatic events, do not. Studying the symptomatology of PTSD, as it relates to possible neural mechanisms, may provide some insight toward answering these questions. By the end of this workshop, you will be able to list the three general categories of symptoms exhibited by individuals with PTSD, describe the role of the limbic system in the production of memory dysfunction in traumatized individuals, understand how the hypothalamus and pituitary gland are involved in the "fight or flight" response, and the benefits and side-effects of the most common pharmacological agents used to treat PTSD/trauma.

Fee: \$129

CEHs: 5 Clinical

Instructor: Craig Strickland, PhD

Date: Monday, June 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Northbrook Behavioral Health, Blackwood

#5230

Clinical Work With LGBTQ Youth

LGBT youth have higher rates of mental health issues, substance abuse, involvement in the child welfare and criminal justice system, and represent half of the homeless youth population in some cities. This workshop utilizes a framework of minority stress theory and attachment-based family therapy and will discuss incorporating this framework into clinical practice. Participants will begin to understand the origins of negative outcomes, preventative strategies, suicide prevention, LGBT terminology, and provide local and national resources. We will discuss real case examples, but please bring your own. This workshop will be highly interactive through case example small group and large group discussions, lecture, multimedia, and a quiz to test your knowledge.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Alex Redcay, PhD, LCSW

Date: Tuesday, June 12, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Cancer Care, New York City

#4068

Prison Break: Working With the Criminal Justice Client

Working with criminal justice connected clients can be challenging work. Having insight into the special needs of this population and specialized skills to work with them can make a significant difference in the effectiveness of your work. This population of clients includes those that are community-based as well as the criminal offender re-entering society. This workshop will provide a

model for treatment to help clinicians address issues facing these clients. Areas covered will include identification of the criminal justice client, treatment planning strategies, self-awareness when working with this population, use and misuse of counter-transference, and cultural differences.

Fee: \$129

CEHs: 5 Clinical

Instructor: Judeth Forlenza Wesley, RN, LCSW, LCADC, CPS

Date: Wednesday, June 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5488

Mothers, Daughters, and Food: Understanding Disordered Eating

This workshop will explore the relationship between mothers, daughters, and food and how the dynamics of disordered eating originate. An overview of the role of food and eating at each developmental stage, beginning in infancy, will be discussed. Participants will leave with a greater understanding of different patterns present between mothers and daughters and how those patterns can be addressed clinically. We will explore the role of the therapist and specific intervention strategies that can be used in clinical treatment. The workshop will utilize lecture, clinical vignettes, small group discussion, interactive exercises, and role playing to facilitate the learning experience.

Fee: \$129

CEHs: 5 Clinical

Instructor: Susan Rubinetti, LCSW

Date: Wednesday, June 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5254

Legal and Ethical Issues in Working With Trans Youth

What if we are going on an overnight field trip? Questions like this arise regarding the obligations for school districts, residential, inpatient facilities, employers when working with trans individuals. This engaging workshop will present the essential trans-friendly terminology, ethical dilemmas, trans-related legal history, employment and federal requirements, and implementation for your specific setting. Videos, small group discussions, a quiz, and other interactive methods will be used to entertain you while you learn. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence OR Ethics

Instructor: Alex Redcay, PhD, LCSW

Date: Thursday, June 14, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Cancer Care, New York City

#5253

CBT With Latino Populations

This workshop will describe the adaptations of cognitive behavioral therapy for working with the Latino population. The main focus of this workshop is to discuss and apply the fundamental concepts of cognitive behavioral therapy (CBT) and provide culturally sensitive cognitive behavioral strategies to address behavioral change, specifically for bicultural individuals. Learning objectives include describing the Latino acculturative stress implications; psychotherapeutic processes when engaging Latinos into practice; explaining fundamental concepts of CBT and how they assist individuals in identifying, proving, and changing disruptive beliefs from a cultural perspective; understanding how to utilize and modify CBT techniques to fit and assist interpersonal problems through therapeutic exercises; and giving directive and active intervention from a bicultural point of view.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Mayte Redcay, LCSW

Date: Friday, June 15, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Cancer Care, New York City

#5089

How is Anxiety Good for You?

While many do their best to avoid feeling anxious, anxiety is not all bad; in fact, it can be good for you. It functions as a cue for examining how stress is managed and what contributes to an anxious mind. Through the lens of Bowen family systems theory, participants will increase their awareness as to how anxiety impacts them, their family, and workplace; understand what triggers their anxiety; and learn how they can strategically work to ease their anxious mind. This workshop is intended for clinicians interested in increasing their ability to better manage their own anxiety as well as strengthen their therapeutic skills for counseling anxious clients.

Fee: \$129

CEHs: 5 Clinical

Instructor: Lauren Hammer, LCSW, MS

Date: Friday, June 15, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5088

Challenging Cognitive Distortions in School-Age Children

Cognitive-behavioral interventions (CBI) can be a viable approach to remediate behavioral deficits and excesses by providing clients with the tools necessary to control their own behavior. Cognitive behavioral therapy is a highly structured and goal-directed form of treatment that has been shown to provide effective symptom relief for a wide range of mood, anxiety, and behavioral disorders. CBIs

involve teaching the use of inner speech ("self-talk") to modify underlying cognitions that affect overt behavior. This workshop will provide a brief overview of cognitive behavioral therapy and provide specific interventions to teach clients to control their thoughts and behaviors through the use of a coping template. Participants will gain a greater understanding of the basic components of cognitive and behavioral therapies and will be able to identify and utilize CBI for school-age children.

Fee: \$129

CEHs: 5 Clinical

Instructor: Natalie Contreras, MA, LPC

Date: Tuesday, June 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5211

Solution-Focused Practice

In a managed-care environment, where treatment is often driven and constrained by time limits, it is critical for clinicians to have a diverse knowledge base of skills that enable them to provide effective treatment in the short term. This interactive, "hands-on" workshop will teach participants a systems theory clinical model of solution-focused brief therapy that utilizes solution-focused premises, techniques, and tasks to promote improvement and change quickly. Generic formula interventions and an emphasis on client strengths and solution development provide clinicians with effective clinical tools that are useful with a variety of client populations.

Fee: \$129

CEHs: 5 Clinical

Instructor: Debra D. Castaldo, PhD, LCSW

Date: Tuesday, June 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5255

Diet, Nutrition, and Eating Behaviors: Helping Clients Make Changes

This workshop will discuss the role that nutrition and diet play in overall brain and body functioning, with a specific focus on the food-mood connection and mental, emotional, and behavioral domains. Nutritional guidelines will be discussed, including specific nutritional interventions that have demonstrated efficacy with psychological and behavioral symptoms. Strategies to assist clients with making changes will be reviewed, and participants will have the opportunity to practice skills to help clients overcome barriers to making changes in food choice and eating patterns.

Fee: \$129

CEHs: 5 Clinical

Instructor: Katherine Glick, LPC, LCADC, CCS, ACS, MAC, BCHHP

Date: Wednesday, June 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5202

Through Our Eyes: Children, Violence, and Trauma

In this workshop, we will look at the incidence, patterns, and occurrences of post-traumatic stress disorder (PTSD). Additionally, the workshop will review how PTSD negatively affects children in various developmental stages and the potential lifelong impact. Further, a discussion of grief versus trauma, complex PTSD and its relation to self-concept and later anxiety issues, neurological issues, and the resilience that children employ will all be reviewed. CBT, EDMR, and other treatment modalities will be addressed, including their effectiveness. Finally, we will tackle how to avoid the pitfalls of burnout in the mental health and related fields. This workshop is being offered on two different dates.

Fee: \$129

CEHs: 5 Clinical

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Thursday, June 21, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

Date: Friday, July 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5215

Parents as Healers: Dynamic Ways to Integrate Caregivers in Play Therapy

There is increasing evidence that involving parents in play therapy is more effective than treating the child alone. This workshop will teach an overall approach, "Parents as Healers," where parents/caregivers are dynamically involved in the play therapy process from the beginning. The workshop will provide an overview of some of the most effective parent-led play therapy approaches to address a wide range of mental health issues and will include resources for further study in each method. Approaches covered include: including directive play therapy strategies, cognitive behavioral play therapy, and directive play using principles of dialectical and behavioral therapy. Participants will learn to enable the caregiver to be the primary "healer" in the session while making their concerns a priority and having them continue the healing with home-based strategies. *Play therapy credit cannot be awarded to non-mental health professionals.*

Fee: \$129

CEHs: 5 Clinical

Instructor: Anne Marie Ramos, LCSW, RPT-S

Date: Friday, June 22, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5542

The Assessment and Treatment of Dissociative Disorders

Chronic trauma that occurs early in life has profound effects on personality development and can lead to the development of dissociative identity disorder (DID). This workshop will present an overview of trauma and dissociation. The diagnostic assessment of DID, formerly known as multiple personality disorder, will be reviewed, and the stages of treatment and specific intervention strategies will be covered. Through case examples, the treatment of DID will be discussed, including pacing treatment, balancing containment, and processing trauma.

Fee: \$129

CEHs: 5 Clinical

Instructor: Marsha Heiman, PhD

Date: Friday, June 22, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5256

Psychodynamic Concepts for the Child Therapist: How it Applies to Today's Therapeutic Interactions

Psychodynamic theory has evolved past Sigmund Freud, specifically in regard to treating children and adolescents. This workshop will help participants understand different psychodynamic schools of thought and psychodynamic concepts, as well as be introduced to the Psychodynamic Diagnostic Manual-2's mental functioning capacities. This workshop uses discussion of theory to illustrate concepts alongside case illustrations of psychodynamic concepts. Workshop attendees are invited to bring case material to the workshop.

Fee: \$129

CEHs: 5 Clinical

Instructor: Sarah Kautz, LCSW

Date: Friday, June 22, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5257

Practical Parenting Toolbox

The purpose of this engaging multimedia workshop is to teach professionals an overview of practical, "ready to use" skills regarding parenting techniques. The overarching goal of the workshop is to help professionals hone techniques that are necessary for the ever-changing and dynamic world that is the hallmark of modern parenting. These objectives include developing an understanding of what a child is attempting to communicate, versus what they say, and the multitude of skills youth utilize to get what they want. There will be an exploration and recognition of one's idiosyncratic parenting/personality style(s). The workshop will additionally gain better understanding of punishment versus discipline and how to teach logical and natural consequences as a manner of parental

philosophy. The workshop will conclude with a look at why behavioral contracts and reward systems succeed or fail and a review of common topics such as sibling rivalry and peer pressure.

Fee: \$129

CEHs: 5 Clinical

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Wednesday, June 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5607

Dealing With Challenging Parents and Families

Whether you're an educator, CST member, administrator, or mental health professional, you share one thing in common — dealing with difficult parents and families. All of us have experienced problematic, unproductive, and/or uncomfortable interactions with parents/families. Whether it be issues of defensiveness, "my child does no wrong," noncompliance, or just plain hostile parents, it can place an incredible hurdle and stress on your job duties. So what can you do? In this workshop, learn effective, practical tools, geared to help productively tailor your interventions around the most common types of challenging parents/families.

Fee: \$129

CEHs: 5 Clinical

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Thursday, June 28, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5819

Ethical Issues in the Schools

This workshop will examine current ethical issues facing school social workers, guidance counselors, and teachers. Topics to be included are alcohol and substance abuse, eating disorders, mental health issues, confidentiality, risk and resiliency, and strategies for dealing with parents and administrators. The workshop will also explore how helping professionals in schools can help families access help for their children while maintaining ethical boundaries. Specific case examples will be discussed, including rights of non-custodial parents and students who are 18 years old but still under parental care. This workshop does not qualify for NBCC clock hours in ethics. This workshop is being offered on two different dates.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Friday, June 29, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Monmouth Cares, West Long Branch

Date: Friday, August 3, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5258

Suicide Prevention With Trans Youth

Suicide risk increases for trans individuals when they participate in a single-gender therapy group with cisgender patients where microaggressions are unaddressed and clinicians, social work professors, and students are unaware of the neurological and genetic research literature. This interactive workshop will entertain and answer all of your questions.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Alex Redcay, PhD, LCSW

Date: Tuesday, July 10, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: School of Social Work, Camden

#5095

Working With Latino Cultures

This training will expose the participants to the stages of cultural identity development model. Through small group discussions, role plays, case vignettes, and large group participation, they will increase their knowledge of Latino cultural norms, including machismo, personalismo, etc., identity in the U.S., and group differences stemming from country or region of origin, cultural and family factors that influence relationships, and perceptions of health/illness and mental health services. Participants will also learn skills and techniques to facilitate positive engagement with Latino families.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Natalie Contreras, MA, LPC

Date: Tuesday, July 10, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5259

How NOT to Fail as a Therapist: Strategies for Preventing Premature Termination in Psychotherapy

This workshop will detail the research evidence on variables affecting premature dropout and poor outcomes in psychotherapy. Elements of the therapeutic role and process, from intake through termination, will be discussed, with specific attention paid to predictors of premature termination. Strategies for reducing client dropout will be discussed and applied to case examples, and participants will have the opportunity to try out new skills to navigate through therapeutic ruptures and other premature dropout risk factors.

Fee: \$129

CEHs: 5 Clinical

Instructor: Katherine Glick, LPC, LCADC, CCS, ACS, MAC, BCHHP

Date: Friday, July 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick



#5260 Gestalt Theory, Therapy, Technique Level II

This gestalt level II workshop will deepen your understanding of gestalt theory and its application in the therapy session. The workshop will build upon the theory and therapy techniques covered in the introductory gestalt workshop, including a deeper exploration of field theory, the paradoxical theory of change, figure and ground, the contact cycle, self-regulation, and creative adjustment. Participants will learn both theory and technique, with an emphasis on contact and experimentation. Participants will learn to clinically assess contact and contact interruptions, and the concept of therapeutic dialogue will be introduced. Gestalt work is quite experiential and therefore learning will be a bit more experiential in nature for this level II workshop. Participants will come away with knowledge and practical tools to begin layering the gestalt approach into their work.

Fee: \$129

CEHs: 5 Clinical

Instructor: Laura Carite, LPC

Date: Friday, July 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5085 Positive Psychology for Clinical Practice

This workshop will explore the rapidly growing and exciting field of positive psychology. In the past we have focused on what is wrong and not working in our lives. Positive psychology is the scientific study of well-

being and optimal functioning. It is a strengths-based approach to mental health that uses coaching as a process. This practical science can be applied to help people increase their well-being, build resiliency, learn their strengths, and enhance their overall life satisfaction. Positive psychology interventions can help clients alleviate and prevent mild to moderate depression and help people bounce back from adversity and feel happier. Teaching happiness skills to clients will improve their physical and emotional health. We know that happiness is also one of the most effective health interventions. Clinicians will learn techniques that will be useful additions to their practices and support their own well-being.

Fee: \$129

CEHs: 5 Clinical

Instructor: Diane Lang, MA

Date: Tuesday, July 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Middlesex Regional Educational
Services Commission, Piscataway**

#5209 Motivational Interviewing: Inviting and Acknowledging Change Talk

This workshop is for clinicians seeking an advanced level of motivational interviewing (MI) training. The learner will consider MI's application to a broad use of behavior changes ranging from health behaviors to substance use. The workshop offers a hands-on experiential learning approach with ample opportunity for role-plays, discussion, and case conceptualization. Participants will learn tangible skills for eliciting change talk with their clients, helping them to enhance motivation towards meaningful behavioral changes. Learners will leave with advanced knowledge of clinical interventions to utilize with clients to collaboratively address problem behaviors.

Fee: \$129

CEHs: 5 Clinical

Instructor: Bernard Showers, LCSW, CAADC

Date: Friday, July 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#5093 Relationship Reboot: Tech Support for Love

This timely divorce/breakup prevention workshop provides clinicians and couples with the "best of the best" cutting-edge techniques and skills Dr. Debra Castaldo has developed in over 25 years as a couples and marriage therapist. In the tradition of solution-focused therapy, she uses her optimistic, solution-focused coaching style to teach clinicians how to coach couples on becoming their own "Tech Squad for Love": an expert solution-searching team! She operates from her commitment to the belief

that the best experts to save a relationship are the couple themselves. Dr. Castaldo guides clinicians and couples through her step-by-step program with practical, solution-focused exercises that teach how to get powered back up, design unique solutions, and get relationships back online quickly and permanently!

Fee: \$129

CEHs: 5 Clinical

Instructor: Debra D. Castaldo, PhD, LCSW

Date: Tuesday, July 24, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5261 Eating Disorders and Obsessive Compulsive Disorder: Sorting Out a Complicated Symptom Picture

Eating disorders and OCD are two extremely complicated illnesses and oftentimes their symptoms overlap. The eating disorder client obsesses about calories and compulsively exercises. The obsessive compulsive client can present as a 16-year-old who obsesses about eating clean but doesn't necessarily fit criteria for an eating disorder. Understanding in detail both of these disorders and their overlap can greatly impact treatment. This workshop will illustrate the complexities in these two disorders, especially when they occur together. The workshop will utilize case material, role plays, interactive exercises, and lecture.

Fee: \$129

CEHs: 5 Clinical

Instructor: Susan Rubinetti, LCSW

Date: Wednesday, July 25, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5061 Dealing With Angry Students and Tantrums Effectively

It seems each year we are faced with more and more students who are getting angrier and angrier. Why are our students angry? How do we deal with students when they are annoyed, frustrated, or otherwise irritated? What works and what does not? In this informative workshop, we will attempt to briefly look at the context that seems to foster these students. Then, and most important, we will look at practical and simple tools that can be used immediately to decrease the incidence of tantrums and angry behaviors within the school, mental health, and home settings. The goal of this workshop will be to supplement your existing skills with new tools you can quickly implement when working with these students during their most challenging states.

