



The Connecticut Women's Consortium

WORKSHOPS & EVENTS
FOR BEHAVIORAL HEALTH



Training Catalog January - June 2020

Addiction • Mental Health • Treatment • Recovery

www.womensconsortium.org

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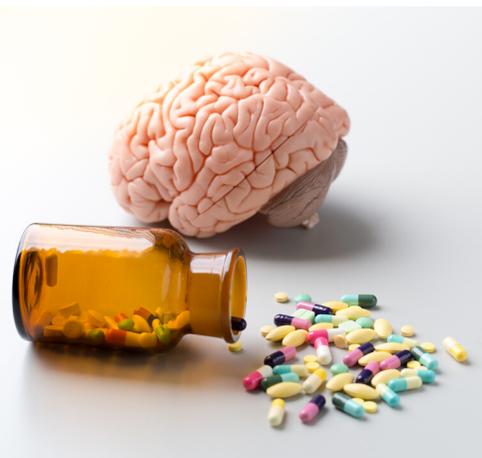
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Bipolar Disorder: From Diagnosis, through Treatment, and into Recovery

January 8th | 9am-4pm | 6 Credits | Clinical Skills | \$100
Charles Atkins, MD

In this course, learn both the basics of diagnosis and treatment of bipolar disorder. This will also include a more in-depth exploration of those with co-occurring substance use and how to structure treatment for those with multiple co-morbidities such as psychiatric, substance abuse, medical, or psychosocial. This program relies heavily on established paradigms and diagnostic criteria and also incorporates emerging approaches to working with complex individuals. Discover complex diagnostic dilemmas, age, and gender-specific topics so you can work with individuals with bipolar disorder.



Biology of Addiction

January 14th | 9am-4pm | 6 Credits | Addiction & Recovery | \$90
Lauren Doninger, LADC, LPC

Learn about alcohol, opioids, and stimulants and the physical effect of these substances on the body. The signs of substance use, dependence, withdrawal, and treatment options such as Medication-Assisted Treatment (MAT) will also be covered. You will increase your technical knowledge about how drugs are scheduled by the Drug Enforcement Administration (DEA) and Food and Drug Administration (FDA) including information about the Controlled Substances Act. From a counseling perspective, learn the basics of neuroscience and be able to explain to clients how the brain has been hijacked by addiction and its needs for rest and recovery. This discussion will include an easy to understand introduction or overview of neurotransmission, the role of dopamine in addiction, and important structures in the brain such as the frontal lobe, limbic system, hippocampus, and amygdala.



Cultivating Cultural Humility: A Practice for Service Providers

January 16th | 9am-4pm | 6 Credits | Cultural Competence | \$90
Mara Gottlieb, PhD, LMSW

Cultural humility is a modern approach to cultural awareness. By integrating the broadest possible definition of culture and identity intersectionality with a collaborative, 2-person model, it demands our own ongoing commitment to compassionate self-awareness. Learn to see without judgment how your own experiences and identities impact the work you do and the values you hold. The practice of cultural humility is gentle, forgiving, empowering and transformational, allowing both client and clinician to experience growth, intimacy, and greater authenticity as the work progresses. Attending this training will provide the theory behind this new approach, a clearer understanding of a cultural humility framework, and multiple experiential opportunities to implement and witness the benefits firsthand.

Policy Change Notice

As of January 1st, 2020, The Connecticut Women's Consortium will no longer offer credit on account for training cancellations. You must cancel your registration a minimum of 2 business days before the training start date in order to receive a refund minus a 25% administration fee. Alternatively, you may transfer into another course of your choosing until 9am on the training day.



Family Violence: A Multi-Dimensional Understanding of Generational Violence

January 17th | 9am-4pm | 6 Credits | Clinical Skills | \$90

Antonia Cordero, DSW

Family violence is a prevalent social issue that can affect the generational lives of its traumatized family survivors. This course will present a case study of generational family violence to help participants explore and understand the dynamics and patterns of family violence, and related practice considerations. The multi-dimensional theoretical framework will combine: Attachment Theory, Historic Trauma, Trauma-Informed Care, Ethnic-Sensitive and Family-Centered Practice. The framework's multi-dimensional lens will identify associated factors underpinning generation family violence.



Coming into the Light: Breaking the Stigma of Substance Use Disorders

January 30th | 9am-4pm | 6 Credits | Addiction & Recovery | \$90

Chris Dorval, LCSW LCDP, LCDCS, ICADC

Stigma is a major barrier preventing millions of people who are struggling with substance use from entering treatment today. This workshop is designed to help you break the stigma which creates an unnecessary barrier to those seeking treatment. You will understand recovery-oriented language and strategies that can be integrated into your practice immediately.



Filling the Well: Menopause Support for Health Care Providers

January 24th | 9am-12pm | 3 Credits | Healing Arts | \$60

Kathryn Templeton, MA, RDT/MT

Menopause is a natural and healthy transition in every woman's life. There is much information in our culture to work with symptoms of dysregulation in menopause, yet not so much about how to support a healthy menopause. Our culture does not discuss, with transparency, this important transition and how we need to adjust our daily routine, diet and lifestyle to support ourselves as we transition from childbearing years to the wisdom years. Yoga and Ayurveda, timeless sister sciences, can offer us wonderful supports to fill our well so we will not become depleted and manifest uncomfortable symptoms such as hot flashes, weight gain, mood dysregulation and sleep issues. In this workshop the lens on menopause from these complementary and alternative medicines will offer new insights and simple daily practices you can start to fill our reserves and support your menopausal transition in with less bumps, flashes and greater ease.



Transformational Chairwork: Using Psychotherapeutic Dialogues with Trauma and Addiction

January 24th | 9am-4pm | 6 Credits | Clinical Skills | \$100

Scott Kellogg, PhD

Transformational Chairwork is centered on the belief that it is healing and transformative for people to: (1) Give voice to their inner parts, modes, and selves; and (2) Enact or re-enact scenes from the Past, the Present, or the Future. Using clinical story-telling, role-plays, and live demonstrations, we will explore the use of Chairwork as a vehicle for: Increasing Motivation in Addiction Treatment; Overcoming Trauma and Interpersonal Mistreatment; and Developing the Capacity for Self-Compassion. Participants will also be introduced to the Four Dialogue Matrix as a framework for both listening to patients and for creating effective Chairwork interventions.



Whole Warrior Wellness: Implementing Mindful Maneuvers with Military Members and Veterans

January 27th | 9am-4pm | 6 Credits | Veterans Services | \$90

Amy B. Otzel, LPC

Military mindset emphasizes skills mastery, comprehensive fitness, and empowerment to enhance mission sustainability and success. With the impact of operational stress or trauma, this population needs wellness resources to remain resilient and recover readily. Mindful maneuvers training offers culturally compatible, evidenced-based, and self-empowered health and healing practices that support the whole warrior and family in mind, body, spirit, energy, emotion, and relationship. This workshop will introduce Breath~Body~Mind™ methods both didactically and experientially covering foundational theory, noted health benefits, research establishing evidence-base, and practical application.

February 2020



A Healing Journey of the Bilingual Self: In Search of the Language of the Heart

February 5th | 9am-12pm | 3 Credits | Cultural Competence | \$60

Maria Elena Oliva, LCSW

For a bilingual client, psychotherapy experienced in a second language is complicated and may not always be healing or have a favorable outcome. Because of language barriers, much can be misunderstood or missed altogether. A client's first language, the mother tongue, can be the language of emotions, while a second language may feel more detached and distant. Language should be in the spotlight when we consider therapy with bilingual clients. Yet, psychotherapeutic work often referred to as the "talking cure" rarely focuses on language. In this half-day course, you will examine the challenges that the bilingual individual must navigate within their internal world of dual languages, the challenges of the therapist, and how these impact treatment."



Effective Communication for Conflict Management

February 6th | 9am-4pm | 6 Credits | Professional Development | \$90

Joe Brummer

This one-day workshop is designed to examine how we talk and the effect words have on our working relationships. The workshop aims to teach powerful skills adapted from Marshall Rosenberg's Nonviolent Communication and Sharon Ellison's work in Powerful Non-defensive Communication. It is based on the latest research regarding the brain, motivation, and conflict resolution. An appealing quality of this workshop is that it applies broadly to how we communicate in our workplaces, homes, and communities. Participants will learn skills they can utilize in the office and their personal life.

