

Continuing Education

Fall/Winter 2019 Catalog



LET RUTGERS COME TO YOU

CUSTOMIZED WORKSHOPS can bring
high-quality, University-sponsored trainings and
entire certificate programs to your agency

What we provide:

- Expert instructors coming to you
- Handouts for each participant
- Certificates of Completion
- CE hours for NJ & NY Social Workers and
Licensed Professional Counselors

Greater organizational impact

Training tailored to your unique needs

Cost effective - no travel time, group rate

Staff learn the same information at the same time



RUTGERS

School of Social Work

CALL 848-932-8758 FOR INFORMATION



PARTNERING for CHANGE

Discount Plan "2 for \$200"

Our single-day workshop rate is \$129. However, if you register for two workshops, the rate drops to \$200. If you are interested in attending several workshops or a certificate program, the rate is stackable—four workshops for \$400, six for \$600 and so on. The discount rate does not apply to multi-day workshops or special programs. Get a jump on your CE Hours with the workshops you want most. We hope to see you this fall/winter!

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. We are particularly interested in offering more in-depth series on clinical topics and models (e.g. CBT, ACT). 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

CONTENTS

Continuing Education Workshops

- 1 Introduction
- 2 Special Notices
- 4 The Must Haves in CE Hours (what's required)
- 6 Certificate Program Descriptions
- 10 Fall/Winter Workshop Selections
- 10 Clinical Workshops
- 16 General Workshops (nonclinical)

Workshops Listed by Topic Area

- 19 Addictions
- 21 Adoption
- 22 Case Management
- 23 Child/Adolescent Mental Health
- 24 Clinical Supervision
- 25 Developmental Disabilities
- 26 Eating Disorders and Issues
- 28 Family Therapy
- 29 Gerontology Program
 - 29 Basic Program in Gerontology
 - 31 Advanced Program in Gerontology
 - 32 Senior Services Management
 - 32 Senior Housing Issues
- 33 Nonprofit and Public Management
- 34 Social and Economic Justice
- 35 Trauma Response and Crisis Intervention
- 36 Violence Against Women
- 39 Workshops by Location and Date
- 44 Key Information and FAQ

Registration Form located on inside back cover

Special Notices

Our main location — 390 George Street

We are in a prime location, with comfortable classrooms, updated technology, free parking and free Wi-Fi. The train station, and many diverse eateries are 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 St.) for free! You will receive a free gate card to cover the parking cost. Be sure to enter Church Street from Neilson Street.

Discounts are 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.

The discount applies to individual registrations in multiples of two (e.g. 2, 4, or

6, workshops). The discount can also be used to register groups. Registration for all workshops must be done at the same time. Normal cancellation policy applies; refunds will be prorated. The discount does not apply to multi-day workshops or special programs and 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.

Online Workshops

The Office of Continuing Education has a variety of 60–90 minute online trainings. Learn what you want, when you want, where you want. Create an account and can keep track of all your completed online courses on our online portal. All trainings are approved for continuing education hours for NJ social workers. Contact us if you have interesting topics you would like to partner with us on. Checkout all the compelling subjects we have to offer online at: RutgersCE.wcea.education.

Concentration Series on Eating Disorders

Eating disorders are prevalent yet very challenging to treat. Increase your knowledge and skills with this five session series led by an experienced eating disorders expert and researcher. If you register for all five workshops at the same time, the fee is only \$529. See page 26 for more information.

Are You Licensed in New York? Read This...

The Rutgers University School of Social Work, Office of Continuing Education is an approved provider of continuing education for LMSWs and LCSWs in

New York State (provider #0069). Unless otherwise noted, all events in this catalog are approved for CE hours in New York State.

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 12.

Can You Teach a Psychotherapy Model?

We are always looking to expand our clinical offerings on specific psychotherapy approaches (e.g. CBT, ACT, Psycho-dynamic and 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

Bring Training and CE Hours 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 & Cultural Competence Workshops?

We have several scheduled this fall and winter. See page 4 for the "Must Haves in CE Hours."

Want to become a LCSW? READ THIS!

If you are a LSW who wants to become a 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? The law specifies LCSW's who provide 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 5 for more information.

Our Registration System Works for You

Online you can see a list of all our offerings, register for workshops, see your workshop history, get directions to workshop sites, and even see your progress in each certificate program with "Certificate Advisor." The system allows you to keep track of all your CE hours over the years. Visit socialwork.rutgers.edu/ce and create an account.

Single Workshop or Certificate Program? You Decide

All workshops in the catalog can be taken individually—even if they are part of a certificate program. 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 monitor your attendance toward the appropriate certificate. You can track your progress on our website.

Office of Continuing Education

School of Social Work
Rutgers, The State University of New Jersey
390 George St, 3rd Floor
New Brunswick, NJ 08901

Phone: 848-932-8758

Fax: 732-932-7057

Email: ce@ssw.rutgers.edu

Website: socialwork.rutgers.edu/ce

All workshops are approved for continuing education hours (CE Hours) by the Rutgers School of Social Work in accordance with New Jersey Administrative Code (NJAC) 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
- Association for Play Therapy, APT Approved Provider# 11-300
- State of New York: The Rutgers School of Social Work, Office of Continuing Education is recognized by the NY Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, provider #0069.
- New Jersey Department of Education [NJAC 6A:9C-3.2 (d)]
- Addictions workshops are appropriate for LCADC and CADC recertification [NJAC 13:34C-5.4]
- Rutgers CE Hours are recognized for social workers in most U.S. states. Check your state licensing board to verify if they are valid in your state.
- National Board for Certified Counselors, provider #6389

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



The “Must Haves” in CE Hours

All licensed NJ social workers are required to receive continuing education in ethics social & cultural competence, and prescription opioid drugs. We make meeting the requirements easy with a wide selection of engaging workshops in these areas.

Look for the following throughout the workshop listings. All workshops are general (nonclinical) unless listed as below:

Ethics = Ethics

Social & Cultural Competence = Social & Cultural Competence

Clinical = Clinical CE Hours

Opioid = Prescription Opioid Drugs

License Requirement: Ethics

The NJ social work license requires all social workers take five hours of continuing education on ethics during each two-year relicensing period. The Office of Continuing Education has several innovative and interesting ethics workshops. Sign up early as these workshops tend to fill up.

Ethical Issues in Social Work Practice
September 23 • Hackensack • See page 10

Ethical Issues in Social Work Practice
October 1 • Bordentown • See page 10

Suicide Prevention in the School Setting: Identification and Intervention
October 2 • New Brunswick • See page 10

Self-Care in Trauma Work
October 4 • New Brunswick • See page 35

If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself and Your Organization
October 10 • New Brunswick • See page 16
October 24 • Bordentown • See page 16
January 16 • Parsippany • See page 16

Ethical Issues in the Schools
October 23 • Bordentown • See page 13

Ethical Dilemmas for Administrators and Managers
October 29 • New Brunswick • See page 33

The Ethics of Trauma and Disaster Response: Doing Right, Doing Good
October 30 • New Brunswick • See page 35

Legal and Ethical Issues in Child/Adolescent Mental Health
November 6 • Parsippany • See page 23

Social Work, Ethics and Professional Responsibilities
November 7 • Bordentown • See page 17

Legal and Ethical Issues in Working with Trans Youth
November 8 • Camden • See page 13

Ethical Decision Making in Private Practice
November 8 • New Brunswick • See page 18

Legal Issues and Planning
November 8 • Parsippany • See page 32

Community Organizing and Ethics
November 13 • Bordentown • See page 35

Ethical Dilemmas in Working with Older Adults
November 13 • Parsippany • See page 30

Legal and Ethical Issues in Developmental Disabilities
November 14 • New Brunswick • See page 25

Ethical Issues and Values in Violence Against Women Work
December 6 • New Brunswick • See page 37

Ethical and Legal Issues in Substance Abuse Counseling
December 9 • Bordentown • See page 20
January 9 • Parsippany • See page 20
December 11 • Bordentown • See page 20

Incorporating Cultural Competence into Ethical Decision Making
December 18 • New Brunswick • See page 18

Legal and Ethical Issues in Clinical Supervision
December 19 • Parsippany • See page 25

Disability Policy Issues
January 8 • New Brunswick • See page 26

Legal Responses to Violence Against Women

January 13 • New Brunswick • See page 37

Bioethical Decision Making: Considerations for Advanced Planning
February 12 • New Brunswick • See page 31

License Requirement: Social & Cultural Competence

All NJ licensed social workers are required to take a minimum of three hours in the area of Social & Cultural Competence each relicensing period. This semester we are pleased to offer the following dynamic workshops that fulfill this requirement:

Examining and Understanding Diversity of Gender Identity and Sexual Orientation
September 25 • Parsippany • See page 10

Addictions in the Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Communities
October 10 • Long Beach Township • See page 19

The Fierce Urgency of Now—Deepening Our Commitment to Social Justice Practice
October 17 • New Brunswick • See page 34

A Look at Media, Misogyny, and the “Consumption” of Women
October 17 • Parsippany • See page 34

Girls of Color: Trauma and Punitive Response
October 18 • Bordentown • See page 34

Clinical Work with LGBTQ Youth
October 22 • Parsippany • See page 12

Looking Through the Invisible Borders: A Cross Cultural Response to Trauma Survivors
October 25 • Bordentown • See page 36

Suicide Prevention with Trans Youth
November 4 • Bordentown • See page 13

Legal and Ethical Issues in Working with Trans Youth
November 8 • Camden • See page 13

The Uncomfortable Truth: Racism, Injustice, and Poverty in New Jersey
November 8 • Bordentown • See page 35

Community Organizing and Ethics
November 13 • Bordentown • See page 35

Aging: Policy and Economic Considerations
November 18, 25, December 2 • New Brunswick • See page 30

Incorporating Cultural Competence into Ethical Decision Making

December 11 • Bordentown • See page 18

Managing Differences and Challenging Dynamics in Supervision

December 17 • Parsippany • See page 25

Incorporating Cultural Competence into Ethical Decision Making

December 18 • New Brunswick • See page 18

The Assessment and Treatment of Transgender Adolescents and Their Families

January 17 • Bordentown • See page 15

Life on the Inside: A Social Work Perspective of the Criminal Justice Client

January 18 • New Brunswick • See page 19

Elder Economic Security, Social Equity and the Reality of Longevity for Seniors in New Jersey

January 30 • Bordentown • See page 35

Working with Undocumented Clients: Addressing the Myths and Understanding the Challenges

February 1 • New Brunswick • See page 19

LGBT Older Adults: How Sexual Orientation Influences the Aging Experience

February 4 • Bordentown • See page 31

LGBT+ Older Adults: Best Practices for Providing Culturally Sensitive Services & Supports

February 28 • New Brunswick • See page 31

License Requirement:

Prescription Opioid Drugs

New—all social workers need one hour of prescription opioid drug education during each two-year relicensing period. See the Addictions section on page 19 for workshops that meet this requirement.

License Requirement:

The Clinical Supervision Series

LCSWs must first complete 20 continuing education hours in a specialized clinical supervision course before they can supervise an LSW seeking to get their clinical license. The course must be approved by the NJBSWE and be completed prior to the start of 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 24 for more information on each of the four workshops, offered this fall/winter:

Core Issues in Clinical Supervision

December 10 • Parsippany • See page 24

Models and Techniques of Clinical Supervision

December 12 • Parsippany • See page 25

Managing Differences and Challenging Dynamics in Supervision

December 17 • Parsippany • See page 25

Legal and Ethical Issues in Clinical Supervision

December 19 • Parsippany • See page 25

SPECIALIZED AREAS OF PRACTICE

Working with Grief & Loss

The Bereaved Child:

Children, Caregivers, and Schools

October 12 • New Brunswick • See page 11

Silent Anguish: Understanding the Impact of the Death of a Pet

November 1 • Parsippany • See page 12

Supporting Adults, Teen and Children Coping with Loss

November 15 • New Brunswick • See page 13

Grieving Children & Teens:

Creative Interventions for Individual and Group Work

December 4 • New Brunswick • See page 14

Making Meaning from an Illness:

Transforming a Health Crisis into a Healing Experience

January 14 • New Brunswick • See page 15

Eating Disorders and Issues

Assessing and Identifying Eating Disorders—What You Need To Know Now

October 26 • New Brunswick • See page 26

Binge Eating Disorder: Assessment and Intervention Basics

November 16 • New Brunswick • See page 26

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

November 17 • Camden • See page 26

What's Eating You? The Psychology of Eating

December 12 • Bordentown • See page 26

Eating Disorders: Highlights and Relevant Clinical Issues

January 28 • New Brunswick • See page 27

Eating Disorders and Childhood Abuse

February 5 • New Brunswick • See page 27

Eating Disorders & Body Image Dissatisfaction

February 11 • New Brunswick • See page 27

Eating Disorders: Exploring Evidence Supported Treatments

February 26 • New Brunswick • See page 27

Eating Disorders & Recovery: Highlighting Spiritual Practices

March 3 • New Brunswick • See page 27

Working in School Settings

Dealing with Angry Students and Tantrums Effectively

September 30 • Mercer County • See page 10

Suicide Prevention in the School Setting

October 2 • New Brunswick • See page 10

The Bereaved Child: Children, Caregivers, and Schools

October 12 • New Brunswick • See page 11

Clinical Work with LGBTQ Youth

October 22 • Parsippany • See page 12

Ethical Issues in Schools

October 23 • Bordentown • See page 12

Building Positive Schools Through Positive Education

October 30 • Parsippany • See page 12

Challenging Cognitive Distortions in School-Age Children

November 19 • Parsippany • See page 14

Trauma in Schools: Response Matters

December 4 • New Brunswick • See page 14

Screen Smart Counseling: A Media-Age Guide to Therapy

February 24 • New Brunswick • See page 16

Working with Trauma

The Mother and the Sexually Abused Child

October 11 • New Brunswick • See page 11

Shame: The Master Emotion

October 18 • Parsippany • See page 12

"We're Not Multiple": Recognizing and Working with Dissociative Self-States in Psychotherapy

November 15 • Bordentown • See page 13

Complex Trauma in Children

December 3 • Parsippany • See page 24

Trauma in Schools: Response Matters

December 4 • New Brunswick • See page 14

Understanding Attachment in the Context of Childhood Trauma

December 6 • Bordentown • See page 14

Incarceration and the Impact/Effect on Children and Adolescents

December 7 • New Brunswick • See page 15

The Neurobiology of Trauma/PTSD

December 12 • New Brunswick • See page 15

Also see workshops in the Trauma Response and Crisis Intervention certificate—see page 9.

Advance Your Career with a Rutgers Certificate Program!

A university certificate program is a substantial credential representing advanced post-graduate education. Each certificate is designed to enhance your work and further your career by providing broad and deep knowledge 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: **6 required workshops, 3 elective workshops, a total of 9 days.** For this semester's offerings see page 21.

ADOPTION CERTIFICATE WORKSHOPS

1. **#5954** Attachment Based Parenting Approaches in Adoption
2. **#5955** Family-Focused Therapy for Post Institutionalized Adopted Children
3. **#5957** Strategies for Managing Behaviors in Adoptive Families

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
- + plus 3 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 two (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 22.

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 2 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 23.

CHILD & 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: A Helpful Framework for Understanding and Intervening with At-Risk Children and Their Families

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 & Psychosocial Treatments for Child & Adolescent Disorders (2 days)

9. **#5658** Dealing with Differences and Diversity in the Clinical Treatment of Children & Adolescents

+ plus 2 elective workshops

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 knowl-

edge 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 25.

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 3 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 Services Management**
- **Certificate Program in Senior Housing Issues**

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 Adults 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 2 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 31.

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 2 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 32.

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 2 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 NJ 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 32.

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 2 elective workshops

(Electives may be selected from all workshops listed under the Gerontology Programs or the Nonprofit and Public Management Program)

Certificate Program in Non-Profit 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 33.

NON-PROFIT 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 3 electives

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 12 days.** For this semester's offerings see page 35.

TRAUMA RESPONSE & 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

9. **#5852** Differences and Diversity in the Experience, Effects and Treatment of Trauma

+ plus 2 electives

The 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 5 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 2 electives





Fall/Winter 2019–2020 Workshop Listings

Clinical Workshops

#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.

\$129

CE Hours: 5 **Clinical**, **Ethics**
Robert Hazlett, PhD, LCSW

Monday, September 23, 2019
9:30 a.m. – 3:30 p.m.
Bergen DHS, Hackensack

Tuesday, October 1, 2019
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

#5739 ■ Examining and Understanding Diversity of Gender Identity and Sexual Orientation

How do sexual orientation and gender identity differ? This workshop will offer a detailed examination of these two topics

as well as how psychological and social issues influence the LGB and T community. Furthermore, the workshop will explore how prejudice, heteronormativity, and discrimination impact the LGB and T community. Inclusivity and understanding are important when creating welcoming environments for clients who either are still discovering their orientation and identity or those who have already discovered themselves. Lastly, this workshop will reinforce the importance of inclusive language and addressing specific needs for the LGB and T community by implementing techniques and evidence based clinical approaches and techniques.

