

Spring/Summer 2020 Catalog

# Continuing Education

**Grow**  
*professionally*



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**CUSTOMIZED WORKSHOPS** can bring  
high-quality, University-sponsored trainings and  
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- Certificates of Completion
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**Staff learn the same information at the same time**



## RUTGERS

School of Social Work

CALL 848-932-8758 FOR INFORMATION



### 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 spring and summer!

### Are You Ready to Teach Others?

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. 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](mailto:ce@ssw.rutgers.edu) or go to our webpage <http://socialwork.rutgers.edu/ce>

The Office of Continuing Education ■ *Learn for Good*

PARTNERING for CHANGE

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*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 workshops 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 to find the deck).

### 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](http://RutgersCE.wcea.education).

### 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.

### 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](mailto:ce@ssw.rutgers.edu).

### Mini-Certificate in Mindfulness Across the Lifespan

There is a wealth of empirical evidence on the physical and emotional benefits of mindfulness practice. In this four-workshop series, you will learn how to incorporate mindfulness with clients across the lifespan—from young children to teenagers to older adults. Learn how to help clients of all ages use mindfulness to address stress, addiction, pain and other physical and emotional challenges. See page 34.

### DBT Intensive Series

This three-day series covers the essential components of dialectical behavior therapy. Clients with severe emotional dysregulation can be extremely difficult to

treat. DBT is a proven modality that helps clinicians engage this difficult-to-treat population to help them stabilize and develop a life worth living. See page 14.

### **Eating Disorders and Issues**

Most social workers have received little or no training in working with eating disorders yet they are encountering these issues in their work—often without seeing the signs. We have several workshops in this area that will give you the knowledge and skills to better identify and work with eating disorders. See page 29.

### **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 17.

### **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](mailto:ce@ssw.rutgers.edu) or call 848-932-8758.

### **New Jersey's 38th Annual "Let's Talk Adoption" Conference**

Saturday, May 2nd, Busch Student Center, 8:30 a.m.– 4 p.m. Over 30 workshops. For further information: [www.cpfanjanj.org](http://www.cpfanjanj.org), [info@cpfjanj.org](mailto:info@cpfjanj.org) or 973-986-5702.

### **Need Ethics & Cultural Competence Workshops?**

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

### **Rutgers LCSW/LSW Exam Prep Course**

Be prepared to pass! Developed by the Office of Continuing Education, this engaging and stimulating workshop will cover what you need to know, teach you proven test-taking strategies and provide useful practice questions. See page 19.

### **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 pages 5 or 27–28 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](http://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](mailto:ce@ssw.rutgers.edu)

**Website:** [socialwork.rutgers.edu/ce](http://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.

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

## Ethics

## Social & Cultural Competence Clinical

## Opioid (Prescription Opioid Drugs)

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### 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 the Schools