Fee: \$129

CEHs: 5 Clinical

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Friday, July 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5262 Understanding the Immigration Process and Supporting Immigrant Families Through Their Traumatic Experiences

Immigrants experience many traumatic experiences on their journey to arrive in the United States. Immigrants to the U.S. experience stress related to acculturation, discrimination, employment, legal status and potential deportation, language acquisition, and separation from family and community of origin. They also experience many losses — loss of family, friends, professional status, language, culture, and sense of belonging. This workshop will review the immigration process and the traumatic experiences, along with common issues such as family separation and reattachment. It will provide a trauma-focused lens on working with this population.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Natalie Contreras, MA, LPC

Date: Tuesday, July 31, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5263 The Emotional Freedom Technique (EFT) and Tapping: Level II Evidence-Based Treatment for Emotional and Physical Pain

Level II EFT is for clinicians who want to continue to fine tune and expand their EFT skills. Prerequisite is having taken any day-long EFT training, including these in this catalog *and* have recently practiced EFT at least 10 times with yourself, friends, clients, or colleagues. After a quick review to assure all are on the same page, we will move quickly using EFT to desensitize issues and upsets in the present, past, and the future, and to free the individual to take thoughtful action. There are now over 80 published research articles proving EFT is evidence-based practice. We will also review the pain protocol as an alternative to opioid medication, a possible preventive model in this horrible opioid epidemic.

Fee: \$129

CEHs: 5 Clinical

Instructor: Robin Bilazarian, LCSW, DCSW, DCEP AAMET

Date: Thursday, August 9, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5264 Triggered in Sessions? Tools to Handle Delicate Situations

All clinicians occasionally experience some reactions or countertransference when work-

ing with a particular client. This workshop offers guidance and a toolkit to be used in the management of delicate moments when we, the clinicians, get triggered. Using lecture, discussion, and optional experiential activities, we will learn some of the typical indications that you may be triggered and/or in a dissociative state. This workshop explores why it matters if and when you are triggered, and participants will process when and how to calm the body and mind, as well as how to use the wealth of information our reactions provide about the therapeutic process taking place. The workshop goals include an understanding of why we might get triggered, how to resource ourselves when we are in session, and to explore implications in support of our clients. This workshop will provide attendees with enhanced skills and techniques to further build their practice repertoire.

Fee: \$129

CEHs: 5 Clinical

Instructor: Anat Samid, MSW, LCSW

Date: Friday, August 10, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5098 Beyond Healing to Thriving: Post-Traumatic Growth Through Mindfulness, Cognitive Behavior Therapy, and the Arts

This workshop will facilitate a better understanding of post-traumatic growth, how to encourage and promote it, and its implications to clinical practice and our communities. Participants will learn the definition of post-traumatic growth, distinguish between post-traumatic stress disorder and post-traumatic growth, and be exposed to techniques in mindfulness, cognitive behavior therapy, and the arts that support post-traumatic growth. PowerPoint, video, small group discussions, and experiential activities will be utilized throughout the workshop day.

Fee: \$129

CEHs: 5 Clinical

Instructor: Anat Samid, MSW, LCSW

Date: Monday, August 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5700 Helping Couples Get the Love They Want

Counseling couples can be the most challenging work of all. Do you ever find yourself working with couples and feeling like you have no idea what to do? Imago theory and skills will give you a clinical roadmap to help you feel more effective in your work. In this popular master-trainer-led workshop, you will receive a toolbox that will assist you in help-

ing couples to have necessary breakthroughs that move them from conflict into connection. This workshop is led by Maya Kollman, a dynamic and internationally sought trainer. She is one of five Imago master trainers and has worked closely with Harville Hendrix, the originator of Imago therapy.

Fee: \$129

CEHs: 5 Clinical

Instructor: Maya Kollman, MA

Date: Friday, August 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5269 Autism, ADHD, and SPD in Childhood: Clinical Considerations and Advocacy Opportunities

This interactive workshop will explore the autism spectrum disorder, attention deficit/hyperactivity disorder, and sensory processing disorder in children ages 3-10 years old. Professionals who are new to this population will gain accessible knowledge of the symptoms, interventions, and everyday experiences of the children and their caregivers. And professionals who already work in schools or community settings will explore up-to-date research and the nuances of working with the active and amazing children. All will leave with real-world strategies for clinical interventions and opportunities to advocate for special needs of these children.

Fee: \$129

CEHs: 5 Clinical

Instructor: Sandra Van Nest, LCSW

Date: Monday August 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5028 Basic Psychopharmacology for People With Co-Occurring Diagnoses

This workshop takes a look at best practice as it applies to prescribing (or not prescribing) psychotropic medications for a person in recovery with both a mental illness and substance abuse (MISA) diagnosis. Each medication class will be discussed in terms of benefits and side effects, and, whenever possible, recommendations of one medication type over another for the dually diagnosed consumer. Introductory material relating to the neuroanatomy and physiology of the central nervous system will also be presented and linked to why some medications should be prescribed and why others should be avoided for this problem.

Fee: \$129

CEHs: 5 Clinical

Instructor: Craig Strickland, PhD

Date: Thursday, August 23, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Northbrook Behavioral Health, Blackwood

General Workshops (Nonclinical)

#4121

Social Work Ethics: Dealing With Serious Practice Challenges

This workshop will review selected ethical principles from the Social Work Code of Ethics and provide an opportunity for practicing social workers at all levels and in all sectors to discuss the nuances of their practice. Changes in social mores and key societal shifts leading to modifications in the Code will be discussed (e.g., the use of technology related to social service practice). Case studies will be provided to ensure the relevance of the discussion. Participants will be taught to differentiate between ethical violations and errors in judgment or violations of the law. The workshop will also include a discussion of the role of the supervisor in ethical conduct and the ramifications of ethical breaches. A strategy for assessing ethical dilemmas will be presented and discussed. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: Shelly Wimpfheimer, DSW, LCSW, CSWM

Date: Wednesday, March 28, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5153

LCSW/LSW Examination Preparation Course

It is wise to do everything you can to pass the exam the first time. This popular interactive workshop will give participants the opportunity to learn test-taking strategies, practice test-taking with sample questions, and identify those content areas of the test where they have strengths as well as content areas where they need to improve their knowledge base. The workshop will include hands-on activities, practice test questions, discussions, PowerPoint presentations, and short lectures. This course will be offered on three different dates and locations. Note: This course is not eligible for CEHs.

Fee: \$129

Instructor: Robert Hazlett, PhD, LCSW

Date: Friday, April 6, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: School of Social Work, Camden

Instructor: Robert Hazlett, PhD, LCSW

Date: Friday, April 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Instructor: Christine Heer, LCSW, Esq

Date: Monday, May 7, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon Office Center, Parsippany

#4088

Incorporating Cultural Competence into Ethical Decision-Making

This interactive workshop will explore several different perspectives regarding ethical decision-making. It will examine the role of cultural competence in making ethical decisions and outline how social workers can synthesize ethical decision-making and cultural competence into their practice. The workshop will utilize varied learning methods, including short lectures, discussions, case examples, and interactive group activities. By the end of the workshop, participants will be able to identify cultural competence issues in several areas of their work and how to apply ethical decision-making models to guide their practice. This workshop does not qualify for NBCC clock hours in ethics. This workshop is being offered on four different dates and locations.

Fee: \$129

CEHs: 5 Social and Cultural Competence OR Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Monday, April 9, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Spence Chapin, New York City

Date: Thursday, June 7, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Date: Thursday, June 14, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

Date: Thursday, June 28, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#4069

Cyberbullying: Nothing Virtual About It

Cyberbullying is a growing problem for youth that can have tragic consequences. This workshop provides tools for professionals working with children, teens, or parents in clinical, school, service organizations, or other settings to recognize, respond to, and prevent cyberbullying. Topics include differences between cyberbullying and "traditional" bullying, types of cyberbullying, the reasons youth choose to cyberbully, social and psychological effects of cyberbullying, legal issues, parental and school responsibilities, online safety, the electronic generation gap between adults and teens, and various electronic venues, including social networking sites. The workshop provides participants with specific recommendations and resources for preventing and responding to cyberbullying, including resources for educating youth aged 5-18 and parents about cyber safety. No prior knowledge of electronic communications technology is necessary.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Paula Rodriguez Rust, PhD

Date: Wednesday, April 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#4113

If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization

Documentation is vital part of the professional's responsibility; however, it is often given insufficient attention. Writing progress notes, reports, and letters requires the human service professional to consider many factors, including the purpose of the communication, the recipient of the communication, and the goal(s) of the writer. This workshop will focus best practices in professional documentation for social workers and other professionals with topics including, but not limited to, how to memorialize your assessment, prognosis, and action plan in your documentation; how to appropriately convey these issues in communications to others; when to draft reports narrowly versus broadly; how to advocate and persuade on your client's behalf; how to convey objectivity; and ethical and legal issues in documentation. This workshop does not qualify for NBCC clock hours in ethics. This workshop is being offered on two different dates and locations. This workshop can be taken as an elective towards the certificate program in case management.

Fee: \$129

CEHs: 5 Ethics

Instructor: Christine Heer, Esq., LCSW, DVS

Date: Thursday, April 12, 2018

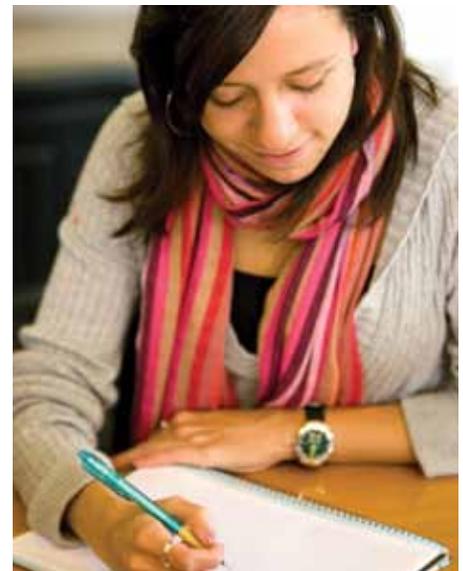
Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

Date: Thursday, June 14, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick



#5579 Sexual Orientation and Gender Identity Diversity: Understanding the Needs of LGBT Individuals

This workshop provides an in-depth examination of sexual orientation and gender identity diversity, with a focus on the psychological and social issues facing lesbian, gay, bisexual, and transgender people, as it relates to the provision of care in the social service context. Topics include LGBT subculture and the impact of prejudice, discrimination, and the “heterosexual assumption” on LGBT individuals and on the LGBT community. Use of inclusive language and other techniques for creating environments that are welcoming for LGBT individuals will be addressed, as well as how professionals can help youth and adults who are questioning their sexualities or genders. The workshop also examines common stereotypes and attitudes toward LGBTs, including the origins of these stereotypes, related research findings, and effective techniques for addressing the stereotypes and attitudes of others. This workshop is being offered on two different dates and locations.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Paula Rodriguez Rust, PhD

Date: Tuesday, May 1, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Spence-Chapin Services to Families and Children, New York City

Date: Wednesday, May 9, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4143 Termination of Parental Rights: A Legal Perspective

This workshop will discuss the complex matter of taking away a parent’s rights. In particular, the workshop will examine the law, processes, and the cases involved in the termination of parental rights. Participants will develop an understanding of child abuse/neglect proceedings and the termination process, including the grounds for termination and the standard of proof required for termination through case studies. The workshop will also review the use of evaluations in determining the fitness of a parent.

Fee: \$129

CEHs: 5

Instructor: Ed Tetelman, Esq.

Date: Wednesday, May 2, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4051 Gang Identification: Trends in N.J. Communities

This powerful multimedia workshop will examine the basics of gang identification, including history, graffiti, hand signs, clothing,

jewelry, and tattoos. The workshop will also discuss current and past trends with and within the gangs. Gang structure, gang wars, “set tripping,” and “line tripping” will also be explored. Actual gang cases will be presented, and the psychology of the gang member will be discussed.

Fee: \$129

CEHs: 5

Instructor: John (Jack) Farrell, LCSW

Date: Thursday, May 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#4955 Parents and School Success

This workshop will provide social workers with basic information and skills needed for enabling parents to help their children succeed in school. Studies have shown that healthy involvement of parents in their children’s education is a critical ingredient in academic success. The workshop will be divided into three parts: preparing children to succeed in school, encouraging positive classroom and home behaviors, and parent as “coach” to reinforce academic skill growth and success. Through lecture, activities, and video presentations, participants will gain skills and insights into the “school-smart home” — healthy, productive discipline techniques and academic reinforcement skills that have been proven to enrich and support academic success. Parent-teacher relationships will also be explored for the best possible problem-solving outcomes for children.

Fee: \$129

CEHs: 5

Instructor: Michael Katz, LCSW

Date: Thursday, May 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4183 Moving from Self-Criticism to Self-Care: The Healing Power of Self-Compassion

Most people raised in Western cultures have been socialized to believe that expression of self-confidence is egotistical and that self-acceptance and self-compassion will hamper their motivation to succeed and to reach their highest potential. Thus, few of us give ourselves the loving-kindness, forgiveness, and acceptance we can freely give to a dear friend, a partner, a colleague, or even a stranger. In fact, our self-talk is often riddled with self-criticism, self-doubt, and continual comparison with unattainable images and standards. Current research is confirming that these long-held beliefs are myths that are actually negatively affecting our physical, as well as our emotional health. There is evidence that self-compassion can to create emotional healing, reduce anxiety, improve health, enhance quality of life, and even facilitate weight loss! This workshop will

present the current research on self-compassion, including case studies of its transformative effects. Participants will learn to practice techniques and exercises to cultivate self-compassion that they can teach to clients and use in their own lives.

Fee: \$129

CEHs: 5

Instructor: Lori Schlosser, PhD

Date: Friday, May 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4951 Developing Cultural Competence in a Multicultural Society

Commitment to cultural competence is growing among healthcare professionals and providers. This interactive workshop will explore cultural competence from a global perspective and demonstrate how all healthcare professionals, specifically social workers, care managers, and mental health professionals, can infuse cultural competence into their practice. This training will provide comprehensive strategies to respond to the healthcare needs of a diverse population. Participants will learn the difference between cultural awareness and cultural competence. The workshop will address different learning styles by including classroom discussion and individual and group activities. Participants will ultimately learn to utilize cross-cultural skill-based approaches that can be universally applied.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Sophia Jones, PhD

Date: Tuesday, June 5, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#4205 Human Trafficking — Protecting the Most Vulnerable

New Jersey has increasingly become aware of the presence of the human trafficking and domestic minor sex trafficking. Healthcare providers play a crucial role in helping victims of human trafficking with physical and psychological care. This interactive workshop will explore human trafficking from an international and local perspective, and it will demonstrate how all healthcare professionals play a vital role in the fight against human trafficking. Healthcare professionals, social workers, care managers, and mental health professionals can benefit from learning effective guidelines for approaching and assisting victims of trafficking. The workshop will provide comprehensive strategies for responding to victims of trafficking. Participants will learn the different forms of human trafficking and also address different complex needs of victims of trauma. Using various learning styles, including classroom discus-

sion and individual and group activities, participants will ultimately learn to identify and respond to the needs of trafficking victims and survivors.

Fee: \$129

CEHs: 5

Instructor: Sophia Jones, PhD

Date: Thursday, June 7, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5268

Dealing With Supervisory Challenges in Nonclinical Settings

The supervisory relationship is one of the most critical relationships in the development of the helping professional through the course of a career. This relationship and its dynamics model elements of leadership, management, conflict resolution, and mentorship that influence future supervisory relationships. In this interactional workshop, participants, through short lecture, PowerPoint, small and large group discussion, learn to recognize types of challenging behaviors that are addressed in supervision, identify and utilize appropriate supervisory responses, and implement concrete tools to manage and plan for challenges in the supervisory relationship.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Robert Hazlett, PhD, LCSW

Date: Friday, June 8, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Robins' Nest, Glassboro

#5578

Cross-Cultural Competence Skills: Bridging Cultural Differences With Respect and Understanding

This workshop provides professionals with the knowledge and skills necessary to communicate effectively across cultural differences in a variety of contexts. Inter-cultural competence calls for a framework that supports recognizing individuality and variation within each culture. The focus of this workshop will be on ethnic and cultural differences, and it will also touch upon other forms of difference, including ability/disability, religion, and sexual orientation. In addition to information about specific cultural and other differences, participants will gain understanding of the dimensions along which cultures differ from each other to enable the application of inter-cultural communication skills to a variety of cultural contexts.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Paula Rodriguez Rust, PhD

Date: Tuesday, June 12, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#4206

Social Media: The Good, the Bad, and the Ugly from a Social Work Perspective

This workshop will examine the impact social media, music, and advertising have on today's society. Overexposure to certain media outlets can influence how people develop their value system and how they make decisions on moral issues and peer relationships. We know this to be particularly true with individuals who have experienced trauma and significant losses. By examining music, videos, and advertising campaigns, we identify the negative impact of imagery and subliminal messages and discuss ways to help individuals identify why they make the choices they make online. We will explore how to increase media literacy by educating and empowering individuals to use critical thinking skills and to see the direct and unintended consequences associated with technology. The importance of legislative advocacy will also be discussed.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructors: Qur-an Webb, MSW, and

Marcus A. Stallworth, LCSW

Date: Friday, June 15, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4422

Cutting-Edge Ethical Issues in the Digital Age

Complete all your ethics CEHs with Dr. Frederic Reamer, one of the nation's leading experts on professional ethics. This workshop will explore cutting-edge ethical and risk-management issues arising out of social workers' and clients' growing use of digital and other electronic technology. The conference will examine complex ethical issues related to social workers' and clients' use of social networking sites, e-therapy, chat rooms, moderated forums, web-based psychoeducation, self-guided web-based intervention, video conferencing, telephone therapy, avatar therapy, expert systems, search engines, email exchanges, text messages, and client blogs. The workshop will focus on key ethical challenges related to privacy, confidentiality, privileged communication, informed consent, boundaries, nontraditional interventions, and documentation, among others. Dr. Reamer will review new ethical, regulatory, and practice standards in social work related to technology. He will make extensive use of case material, explore risk-management implications, and provide opportunity for audience participation. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$139

CEHs: 5 Ethics

Instructor: Frederic Reamer, PhD

Date: Monday, June 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Atrium, Somerset

#5407

Social Work, Ethics, and Professional Responsibilities

This workshop will examine the ethical and professional responsibilities that social workers have to their clients, to their colleagues, and to the profession. Topics will include confidentiality and evidentiary privilege, duties and standards of care, and the role of the NASW Code of Ethics and licensure regulations. Participants should be prepared to discuss hypothetical situations and strategize responses that include both legal and social work ethical requirements. This workshop does not qualify for NBCC clock hours in ethics. This workshop is being offered on four different dates and locations.