\$129

CE Hours: 5 **Clinical**, **Social & Cultural Competence**
Alex Redcay PhD, LCSW &
Mayte Redcay, LCSW

Wednesday, September 25, 2019
9:30 a.m. – 3:30 p.m.
Octagon 10 Office Center, Parsippany

#5061 ■ Dealing With Angry Students and Tantrums Effectively

It seems each year we are faced in dealing 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 importantly, we will look at practical and simple tools that can be used immediately to decrease the incidents of tantrums and angry behaviors within the school, mental health and home setting. The goal of this workshop will be to supplement your existing tools with others you can quickly implement when working with these students during their most challenging states.

\$129

CE Hours: 5 **Clinical**
Brett Novick, MS, LMFT, CSSW

Monday, September 30, 2019
9:30 a.m. – 3:30 p.m.
Mercer County Family Support
Organization

#5829 ■ Suicide Prevention in the School Setting: Identification and Intervention

The workshop is designed to help school social workers, school counselors, and teachers understand their role in identifying students at risk for suicide. In this workshop risk factors and indicators will be discussed and policies and procedures in addressing this issue will be explored. Resources and ways to make appropriate referrals will be described as well. This workshop does not qualify for NBCC clock hours.

\$129

CE Hours: 5 **Clinical**, **Ethics**
Nicci Spinazzola, EdS, LMFT, LPC, ACS

Wednesday, October 2, 2019
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#5283 ■ DSM-5: What to Know and How to Apply

Competence in assessment and diagnosis is an ongoing area of development in clinical practice. For most practitioners, this requires having a solid understanding of the DSM. This interactive and highly applied workshop addresses the history of the DSM as well as the substantial changes made to the most recent version—the DSM-5. Through lecture, discussion, and case study, participants will leave with a greater understanding of the main changes made to the manual and how to effectively utilize the diagnostic system's coding, reporting procedures, and integrated assessment tools. This workshop will cover some major diagnostic categories in detail,

in order to enhance participant's application of the DSM-5 in their practice. This workshop has multiple offerings:

\$129
CE Hours: 5 Clinical
Robert Hazlett, PhD, LCSW

Wednesday, October 2, 2019
9:30 a.m. – 3:30 p.m.
Bergen County Dept. of Human Services

Thursday, October 3, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick, NJ

Monday, December 9, 2019
9:30 a.m. – 3:30 p.m.
Northbrook Behavioral Health, Blackwood

#5740 ■ Mantra Meditation as Therapy

Mantra Meditation is trendy. This practice dates back 5000 years to India and is relevant not only to monks on mountain tops but also for the modern mind. Mantra Meditation as Therapy is a workshop designed to introduce the key concepts of how mantra meditation works. You will learn how it is useful as a "thought interrupt" for anxious clients and understand the science supporting the approach. Therapists can use this tool to decrease autonomic arousal in the brain and help clients disengage from emotional reactivity.

\$129
CE Hours: 5 Clinical
Sonia Brill, LCSW

Friday October 4, 2019
9:30a.m. – 3:30p.m.
390 George St., New Brunswick

#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.

\$129
CE Hours: 5 Clinical

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

Thursday, October 10, 2019
9:30 a.m. – 3:30 p.m.
Rutgers EcoComplex, Bordentown

#5596 ■ The Mother and the Sexually Abused Child

The idea that the non-offending mother should be a focus of clinical assessment and intervention when a child has been sexually abused can be controversial. However, research in the area suggests that the mother is important, not only in the risk for sexual abuse, but also in how the child recovers after abuse disclosure. This workshop will review the literature on sexual abuse and the importance of the mother. The second half of the workshop will focus on clinical assessment and intervention when a sexually abused child or adolescent presents for therapy. While this workshop does not specifically focus on therapy for the non-offending mother, participants will leave the workshop with a clear conceptualization

of why the non-offending mother should be engaged in the child's therapy, and with practical ways to do so.

\$129
CE Hours: 5 Clinical
Colleen Daly Martinez, PhD, LCSW, RPT-S

Friday October 11, 2019
9:30 a.m. – 3:30 p.m.
390 George St., New Brunswick

#5094 ■ The Bereaved Child: Children, Caregivers, and Schools

Dealing with loss in childhood can be complex and scary for any practitioner. This workshop will help participants identify loss in different developmental stages, recognize different types of losses in childhood and in the school environment, and how to work with caregivers and other providers to provide grief sensitive interactions. Participants are encouraged to bring case examples to aid in workshop discussion. This workshop does not specifically discuss therapeutic

continued on page 12

#5097 ■ Gestalt Theory, Therapy, 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 such as 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.

\$129
CE Hours: 5 Clinical
Laura Carite, LPC

Friday, October 11, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany

#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.

\$129
CE Hours: 5 Clinical
Laura Carite, LPC

Friday, October 25, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany

modalities but is geared towards helping practitioners feel more comfortable working with grief and loss.

\$129
CE Hours: 5 Clinical
Sarah Kautz, LCSW

Saturday, October 12, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

#5077 ■ Shame: The Master Emotion

Unaddressed shame has destructive consequences for individuals, for families, and for communities. Shame can cause and exacerbate depression, anxiety, addictions, criminal activity, aggression, and abusive behavior. This workshop will define shame, explore its impact and give an overview of the literature on the topic of shame, including the work of shame researcher and social worker, Brene Brown. Those who attend will learn how shame influences parenting, our response to loss and trauma, and school culture. The workshop will describe how men, women and different cultures differ in their experience of shame. Participants will learn the principles for the treatment of shame.

\$129
CE Hours: 5 Clinical
Connie Palmer, LCSW

Friday, October 18, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany

#5230 ■ Clinical Work with LGBTQ Youth

LGBT youth have higher rates of mental health issues, substance abuse, involvement in the child welfare & 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 & large group discussions, lecture, multimedia, and a quiz to test your knowledge.

\$129
CE Hours: 5 Clinical, Social & Cultural Competence

Alex Redcay PhD, LCSW & Mayte Redcay, LCSW
Tuesday, October 22, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany

#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. An exploration and recognition of one’s idiosyncratic parenting/personality style(s). The workshop will additionally help you gain a better understanding of punishment versus discipline and how to teach logical and natural consequences as a manner of parental philosophy. Finally, 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.

\$129
CE Hours: 5 Clinical
Brett Novick, MS, LMFT, CSSW

Tuesday, October 22, 2019
9:30 a.m. – 3:30 p.m.
Mercer County Family Support Organization

#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.

\$129
CE Hours: 5 Clinical, Ethics
Brett Novick, MS, LMFT, CSSW

Wednesday, October 23, 2019
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

#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 road map 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 helping 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.

\$129
CE Hours: 5 Clinical
Maya Kollman, MA

Wednesday, October 23, 2019
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#4778 ■ Building Positive Schools through Positive Education

Research indicates that a positive school climate has been associated with higher academic achievement and healthy behavioral outcomes for students. Positive Education is teaching happiness, resilience and well-being along with traditional skills. This training will provide educators with a greater awareness of the tenets of Positive Psychology and Positive Education and the benefits of developing and implementing school-wide programs that foster positive school climate and encourage achievement through collaboration rather than competition.

\$129
CE Hours: 5 Clinical
Diane Lang, MA

Wednesday, October 30, 2019
9:30 a.m. – 3:30 p.m.
Octagon 10 Office Center, Parsippany

#4083 ■ Silent Anguish: Understanding the Impact of the Death of a Pet

There is nothing as special as the human-animal bond. Our pets give us companionship, joy, a reason to live, a connection to the

world, and most importantly, unconditional love. When a companion animal dies, it can be a devastating and incomprehensible loss. This workshop will explore: the human-animal bond; the grieving process and what makes it the same and different from other losses; euthanasia; rituals and memorials; special needs of children; and unique situations; i.e. working with veterinarians, vet techs, breeders, rescue Groups, violent situations, and life changes. Video will be used as well as an interactive forum. At the end of this workshop participants will be able to recognize the importance of animal relationships and know how to help and support their clients through illness, trauma, or losses of their beloved pets.

\$129

CE Hours: 5 Clinical

Nancy Saxon Lopez, LCSW

Friday, November 1, 2019

9:30 a.m. – 3:30 p.m.

Octagon 10 Office Center, Parsippany

#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.

\$129

CE Hours: 5 Clinical, Social & Cultural Competence

Alex Redcay, PhD, LCSW

Monday, November 4, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#5734 ■ CBT for Illness: Using CBT Skills for Disease Related Anxiety

Illness related anxiety is very common for clients and caregivers. CBT offers practical, often easy-to-use methods to relieve anxiety. In turn, it empowers our clients to have a set of tools they can use in many daily life experiences. Participants in this workshop will receive an opportunity to practice and apply CBT skills and leave with a set of practical take-home worksheets that can be introduced into their daily practice with clients.

\$129

CE Hours: 5 Clinical

Instructor: Kristy Case, LCSW, OSW-C

Date: Tuesday, November 5, 2019

Time: 9:30 a.m. – 3:30 p.m.

Location: 390 George St, New Brunswick

#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. See the advanced level below.

\$129

CE Hours: 5 Clinical

Debra D. Castaldo, PhD, LCSW

Wednesday, November 6, 2019

9:30 a.m. – 3:30 p.m.

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 & 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.

\$129

CE Hours: 5 Clinical, Social & Cultural Competence OR Ethics

Alex Redcay, PhD, LCSW

Friday, November 8, 2019

9:30 a.m. – 3:30 p.m.

Rutgers School of Social Work, Camden

#4971 ■ “We’re Not Multiple”: Recognizing and Working with Dissociative Self-States in Psychotherapy

The common and often subtle clinical manifestations of dissociated self-states can

be easily missed by even well-trained and experienced clinicians. Recognizing these phenomena can enable entry into the patient's inner world, deepening the therapeutic alliance, and increasing therapeutic effectiveness with our most wounded, and often most clinically challenging, patients. Drawing on the recent work of Chefetz (2015) and van der Hart & Steele (2006, 2012), and the earlier work of Kluft (1984) and Putnam (1989), this workshop will provide information about the most current views on dissociation and review treatment techniques derived from the consensus guidelines on treating trauma and dissociative phenomena.

\$129

CE Hours: 5 Clinical

Frank Schwoeri, PhD

Friday, November 15, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#5294 ■ Supporting Adults, Teen and Children Coping with Loss

Adults, teens and children experience many different types of loss: death, divorce, abandonment, foster care, illness, incarceration and deportation leaving them at higher risk for mental and physical illness, substance abuse and aggressive behavior. Learning how to support people after a loss enables them to live emotionally healthy, meaningful and productive lives. This workshop provides an understanding of the impact of loss on children and youth and adults. Attendees will learn the definitions and interrelatedness of loss, grief, mourning and resilience. The dominant culture encourages winning and success, but doesn't focus on learning how to lose. This essential life skill can be learned as social workers and other professionals provide support to those who are grieving. This workshop will explore the connection between grief and shame as well as differing cultural “grief beliefs” after a loss. While this workshop will focus primarily on how to help people cope with a loss due to death, these concepts are transferable to all types of loss.

\$129

CE Hours: 5 Clinical

Connie Palmer, LCSW

Friday, November 15, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, 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.

\$129

CE Hours: 5 Clinical
Natalie Contreras, MA, LPC

Tuesday, November 19, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Center, Parsippany

#5056 ■ Beyond Checking and Washing: Understanding and Treating the Obsessive Compulsive Spectrum

Once thought to be a rare psychiatric illness, obsessive-compulsive disorder is now recognized to be quite common as 2-3 million Americans are believed to have it. Although they are not as well-known as OCD, several other disorders share significant characteristics with it, and are now considered as part of the obsessive-compulsive spectrum. These include body dysmorphic disorder, hypochondriasis, and impulse control disorders such as trichotillomania and compulsive skin picking. The primary purpose of this workshop is to familiarize attendees with the various diagnoses on the spectrum, to review cognitive and behavioral manifestations of each, and to thoroughly explore forms of treatment.

\$129

CE Hours: 5 Clinical
Scott Granet, LCSW

Thursday, November 21, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

#5481 ■ CBT with Anxiety Disorders

An estimated 40 million adults in the U.S. reportedly suffer from one of the anxiety disorders in a given year. Anxiety disorders that bring clients to our offices often contribute to considerable life dysfunction, yet they are highly treatable. The primary focus of this workshop is to identify clinical manifestations of each disorder, and to thoroughly review the most effective treatment strategies for each. Participants will learn how to: a) Identify cognitive and behavioral manifestations of each disorder, b) Explore considerations for treatment, including cognitive-behavioral therapy, group therapy, and medications, c) Recognize considerations for differential diagnosis and d) Identify support resources.

\$129

CE Hours: 5 Clinical
Scott Granet, LCSW

Friday, November 22, 2019
9:30 a.m. – 3:30 p.m.
Octagon 10 Office Center, Parsippany

#5732 ■ Grieving Children & Teens: Creative Interventions for Individual and Group Work

Common issues for grieving children will be explored, including factors affecting the grief response, tasks of mourning, how grief is expressed and understood at various ages and stages of development, needs of grieving children, and how the grief experience can vary across different religious and cultural backgrounds. A variety of creative & expressive art techniques will be presented for professionals to utilize throughout the stages of bereavement, including anticipatory grief, recent loss, and grief over time. The techniques presented in this workshop can be utilized and adapted in clinical work with individual children/teenagers and groups, as well as families. These interventions provide psychoeducation (for both parents & children), and opportunities for honoring & remembering loved ones, expressing feelings, coping (esteem building), and moving forward (termination). Participants will have the opportunity to explore the activities experientially, utilizing hands-on materials appropriate for use with children and teenagers ages 6–17.

\$129

CE Hours: 5 Clinical
Crystal, Zelman, LCSW, CCLS, RPT

Wednesday, December 4, 2019
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#5736 ■ Trauma in Schools: Response Matters

1 in 4 children experience trauma in their lives. With natural disasters, rising suicide rates, schools shootings, and every day trauma, the aftermath of trauma continues to stall educational benchmarks and mental health recovery. In this workshop we will explore how to identify the at-risk student, how to respond to traumatic events, and ways schools can better respond while building resilience in their students and staff.

\$129

CE Hours: 5 Clinical
Amy Nolan, Ed.S, MA, ACS, LPC, NCC, BCC, EAS-C

Wednesday, December 4, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

#5741 ■ Working with Suicidal Clients: Applying EBP Interventions

This workshop provides an introduction to an integrated, evidence-based model of treating and managing suicidal risk in adult clients. Recent changes in suicide rates and demographics, as well as significantly limited hospital stays have led to the need for more clinicians to develop the necessary competencies to effectively treat and manage suicidal risk on an outpatient basis. This workshop will be divided into three primary sections: 1) competent assessment of suicidal risk based on current research and conceptualizations; 2) examination and application of an integrated model of intervention, based upon three evidence-based models; and 3) management of acute suicide risk as well as chronic suicidality, including clinician self-awareness and wellness.

\$129

CE Hours: 5 Clinical
Monica Indart, PsyD

Friday, December 6, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Center, Parsippany

#5083 ■ Understanding Attachment in the Context of Childhood Trauma

This workshop will focus on the impact impaired attachment and trauma has on children, especially in the child welfare system. Participants will increase knowledge and gain understanding of the signs and symptoms of impaired attachment and how trauma affects a child psychologically, emotionally, behaviorally and developmentally. Through case examples, discussion and multimedia,

participants will identify interventions to facilitate attachment and bonding to strengthen family ties. Approaches, techniques and clinical tools will be explored to assist practitioners to widen their trauma lens to work more effectively with traumatized children and their families.

\$129
CE Hours: 5 Clinical
Rebecca Gallese, LCSW

Friday, December 6, 2019
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

#5218 ■ Incarceration and the Impact/Effect on Children and Adolescents

Parental incarceration is a complex and daunting experience for anyone, including mental health providers. This workshop will help participants identify the effects of parental incarceration at different developmental stages, key aspects that influence the child's understanding of the experience, and understand the impact of loss and trauma of this experience. This workshop does not specifically discuss therapeutic modalities but is geared towards helping mental health providers feel more comfortable working with children and families affected by parental incarceration.

\$129
CE Hours: 5 Clinical
Sarah Kautz, LCSW

Saturday, December 7, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

#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 interventions 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 symptomology 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.

\$129
CE Hours: 5 Clinical
Craig Strickland, PhD

Thursday, December 12, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

#5278 ■ Becoming a "Good-Enough" Mother: From Pregnancy to Birth to Healthy Attachment

This workshop is about the journey of motherhood, particularly the key areas of pregnancy, postpartum issues, and attachment. Participants will gain a thorough understanding of what mental health issues can surface for a woman during and after pregnancy. Participants will explore the projections and fantasies that can arise for women during pregnancy, as well as the transference issues that can surface if the therapist herself is pregnant. The symptoms and treatment of postpartum mood disorders will be discussed at length. Finally, D. W. Winnicott's concept of the "good-enough" mother will be explored in its connection to a healthy attachment from mother to baby. Case examples and interventions will be explored, and extensive resources, reading lists, and current research articles will be provided. The workshop will be a combination of lecture and group process. Participants are free to bring case examples.