March 31 • Piscataway (MRESC) • See page 10

#### Social Work, Ethics and Professional Responsibilities

April 14 • Bordentown • See page 18

#### Ethical Dilemmas in Working with Older Adults

April 20 • New Brunswick • See page 33

#### Incorporating Cultural Competence into Ethical Decision Making

April 28 • Long Beach Twp. • See page 19

#### End-of-Life Issues

April 29 • Bordentown • See page 33

#### Ethics Essentials in Geriatric Care

May 1 • Monroe Twp. • See page 32

#### Confidentiality and Counseling Ethics

May 7 • Bordentown • See page 41

#### Legal and Ethical Issues in Clinical Supervision

May 20 • New Brunswick • See page 28

#### Social Work, Ethics and Professional Responsibilities

June 4 • New Brunswick • See page 18

#### Ethical and Legal Issues in Substance Abuse Counseling

June 11 • New Brunswick • See page 22

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

June 12 • Parsippany • See page 20

#### Social Work, Ethics and Professional Responsibilities

June 16 • Camden • See page 18

#### Social Work Ethics, Dealing with Serious Practice Challenges

June 17 • Hackensack • See page 20

#### Creating a Risk Management Plan for Your Practice: A Review of Legal Statutes and Ethical Standards

June 19 • New Brunswick • See page 20

#### Termination of Parental Rights: A Legal Perspective

August 4 • New Brunswick • See page 21

#### Ethical Social Work Practice in the Digital Age

August 7 • New Brunswick • See page 21

#### Medical Aid in Dying: The Basics

August 20 • New Brunswick • See page 21

#### Ethical Social Work Practice in the Digital Age

August 29 • Somerset • See page 21

### 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 fulfil this requirement:

#### Legal and Ethical Issues in working with Trans Youth

March 30 • Bordentown • See page 10

#### The Language of Adoption

April 2 • New Brunswick • See page 24

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

April 24 • Glassboro • See page 21

#### Incorporating Cultural Competence into Ethical Decision Making

April 28 • Long Beach Twp. • See page 19

#### CBT with Latino Populations

April 29 • Parsippany • See page 11

#### Human Trafficking—Protecting the Most Vulnerable

May 4 • Bordentown • See page 19

#### Living as a Multicultural Family: An Adoptive Family Perspective

May 6 • Parsippany • See page 24

#### Gang Identification, Trends in NJ Communities

May 12 • New Brunswick • See page 19

#### Managing Differences and Challenging Dynamics in Supervision

May 13 • New Brunswick • See page 27

#### Ethnogeriatrics: Working with Older Adults of Various Cultures

May 15 • Monroe Twp. • See page 33

#### Violence Against Women in Diverse Populations

May 19 • New Brunswick • See page 40

#### Working with Asian Indian-Hindu Families: Moving towards Culturally Responsive Interventions in Mental Health Treatment

May 21 • New Brunswick • See page 13

#### Clinical work with LGBTQ Youth

May 29 • Parsippany • See page 13

#### Working with Latino Cultures

June 2 • Parsippany • See page 13

#### Suicide Prevention with Trans Youth

June 8 • Camden • See page 14

#### The Role of Diversity in Trauma Treatment: Overcoming Barriers and Empowering Ethnic Identity

June 9 • Camden • See page 38

#### Cultural Competency in Case Management

June 10 • Long Beach Twp. • See page 25

#### The Impact of Gangs on Trauma Informed Care

June 10 • Parsippany • See page 38

#### Understanding Child Development Through a Cultural Lens

June 17 • Bordentown • See page 27

#### Neurobiology of Trauma/PTSD

June 18 • Camden • See page 15

#### Developing Cultural Competence in a Multicultural Society

June 19 • New Brunswick • See page 20

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

June 19 • Parsippany • See page 20

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

June 26 • Parsippany • See page 15

#### Cultural Competence and Equity in LGBT Health Care

July 15 • Bordentown • See page 35

## **Fatherhood Engagement and Social Connections**

July 17 • New Brunswick • See page 21

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

July 17 • New Brunswick • See page 39

## **Termination of Parental Rights: A Legal Perspective**

August 4 • New Brunswick • See page 21

## **Elder Justice for All**

August 12 • New Brunswick • See page 36

## **Racial Justice in Social Work Practice**

August 14 • New Brunswick • See page 36

## **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 21 for workshops that meet this requirement.

### **The Opioid Crisis in NJ: Current Trends and Evidence-Based Treatment Options**

May 27 • Long Beach Twp. • See page 22

### **The Opioid Crisis in NJ: Current Trends and Evidence-Based Treatment Options**

June 9 • Hackensack • See page 22

### **The Opioid Crisis in NJ: Current Trends and Evidence-Based Treatment Options**

June 16 • Parsippany • See page 22

### **Current Drug Trends and Emerging Drugs of Abuse**

June 17 • Parsippany • See page 23

### **The Opioid Crisis in NJ: Current Trends and Evidence-Based Treatment Options**

July 9 • New Brunswick • See page 22

### **The Opioid Crisis in NJ: Current Trends and Evidence-Based Treatment Options**

July 10 • Glassboro • See page 22

## **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 27 for more information on each of the four workshops which will be offered this spring/summer:

### **Core Issues in Clinical Supervision**

April 29 • New Brunswick • See page 27

## **Models and Techniques in Clinical Supervision**

May 6 • New Brunswick • See page 27

## **Managing Differences and Difficult Supervisees**

May 13 • New Brunswick • See page 27

## **Legal and Ethical Issues in Clinical Supervision**

May 20 • New Brunswick • See page 28

## **SPECIALIZED AREAS OF PRACTICE**

### **Play Therapy**

#### **Parents as Healers: Dynamic Ways to Integrate Caregivers in Play Therapy Through on Site and Home-Based Strategies**