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. - Maya Angelou”



The Resilient Practitioner: A Clinician's Guide to Emotional Well-being

February 7th | 9am-4pm | 6 Credits | Healing Arts | \$90

Alicia Davis, PCC, LMT

Your emotions are powerful influences of behavior that can physiologically override the rational, thinking and reasoning mind. Being able to cultivate self-awareness, practice self-regulation and effectively respond to potentially overpowering thoughts and feelings are critical skills to have in a clinical environment. This workshop combines Core Energy™ coaching techniques, mindfulness, learned optimism practices, and brain science to provide practical and effective ways of maintaining calm, addressing core issues and contributing to a peaceful environment in which to work and live.



Confronting Connecticut's Complex Opioid Crisis through Education, Prevention, Hope & Social Change

February 11th | 9am-4pm | 6 Credits | Addiction & Recovery | \$90

Sarah Howroyd, LMSW

According to the Connecticut Open Data initiative, an estimated 3,045 Connecticut residents died from drug-related overdose between 2012-2016. This training will increase understanding and awareness of Connecticut's Opioid crisis and what clinicians can do on the front lines to humanely treat, prevent, and diminish this growing epidemic. Through the examination of neuroscience and brain chemistry, participants will learn how we arrived at the complex opioid crisis we are currently facing. With a focus on opioid based education, harm reduction, and prevention, we will explore solutions for helping individuals, families, and communities move forward.



Intimate Partner Violence: Screening & Intervention for Behavioral Health Professionals

February 19th | 9am-12pm | 3 Credits | Clinical Skills | \$60

Ashley Starr Frechette, MPH & Linda Blozie

This training helps educate providers on Intimate Partner Violence and the resources, supports, and screening methods available. Education will be given on the intersection of IPV, substance use and behavioral health.



An Introduction to Client Affect Management

February 26th | 9am-4pm | 6 Credits | Clinical Skills | \$90

Donald F. deGraffenried, LCSW

This practical and hands-on workshop is designed to give clinicians experience with affect management tools used in psychotherapy with emotions and feelings. These tools can help regulate emotions, increase impulse control, promote relaxation, reduce anxiety and generate positive spiritual experiences. You will learn the use of "drone voice" and trance induction to develop useful and unique tools. You will also study techniques such as Progressive Relaxation, The Enhanced Safe Place, HeartMath and One Stone.



Zen in America - Holistic Stress Management for Everyday Use

February 28th | 9am-12pm | 3 Credits | Healing Arts | \$60

Alicia Feller, LCSW

According to a 2017 Gallup Poll, 79% of Americans say they feel stress sometimes or frequently throughout their day. The World Health Organization has called stress the "health epidemic of the 21st century." The purpose of this presentation is to define the different types of stress; understand the impact on the mind, body and spirit and introduce some of the different holistic stress management techniques one can use to begin to reduce stress.



Real Food for Thought: Considering Nutrition in Mental Health Practice

March 6th | 9am-4pm | 6 Credits | Healing Arts | \$90

Amy B. Otzel, LPC

Each day multiple choices are made on how to manage diet; that is, both a nutritional daily diet as well as a daily diet of stress. Nutrition and stress hold prominent places on the American menu; closely related and recursively influencing. This seminar informs the clinician's understanding of the relationship between nutrition and mental health along with methods of applicability in practice. Considering nourishment in dynamic relationship with mind, body, and spirit will enhance case conceptualization, create more treatment opportunities, and support empowered health and healing for both clients and the clinician's own self-care. Know the ingredients and follow the recipe!



The Science and Art of Cognitive Behavioral Therapy

March 6th | 9am-4pm | 6 Credits | Clinical Skills | \$100

David F. Tolin, PhD, ABPP

In this course you will learn the central foundations of Cognitive Behavioral Therapy (CBT), a general model of psychopathology that can be used for a diverse range of clients. Discover the mechanisms and interplay of maladaptive cognition, emotion, and behavior and understand pathological processes of the brain. CBT centers on solutions, challenges distorted cognitions and helps change destructive behavior patterns. Learn about operant therapy, exposure, activity scheduling, and skill building and how the flexibility of these approaches allows them to be used with other interventions.



Why Race Matters

March 10th | 9am-4pm | 6 Credits | Cultural Competence | \$100

Daryl McGraw & Michael Chadukiewicz, PhD

Explore knowledge and awareness of the history of race and racism; learn how this history shapes our social and cultural identity, power structures, and institutions to include the criminal justice system. Participants will review music, advertising, comedy, poetry, and literature, and engage in activities that examine bias, prejudice, and racism in our society. The facilitators will share their experiences with racism and offer strategies to unmask, dismantle, and eradicate racism in our personal, inter-personal, institutional and cultural realms.



The Long Reach of Childhood Trauma: Using the ACE Study to Inform Practice

March 12th | 9am-12pm | 3 Credits | Trauma Treatment | \$60

Colette Anderson, LCSW & Shannon Perkins, LMSW

Adverse Childhood Experiences (ACEs) are traumatic experiences that occur during childhood which impact development into adulthood. A collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente, launched in 1995, is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. The findings on trauma, health, mental health, and substance use have informed our work as social workers and caregivers today. Recognizing the presence of trauma symptoms and acknowledging the role trauma has played in an individual's life is integral to true trauma-informed care. Through both lecture and interactive work, this half-day course will highlight what ACEs means for our adult clients and how ACEs can inform our practice on both micro and macro levels.



The Science & Practice of Mindfulness

March 13th | 9am-4pm | 6 Credits | Clinical Skills | \$100

Charles Atkins, MD

This full-day experiential workshop combines the data and burgeoning science of mindfulness practices with methods and techniques for the clinician. Materials and strategies discussed and practiced will be applicable to both individual and group-based clinical work. Recent studies that employ mindfulness meditation and related techniques for a broad range of behavioral health and medical conditions will be discussed. The training will provide attendees with both an intellectual and visceral understanding of how mindfulness can be seamlessly and readily incorporated into daily self-care and clinical practice.



Understanding Psychological Trauma and Trauma-Informed Care Part 1

March 17th | 9am-4pm | 6 Credits | Trauma Treatment | \$90

Eileen M. Russo, MA, LADC

For clients with a history of addiction and mental health, a traumatic experience is extremely common. However, the impact of trauma can be difficult for service providers to recognize. This introductory workshop assumes attendees have little knowledge of trauma and Post Traumatic Stress Disorder (PTSD). This workshop will provide an understanding of psychological trauma and define trauma-informed care.

Understanding Psychological Trauma and Trauma-Informed Care Part 2

March 18th | 9am-4pm | 6 Credits | Trauma Treatment | \$90

Eileen M. Russo, MA, LADC

This experiential workshop will provide clinicians and case managers with an overview of skills such as grounding, emotional/physical safety planning, and how to educate clients on the impact of trauma. The instructor Eileen Russo, MA, LADC, is experienced in teaching trauma-informed skills and transforming agencies and will provide a closer look at the diagnostic criteria, screening, assessment, treatment models, and Psychological First Aid.



Even a Cactus Needs Water!

Wellbeing Practices for Professional Caregivers

March 19th | 9am-4pm | 6 Credits | Professional Development | \$90

Alicia Davis, PCC, LMT & Eileen M. Russo, MA, LADC | March 19th

The emotional strain of working in the helping professions can cause burnout, compassion fatigue and vicarious trauma. This impacts staff turnover, effectiveness and affects professional/personal lives. Without effective coping mechanisms caregivers can become frustrated, overwhelmed and immobilized. This experiential workshop is a three-layered approach to staff care; organizational, professional and personal. In addition to receiving information on topics such as vicarious trauma and compassion fatigue, participants will engage in exercises related to re-connection, spirituality and mindfulness practice.

Please feel free to wear comfortable clothing.



Declutter Your Life

March 20th | 9am-12pm | 3 Credits | Healing Arts | \$60

Sharon Shanti Danio

Open up and embrace the blossoming of Spring. Through simple yoga, breath, meditation and practical tools, learn how to cleanse the mind, body and soul (the Abodes). This workshop is all about detoxifying and cleansing. You will learn practical tools to use both for yourself, and for your clients.

No experience necessary, all are welcome.