\$129
CE Hours: 5 Clinical
Jessica Flint, LCSW
Thursday, January 9, 2020
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#5735 ■ Making Meaning from an Illness: Transforming a Health Crisis into a Healing Experience

This workshop will provide clinicians with the necessary tools and techniques to help clients and caregivers make meaning out of a life-altering illness such as cancer, HIV, or heart disease. When clients and caregivers are informed of life-altering illness, the question of "Why" is often rhetorically asked. This question can raise existential angst. For some, thinking of mortality or the pressure

to now "seize the day" can feel overwhelming. This workshop will provide clinicians the opportunity to guide and support clients through these evidence-based techniques to improve their coping.

\$129
CE Hours: 5 Clinical
Instructor: Kristy Case, LCSW, OSW-C

Date: Tuesday, January 14, 2020
Time: 9:30 a.m. – 3:30 p.m.
Location: 390 George St, New Brunswick

#5737 ■ Deepening Therapy: Finding "Wow" Moments with Clients

Ever feel stuck working with a client? This workshop will give you new creative tools and a fresh perspective on building strong connections with clients so they stay past the intake and work harder in session. We will explore holistic and creative approaches as well as how to weave those approaches with already established and researched techniques. This workshop is highly interactive to help you get to those "wow" moments in therapy you and your clients are looking for.

\$129
CE Hours: 5 Clinical
Amy Nolan, Ed.S, MA, ACS, LPC, NCC, BCC, EAS-C

Thursday, January 16, 2020
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

#5493 ■ The Assessment and Treatment of Transgender Adolescents and Their Families

Most clinicians who work with teenagers are likely to encounter a young person who reports that they do not believe that their actual gender conforms to their biologically assigned gender. These adolescents and their families present unique challenges and thus require unique assessment and treatment. This workshop will provide an overview of the assessment and treatment of transgender adolescents. Ethical concerns and controversies will be explored. Also, the current Standards of Care will be reviewed and made available to participants. Experience with this population is not required, but please bring an open and curious mind.

\$129
CE Hours: 5 Social & Cultural Competence
Russell Healy, DSW, LCSW

Friday, January 17, 2020
9:30 a.m. – 3:30 p.m.
Eco Complex, Bordentown

#5096 ■ Who's 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.

\$129

CE Hours: 5 Clinical

John F. Gasiewski LCSW, PhD

Monday, January 27, 2020

9:30 a.m. – 3:30 p.m.

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.

\$129

CE Hours: 5 Clinical

Diane Lang, MA

Wednesday, February 12, 2020

9:30 a.m. – 3:30 p.m.

10 Octagon Center, Parsippany

#5733 ■ Screen Smart Counseling: A Media-Age Guide to Therapy

During the last two decades there have been profound sociocultural shifts in how we use

and experience technology. The purpose of this workshop is to demonstrate ways to effectively navigate and utilize technology and social media in clinical practice with adolescents and young adults and to teach mental health professionals and parents how to work with rather than against it. Background information on Generation Z will be presented to strengthen mental health professional's ability to build therapeutic rapport with the adolescent population. Tools to assess technology usage and screen for risk as part of a bio-psycho-social assessment will be shared. Mental health professionals will also gain creative in-session technologically-based intervention strategies to use with their clients, and foster their abilities to effectively guide parents in the age of technology and social media. This workshop will help you develop more mindful, productive, and responsible consumers of media.

\$129

CE Hours: 5 Clinical

Kristin Biri, DSW, LCSW

Monday, February 24, 2020

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

#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 which 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. Our own personal happiness is a vital key to how effective we are as clinicians and health care practitioners. We know that happiness is also one of the most effective health interventions. Clinicians and healthcare practitioners will learn techniques that will be a useful addition to their practices and support their own well-being.

\$129

CE Hours: 5 Clinical

Diane Lang, MA

Wednesday, January 15, 2020

9:30 a.m. – 3:30 p.m.

390 George St., New Brunswick

General Workshops

#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 is not eligible for CE Hours and it does not qualify for NBCC (National Board for Certified Counselors) clock hours.

\$129

Robert Hazlett, PhD, LCSW

Thursday, September 26, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

\$129

Robert Hazlett, PhD, LCSW

Saturday, October 5, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

#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 & letters requires the human service professional to consider many factors including the purpose of the communication, the recipient of the communication & 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 & 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 & persuade on your client's behalf; how to convey objectivity; and ethical & legal issues in documentation. This workshop does not qualify for NBCC clock hours.

This workshop has multiple offerings:

\$129

CE Hours: 5 Ethics

Christine Heer, Esq., LCSW, DVS

Thursday, October 10, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

Thursday, October 24, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

Thursday January 16, 2020

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

#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-compassion will hamper their motivation to succeed. 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 negatively affect our physical and emotional health. Evidence shows that self-compassion can 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 techniques to cultivate self-compassion that they can teach to clients and use in their own lives.

\$129

CE Hours: 5

Lori Schlosser, PhD

Friday, October 11, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#4949 ■ Shifting Paradigms, Challenging Perceptions

Clients often present with a limited capacity to meet the varying demands and challenges of introspection in treatment and recovery. Many individuals are so busy reacting to what life throws at them that they don't realize the need, or take the time to build the necessary cognitive and coping skills to develop multiple options in approaching life's problems. Professionals often learn about family

dynamics, dealing with resistance and getting clients unstuck, but may lack the practical knowledge or experience to initiate, provide, and model, a variety of skills for shifting paradigms and challenging perceptions. You may have been asked to think out-of-the-box but, have you ever been told how to do it? To paraphrase Albert Einstein, we can't use the same thinking to solve a problem that got us into it. This workshop provides a variety of strategies for professionals and their clients to help them actually think out-of-the-box, and generating greater options.

\$129

CE Hours: 5

John Kriger, MSM, CADC, CPS

Tuesday, October 15, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

#4967 ■ True Colors—Knowing Yourself and Working with Others

This interactive workshop will focus on a model for understanding self and others based on a well-respected individual personality index. Participants will obtain insight into their intrinsic values and learn how to tailor their communication skills to enhance relationships with friends and family members who have different values, motivations and communication approaches.

\$129

CE Hours: 5

Larry Williams, MDiv

Tuesday, October 22, 2019

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

#4212 ■ Enhancing Critical Thinking for Improved Outcomes

Issues faced by individuals, families, groups, and communities are complex and multi-layered. To effectively address the current challenges of practice, social workers and other helping professionals need to be adept at reflective thinking, critically appraising situations, and evaluating evidence to better inform decision making and problem-solving. Critical thinking is essential to effective practice and guides the change process. This interactive workshop will examine the skill of critical thinking, barriers to critical thinking, and the nexus between critical thinking and professional judgement. We will also explore strategies to enhance critical thinking skills through small group activities, case studies and experiential exercises.

\$129

CE Hours: 5

Michelle LeVere, MSW, LCSW

Thursday, October 24, 2019

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

#4961 ■ Educators, Colleagues, and Parents Working Together with All Stakeholders

Whether you're an educator, CST member, administrator, or other educational professional, you share two things in common: dealing with challenging parents and families as well as colleagues that can be difficult to relate to. Every educator has experienced problematic, unproductive, and/or uncomfortable interactions with parents, families or some colleagues. Whether it be issues of defensiveness, noncompliance, the belief that his or her child "does no wrong," or just plain hostility, it can place an incredible stress on your job duties. Utilize this workshop to equip yourself with effective, practical tools geared to help productively tailor your interventions around the most common types of challenging parents, families, and colleagues.

\$129

CE Hours: 5

Brett Novick, MS, LMFT, CSSW

Tuesday, November 5, 2019

9:30 a.m. – 3:30 p.m.

MRESC Professional Development Academy, Piscataway

#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.

\$129

CE Hours: 5 Ethics

Christine M. Heer, Esq., LCSW, DVS

Thursday, November 7, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#5490 ■ Ethical Decision Making in Private Practice

Clinicians in private practice often face complex clinical and ethical dilemmas without the support of immediately accessible colleagues. Decisions about how to resolve complicated situations require a model for ethical decision making. Otherwise, the clinician may find him or herself using intuition alone to solve such dilemmas. This workshop will provide the private practitioner with three ethical models for solving challenging clinical situations in therapeutic relationships. Participants are invited to bring their own case examples. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

\$129

CE Hours: 5, [Ethics](#)

Russell Healy, DSW, LCSW

Friday, November 8, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

#4947 ■ Stress Management for Regaining Life's Balance

Today's fast paced life style and the accompanying stressors can leave you with less satisfaction in your life, greater anxiety, and even depression. Stress contributes to diabetes, high blood pressure, and a whole host of other physical ailments that may be preventable. This interactive workshop identifies common contributors to stress and numerous opportunities to offset it. Learn how to develop a "rebalancing plan" to reduce stress and better manage what life throws at you and your clients. This workshop does not qualify for NBCC clock hours.

\$129

CE Hours: 5

John Kriger, MSM, CADC, CPS

Monday, November 25, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

#4228 ■ Practical Tips for Engaging Non-Residential Fathers

This interactive workshop will provide participants with concrete skills that have proven to be effective in assisting non-residential fathers to become more engaged in their children's lives. Workshop participants will identify the importance of the father's role in supporting a child's development into a well-adjusted adult. Participants will also have an opportunity to apply strategies to address personal barriers and biases that may affect their ability to

engage and support non-residential fathers in their efforts to develop ongoing positive relationships with their children.

\$129

CE Hours: 5

Larry Williams, MDiv

Monday, December 9, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

#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 the social worker 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.

This workshop has multiple offerings:

\$129

**CE Hours: 5 [Social & Cultural Competence](#)
[OR Ethics](#)**

Robert Hazlett, PhD, LCSW

Wednesday, December 11, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

Wednesday, December 18, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

#4960 ■ Self Care Secrets for Busy People

This interactive workshop focuses on the importance of self-care and introduces participants to specific strategies they can incorporate into their lives on a daily basis. The role of self-care is critical when working and dealing with individuals who have experienced any type of trauma. Many times, self-care gets lost because professionals become so focused on providing critical services and meeting their clients' needs. Research has shown that burn-out and poor health outcomes are connected to the absence of self-care. At the end of the day, participants will walk away with practical, simple and impactful tools for establishing and maintaining self-care.

\$129

CE Hours: 5

Carol Rickard, LCSW

Tuesday, December 17, 2019

9:30 a.m. – 3:30 p.m.

Acenda Integrated Health, Glassboro, NJ

#4211 ■ You're Incarcerated but We're Locked Up: Working with Families of Criminal Justice Involved Loved Ones

One out of every 12 American children, more than 5.7 million kids under age 18, have experienced parental incarceration at some point during their lives. It is fair to state that, as a professional educator, therapist, counselor, or social worker, at least one of your clients has been impacted by a family member's involvement in the criminal justice system. As a workshop participant, you will learn about the fundamental issues faced by families when a loved one is incarcerated. You might be surprised how people react and respond when a family member has to "go up top" or "do a bid". Let's have a frank discussion about how, as a professional, you can help foster resiliency and help children and families thrive during and post incarceration.

\$129

**CE Hours: 5 [Social & Cultural Competence](#)
K. Toi Washington-Simon, Ed.S., LPC,
LAMFT**

Friday, January 10, 2020

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

#4220 ■ Foundational Counseling Skills: Understanding Change Behaviors

Foundational counseling skills are a critical change agent in the clinician's toolbox. In this workshop, participants will engage in role-play, small group exercises, in-class discussion, and case consultation to enhance micro-counseling skills. Additionally, participants will understand how to improve assertive communication and increase their awareness of non-verbal communication in the therapeutic relationship. Participants will gain a greater understanding of the importance of personal and professional self-awareness in creating and modeling the healthiest possible relationship with a client.

\$129

CE Hours: 5

Sharon D. Thomas, MS, LPC

Friday, January 10, 2020

9:30 a.m. – 3:30 p.m.

Acenda Integrated Health, Glassboro, NJ

#4210 ■ Life on the Inside: A Social Work Perspective of the Criminal Justice Client

When over 2 million people reside in prisons and jails in the United States, it behooves everyone not social workers to understand the reasons behind this large number. This workshop will help participants understand the construction of the criminal justice system as well as the numerous issues facing criminal justice clients inside and outside of confinement. Learning objectives include identifying the processes and policies that created the mass incarceration movement in the late 20th century; describe issues that face a typical criminal justice client; understanding the issues facing criminal justice clients inside and outside of prison; and to identify and discuss social work avenues of engagement and advocacy to create change.

\$129

CE Hours: 5 Social & Cultural Competence
Sarah Kautz, LCSW

Saturday January 18, 2020

9:30 a.m. – 3:30 p.m.

390 George St., New Brunswick

#4215 ■ Working with Undocumented Clients: Addressing the Myths and Understanding the Challenges

Many immigrants living in the US have experienced unique stressors that have significantly shaped their lives. This interactive workshop will explore the myths about undocumented immigrants, leading to a better understanding of the immigration and acculturation process and experience. The workshop will include case presentations, statistical data, and stories that will expand a service provider's knowledge on immigrant populations and their journey. Participants will be introduced to the Core Principals of Trauma Informed Care for displaced populations and learn useful assessment tools for working with clients. As a result, service providers will have a better understanding of the immigration processes, the challenges and myths of undocumented clients, and a greater ability to provide enhanced culturally competent services to the clients and families they serve.

\$129

CE Hours: 5 Social & Cultural Competence
Monica Roldan, MSW, LCSW

Saturday, February 1, 2020

390 George Street, New Brunswick

Addictions

#4174 ■ Technology Dependence: Implications for Violence in the Family, School and Self-injury

This highly engaging workshop provides the most up to date research pertaining to "tech-dependence," social isolation, decreased empathy, virtual relationships, bullying and self-injury. Learn the indicators of abuse and dependence, and discover the potential impact of high levels of intense computer interaction on the brain. Find how your behaviors and those of your clients may be modified daily, with a potential long term cost to your health and to society. Explore hidden dangers inherent in gaming, social networking, and alternative reality environments that can contribute to decreased empathy, enhanced potential for violence, self-injury and even suicide. Study methods to reengage clients to offset social isolation, building networking skills, reconnecting to self and for providing skills to increased resiliency to social problems. This workshop does not qualify for NBCC clock hours.

\$129

CE Hours: 5
John Kriger, MSM, CADC, CPS

Tuesday, September 24, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, 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 problems, 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.

\$129

CE Hours: 5 Social & Cultural Competence
Philip T. McCabe, CSW, CAS

Thursday, October 10, 2019

9:30a.m. – 3:30p.m.

St. Francis Center, Long Beach Township

#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 ability to embrace spirituality, meaning, and purpose. 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. 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 the level of stress or recovery a person is in, this workshop provides insights 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.

\$129

CE Hours: 5 Clinical
Kathryn Townsend, MA, LCADC

Friday, October 11, 2019

9:30a.m. – 3:30p.m.

Acenda Integrated Health, Glassboro, NJ

#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.

\$ 129

CE Hours: 5 Clinical

Kathryn Townsend, MA, LCADC, NCADC

Friday, November 1, 2019

9:30a.m. – 3:30p.m.

Acenda Integrated Health, Glassboro, NJ

#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, Methedrone, 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 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 aspect regarding these emerging drugs will be discussed.

\$129

CE Hours: 5 Prescription Opioid Drugs

Glenn Duncan LPC, LCADC, CCS, ACS

Friday, November 8, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#4214 ■ Medical and Legal Marijuana in NJ: Practice and Policy Issues

The goal of this interactive workshop is to identify the changes that have occurred in the NJ Medical Marijuana Program. The history of marijuana legalization and major events that have shaped this history are discussed. Known scientific research on the benefits of medical marijuana and the risks associated with marijuana usage are covered, as well as the continued barriers to better scientific research on this topic. Inter-

active exercises are incorporated in order to have participants analyze child custody issues for clients who are on the NJ medical marijuana program. Other exercises include the participants discussing how treatment is impacted by medical marijuana and participants will analyze under what conditions there would be a "duty to report" a coworker on medical marijuana.

This workshop has multiple offerings:

\$129

CE Hours: 5

Glenn Duncan LPC, LCADC, CCS, ACS

Monday, November 25, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

Tuesday, November 26, 2019

9:30 a.m. – 3:30 p.m.

10 Octagon 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 inter-relationships 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. This workshop does not qualify for NBCC clock hours.

\$129

CE Hours: 5

John Kriger, MSM, LCADC, CPS

Tuesday, December 10, 2019

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

#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.

This workshop has multiple offerings:

\$129

CE Hours: 5 Clinical, Ethics

Glenn Duncan LPC, LCADC, CCS

Monday, December 9, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

Thursday, January 9, 2020

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

#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.

\$129

CE Hours: 5 Clinical

Craig Strickland, PhD

Tuesday, December 10, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#4887 ■ Prescription Opioid Misuse and Dependence: What Social Workers Need to Know

This workshop takes a deep dive into prescription opioid misuse and dependence, including its role in the addiction and overdose crisis facing our state and nation. Attendees will be informed of the available resources for individuals, families, and communities, ranging from prevention, to treatment, to recovery support. We will also explore policy and public health interventions.