April 16 • New Brunswick • See page 11

#### **Directive Play Therapy Techniques with the Family: Fun and Effective Pathways to Achieve Goals**

June 12 • Paramus • See page 14

#### **Social Emotional Learning in Schools: Fun, Practical, and Engaging Activities for School-Based Counseling**

July 30 • New Brunswick • See page 17

### **Social Media**

#### **Social Media's Influence on Self-harm Behaviors and Self-regulation**

June 18 • Bordentown • See page 14

#### **Social Media: The Good, the Bad & the Ugly from a Social Work Perspective**

June 19 • Parsippany • See page 20

#### **Navigating the Digital World: Helping Young People & Parents Understand the Impact of Social Media**

July 15 • New Brunswick • See page 16

#### **Violence Against Women and Technology**

July 25 • Parsippany • See page 40

#### **Screen Smart Counseling: A Media-Age Guide for Therapy**

August 24 • New Brunswick • See page 18

#### **Ethical Social Work Practice in the Digital Age**

August 7 or 29 • New Brunswick or Somerset

See page 21

### **Working with Parents**

#### **Parents as Healers: Dynamic Ways to Integrate Caregivers in Play Therapy Through on Site and Home-Based Strategies**

April 16 • New Brunswick • See page 11

#### **Parents and School Success**

April 20 or July 9 • New Brunswick or Bordentown • See page 18

#### **Communicating With Adolescents, Speaking Their Language**

June 9 • Parsippany • See page 26

## **Dealing with Challenges When Working with Parents and Families**

July 14 • New Brunswick • See page 16

## **Navigating the Digital World: Helping Young People & Parents Understand the Impact of Social Media**

July 15 • New Brunswick • See page 16

## **Fatherhood Engagement and Social Connections**

July 17 • New Brunswick • See page 21

## **Positive Parenting**

July 22 • New Brunswick • See page 16

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

August 6 • New Brunswick • See page 27

## **Working with Trauma**

### **The Link between Trauma and Substance Abuse: Causes, Signs, and Treatment Indications**

May 19 • New Brunswick • See page 22

### **Trauma Informed Programs: A Forum for Agency Planning and Change**

June 12 • Glassboro • See page 35

### **The Assessment and Treatment of Dissociative Disorders**

June 11 • New Brunswick • See page 14

### **Complex Trauma in Children**

June 17 • New Brunswick • See page 27

### **Working with Substance Abuse Risk Factors and Male Survivors of Sexual Violence**

June 15 • Bordentown • See page 23

### **Dialectical Behavior Therapy: Theory, Structure, and Skills**

June 12, 19 & 26 • New Brunswick • See page 14

### **The Neurobiology of Trauma/PTSD**

June 18 • Camden • See page 15

### **Through our Eyes: Children, Violence and Trauma**

July 28 • New Brunswick • See page 17

### **Strategies for Creating Trauma Responsive Institutions: Concrete Actions, Activities and Approaches**

July 31 • New Brunswick • See page 39

*See also: Trauma Response and Crisis Intervention Certificate workshops, page 37.*

*See also: Violence Against Women Certificate workshops, page 39.*

# 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.

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## 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](http://socialwork.rutgers.edu/ce)
- Contact the Office of Continuing Education at 848-932-8758 or [ce@ssw.rutgers.edu](mailto: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**

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## 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 24.

### 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 pages 30–31 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 25.

### 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 26.

#### 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

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

### Mini-Certificate in Complex Trauma

This four-week series provides you with in-depth training on the essential principles and practices in healing complex trauma. Utilizing a closed cohort model, you will learn the most modern conceptualizations of complex trauma and learn to utilize a resilience based, attachment-focused treatment framework. See page 28.

### Certificate Program in Developmental Disabilities

The Certificate Program in Developmental Disabilities has been created through a joint effort with the Rutgers Boggs Center on Developmental Disabilities and the Rutgers

School of Social Work. It is intended to enhance the specialized skills and knowledge of professionals working in the field of developmental disabilities. To receive the final certificate, a participant completes: **9 required workshops, 3 elective workshops, a total of 12 days.** For this semester's offerings see page 28.

#### 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 31.

### 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 33.

### 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 33.

### 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 33.

#### 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 any *elective 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 34.

#### 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 Training Skills

This certificate program teaches participants the skills and methods to plan, design and deliver effective and engaging training programs for professionals based on current theories about adult learning. To receive the final Certificate in Training Skills, a participant must attend: **6 required workshops, a total of 6 days.** For this semester's offerings see page 36.