Fee: \$129

CEHs: 5 Ethics

Instructor: Christine M. Heer, Esq., LCSW, DVS

Date: Monday, June 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

Date: Thursday, June 21, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Date: Friday, June 29, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

Date: Thursday, July 12, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Monmouth Cares, West Long Branch

#4923

Safety in Practice

In any helping profession, direct contact with families and clients is essential to practice. Risk is an inevitable part of this relationship and can present in multiple forms. Interpersonal, environmental, and emotional risks are all a part of reasonable expectation of the work. The question becomes how can we practice in a way that mitigates risk and preserves the positive relationship between providers and those in need. This workshop is a multifaceted delivery that includes assessment of the persons with whom you interact, associated persons, and ways to minimize likelihood of harm. The workshop addresses the physical environment, what to look for, and how to identify and prepare for or react to threats seen or unseen. The workshop presents with strong emphasis on awareness and preparedness.

Fee: \$129

CEHs: 5

Instructor: Rob Mann, LCSW

Date: Friday, July 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#4926

Fatherhood

What is the role of the modern-day father, and how do we cultivate a climate of participation and inclusion? Modern-day family structure and concept are morphing on a regular basis. As a result of divorce and children born of unwed parents, the definition and role of parents requires purposeful action and clear intent with family. Is the system inherently biased? While children historically have tended to remain primarily with the moms, does a father's involvement really make that much of a difference? And what about the fathers who are physically present yet are functional absentees? This training highlights the correlation between positive involvement by fathers in their children's lives and the dynamic structural and systemic elements that impose barriers to healthy involvement. Best strategies to connect and support greater father involvement are highlighted.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Robert Mann, LCSW

Date: Friday, August 3, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5055

Walking the Four-Fold Way: How Ancient Archetypes Can Inform End-of-Life Care

End-of-life care must go beyond the traditional medical model in order to provide a more holistic approach to the support of terminally ill patients and their families. This includes addressing the physical, psychosocial, and spiritual needs of both the patient and the family. This interactive workshop builds on the foundational work of cultural anthropologist and author Dr. Angeles Arrien, with specific examples of how ancient archetypes and their associated human characteristics can assist hospice professionals to be present, caring, and supportive of patients and families and the challenges they face at the end of life. We will explore ancient archetypes found among indigenous peoples and cultures, including the warrior/leader, healer, visionary, and teacher and their associated human resources and characteristics of power, love, creativity, and wisdom. For each archetype and resource, we will explore relevant skills and applications to effective clinical work with terminally ill patients and families. Participants may expect the workshop to include lecture with discussion, group activities, and use of a case study.

Fee: \$129

CEHs: 5

Instructor: Peter Arney, MSW, LSW

Date: Friday, August 10, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#4207

Understanding Sexual Harassment: The Not-So Hidden Acts of Privilege and Power

Sexual harassment is a prevalent and pervasive social epidemic that has a devastating impact on our community. This workshop will increase your understanding about the dynamics of sexual harassment, the relationship with privilege and power, and its varied faces, while increasing your awareness about appropriate responses and interventions. The workshop will use dynamic interactive breakout sessions and audiovisual tools to explore the psychological impact, aftermath, and empowerment strategies for survivors of sexual harassment. The workshop will explore appropriate responses for survivors as they disclose or report in the media, within social work classrooms, in private practice settings, in agency settings, and within communities. Countertransference exercises will be utilized to examine the impact of power and control on social workers.

Fee: \$129

CEHs: 5

Instructors: Rupa Khetarpal, LCSW, and

Julie Roebuck, LCSW

Date: Friday, August 10, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4423

Ethical Social Work Practice in the Digital Age

Are you and your practice ready for the new revisions to the NASW Code of Ethics involving technology, digital communications, and social media? Join attorney, social worker, and ethicist David C. Barry for an interesting, interactive, and entertaining exploration of these important changes to the Code and how to apply them. Mr. Barry will share insights drawn from his recent tenure as Chair of NASW's National Ethics Committee and as one of the drafters of the new Code revisions. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: David Barry, JD, MSW, LSW

Date: Saturday, August 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Atrium, Somerset

#4166

Spanish for Social Service Settings

This highly interactive five-week, three-hours-per-session course is designed for people working in social services who come in contact with Spanish-speaking clients and need some fundamental understanding of the Spanish language. The course will cover elementary and useful Spanish, including the vocabulary, sentence structure, and basic grammar needed to collect information in diverse situations, such as intake sessions;

mental health, education, medical, and crisis scenarios; and assessments. In addition, time will be devoted to discussing and explaining the very diverse Spanish-speaking world, its differences in language, culture, and beliefs. Prior knowledge of Spanish is not required.

Fee: \$400 (Five sessions)

CEHs: 15 Social and Cultural Competence

Instructor: Cynthia Anamaria, MSW

Dates: Saturdays, August 18, 25,

September 8, 15, and 22, 2018

Time: 9:30 a.m. - 12:30 p.m.

Location: 390 George St., New Brunswick

Addictions

#5224

Co-Occurring Disorders: Going Beyond the Boundaries of Diagnosis

We used to call individuals with mental illness and co-occurring substance use disorders a "special" population, but over the years we have become aware that the prevalence is so great that they are our population. This workshop is designed for helping professionals who may need hope, understanding, and methods for dealing with the most difficult of behaviors. An overview of the development of disorders, the interrelationship of mental illness and substance use, levels of severity, and how to sort through symptoms of each disorder will be explored. We will explore how attention to diagnosis, rather than attention to the total person can complicate engagement and treatment. This workshop will provide underlying principles for assessment, diagnosis, treatment, and recovery support that can be provided in any agency in any system.

Fee: \$129

CEHs: 5 Clinical

Instructor: Kathryn Bedard, MA, LCADC, NCADC

Date: Tuesday, March 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Monmouth Cares, West Long Branch

#5042

Escape from the Land of the Hungry Ghosts: Using Meditation to Enhance Addictions Treatment and Recovery

Life's difficult issues have an enormous impact on our attitudes, interactions, and ability to function, and they can impact our ability to embrace spirituality, meaning, and purpose. Quality recovery and life management depend on caring for all aspects of self. We need a concrete framework of what it means

to be spiritual and how we can tap into spirituality daily. This workshop offers a bio-psycho-social understanding of life and recovery management, with an emphasis on using tools like meditation to clarify and enhance treatment and recovery work. This workshop weaves the principles, goals, and impact of each of the 12 steps with specific meditations designed to enhance the working of each step. Techniques will be explored for use with self and with clients to promote relaxation, manage stress, and encourage wellness and resiliency. No matter what level of stress or recovery you may have, this workshop will give you insight on the use of several meditative techniques to enhance spirituality and recovery work — especially when using the 12 steps. Wear loose, comfortable clothes for this workshop!

Fee: \$129

CEHs: 5 Clinical

Instructor: Kathryn Bedard, MA, LCADC, NCADC

Date: Wednesday, April 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5229

What Does Recovery Look Like? Understanding Recovery Through a Person-Centered Lens

The goal of this workshop is to help participants move from an “all or nothing” understanding of recovery to a new paradigm of recovery from different perspectives. By using a person-centered approach, the presenters will explore models of recovery, including harm reduction and abstinence based models, medication-assisted recovery (including the use of Suboxone, Naltrexone, Vivitrol, and Methadone), an overview of psychosocial interventions such as motivational interviewing and dialectical behavioral therapy (DBT), and the role of individual factors in recovery. This will include a discussion of dopamine and its role in addiction, as well as helping clients learn how to replenish their own dopamine by stimulating personal sources of joy and hope in their lives.

Fee: \$129

CEHs: 5 Clinical

Instructors: Elaine Edelman, PhD, LCSW, and Amanda Wexler, LCSW

Date: Thursday, April 26, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4208

Working With Substance Abuse Risk Factors and Male Survivors of Sexual Violence

Sexual violence is a serious problem that affects millions of people every year. Sexual violence is any sexual act that is forced against someone's will and covers a broad range, including and not limited to harassment, cyberspace/internet abuse, stalking, interpersonal violence, molestation, incest, rape, and murder. This workshop will address how

specifically incidents of male sexual assault continue to be under reported and the after-effects of abuse minimized and/or not disclosed in the histories of male clients. Additionally, the trauma of sexual assault may more than double the risk of substance abuse for survivors. Individuals with a history of sexual trauma need to receive treatment in a safe and supportive environment that is trauma sensitive. Through lecture, case study, group discussion, and role play, participants will gain a better understanding of how to create a safe environment for men with a history of trauma, identify the treatment issues specific to male client, how to assist clients in early recovery, identify resources for trauma survivors, and when to make appropriate referrals.

Fee: \$129

CEHs: 5

Instructor: Philip McCabe, CSW, CAS, CDVC, DRCC

Date: Friday, May 4, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: St. Francis Community Center, Long Beach Twp.



#4103

Current Drug Trends and Emerging Drugs of Abuse

Many new drugs are making local and national headlines, such as K2/Spice and bath salts. This interactive workshop will discuss the latest developments and information regarding synthetic cannabinoids, MDPV, mephedrone, kratom, salvia, and other designer drugs that have been emerging over the past few years. Workshop participants will be introduced to the physiology of these drugs and how they can possibly impact, mimic, and exacerbate mental health disorders such as anxiety and depressive disorders. Epidemiologic trends in drug abuse in both youth and adults will be discussed, as will the latest trends for 2013 from the New Jersey Division of Addiction Services. Workshop participants will participate in interactive discussions and exercises in differential diagnosis of similar symptoms produced by these emerging drugs of abuse and other mental health disorders. Patterns of use, abilities for urine detection, and other legal

aspects regarding these emerging drugs will be discussed.

Fee: \$129

CEHs: 5

Instructor: Glenn Duncan LPC, LCADC, CCS, ACS

Date: Friday, May 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5581

The Dynamics of Addiction, Domestic Violence, and Child Abuse

It is clear that all forms of abuse are destructive. This workshop will address the interrelationships between addiction, domestic violence, and child abuse and the devastating impact they have on all involved. We will explore the values of maintaining dysfunction and what it takes to interrupt the process. The increased concerns over stress in the hostile home environment will also be discussed. This workshop will utilize mixed modalities of presentation.

Fee: \$129

CEHs: 5

Instructor: John Kriger, MSM, LCADC, CPS

Date: Monday, June 4, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#4959

Brief Therapeutic Practices and Lifestyle Changes to Enhance Recovery

Lifestyle and behavioral choices have a profound impact on the health of adults and may contribute to premature death, particularly for those with addiction and/or mental health issues. One of the best ways to improve on this outcome is for a person to be in a solid and consistent wellness/recovery program. This workshop focuses on presenting and learning brief therapeutic practices that can be taught during group or individual sessions to enhance clients' recovery efforts. Ways in which stress management, breath work, exercise, and nutrition can improve one's recovery program will be examined. Through lecture, role play, and live demonstrations, participants will learn 10 setup behaviors that can undermine recovery and lead to relapse, 5 ways heart health can strengthen recovery, 15 brief therapeutic practices to enhance recovery, 5 ways the fight/flight response impacts one's overall health and recovery process, and 5 ways exercise improves one's mental health and long-term recovery. Because this workshop is highly experiential, informal dress and comfortable shoes are recommended.

Fee: \$129

CEHs: 5

Instructor: Warren Skov, LCSW, CASAC

Date: Tuesday, June 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Bergen DHS, Hackensack

#5598

Ethical and Legal Issues in Substance Abuse Counseling

This interactive workshop focuses on the major elements of legal and ethical issues for those clinicians working in the substance abuse field. It is important to know that the legal/ethical standards for working with substance abusing clients were updated in October 2009. This workshop covers those changes and more. Legal areas include scope of clinical and supervisory practice, malpractice, duty to warn, informed consent, confidentiality, the impaired professional, and the ADA. Ethical areas covered include workplace harassment, dual relationships, and an overview of the division of consumer affairs LCADC/CADC ethical standards. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Glenn Duncan LPC, LCADC, CCS

Date: Friday, June 22, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5041

The Link Between Trauma and Substance Abuse: Causes, Signs, and Treatment Indications

This workshop is designed to educate both the substance abuse counselor and mental health professional on the prevalence of substance abuse and post-traumatic stress disorder, and the importance of cross education for themselves to ensure the best outcomes for their client. The workshop begins with an overview of the long history of specific populations who are most often diagnosed with both disorders and the poor treatment outcomes when the attempt is made to treat each separately and not concurrently. The chemical reactions created by both traumatic stress and substance abuse are discussed, along with the research linking them. Finally, some successful treatment models are discussed with experiential exercises participants can use in early stages and later treatment with this population.

Fee: \$129

CEHs: 5 Clinical

Instructor: Megan Sullivan, LPC, LCADC

Date: Wednesday, June 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4333

Addictions in the Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Communities: If Gay Means Happy, Why Am I Always Getting High?

LGBTQ people are more likely to use alcohol, tobacco, and other drugs than the general population. They are also less likely to abstain from alcohol, tobacco, and other drugs; they report higher rates of substance abuse prob-

lems; and they are more likely to continue heavy drinking into later life. The workshop examines the complexity of sexual identity and gender expression, social and cultural variables, mental health, and trauma history that influence problematic use, abuse, and dependence on alcohol, tobacco, drugs, and other addictions. Participants will be better able to provide LGBTQ-affirmative treatment interventions in helping clients to enact behavior changes in the process of recovery from addictions. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Philip T. McCabe, CSW, CAS

Date: Friday, July 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Robins' Nest, Glassboro

Adoption

Note: All required workshops in the adoption certificate are open to be taken individually or as part of a certificate program. See page 6 for details.

#5955

Family-Focused Therapy for Post-Institutionalized Children

Post-institutionalized children often demonstrate a pattern of behavioral symptoms. This workshop will provide the practitioner with the assessment tools to determine what the behavioral symptoms are and how they impact on the adoptive family. Clinical strategies for treatment will be presented in the framework of seeing the adoptive family as the primary source of care and healing.

Fee: \$129

CEHs: 5 Clinical

Instructor: Claudine Chiarmonte, LCSW

Date: Monday, March 26, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Middlesex Regional Educational Services Commission, Piscataway
CERTIFICATE REQUIREMENT

#5978

Conceptualizing Crisis Intervention When Working With Adoptive Families

This workshop clearly presents the therapeutic nuances that must be comprehended when helping adoptive families work through crisis. Roberts' seven-stage model of crisis intervention is used as the framework for presenting adoption-specific information. Participants will come away with a strong grasp of crisis intervention, adoption, and trauma. In addition, the workshop emphasizes preliminary understanding and skill

building of attachment-specific therapy techniques.

Fee: \$129

CEHs: 5 Clinical

Instructor: Pat Carter-Sage, MEd, NCC, LPC

Date: Tuesday, April 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Middlesex Regional Educational Services Commission, Piscataway
CERTIFICATE REQUIREMENT

#5980

Preparing Children for Adoption

In this interactive workshop, clinicians will define and develop their role as the adoption therapist in relation to working with foster and adoptive families. Clinicians will describe the impact of secrecy on a child and learn techniques for talking with children about their difficult and traumatic histories in a developmentally appropriate way. Clinicians will identify the importance of developing the child's personal narrative or life story to help the child make sense of his or her past and process the multiple losses he or she has experienced. Clinicians will also learn techniques to effectively prepare children and families for transitions and necessary good-byes; this may include leaving a foster home or group home, a goodbye/closure visit with birth family, and moving to a select home. Experiential and engaging activities will be integrated into the workshop day to assist clinicians in expanding their "toolkit" in working with families as they transition through adoption.

Fee: \$129

CEHs: 5 Clinical

Instructors: Rebecca Gallese, LCSW

Date: Friday, April 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5971

Clinical and Normative Issues Within Adult Adoptee Populations

There is a gap between the literature and current treatment methods for young adult and adult adopted persons who present for counseling services. This interactive workshop will utilize small group discussion, case vignettes, videos, and lecture to bridge that gap. This workshop will enable participants to define the developmental tasks of young adult and adult adoptees, review the current professional literature on this population's clinical needs, and identify common areas of clinical concern for this population. These areas include but are not limited to launching to college, long-term partner relationships, parenthood, search and reunion, and "second adolescence" in regard to identity development. Participants will be introduced to models useful in developing a treatment plan for this population, including the cultural racial identity model (CRIM) and the adult attachment interview.