LGBTQIA...SOS! Differentiating and Demystifying Gender and Sexual Identity

March 24th | 8:30-12:30pm | 4 Credits | Cultural Competence | \$60
Mara Gottlieb, PhD, LMSW

"We are witnessing the dawn of a new civil rights movement, and the question is no longer whether we will have Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Asexual (LGBTQIA) clients, but when. We need to be adequately prepared to serve these populations respectfully. So let's talk about sex, and gender, and what - if anything - the two have to do with one another. After this course, you will have a clear understanding of sexual orientation, sexual identity, and gender identity. This half-day workshop is appropriate for those with any level of knowledge regarding these identities and will be a straightforward, accessible, open discussion with opportunities for questions to be asked and answered. Accurate terminology, myths/facts, and other information will help you address sexual and gender identity with clients.

Please note this training has an early start time of 8:30am.



Assessment of Acute Risk

March 27th | 9am-4pm | 6 Credits | Clinical Skills | \$90
Donald Scherling, PsyD, LADC, CCS

Based on their therapeutic relationship, front-line and primary care clinicians, mental health clinicians, addictions counselors, nurses, case managers, and other helpers are often in the best position to obtain the most comprehensive information about suicidal ideation, substance use, and other self-harming behaviors. Suicide assessment training often focuses on statistics. This course is different. You will learn proven, research-based interviewing skills to maximize your ability and confidence. You will gain the ability to obtain essential information to screen, assess, refer, and manage acute risk in patients with mental illness, substance use, and other co-occurring disorders.

April 2020



Reflecting on Privilege and Race in the Therapy Room and Beyond

April 2nd | 9am-12pm | 3 Credits | Cultural Competence | \$60
Viana Turcios-Cotto, PhD

Awareness of privilege and matters of race and ethnicity are important facets to understand for cultural competence in therapeutic work, particularly when clinicians strive for social justice. This introductory workshop briefly reviews the history of race in the United States, explains ideas of institutionalized racism and privilege (including but not limited to White privilege), and discusses how these constructs affect us in our roles as therapists and as clinical supervisors. We will utilize an assessment tool to examine a variety of areas of our own privilege, as well as learn about resources to help motivate us into taking action steps both in the therapy room and beyond.



Dancing through Life: Rediscovering Dance for a Balanced Life

April 3rd | 9am-12pm | 3 Credits | Healing Arts | \$60
Gina Ferrara-Bates

Dance brings joy! Studies have shown that dance helps in reducing anxiety and depression. Not only can dance-movement increase positive outlook, energy and joy, it can also boost physical fitness, stamina, and flexibility, leaving one with a greater overall feeling of wellbeing and self-confidence. Dance-movement supersedes language and culture, breaking down barriers to forming relationships. Participants will explore their attitudes toward dance and find ways to utilize dance/movement through experiential activities. This workshop is for personal enrichment as well as to enhance other treatment modalities in the professional setting.



The Social and Emotional Well-Being Impact of Social Media on Children and Families

April 3rd | 9am-4pm | 6 Credits | Children & Families | \$90

Qur-an Webb, MSW & Marcus Stallworth, LMSW

In this course, you will examine the impact of social media and technology on today's society, including its influence on young people's perceptions of reality and other significant risks. You will discover how to respond to children and families vulnerabilities related to social media and internet safety. There are realistic, cost-effective strategies to identify risk and protect youth that can be immediately implemented by social workers, educators, and caregivers. Some topics include internet safety, risk factors, cyberbullying, media marketing and advertisement, legislative advocacy, music's impact on values and behavior, and the desensitization of violence.



Standing up to the Storm: Relentless Resilience

April 7th | 9am-12pm | 3 Credits | Clinical Skills | \$60

Elaine Bentley Baughn, MA, LMFT

When you work every day to take care of others, whether as a First Responder, parent, social worker, psychotherapist, caregiver, or nurturing friend, it is inevitable that some of that havoc and stress can follow you home. Some days it may slide off, but on others it may Velcro right on. This workshop is about recognizing your vulnerabilities, choosing (and timing) your battles, and evolving a dynamic self-care routine that fits your current situation and changes with the demands of the emotional weather around and inside you, so that when you absolutely need to you can stand strong.



iRest Meditation - Slow down, relax, and find inner stillness

April 14th | 9am-4pm | 6 Credits | Healing Arts | \$90

Tracey Sondik, PsyD

iRest Meditation is the art of attention. You will experience guided unique yoga nidra meditation, silent sitting, interactive dialogue, and gentle movement and breathing techniques. Return home with practices for bringing loving presence, curiosity, and self-compassion to any sensations, emotions, core beliefs, or memories that otherwise might hold you hostage in daily life. Whether you are in a life transition, want to take your practice to the next level, or simply yearn to relax and rejuvenate—discover the natural wisdom, alive wonder, and unshakeable stillness that is present in every moment of life.



The Other Gender: Using a Trauma-Informed Framework with Men

April 15th | 9am-4pm | 6 Credits | Trauma Treatment | \$90

Chris Dorval, LCSW, LCDP, LCDCS, ICADC & Dennis Ghindia, PhD

Our society has often turned a blind eye to trauma's impact on males and subsequently trauma has been focused on as a "female issue." The social assumption of men being perpetrators of trauma and the social acceptability of male trauma and violence has led to desensitization to the effect of trauma on males. As a result, there have been continuing cycles of trauma and addiction that continue to negatively impact our society as a whole. This presentation will offer a look at trauma-informed practice that is responsive to the unique challenges and strengths of men in addiction treatment programs.

“We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. - Swami Vivekanda”



Gerontology 101

April 17th | 9am-12pm | 3 Credits | Clinical Skills | \$60

Donna Fedus, MA

This half-day workshop works as either an introduction or refresher to build awareness and understanding of older adults and the aging process. You will learn about working and living with older adults, as well as your own aging experience. This workshop is particularly useful for professionals in social services, behavioral health, home and healthcare, senior living, recreation, and lifelong learning, as well as clergy and first responders. You will examine myths vs. realities of aging and the impact of outdated societal beliefs and individual age bias.

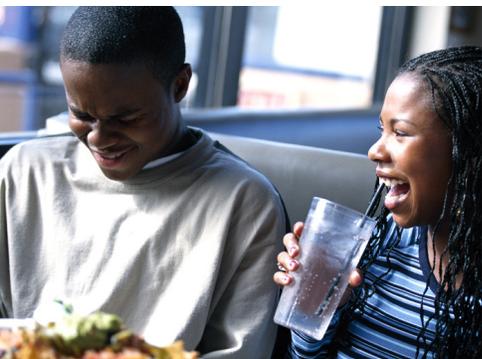


Non-complicated Grief, Mourning & Bereavement for Clinicians

April 22nd | 9am-4pm | 6 Credits | Clinical Skills | \$90

Debbie Pausig, LMFT, CT

"Grief," it is listed as an issue we treat in our advertisement of services. An internet search of grief, mourning, or bereavement nets a whole list of resources including social media sites, blogs, etc. Yet, how do we know which ones are legitimate? This workshop will cover a comprehensive overview into the models and resources by the most respected experts in the field.



Developing a Sober Toolbox: Building Resilience for Sober Living / 5 Essential Sober Living Tools

April 24th | 9am-12pm | 3 Credits | Addiction & Recovery | \$60

Joy Herbst, APRN

In this workshop that blends experiential practices and didactic learning, participants will gain an understanding of the essentials of creating a comprehensive sober living plan for clients. Your trainer will guide you through a Yoga of Recovery practice, an introduction to meditation and breath work for mental health, and share the five essential tools that our clients and patients need to develop a New Life that is alcohol or substance abuse free.



Controlling Revenge & Saving Lives

April 29th | 9am-4pm | 6 Credits | Clinical Series | \$100

James Kimmel, Jr, JD

A common motivation for many forms of violence--including domestic, school, workplace, street, and mass shootings--is the individual's desire to retaliate for perceived past injustices. A recent pilot study at the Yale School of Medicine has shown the "Nonjustice System" role-play method effective in reducing revenge desires among victims of perceived injustice. We will review the study and train participants to use the "Nonjustice System" method in their professional settings.

May 2020



Buried in Treasures: The Nature and Treatment of Hoarding Disorder

May 1st | 9am-4pm | 6 Credits | Clinical Skills | \$100

David F. Tolin, PhD, ABPP

Learn about hoarding disorder - characterized by acquisition of, and failure to discard, a large number of possessions to the extent that living spaces become uninhabitable. A common and potentially severe mental health problem, learn about emerging data, mental health features, and new research findings regarding brain function in people who hoard. You will learn specific skills to increase patients' motivation and compliance, how to challenge maladaptive ways of thinking, and how to teach new behavior patterns. Possibilities to further the development of the CBT model will be discussed such as augmentation, cognition-enhancing exercises, medications, and collaboration.