#### TRAINING SKILLS CERTIFICATE WORKSHOPS

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

### Certificate Program in Trauma Response and Crisis Intervention

This clinical certificate program is designed for clinicians, mental health professionals, and practitioners from other disciplines who wish to enhance their knowledge and skills in the field of trauma response and crisis intervention. Workshops will address a variety of traumatic events such as interpersonal violence, natural disaster, terrorism, and personal/family crises. To receive the final Certificate in Trauma Response and Crisis Intervention, a participant must attend: **9 required workshops, 2 elective workshops, a total of 12 days.** For this semester's offerings see page 37.

#### 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 39 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



# Spring/Summer 2020 Workshop Listings

## Clinical Workshops

### #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, March 26

9:30 a.m. – 3:30 p.m.

390 George St., 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, March 27

9:30 a.m. – 3:30 p.m.

390 George Street, New Brunswick

### #5254 ■ Legal and Ethical Issues in Working with Trans Youth

GBT youth have higher rates of mental health issues, substance abuse issues,

involvement in the child welfare & criminal justice systems and represent half of the homeless unaccompanied 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 & large group discussions, lecture, multimedia, and a quiz to test your knowledge.

\$129

CE Hours: 5 Clinical, Ethics, OR  
Social & Cultural Competence  
Mayte Redcay, LCSW, LCADC, SAP

Monday, March 30

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

### #5819 ■ Ethical Issues in the Schools

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

\$129

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

Tuesday, March 31

9:30 a.m. – 3:30 p.m.

Middlesex Regional Educational Services  
Commission, Piscataway

Wednesday, April 1

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

### #5410 ■ Making Group Therapy Fun: 20 Creative Group Therapy Techniques

Have you ever wondered how to hold the attention of group members who are bored, silent, or refuse to participate? Do you find

it difficult to engage unmotivated, mandated, or adolescent clients? This energizing, dynamic workshop provides group therapy leaders with fun, interactive techniques for turning even the most deadly groups into a meaningful experience for members. Participants will be provided with a toolbox of techniques for any group population, size, age range, or subject. Twenty creative interactive techniques will be demonstrated and practiced, including techniques for breaking the ice, warming up the crowd, openings, deepening group cohesion and intimacy, energizing group “slumps”, dealing with difficult participants, and session closings.

**\$129**  
**CE Hours: 5 Clinical**  
**Debra Castaldo, PhD, LCSW**

**Monday, April 6**  
**9:30 a.m. - 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#5215 ■ Parents as Healers: Dynamic Ways to Integrate Caregivers in Play Therapy Through on Site and Home-Based Strategies**

Therapists are increasingly interested in the value of including the caregiver in impactful ways in treatment sessions. This workshop will teach an overall approach, “Parents as Healers”, where parents/caregivers are dynamically involved in the play therapy process from the beginning. Participants will discover how to incorporate parents/caregivers in creative collaboration, directive play, mindfulness, CBT, playful psychoeducation and more. They will also learn about evidence-based parent-led therapies through experiential activities and fun! Challenges highlighted include oppositional behaviors, trauma, anxiety, ADHD, and ED among others. Play therapy credit toward RPT (Registered Play Therapist) Certification can be awarded to mental health professionals for this workshop.

**\$129**  
**CE Hours: 5 Clinical, Play Therapy**  
**Anne Marie Ramos, LCSW, RPT-S**

**Thursday, April 16**  
**9:30 a.m. - 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#5253 ■ CBT with Latino Populations**

This workshop will describe the adaptations of cognitive behavioral therapy for working with the Latino population. The main focus of this workshop is to discuss, and apply the

### **#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, April 17**  
**9:30 a.m. - 3:30 p.m.**  
**Octagon 10 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

fundamental concepts of Cognitive Behavioral Therapy (CBT) and provide cultural sensitive cognitive behavioral strategies to address behavioral change, specific for bicultural individuals. Learning objectives include describing the Latino Acculturative Stress Implications, Psychotherapeutic Processes when engaging Latinos in practice; explaining fundamental concepts of CBT and how they assist individuals in identifying, proving and changing disruptive beliefs from a cultural perspective; understanding how to utilize and modify CBT techniques to fit

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, May 1**  
**9:30 a.m. - 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### **#5298 ■ Gestalt Theory, Therapy, Technique Level III**

This an advanced workshop for those who have taken level I and level II. We will review; field theory, phenomenology and dialogue. In level III we shift our perspective to that of therapist and how to develop a gestalt attitude. Participants will learn and practice gestalt micro skills with self-awareness and a deference to the “process” of contacting and withdrawing. Emphasis will be placed on developing phenomenological observation, support and frustration, the contact cycle, and creating a safe emergency in the treatment room.