Fee: \$129

CEHs: 5 Clinical**Instructor: Susan Branco Alvarado, PhD, LPC****Date: Friday, May 4, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: MRESC Professional Development Academy, Piscataway****#5979****Living as a Multicultural Family: An Adoptive Family Perspective**

When people choose to build a multicultural family through adoption, they incur the responsibility of redesigning their entire family's cultural identity. To succeed, parents must explore what it means to be subject to heightened social scrutiny as a "conspicuous family," develop the vocabulary to craft age-appropriate lessons about race and culture, and build the self-confidence and clarity of motives to engage others about what it means to be a true multicultural family. This workshop is designed to develop the practitioner's skill in broaching this subject with clients of all backgrounds and guiding them on their journey beyond their existing social perceptions and often their own comfort zone. This workshop is being offered on two different days and locations:

Fee: \$129**CEHs: 5 Clinical, Social and Cultural Competence****Instructor: Stefani Moon, MA, LPC****Date: Wednesday, May 16, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: Middlesex Regional Educational Services Commission, Piscataway****Date: Tuesday, June 12, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: Spence Chapin, New York City****#5954****Attachment-Focused Therapy for Adoptive Families**

In this workshop, participants will learn to recognize the symptoms of impaired attachment and the profound impact of impaired attachment on the adoptive family. Interventions to facilitate family attachment will be discussed. Effective clinical strategies for assessment and treatment of attachment-related problems will be covered.

Fee: \$129**CEHs: 5 Clinical****Instructor: Rebecca Gallese, LCSW****Date: Tuesday, May 22, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: Middlesex Regional Educational Services Commission, Piscataway**
CERTIFICATE REQUIREMENT**#5957****Strategies for Managing Behaviors in Adoptive Families**

The primary focus of work with traumatized children is to teach and support them to learn new ways of effectively managing their emotions and behaviors. In this interactive/skill-based workshop, clinicians will explore strategies to increase a child's sense of safety;

assist adoptive parents to anticipate, prepare, and troubleshoot transitions and change to avoid or minimize acting-out behaviors; support children to identify and regulate their feelings; and teach adoptive parents to respond rather than react to children's behaviors using predictable and safe responses to minimize power struggles. This workshop will build the clinician's toolkit to assist adoptive parents to tackle behaviors before they intensify, while calming themselves before calming the child.

Fee: \$129**CEHs: 5 Clinical****Instructor: Rebecca Gallese, LCSW****Date: Tuesday, June 12, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: Middlesex Regional Educational Services Commission, Piscataway**
CERTIFICATE REQUIREMENT

Case Management

Note: All workshops in the case management certificate are open to be taken individually or as part of a certificate program. See page 6 for details.

#4505**Advocacy and Collaboration Skills in Case Management**

In providing case management services, social workers often confront systematic language barriers between service providers as well as competing agendas and misconceptions among agencies. In this interactive workshop, participants will learn the components of being an effective case manager as well as a program advocate. Strategies for outreach, developing common agendas, and building relationships for enhanced inter-agency cooperation and collaboration will also be explored.

Fee: \$129**CEHs: 5****Instructor: John Kriger, MSM, CADC, CPS****Date: Friday, April 20, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: Rutgers Eco Complex, Bordentown**
CERTIFICATE REQUIREMENT**#4507****Working With Kids and Families in Crisis**

This workshop will provide information on working with children and families in crisis. Participants will learn a theoretical as well as practical framework applicable to working with kids and families. This workshop will

cover assessment of the youth and family, identification of potential crisis triggers, maintaining professional boundaries, identifying warning signs that a youth or family is heading into crisis, strategies that can remediate the situation or avoid a crisis, and de-escalation techniques. We will also cover how to prevent crisis by building rapport and developing a helping relationship to engage the youth and family in the counseling process.

Fee: \$129**CEHs: 5 Clinical****Instructor: Karen McGrellis Mihatov, MA, LPC, CTS, DRCC, MPA****Date: Friday, April 27, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: 390 George St., New Brunswick****#4504****Building the Helping Relationship**

The purpose of this workshop is to explore how several microcounseling skills, including open invitations, open questions, reflections, and information giving, can be used by case managers to build strong helping relationships with clients. Videotapes of effective skills will be shown, and handouts containing an overview of microcounseling skills will be provided. Participants will practice and critique their skills through interactive exercises. This workshop will be offered on two different dates and location this semester.

Fee: \$129**CEHs: 5****Instructor: John Kriger, MSM, CADC, CPS**
CERTIFICATE REQUIREMENT**Date: Tuesday, May 15, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: Rutgers Eco Complex, Bordentown****Date: Friday, June 15, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: Octagon 10 Office Center, Parsippany****#4502****Improving Networking Skills and Enhancing Interagency Relationships**

This workshop will address the fundamental need of front-line workers to communicate more successfully, build effective coalitions, and enhance their networking potential. Participants will learn strategies to break down communication barriers that interfere with constructive interagency relationships and practice skills needed to work effectively with different types of agencies. The value of dialogue over discussion will be addressed, as well as techniques to find common ground.

Fee: \$129**CEHs: 5****Instructor: John Kriger, MSM, CADC, CPS****Date: Friday, May 18, 2018****Time: 9:30 a.m. - 3:30 p.m.****Location: Robins' Nest, Glassboro**
CERTIFICATE REQUIREMENT

#4142

Assessment and Intervention Across the Lifespan

In this workshop, the use of basic interviewing techniques will be explored throughout the life cycle. Developmental theories will be discussed and utilized as a guide to the interview process. Practical tips will be offered for professionals working with clients who may be experiencing barriers to communication.

Fee: \$129

CEHs: 5

Instructor: Donna Gapas, LCSW

Date: Saturday, June 16, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Child/Adolescent Mental Health

Note: All workshops in the child/adolescent mental health certificate are open to be taken individually or as part of a certificate program. See page 6 for details.

#5659

Play Therapy Techniques That You Can Use Today

Play is the language of the child. Attempting to assess and treat children in a primary talk therapy modality can be difficult for the client and the clinician. Play therapy is growing in popularity in the mental health professions and is recognized as an effective means of addressing many developmental and psychological issues of children and adolescents. In this workshop, play and art techniques for assessment, intervention, and termination in individual, group, and family therapy will be presented through lecture, experientially, and through case discussion. The presenter will discuss what the most basic play therapy materials needed are and provide cost-effective strategies for making or obtaining the basic tools. Participants will leave the workshop prepared with the information, enthusiasm, and confidence to start using play techniques immediately. Play therapy credit will not be awarded to non-mental health professionals.

Fee: \$129

CEHs: 5 Clinical

APT Approved Provider 11-300

Instructor: Colleen Daly Martinez, PhD, LCSW, RPT-S

Date: Friday, April 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5652

Psychopharmacology With Children and Adolescents

A comprehensive psychiatric assessment is crucial for determining the appropriate use of



psychotropic medications as part of mental health treatment of children or adolescents. This workshop explores the basic classes of psychotropic medications, their indications for use, and their common side effects. The insights provided in this workshop are pertinent to all clinicians working with children on psychotropic medication. This knowledge enables good collaboration among mental health professionals and strengthens the client-clinician relationship. This workshop is being offered on two different dates and locations.

Fee: \$129

CEHs: 5 Clinical

Instructor: Judeth Forlenza Wesley, RN, MSW, LSW, LCADC

CERTIFICATE REQUIREMENT

Date: Tuesday, April 24, 2018

Time: 9:30 am - 3:30 pm

Location: 390 George St, New Brunswick

Date: Tuesday, May 1, 2018

Time: 9:30 am - 3:30 pm

Location: Octagon 10 Office Center, Parsippany

#5650

Normality or Pathology: An Exploration of Child Development and Mental Health

Where does normality end and pathology begin? This question is especially pertinent for clinicians working with children whose developmental stage has a tremendous impact on their current level of functioning. This workshop will explore the interrelationship between children's developmental stages and interpersonal functioning with peers and within family relationships. Participants will move along developmental lines, from separation anxiety to separation and individuation, and explore what separates "normal" child developmental struggles from extremes in behavior indicative of a range of mental health issues. Participants will also explore age-appropriate treatment approaches.

Fee: \$129

CEHs: 5 Clinical

Instructor: Yolanda Hawkins-Rodgers, EdD

Date: Wednesday, April 25, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

CERTIFICATE REQUIREMENT

#5661

Complex Trauma in Children

Exposure to multiple traumatic events early in life within the context of the caregiving system can have profound and long-lasting impacts. These experiences affect how people experience others and react to events, and they often lead to dysfunction in a variety of ways: problems in establishing stable relationships, problems managing emotions, problems controlling behavior, and problems in planning and following through on plans. The difficulties typically go beyond the basic criteria for PTSD. Often, these children do not have narrative memories for the events that occurred. If the problems they present are not understood as reactions to complex trauma, the interventions chosen to address them are not helpful and the children often fail in the many systems they enter. This workshop will provide an overview of what constitutes complex trauma, the ways in which individuals with these histories are impacted, as well as a discussion of how understanding these issues can make our interventions more successful.

Fee: \$129

CEHs: 5 Clinical

Instructor: Susan Esquelin, PhD, ABPP-Clinical

Date: Thursday, May 3, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5651

Principles of Differential Diagnosis in Adolescents

Diagnosing mental disorders in adolescents can pose special difficulties. The clinical presentations of certain important disorders can differ from what is typical in adulthood and be harder to differentiate from normative development. At the same time, factors that complicate diagnosing adults — for example, the effects of medical problems or substance abuse — also complicate diagnosing adolescents. Further, particular medical and psychological interventions impact adolescents differently than adults. This comprehensive two-day workshop will review current knowledge about how selected mental disorders — mood disorders, disruptive behavior disorders, pervasive developmental disorders, early onset schizophrenia, and others — should be diagnosed in adolescence. The workshop focuses on diagnosis, not treatment techniques; research on the efficacy of current treatments for adolescents will be reviewed when relevant.

Fee: \$225

CEHs: 10 Clinical

Instructor: Judeth Forlenza Wesley, RN, MSW, LSW, LCADC
Dates: Tuesday, May 8, and Wednesday, May 9, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Octagon 10 Office Center, Parsippany
CERTIFICATE REQUIREMENT

#5656 Understanding and Treating Children and Adolescents in the Context of Their Families

Treatment of children and adolescents by definition involves an understanding of their family context. This workshop is designed to highlight the interface between children/adolescents and the family in which they are growing. There will be an initial focus on assessment of individual and family functioning. Participants will enhance their understanding of the concept of "fit" between children and parents. Specific techniques will be presented in order to help improve children's functioning within the context of their family. Finally, the role of the therapist in facilitating enhanced functioning will be discussed. The workshop will include both didactic and interactive components.

Fee: \$129
CEHs: 5 Clinical
Instructor: Nancy Harrison, PsyD
Date: Thursday, May 17, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Monmouth Cares, West Long Branch
CERTIFICATE REQUIREMENT

#5670 Understanding Child Development Through a Cultural Lens

The challenges that children face while growing up are largely impacted by their environment. It is important to understand this environment through the "cultural looking glass." This workshop will help participants recognize, identify, and compare children's developmental issues within the framework of culture and focus on different aspects of early development as markers of a child's progress.

Fee: \$129
CEHs: 5 Clinical, Social and Cultural Competence
Instructor: Yolanda Hawkins-Rodgers, EdD, ACS
Date: Wednesday, May 23, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., New Brunswick

#5653 Attachment Theory: A Helpful Framework for Understanding and Intervening With At-Risk Children and Their Families

Secure attachment has been found to be associated with better social, emotional, and

behavioral outcomes of children. Maternal sensitivity is thought to be a major contributor to the development of a secure attachment. This workshop will provide participants with an introduction to attachment theory and its relevance to clinical practice with at-risk children and their families. Important contributors to attachment theory, as well as their research, will be reviewed. More recent research on attachment and neurobiology, particularly by Alan Schore, will be discussed. Participants will learn about the importance of sensitivity in fostering a healthy parent-child relationship, thereby laying the foundation for future mental health. Participants will learn to evaluate parent-child interactions within the context of sensitivity and will learn strategies to improve parental sensitivity. Cultural issues and their impact on parenting and sensitivity, as well as implications for the therapist-client relationship, will also be discussed.

Fee: \$129
CEHs: 5 Clinical
Instructor: Colleen Daly Martinez, PhD, LCSW
Date: Friday, June 1, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT

#5655 Legal and Ethical Issues in Child/Adolescent Mental Health

This workshop will outline the legal and ethical requirements in providing mental health services to children and adolescents. The first half of the workshop will set out the legal framework as defined by relevant statute and case law. This segment of the workshop will devote particular attention to the provisions of the Health Insurance Portability and Accountability Act (HIPAA) and their applicability within various treatment settings. The second half of the workshop will focus on handling and resolving the ethical dilemmas that may arise in the treatment of children and minor adolescents, with particular attention to confidentiality issues. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129
CEHs: 5 Clinical, Ethics
Instructor: Susan Esquilin, PhD, ABPP-Clinical
Date: Tuesday, June 5, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Rutgers Eco Complex, Bordentown
CERTIFICATE REQUIREMENT

#5654 Assessment and Differential Diagnosis of Children

This workshop seeks to enhance the clinician's ability to diagnose child mental disorders accurately and comprehensively. We will address two major topic areas: the key factors in accurate assessment, including develop-

mental perspectives, the use of multiple data sources, and standardized assessment tools; and major diagnostic categories, including disruptive behavior, reactive attachment disorder, and early character dysfunction in children. The workshop will include didactic presentation and case-centered group exercises. Participants are strongly encouraged to bring sample vignettes that illustrate diagnostic difficulties and puzzles. It is suggested that participants bring a copy of the DSM-5, if possible.

Fee: \$225
CEHs: 10 Clinical
Instructor: Susan Esquilin, PhD, ABPP-Clinical
Dates: Thursdays, June 14 and 21, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Care Plus, Paramus
CERTIFICATE REQUIREMENT

#5001 Child Interviews: Understanding the Ins and Outs

There is a world of difference between conducting adult and child interviews. A different skill set is required to be effective with each age group. This workshop is designed to give participants a deeper understanding of the art of interviewing young children. Participants will increase their knowledge and understanding of how the child's brain functions and what particular strategies can be utilized to build rapport and elicit information from children in a non-threatening way.

Fee: \$129
CEHs: 5 Clinical
Instructor: Debbie Mann, LCSW
Date: Tuesday, July 31, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., New Brunswick

#5029 Communicating With Adolescents — Speaking Their Language

When parents and helping professionals try to start a conversation with adolescents, they often get one-word answers or no answers at all. Many families and helping professionals struggle to understand how adolescents think and feel and how to get adolescents to respond. Participants will learn strategies and techniques to engage adolescents and to help families learn how to talk to their adolescents about difficult topics and get the adolescents to talk back.

Fee: \$129
CEHs: 5 Clinical
Instructor: Debbie Mann, LCSW
Date: Tuesday, August 7, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Octagon 10 Office Center, Parsippany

For other workshops relevant to working with youth, see also: clinical workshops on page 9 and general workshops on page 17.

Clinical Supervision

Note: Completion of all four workshops meets the continuing education requirement for an LCSW to provide clinical supervision in New Jersey. The series will be offered twice this spring/summer.

#5305 Core Issues in Clinical Supervision

This interactive workshop will focus on demonstrating major elements of clinical supervision in social work. Participants will have the opportunity to observe modeled activities, discuss the elements of clinical supervision and the supervisory relationship, and practice determining supervisor and supervisee learning and communication styles.

Fee: \$129

CEHs: 5 Clinical

Instructor: Robert Hazlett, PhD, LCSW

Date: Tuesday, April 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5306 Models and Techniques of Clinical Supervision

The goal of this workshop is to provide a theoretically based, focused, and practical experience in the use of supervision models. This interactive workshop will focus on three different models of supervision, and participants will be able to discuss the theoretical rationale for the models as well as experience hands-on use of each.

Fee: \$129

CEHs: 5 Clinical

Instructor: Robert Hazlett, PhD, LCSW

Date: Thursday, April 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5307 Managing Differences and Difficult Supervisees

The focus of this interactive workshop will be major elements of managing differences and difficult supervisees in supervision. In addition to discussing the cultural contexts of the supervisory relationship, participants will be exposed to research regarding difficulties in supervision, practice problem solving with case examples, and discuss the role of supervisory style as it impacts the interaction between supervisor and supervisee.

Fee: \$129

**CEHs: 5 Clinical, Social and Cultural
Competence**

Instructor: Robert Hazlett, PhD, LCSW

Date: Tuesday, April 24, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5301 Legal and Ethical Issues in Clinical Supervision

This interactive workshop focuses on major legal and ethical issues involved in clinical supervision. Participants will have the opportunity to rate their own ethical and legal knowledge, discuss the research regarding legal and ethical issues, and practice utilizing theory and various models to help amplify a supervisor's knowledge regarding liability. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Thursday, April 26, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

Mini-Certificate in Complex Trauma

Drawing upon the most current conceptualizations of complex trauma, this five-day workshop will provide in-depth training in working with issues of complex trauma with older adolescents, adults, and older adults. The workshop is designed for both clinicians new to working with complex trauma-spectrum problems, as well as for more experienced clinicians in various clinical settings. Clinicians will learn the essential principles of a phase-oriented, relational approach. Utilizing a resilience-based, attachment-focused framework, clinicians will experience how to provide the necessary conditions for safely assisting clients in healing from complex traumatic disorders. In order to foster the kind of depth-oriented learning required to address the topic, the workshop is designed as a "closed cohort model," i.e., the same group of participants will be enrolled for the five-day sequence, working closely in small groups for maximum participation.

#8886 Mini-Certificate in Complex Trauma

A Five-Week Series

Fee: \$750

CEHs: 25 Clinical

Instructor: Monica Indart, PsyD

Location: 390 George St., New Brunswick

See the series dates below:

WEEK ONE: Current Conceptualizations and Biopsychosocial Assessment of Complex Trauma

This module provides an introduction to the series, as well as a theoretical foundation for the intervention approach. The developmental etiology and neurobiological consequences of complex trauma will be reviewed through the lens of current research on attachment. Potential psychological and physical consequences of untreated complex

trauma across the lifespan will be discussed. Clinical assessment of complex trauma will be reviewed, through the use of case vignettes and videotapes, highlighting managing the clinical interview, engaging the client, and setting the stage for treatment. Risk/vulnerability and resilience profiles will be presented so participants can understand the range of complexity inherent in treating complex trauma.