Emotional Freedom Technique: Care for Clients and Practitioners

May 5th | 9am-4pm | 6 Credits | Clinical Skills | \$90

Catherine Ewing, LCSW, MDiv

The Emotional Freedom Technique (EFT) is an emotional form of acupuncture that includes tapping the fingertips to stimulate energy points on the body while being "tuned in" to the problem. A set-up phrase and reminder phrases are then used to keep the client focused on the issue. In this engaging workshop, you will learn how to use EFT for your own self-care and for working with clients. EFT is proven to be effective in the treatment of a variety of mental health and physical symptoms and can be taught to clients for use outside of therapy.



Helping Families of People With Mental Illness

May 6th | 9am-4pm | 6 Credits | Clinical Skills | \$90

Stan Schapiro, LCSW & Coleen Dobo, PsyD

While family education is one of the core evidence-based practices recommended in work with people with mental illness, it is one of the least understood and utilized. In this workshop, you will learn about the stages that families go through when a loved one has a mental illness and supports available in the community. Providers will learn how to teach families how to interact with loved ones who have delusions and hallucinations, depression, and suicidal behavior. You will understand how to help family members to use the four C's to manage feelings of guilt and helplessness and strategies to cope when a seriously ill family member does not want help.



The Art of Eating Disorder Treatment:

Comprehensive & Creative Clinical Care

May 12th | 9am-4pm | 6 Credits | Clinical Skills | \$90

Emily Reim Ifrach, MAAT, CEDCAT-S, REAT, ATR-BC, LPC, NCC, RMT

This workshop is designed to give masters level therapists an overview of eating disorders including: recognizing signs and symptoms, diagnosing, assessing for level of care, treatment team creation and how to gain advanced clinical knowledge. Participants will also take part in an experiential portions of this workshop involving art therapy and examining the socio-political effects our society has on eating disorders.



Trauma in Children and Adolescents: Causes, Symptoms & Treatment Options

May 14th | 9am-12pm | 3 Credits | Children & Families | \$60

Viana Turcios-Cotto, PhD

About 1 in 4 children witness or experience a traumatic event before age four, and almost 50% of children and adolescents in the US have experienced at least one type of childhood trauma. In this introductory training you will learn what childhood trauma is, how trauma impacts children and adolescents, and symptoms they might exhibit. We will also discuss how to create a safe space and solid foundation to engage with children and adolescents that have experienced traumatic events, as well as learn about several PTSD assessment tools and evidence-based treatments created specifically for working with children and adolescents with trauma.

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection. – The Buddha”



Solution-Focused Approaches with Challenging Clients

May 15th | 9am–4pm | 6 Credits | Clinical Skills | \$90

Donald Scherling, PsyD, LADC, CCS

Solution-Focused Approaches (SFBT) build on a client's, family's, agency's, or community's strengths. This therapy which focuses on goals and solutions is proving more powerful and hopeful in encouraging change than traditional problem-focused methods. You will learn the theoretical foundations, assessment, and treatment methods of these approaches. Leave this training encouraged to apply and adapt the model to your thought and work with challenging clients, peers, and organizations.



Diversity in the Workplace

May 19th | 9am–4pm | 6 Credits | Cultural Competence | \$90

Mara Gottlieb, PhD, LMSW

This highly interactive, information-rich and experiential workshop will address the concepts of diversity and multiculturalism in their broadest sense, to include identities of race, ethnicity, gender identity, religion, sexual orientation, ability, body size, addiction recovery, and more. Participants will have opportunities to reflect on their own identity “landscape” and how these identities impact our professional work. The workshop is a unique opportunity to learn more about ourselves and our colleagues, and ultimately to form professional relationships based in authenticity and respect, leading to greater work satisfaction, more trusting relationships, and better agency outcomes.



Good Night: The Science of Sleep and Implications for Wellness and Disease

May 22nd | 9am–4pm | 6 Credits | Clinical Skills | \$110

Charles Atkins, MD

What’s the harm in missing a few hours of sleep, as most Americans do? Research in the past two decades answers this with a resounding everything. Inadequate sleep correlates with increased mortality from all causes. The links are fascinating and disturbing and encompass everything from Alzheimer’s, heart attacks, stroke, obesity, and type II diabetes to depression, anxiety disorders, substance-use disorders, schizophrenia, and even cancer. Join Dr. Atkins for a fascinating full-day overview of the evidence and best-practice strategies, which include cognitive behavioral therapy for insomnia (CBT-I) and other non-pharmacologic strategies, to improve sleep and overall health and wellness for you and your clients.

**Your registration for this course includes a copy of Parade Magazine special edition "The Science of Sleep" authored by Dr. Charles Atkins.*



Clinical Aromatherapy: Using Essential Oils for Health & Well-being

May 29th | 9am–4pm | 6 Credits | Healing Arts | \$95*

Alicia Davis, PCC, LMT | May 29th

Aromatherapy is one of the fastest growing complementary therapies, the most simple to integrate into clinical practice, and possibly the most misunderstood. In this highly experiential workshop, learn the history and foundational science of aromatherapy, and how to safely choose specific oils to support healing, remediate trauma, and enhance self-care.

Special notice: this course involves the use of a wide array of strong scents. We strongly suggest that individuals with allergies or breathing difficulties register for a different healing arts course.

**Your registration for this course includes essential oil samples.*

“*Either you run the day or the day runs you. - Jim Rohn*”



Resilience: The Biology of Stress & The Science of Hope Film Screening & Discussion

June 2nd | 9am-11:30am | 2.5 Credits | Trauma Treatment | \$35
Colette Anderson, LCSW & Shannon Perkins, LMSW

Acting as a natural counter to Adverse Childhood Experiences (ACEs), resilience represents one's ability to thrive, adapt, and cope following episodes of toxic stress or trauma. The more resilient the child, the more likely they are to cope with and move on from a trauma. Despite what many people think, resilience is not an intrinsic characteristic of children but rather something that can be learned from the right environment and people. This workshop will kick off with a screening of Resilience: The Biology of Stress & The Science of Hope and concludes with interactive activity and discussion to foster growth in our understanding of what it means to be resilient and what we can do to support those who have experienced toxic stress and trauma in childhood.



Suicide Bereavement

June 4th | 9am-4pm | 6 Credits | Clinical Skills | \$100
Jack Jordan, PhD

The suicide of a loved one can have a profound and sometimes devastating impact on those left behind, called suicide loss survivors. Bereavement after suicide may entail high levels of disorientation, guilt, regret, anger, shame, and trauma. Yet very few mental health training programs devote any time to training clinicians about the challenging work of suicide postvention – helping survivors cope with the tragic loss. This workshop is designed specifically for mental health professionals who provide grief therapy for suicide loss survivors. It will provide a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed after a suicide occurs.



Family Estrangement: Can it Ever be Healed?

June 10th | 9am-4pm | 6 Credits | Children & Families | \$90
Jack Gesino, DSW, LCSW

Today, we are witnessing many more people reporting an experience of family estrangement. After years of discontent or conflict, many adults have stopped having contact with parents or siblings. The ending of familial relationships can be traumatizing for all family members. This workshop will provide an overview of family estrangement, why it happens, and the emotional and lifelong consequences. Intervention strategies including forgiveness, exoneration, reconciliation, and a resilience exercise will be discussed as ways to mitigate the effects of estrangement upon a family member.



De-escalation and Engagement Strategies: A Trauma-Informed Approach

June 11th | 9am-4pm | 6 Credits | Trauma Treatment | \$90
Chris Dorval, LCSW, LCDP, LCDCS, ICADC

Aggressive and drug-seeking behavior creates unique and often frustrating challenges in clinical settings. Often these behaviors are fueled by substance use and trauma-related disorders. Learn strategies for addressing these behaviors in an assertive and therapeutic approach while retaining patient engagement. This interactive and experiential workshop is an overview of the impact of trauma on the recovery process from a social, biological, psychological, and spiritual perspective. You will learn skills to work with people affected by substance use and trauma throughout recovery, including understanding trauma-informed practice.