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

**Friday, March 27**  
**9:30 a.m. - 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

**Friday, May 15**  
**9:30 a.m. - 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

and assist interpersonal problems through therapeutic exercises, and gives directive and active intervention from a bicultural point of view.

**\$129**  
**CE Hours: 5 Clinical,**  
**Social & Cultural Competence**  
**Mayte Redcay, LCSW**

**Wednesday, April 29**  
**9:30 a.m. - 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### #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 will be offered on multiple dates and locations:

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

**Friday, May 1**  
**9:30 a.m. – 3:30 p.m.**  
**Acenda Behavioral Health, Glassboro**

**Thursday, May 7**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers School of Social Work, Camden**

**Tuesday, May 19**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### #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**  
**Kristy Case, LCSW, OSW-C**

**Friday, May 1**  
**9:30 a.m. – 3:30 p.m.**  
**Cancer Care, Paramus**

### #5411 ■ Are Career Struggles Hereditary? Helping Clients Break through Barriers by Exploring Complex Family Legacy

The parent-child relationship is so primal, intense, and complex that it can drive a

person to their line of work, dictate how they lead, and, influence the types of relationships they form with managers and colleagues. This workshop will explore the deep connection between career development and family influence, explore legacies related to time, money, and personality dynamics, and provide invaluable resources for clinicians to use with clients. Therapists can help break barriers, instilling hope and confidence for success by using strengths-based tools to reinforce healthy/positive messages and challenge difficult family messages and experiences. Resources will include easy to use worksheets, assessments, and strategies that have proven successful with diverse populations, including depressed and anxious clients.

**\$129**  
**CE Hours: 5 Clinical**  
**Ilana Tolpin Levitt, MA, MEd, NCC, LPC, LMHC**

**Friday, May 1**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### #5412 ■ Deeper in the Here and Now

In this workshop we will use a process-group format to explore some of the theoretical underpinnings of working in the Here-and-Now. Working in the Here-and-Now is a specialized clinical technique useful for assessing, diagnosing, and strengthening ego-functioning and treating mental and emotional disorders that interfere with intimacy, relationships and self-advocacy. Members gain an actual experience of being in a process group and an embodied understanding of how these techniques may be used.

**\$129**  
**CE Hours: 5 Clinical**  
**Jacob Winkler, LCSW, CGP, CAMS-II**

**Tuesday, May 5**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### #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**  
**Mayte Redcay, LCSW, LCADC**

**Wednesday, May 6**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers School of Social Work, Camden**

### #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**

**Friday, May 8**  
**9:30 a.m. – 3:30 p.m.**  
**Acenda Integrated Health, Glassboro**

**Thursday, May 21**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### #5002 ■ Cutting, Self-Mutilation, and Suicide

Despite the seemingly growing rate of self-injurious behavior across all cultures, particularly among adolescent and college populations, therapists and other helping professionals often fail to ask direct questions to their young clients about the origin of unusual injuries. Others are often left feeling frustrated by those who repeatedly injure themselves and resort to responses such as "they're just doing it for attention" or misinterpret the behavior to mean that the individual is suicidal. It is not enough to focus on symptom reduction such as putting ice cubes on arms instead of cutting. As professionals we must focus on deeper, more long lasting change. This workshop explains the underlying dynamics of the issue such

as affect regulation, control/punishment, alexithymia, and self-capacities/invalidation. Participants will learn what each of these is and be able to explain them. Participants will also participate in learning concrete relaxation and breathing skills that can be utilized for their own affect regulation when dealing with such emotionally charged issues.