Date: Tuesday, April 10, 2018

Time: 9:30 a.m. - 3:30 p.m.

WEEK TWO: Differential Diagnosis and Ethical Issues Encountered in the Treatment of Complex Trauma and Phase-Oriented Treatment Model

The morning module focuses on diagnostic dilemmas that clinicians face in accurately assessing complex trauma, as well as the ethical issues that are commonly encountered in working with individuals suffering from this type of distress. Identifying commonly misdiagnosed "presentations" of complex trauma, avoiding clinical pitfalls that can lead to ethical dilemmas, and adopting a process and outcome-focused treatment response model are presented as essential prerequisites to working with these issues. Case vignettes and small group exercises will provide experiential learning opportunities. The afternoon module presents an overview of the phase-oriented, relational approach (Courtois and Ford, 2013) that provides clinical guidelines for maintaining safety, providing structure, responding to particular reactions and issues, and managing the clinical disruptions that are inherent in the treatment of these trauma-spectrum problems.

Date: Tuesday, April 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

WEEK THREE: Implementation of the Phase-Oriented Treatment of Complex Trauma

The focus of this module will be on matching client needs to treatment sequences and interventions. The morning session will focus on applying the phase-oriented relational approach to trauma-spectrum problems through the use of case vignettes, videotapes, and small group practice exercises. The afternoon session will review evidence-based treatment models, such as cognitive processing therapy, prolonged exposure therapy, EMDR, sensorimotor psychotherapy and narrative exposure therapy as examples of clinical approaches that can be integrated within the phase-oriented model. Continued practice exercises in small groups of three will focus on applying essential skills to case vignettes. Time permitting, case consultation and discussion will be provided at the end of this module.

Date: Tuesday, April 24, 2018

Time: 9:30 a.m. - 3:30 p.m.

WEEK FOUR: Building a Complex Trauma Model: Essential Practice Principles

This module further develops and deepens the competencies acquired through previous modules, focusing on integrating and apply-

ing best practice approaches to working with complex trauma across a variety of settings and populations. Drawing upon the experience of the prominent clinicians and scholars in the field, application of a complex trauma model is reviewed and discussed, with continued practice of specific clinical situations, such as working with the dissociative client, addressing safety needs in real-world contexts of domestic violence, and providing culturally responsive approaches to traumatic grief. This module concludes with an experiential segment on self-care for clinicians and developing communities of practice to sustain trauma workers in the field.
Date: Tuesday, May 1, 2018
Time: 9:30 a.m. - 3:30 p.m.

WEEK FIVE: Self-Care, Communities of Practice, and Resilience in the Real World

The morning section will focus on self-care and why it is an ethical imperative for clinicians who work with trauma to focus on their own wellness. Didactic and experiential exercises will be integrated throughout. The morning will conclude with a discussion of building “communities of practice” that can sustain the vitality of this important work through providing support and guidance for clinicians. The afternoon section will examine the latest research on resilience — its role and its limitations — in attachment-focused complex trauma interventions. This module further develops and deepens the competencies acquired through previous modules and focuses on integrating and applying best practice approaches in working with complex trauma across a variety of settings and populations. Drawing upon the experience of prominent clinicians and scholars in the field, specific issues are examined in the “real world” application of a complex trauma model, such as culturally informed/culturally responsive trauma treatment, working with dissociative clients, and addressing safety needs in the contexts of interpersonal violence.
Date: Tuesday, May 8, 2018
Time: 9:30 a.m. - 3:30 p.m.

Developmental Disabilities

Note: All workshops in the developmental disabilities certificate are open to be taken individually or as part of a certificate program. See page 7 for details.

#3005 Multicultural Perspectives in Developmental Disabilities

In this workshop, participants will learn about ways for exploring and discovering the values and belief systems that shape the behavior of various ethnic groups and the ways that various cultures approach the understanding of disabilities, services, and supports. The focus will be on helping participants under-

stand the ways that culture impacts their own identity and that of people they serve. We will explore ways that a commitment to cultural competence is crucial for effective relationships with people in many areas of concern and practice. The workshop will also examine some of the major ethnic groups in New Jersey and strategies/resources for interaction with those communities.
Fee: \$129

CEHs: 5 Social and Cultural Competence
Instructor: Shellyann Dacres, MA
Date: Tuesday, April 10, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: The Boggs Center, New Brunswick
CERTIFICATE REQUIREMENT



#3034 Children’s Mental Health and Developmental Disabilities

This workshop will focus on a variety of related topics, including differential diagnosis of disability and mental illness, adapting treatment supports to better serve those with developmental disabilities, and integrating behavior intervention strategies with mental health treatment.
Fee: \$129

CEHs: 5 Clinical
Instructor: Phillip Smith, PhD
Date: Wednesday, April 18, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: The Boggs Center, New Brunswick

#3009 Growing Old Together: Aging and Family Caregiving

This workshop explores the aging process as it impacts the functional ability and cognition of individuals with developmental disabilities. Particular attention will be paid to the cumulative impact of a shared aging trajectory between many adult children with developmental disabilities and their parents. Participants will be engaged in an interactive examination of current trends in healthcare, service systems, caregiver supports, and end-of-life issues particular to persons with developmental disabilities and their family members and caregivers.
Fee: \$129

Fee: \$129
CEHs: 5
Instructor: Margaret Gilbride, JD, CT
Date: Friday, May 4, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: The Boggs Center, New Brunswick
CERTIFICATE REQUIREMENT

#3025 Community Services and Supports for Adults With Disabilities: Evolving Approaches

Over the past years, the approach utilized in supporting adults with developmental disabilities has been evolving and changing from an institution-based service delivery system to a community-based system of supports and services. This has also led to shifting of roles and responsibilities for the professionals, from one of organizing services to working with people to determine what they want in their lives. In this workshop, participants will be presented with an overview of these changes, the current approaches to planning, and their impact on the delivery system. Participants will be given the opportunity to apply these planning methods as they look for ways to assist adults with developmental disabilities to plan their futures.
Fee: \$129

CEHs: 5
Instructor: Colleen McLaughlin, MEd
Date: Wednesday, May 16, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: The Boggs Center, New Brunswick
CERTIFICATE REQUIREMENT

#3008 Starting Out: From Diagnosis Through Early Childhood

Involvement with service systems for individuals with developmental disabilities begins for many families when their children are infants, toddlers, and preschoolers. Families’ experiences with early intervention and early childhood special education services set the tone for their participation with service systems throughout their children’s upbringing. In this workshop, participants will be presented with an overview of New Jersey’s Early Intervention and Early Childhood Special Education Systems, including the process of identification and referral, evaluation, program planning, delivery of services, and transition. The roles of social workers and the rights of families under each system will also be highlighted.
Fee: \$129

CEHs: 5 Social and Cultural Competence
Instructor: Carrie Coffield, PhD
Date: Friday, June 8, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: The Boggs Center, New Brunswick
CERTIFICATE REQUIREMENT

#3010 Health and Wellness for People With Developmental Disabilities

Health and wellness are vital to our quality of life and overall sense of well-being. In this workshop, we will discuss the unique challenges of promoting health and wellness in individuals with developmental disabilities. Emphasis will be placed on the importance of family health as well as society's influence on the culture of living with a developmental disability. During this interactive workshop, strategies to prevent secondary conditions will be explored utilizing a hands-on holistic approach.

Fee: \$129

CEHs: 5

Instructor: Leone Murphy, MS, RN

Date: Thursday, June 21, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: The Boggs Center,
New Brunswick**

CERTIFICATE REQUIREMENT

#5300 Intervention Planning in K-12 Settings for Students Engaging in Repeated Behavior Problems

The purpose of this workshop is to provide participants with tools and resources for understanding why behavior patterns form and how to select and plan for interventions. Workshop content will focus on three topics: assessing behavior patterns, developing a competing pathway for intervention planning, and intervention implementation and progress monitoring. Participants will apply the information through various activities and use of a case study. Participants will have electronic access to all tools and resources for use in their district.

Fee: \$129

CEHs: 5 Clinical

Instructor: Sharon Lohrmann, PhD

Date: Wednesday, July 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: The Boggs Center,
New Brunswick**

Family Therapy

#5266 Reenvisioning Psychotherapy: The Structural Determinist Approach

Join master therapists Jay Efran and Bruce Loria for a unique and compelling look at the psychotherapy process. For nearly 50 years, Chilean biologist Humberto Maturana's theory of structural determinism has advanced our understanding of how human beings interact and acquire knowledge. In this workshop, we

explore the implications of those insights for psychotherapy. Participants will learn about the two principles essential to therapeutic success and the four factors that tend to hinder client progress. In addition, we will discuss ways to handle the initial contact, the treatment contract, and the therapeutic alliance.

Fee: \$129

CEHs: 5 Clinical

**Instructors: Jay Efran, PhD, and
Bruce Loria, EdD**

Date: Friday, April 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#5267 Integration of Family Therapies

Many family therapy models have been effective in promoting positive client outcomes. However, using an integrated approach of family therapies sheds a new light on the theory of change. This workshop integrates structural family therapy conceptualization, solution-focused therapy techniques, and narrative therapy attitudes of empowerment. This workshop will discuss the clinician's role in change, the connection between family therapy theories and general systems theory, self-of-the-therapist issues, and issues of multiculturalism/diversity.

Fee: \$129

CEHs: 5 Clinical

Instructor: Eman Tadros, MS, MFT

Date: Saturday, April 28, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Bowen Family Systems

Note: All workshops listed below are part of the clinical certificate in Bowen family systems theory — basic program. Workshops can be taken individually or as part of the institute-level program. If you are interested in the institute-level program, please see page 6 for details.

Clinical Certificate in Bowen Family Systems Theory — Basic Program

**10 Monthly Workshops:
September 2018 - June 2019**

Two Levels:

\$2400 — Institute-level program with certificate. By application only (includes supervision and certificate) — see page 6 or download the application from socialwork.rutgers.edu/bowen.

\$129 — Single Workshop(s). Sign up for any workshop below at any time. No application and no supervision participation requirements. Up to three workshops in the year immediately before institute-level program enrollment may be counted towards the institute-level program requirements.

#5442 Are “Squeaky Wheel” Children a Self-Fulfilling Prophecy? The Challenge of Developing Reality-Based Relationships With Our Children

A child's degree of relationship dependence is a product of forces that promote and undermine that child's emotional separation from the family. According to Bowen family systems theory, when parent and child functioning promotes emotional separation, the emotional maturity level is maintained between generations. When their functioning undermines separation, parental generation immaturity is transmitted to the next generation. Family projection process, a Bowen theory concept, describes how parents instill part of their immaturity into children. Typically the parent becomes less anxious by focusing on one or more of their children. Their partner, sensitive to the caregivers' anxiety, supports their involvement with these children. Projection process steps are explored where a parent focuses on a child, fearing something is wrong with that child; interprets the child's behavior as confirming that fear; and treats the child as if something is really wrong with that child.

Fee: \$129

CEHs: 5.5 Clinical

**Instructors: Charles M. White, LCSW,
LCADC, and Ellen Rogan, DNP, APN**

Date: Saturday, March 10, 2018

**Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m.
for institute-level training)**

Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT

#5466 Wherever I Go, There I Am (Eventually) — Repercussions of Escaping an “Impossible” Family

Emotional cutoff, a Bowen family systems theory concept, describes how unresolved emotional issues with parents, siblings, and other family members are managed by reducing or totally cutting off emotional contact with them — moving away and rarely going home or by staying in physical contact but avoiding sensitive issues. “Escaping” their families-of-origin and determined to be different, they invest strongly in their “new” families or develop substitute families with friends or organizations, investing much more emotionally in them than their families-of-origin. While a cutoff may relieve immediate pressure and lower anxiety, the vulnerability to intense relationships remains, making it likely a more intense version of the past (or its mirror image) is replicated in the present. Covering cutoff origins and consequences, this workshop also explores how bridging cutoffs provides a path out of recreating the past in the present nuclear family while reducing anxiety and improving personal and relationship functioning.

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC, and Ellen Rogan, DNP, APN
Date: Saturday, April 21, 2018
Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)
Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT

#5467
Getting Beyond Blaming Self or Others — Becoming Factual About 500-Pound Gorilla Multigenerational Patterns

This workshop explores the multigenerational transmission process, a Bowen family systems theory concept, and how understanding the facts of a family across generations is a means of identifying persistent behavior patterns. We will see that these patterns have histories and influence that transcend that of any one family member, thereby promoting a more objective understanding of these behavioral patterns, family members, and the parts of the self that play a role in creating and perpetuating them.

Fee: \$129

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC, and Ellen Rogan, DNP, APN
Date: Saturday, May 19, 2018
Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)
Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT

#5469
Emotional Process in Society — How It Promotes Regressive and Progressive Periods and Its Influence on Families

Societal emotional process, a Bowen concept, describes how both progressive and regressive periods in societies are strongly influenced by an emotional system operating on a societal level. During regressive periods, societies and their leaders tend to take easy ways out for addressing challenging issues, and it is not until the pain associated with these short-term strategies begins to exceed the pain associated with acting on long-term views that societies emerge into progressive periods. This workshop will explore the challenges for families as parents attempt to raise children in periods of societal regression compared to raising children in more progressive periods.

Fee: \$129

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC, and Ellen Rogan, DNP, APN
Date: Saturday, June 9, 2018
Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)
Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT

Gerontology Programs

The Gerontology Programs consist of:

- ◆ Basic Certificate Program in Gerontology
- ◆ Advanced Certificate Program in Gerontology
- ◆ Certificate Program in Senior Housing Issues
- ◆ Certificate Program in Senior Services Management

Note: All workshops in the gerontology certificates are open to be taken individually or as part a certificate program. See page 7 for details.

Basic Certificate Program in Gerontology

#1161
Memory Care Innovation — Practical Tools, Tips, Techniques, and Approaches

Step into the world of memory care. This interactive workshop will offer participants the opportunity to gain a better understanding of dementia. Practical and person-directed approaches to caring for someone with dementia will be shared. Participants will learn how to apply behavioral analysis methods to understand and effectively manage dementia-related behavioral expressions utilizing non-pharmacological approaches. Engaging with and celebrating the uniqueness of persons with dementia at all stages will be highlighted throughout the day.

Fee: \$129

CEHs: 5

Instructor: Marcy Salzberg, LSW
Date: Tuesday, June 5, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Parker at Stonegate, Highland Park

#1002
Coping With Functional Loss and Environmental Changes

This workshop focuses on the impact of functional losses and environmental changes experienced throughout the aging process and the varied coping responses that are possible. Attention will be given to productive and unproductive coping mechanisms. The impact of demographic factors (gender, race, ethnicity, socio-economic status) on the use and results of various coping strategies will be examined. Interventions that help aging adults cope with functional losses and environmental changes will be emphasized.

Fee: \$225

CEHs: 10

Instructor: Melissa Chalker, LSW
Dates: Thursdays, June 14 and 21, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Parker at Stonegate, Highland Park
CERTIFICATE REQUIREMENT



#1004
Practical Case Management With Older Adults

Case management practice is based on two important principles. The first involves respect and support for independence. The second involves the principle of using the least restrictive alternative in helping clients with lifestyle changes. You will learn practical skills such as making realistic plans with the client, determining the frequency and nature of client contacts needed to implement the case plan, using existing support systems, addressing cultural and ethnic factors, ongoing assessment, networking effectively with other agencies, clarifying respective roles, and scheduling case management time and case recording.

Fee: \$129

CEHs: 5

Instructor: Judith Parnes, LCSW
Date: Wednesday, June 20, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Octagon 10 Office Center, Parsippany
CERTIFICATE REQUIREMENT

#1124
Ethics Essentials in Geriatric Care

Participants will learn to recognize ethical dilemmas in both everyday and biomedical situations, especially those dilemmas commonly arising in geriatric care, and will practice methodologies for ethical decision-making. Topics will include ethical principles and values, best practices for advanced directives, weighing benefits and burdens, substituted judgment, ethics committees, and the N.J. POLST (practitioners' orders for life-sustaining treatments). This workshop does not qualify for NBCC clock hours in ethics. This workshop is being offered on two different dates and locations.

Fee: \$129

CEHs: 5 Ethics

Instructor: Robin Bacon Hoffman, MDiv, ThM

Date: Wednesday, July 18, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., New Brunswick
Date: Thursday, August 9, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: Rutgers EcoComplex, Bordentown

Advanced Certificate Program in Gerontology

#1070 Psychotherapy and Counseling With Older Adults

This workshop will dispel the all-too-common assumption that psychotherapy and counseling are not effective treatment modalities with senior adults. Contrary to the belief that seniors are “inflexible and stuck in their ways” as well as having diminished cognitive and reflective capacity, studies indicate that they can benefit as much from these modalities as younger persons, albeit with some different approaches, techniques, and goals. In this workshop, we will consider the special strengths and challenges of senior adults, the place of their particular life-cycle issues, and how to understand and use transference, resistance, support, and interpretation in working with this population. Many case examples and exercises will be offered.

Fee: \$129

CEHs: 5 Clinical

Instructor: Stephen Sidorsky, LCSW

Date: Friday, April 6, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Bergen DHS, Hackensack

#1090 Understanding and Improving Relationships in Later Life

Relationships in older adults are varied, rich, and complex. The quality of these relationships has an enormous impact on the coping ability of clients and their caregivers. Providers of treatment are often drawn into interpersonal dynamics that evolve from complex family histories and depleted caregivers. In this workshop, aging trends, developmental theories, and treatment issues related to late-life relationships will be explored. Participants will gain a better understanding of the impact of these dynamics on the care of clients in community and medically based settings. Solutions to assisting clients and their family members in their interactions with one another while they face treatment issues, illness, addiction, death, grief, and loss will be offered. Opportunities to assist clients who are seeking peace and resolution in their relationships will also be discussed.