\$129

CE Hours: 5, Prescription Opioid Drugs

Morgan Thompson, MSW

Monday, January 6, 2020

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

#4969 ■ The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options

In this workshop, the latest developments and trends regarding natural opiates, semi-synthetic, and synthetic opioids will be discussed. Participants will also be introduced to another drug that is similar to, yet distinct from, opioids called Kratom. We will also discuss new legislation, trends in NJ and national prescribing practices, and current trends of opioid use. Participants will be introduced to the assessment and treatment of Opioid Use Disorders using the DSM 5 criteria, and we will review the latest nationally recognized medicated and non-medicated assisted treatment approaches. Finally, participants will discuss potential issues related to a person being on medicated assisted treatment while in the workplace.

This workshop has multiple offerings.

\$129
CE Hours: 5 Prescription Opioid Drugs
Glenn Duncan LPC, LCADC, CCS, ACS

Friday, January 10, 2020
9:30 a.m. – 3:30 p.m.
Bergen County Dept of Human Services

Monday, February 10, 2020
9:30 a.m. – 3:30 p.m.
Northbrook Behavioral

Tuesday, February 11, 2020
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

Wednesday, February 12, 2020
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

#4970 ■ Recovery Oriented Psychotherapy: What Therapists Need to Know to Work with Alcohol & Drug Problems in an Outpatient Setting

Mental Health clinicians often believe that they can't appropriately or effectively work with persons with substance use problems, and that such clients are best treated by specialists in addictions. In fact, mental health therapists are often the most appropriate professionals for such work. There is a 50% overlap between the mental health and substance using populations, and the therapist's skill set is readily applicable to this population. This workshop has the objective of adding to the therapist's knowledge base and skill set to begin to effectively address the co-occurring substance use problems already in your current caseload.

\$129
CE Hours: 5, Clinical
Frank Schwoeri, PhD

Friday, February 7, 2020
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

Adoption

***Note:** All workshops in Adoption can be taken individually or as part of a certificate program. See page 6 for details.*

#5951 ■ The Psychology of Adoption

This workshop sets the stage for the Certificate Program in Adoption. The focus will be on contemporary trends in adoption and the psychological benefits and risks associated with adoption. Other topics that will be presented include stress and coping models in adoption and family life cycle tasks in adoption. The implications for post-adoption services will also be addressed.

\$129
CE Hours: 5 Clinical
Pat Carter-Sage, MEd, LPC

Tuesday, September 17, 2019
9:30 a.m. – 3:30 p.m.
Middlesex Regional Educational Services Commission, Piscataway

CERTIFICATE REQUIREMENT

#5987 ■ The Language of Adoption

Learning to speak a new language is a skill that takes time and practice. When working with families formed by adoption, the words we use make a difference. Utilizing the principles of Object Relations Theory, this workshop is designed to provide effective strategies for practitioners who work with anyone touched by adoption. Participants will gain an understanding of adoption centered language and will demonstrate through small group activity and role play their enhanced ability to effectively connect with those involved in the adoption constellation. Additional topics covered will include the use of accurate terms, assisting adoptive families with navigating relationships with birth families and techniques on how to craft developmentally appropriate discussions with children about adoption and birth stories.

\$129
CE Hours: 5 Clinical
Stefani Moon, MA, LPC

Thursday, September 26, 2019
9:30 a.m. – 3:30 p.m.
Middlesex Regional Educational Services Commission, Piscataway

#5954 ■ Attachment Based Parenting Approaches in Adoption

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.

\$129
5 Clinical
Rebecca Gallese, LCSW

Monday, November 4, 2019
9:30 a.m. – 3:30 p.m.
Middlesex Regional Educational Services Commission, Piscataway

CERTIFICATE REQUIREMENT

#5953 ■ Life Cycle Experience and Issues in the Adoption of Older Children

This workshop introduces the special challenges related to parenting children who spent significant time in temporary care systems prior to adoption. Topics include adoption as the permanency plan, life in the child welfare system and common survival behaviors, and the interplay between adoption and child development. Also, attachment theory, family building, and characteristics of successful adoptive families will be discussed. A presentation will also focus on how adoptive families can be supported.

\$ 129
CE Hours: 5 Clinical
Christine Morales, LCSW

Monday, December 2, 2019
9:30 a.m. – 3:30 p.m.
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 to help them make sense of their past and process the multiple losses they have experienced. Clinicians will also learn techniques to prepare children and families for transitions and necessary good byes; this may include leaving a foster home or group home, a good bye/closure visit with a birth family, or moving to a select home. Experiential activities will be integrated into the workshop to expand the clinician's toolkit in working with families as they transition through adoption.

\$129

CE Hours: 5 Clinical
Rebecca Gallese, LCSW

Monday, January 27, 2020

9:30 a.m. – 3:30 p.m.

Middlesex Regional Educational Services Commission, Piscataway

Case Management

Note: All workshops in Case Management can be taken individually or as part of a certificate program. See page 6 for details.

#4501 ■ The Comprehensive Assessment and Case Plan: Development, Implementation and Evaluation

The case plan is a partnership agreement between the case manager and the client. Its development and implementation require a complex set of activities usually involving several areas of need and several providers. Participants in this interactive 2-day workshop will use a case study assessment from which reasonable, specific and measurable goals will be developed as a first step in formulating a case plan. Resource identification, linkages to services, advocacy to eliminate barriers, as well as the complexities of the case management relationship and ethical dilemmas will be explored as the plan moves into the intervention phase. Follow-up, monitoring, interagency coordination, and reassessment will allow the participant to determine whether the plan developed yesterday, still works for the client today. And finally, outcome evaluation will let the participants assess whether the client has measurably benefited from the case management relationship.



\$225

CE Hours: 10
Lynn Pistolas, LCSW

Thursdays, October 3 & 10

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

CERTIFICATE REQUIREMENT

#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.

\$129

CE Hours: 5
John Kriger, MSM, CADC, CPS

Wednesday, October 30, 2019

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

CERTIFICATE REQUIREMENT

#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 miscon-

ceptions 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 interagency cooperation and collaboration will also be explored.

\$129

CE Hours: 5
John Kriger, MSM, CADC, CPS

Wednesday, November 20, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

CERTIFICATE REQUIREMENT

#4503 ■ Handling Crises in Case Management

Crisis intervention and crisis management are skills necessary to case managers. In this workshop, participants will learn how to identify an authentic crisis and assist clients in crisis. The elements of a crisis will be discussed and techniques for communicating with someone in crisis will be practiced. The relationship between individual values and capacity to intervene effectively in a crisis will be explored.

\$129

CE Hours: 5
Kimberly Higgs, LCSW

Wednesday, December 4, 2019

9:30 a.m. – 3:30 p.m.

Octagon 10 Office Center, Parsippany

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.

\$129

CE Hours: 5

Donna Gapas, LCSW

Friday, January 10, 2020

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#4508 ■ Case Plan Essentials

An effective case plan is built on a solid strengths-based assessment in collaboration with the client. It is not just a document, but rather a process that requires specialized knowledge and skills requiring the social worker to assume various roles and perform specific functions. This process begins before intake and continues through evaluation and termination. Using actual case studies, this workshop will focus on the development of an individualized case plan that supports the client in achieving their goals.

\$129

CE Hours: 5

Lynn Pistolas, LCSW

Tuesday, January 28, 2020

9:30 a.m. – 3:30 p.m.

Octagon 10 Office Center, Parsippany

Child/Adolescent Mental Health

***Note:** All workshops in Child/Adolescent Mental Health can be taken individually or as part of a certificate program. See page 7 for details.*

#5657 ■ Psychotherapeutic and Psychosocial Treatments for Child and Adolescent Disorders

This two-day workshop addresses current treatment models for child and adolescent disorders. Topics include: 1) similarities and differences across the major models of intervention, including psychodynamic, cognitive-behavioral, and behavioral approaches; 2) the use and modification of standardized, evidence-based treatments (EBTs) to fit individual case presentations; and 3) specific interventions for the most common child and

adolescent diagnoses, including disruptive behavior disorders (ADHD, ODD, CD), depression, anxiety disorders and PTSD, child and adolescent bipolar disorder, and emerging character dysfunction. The workshop will include didactic presentation and case-centered group exercises. Participants are strongly encouraged to bring sample case material that illustrates treatment difficulties or impasses.

\$225

CE Hours: 10 Clinical

Janis Falvey, LPC

Mondays, October 21 & 28

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

CERTIFICATE REQUIREMENT

#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. APT Approved Provider 11-300.

\$129

CE Hours: 5 Clinical

Colleen Daly Martinez, PhD, LCSW, RPT-S

Friday, October 25, 2019

9:30a.m. – 3:30p.m.

Care Plus, Paramus

#5662 ■ Psychodynamic Concepts for the Child Therapist: How it Applies to Today's Therapeutic Interactions

Psychodynamic theory has evolved past Sigmund Freud, specifically in regards 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.

\$129

CE Hours: 5 Clinical

Sarah Kautz, LCSW

Saturday, November 2, 2019

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

#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.

\$129

CE Hours: 5 Clinical, Ethics

Susan Esquilin, PhD, ABPP-Clinical

Wednesday, November 6, 2019

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

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: 1) the key factors in accurate assessment, including developmental perspectives, the use of multiple data sources and standardized assessment tools; and 2) 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.

\$225

CE Hours: 10 Clinical

Susan Esquilin, PhD, ABPP-Clinical

Monday, November 11th and

Thursday, November 14th

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

#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.

\$129

CE Hours: 5 Clinical

Debbie Mann, LCSW

Tuesday, November 12, 2019

9:30 a.m. – 3:30 p.m.

Octagon 10 Office Center, Parsippany

#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.

\$129

CE Hours: 5 Clinical

Sandra Van Nest, LCSW

Friday, November 15, 2019

9:30 a.m. – 3:30 p.m.

Octagon 10 Office Center, Parsippany

#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 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.

\$129

CE Hours: 5 Clinical

Susan Esquilin, PhD, ABPP-Clinical

Tuesday, December 3, 2019

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

#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, including John Bowlby, Mary Ainsworth, and Harry Harlow. 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.

\$129

CE Hours: 5 Clinical

**Colleen Daly Martinez, PhD, LCSW,
RPT-S**

Friday, December 13, 2019

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

#5663 ■ Let's Talk About Opposition in Adolescence

Opposition in adolescence has become synonymous with oppositional defiant disorder. This view of opposition as a disorder is limiting and puts adults in conflict with youth. This workshop will focus on discussing the need to see opposition on a continuum. Participants will identify and discuss their personal constructs about oppositionality in adolescence. They will explore my construct of opposition as advocacy and power expression in adolescence which facilitates the youth's development of a healthy sense of self and purpose that will equip them to transition into a healthy, productive, and satisfying adulthood. Participants will discuss the importance of focusing on the caregiver-adolescent relationship and using relational interventions.

This workshop has multiple offerings:

\$129

CE Hours: 5 Clinical

Tawanda L. Hubbard, DSW, LCSW

Thursday, December 19, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

\$129

CE Hours: 5 Clinical

Tawanda L. Hubbard, DSW, LCSW

Friday, January 17, 2020

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

Clinical Supervision

Completing all four workshops will meet the 20 hour continuing education requirement for an LCSW to provide clinical supervision for an LSW.

#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, the supervisory relationship, and practice determining supervisor and supervisee learning and communication styles.

\$129
CE Hours: 5 **Clinical**
Robert Hazlett, PhD, LCSW

Tuesday, December 10, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon 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.

\$129
CE Hours: 5 **Clinical**
Robert Hazlett, PhD, LCSW

Thursday, December 12, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany

#5307 ■ Managing Differences and Challenging Dynamics in Supervision

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.

\$129
CE Hours: 5 **Clinical, Social & Cultural Competence**
Robert Hazlett, PhD, LCSW

Tuesday, December 17, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon 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 superior knowledge regarding liability. This workshop does not qualify for NBCC clock hours.

\$129
CE Hours: 5 **Clinical, Ethics**
Robert Hazlett, PhD, LCSW

Thursday, December 19, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany

Developmental Disabilities

***Note:** All workshops in Developmental Disabilities can be taken individually or as part of a certificate program. See page 7 for details.*

#3027 ■ Supporting Youth with Disabilities in the Transition to Adult Life

Adopting the roles of adults, such as worker, post-secondary student, or family member, can be difficult and intimidating for any young person. When the young person has a disability, the challenges are multiplied. In this workshop, the roles of adult life will be explored, and why it may be hard for a young person with a disability to fill those roles. Topics to be discussed include transition planning, roles for various support people, instruction in community living, preparation for higher education, and support to enter the workforce.

\$129
CE Hours: 5
Margaret Gilbride, JD, CT

Tuesday, October 8, 2019
9:30 a.m. – 3:30 p.m.
The Boggs Center, New Brunswick

CERTIFICATE REQUIREMENT

#3001 ■ An Introduction to Developmental Disabilities

To better serve individuals with developmental disabilities in all settings, it is important for social workers and other social services professionals to have an understanding of the various developmental disabilities covered under the federal and state definitions. The focus of this workshop will be to provide participants with this basic knowledge along with the structure of the various service systems most utilized by individuals with developmental disabilities of all ages as they are supported in the community. Participants will be given the opportunity to discuss various approaches to supporting people throughout their life span.

\$129
CE Hours: 5
Melissa Cheplic, MPH

Tuesday, October 15, 2019
9:30 a.m. – 3:30 p.m.
The Boggs Center, New Brunswick

CERTIFICATE REQUIREMENT

#3010 ■ Health and Wellness for People with Developmental Disabilities

Health and wellness is vital to our quality of life and overall sense of wellbeing. 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.

\$129
CE Hours: 5
Instructor: Leone Murphy, MS, RN

Tuesday, October 22, 2019
Time: 9:30 a.m. – 3:30 p.m.
Location: The Boggs Center,
New Brunswick

CERTIFICATE REQUIREMENT

#3003 ■ Legal and Ethical Issues in Developmental Disabilities

This workshop will focus on the major ethical issues and legal concerns practitioners confront in working with people with developmental disabilities and their families. Participants will be asked to discuss strategies for resolving the seemingly irresolvable dilemmas that are part of issues related to competency and decision making; the role of families and guardians; the right to services and treatment; and the equities and inequities of the service delivery system. This workshop does not qualify for NBCC clock hours.

\$129
CE Hours: 5 **Ethics**
Gwen Orłowski, JD

Thursday, November 14, 2019
9:30 a.m. – 3:30 p.m.
The Boggs Center, New Brunswick

CERTIFICATE REQUIREMENT

#3028 ■ Understanding and Managing Problem Behaviors

Problem behaviors present a significant barrier to community life and success for many people with developmental disabilities. This workshop will review approaches to investigating the reasons for the existence

of problem behaviors and strategies for the management of problem behaviors. Mental health considerations, person-centered approaches, including positive behavior supports, and behavior analytic perspectives to assessing and treating problem behavior will be discussed.

\$129

CE Hours: 5 **Clinical**
Phillip Smith, PhD

Thursday, December 5, 2019

9:30 a.m. – 3:30 p.m.

The Boggs Center, New Brunswick

#3026 ■ Supporting Families through Change

The arrival of a child with a developmental disability has life-long implications for the family. This workshop will examine crisis points for the family from birth through adulthood of a family member with a developmental disability. Discussion will include initial diagnosis, entrance into education and adult services, and how these stages impact the family system. Effective ways to support families as they go through these stages will also be examined.

\$129

CE Hours: 5
Sue Henshaw, MDiv

Thursday, December 12, 2019

9:30 a.m. – 3:30 p.m.

The Boggs Center, New Brunswick

CERTIFICATE REQUIREMENT

#3002 ■ Disability Policy Issues

This workshop will provide a historical perspective of disability policy in the United States, and will examine how public policy at the state and national levels influences services and outcomes for people with disabilities and their families. Examples of legislation that will be examined are the Developmental Disabilities Act as well as the role of Medicaid in shaping long-term care for people whose disabilities persist throughout the life span. Participants will have the opportunity to examine the future trends and directions in disability policy. This workshop does not qualify for NBCC clock hours.

\$129

CE Hours: 5 **Ethics**
Deborah Spitalnik, PhD

Wednesday, January 8, 2020

9:30 a.m. – 3:30 p.m.

The Boggs Center, New Brunswick

CERTIFICATE REQUIREMENT

Eating Disorders and Issues

#5216 ■ Assessing and Identifying Eating Disorders: What You Need To Know Now

Eating disorders are one of the most complex and difficult problems to treat. While relatively common, they in fact have the highest mortality rate of any psychiatric illness. Most clinicians miss opportunities to be a resource and advocate for change for this very vulnerable population. Worse, a high percentage of eating disorders are not properly identified or treated because well-intentioned helpers have their own bias and stigma about weight and health. This workshop is designed for the professional with little to no experience in eating disorders. Through the material presented, and then a hands on clinical vignette, participants have an opportunity to learn and apply the basic clinical foundations in the assessment and identification of eating disorders as well as begin to expand their knowledge base about eating disorders.

\$129

CE Hours: 5 **Clinical**
Audra Sbarra, LCSW

Saturday, October 26, 2019

9:30 a.m. – 3:30 p.m.