*Education is the most powerful weapon which you can use
to change the world. – Nelson Mandela*





The Therapist's Toolbox: Strategies for Moving into Calm Competence

June 16th | 9am-12pm | 3 Credits | Clinical Skills | \$60

Elaine Bentley Baughn, MA, LMFT

Do you sometimes get so upset you can't think straight? Did you know that there is a clear biological reason for this? By understanding some of the ways the brain limits itself, you can help your clients understand this process - and cut it off right away - so that, instead of feeling shame, embarrassment, and anger about their emotionality, they can competently manage themselves in situations that otherwise trigger feelings of overwhelm. By developing your own repertoire of self-soothing strategies, you can model and teach these essential skills for regulating affect.



Opioids: Whole-Person Approaches to Treatment and Recovery

June 17th | 9am-4pm | 6 Credits | Addiction & Recovery | \$100

Charles Atkins, MD

This day-long workshop explores how we got to where we are with opioids, and what strategies, including medication assisted treatment, legislative fixes, wellness, therapeutic interventions, and such are being put into play to turn back the tide of disability and death. The program, through the use of didactics, dense case-studies, and small group work will explore how to accurately and thoroughly assess an individual, and work with them to construct reality-based plans that will move them forward in the direction of recovery and overall goals and aspirations.



A Resiliency Model

June 18th | 9am-12pm | 3 Credits | Clinical Skills | \$60

Cristina D. Meehan, APRN

In this training, understand the common biological responses to trauma and stress. First, you will read sensations connected to your well-being, described as the "Resilient Zone." Understanding and tracking the nervous system will help you identify where you are in this zone which you can then use to navigate from distress to well-being. You will understand 6 sets of wellness skills to use when in distress to help re-set and stabilize. These skills can be used for your own self-care as well as helping others.



Gender: A Deeper Dive

June 26th | 9am-12pm | 3 Credits | Cultural Competence | \$60

Robin P. McHaelen, MSW

Already have the basics (definitions, laws, pronouns, basic best practices. etc.) and looking for more? This half-day workshop is designed to provide participants with the opportunity for deeper and more nuanced thinking about transgender, gender fluid, and non-binary clients. Together, we will explore a variety of case studies in small and large groups. Case studies will be provided by the presenter, and if time permits, one or two might be selected from participants. **This workshop includes a pre-reading assignment which will be emailed to you ahead of time.**

“To acknowledge privilege is the first step in making it available for wider use. Each of us is blessed in some particular way, whether we recognize our blessings or not. And each one of us, somewhere in our lives, must clear a space within that blessing where she can call upon whatever resources are available to her in the name of something that must be done. – Audre Lorde”

Expert Trainers



Colette Anderson, LCSW, is the Executive Director of The Connecticut Women's Consortium (CWC). She has spent over 30 years working in behavioral health. Her expertise is in trauma-informed systems change and she spearheads multiple groups and initiatives across the state to promote trauma-informed, gender-responsive care. She also trains and presents on a number of topics including trauma, gender, staff care, and healing arts for diverse audiences and agencies. In 2016, Colette was awarded the NASW-CT Social Worker of the Year Award.



Michael Chadukiewicz is a facilitator and coach. He works to build cohesive teams, improve interpersonal communication, implement and manage change, and transform organizational culture. He is an Affiliate Researcher with Yale Program for Recovery and Community Health where he researches our nation's food systems relationship with a wide array of social justice issues. Michael's practice is informed by 28 years in long term recovery.



Charles Atkins, MD, is a board-certified psychiatrist, published author, professional speaker, and clinical trainer. He writes both non-fiction and fiction, including books on Bipolar Disorder, Co-occurring Disorders, and Alzheimer's Disease. Dr. Atkins is the Chief Medical Officer at Community Mental Health Affiliates (CMHA) in New Britain, an agency that works with people with serious chemical dependence and co-occurring disorders.



Dr. Antonia Cordero is a retired University of Connecticut School of Social Work Professor, who served for 18 years and currently serves as an Adjunct Professor. She has an MSW degree from Columbia University's and has a DSW degree from the Graduate Center of the City University of New York. Dr. Cordero has a Connecticut LMSW and a New York State LCSW, with over 20 years of New York City agency and private practice experience.



Elaine Bentley Baughn, MS LMFT, a psychotherapist in Norwich, CT, is a spinner of the deft comprehensible metaphor. Baughn is the holder of a certification in EMDR, a brain-based rapid processing therapy for trauma. She is also certified in Feng Shui, an energy-based therapy for the spaces in which humans live. Her book *5 Rules for Drama-Free Living* has garnered warm responses.



Alicia Davis, PCC, LMT, is a Professional Certified Coach and partner in the coaching firm Transformative Leadership Strategies creating dynamic coaching and team-building experiences for leaders of organizations that address challenges such as organizational culture, team alignment, change management, communication and high stress. Alicia offers a unique Core Energy™ coaching approach to individuals, executives, teams and boards who are looking to achieve exceptional results.



Linda Blozie is the Director of Training and Prevention for the Connecticut Coalition Against Domestic Violence, where she is responsible for the overall operation of the Coalition's Training Institute and the implementation of Connecticut's Plan for the Prevention of Intimate Partner Violence. Linda has trained nationally on such topics as domestic violence and substance abuse, domestic violence fatality review, communicating for change and the risks and benefits of technology for victims/survivors of domestic violence.



Donald F. deGraffenried, LCSW, is in private practice in New Haven, CT, specializing in the treatment of trauma and is also the Program and Community Development Director for Trauma Recovery EMDR Humanitarian Assistance Programs. He specializes in the treatment of complex PTSD with Eye Movement Desensitization and Reprocessing and has worked with homicide survivors in both an agency setting and private practice. He is an EMDR International Association Approved Consultant, Facilitator for the EMDR Humanitarian Assistance Program and the EMDR Institute and is an EMDR HAP Trainer.



Joe Brummer, is an experienced trainer, facilitator and mediator with over ten years of experience in teaching mediation, nonviolent communication, and restorative justice. He is currently working with schools in Connecticut to implement restorative justice, mindfulness, and Nonviolent Communication.



Coleen Dobo, PSYD has extensive experience as a public service psychologist, working in agencies that specialize in treating individuals who experience healthcare disparities. She specializes in working with individuals with co-occurring trauma, mental illness and substance use disorders. Coleen is dedicated to treatment and supervision that is characterized by Trauma-sensitive and Gender-responsive care.



Lauren Doninger, LADC, LPC, has been in the field of mental health and addiction services since 1983. She earned her BS in Psychology from Nasson College, her MA in Community Psychology from Central Connecticut State University, and her Ed.D. in Higher Education Leadership from Johnson & Wales University. Dr. Doninger is a Licensed Alcohol and Drug Counselor and a Licensed Professional Counselor. She has worked in a variety of clinical settings including residential, detox, outpatient, intensive outpatient, and with many different client populations. Currently, Dr. Doninger is a Professor of Psychology and Drug and Alcohol Recovery Counseling at Gateway Community College in New Haven.



Chris Dorval MSW, LCSW, LCDP, LCDCS, ICADC, is the Clinical Director at Northeast Addiction Treatment Center, the Project Coordinator for Rhode Island College School of Social Work SBIRT Training and Resource Center, and a clinical consultant specializing in addiction, trauma, and men's health. Chris was the 2018 recipient of the Social Worker of the Year Award in Addictions from the RI Chapter of the NASW. As a person in long-term recovery, Chris is passionate about working with those affected by addiction and trauma and has dedicated his practice to this focus.



Catherine Ewing, LCSW, MDiv, founder of Sacred Heart Alchemy, is a spiritually focused psychotherapist, EFT Practitioner, Transformational Life Coach, Minister of Spiritual Peacemaking, Certified Dream Coach, Passion Test Facilitator, and energy healing practitioner. In addition to her work with individuals and groups, Catherine trains mental health professionals in the use of alternative modalities in psychotherapy. She offers classes, workshops and retreats on a variety of topics related to the mind/body/spirit connection, spiritual awakening and women's transformation at midlife.



Donna Fedus is Gerontologist & Founder of Borrow My Glasses, LLC, an education firm co-founded with producer Lauren Lewis to bring new perspectives to aging and caregiving through customized workshops, programs, videos and events. As a gerontologist educator for nearly 30 years, Donna brings her passion for dementia and caregiving issues, curriculum design and teaching, coalition building, and new program strategy. She is an adjunct professor at 2 Connecticut colleges, offers a wide array of continuing education workshops, and is a frequent presenter at local, state, and national conferences.