**\$129**

**CE Hours: 5 Clinical**  
**Debbie Mann, LCSW**

**Tuesday, May 12**

**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 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, May 13**

**9:30 a.m. – 3:30 p.m.**

**Octagon 10 Office Center, Parsippany**

### **#5239 ■ Creative Approaches to Coping with Self-Mutilation**

The workshop is designed for clinicians who are seeking alternative interventions for their clients coping with self-harm behaviors. The intervention is the basis for a book published in 2010. Background information on risk factors and types of self-mutilation

are discussed. The intervention, a creative approach to understanding self-mutilation, is based on narrative therapy, and will explore how clients can “express” their current life story through alternative means as well as re-appraise their situations and find new coping mechanisms for emotions or pathology. The workshop includes case examples of clients who have gone through group intervention to treat their self-mutilating behaviors, as well as additional resources.

**\$129**

**CE Hours: 5 Clinical**  
**Sara Martino, PhD, NCC, LPC**

**Thursday, May 14**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

### **#5203 ■ Working with Asian Indian-Hindu Families: Moving towards Culturally Responsive Interventions**

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

**\$129**

**CE Hours: 5 Clinical,**  
**Social and Cultural Competence**  
**Amisha Desai, MPS, LMFT**

**Thursday, May 21**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

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

This workshop provides an in-depth examination of sexual orientation and gender identity diversity, with a focus on the psychological and social issues facing lesbian, gay, bisexual, and transgender people, as it relates to the provision of care in the social service context. Topics include LGBT subculture, the impact of prejudice, discrimination, and the “heterosexual assumption” on LGBT

individuals and on the LGBT community. Use of inclusive language and other techniques for creating environments that are welcoming for LGBT individuals will be addressed, and how professionals can help youth and adults who are questioning their sexualities or genders. The workshop also examines common stereotypes and attitudes toward LGBT people, including the origins of these stereotypes, related research findings, and effective techniques for addressing the stereotypes and attitudes of others.

**\$129**

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

**Thursday, May 28**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5230 ■ Clinical Work with LGBTQ Youth**

LGBT youth have higher rates of mental health issues, substance abuse, involvement in the child welfare & criminal justice systems 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**

**Friday, May 29**

**9:30 a.m. – 3:30 p.m.**

**Octagon 10 Office Center, Parsippany**

### **#5095 ■ Working with Latino Cultures**

This workshop will expose the participants to the Stages of Cultural Identity Development Model. Through small group discussions, role plays, case vignettes and large group participation, they will increase their knowledge of Latino cultural norms including machismo, personalismo, etc, identity in the US and group differences stemming from country or region of origin, cultural and

family factors that influence relationships and perceptions of health/illness and mental health services. Participants will also learn skills and techniques to facilitate positive engagement with Latino families.

**\$129**

**CE Hours: 5 Clinical,  
Social and Cultural Competence**  
Natalie Contreras, MA, LPC

**Tuesday, June 2**

**9:30 a.m. – 3:30 p.m.**

**Octagon 10 Office Center, Parsippany**

### **#5259 ■ How NOT to Fail as a Therapist: Strategies for Preventing Premature Termination in Psychotherapy**

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

**\$129**

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

**Thursday, June 4**

**9:30 a.m. – 3:30 p.m.**

**Rutgers School of Social Work, Camden**

### **#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

**Monday, June 8**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5258 ■ Suicide Prevention with Trans Youth**

The risk of suicide increases for trans individuals when they participate in single gendered therapy group(s) and other treatment modalities with cisgender patients. Trans individuals are often subject to microaggressions that go unaddressed when clinicians, social work professors, and students are uneducated and misinformed about the neurological and genetic research literature that address the needs and concerns of this population. This workshop through lecture, case study and interactive discussion will educate participants on the needs of trans individuals, address and identify suicide risk assessment techniques, and create a respectful space where participant questions can be answered.

**\$129**

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

**Monday, June 8**

**9:30 a.m. – 3:30 p.m.**

**Rutgers School of Social Work, Camden**

### **#5542 ■ The Assessment and Treatment of Dissociative Disorders**

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

**\$129**

**CE Hours: 5 Clinical**  
Marsha Heiman, PhD

**Thursday, June 11**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5286 ■ Directive Play Therapy Techniques with the Family: Fun and Effective Pathways to Achieve Goals**

Directive play therapy which includes caregivers and family members can be an effective

tive treatment for children and adolescents. Through fun multi-sensory activities, clients build coping skills and develop the ability to express feelings and improve on a wide range of presenting issues. In this workshop, participants will gain a basic overview of both directive and non-directive play therapies, the advantages of both, and what current research supports as evidence-based. Participants will learn a variety of directive play techniques including game play therapy, use of creative arts, bibliotherapy, playful role play, and cognitive behavioral play therapy among others. Challenges highlighted will include social skills impairment, emotion dysregulation, low self-esteem, impulse control, and negative thinking. Play therapy credit toward RPT (Registered Play Therapist) Certification can be awarded to mental health professionals for this workshop.