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.

\$129

CE Hours: 5 **Clinical**
Katherine Glick, LPC, LCADC, CCS, ACS, MAC, BCHHP

Thursday, November 7, 2019

9:30 a.m. – 3:30 p.m.

Rutgers School of Social Work, Camden

#5295 ■ Binge Eating Disorder: Assessment and Intervention Basics

Of all the eating disorders, binge eating disorder (BED) is one of the most common. Unfortunately, many people that present with this disorder are misdiagnosed and often don't receive appropriate treatment. This is due in part to misconceptions about the disorder itself, and also the attitude of some well-intentioned professionals in helping spaces. This workshop provides basic tools to assess binge eating, explores how binge eating differs from "food addiction", and outlines common treatment modalities. Other topics that will be touched upon include the roles of dieting, neuropsychology, and stress reactivity. Resources will be provided so that helpers can leave feeling more confident in helping those with BED. This is a survey level introductory workshop, although all are welcome to attend.

\$129

CE Hours: 5 **Clinical**
Audra Sbarra, LCSW

Saturday, November 16, 2019

9:30 a.m. – 3:30 p.m.

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.

\$129

CE Hours: 5 **Clinical**
Katherine Glick, LPC, LCADC, CCS, ACS, MAC, BCHHP

Thursday, December 12, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

Eating Disorders Intensive Series

Register for all four for \$400

#5206 ■ Eating Disorders: Highlights and Relevant Clinical Issues

In contrast to traditional treatment that views eating disorders as the problem, an atypical approach is taken in this workshop. Specifically, eating disorder (ED) and disordered eating behaviors (DEB) often begin as (misguided) attempts to handle or in some cases survive overwhelming emotional situations, including childhood abuse and trauma. As you might suspect, this perspective requires not only a shift in understanding, but also innovative and more relevant treatment strategies. Emerging research is presented together with recent findings about the significant roles of self-criticism and unresolved anger. Assessment tools are provided along with untraditional treatment strategies that clinicians may find especially relevant for adult female clients.

\$129

CE Hours: 5 **Clinical**
Marjorie Feinson, PhD

Tuesday, January 28, 2020
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#5207 ■ Eating Disorders and Childhood Abuse: Connecting the Dots!

Remarkable research findings reveal that a majority of adult women with serious eating problems (EP) have a history of childhood abuse. Perhaps more surprising is that the abuse is primarily emotional, rather than sexual or physical (i.e. behavioral). Despite childhood emotional abuse (CEA) being most clearly associated with eating pathology later in life, professional attention tends to focus mainly on behavioral abuse. This workshop shifts the focus to highlight CEA and its role, along with psychological factors, in the development and maintenance of EP in adulthood. Participants will be able to connect the dots between various forms of childhood abuse and current eating problems. There also is an opportunity to examine innovative approaches for addressing the CEA-EP relationship, including the often neglected role of self-criticism and unresolved anger.

\$129

CE Hours: 5 **Clinical**
Marjorie Feinson, PhD

Wednesday, February 5, 2020
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#5232 ■ Eating Disorders and Body Image Dissatisfaction: How are They Related?

Among women, body image dissatisfaction (BID) is so widespread that it is considered a 'normative discontent'. That is, feeling negative or discontented about one's appearance is the 'norm' rather than the exception. Although widely attributed to cultural standards of thinness and the media's promotion of idealized images of beauty, these explanations are not relevant for a majority of women who are exposed to prevailing norms, yet, do not develop BID. Of greatest clinical significance is that BID is the most robust risk factor associated with eating pathology. Many of these issues are examined including the surprising relationship between BID and emotional abuse in childhood (CEA). Take home strategies for modifying BID are explored along with tools for assessing BID and related clinical issues (CEA, self-criticism, anger, etc.). Active participation is encouraged, including discussion of clinical cases that attendees may wish to bring to the workshop.

\$129

CE Hours: 5 **Clinical**
Marjorie Feinson, PhD

Tuesday, February 11, 2020
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#5296 ■ Eating Disorders: Exploring Evidence Supported Treatments

The eating disorder treatment landscape... has changed dramatically over the past 20 years" (Attia et al., 2017). Indeed, evidence supported treatments (ESTs) reveal promising results for clients with disordered eating behaviors (DEB) and related mental health problems. Yet, despite the development and availability of treatments relevant to eating disorders a critical gap exists between these treatments and their

integration into clinical practice. To address this gap, this course will inform clinicians about recent developments concerning what works and for whom. A broad range of treatment interventions— their plusses and minuses—will be examined. These include CBT modified specifically for ED clients (CBT-ED), treatments that increase self-compassion, reduce body image shame, guided self-help approaches (e.g. CBT-gsh), plus other evidence supported strategies (e.g. pendulation, somatic experiencing and EFT).

\$129

CE Hours: 5 **Clinical**
Marjorie Feinson, PhD

Wednesday, February 26, 2020
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#5233 ■ Eating Disorders & Recovery: Highlighting Spiritual Practices

Women with disordered eating behaviors (DEB) often describe their (mis)use of food as a way of providing comfort, filling a void or a healing "hole in the soul." Emerging treatment strategies are focusing on spiritual growth. What do we mean by spiritual growth, why is it essential to recovery, and how can we help our clients grow spiritually? This workshop introduces a "healing circle," a safe and nurturing environment in which we examine (a) the meanings of recovery and (b) the role of spiritual practices—often neglected, but potentially powerful treatment resources. Sustainable recovery depends on spiritual practices which contribute to healing the "hole in the soul." Ample opportunity is provided for participants to learn about and experience emerging spiritual practices while deepening an appreciation for how these practices nurture and contribute to on-going recovery.

\$129

CE Hours: 5 **Clinical**
Marjorie Feinson, PhD

Tuesday, March 3, 2020
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

Family Therapy

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 more details.

Clinical Certificate in Bowen Family Systems Theory

Two options available:

Friday Series: 10 Monthly Workshops; September 2019 – June 2020

Saturday Series: 10 Monthly Workshops; September 2019 – June 2020

Two Levels:

\$2500 — Institute-Level Program. By application only (includes supervision and certificate) — see page 00 or download the application from socialwork.rutgers.edu/bowen

\$129 — Single Workshop(s). Sign up for any workshop below at any time. No application required. Does not include supervision. A good way to sample the program. Up to two (2) workshops in the year immediately before Institute-Level Program enrollment may be counted towards the Institute-Level Program requirements

#5463 ■ Run for the Hills, It's Alive! The Personal and Practice Implications of the Family as a Living Emotional System

Bowen family systems theory postulates that the family is a living emotional system where the behavior of each family member both simultaneously contributes to and reflects what is occurring in the family as a whole. Functioning in reciprocal relationships, changes in one family member's functioning is automatically compensated for by changes in other family members' functioning—resulting in one family member's behavior only being adequately understood in the context of understanding the primary emotional system in which he or she functions—usually his or her nuclear or extended family. This workshop considers a few of the profound personal and practice implications resulting from this perspective, specifically that: (1) people have less autonomy in their

functioning than is commonly thought, (2) every family members' functioning contributes to medical, psychiatric, or social symptoms in another family member, and (3) treatment need not be directed at the symptomatic family member.

\$129

CE Hours: 5.5 Clinical
Charles M. White, LCSW, LCADC and Ellen Rogan, DNP, APN

9:30 a.m. – 4 p.m.
(9 a.m. – 6 p.m. for Institute-Level Training)
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

Friday, September 13, 2019 or
Saturday, September 14, 2019

#5464 ■ The Road to Emotional Maturity has No Fast Lane: Towards Becoming a More Inner-Directed Self

Most people want their decision-making and day-to-day behavior guided by a conscious set of well thought-out stances or principles. Perplexed by their own limitations in executing such thoughtful behavior, they find it harder still when they are anxious.

Differentiation of Self, a cornerstone concept in Bowen family systems theory, explains these difficulties in terms of the degrees to which people are able to achieve emotional separation from their families-of-origin. This workshop considers the cognitive, emotional, and relationship variables that contribute to a person's basic levels of Differentiation of Self, as well as explores some of the essential elements needed in any concerted effort to increase one's basic level of self later in life.

\$129

CE Hours: 5.5 Clinical
Charles M. White, LCSW, LCADC and Ellen Rogan, DNP, APN

9:30 a.m. – 4 p.m.
(9 a.m. – 6 p.m. for Institute-Level Training)
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

Friday, October 4, 2019 or
Saturday, October 5, 2019

#5465 ■ Lions and Tigers and Bears, Oh My! – Balancing Individuality and Togetherness in Key Relationships

Bowen family systems theory postulates that among the biologically-rooted drives within an organism, there are competing forces for individuality and togetherness. It is these forces that govern emotional transactions in all relationships. These counterbalancing life

forces shift the locus of control for behavior from the individual to the emotional system. What transpires in the emotional system impacts the interplay of feeling and thinking in the individual which has a direct effect on his or her relationships. Increased chronic anxiety can result in an individuals' feelings overwhelming their intellectual system which leads to a drive for togetherness overwhelming their individuality in that emotional system. This workshop demonstrates how understanding the effects of chronic anxiety on individuality-togetherness balances can enhance one's functioning in various emotional systems.

\$129

CE Hours: 5.5 Clinical
Charles M. White, LCSW, LCADC and Ellen Rogan, DNP, APN

9:30 a.m. – 4 p.m.
(9 a.m. – 6 p.m. for Institute-Level Training)
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

Friday, November 1, 2019 or
Saturday, November 2, 2019

#5440 ■ Helicopter Parenting while in Perpetual Conflict with an Underfunctioning Co-pilot ... A Love Story

The Bowen family systems theory concept Nuclear Family Emotional Process describes the basic patterns of emotional functioning among and between members of two successive generations of a family—most often between partners and between the partners and their offspring. These basic patterns result in chronic anxiety. Family tensions come to rest in certain parts of the family such that the more anxiety one nuclear family or relationship absorbs, the less other family members or relationships must absorb. This workshop will explore how at sufficient levels of anxiety intensity, each pattern contributes to the development of one of three categories of clinical dysfunction in a nuclear family: (1) illness in a spouse; (2) marital conflict; and (3) impairment of one or more children.

\$129

CE Hours: 5.5 Clinical
Charles M. White, LCSW, LCADC and Ellen Rogan, DNP, APN

9:30 a.m. – 4 p.m.
(9 a.m. – 6 p.m. for Institute-Level Training)
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

Friday, December 6, 2019 or
Saturday, December 7, 2019

#5468 ■ The Birth Order Blues – Understanding Sibling Position Strengths, Blind Spots, and Liabilities

The Bowen family systems theory concept of Sibling Position asserts that people who grow up in the same sibling position in families tend to have important common characteristics. For example, oldest children often gravitate towards leadership positions while youngest children often prefer to be followers. Applied to spousal, partner, and parenting relationships, sibling position often has considerable explanatory power for understanding the challenges and successes that couples and parents experience in their relationship and task negotiations. .

\$129

CE Hours: 5.5 **Clinical**
Charles M. White, LCSW, LCADC and
Ellen Rogan, DNP, APN

9:30 a.m. – 4 p.m.
(9 a.m. – 6 p.m. for Institute-Level Training)
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

Friday, January 24, 2020 *or*
Saturday, January 25, 2020

#5441 ■ How to Avoid Getting Voted off the Island – Understanding and Managing Relationship Triangles

Remember your junior high cafeteria? If you generally artfully navigated through the dozens of relationship challenges, then skip this workshop. However, if those years still conjure up a bewilderingly painful struggle of relationship suffering, then this workshop is for you! Triangles, a Bowen family systems theory concept and Rosetta Stone for understanding those years as well as more recent distressing relationships, are the smallest stable relationship units or building blocks of larger emotional systems. If calm, a two-person unit may be stable, however since it tolerates little tension and calm, it is very difficult to maintain. It is automatic that when dyadic anxiety rises, one or both participants recruit a third into the situation—resulting in a triangle that can contain much more tension than the dyad because the tension can now shift between three relationships.

\$129

CE Hours: 5.5 **Clinical**
Charles M. White, LCSW, LCADC and
Ellen Rogan, DNP, APN

9:30 a.m. – 4 p.m.
(9 a.m. – 6 p.m. for Institute-Level Training)
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

Friday, February 28, 2020 *or*
Saturday, February 29, 2020

The Bowen series concludes in the Spring 2020 catalog with:

March 13 or 14, 2019

#5442 ■ Are “Squeaky Wheel” Children a Self-Fulfilling Prophecy?

April 3 or 4, 2019

#5466 ■ Repercussions of Escaping an “Impossible” Family

May 1 or 2, 2019

#5467 ■ Getting Beyond Blaming Self or Others

June 5 or 6, 2019

#5469 ■ Emotional Process in Society

Gerontology Program

The Gerontology Program consists of:

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

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

#1135 ■ Successful Aging – Spirituality, Healing and Reducing Stress

As the older population continues to grow, and many more individuals are living longer, it has been shown that a person's attitude can affect how successfully they age. This workshop will address how we can choose to maximize our physical, mental/emotional and spiritual condition, leading to living a longer and healthier life. Reducing stress, the benefits of healthy eating, exercise and rest, the role of spirituality and the healing power of music and spiritual techniques such as aromatherapy, blessing and prayer with healing oil, meditation and spiritual counseling will be among the topics discussed.

\$129

CE Hours: 5
Helen Hunter, ACSW, LSW

Wednesday, September 25, 2019

9:30 a.m. – 3:30 p.m.
390 George St., New Brunswick

#1001 ■ Aging: The Human Process

These three sessions provide the foundation and context for understanding older adults clients. They will address the physical, mental, social and spiritual health of the older adults as seen from the perspective of the professional working with and relating to adults in late life. Changes occurring in normal aging will be contrasted with abnormal, dysfunctional changes.

***Please Note:** This workshop provides the basic knowledge about the aging process that is essential knowledge for all gerontologists. MSWs who took a Gerontology course as part of their Masters Program may request a waiver. Please call 732-932-8758.*

\$275

CE Hours: 15
Richard Stone, PhD

Tuesdays, October 1, October 8,
October 15

9:30 a.m. – 3:30 p.m.
Parker at Monroe

CERTIFICATE REQUIREMENT

#1003 ■ Assessment of Older Adults

An accurate and comprehensive assessment is crucial in determining the nature and course of helping interventions and achieving goals, which improve the quality of life for elder clients. You will learn to develop a framework for assessing older adult clients with consideration of cultural and age differences. Different types, purposes and applications of assessments given under various auspices will be distinguished. You will become familiar with various data collection instruments and will be able to differentiate between dysfunctional and normal aging. Risk factors that need specialized assessments will be identified.

\$225

CE Hours: 10
Donna Gapas, LCSW

Fridays, October 11 and
October 25

9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

CERTIFICATE REQUIREMENT

#1125 ■ Elder Abuse: Strategies to Recognize, Prevent and Report Abuse

As the older population continues to grow, there is increasing evidence of mistreatment or abuse against older people from family members, caregivers or others who tend to the needs of those who are most vulnerable.

In this workshop, participants will learn of the various types of abuse commonly found where elders are the victims. There will be discussion as to what can be done to prevent becoming a victim of elder abuse and what families and loved ones can do to protect their older relatives from becoming vulnerable prey to this form of mistreatment. Participants will also receive current information on mandatory reporting laws when elder abuse is suspected.

\$129
CE Hours: 5
Helen Hunter, ACSW, LSW
Friday, November 1, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

#1159 ■ Aging and Spirituality: Meaning in Later Life

There are many dimensions of spirituality that are important to us at mid-life and beyond—from traditional religious practices to values, connections, purpose, gratitude, forgiveness and life review. In this workshop we will consider the broad range of American spirituality and how we can help clients identify or create meaning at a stage of life that often serves up many changes and challenges. Attention will be given to the LGBTQ community and other groups who may have particular concerns. This workshop is well suited to private clinical practice and also to those working in senior centers and other fields.

\$129
CE Hours: 5 **Social & Cultural Competence**
Instructor: Robin Bacon Hoffman, MDiv, ThM
Thursday, November 7, 2019
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

#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.

\$129
CE Hours: 5 **Ethics**
Stephen Sidorsky, LCSW
Wednesday, November 13, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany
CERTIFICATE REQUIREMENT

#1006 ■ Aging: Policy and Economic Considerations

This is the second of the two-part basic workshop, which provides the foundation and contextual information for understanding the older adult population (Aging: The Human Process is the first part). This workshop addresses those segments of the population which are at risk, such as ethnic and racial minorities and women, and how their status affects their lives as older adults. Basic information regarding the economic status of the older adults, including work and retirement as well as social and health care policies and programs will be discussed. Experiential exercises will be used to demonstrate the interactions and interplay in these various areas.

\$275
CE Hours: 15, **Social & Cultural Competence**
Stephen Sidorsky, LCSW
Mondays, November 18, November 25, December 2
9:30 a.m. – 3:30 p.m.
390 George St., New Brunswick
CERTIFICATE REQUIREMENT

#1131 ■ Rethinking Therapeutic Approaches with Older Adults

Most therapeutic approaches assume all adults are the same—regardless of where they are in the lifespan. However, we know that older adults are a distinct population with specific needs and challenges. This workshop will provide a brief historical perspective of best practices used with older adults with and then focus on new knowledge that addresses the mental health needs of the older adult population. We will also discuss the various mental health and behavioral concerns uniquely experienced by older adults.