Alicia Feller, LCSW, is a certified holistic stress management instructor which complements her experience as a licensed clinical social worker in the behavioral health field. She enjoys working with people to help them develop a mastery over their well-being utilizing empathy, empowerment and mind-body-spirit connection as cornerstones of her approach. She holds a master's degree in Integrated Health and Healing.



Gina Ferrara-Bates, MA, BC/DMT, is a board-certified dance/movement therapist. She is the creator of, Fitness with a Twist, a program for older adults, and a performing modern dancer with Kiva Dance Collective. She incorporates energy healing into her practice as a Master of Reiki and vibrational healing. Currently, Gina is employed at Connecticut Valley Hospital where she uses dance and other healing methods for therapy and joy.



Jack Gesino, DSW, LCSW, is an Associate Professor and Chair of the Elders and Family specialization at Southern Connecticut State University's Social Work Program and has worked with elders and their families for over 40 years. He has received extensive training in neuroscience, biofeedback, and Positive Psychology. He maintains a private practice at the Center for Elders and Families.



Dennis J. Ghindia, MSSA, Ph.D, LICSW, is associate professor in the Rhode Island College MSW Program where he teaches courses in clinical practice, differential diagnosis, crisis intervention and addiction. His clinical social work practice has focused on mental health and addiction as well as interpersonal violence with adolescents and adults, and with gay, lesbian and bisexual individuals. He has lectured nationally as well as internationally in the areas of behavioral health to a wide range of practitioners in divergent settings over a career span of twenty-five years.



Mara Gottlieb, PhD, LMSW, is an Adjunct Assistant Professor at the NYU Silver School of Social Work and an adjunct lecturer at Southern Connecticut State University, teaching at both graduate and undergraduate levels. In 2017, she was honored with the Distinguished Achievement award, from CT-NASW. Dr. Gottlieb is also the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge, self-awareness, and insight can be cultivated. More information can be found at www.talkingchanges.com.



Joy Herbst is an APRN/ holistic nurse practitioner, Gray Area Drinking coach, Yoga of Recovery counselor, and certified yoga and dance teacher. She has over 5 years of long term recovery from alcohol by creating a holistic sober tool box utilizing Ayurveda, yoga, and functional medicine. She specializes in coaching other women to do the same. Learn more at www.Joyherbst.com



Daryl M. McGraw, founder and CEO of Formerly Inc., Connecticut's first criminal justice consultant agency that is uniquely staffed by formerly incarcerated individuals, strives to raise awareness to the issues of injustice that exist within the criminal justice system. With extensive experience with urban trauma, addiction recovery and community reintegration, he is highly regarded as an expert in the field giving speeches, webinars, and trainings that support the recovery and reintegration process.



Sarah Howroyd, MSW, LCSW is the Director of Mental Health and Addiction Services for the iCare Health Network. She also co-founded the Manchester, CT HOPE (Heroin/Opioid Prevention and Education) Initiative. The HOPE Initiative is a law-enforcement community diversion program for people living with Opioid Use Disorder. Sarah presently sits as the President of HOPE's Board of Directors. Sarah proudly identifies as a person in long-term recovery and is an active member of both the Connecticut Governor's Alcohol and Drug Policy Council (ADPC) and the Connecticut Opioid Overdose Prevention Workgroup.



Robin P. McHaelen, MSW, is the Executive Director of True Colors, Inc. She has co-authored two books and several articles on LGBTQ youth and is a nationally recognized thought leader. Robin is the recipient of numerous awards including the 2016 CCSU Women of Influence Award, the 2014 HRC Upstander Award, the 2011 UCONN Award for Excellence in Public Engagement, 2008 National Education Association's Award for Creative Leadership in Human Rights and the 2008 Social Worker of the Year (NASW, CT Chapter). In 2017 she was named one of the Advocates', 50 States; 50 Heroes.



John (Jack) Jordan, PhD, FT, is a licensed psychologist in private practice in Pawtucket, RI, U.S.A., where he specializes in working with loss and bereavement. He has specialized in work with survivors of suicide and other losses for more than 35 years. Jack maintains an active practice in grief counseling for individuals and couples. He has run support groups for bereaved parents, young widows & widowers, and suicide survivors, with the latter running for over 13 years.



Cristina Meehan is the behavioral health director at Liberty Integrated Behavioral Health. She is a board certified psychiatric nurse practitioner with over 15 years of experience. Her specialty is in trauma-informed treatment and has worked in a variety of settings. She lectures on resiliency and the somatic effects of trauma. She is also a Community Resiliency Model trainer.



Scott Kellogg, PhD, is an ISST-certified Schema Therapist who is in private practice in New York City. He created the Transformational Chairwork Psychotherapy Project and he currently teaches this method of psychotherapeutic dialogue to practitioners in both the United States and abroad. Dr. Kellogg is also the Past-President of the Division on Addictions of the New York State Psychological Association.



Amy B. Otzel, LPC is a Retired U.S. Army Behavioral Health Sergeant, Iraq War Veteran, and former Veterans' Affairs clinician currently continuing the mission specializing in integrative mental healthcare with Military Members, Veterans, and Families at Inner Resource Psychotherapy. Amy is a Yale Dept. of Psychiatry Lecturer, co-chair of the VA Mental Health Community Advisory Board, and a holistic health instructor for survivors of trauma.



James Kimmel, Jr., JD, is a lecturer in psychiatry, violence researcher, lawyer, novelist, and social theorist at the Yale School of Medicine. He is a Co-Director of the Yale Collaborative for Motive Control Studies, creator of SavingCain.org (mass shooting prevention website) and the author of *Suing for Peace: A Guide for Resolving Life's Conflicts* (Hampton Roads) and *The Trial of Fallen Angels*, a novel (Penguin Random House).



Debbie Pausig, LMFT, CT, is Hospice Bereavement Coordinator with VNA CHC & Hospice, professional with the HDSA-CT Chapter and national speaker. She is author of "An Affair Worth Remembering With Huntington's Disease, Incurable Love & Intimacy During an Incurable Illness." She has been quoted in the Washington Post and CBS Radio Network and published "Grieving Behind the Badge, We are the First Responders" A reflection on the Sandy Hook Tragedy.



Shannon Perkins, LMSW, is the Director of Education and Training at the Connecticut Women's Consortium (CWC). She is a macro social worker who received her master's degree from the University of Connecticut School of Social Work. Shannon serves on the board of the CT Chapter of the National Association of Social workers. She is passionate about the field of social work and her areas of focus include adverse childhood experiences, gender equality, and trauma.



Emily Reim Ifrach, MAAT, CEDCAT-S, REAT, ATR-BC, LPC, NCC, RMT, works for Lotus Counseling of Connecticut as the Director of Expressive Arts, Healing and Trauma and run's ArtAche Llc where she supervises new therapists. She treats clients diagnosed with eating disorders, PTSD and complex trauma and supervises the staff in eating disorder treatment. In the past Emily was the Director of an IOP/PHP for Adolescents and Adults diagnosed with eating disorders.



Eileen M. Russo, MA, LADC, is a licensed addiction counselor, a certified clinical supervisor, and a certified co-occurring disorders professional who has worked in the addiction and mental health field for the past 31 years. She is an Associate Professor for the Drug and Alcohol Recovery Counselor program at Gateway Community College. In addition to teaching and training, she specializes in treating co-occurring PTSD in mental health and substance abuse populations and has assisted agencies with developing trauma-informed mental health/substance abuse treatment programs for men, women, and children across CT.



Stan Schapiro, LCSW is a Clinical Social Worker with over 30 years of experience in working with people who struggle with mental illnesses and substance use and their families and over 20 years of experience as a senior leader in the behavioral health field. He has worked in hospital settings and a variety of community behavioral health programs. Stan has extensive experience in developing state of the art training programs, designing and implementing innovative programs using evidence based and best practices, building positive workplace environments, and leading performance improvement efforts.



Donald Scherling, PsyD, LADC, CCS, is a Senior Clinical Consultant, Health Educator, Behavioral Health Wellness Coach, assistant in the Care for Caregivers Yoga Program, and a Clinical Faculty member in the Berkshire Medical Center - Department of Psychiatry & Behavioral Sciences in Pittsfield, MA. He is a Question, Persuade, and Refer Gatekeeper trainer for Suicide Prevention and SPRC certified trainer and a Senior Clinical Consultant and Trainer with SAMHSA/CSAT, the CT Department of Mental Health & Addiction Services, and other regional and statewide agencies in the Northeast.