Fee: \$129

CEHs: 5 Clinical

Instructor: Donna Gapas, LCSW

Date: Friday, April 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Parker at Stonegate, Highland Park

#1036 Ethical Dilemmas in Working With Older Adults

This workshop will present valuable information to professionals working with families who have an aging relative. Participants will learn practical methods to identify and

analyze ethical dilemmas arising in the care of older adults. The principles of ethics and ethics theory will be discussed, as well as moral issues surrounding topics such as decision-making capacity, informed consent, surrogacy issues, advance directives, promising comfort and care, withholding and withdrawing life-sustaining treatment, and the role of ethics committees. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: Stephen Sidorsky, LCSW

Date: Friday, April 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

CERTIFICATE REQUIREMENT

#1023 Ethnogeriatrics: Working With Older Adults of Various Cultures

Understanding of older adults' culture is essential to effective work with them and their family. In this workshop, participants will learn about different cultures in New Jersey and the values and beliefs that shape the behavior of these elders. Specific beliefs regarding health, illness, and aging will be addressed. The workshop will focus on the barriers older adults may have in accessing and using public social services and programs. Culturally sensitive approaches and skills will be presented and practiced.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Donna Gapas, LCSW

Date: Saturday, May 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1130 The Secret Life of Hoarding

According to the International OCD Foundation (IOCD), “Hoarding has been a hidden disorder for many years and before the early 1990s, there was little research on topic.” Increased awareness of hoarding, throughout the lifespan, has occurred due to clinical issues such as unhealthy living conditions that impact individuals, families, and communities. This workshop will concentrate on the older adult who meets the criteria of hoarding disorder as per the DSM-5. Participants will practice skills in working with the older adult who meets these criteria, as well as identifying strategies for family members who are involved with an older adult who is diagnosed with this disorder.

Fee: \$129

CEHs: 5 Clinical

Instructor: Judeth Forlenza Wesley, RN, LCSW, LCADC, CPS

Date: Wednesday, June 6, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#1126 Promoting Wellness in Older Adults

Whole-person wellness depends on at least seven dimensions: physical, emotional, spiritual, vocational, environmental, social, and intellectual. This workshop addresses each of these primary dimensions of wellness and provides strategies for maximizing wellness through the aging process. Purpose, mindfulness, and activity programming will be among the specific topics for discussion.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Robin Bacon Hoffman, MDiv, ThM

Date: Thursday, June 14, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1103 End-of-Life Issues

Professionals working with clients at the end of their lives are dealing with a powerful and complex process. This workshop will address the topic of “What is dying well?” (physically, emotionally, and spiritually) and the religious and cultural differences that play a role in this. Other topics include how to empower caregivers in the end-of-life situation, advocacy for the client, grieving rituals, and how to help clients with the planning of the funeral.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Robin Bacon Hoffman, MDiv, ThM

Date: Tuesday, July 24, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

Certificate Program in Senior Housing Issues

The required workshop offered this semester is #1036 Ethical Dilemmas in Working with Older Adults (see page 7). More required workshops will be offered in the fall of 2018.

Electives can be selected from all elective workshops under the gerontology programs.

Certificate Program in Senior Services Management

The required workshops offered this semester are #1036 Ethical Dilemmas in Working with Older Adults (see page 30) and #7153 Management of Budgeting and Finance (see page 32).

Electives can be selected from all elective workshops under the gerontology or nonprofit and public management programs.

Mini-Certificate in Mindfulness Across the Lifespan

Take all four workshops for \$400 to receive the certificate. Workshops may also be taken singly.

#4162

East and West Converge in the Present Moment: How Mindfulness Practice Activates Innate Healing and Happiness

Mindfulness involves focusing awareness and non-judgmental attention to the experience of the present moment. Modern-day scientists are identifying a wealth of empirical evidence of the physical and emotional benefits of mindfulness practice that Eastern masters have known for centuries. As a result, mindfulness skills are increasingly being taught by therapists and other health professionals to help clients address stress, addiction, pain, and other physical and emotional challenges. This workshop will provide participants with an update on the latest scientific findings as well as the opportunity to learn and practice a variety of mindfulness exercises. As Jon Kabat-Zinn, founder of the Harvard mindfulness-based stress reduction (MBSR) program has stated, "You can't stop the waves, but you can learn to surf."

Fee: \$129

CEHs: 5

Instructor: Lori Schlosser, PhD

Date: Friday, April 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#4182

Mindfulness Practice for Children: Keys to Success in the Age of Distraction

The latest research in teaching mindfulness to children demonstrates that they experience better focus and concentration, increased patience and frustration tolerance, improved relationship skills, stronger impulse control, and an ability to handle stress in healthier ways. Teaching mindfulness to children gives them the keys to social and emotional intelligence and the awareness they need to succeed in this era of ever-increasing stressors and demands. It may be the most powerful play there is! This workshop blends the latest scientific research about mindfulness and its effects on the brain and body with activities, games, and playful practices that have been proven to resonate with children. Participants will practice these activities and leave the workshop with a variety of resources that they can apply in educational settings, in their professional work with children and their parents, as well as within their own families, with their own children.

Fee: \$129

CEHs: 5

Instructor: Lori Schlosser, PhD

Date: Friday, April 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#4765

Mindfulness and the Teenage Brain

Current research in neuroscience is giving us a better understanding of the teenage brain. The changes that occur in brain circuitry during this period offer fertile opportunities for creativity and growth, while also creating risks for impulsivity and dangerous behavior. Mindfulness practices show great promise in giving teens powerful tools to navigate this important life stage and a rewarding adulthood, as well. This workshop provides participants with information on the latest research regarding the developing teenage brain, followed by experiential practice in mindfulness exercises that are specifically designed for use with adolescents.

Fee: \$129

CEHs: 5

Instructor: Lori Schlosser, PhD

Date: Friday, May 4, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#4946

Senior Moments Redefined: Mindfulness Practices for Older Adults and Their Caregivers

This workshop blends the latest scientific research about mindfulness and its effects on the brain and body with activities, games, and practices that have been proven to resonate with older adults and are modified to accommodate people of all physical abilities. These practices will also reduce caregiver stress and offer caregivers new methods to foster relaxation and support in the relationship between the caregiver and the person being cared for. Participants will practice these activities and leave the workshop with a variety of resources that they can apply in their professional work with seniors and/or their caregivers, as well as within their own families.

Fee: \$129

CEHs: 5

Instructor: Lori Schlosser, PhD

Date: Friday, May 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

Nonprofit and Public Management

Note: All workshops in the nonprofit and public management certificate are open to be taken individually or as part of a certificate program. See page 8 for details. The nonprofit and public management workshops are not approved for NBCC continuing education credit for LPCs as they do not specifically fit into an approved NBCC content area.

#7691

Stress Management for Managers and Supervisors

Program managers are responsible for the bottom line in their programs. They also are in the middle position in the organization — between the executive director and the direct practice social workers. This creates stress and can lead to stress-related illness, increased anxiety, and other health issues. This workshop will explore triggers to stress and ways to address those triggers not only for the program manager but for his or her team. Models for how to create a work culture of wellness and balance will be presented and discussed.

Fee: \$129

CEHs: 5

Instructor: Linda Meisel, LCSW

Date: Wednesday, May 30, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#8161

Fundraising Essentials

This introductory workshop is designed for nonprofit professionals who are employed in today's highly competitive environment. Participants in this workshop will learn the basic concepts, theories, and activities of fundraising, including the connection between marketing and fundraising; fundraising as a prerequisite to fundraising; sources and types of funds to be raised and the corporate implications associated with each; ethical issues and considerations; strategic assessment and planning for fundraising — identifying, selecting, and designing types and kinds of initiatives; building a corporate fundraising infrastructure and a culture of giving; and the roles of governance and management relative to fundraising.

Fee: \$129

CEHs: 5

Instructor: Shelly Wimpfheimer, DSW, LCSW, CSWM

Date: Thursday, May 31, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CHALLENGING RACIAL DISPARITIES: POVERTY, RACE, AND ADDICTION



A ONE-DAY CONFERENCE • SPECIAL LOW RATE

JUNE 6, 2018 • 9:00 A.M. - 3:30 P.M.

RUTGERS UNIVERSITY, BUSCH CAMPUS CENTER,
PISCATAWAY, N.J.

Featuring keynote speaker **DR. DERALD WING SUE**

*Professor of Psychology and Education from Columbia University •
Nationally Acclaimed Speaker, Author and Pioneer on Multicultural Counseling,
Racism and Microaggressions*

CONFERENCE OVERVIEW: This year's keynote speaker is Dr. Derald Wing Sue, a nationally respected author and lecturer from Columbia University and a pioneer on multiracial counseling, racism, and microaggressions. Let's further the national conversation on race together. Designed with the practitioner in mind, this conference will provide social workers and allied professionals with a dynamic learning opportunity on the topic of racial disparities. Through expert presentations and interactive discussions, attendees will gain new skills to address issues of race in their practice with clients, organizations, and communities.

CONFERENCE FORMAT: Dr. Sue will provide the stimulating morning keynote and then join an expert panel to discuss issues of racial disparities and how professionals can make a difference. The afternoon will offer a choice of breakout sessions.

Registration: \$89 (includes lunch) • 5 CE Hours (social and cultural competence) for social workers
Register online at: RaceConference2018.rutgers.edu

#7152

Human Resources Management

Human resource administration can be an organization's biggest challenge. Successful management of human resources promotes and enhances the skills and abilities of employees by creating and engaging systems and procedures that maximize productivity and lifelong learning. In this workshop, participants will identify the key components of human resource management and explore the legal and ethical issues related to it. Strategies to recruit and retain a high-quality workforce will be addressed, and ways to maintain a discrimination- and harassment-free environment will be identified.

Fee: \$129

CEHs: 5

Instructor: Linda Meisel, LCSW

Date: Monday, June 4, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#7688

Trauma-Informed Programs: A Forum for Agency Planning and Change

This workshop is designed for program administrators, supervisors, and individuals who have a desire to develop a trauma-informed care setting and who can effect systems change within their agency. We will set a foundation for systems change by reviewing how trauma impacts those we serve. Participants will review and utilize the elements of a trauma-informed system of care as we perform an agency self-assessment of staff and program readiness to incorporate trauma into the treatment milieu. Through

both small and large group discussion, we shall share strategies and boost your potential to create growth within your agency. Because sustainability is always a factor with change, we will develop plans to identify the trauma champions within your program structure who will provide that reinforcement and accountability. An important part of the process, we shall also refine a supervision model that can be incorporated into your agency. Roll up your sleeves and be trauma informed!

Fee: \$129

CEHs: 5

**Instructor: Kathryn Bedard, MA, LCADC,
NCADC**

Date: Wednesday, June 6, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#8162

Grant Writing Essentials

This introductory workshop on grant writing covers strategies to effectively pursue funding with federal, state, and local government agencies; corporate philanthropy; private foundations; and high-net-worth individuals. Participants will learn what a grant proposal looks like, reasons why most grant proposals fail, the role of research in grant writing, development of effective problem statements, basics on matching funds, grant writing technical issues such as length and format, eGrant basics, how much time to allocate to proposal writing, and characteristics of a good proposal, including sample grant proposals. This workshop will also take participants inside the state and federal request for proposal (RFP) grant writing process. Participants will learn how to search for government funding,

gain a look inside the federal RFP process, grant writing best practices, grant writing strategies, and what to do when you are awarded a grant.

Fee: \$225

CEHs: 10

Instructor: Ron Quincy, PhD

**Dates: Monday, June 11, and Tuesday,
June 12, 2018**

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#7153

Management of Budgeting and Finance

Included in the job descriptions of most senior and executive non-financial management personnel are various accounting and financial responsibilities they are required to oversee and manage. Their involvement and supervisory review of various forms and documents are an integral part of the internal control structure of their organization. This interactive workshop is intended to help non-financial managers better understand critical financial areas necessary for them to be more effective managers. Some of these areas include function and types of budgets, spending plans, key financial documents, and essential internal controls.

Fee: \$129

CEHs: 5

**Instructors: Raymond S. Mayers, PhD,
and Fontaine Fulghum, PhD**

Date: Thursday, June 28, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT

Social and Economic Justice

#5880

Understanding the Impact of Trauma and Community Violence

Trauma has sometimes been defined in reference to circumstances that are outside the realm of normal human experience. Unfortunately, this definition does not always hold true for the clients with whom we work. For some, trauma can occur frequently and become part of the common human experience, especially community violence. The results of trauma and community violence can influence and compound our clients' difficulties. This training provides an overview of trauma and community violence, and explores the impact the two phenomena have on clients. The training is also designed to give professionals tools to address the residual effects of trauma and community violence with their clients. Additionally,

professionals will examine ways they can be exposed to trauma vicariously and therefore will understand the importance of self-care to combat burnout.

Fee: \$129

CEHs: 5 Clinical

Instructor: Jennifer Jones-Danis, PsyD, LPC

Date: Friday, April 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4278

School-to-Prison Pipeline: Understanding the Relationship Between School Discipline, Dropping Out, and Incarceration

The school-to-prison pipeline is an epidemic that is plaguing schools across the nation. Far too often, students are suspended, expelled, or even arrested for minor offenses that leave visits to the principal's office a thing of the past. Statistics reflect that these policies disproportionately target students of color and those with a history of abuse, neglect, poverty, or learning disabilities. The purpose of this workshop is to begin to examine the root causes and repercussions of the school-to-prison pipeline on today's youth; understand the impact race, gender, and poverty have on this epidemic; and empower participants to make changes in their schools and communities. This workshop is being offered on two different dates and locations.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Jennifer Jones-Danis, PsyD, LPC

Date: Friday, May 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Bergen DHS, Hackensack

Date: Friday, May 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#1316

Community Organizing and Ethics

This workshop will focus primarily on community organizing and will help prepare participants to be effective leaders in advocating for their clients and social justice. This workshop will examine the history of community organizing in the United States, as well as the different theories and approaches to effective grassroots organizing. Particular attention will be given to applying professional ethics in all community organizing activities. Participants will leave the workshop with a clearer understanding of how they can apply these approaches and theories to their everyday practice. This workshop does not qualify for NBCC clock hours in ethics.

5 N.J. DVS credits: Organizing for Change

Fee: \$129

CEHs: 5 Ethics

Instructor: Jill Zinckgraf, MPA

Date: Wednesday, June 6, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Care Plus, Paramus

#4209

Environmental Justice: A Social Work Perspective

The water crisis in Flint, the Dakota Access Pipelines, disastrous hurricanes in the Caribbean islands, and the earthquakes in Mexico — when environmental issues impact marginalized populations, social workers are always called to action. Social workers are trained to navigate systems with the goal of improving client outcomes. In this workshop, participants will examine the organic relationship between social work and the physical environment, expand their fund of knowledge on eco-sensitive practices, and will learn three theories that are inclusive of the natural environment. The term "person-in-environment" is often used in social work. Ironically, this cornerstone social work concept has, over time, come to refer primarily to the social environment. Participants will walk away with ways in which they can positively impact the earth through more eco-sensitive social work practices.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructors: Christine Morales, LCSW, and

Mariann Bischoff, LCSW

Date: Thursday, June 7, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4204

Cultural Competence and Equity in LGBT Healthcare: Strategies for Medical and Mental Health Providers

This workshop provides healthcare practitioners with strategies to promote culturally competent medical and mental healthcare to lesbian, gay, bisexual, and transgender individuals. Topics include affirmative terminology and LGBT cultural information, as well as discussion of the unique medical and mental health needs of LGBT individuals, including needs associated with coming out, gender-confirming transition, sexual activity, STDs, aging, minority stress, suicide, and substance

use. The workshop also explores the reasons for historical inadequacies in LGBT healthcare that might affect current health status, including disproportionate lack of insurance coverage, non-disclosure to healthcare practitioners, lack of provider awareness of LGBT healthcare needs, and previous negative healthcare experiences.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructors: Paula Rodriguez Rust, PhD,

and Phil McCabe, CSW, CAS

Date: Friday, June 8, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#4277

Social Justice Practicum: Managing Conflicts and Challenges in the 21st Century

This workshop is designed for professionals in human services, criminal justice, education, and related fields. In this workshop, participants will advance their knowledge about social justice and related societal issues, and how these important issues impact the world of the clients they serve. Participants will learn how to manage conflicts and challenges in populations marginalized by the dynamics of power and influence. We will use case studies, including Ferguson, Missouri, as well as group discussion and video presentations to enhance the interactive learning experience of participants. The day will be skillfully facilitated by an instructor who has direct knowledge of and experience working with individuals and the community impacted by the tragic incident at Ferguson, Missouri, and similar situations in which minority and or economically challenged citizens have been faced with the use of excessive, and sometimes deadly, force by law enforcement officers.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Ron Quincy, PhD

Date: Wednesday, June 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick



Training Skills

Note: All workshops in the training skills certificate are open to be taken individually or as part of a certificate program. See page 8 for details. The training skills workshops are not approved for NBCC continuing education credit for LPCs as they do not specifically fit into an approved NBCC content area.