\$129
CE Hours: 5
Robin Wiley, LCSW
Tuesday, November 19, 2019
9:30 a.m. – 3:30 p.m.
390 George St, New Brunswick

#1160 ■ Managing Family Dynamics in Caring for Older Adults

Older adults are living longer lives. As they age, however, they may need increased supports from family members. This workshop will explore the multiple dimensions of family responses to caring for an aging relative, including the challenges of potential sibling conflict and the role of marital partners and grandchildren in providing care for an elderly family member. Through the use of case examples, this workshop will identify family patterns and present interventions that can help social workers provide strategies to families so they can develop a working relationship and course of action in the care of their older relatives.

\$129
CE Hours: 5
Linda Meisel, LCSW
Monday, December 2, 2019
9:30 a.m. – 3:30 p.m.
Mercer County Family Support Organization

#1005 ■ Communicating with Older Adults

In this workshop you will learn methods used to communicate effectively with the older adult. The principles of active listening, the importance of reminiscing, and ways of dealing with older adult with sensory impairments, which often accompany the aging process, will be discussed. You will learn how to deal with the emotional response that some have to life's losses, such as status, mobility, finances and death of friends and family.

\$129
CE Hours: 5
Donna Gapas, LCSW
Friday, January 24, 2020
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany
CERTIFICATE REQUIREMENT

#1060 ■ Depression and Suicide in Older Adults

Depression and suicide in older adults are major public health issues requiring greater attention in the United States as well as other countries. Whereas suicide attempts are more common among adolescents and young adults; older adults show the highest overall suicide rates. Older adults are the fastest growing demographic and depression is often unrecognized as well as

untreated among this vulnerable population, leading to potentially greater proportions of suicide. In this workshop, participants will review the signs and symptoms of depression in older adults and identify key risk factors for depression and suicide. Diagnostic evaluation tools and potential treatment options will be explored with practical tips and resources.

\$129

CE Hours: 5 Clinical

Danielle Micale, MHA, LNHA, CTRS, CDP, CADDCT, CDCM, CFRDT

Friday, January 31, 2020

9:30 a.m. – 3:30 p.m.

390 George St., New Brunswick

#1140 ■ LGBT Older Adults: How Sexual Orientation Influences the Aging Experience

This workshop will examine how sexual orientation influences the aging experience. It will provide participants, through a combination of video, lecture and discussion, an opportunity to explore the aging experience through the lens of LGBT older adults. Content for this workshop includes definition of terms, exploration of health disparities, examination of policy issues influencing the community and a discussion regarding creating a more welcoming experience for the community when accessing services.

\$129

CE Hours: 5 Social & Cultural Competence

Carolyn Bradley, PhD, LCSW, LCADC and Jennifer Dunkle, PhD

Tuesday, February 4, 2020

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#1091 ■ Understanding and Empowering Caregivers of Older Adults

Older adults are living longer and longer lives. However with longer life, the need for significant support increases. Caregivers are increasingly called upon to provide the necessary supports to keep an older adult functioning—often for a period of years. A key aspect of effective work with older adults is understanding and supporting the difficult and important role of their caregivers. This workshop will explore the many dimensions of caregiving for older adults including the challenges and rewards of caregiving from an emotional, physical, and financial perspective. Caregiver burnout, coping patterns

and long-distance caregiving will be covered. You will also learn strategies and resources for supporting caregivers.

\$129

CE Hours: 5

Donna Gapas, LCSW

Friday, February 7, 2020

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

#4145 ■ Bioethical Decision Making: Considerations for Advanced Planning

As the American health care system grows more complex, there is a growing public awareness of the need for advance planning involving end of life decisions. Conflicts among health care professionals, patients, families and payors are almost inevitable given the growing number of choices available, particularly when it comes to terminal prognoses and death. Participants in this workshop will learn of the controversy surrounding the living will, the use of the out-of-hospital do not resuscitate orders, and legal considerations of capacity that impact the individual's right to voluntary decision making. Issues of voluntary versus involuntary approaches to ethical decision making will be explored using clinical examples. This workshop does not qualify for NBCC clock hours.

\$129

CE Hours: 5 Ethics

Helen Hunter, ACSW, LSW

Wednesday, February 12, 2020

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

#1153 ■ Resources for Older Adults

Are you challenged by locating services and benefits for older adults? If so, this session is for you. As an individual who works with the senior population, you may need additional knowledge about federal, state, county and community resources that will enhance the quality of life for this segment of the population. This session will provide information on seeking resources and an overview of resources such as financial, health, housing, nutritional, and recreational programs. You will also learn the importance of networking and the elements of making effective referrals. Participants will actively engage in discussion to share resource information.

\$129

CE Hours: 5

Donna Gapas, LCSW

Friday, February 21, 2020

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

#1132 ■ LGBT+ Older Adults: Best Practices for Providing Culturally Sensitive Services & Supports

All social workers and counselors must be better prepared to work with an increasingly diverse and growing aging population. This workshop will focus on aging and the LGBT+ community. Findings from research have led to the creation of specific competencies and strategies for providing culturally sensitive services to this sub-population. This workshop will explore reasons the LGBT+ older adult sub-population is an at-risk and largely invisible group. It will also review how to engage with and provide culturally sensitive services to LGBT+ older adults.

\$129

CE Hours: 5, Social & Cultural

Competence

Jeanne Koller, PhD, LCSW, CEAP

Friday, February 28, 2020

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

Advanced Certificate Program in Gerontology

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

#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.

\$129
CE Hours: 5 **Clinical**
Stephen Sidorsky, LCSW

Wednesday, November 6, 2019
9:30 a.m. – 3:30 p.m.
390 George St., New Brunswick

#1013 ■ Legal Issues and Planning

This workshop will provide an overview of important legal issues affecting older adults. You will learn about the laws affecting decision-making capacity including financial durable powers of attorney, advanced directives, health care proxies, and guardianship. Using interactive case studies, the workshop will focus on ethical considerations in the context of providing services to clients with diminished capacities. Along with an overview of Medicare and Medicaid (including Medicaid eligibility), the workshop will provide a broad-based understanding of home and community-based services with a focus on New Jersey's "new" Medicaid Managed Long Term Services and Supports (MLTSS) program. You will also learn about the rights of residents in nursing homes and assisted living, as well as strategies for. This workshop does not qualify for NBCC clock hours.

\$129
CE Hours: 5 **Ethics**
Gwen Orlowski, JD

Friday, November 8, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany

CERTIFICATE REQUIREMENT

#1101 ■ Psychiatric Vulnerabilities in Older Adults

This workshop will review the common symptoms of major psychiatric illnesses and how they may manifest themselves in the older adult. This will include affective disorders, particularly depression, as well as anxiety disorders and substance abuse. We will also review psychotic disorders and the personality disorders that are exacerbated in the aging process. The interface between common medical conditions, prescription medications and psychiatric problems will also be addressed.

\$129
CE Hours: 5 **Clinical**
Donna Gapas, LCSW

Friday, November 15, 2019
9:30 a.m. – 3:30 p.m.
Parker at Monroe

CERTIFICATE REQUIREMENT

#1102 ■ Advanced Care Planning

In this workshop participants will learn an advanced approach to care planning, including the setting of measurable goals and outcomes. The planning process with the older adult client (and his/her family) with regard to advance directives will be discussed and participants will be given the opportunity to complete an advance directive. Artificial feeding, dementia and palliative care issues will also be addressed.

\$129
CE Hours: 5
Judith Parnes, LCSW

Wednesday, February 12, 2020
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

CERTIFICATE REQUIREMENT

Senior Services Management

Required workshops offered this semester:

- **Aging: the Human Process**
(Please see page 29)
- **Communicating with Older Adults**
(Please see page 30)
- **Program Evaluation – An Opportunity not a Burden** (Please see page 33)

**Electives may be selected from any elective workshops listed under the Gerontology Programs or the Nonprofit and Public Management Program*

Senior Housing Issues

Required workshops offered this semester:

- **Aging: the Human Process**
(Please see page 29)
- **Legal Issues and Planning**
(Please see page 32)
- **Working Together: Senior Housing Social Services Staff and Property Management** (Below)

**Electives may be selected from any elective workshops listed under the Gerontology Programs*

#1200 ■ Working Together: Senior Housing Social Services Staff and Property Management

This workshop will assist service coordinators in identifying their role and responsibilities to residents in independent senior housing. An overview of basic principles of service coordination and property management will include: a team approach to case manage-

ment, managing resident files, confidentiality, advocacy, empowerment of residents and effective communication. In an interactive setting, participants will identify appropriate roles, responsibilities and principles for service coordinators and property managers, and develop an action plan for their respective site(s), which will identify goals and objectives to ensure a comprehensive plan of service coordination. This workshop does not qualify for NBCC clock hours.

\$129
CE Hours: 5
Kimberly Fry, BA

Wednesday, September 25, 2019
9:30a.m. – 3:30p.m.
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1024 ■ Common Health Problems and Medication Use with Older Adults

This workshop will provide an overview of common health problems in the older adult population, such as malnutrition, dehydration, skin conditions, cardio-pulmonary disease, pneumonia, congestive heart failure, diabetes and pressure ulcers. Participants will learn to identify the symptoms of these health problems, so as to better help the older adult find medical treatment. Also, common medications, their side effects, and risk of interaction will be part of this workshop. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

\$129
CE Hours: 5
Ingrid Holm, BSN

Thursday, January 16, 2020
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

CERTIFICATE REQUIREMENT

#2002 ■ The Basic Elements and Skills Necessary for Effective Volunteer Management

This two-day workshop focuses on the elements and skills which are necessary to ensure a well-run, productive volunteer program. As the manager of a volunteer program, you will learn to: 1) create a pro-volunteer environment in your organization; 2) design meaningful roles for volunteers which help accomplish the organizational goals; 3) develop strategies for recruiting volunteers; 4) interview, screen and train volunteers; 5)

apply management techniques to the supervision of volunteers; and 6) evaluate and recognize volunteers.

\$225

CE Hours: 10

Linda Meisel, LCSW

Tuesdays, February 4th and February 25th

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

Nonprofit and Public Management

Note: All workshops in Nonprofit and Public Management can be taken individually or as part of a certificate program. See page 9 for details.

Note: All workshops in the Nonprofit and Public Management Certificate are open to be taken individually or as part of the certificate program. See page 9 for details. The nonprofit and public management workshops are not approved for NBCC clock hours for LPCs as they do not specifically fit into an approved NBCC content area.

#7170 ■ Increase Your Funding Through Program Evaluation

How do you know if your work is effective? How would a prospective funder know whether your program is a good investment? The funder will never know unless you evaluate the effectiveness of the program. This workshop will explain how to complete simple and complex evaluations, how to select the outcomes you should measure and how to locate evidence based measures and intervention programs. Competition for funding is fierce. Use program evaluation to stand out from all other programs applying for grants. This workshop builds on Program Evaluation – An Opportunity, Not a Burden so it is the second in a two-day series on program evaluation. It is highly recommended that those who attended Program Evaluation – An Opportunity, Not a Burden this season, or in the past, attend this complementary workshop. However, participants who do not attend the first Program Evaluation workshop are still encouraged to attend this one.

\$129

CE Hours: 5

Alex Redcay, PhD, LCSW

Tuesday, September 24, 2019

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

#7150 ■ Essential Attributes of Leadership

In today's changing and dynamic human services environment, there is a need for strong leaders. In this workshop, human services managers in the nonprofit and public arena will learn what it takes to be an effective leader. Definitions and theories of leadership will be discussed and leadership styles will be explored. The roles and functions of a leader will be addressed as well as the values and ethics of leadership. The competencies of leadership—knowledge, skills and abilities—as well as emotional intelligence will be discussed. Participants will apply theories and concepts to case scenarios supplied by the workshop moderator and engage in role-plays designed to build and enhance leadership competencies.

\$129

CE Hours: 5

William Waldman, MSW

Wednesday, October 16, 2019

9:30 a.m. – 3:30 p.m.

390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1151 ■ Ethical Dilemmas for Administrators and Managers

In running their programs and organizations, Senior Service Administrators/Managers strive to promote a caring, respectful and compassionate culture for the clients they serve on a daily basis. In order to deal more successfully with difficult people, confidentiality concerns, issues of cultural diversity, and considerations of individual capacity, this workshop will deal with approaches to ethical dilemmas that produce the best outcomes, conflict resolution and mediation strategies, interpersonal communication skills, and a culturally competent model of decision-making that is respectful of individual values and traditions. This workshop does not qualify for NBCC clock hours.

\$129

CE Hours: 5 Ethics

Stephen Sidorsky, LCSW

Tuesday, October 29, 2019

9:30 a.m. – 3:30 p.m.

390 George St., New Brunswick

#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.

\$129

CE Hours: 5

Linda Meisel, LCSW

Thursday, November 14, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

CERTIFICATE REQUIREMENT

#7158 ■ Program Evaluation – An Opportunity, Not a Burden

You value the work that you and your staff do. You provide services that help people in need and you do so in a conscientious manner. It is exciting work and you want people to know about it—not just funders and oversight agencies that “evaluate” you—but colleagues and people who might come to you for service. How can you connect with them in a way that will tell the story of what you do in a convincing manner? In this workshop learn how to orchestrate a program evaluation that tells the story about the services that you deliver in a way that meets program goals and objectives, and demonstrates the possibilities for the future.

\$129

CE Hours: 5

Alex Redcay, PhD, LCSW

Friday, November 22, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#7656 ■ Board Management – A Delicate Balance

Managing a Board of Directors is a challenging job for most senior managers. Serving on a Board has become increasingly complex and board members are often not clear what their roles are and how they should relate to the Executive Director and other staff. Paid staff is frequently unclear about

the same issues. This full day workshop will clarify various issues related to board management and will provide concrete assistance and consultation for paid staff on Board related issues.

\$129

CE Hours: 5

Shelly Wimpfheimer, DSW, LCSW, CSWM

Wednesday, December 4, 2019

9:30 a.m. – 3:30 p.m.

390 George St., New Brunswick

#7154 ■ Managing Change

The fast-changing world of human services organizations demands managers to be equally skilled in managing both for stability and for change. As the marketplace changes, as funders demand more and different accountability, the task of the manager changes rapidly. This workshop will examine the factors influencing change, the strategies that help the board and the staff to adjust to change, and the need to always keep the organizational mission in the forefront.

\$129

CE Hours: 5

Donna Gapas, LCSW

Friday, December 6, 2019

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

CERTIFICATE REQUIREMENT

#4110 ■ How to Effectively Supervise Staff: For New and Mid-level Supervisors

To effectively supervise staff, one must be an effective leader who demonstrates the ability to develop the people around them while satisfactorily meeting or exceeding the needs of the organization and its clientele. Effective supervision empowers staff to be problem solvers, accountable for their behavior, take on new and more responsibility and be focused, goal-directed decision makers. This workshop will educate new and mid-level supervisors in leadership skills, giving and receiving feedback, assertive communication, setting boundaries, resolving conflict, morale building, managing difficult personalities, performance evaluation, promotion and demotion, hiring and termination and how to be the ultimate role-model for staff.

\$129

CE Hours: 5

Sharon D. Thomas, MS, LPC

Tuesday, January 7, 2020

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#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 their team. Models for how to create a work culture of wellness and balance will be presented and discussed.

\$129

CE Hours: 5

Linda Meisel, LCSW

Thursday, January 9, 2020

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

Social and Economic Justice

#4240 ■ The Fierce Urgency of Now—Deepening Our Commitment to Social Justice Practice

This workshop will highlight the powerful, pivotal, and prophetic role all social workers can and must play at this critical moment in history. We will briefly discuss social work's commitment to social justice as a core value and central ethical principle and then introduce the Circle of Insight, a practical tool that social workers can use to deepen their commitment to social justice practice. Anthony Nicotera created this tool over his 20 years as a social work advocate, clinician, activist, and educator. The presentation will incorporate lessons from his social justice, spirituality, and multi-faith leadership courses as well as experiences and insights from his domestic and international community-based work. It will be a multimedia, interactive presentation utilizing interviews, music, blogs and videos, as well as clips from his award-winning film, *The 5 Powers*, made in collaboration with Zen Master Thich Nhat Hanh, nominated for the Nobel Peace Prize by Dr. Martin Luther King, Jr. He will share with participants tools and resources social workers can use in their daily

practice to help then move toward deeper, more transformative and liberating social justice social work practice.

\$129

CE Hours: 5 Social & Cultural Competence

Anthony Nicotera, JD, DSW, LSW

Thursday, October 17, 2019

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

#4201 ■ A Look at Media, Misogyny, and the “Consumption” of Women

This workshop invites participants to take an in-depth look at how we as a culture have become comfortable with the institutional consumption of women. The purpose of the workshop is to help prepare workers in the field to understand the insidious and often unconscious reality of the consumption of women from a biopsychosocial perspective. We will begin by exploring the deeply rooted patriarchy that ceaselessly promotes and is comfortable with the objectification and resultant consumption of women. We will examine this phenomena with a spotlight on mass media including print, entertainment, technology and social media. Next we will discuss the consequences of this patriarchal paradigm including gender-based economic injustice, the over-sexualization and objectification of women and children; labor and sex trafficking and the parallel issue of sex-worker's rights. Participants will have the opportunity to explore how they can inform positive change within their communities as individual clinicians and advocates, as well as through the tools of leadership and organization-building within the movement of violence against women and children.