Sharon Shanti, RYT, a lifelong practitioner, student and teacher of Yoga, has studied and enriched her practices under the esteemed Yoganand Michael Carroll, Stephen Cope and Sudha Carolyn Sundeen. She is a certified RYT 500, YACEP, Kripalu Restorative Yoga and Pranakyria Yoga Teacher who passionately facilitates trainings, workshops and retreats on Yoga, Reiki, Mindfulness and Pranayama. Her trainings are all born from her years of experience, study and her life journey.



Tracey Sondik, Psy.D. is a licensed clinical psychologist at Connecticut Valley Hospital. She has a strong commitment to integrative medicine, specifically the utilization of yoga and mindfulness to treat complex mental health and behavioral problems. She is an advanced registered yoga instructor and certified yoga therapist. She has authored articles and book chapters including the recent book, Yoga and Science in Pain Care.



Marcus Stallworth, LMSW, is the Director of Learning and Organizational Development at Welcome 2 Reality. He is an author of a journal article published in the 23rd volume of Child Welfare League of America's Children's Voice. Marcus is a national consultant and trainer for Child Welfare League of America and professor at the University of Bridgeport and Post University.



Ashley Starr Frechette, MPH, is the Director of Health Professional Outreach at Connecticut Coalition Against Domestic Violence. She oversees the Health Professional Outreach Advocacy program for CCADV's member organizations, and provides IPV screening and intervention trainings for health professionals across the state. Ashley is a member of the Governor's Council on Women and Girls- Health and Safety Committee.



Kathryn Templeton, MA, RDT/MT, E-500 RYT, C-IAYT, is an Ayurvedic Practitioner, Senior ParaYoga teacher, psychotherapist, and Master Teacher in the field of Drama Therapy who works both clinically and as an educator specializing in the treatment of individuals with anxiety, depression and complex trauma. Kathryn has worked to develop specialized treatments integrating the principles of yoga, Ayurveda and clinical psychology, devoting her life to helping others. She is a contributing writer for professional publications.



Viana Turcios-Cotto, PhD, is a Licensed Clinical Psychologist, with subspecialties in child and adolescent psychology and health psychology. She currently maintains a private practice in West Hartford of highly diverse clients from early childhood through the elderly years. Dr. Turcios-Cotto also consults and presents on implementing trauma-informed practices in schools and mental health settings, as well as cultural competency in clinical work.



David F. Tolin, PhD, ABPP, is the Founder and Director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Professor of Psychiatry at Yale University School of Medicine. He is Past-President of the Clinical Psychology Division of the American Psychological Association, and a principal investigator for the National Institutes of Health. He is the author of over 150 scientific journal articles and several books, including "Doing CBT", "Buried in Treasures", and "Face Your Fears". He has been featured on the reality TV series "Hoarders" and "The OCD Project," and has been a recurrent guest on "The Oprah Winfrey Show," and "The Dr. Oz Show."



Qur-an Webb, MSW, is the Director of Operations at Welcome 2 Reality. He has wealth knowledge and experience in Child Welfare. Qur-an is an independent contractor and graduate of the Elm City Fellowship for Children and Families sponsored by the Annie E. Casey Foundation. Qur-an teaches at the University of Bridgeport.

Online Courses



Earn credits at your leisure!

Credits become available for all online courses once you have completed both the evaluation & online quiz. Visit www.womensconsortium.org/onlinecourses for more information on online course credits and policies.

ONLINE COURSE
Perinatal Mood & Anxiety Disorders
 2.5 CECS

Gain knowledge of the spectrum of mental illnesses known as Perinatal Mood and Anxiety Disorders (PMADs) including etiology and prevalence. Learn about effective treatment modalities including home-based psychotherapy. Become familiar with statewide efforts and beyond to address stigma and treatment of these disorders.

ONLINE COURSE
Motivational Interviewing
 2.5 CECS

An introduction and overview of proven Motivational Interviewing techniques, to guide helpers to assess and engage clients in therapeutic conversations that decrease adversarial power struggles, and enhance integration of services for challenging clients. Participants will receive a skillset to apply and practice Motivational Interviewing in a variety of helping relationships and settings.

ONLINE COURSE
Spotlight on Men & Gender Equality
 3 CECS

Understand the ways in which men can and should take an active role in promoting gender equality through collaboration, advocacy, education, and role modeling. Learn strategies to help men work alongside women to change social norms that allow sexist and abusive behaviors to continue. Understand the role of men in preventing sexual harassment and violence against women.

ONLINE COURSE
Cognitive Behavioral Therapy
 3 CECS

A review of the central foundations of CBT and a general model of psychopathology that can be used for a broad range of psychiatric patients. Understand mechanisms of maladaptive cognition, emotion, and behavior, and the interplay among them. Learn approaches to intervening at various levels of the pathological process, and much more.

View our full selection at www.womensconsortium.org/onlinecourses

Registration Policies

Always check www.womensconsortium.org for the most up to date information. Some special events may have different registration policies or credits. By registering you agree to our registration and privacy policies.



If You are Registering with a Purchase Order

Fax your 1) registration form and 2) a copy of the approved purchase order from your organization to (203) 909-6894. A copy of the purchase order must be sent as proof of future payment. Without this document, you will not ensure your space in the event. Credits will only be issued when a purchase order has been paid in full.



To Register by Mail

Complete the form on page 23 and mail with a check or money order. There is a \$25 bank & handling fee for all returned checks. Failure to pay this fee will prevent you from registering for future courses. Checks and purchase orders are payable to The Connecticut Women's Consortium and can be sent to ATTN: Education & Training, 2321 Whitney Avenue, Suite 401, Hamden, CT 06518

Waitlist and Sold Out Courses

For workshops that are sold out, call to determine if a waitlist is available.



How do I get My Certificate or Credits?

Within a few business days after the event, you will receive an email from training@womensconsortium.org to your registration email address. In the email, click the link to sign in. Under *Manage Credit* the system will guide you through an online workshop evaluation. Once completed it will then proceed to your certificate of attendance or credits. If you have trouble locating your certificate or completing the online survey, contact (203) 988-5523 x2



Forget to Sign In or Out? Arriving Late or Leaving Early? You Will Not Get Credits

Sign-in begins 30 minutes before each event. You are required to sign in and out, before and after the training to receive credit. In accordance with accreditation standards, continuing education hours are only given to those individuals who have completed the entire workshop. Partial credit is not given. If you arrive 30 minutes after the start of the event or leave during the event for any reason you will not receive credits.

EMERGENCIES & CANCELLATIONS

If You Cannot Attend a Workshop

As of January 1st, 2020, The Connecticut Women's Consortium will no longer offer credit on account for training cancellations. You must cancel your registration a minimum of 2 business days before the training start date in order to receive a refund minus a 25% administration fee. Alternatively, you may transfer into another course of your choosing until 9am on the training day.



What Happens During Inclement Weather or if a Workshop is Cancelled

In the event of inclement weather, call (203) 909-6888 x1 the morning of your workshop. This is a recorded voice message that is updated with a weather delay or cancellation. We also post a message at www.womensconsortium.org. The CWC reserves the right to cancel a program at any time. This may include weather, venue/staff emergencies or low attendance. In the event of a cancellation, we will contact you by email with a rescheduled date, or offer a credit or refund.



AVAILABLE CERTIFICATES & CREDITS

Certificates of Attendance are available to all attendees who have signed in/out.



Social Workers, Therapists, Counselors, and Psychologists

National Association of Social Workers Connecticut Chapter (CECs) are accepted in the states of MA, RI, VT, and NJ. Check with your state board to see if they offer reciprocity. These credits are applicable to Licensed Clinical Social Workers (LCSW), Licensed Master Social Worker (LMSW), Licensed Marriage & Family Therapists (LMFT), Licensed Professional Counselors (LPC), and Licensed Clinical Psychologists.



Alcohol and Drug Abuse Counselors

Connecticut Certification Board CEUs are applicable to Licensed Alcohol & Drug Abuse Counselors (LADC) & Certified Addiction Counselors (CAC). The Association of Addiction Professionals (NAADAC) & National International Certification and Reciprocity Consortium (IC&RC) are covered under CCB-CT Credits.

Accommodation and Access



Food & Dietary Restrictions

Please identify any dietary restrictions when prompted during the registration process. We can easily accommodate for vegan, nut, gluten and dairy free diets. If you have additional concerns about serious allergies, contact us in advance to ensure we can make accommodations.