#8003 Training Needs Assessment and Evaluation

In this workshop, you will learn different types of training needs assessment and an approach to conducting a needs assessment interview when you are asked to do training for an agency or group. Also, the workshop will focus on the four levels of training evaluation and the various methods used to approach each level. A brief presentation and activity will address the preparation of pre-post test items. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

Fee: \$129

CEHs: 5

Instructors: Robert Hazlett, PhD, LCSW

Date: Wednesday, April 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#8006 Developing Objectives and Planning Your Workshop

This workshop will address the basic elements needed to present a successful training program. You will explore how adults learn and how that impacts on the instructional techniques you use. You will learn how to develop goals and objectives for your workshop. You are invited to bring current training assignments for further development and input. Finally, an overview of common instructional techniques will be presented and you will design a timed outline for a training session. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

Fee: \$129

CEHs: 5

Instructor: John Kriger, MSM, CAD, CPS

Date: Monday, May 21, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#8004 Experiential and Interactive Training Methods

Experiential and interactive training methods are an important part of the trainer's toolkit. In this training session, we will begin by demonstrating and discussing experiential methods, i.e., methods that make use of participants' experiences. Examples from

various training programs will be given, and trainers will learn methods to develop their own experiential activities. Interactive training methods make use of the different interaction formats available in the training group. Various examples of dyadic, triadic, and small group exercises will be demonstrated. Trainees are encouraged to bring examples of their training programs for further discussion. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

Fee: \$129

CEHs: 5

Instructor: John Kriger, MSM, CAD, CPS

Date: Thursday, June 14, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#8005 Working With Case Studies and Role Plays in Training

In this workshop, you will learn to develop case studies and role-plays for your workshops. The basic elements of case studies and role plays and how they relate to the training objectives will be presented. Attention will be given to how to use case studies and critical incidents most effectively. You will also learn to develop role plays, and a demonstration will be given of the various ways in which role plays can be used. Specific techniques, such as warm-ups, role reversal, and role rotation will be presented. You are invited to bring current training assignments for further development and input. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

Fee: \$129

CEHs: 5

Instructors: Norma Ketterer and

Maureen Braun Scalera, MSW

Date: Wednesday, June 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#8001 Creating Effective Training Presentations

At the heart of every training is how well the trainer transmits his or her knowledge and experience. Here's a workshop designed to enhance the trainer's ability to create thorough, effective, and interesting presentations. This workshop will also address the components of a professional presentation style and identify proficient public speaking skills. Techniques presented and skills practiced will allow participants to create behaviorally specific objectives for training presentations, produce succinct and effective presentations, appear more confident and dynamic in their delivery of information, and maximize audience interest through use of visual aids and interactive exercises. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

Fee: \$129

CEHs: 5

Instructor: Robert Hazlett, PhD, LCSW

Date: Tuesday, June 26, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

Trauma Response and Crisis Intervention

Note: All workshops in the trauma and crisis intervention certificate are open to be taken individually or as part of a certificate program. See page 8 for details.

#5851 Self-Care in Trauma Work

Trauma hurts everyone it touches. Expect to be different, not worse, as a consequence of working in the field of trauma and loss. What happens to you? What happens to your clients? What does it mean to be mindful of your self? As a result of this workshop, participants will broaden their knowledge, understanding, and application of techniques that contribute to their own well-being as well as to those with whom they work. They will be able to distinguish between emotions and their distortions and will broaden their understanding of the physical, psychological, emotional, social, and spiritual issues related to working within the arena of trauma. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Lori Schlosser, PhD

Date: Friday, April 6, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown
CERTIFICATE REQUIREMENT**

#5862 The Impact of Gangs on Trauma-Informed Care

Gangs have become their own cultural dynamic in the community today. Inter-generational gang membership has redefined the concept of family and family values. Gang values have reshaped our neighborhoods and community to the extent violence has become an accepted way of life. After completing this workshop, you will be able to better understand how gangs have become their own culture and the impact that gangs have on both the behavioral and mental health issues faced today in our communities. As a result, you will broaden your knowledge and understanding of common gang signs and identifiers found in our communities today. Examples will be given as to the roles and responsibilities of community agencies and the importance of inter-agency collaboration as it relates to addressing gang involvement and gang violence in the community. This workshop will better help you identify the community's responsibility for how to protect children and support families as it relates to

breaking the cycle of gang involvement and gang violence.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: John (Jack) Farrell, LCSW

Date: Wednesday, April 25, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5853

The Ethics of Trauma and Disaster Response: Doing Right, Doing Good

This workshop will examine the ethical issues that confront mental health professionals today in the burgeoning and related fields of disaster response, humanitarian relief, and trauma interventions. Principles of ethical professional practice will be reviewed in the context of these specialized fields, with a discussion of how these principles can be applied to such interventions, as well as areas in which these principles may conflict with the demands of various field scenarios.

Common pitfalls professionals face in these situations will be addressed. Philosophical issues such as morality ("doing right") and virtue ("doing good") will be addressed in the practical application of ethical principles to clinical interventions. A model for ethical decision-making that incorporates both morality and virtue will be presented and discussed. This workshop does not qualify for NBCC clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Monica Indart, PsyD

Date: Friday, May 4, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Care Plus, Paramus

CERTIFICATE REQUIREMENT

#5871

A Review of Evidence-Based Practices and Optimal Treatment Models for Complex Trauma

This workshop will present an overview of single-event and complex trauma, including a discussion of different types of traumatic events. The participants will learn about the post-traumatic stress disorder diagnosis and the limitations of this diagnosis for treatment. The impact of trauma on the brain, attachment, and disrupted attachment appear to give us more information about creative and innovative strategies to treat trauma than diagnosis. A brief review of the meaning of evidence-based practice and its use in the behavioral health field will be examined. A more in-depth look into treatment models such as trauma-focused cognitive behavioral therapy, eye movement desensitization and reprocessing, thought field therapy, dialectical behavioral therapy, and attachment self-regulation competency will be discussed.

Fee: \$129

CEHs: 5 Clinical

Instructor: Karen McGrellis Mihatov, MA, LPC, CTS, DRCC, MPA

Date: Friday, May 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5850

Foundations and Models of Crisis Intervention and Trauma Response

This two-day workshop will examine the history of crisis intervention and trauma response over the past century. This will be done as a means to understand the current response models and intervention techniques that will be specified and discussed, particularly as they relate to different affected populations (civilians, first responders, schools, etc.). Relevant research will be considered as a means to evaluate the effectiveness of these crisis response models. Community resources related to crisis and trauma will be identified. This workshop will include lecture, discussion, and experiential formats.

Fee: \$225

CEHs: 10 Clinical

Instructor: Cynthia Lischick, PhD, DVS

Dates: Fridays, May 11 and 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#5684

Group Treatment Approaches in Working With Trauma

Working together in a group atmosphere provides people who have survived a traumatic event with an opportunity to substantially cope with their reactions to this event. This workshop will help participants to learn a variety of different group interventions, when to apply them, and when not to apply them. The differences between therapy-oriented populations and non-therapy-oriented populations and their responses to trauma groups will be discussed. Establishing a safe environment for the exploration of feelings and the containment of overwhelming feelings, as well as learning the curative factors in group therapy, will be covered.

Fee: \$129

CEHs: 5 Clinical

Instructor: Nicci Spinazzola, EdS, LMFT, LPC, ACS

Date: Friday, May 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Monmouth Cares, West Long Branch

CERTIFICATE REQUIREMENT

#5857

The Effects of Trauma Across the Developmental Spectrum

A traumatic event has dramatic short- and long-term effects across all stages of human development. In this interactive two-day workshop, we will examine these effects on infants, children, adolescents, and adults, as well as explore the effects of trauma on the emotional, cognitive, neurological, physical, and spiritual human systems. The neuro-physiological and neurochemical changes that result from traumatic events will be

addressed as well. Practical skills and therapeutic interventions needed in helping both children and adults cope in the aftermath of trauma will be discussed. Both traditional and creative arts treatment approaches will be explored.

Fee: \$225

CEHs: 10 Clinical

Instructor: Nicci Spinazzola, EdS, LMFT, LPC, ACS

Dates: Thursday, June 7, and

Friday, June 8, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

CERTIFICATE REQUIREMENT

#5856

Responding to Disaster

In this workshop, mental health professionals will explore psychosocial impacts of disasters and terrorism, as well as strategies and systems for assessing the need for mental health intervention and providing appropriate types of early psychological intervention in the wake of a disaster or terrorist event. This workshop addresses the critical knowledge areas and skill sets that will allow clinicians to work with the federal and state disaster mental health system, law enforcement, and emergency management system in addressing the mental health consequences of such events. This workshop introduces and is consistent with the Federal Emergency Management (FEMA)-Substance Abuse Mental Health Services Administration (SAMHSA) model of community crisis intervention, as well as the disaster mental health training curriculum standards established by the National Center for Post-Traumatic Stress Disorder.

Fee: \$129

CEHs: 5 Clinical

Instructor: Steve Crimando, MA

Date: Thursday, June 14, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Monmouth Cares, West Long Branch

CERTIFICATE REQUIREMENT

#5858

Individual Treatment Approaches in Working With Trauma

The decision for someone to seek help, rely on oneself, or do nothing about a problem after a traumatic event is a complicated one. Providing clinicians with an overview of the major stages for the help-seeking process is a necessary step. The goal of treatment is to improve the quality of life for the survivor(s). Discussion will examine features of traumatic events, theories of intervention, treatment of comorbid disorders, and aspects of post-traumatic personal growth.

Fee: \$129

CEHs: 5 Clinical

Instructor: Judeth Forlenza Wesley, RN, LCSW, LCADC, CPS

Date: Tuesday, June 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#5855

Family Treatment Approaches in Working With Trauma

When trauma impacts a family member, the entire system is affected. This workshop will explore the intersection of the context and the impact of trauma on members of a family and the varied responses of families and clinical strategies to help both the individual and family cope with the aftermath. Focus will also be on assessment of family functioning, trauma impact and intervention with both vulnerable and functional families, mental health concerns, including PTSD, and the issues of primary and secondary impact. The utilization of the different family systems theories approaches to treatment will be explored.

Fee: \$129

CEHs: 5 Clinical

Instructor: Susan Esquilin, PhD, ABPP

Date: Thursday, July 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

CERTIFICATE REQUIREMENT

#5017

Cultural Competency in Trauma Treatment

The workshop will begin with a definition of trauma and the large array of situations that may produce traumatic experiences. It will then proceed with an introduction of the research available, stipulating the importance and ethical significance of considering different aspects of culture in diagnosis, assessment, and treatment of trauma. Cultural competency at an organizational level will be examined using handouts for participants to review and discuss in small groups. Different presentations among various cultural and ethnic groups will be described, as well as unique situations, such as in cases of immigration trauma, political torture, and exposure to war. The latter part of the presentation will focus on case vignettes intended to spark discussion among participants in regard to how knowledge, self-awareness, and cultural sensitivity/respect can be infused into our diagnosis, assessment, and treatment of trauma.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Aileen Torres, PhD

Date: Thursday, July 26, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5879

Vicarious Traumatization: Sometimes the Cost of Caring

As professionals working with trauma, we sit with and vicariously live through — watching, listening, and feeling another's plight. The empathic engagement with those who have experienced trauma, be it abuse, neglect, domestic violence, death, war, or any traumatic event such as 911, can produce

enormous strain on the clinician's psychological, physical, and spiritual well-being. Our greatest gift of trying to help those impacted by trauma also becomes our greatest liability. "Vicarious traumatization" (McCann and Perlman, 1990), also known as "compassion fatigue" (Figley, 1995), is a term used to describe the cumulative impact on the lives of helping professionals who work with clients who have experienced or are experiencing trauma. The training day will be divided into two parts. The first part of the workshop will be didactic, explaining the concept of vicarious traumatization, exploring the different ways vicarious traumatization can impact professionals, and reviewing various strategies to try to minimize the impact. The second part of the workshop is experiential. With structured exercises, participants will be given the opportunity to share the impact of their work with trauma. The workshop will emphasize self-care strategies.

Fee: \$129

CEHs: 5 Clinical

Instructor: Marsha Heiman, PhD

Date: Friday, July 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick



#5852

Differences and Diversity in the Experience, Effects, and Treatment of Trauma

New Jersey is the fifth most culturally diverse state in our nation. Traumatic stress reactions are greatly influenced by an individual's culture, ethnicity, and spirituality. In addition, pre-existing and comorbid conditions such as mental illness and substance abuse will affect outcomes. In this workshop, we will examine how cultural issues influence the experience, effects, and treatment of trauma and discuss culturally specific needs and interventions for trauma survivors. The needs of some special populations will be explored as well.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

**Instructor: Nicci Spinazzola, EdS, LMFT,
LPC, ACS**

Date: Friday, August 3, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

CERTIFICATE REQUIREMENT

Violence Against Women

There are two violence against women certificates — foundation and clinical.

◆ Foundation Certificate in Violence Against Women

◆ Clinical Work With Survivors Certificate

Professionals may choose to take any individual workshop listed below that interests them. If you wish to earn either certificate, simply take all the required workshops.

Workshops in the VAW certificate program that are eligible for N.J. Domestic Violence Specialist (DVS) credits are noted. For information on DVS credits, please contact the New Jersey Coalition to End Domestic Violence (NJCEDV) at <http://www.njcedv.org/>.

Foundation Certificate in Violence Against Women

Note: All workshops in the foundation certificate can be taken individually or as part of a certificate program. See page 8 for details.

#1306

Mental Health and Violence Against Women

Research has shown that survivors of violence against women have a greater risk of experiencing a myriad of mental health issues and are more likely to experience depression, post-traumatic stress disorder, to abuse alcohol and drugs, and to contemplate suicide as a result of their experiences, causing many survivors to seek mental health and other supportive services. This fundamental workshop provides an overview of the common mental health issues that many survivors of violence may face. Additionally, information on how to prevent "screening out" survivors from support, shelter, or clinical services based on previous misdiagnosis will be discussed, as well as an introduction to some of the current effective treatment interventions that survivors may encounter while engaged in clinical services.

5 NJ DVS credits: Mental Health

Fee: \$129

CEHs: 5 Clinical

Instructor: Elaine Edelman, PhD, LCSW

Date: Wednesday, April 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1314

Violence Against Women: Techniques in Screening, Assessment, and Basic Interventions

Appropriate responses to victims and survivors require a coordinated community

response in which professionals and community members understand the types of violence perpetrated against women and children, are able to screen and assess individuals for abuse, and are prepared to provide basic and immediate interventions connecting individuals to appropriate community resources. Participants taking this workshop will also develop their understanding of the ethics, goals, and principles surrounding screening and assessing for abuse in a culturally sensitive way. It is strongly recommended that participants interested in obtaining a foundation certificate take this workshop prior to taking the other foundation workshops.

Fee: \$129

CEHs: 5 Clinical

5 NJ DVS credits: Intervention Skills

Instructor: Stephanie Klotz, MSW

Date: Friday, April 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

CERTIFICATE REQUIREMENT

#1317

Violence Against Women and the Healthcare Response

This workshop will explore the healthcare system's role in responding to violence against women and children and provide participants with an understanding of the impact of violence and abuse on women's and children's health. The workshop will also focus on how to appropriately screen patients for abuse, document information, and provide resources and referrals. Special attention will be given to understanding obstacles and barriers encountered by individuals in diverse populations when receiving medical care.

Fee: \$129

CEHs: 5

2.5 NJ DVS credits: Intervention

2.5 NJ DVS credits: Mental Health

**Instructor: Kathleen Kelleher APNC, DMH,
Certified DV Specialist**

Date: Tuesday, May 15, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St, New Brunswick

#1303

Violence Against Women in Diverse Populations

Recognizing the critical impact that issues of race, culture, sexual orientation, religious identity, ability, and other diverse identities have on victims' experiences of violence, this workshop provides a first glimpse into the issues of violence against women in relation to LGBT community; people with disabilities; cultural groups or ethnicities; immigrants, asylum seekers, and refugees; people with language issues; elder victims; male victims; substance abuse population; severe mental illness population; and teens. Participants will leave this workshop having learned strategies for addressing the various obstacles or issues that victims face in accessing services and negotiating the various support systems.

Fee: \$129

CEHs: 5 Social and Cultural Competence

5 NJ DVS credits: Special Populations

Instructor: Lisa Smith, MS, DVS

Date: Wednesday, June 27, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

CERTIFICATE REQUIREMENT

#1301

Understanding Violence Against Women

Geared toward professionals who are eager to expand their knowledge of the issues of violence against women, this important workshop provides participants with an understanding of the fundamental issues related to violence against women in all its forms — physical, sexual, emotional, and financial.

Fee: \$129

CEHs: 5

5 NJ DVS credits: Basic Domestic Violence Knowledge

**Instructors: Laura Luciano, MA,
and Lisa Smith, MS, DVS**

Date: Wednesday, July 18, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

CERTIFICATE REQUIREMENT

#1312

Violence Against Women and Technology

Participants taking this workshop will learn about the ways perpetrators of domestic violence, sexual violence, and stalking use various technologies to harm and control victims. Additionally, participants will learn strategies for basic safety planning around technology risks and the benefits of technology for survivors. Participants will also explore technological barriers and issues that service providers face in regard to data protection and collection.

Fee: \$129

CEHs: 5

5 NJ DVS credits: Prevention

Instructor: Sharon Zucker, MPA

Date: Saturday, June 23, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

Clinical Work with Survivors Certificate

Note: All workshops in the clinical certificate can be taken individually or as part of a certificate program. See page 8 for details.

#1322

Group Counseling With Survivors

This workshop will identify and explore techniques relative to group counseling with

survivors of violence and allow participants to gain an understanding of skill application in group process, group facilitation skills, ethical issues, as well as professional challenges that might affect the group process, specific to working with survivors of violence against women.

Fee: \$129

CEHs: 5 Clinical

5 NJ DVS credits: Group Counseling Skills

Instructor: Julie Roebuck, LCSW

Date: Wednesday, May 2, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#1501

Treatment of Adult Survivors of Child Sexual Abuse

Geared toward professionals providing clinical services, this dynamic workshop presents clinical information on working with and treating adult survivors of child sexual abuse (CSA). As a result of this workshop, participants will gain an understanding of the various types of sexual abuse, common diagnoses, and therapeutic approaches and techniques for working with survivors of CSA in a clinical setting.