\$129

CE Hours: 5 Social & Cultural Competence

Jill Zinckgraf, MPA

Thursday, October 17, 2019

9:30 a.m. – 3:30 p.m.

10 Octagon Office Center, Parsippany

#4281 ■ Girls of Color: Trauma and Punitive Response

The needs of girls of color are often overlooked, neglected or criminalized, particularly African American/black girls, leading to overrepresentation in school disciplinary actions, the pipeline to prison phenomenon, and commercial sex trafficking. This interactive workshop will examine the historical and cultural perspectives of girls of color in this country, the impact of gender on the experience of trauma and punitive responses to

trauma-related behaviors. The intersection of race, class, and socioeconomic status also will be explored, with strategies for intervention as additional areas of focus.

\$129

CE Hours: 5 Social & Cultural Competence
Michelle LeVere, MSW, LCSW

Friday, October 18, 2019

9:30 a.m. – 3:30 p.m.

Rutgers EcoComplex, Bordentown

#5742 ■ The Uncomfortable Truth: Racism, Injustice, and Poverty in New Jersey

Social workers increasingly have less time to engage in advocacy work and macro level practice. The unacknowledged structural nature of racism and poverty in our larger society make it difficult to engage in conversations about economic injustice and to advocate for change. The overarching perception of poverty ignores structural causes and instead blames poor people for their own poverty. Even within agencies there can be a lack of recognition and focus on structural racism and poverty and how they create and sustain poverty. This workshop will provide opportunities for professionals to analyze the forces that have led to a lesser quality of life for the people we serve. It will offer tools to help transform structural racism and the forces in our state that maintain poverty. We will cover what effective storytelling for advocacy at the local, county, state, and federal levels looks like, and explore ways to help clients become effective advocates for themselves.

\$129

CE Hours: 5 Social & Cultural Competence
Quincy Bloxom, MSW and Renee Koubiadis, MSW, LSW

Friday, November 8, 2019

9:30 a.m. – 3:30 p.m.

Rutgers EcoComplex, 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.

\$129

CE Hours: 5 Ethics or Social & Cultural Competence

Jill Zinckgraf, MPA

Wednesday, November 13, 2019

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

#4202 ■ Elder Economic Security, Social Equity and the Reality of Longevity for Seniors in New Jersey

Faced with increasing costs and fixed incomes, many of New Jersey's seniors are living on the edge of poverty. As professionals, you may come across seniors in this situation. NJ Foundation for Aging (NJFA) has produced the Elder Economic Index to demonstrate the economic struggle of seniors in New Jersey. In this workshop, we will look at the research and discuss the reality of seniors in New Jersey. We will also explore resources and solutions in this interactive workshop.

\$129

CE Hours: 5 Social and Cultural Competence

Melissa Chalker, LSW

Thursday, January 30, 2020

Time: 9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

Trauma Response and Crisis Intervention

***Note:** All workshops in Trauma Response and Crisis Intervention can be taken individually or as part of a certificate program. See page 9 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.

\$129

CE Hours: 5 Clinical, Ethics
Lori Schlosser, PhD

Friday, October 4, 2019

9:30 a.m. – 3:30 p.m.

390 George St, New Brunswick

CERTIFICATE REQUIREMENT

#5859 ■ The Neuroscience of Optimal Well-Being: Reducing Stress, Resolving Trauma, Recovering Resilience

Breakthroughs in the field of neuroscience are giving us validation that the brain, body, mind and spirit are interconnected. Participants will be introduced to the emerging field of psychoneuroimmunology which examines the connections between our neurons and internal chemicals (neuropeptides) forming the biological basis of our emotions, beliefs and expectations. Participants will explore how these connections affect our functioning and our health, as well as the latest findings regarding neuroplasticity—the brain's ability to reorganize itself by forming new neural connections throughout our lifetime! This information, provided in an approachable manner, with unforgettable case studies, will be enhanced by experiential learning that will give participants the opportunity to practice empirically validated techniques that activate brain states of calm and relaxation, compassion and gratitude. Learn to resource, rewire and regulate your body-brain (and those of your clients) for reduced stress, greater well-being and improved relationships!

\$129

CE Hours: 5 Clinical
Lori Schlosser, PhD, MSW

Friday, October 25, 2019

9:30 a.m. – 3:30 p.m.

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 incorporate both morality and virtue will be presented and discussed. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

\$129
CE Hours: 5 Clinical, Ethics
Monica Indart, PsyD

Wednesday, October 30, 2019
9:30 a.m. – 3:30 p.m.
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#5451 ■ The Impact of Trauma

This workshop provides an overview of trauma and its impact. Trauma is explored from a historical, epidemiological, psychological, and psychobiological perspective. Current assessment and treatment approaches to trauma are presented. The workshop will examine child sexual abuse as one type of traumatic event. Special attention is also given to the impact of trauma on the helping professional.

\$129
CE Hours: 5 Clinical
Marsha Heiman, PhD

Friday, November 8, 2019
9:30 a.m. – 3:30 p.m.
390 George St., New Brunswick

#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 neurophysiological and neurochemical changes which 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.

\$129
CE Hours: 5 Clinical
Nicci Spinazzola, EdS, LMFT, LPC, ACS

Friday, November 15, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, 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.

\$129
CE Hours: 5 Clinical
Nicci Spinazzola, EdS, LMFT, LPC, ACS

Friday, January 10, 2020
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

CERTIFICATE REQUIREMENT

Violence Against Women

The Certificate Program in 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 NJ Domestic Violence Specialist (DVS) credits are noted. For infor-

mation on DVS credits, please contact the New Jersey Coalition for Battered Women at <http://www.njcbw.org/certification.html>

***Please note:** Individual workshops can be taken by participants not enrolled in the certificate programs.

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 9 for details.

#1313 ■ Financial Empowerment with Survivors

Violence against women comes in all forms, including physical, emotional, sexual and financial abuse. The use of economic or financial abuse to control and manipulate a partner is a topic that has recently received increased notice. Economic education programs have been introduced to survivors of domestic violence in order to provide them with the information and tools they need to become empowered financially. This workshop will explore the use of financial abuse by batterers to control and isolate their partners, and focus on both short and long term strategies for assisting survivors in their quest to become financially independent.

\$129
CE Hours: 5
5 NJ DVS credits: Intervention Skills
Christine Heer, Esq, LCSW, DVS

Monday, October 21, 2019
9:30 a.m. – 3:30 p.m.
10 Octagon Office Center, Parsippany

#1328 ■ Looking Through the Invisible Borders: A Cross Cultural Response to Trauma Survivors

This workshop's scope utilizes a cross cultural perspective in examining, exploring and identifying appropriate clinical strategies in trauma response. Sexual violence is endemic amongst all races, cultures and ethnicities nationally and internationally. Culture, context and identity are inherently woven within a trauma survivors experience as it is within a professional responding to the trauma survivor. Through this workshop we will attempt to understand the trauma experience cross culturally and the use of the professional's sense of “self” and “identity” in strategizing appropriate response. This workshop is offered in collaboration with NJ CASA.

\$129
CE Hours: 5 Clinical, Social & Cultural Competence
5 NJ DVS credits: Intervention Skills
Julie Roebuck, LCSW

Friday, October 25, 2019
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

#1309 ■ Sexual and Relationship Violence on College Campuses

As outlined in a 2014 White House Report, recent attention and awareness has grown concerning sexual violence on college campuses. Learn from the Rutgers staff mentioned in this report about the implications of recent laws and regulations and receive guidance on how campuses respond to helping survivors. Participants will learn about the definitions and incident rates of violence against women specific to college campuses, as well as gain an understanding of the similarities and differences between survivors of gender based violence in the college population and general population. By the end of the workshop, participants will be familiar with the violence against women myths and stereotypes that exist on college campuses and will become familiar with resources available to survivors on college campuses, as well as explore strategies for working with survivors and the college community.

\$129
CE Hours: 5
5 NJ DVS credits: Special Populations
Ruth Anne Koenick, MA and
Laura Luciano, MA

Friday, November 15, 2019
9:30 a.m. – 3:30 p.m.
390 George St., New Brunswick

#1305 ■ Ethical Issues and Values in Violence Against Women Work

This workshop will examine the ethics and values involved with violence against women work for professionals in a variety of fields. Participants will leave this workshop with an understanding of the importance of empowerment, self-determination, informed consent and feminist ethics when it comes to appropriately and effectively interacting with survivors of domestic or sexual violence. This workshop does not qualify for NBCC clock hours.

\$129
CE Hours: 5 Ethics
5 NJ DVS credits: Values and Attitudes
Ruth Anne Koenick, MA

Friday, December 6, 2019
9:30 a.m. – 3:30 p.m.
390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1304 ■ Legal Responses to Violence Against Women

As a result of participating in this workshop, participants will become aware of the state and federal laws related to various forms of violence against women, particularly sexual violence, domestic violence, and stalking. Additionally, this workshop will enable participants to understand the various legal remedies available to victims within the justice process, including restraining orders, divorce, and other relief involving economic justice, child custody, and civil suits brought by survivors of any of the above listed types of violence against women. Finally, in examining the standard operating procedures of law enforcement and the courts, participants will learn about the roles of key personnel involved in the legal process, as well as the critical role that direct service providers can play in supporting and empowering women who have experienced violence. This workshop does not qualify for NBCC clock hours.

\$129
CE Hours: 5 Ethics
5 NJ DVS credits: Legal
Christine Heer, Esq, LCSW, DVS

Monday, January 13, 2020
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

CERTIFICATE REQUIREMENT

Clinical Work with Survivors Certificate

***Note:** All workshops in the Clinical Certificate can be taken individually or as part of the certificate program. See page 9 for details.*

#1323 ■ Special Topics: Violence Against Women and PTSD

It is important for individuals working within the field of violence against women to have a strong understanding of PTSD, including symptoms and treatment options. While all individuals impacted by violence may not have been diagnosed with Post Traumatic Stress Disorder, it is imperative to be able to recognize behaviors, thoughts, feeling and symptoms that can occur after an individual has been impacted by a traumatic event. This workshop will focus on gaining a clinical

understanding of PTSD and related reactions to trauma; as well as address treatment options to be used within a clinical setting.

\$129
CE Hours: 5, Clinical
5 NJ DVS credits: Mental Health
Brady Root, MSW

Monday, November 4, 2019
9:30 a.m. – 3:30 p.m.
390 George Street, New Brunswick

CERTIFICATE REQUIREMENT

#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.

\$129
CE Hours: 5 Clinical
5 NJ DVS credits: Group Counseling Skills
Julie Roebuck, LCSW

Wednesday, November 20, 2019
9:30 a.m. – 3:30 p.m.
Rutgers Eco Complex, Bordentown

#1331 ■ Assessment and Intervention Strategies in Working with Families with Children Experiencing Domestic Violence

Working with families with children impacted by domestic violence poses a variety of clinical, ethical and legal challenges. This workshop will provide information about assessment strategies and best practice interventions when confronted with families who are experiencing and/or have been impacted by domestic violence. To enhance the learning process, moment to moment decision making within the context of treatment interventions will be developed through the use of dynamic break-out case discussions, video tapes and group discussion. Attendees will develop knowledge about working with couples, individuals and children/adolescents within the context of the family system impacted and/or experiencing domestic violence.

\$129
CE Hours: 5 Clinical
5 NJ DVS credits: Group Counseling Skills
Julie Roebuck, LCSW

Wednesday, December 11, 2019
9:30 a.m. – 3:30 p.m.
390 George, New Brunswick

#1354 ■ Perpetration of Violence Against Women

This workshop explores dynamics of the perpetration of violence against women. The morning addresses issues of sexual violence, including those at greatest risk in a culturally sensitive framework. There is information shared regarding who the perpetrators of sexual violence are and the methods they utilize to gain access to intended victims. Finally, support and state-wide services are listed. This afternoon consists of understanding the overt and covert dynamics of domestic violence. Case studies are used to emphasize the subtleties and dangers of domestic violence. The impact of domestic violence on children is also explored. Pro-social interventions are discussed in a treatment framework.

\$129

CE Hours: 5 Clinical
Lisa Smith, MS, DVS

Wednesday, January 8, 2020
9:30a.m. – 3:30p.m.
10 Octagon Office Center, Parsippany

#1355 ■ Clinical Presentations of Survivors: Impacting Our Lives, Impacting Our Communities

In this workshop, participants will learn how violence against women and children impacts survivors on an individual, relational and community level. We will touch on topics such as the multiple components of interpersonal violence, and focus on the myriad of symptoms and trauma reactions that affect survivors across the lifespan. A brief overview of violence against women and children, through an oppression lens, will shed light on the impact that this violence has on our community and survivors. The impact on the clinician, including counter-transference and the importance of self-care will conclude the day. Case studies, videos, lecture, and small group work will be utilized to help participants successfully learn concepts that they can apply to their everyday work.

\$129

CE Hours: 5 Clinical
Pamela Saxena, MSW, LCSW

Saturday, February 22, 2020
9:30 a.m. – 3:30 p.m.
Octagon 10 Office Center, Parsippany

CERTIFICATE REQUIREMENT

Workshop Locations

1 NEW BRUNSWICK
Rutgers School of Social Work
Office of Continuing Education
390 George St., 3rd Floor
New Brunswick, NJ 08901
848-932-8758
(THIS IS OUR MAIN LOCATION)

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

3 BORDENTOWN
Rutgers Eco Complex
1200 Florence Columbus Road
Bordentown Twp., NJ 08505
609-499-2700

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

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

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

7 GLASSBORO
Acenda (Formerly Robins' Nest)
42 South Delsea Drive
Glassboro, NJ 08038
856-881-8689

8 MONROE
PARKER at Monroe
395 Schoolhouse Road
Monroe Township, NJ 08831
732-565-2422
www.FrancisEParker.com

9 LONG BEACH
St. Francis Community Center
4700 Long Beach Blvd.
Long Beach Twp., NJ 08008
609-494-8861

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

11 BLACKWOOD
Northbrook Behavioral Health
425 Woodbury-Tunsville Road
Blackwood, NJ 08012
856-374-6600

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

13 HAMILTON
Mercer County Family Support Organization
3535 Quakerbridge Road
IBIS Plaza, Suite 400,
Hamilton, New Jersey 08619
609-586-1200

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 & Maps" page at socialwork.rutgers.edu/ce.