Accessibility

Please identify any accessibility requests when prompted during the registration process. The CWC office is wheelchair accessible; offsite event accessibility is coordinated with the venue, please call with any questions or concerns. Be sure to confirm all accessibility requests a minimum of 1 month in advance so we can ensure access.



Nursing Mothers, Children (18 & Under)

For nursing accommodations, please ask staff for use of the wellness room or call ahead to learn more. Our educational events may contain sensitive topics including abuse, mental health, and addiction. It is the responsibility of the parent or guardian to review the topics suitability. If we are concerned we may restrict access to individuals under 18 or recommend another event.



Photos, Recording & Social Media

If you post on social media regarding an event, tag The Connecticut Women's Consortium. We recommend that you follow a trauma-informed safety policy by asking individuals and groups before taking and sharing photos and posts. We reserve the right to photograph, record, or film classes, events and other programming. If you do not want to be included, notify a CWC staff member. Learn more through the privacy policy on our website.

Directions

2321 Whitney Avenue, Hamden, CT 06518

From the South, Bridgeport Area

Take 15 North
Take Exit 61
Turn right off ramp, onto Whitney Avenue
Half a block is a sign for Hamden Centre
Turn right into driveway before this sign

From the east, New London area

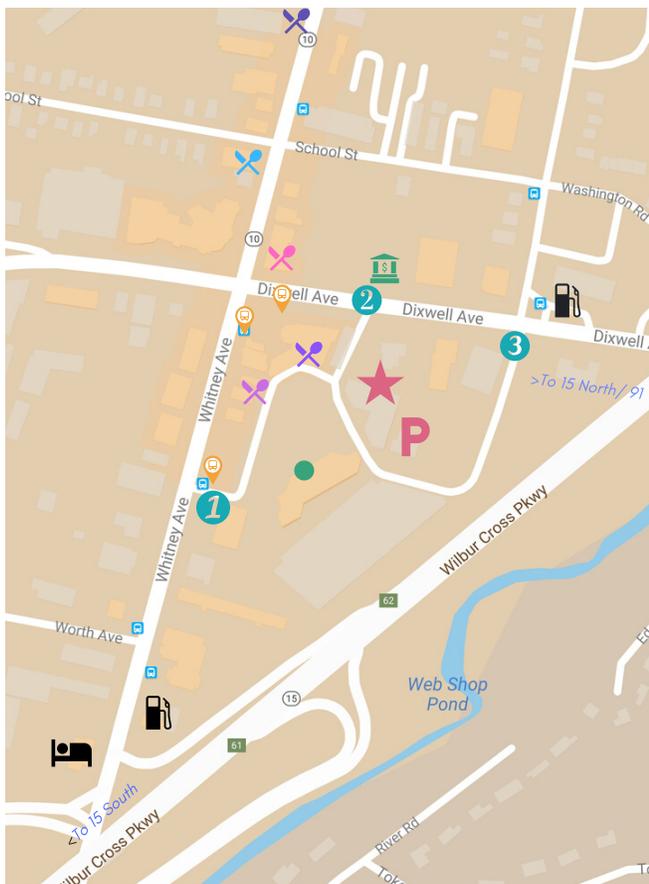
Take 95 South to 91 North
From 91, Take Exit 10
You are now on a connector
Take Exit 1 off of the ramp,
Turn left onto Devine St
Turn left onto Hartford Turnpike
Then turn right onto Dixwell Avenue
Turn left At the 3rd stoplight into
the driveway (before KinderCare)

From the North, Hartford area

Take 91 South to Exit 17
On exit ramp, stay left for 15 South
From 15, take Exit 62
At end of ramp, turn right on to Whitney Ave
Half a block is a sign for Hamden Centre
Turn right into driveway before this sign

Parking

All visitors must park in the FREE parking garage to the right of our building. With the exception of handicap spaces, parking in front of the building is for retail businesses only, please do not park in this area.



- ★ CWC - 2nd & 4th Floor
- P Parking Garage
- ① Entrance 1 - Whitney
- ② Entrance 2 - Dixwell
- ③ Entrance 3 - Dixwell
- Nearby
- Bus Stops
- Graustein
- Mickey's Restaurant
- Freskos
- Brown Stone
- Restaurant
- Eli's on Whitney
- Dunkin Donuts
- Gas - Citgo
- Gas - Exxon
- Clarion Hotel
- TD Bank

Nearby Transportation & Hotel Information

Clarion Hotel & Suites, 2660 Whitney Avenue, Hamden, CT
Tweed or Bradley Airports or NYC Airports (JFK, LaGuardia)
Union Station - Metro North, Amtrak & Greyhound Bus

CT Transit - we are located on the bus line:
(J Bus - Whitney Avenue, Centerville Whitney & Dixwell stops)

Metro Taxi - (203) 777-7777 or Uber/Lyft



The Connecticut Women's Consortium

PARTICIPANT INFORMATION (Applications must be legible and <u>complete</u> to be processed.)			
*Last Name		*First Name	Middle Initial
*Agency Name			<input type="checkbox"/> No Agency/Private Practice/Retired
*Agency Address			
Street:			
Street (2):			
City: , State: Zip Code:			
*Phone number (please check your preferred phone number)			
<input type="checkbox"/> Work Phone: () - ext.	<input type="checkbox"/> Cell Phone: () -	<input type="checkbox"/> Home Phone: () -	
*E-mail address (e-mail address is required to process all registrations, please check your preferred e-mail address)			
<input type="checkbox"/> Business:		<input type="checkbox"/> Personal:	
Do you have accessibility needs or accommodations? (Please list services needed, this includes dietary restrictions):			
BILLING INFORMATION			
*Billing Address (<input type="checkbox"/> same as above)			
Street:			
Street (2):			
City: State: Zip Code:			
CERTIFICATE INFORMATION			
All of our trainings provide a CEU Certificate of Attendance, if you require a CME please check the box below: The CEU's we offer are accepted by NASW/CT (National Association of Social Workers and CCB (CT Certification Board)			
<input type="checkbox"/> CME – Continuing Medical Education (for MD's and APRN's only)			
SESSION INFORMATION			
Session Title:	Date(s):	Course Fee:	

REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT OR PURCHASE ORDER

If you're registering with an agency purchase order or check request form:

Please fax this form along with a copy of the purchase order to The CT Women's Consortium to reserve your spot.

Fax: (203) 909-6894

If you are paying by check:

Please mail this form along with your check to:

The CT Women's Consortium
Training Department
2321 Whitney Ave, Suite 401
Hamden, CT 06518

Please contact our **Training Department** with any questions at 203-909-6888 ext. 2 or at training@womensconsortium.org
For more information about trainings at the Connecticut Women's Consortium visit our website at www.womensconsortium.org or **like us** on Facebook!

For Consortium Use Only:			
Invoice #:	Check Number:	Agency <input type="checkbox"/> Personal <input type="checkbox"/>	Registration Confirmed:
Date Payment Received:			

Education & Training in Behavioral Health

What We Do

The mission of The Connecticut Women's Consortium (CWC) is to ensure that the behavioral health system responds to the needs of women and the people and organizations that affect them. Annually, CWC trains 9,000 behavioral health professionals. Our projects, initiatives, and trainings promote trauma-informed and gender-responsive care.

Private Trainings

We offer private workshops on a number of behavioral health topics. Please contact Shannon Perkins, Director of Education & Training for more information at sperkins@womensconsortium.org.

Suggest a Topic or Trainer

Your feedback is important to us! As the behavioral health field is constantly changing, we strive to respond to your specific needs. We are always seeking experts and new training topics. We plan our calendar at least 6 months ahead. If you have a suggestion for a trainer or topic contact our Director of Education & Training, Shannon Perkins at sperkins@womensconsortium.org

We Collect Food & Other Donations

Consider bringing a non-perishable food item to events at the CWC. We donate these items as well as extra food from our events to local food pantries. We also regularly host other donation drives throughout the year and around the holidays. Check our website and Facebook page for more information about current drives.

The Connecticut Women's Consortium
2321 Whitney Avenue, Suite 401, Hamden, CT 06518
Phone (203) 909-6888 | Fax (203) 909-6894

www.womensconsortium.org



Monday - Friday

8am - 4:30pm EST

training@womensconsortium.org

(203) 909 - 6888 x2