5 NJ DVS credits: Sexual Abuse

Fee: \$129

CEHs: 5 Clinical

Instructor: Elaine Edelman, PhD, LCSW

Date: Thursday, May 3, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#1320

Working With Perpetrators of Domestic Violence

Geared towards professionals providing clinical services, this workshop presents information on working with perpetrators of domestic violence. Participants will become familiar with perpetrator characteristics and profiles and identify the primary intervention and treatment approaches used with perpetrators, including psycho-educational and interpersonal group approaches. In addition, this workshop will examine the legal system response to perpetrators and common challenges of working with perpetrators, including burnout, over-identification, collusion, compassion fatigue, the need to "punish," experiencing hostility, and cultural blind-spots. Participants will also gain an understanding of a practice framework for effective work with perpetrators that includes clear structure, safety provisions, accountability, compassion, and use of best practices.

Fee: \$129

CEHs: 5 Clinical

5 NJ DVS credits: Intervention Skills

**Instructor: Richard S. Kessler, PhD, NCC,
DVS**

Date: Tuesday, June 26, 2018

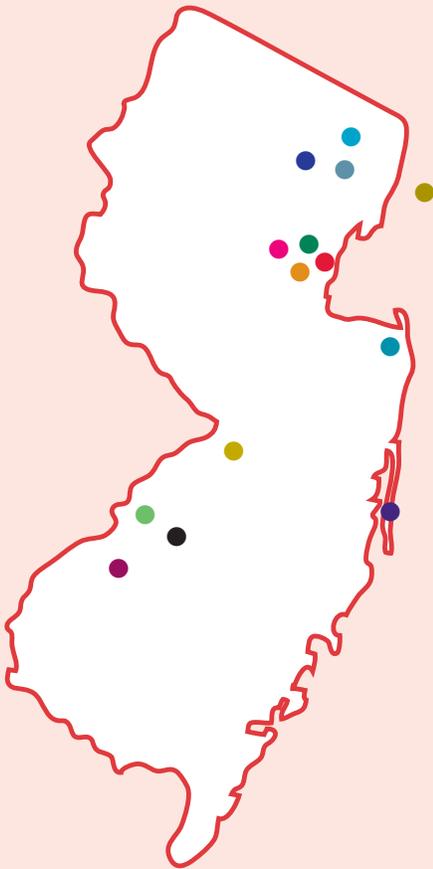
Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

WORKSHOP LOCATIONS

DIRECTIONS TO WORKSHOPS

We strongly recommend using the directions and maps we provide on our website. GPS and online directions are often problematic. When you register for a workshop, you will receive a confirmation email approximately two weeks prior to the workshop date with a link to directions. However, you can access directions anytime on the "Workshop Locations and Maps" page at socialwork.rutgers.edu/ce.



● NEW BRUNSWICK

Rutgers School of Social Work
Office of Continuing Education
390 George Street, 3rd Floor
New Brunswick, NJ 08901
848-932-8758

(THIS IS OUR MAIN LOCATION)

The Boggs Center on
Developmental Disabilities
Rutgers Robert Wood Johnson
Medical School
Liberty Plaza
335 George Street, 3rd Floor
New Brunswick, NJ 08901

● PARSIPPANY

Octagon 10 Office Center
1719 Route 10 East, Suite 101
Parsippany, NJ 07054

● BORDENTOWN

Rutgers Eco Complex
1200 Florence Columbus Road
Bordentown Township, NJ 08505
609-499-2700

● SOMERSET

Atrium
300 Atrium Drive
Somerset, NJ 08873
732-235-9458

● CAMDEN

Rutgers School of Social Work
217 North 6th Street
Camden, NJ 08102
856-225-2855

● GLASSBORO

Robins' Nest
42 South Delsea Drive
Glassboro, NJ 08038
856-881-8689

● HACKENSACK

Department of Human Services
One Bergen County Plaza
4th Floor, Room 460
Hackensack, NJ 07601
201-336-7474

● PISCATAWAY

Middlesex Regional Educational
Services Commission (MRESC)
Professional Development
Academy
1690 Stelton Road
Piscataway, NJ 08854
732-777-9848 Ext. 3560

● BLACKWOOD

Northbrook Behavioral Health
425 Woodbury-Turnersville Road
Blackwood, NJ 08012
856-374-6600

● HIGHLAND PARK

Parker at Stonegate
443 River Road
Highland Park, NJ 08904
732-565-2500

● LONG BEACH TOWNSHIP

St. Francis Community Center
4700 Long Beach Boulevard
Long Beach Township, NJ 08008
609-494-8861

● NEW YORK CITY

Spence-Chapin Services
to Families & Children
410 East 92nd Street, 3rd Floor
New York, NY 10128
212-369-0300

Cancer Care
275 Seventh Avenue, 22nd Floor
New York, NY 10001

● PARAMUS

Care Plus NJ, Inc.
610 Valley Health Plaza
Paramus, NJ 07652
201-265-8200

● WEST LONG BRANCH

Monmouth Cares
185 State Route 36, Bldg. B1
West Long Branch, NJ 07764
732-222-8008 Ext. 102

WORKSHOPS BY LOCATION AND DATE

WORKSHOPS OFFERED IN CENTRAL JERSEY — 390 GEORGE ST., NEW BRUNSWICK

Are “Squeaky Wheel” Children a Self-Fulfilling Prophecy? The Challenge of Developing Reality-Based Relationships With Our Children.....	March 10, 2018	See page 28
Mini-Certificate in Complex Trauma	April 10, 17, 24, May 1 & 8, 2018	See page 26
Training Needs Assessment and Evaluation.....	April 11, 2018	See page 34
Ethical Issues in Social Work Practice.....	April 12, 2018	See page 9
Mental Health and Violence Against Women.....	April 18, 2018	See page 36
Mindfulness and Acceptance-Based CBT for Anxiety	April 19, 2018	See page 9
LCSW/LSW Examination Preparation Course.....	April 20, 2018	See page 17
Understanding the Impact of Trauma and Community Violence	April 20, 2018	See page 32
Introduction to Comprehensive Integrative Psychotherapy.....	April 20, 27, May 11, 18 & June 1, 2018	See page 9
Wherever I Go, There I Am (Eventually) — Repercussions of Escaping an “Impossible” Family	April 21, 2018	See page 28
Psychopharmacology With Children and Adolescents.....	April 24, 2018	See page 24
Working With Asian Indian-Hindu Families: Moving Towards Culturally Responsive Interventions	April 25, 2018	See page 10
The Impact of Gangs on Trauma-Informed Care.....	April 25, 2018	See page 34
What Does Recovery Look Like? Understanding Recovery Through a Person-Centered Lens.....	April 26, 2018	See page 21
Working With Kids and Families in Crisis.....	April 27, 2018	See page 23
Integration of Family Therapies.....	April 28, 2018	See page 28
Termination of Parental Rights: A Legal Perspective	May 2, 2018	See page 18
Treatment of Adult Survivors of Child Sexual Abuse.....	May 3, 2018	See page 37
Sexual Orientation and Gender Identity Diversity: Understanding the Needs of LGBT Individuals	May 9, 2018	See page 18
A Review of Evidence-Based Practices and Optimal Treatment Models for Complex Trauma	May 11, 2018	See page 35
Foundations and Models of Crisis Intervention and Trauma Response.....	May 11 & 18, 2018	See page 35
Violence Against Women and the Healthcare Response.....	May 15, 2018	See page 37
Creative Approaches to Coping With Self-Mutilation	May 15, 2018	See page 11
Relationship Connections and the Role You Have in Strengthening Them	May 16, 2018	See page 11
Parents and School Success.....	May 17, 2018	See page 18
Moving from Self-Criticism to Self-Care: The Healing Power of Self-Compassion	May 18, 2018	See page 18
Getting Beyond Blaming Self or Others — Becoming Factual About 500-Pound Gorilla Multigenerational Patterns.....	May 19, 2018	See page 29
Ethnogeriatrics: Working With Older Adults of Various Cultures.....	May 19, 2018	See page 30
Developing Objectives and Planning Your Workshop	May 21, 2018	See page 34
Understanding Child Development Through a Cultural Lens	May 23, 2018	See page 25
Stress Management for Managers and Supervisors	May 30, 2018	See page 31
Fundraising Essentials.....	May 31, 2018	See page 31
Attachment Theory: A Helpful Framework for Understanding and Intervening With At-Risk Children and Their Families.....	June 1, 2018	See page 25
Dialectical Behavior Therapy: Theory, Structure, and Skills.....	June 1, 29, & July 20, 2018	See page 11
Human Resources Management	June 4, 2018	See page 32
Understanding the DSM-5: Diagnostic Changes and Clinical Implications	June 5, 2018	See page 11
Emotional Freedom Techniques (EFT), a Mind-Body Approach to the Anxiety Spectrum Disorders	June 7, 2018	See page 12
Incorporating Cultural Competence into Ethical Decision-Making.....	June 7, 2018	See page 17
Environmental Justice: A Social Work Perspective	June 7, 2018	See page 33
Emotional Process in Society — How It Promotes Regressive and Progressive Periods and Its Influence on Families	June 9, 2018	See page 29

Grant Writing Essentials	June 11 & 12, 2018	See page 32
Prison Break: Working With the Criminal Justice Client.....	June 13, 2018	See page 12
Mothers, Daughters, and Food: Understanding Disordered Eating.....	June 13, 2018	See page 12
Social Justice Practicum: Managing Conflicts and Challenges in the 21st Century	June 13, 2018	See page 33
If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization ...	June 14, 2018	See page 17
Promoting Wellness in Older Adults	June 14, 2018	See page 30
Experiential and Interactive Training Methods	June 14, 2018	See page 34
How is Anxiety Good for You?	June 15, 2018	See page 13
Social Media: The Good, the Bad, and the Ugly from a Social Work Perspective.....	June 15, 2018	See page 19
Assessment and Intervention Across the Lifespan	June 16, 2018	See page 24
Solution-Focused Practice.....	June 19, 2018	See page 13
Individual Treatment Approaches in Working With Trauma	June 19, 2018	See page 35
Diet, Nutrition, and Eating Behaviors: Helping Clients Make Changes	June 20, 2018	See page 13
Working With Case Studies and Role Plays in Training	June 20, 2018	See page 34
Social Work, Ethics, and Professional Responsibilities	June 21, 2018	See page 19
Parents as Healers: Dynamic Ways to Integrate Caregivers in Play Therapy	June 22, 2018	See page 13
Ethical and Legal Issues in Substance Abuse Counseling	June 22, 2018	See page 22
The Assessment and Treatment of Dissociative Disorders	June 22, 2018	See page 14
Creating Effective Training Presentations	June 26, 2018	See page 34
The Link Between Trauma and Substance Abuse: Causes, Signs, and Treatment Indications	June 27, 2018	See page 22
Management of Budgeting and Finance	June 28, 2018	See page 32
How NOT to Fail as a Therapist: Strategies for Preventing Premature Termination in Psychotherapy	July 13, 2018	See page 14
Ethics Essentials in Geriatric Care	July 18, 2018	See page 29
Through Our Eyes: Children, Violence, and Trauma	July 20, 2018	See page 13
End-of-Life Issues	July 24, 2018	See page 30
Eating Disorders and Obsessive Compulsive Disorder: Sorting Out a Complicated Symptom Picture.....	July 25, 2018	See page 15
Dealing With Angry Students and Tantrums Effectively	July 27, 2018	See page 15
Vicarious Traumatization: Sometimes the Cost of Caring	July 27, 2018	See page 36
Child Interviews: Understanding the Ins and Outs	July 31, 2018	See page 25
Family Therapy 101.....	August 2, 2018	See page 11
Ethical Issues in the Schools	August 3, 2018	See page 14
Fatherhood	August 3, 2018	See page 20
The Emotional Freedom Technique (EFT) and Tapping: Level II Evidence-Based Treatment for Emotional and Physical Pain.....	August 9, 2018	See page 16
Understanding Sexual Harassment: The Not-So Hidden Acts of Privilege and Power.....	August 10, 2018	See page 20
Beyond Healing to Thriving: Post-Traumatic Growth Through Mindfulness, Cognitive Behavior Therapy, and the Arts	August 13, 2018	See page 16
Helping Couples Get the Love They Want.....	August 17, 2018	See page 16
Spanish for Social Service Settings	August 18, 25, Sept. 8, 15 & 22, 2018	See page 20
Autism, ADHD, and SPD in Childhood: Clinical Considerations and Advocacy Opportunities	August 20, 2018	See page 16

WORKSHOPS OFFERED IN CENTRAL JERSEY – PISCATAWAY (MRESC)

Family-Focused Therapy for Post-Institutionalized Children	March 26, 2018	See page 22
Conceptualizing Crisis Intervention When Working With Adoptive Families	April 17, 2018	See page 22
Clinical and Normative Issues Within Adult Adoptee Populations	May 4, 2018	See page 22
Positive Parenting.....	May 8, 2018	See page 10
Living as a Multicultural Family: An Adoptive Family Perspective.....	May 16, 2018	See page 23
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KEY INFORMATION AND FREQUENTLY ASKED QUESTIONS

1. How do I register for a workshop?

You can register online at socialwork.rutgers.edu/ce (preferred) or complete the registration form in the back of this catalog and send it by fax or mail. Registrations are taken on the day of the workshop at 390 George St. only. Call first for availability. We do accept registrations over the phone, but please note only Visa or MasterCard will be accepted.

2. How do I register if my employer is paying?

You can mail a registration form with a purchase order or check. You can also select the "purchase order" option when registering online and send the purchase order by mail or fax. Please make sure the participant's name is indicated on the purchase order and/or check. If your employer would like to register an employee using a Visa or MasterCard, we can take your information over the phone. Please remember, registration needs to be submitted under the name of the person attending the workshop.

3. Do I receive a confirmation email?

Confirmation emails with a link to directions are usually sent right after mailed registrations are processed and a week before the workshop date for registrations made online.

4. Where do I find directions to my workshop?

Directions are available on our website (socialwork.rutgers.edu/ce) under "Location and Maps." We recommend you print out the directions since they are usually more precise than a GPS.

5. How late can I register for a workshop?

You can register at any time as long as the workshop is available. However, if you register less than a week before the workshop date, your name may not be printed on the roster. In that case, print your name and sign the roster. Once the roster is received in our office and the system is updated, you will receive your certificate via email.

6. How can I tell if a workshop is open for registrations?

Check our website at socialwork.rutgers.edu/ce and search the workshop by title or number.

7. How do I know if a workshop is canceled due to bad weather or low enrollment?

Check your email. We contact participants first via email if we must cancel a workshop due to low

enrollment, emergencies, or inclement weather. If we don't get a response, we will follow up with a phone call. You can choose to receive a coupon or a full refund for cancelled workshops.

8. What happens if I need to cancel a workshop?

You must notify us before the workshop date. You can request a coupon valid for one year that can be applied towards another workshop OR a refund less a \$25 cancellation fee. Coupons cannot be exchanged for a refund. If you do not show up on the workshop day without informing us, no reimbursements will be made. When a workshop is cancelled due to weather or insufficient enrollment, no penalties apply.

9. What happens if I am late or need to leave earlier when attending a workshop?

It's acceptable if you are 15 to 20 minutes late for a workshop, but the instructor is directed not to allow participants who arrive later than that. If you need to leave a little earlier, please let the instructor know in the morning so arrangements can be made. Please note we do not issue certificates with partial CEUs.

10. How do I receive a refund?

Credit card purchases will be refunded to the same card originally used within a couple of days of your request (less any cancellation fees due). If you paid by check, you will receive a refund check in the mail (please note this process involves different departments at Rutgers and the processing time is around 3-4 weeks).

11. What is the difference between CEUs and CE Hours, and where are they applicable?

There is great variability in how these terms are used state by state and across professions. In our CE program, these terms are used interchangeably and refer to the actual clock hours or "seat time" of the workshops we offer. Please see the "Special Notices" section on page 2 of this catalog or the "CEU Provider Details" section of our website for specific entities approving our CEUs.

12. Do the CE hours count for the N.Y. state license?

Yes, unless otherwise noted. We are an approved provider for social work CEUs in NY.

13. Do you have online workshops?

Yes! See our online trainings at <https://RutgersCE.wcea.education>.

14. How do I apply to a certificate program?

There is no application to our certificate programs and no deadline for completing them. Certificate programs are self-paced; once you complete the required and elective workshops, you earn your certificate (listed on page 7). Once you have attended all of the workshops, please notify our office and we will send you the final certificate. You can track your certificate progress on our website with the "Certificate Advisor" link. Please note that required certificate workshops are typically offered over the span of a calendar year.

15. How do I receive a replacement certificate?

If you would like a printed certificate in the mail, there is a \$10 processing fee. If you would like the office to email you the certificate, the fee will be waived.

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REGISTRATION FORM

Please print clearly and make a copy for your own records

Note: Online registration preferred at: socialwork.rutgers.edu/ce

Name (as you would like it to appear on your certificate): _____

Home Address (Street): _____

City: _____ State: _____ Zip Code: _____

Home Phone Number: (_____) _____ Email Address: _____

Please check here if your address has changed since your last registration.

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Work Setting (e.g. hospital, school) _____

Population Served: _____

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City: _____ State: _____ Zip Code: _____

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- ◆ **2 for \$200:** Register for two single-day workshops (normally \$129 each) and pay \$200.
- ◆ Rutgers alumni/students/faculty or current field instructors are eligible for a 10% discount.
- ◆ **Please note: Only ONE discount can be used per order.**
- ◆ If you register for more than 4 workshops, add a separate page with workshop numbers, titles, dates, and total fee.
- ◆ Registrations taken on the day of the workshop **at 390 George St location only.** Call first for availability.

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ce@ssw.rutgers.edu

For additional information or brochures, **call 848-932-8758 or fax 732-932-7057**

Persons with disabilities requiring special accommodations may call us at **848-932-8758**

Single Workshop or Certificate Program? You Decide

All workshops in the catalog can be taken individually. Just sign up for any workshop you want. If it is part of a certificate program, we will automatically apply your attendance toward the appropriate certificate. You can track your progress on our website.

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