Workshops by Location and Date

WORKSHOPS OFFERED IN CENTRAL JERSEY – 390 GEORGE ST. NEW BRUNSWICK		
Run for the Hills, It's Alive! The Personal and Practice Implications of the Family as a Living Emotional System	September 13 or September 14	See page 28
Technology Dependence: Implications for Violence in the Family, School and Self-injury	September 24	See page 19
Successful Aging — Spirituality, Healing and Reducing Stress	September 25	See page 29
Working Together: Senior Housing Social Services Staff and Property Management	September 25	See page 32
Suicide Prevention in the School Setting: Identification and Intervention	October 2	See page 10
DSM-5: What to Know and How to Apply	October 3	See page 10
Self-Care in Trauma Work	October 4	See page 35
Mantra Meditation as Therapy	October 4	See page 11
The Road to Emotional Maturity has No Fast Lane: Towards Becoming a More Inner-Directed Self	October 4 or October 5	See page 28
LCSW/LSW Examination Preparation Course	October 5	See page 16
If It Isn't In Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization	October 10	See page 16
The Mother and the Sexually Abused Child	October 11	See page 11
Assessment of Older Adults	October 11 & October 25	See page 29
The Bereaved Child: Children, Caregivers, and Schools	October 12	See page 11
Shifting Paradigms, Challenging Perceptions	October 15	See page 17
Essential Attributes of Leadership	October 16	See page 33
The Fierce Urgency of Now — Deepening Our Commitment to Social Justice Practice	October 17	See page 34
Psychotherapeutic and Psychosocial Treatments for Child and Adolescent Disorders	October 21 & 28	See page 23
True Colors — Knowing Yourself and Working with Others	October 22	See page 17
Helping Couples Get the Love They Want	October 23	See page 12
Enhancing Critical Thinking for Improved Outcomes	October 24	See page 17
The Neuroscience of Optimal Well-Being: Reducing Stress, Resolving Trauma, Recovering Resilience	October 25	See page 35
Assessing and Identifying Eating Disorders: What You Need To Know Now	October 26	See page 26
Ethical Dilemmas for Administrators and Managers	October 29	See page 33
Improving Networking Skills and Enhancing Interagency Relationships	October 30	See page 22
The Ethics of Trauma and Disaster Response: Doing Right, Doing Good	October 30	See page 35
Elder Abuse: Strategies to Recognize, Prevent and Report Abuse	November 1	See page 29
Lions and Tigers and Bears, Oh My! — Balancing Individuality and Togetherness in Key Relationships	November 1 or November 2	See page 28
Psychodynamic Concepts for the Child Therapist: How It Applies to Today's Therapeutic Interactions	November 2	See page 23
Special Topics: Violence Against Women and PTSD	November 4	See page 37
CBT for Illness: Using CBT Skills for Disease Related Anxiety	November 5	See page 13
Solution Focused Practice	November 6	See page 13
Psychotherapy and Counseling with Older Adults	November 6	See page 31
Ethical Decision-Making in Private Practice	November 8	See page 18
The Impact of Trauma	November 8	See page 36
Assessment and Differential Diagnosis of Children	November 11 & 14	See page 23
The Effects of Trauma across the Developmental Spectrum	November 15	See page 36
Supporting Adults, Teen and Children Coping with Loss	November 15	See page 13
Sexual and Relationship Violence on College Campuses	November 15	See page 37
Binge Eating Disorder: Assessment and Intervention Basics	November 16	See page 26

WORKSHOPS OFFERED IN CENTRAL JERSEY – 390 GEORGE ST. NEW BRUNSWICK

Aging: Policy and Economic Considerations	November 18, November 25, December 2	See page 30
Rethinking Therapeutic Approaches with Older Adults	November 19	See page 30
Advocacy and Collaboration Skills in Case Management	November 2	See page 22
Beyond Checking and Washing: Understanding and Treating the Obsessive Compulsive Spectrum	November 21	See page 14
Stress Management for Regaining Life's Balance	November 25	See page 18
Grieving Children & Teens: Creative Interventions for Individual and Group Work	December 4	See page 14
Trauma in Schools: Response Matters	December 4	See page 14
Board Management – A Delicate Balance	December 4	See page 33
Ethical Issues and Values in Violence Against Women Work	December 6	See page 37
Helicopter Parenting While in Perpetual Conflict With an Underfunctioning Co-pilot... A Love Story	December 6 or December 7	See page 28
Managing Change	December 6	See page 34
Incarceration and the Impact/Effect on Children and Adolescents	December 7	See page 15
Practical Tips for Engaging Non-Residential Fathers	December 9	See page 18
The Dynamics of Addiction, Domestic Violence and Child Abuse	December 10	See page 20
Assessment and Intervention Strategies in Working with Families with Children Experiencing Domestic Violence	December 11	See page 37
The Neurobiology of Trauma/PTSD	December 12	See page 15
Incorporating Cultural Competence into Ethical Decision Making	December 18	See page 18
Prescription Opioid Misuse and Dependence: What Social Workers Need to Know	January 6	See page 20
Becoming a “Good-Enough” Mother: From Pregnancy to Birth to Healthy Attachment	January 9	See page 15
Group Treatment Approaches in Working with Trauma	January 10	See page 36
Legal Responses to Violence Against Women	January 13	See page 37
Making Meaning from an Illness: Transforming a Health Crisis into a Healing Experience	January 14	See page 15
Positive Psychology for Clinical Practice	January 15	See page 16
Common Health Problems and Medication Use with Older Adults	January 16	See page 32
Let's Talk About Opposition in Adolescence	January 17	See page 24
Life on the Inside: A Social Work Perspective of the Criminal Justice Client	January 18	See page 19
The Birth Order Blues—Understanding Sibling Position Strengths, Blind Spots and Liabilities	January 24 or January 25	See page 29
Who's Afraid of the Angry Client?: Using Schema Therapy to Understand and Treat Angry Modes	January 27	See page 16
Eating Disorders: Highlights and Relevant Clinical Issues	January 28	See page 27
Depression and Suicide in Older Adults	January 31	See page 30
Working with Undocumented Clients: Addressing the Myths and Understanding the Challenges	February 1	See page 19
The Basic Elements and Skills Necessary for Effective Volunteer Management	February 4 & February 25	See page 32
Eating Disorders and Childhood Abuse: Connecting the Dots!	February 5	See page 27
Eating Disorders and Body Image Dissatisfaction: How are They Related?	February 11	See page 27
The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options	February 12	See page 21
Bioethical Decision Making: Considerations for Advanced Planning	February 12	See page 31
Resources for Older Adults	February 21	See page 31
Screen Smart Counseling: A Media-Age Guide to Therapy	February 24	See page 16
Eating Disorders: Exploring Evidence Supported Treatments	February 26	See page 27
LGBT+ Older Adults: Best Practices for Providing Culturally Sensitive Services & Supports	February 28	See page 31
How to Avoid Getting Voted off the Island – Understanding and Managing Relationship Triangles	February 28 or February 29	See page 29
Eating Disorders & Recovery: Highlighting Spiritual Practices	March 3	See page 27

WORKSHOPS OFFERED IN CENTRAL JERSEY – PISCATAWAY (MRESC)

The Psychology of Adoption	September 17	See page 21
The Language of Adoption	September 26	See page 21
Attachment Based Parenting Approaches in Adoption	November 4	See page 21
Educators, Colleagues, and Parents Working Together With All Stakeholders	November 5	See page 17
Life Cycle Experience and Issues in the Adoption of Older Children	December 2	See page 21
Preparing Children for Adoption	January 27	See page 21

WORKSHOPS OFFERED IN CENTRAL JERSEY – NEW BRUNSWICK (THE BOGGS CENTER)

Supporting Youth with Disabilities in the Transition to Adult Life	October 8	See page 25
An Introduction to Developmental Disabilities	October 15	See page 25
Health and Wellness for People with Developmental Disabilities	October 22	See page 25
Legal and Ethical Issues in Developmental Disabilities	November 14	See page 25
Understanding and Managing Problem Behaviors	December 5	See page 25
Supporting Families through Change	December 12	See page 26
Disability Policy Issues	January 8	See page 26

WORKSHOPS OFFERED IN CENTRAL JERSEY – MERCER COUNTY

Dealing With Angry Students and Tantrums Effectively	September 30	See page 10
Practical Parenting Toolbox	October 22	See page 12
Managing Family Dynamics in Caring for Older Adults	December 2	See page 30

WORKSHOPS OFFERED IN CENTRAL JERSEY – MONROE

Aging: The Human Process	October 1, October 8, October 15	See page 29
Psychiatric Vulnerabilities in Older Adults	November 15	See page 32

WORKSHOPS OFFERED IN NORTH JERSEY – PARSIPPANY

Increase Your Funding Through Program Evaluation	September 24	See page 33
Examining and Understanding Diversity of Gender Identity and Sexual Orientation	September 25	See page 10
The Comprehensive Assessment and Case Plan: Development, Implementation and Evaluation	October 3 & October 10	See page 22
Gestalt Theory, Therapy, Technique: An Introductory Workshop in the Gestalt Approach	October 11	See page 11
A Look at Media, Misogyny, and the “Consumption” of Women	October 17	See page 34
Shame: The Master Emotion	October 18	See page 12
Financial Empowerment with Survivors	October 21	See page 36
Clinical Work with LGBTQ Youth	October 22	See page 12
Gestalt Theory, Therapy, Technique Level II	October 25	See page 11
Building Positive Schools through Positive Education	October 30	See page 12
Silent Anguish: Understanding the Impact of the Death of a Pet	November 1	See page 12
Legal and Ethical Issues in Child/Adolescent Mental Health	November 6	See page 23
Legal Issues and Planning	November 8	See page 32
Child Interviews: Understanding the Ins and Outs	November 12	See page 24
Ethical Dilemmas in Working with Older Adults	November 13	See page 30
Autism, ADHD, and SPD in Childhood: Clinical Considerations and Advocacy Opportunities	November 15	See page 24
Challenging Cognitive Distortions in School-Age Children	November 19	See page 14
CBT with Anxiety Disorders	November 22	See page 14
Medical and Legal Marijuana in NJ: Practice and Policy Issues	November 26	See page 20
Complex Trauma in Children	December 3	See page 24
Handling Crises in Case Management	December 4	See page 22

WORKSHOPS OFFERED IN NORTH JERSEY – PARSIPPANY

Working with Suicidal Clients: Applying EBP Interventions	December 6	See page 14
Core Issues in Clinical Supervision	December 10	See page 24
Models and Techniques of Clinical Supervision	December 12	See page 25
Attachment Theory: A Helpful Framework for Understanding and Intervening with At-Risk Children and Their Families	December 13	See page 24
Managing Differences and Challenging Dynamics in Supervision	December 17	See page 25
Legal and Ethical Issues in Clinical Supervision	December 19	See page 25
Perpetration of Violence Against Women	January 8	See page 38
Ethical and Legal Issues in Substance Abuse Counseling	January 9	See page 20
You're Incarcerated but We're Locked Up: Working with Families of Criminal Justice Involved Loved Ones	January 10	See page 18
If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself and Your Organization	January 16	See page 16
Communicating with Older Adults	January 24	See page 30
Case Plan Essentials	January 28	See page 23
Understanding and Empowering Caregivers of Older Adults	February 7	See page 31
Positive Parenting	February 12	See page 16
Clinical Presentations of Survivors: Impacting Our Lives, Impacting Our Communities	February 22	See page 38

WORKSHOPS OFFERED IN NORTH JERSEY – BERGEN COUNTY

Ethical Issues in Social Work Practice	September 23	See page 10
DSM-5: What to Know and How to Apply	October 2	See page 10
The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options	January 10	See page 21

WORKSHOPS OFFERED IN NORTH JERSEY – HACKENSACK

Ethical Issues in Social Work Practice	September 23	See page 10
--	--------------	-------------

WORKSHOPS OFFERED IN NORTH JERSEY – PARAMUS

Play Therapy Techniques That You Can Use Today	October 25	See page 23
--	------------	-------------

WORKSHOPS OFFERED IN SOUTH JERSEY – GLASSBORO

Escape from the Land of the Hungry Ghosts: Using Meditation to Enhance Addictions Treatment and Recovery	October 11	See page 19
Co-Occurring Disorders: Going Beyond the Boundaries of Diagnosis	November 1	See page 19
Self-Care Secrets For Busy People	December 17	See page 18
Foundational Counseling Skills: Understanding Change Behaviors	January 10	See page 18

WORKSHOPS OFFERED IN SOUTH JERSEY – LONG BEACH TWP

Addictions in the LGBT, Queer Communities: Addictions in the Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Communities: If Gay Means Happy Why Am I Always Getting High?	October 10	See page 19
---	------------	-------------

WORKSHOPS OFFERED IN SOUTH JERSEY – CAMDEN

Diet, Nutrition, and Eating Behaviors: Helping Clients Make Changes	November 7	See page 26
Legal and Ethical Issues in Working with Trans Youth	November 8	See page 13

WORKSHOPS OFFERED IN SOUTH JERSEY – BLACKWOOD

DSM-5: What to Know and How to Apply	December 9	See page 10
The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options	February 10	See page 21

WORKSHOPS OFFERED IN SOUTH JERSEY – BORDENTOWN

LCSW/LSW Examination Preparation Course	September 26	See page 16
Ethical Issues in Social Work Practice	October 1	See page 10
How NOT to Fail as a Therapist: Strategies for Preventing Premature Termination in Psychotherapy	October 10	See page 11
Moving from Self-Criticism to Self-Care: The Healing Power of Self-Compassion	October 11	See page 16
Girls of Color: Trauma and Punitive Response	October 18	See page 34
Ethical Issues in the Schools	October 23	See page 12
If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself and Your Organization	October 24	See page 16
Looking Through the Invisible Borders: A Cross Cultural Response to Trauma Survivors	October 25	See page 36
Suicide Prevention with Trans Youth	November 4	See page 13
Social Work, Ethics and Professional Responsibilities	November 7	See page 17
Aging and Spirituality: Meaning in Later Life	November 7	See page 30
Current Drug Trends and Emerging Drugs of Abuse	November 8	See page 20
The Uncomfortable Truth: Racism, Injustice, and Poverty in New Jersey	November 8	See page 35
Community Organizing and Ethics	November 13	See page 35
Human Resources Management	November 14	See page 33
"We're Not Multiple": Recognizing and Working with Dissociative Self-States in Psychotherapy	November 15	See page 13
Group Counseling with Survivors	November 20	See page 37
Program Evaluation – An Opportunity, Not a Burden	November 22	See page 33
Medical and Legal Marijuana in NJ: Practice and Policy Issues	November 25	See page 20
Understanding Attachment in the Context of Childhood Trauma	December 6	See page 14
Ethical and Legal Issues in Substance Abuse Counseling	December 9	See page 20
Basic Psychopharmacology for People with Co-Occurring Diagnoses	December 10	See page 20
Incorporating Cultural Competence into Ethical Decision Making	December 11	See page 18
What's Eating You? The Psychology of Eating	December 12	See page 26
Let's Talk About Opposition in Adolescence	December 19	See page 24
How to Effectively Supervise Staff: For New and Mid-level Supervisors	January 7	See page 34
Stress Management for Managers and Supervisors	January 9	See page 34
Assessment and Intervention Across the Lifespan	January 10	See page 23
Deepening Therapy: Finding "Wow" Moments with Clients	January 16	See page 15
The Assessment and Treatment of Transgender Adolescents and Their Families	January 17	See page 15
Elder Economic Security, Social Equity and the Reality of Longevity for Seniors in New Jersey	January 30	See page 35
LGBT Older Adults: How Sexual Orientation Influences the Aging Experience	February 4	See page 31
Recovery Oriented Psychotherapy: What Therapists Need to Know to Work with Alcohol & Drug Problems in an Outpatient Setting	February 7	See page 21
The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options	February 11	See page 21
Advanced Care Planning	February 12	See page 32

Key Information and Frequently Asked Questions

How do I register for a workshop?

You can register online at socialwork.rutgers.edu/ce (preferred) or complete the registration form on 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.

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.

Do I receive a confirmation email?

Confirmation e-mails 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.

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.

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 e-mail.

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.

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

Check your email. We contact participants first via e-mail 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.

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 restitutions will be made. When a workshop is cancelled due to weather or insufficient enrollment no penalties apply.

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 to not allow participants that 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 CE Hours.

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).

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 "CE Hours Provider Details" section of our website for specific entities approving our CE Hours.

Do the CE hours count for the NY state license?

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

Do you have online workshops?

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

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.

How do I receive a replacement certificate?

If you would like a printed certificate in the mail, there is a \$10.00 processing fee. If you would like the office to email you the certificate the fee will be waived.

ADMINISTRATION/STAFF

Cathryn C. Potter, PhD
Dean School of Social Work

Douglas Behan, DSW, LCSW
*Director of Continuing Education,
Assistant Professor of Professional Practice*

Gina Sharpe, LCSW
Assistant Director of Continuing Education

Kathryn McBratney, LSW
Program Coordinator II

Julissa Vizcaino, MA
Associate Program Manager

Ceil Boyce, MA
Administrative Assistant

Office of Continuing Education

Rutgers School of Social Work
390 George Street, 3rd Floor
New Brunswick, NJ 08901

Phone: 848-932-8758

Fax: 732-932-7057

Email: ce@ssw.rutgers.edu

Website: socialwork.rutgers.edu/ce

Twitter: @RutgersCEU

Registration Form

Please print clearly and make a copy for your own records

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

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.

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

Home Address _____
STREET

CITY _____ STATE _____ ZIP CODE _____

Cell Phone Number _____

Email Address _____

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

Employer or Agency Affiliation _____

Business Phone Number _____

WORKSHOP #	WORKSHOP TITLE (please print)	DATE	FEE
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____

Select Discount (one only):

- ☐ 2 Workshops for \$200
- ☐ 10% Rutgers Affiliation

TOTAL _____

DISCOUNTS:

- **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 8 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.

Method of Payment: ☐ Check ☐ Voucher ☐ VISA ☐ MasterCard 3-digit security code on back of your card _____

SIGNATURE _____

CREDIT CARD # _____

EXP. DATE _____

Make checks payable to Rutgers, The State University of New Jersey. Check, voucher, or credit card information must accompany registration. Registrations received without payment or voucher will be returned.

Mail/email/fax all materials to: **Office of Continuing Education, School of Social Work, 390 George St., 3rd Floor, New Brunswick, NJ 08901**
ce@ssw.rutgers.edu ■ Fax: 732-932-7057

For additional information or catalogs, call **848-932-8758** ■ Persons with disabilities requiring special accommodations may call us at **848-932-8758**



School of Social Work

Office of Continuing Education
Rutgers, The State University of New Jersey
390 George Street, 3rd Floor
New Brunswick, NJ 08901

Nonprofit
Organization
U.S. Postage

PAID

New Brunswick
NJ 08901
Permit No. 157

The background of the lower half of the page is a photograph of a snowy landscape. Several large, vibrant autumn leaves in shades of orange, yellow, and red are scattered across the white snow. The leaves are partially covered in a light layer of snow, creating a contrast between the warm colors of the foliage and the cool white of the snow.

The Office of Continuing Education ■ *Learn for Good*

socialwork.rutgers.edu/ce

See inside:

- Eating Disorders Intensive Series** ■ page 27
- Prescription Opioid Abuse Workshops** ■ page 19
- Child & Adolescent Mental Health** ■ page 23
- Social & Economic Justice Workshops** ■ page 34