**\$129**

**CE Hours: 5 Clinical, Play Therapy**  
Anne Marie Ramos, LCSW, RPT-S

**Friday, June 12**

**9:30 a.m. – 3:30 p.m.**

**Cancer Care, Paramus**

### **#5248 ■ Dialectical Behavior Therapy: Theory, Structure, and Skills**

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

**\$300**

**CE Hours: 15 Clinical**  
Lona Stranieri, LCSW

**Fridays, June 12, June 19, June 26**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5249 ■ Social Media's Influence on Self-harm Behaviors and Self-regulation**

This workshop will begin with an introduction to how social media influences both self-esteem and self-regulating behaviors. We will then move into examining various social media outlets. Newer social media outlets

will be explored including the level of involvement different age groups and genders have with them. Finally, the workshop will move into social media's influence on self-regulating behaviors. The workshop will provide strategies for lessening clients' exposure to social media.

**\$129**

**CE Hours: 5 Clinical**

**Sara Martino, PhD, NCC, LPC**

**Thursday, June 18**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

### **#5235 ■ The Neurobiology of Trauma/PTSD**

The overall goal of this workshop is for practitioners to understand that the development of Post-Traumatic Stress Disorder (PTSD) is not merely a psychosocial phenomenon and to be better able to provide treatment 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, June 18**

**9:30 a.m. – 3:30 p.m.**

**Rutgers School of Social Work Camden**

### **#5093 ■ Relationship Reboot: Tech Support for Love**

This timely divorce/break up prevention workshop, provides clinicians and couples with the "best of the best" cutting edge techniques and skills Dr. Debra Castaldo has developed in over twenty-five years as a couples and marriage therapist. In the tradition of solution-focused therapy, she uses her optimistic,

solution-focused coaching style to teach clinicians how to coach couples on becoming their own "Tech Squad for Love": an expert solution-searching team. She operates from her commitment to the belief that the best experts to save a relationship are the couple themselves. Dr. Castaldo guides clinicians and couples through her step-by-step program with practical, solution-focused exercises that teach how to: get powered back up, design unique solutions, and get relationships back online quickly and permanently.

**\$129**

**CE Hours: 5 Clinical**

**Debra D. Castaldo, PhD, LCSW**

**Monday, June 22**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5414 ■ Yoga for Helping Professionals: Incorporating Yoga in Clinical Practice and Preventing Clinician Burnout**

In this experiential workshop, clinicians will learn how yoga based interventions aid in clients' healing. Participants will gain knowledge of the nervous system and explore current research supporting how yoga improves conditions for wellness. Clinicians will participate in a trauma sensitive, slow flow and restorative yoga practice, as well as deep relaxation. Attendees will practice and apply techniques that can be used on the couch and on the yoga mat, and depart with an abundance of holistic tools to complement traditional psychotherapy. Please wear clothing suitable for practicing basic yoga techniques. All levels of ability will be accommodated.

**\$129**

**CE Hours: 5 Clinical**

**Jamie Hanley, MS, LPC**

**Wednesday, June 24**

**9:30 am – 3:30 pm**

**390 George Street, 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**

**Friday, June 26**

**Octagon 10 Office Center, Parsippany**

### **#5425 ■ Creating Trauma-Sensitive Schools — Traumatized Children: Causes, Impact and Response**

Childhood trauma is a common occurrence in our society that can have a lasting impact on the psychological well-being of children. Our schools, particularly in urban settings, are tasked with instructing our students in the core subjects while providing a safe and effective environment in which students can achieve their fullest potential. As educators, mental health professionals, and administrators, we are often left with an arduous task of instructing children who do not come to school equipped and ready to learn. Too often we blame the parents for our students' difficulties and failures, but we fail to recognize the role that trauma plays in our students and often their parents' lives, which deeply affects school preparedness. Understanding how complex trauma manifests itself in the classroom and using a preventive approach rather than reactive can help these students heal and begin to achieve their potential.

**\$129**

**CE Hours: 5 Clinical**

**Aida Ismael-Lennon, Psy.D**

**Tuesday, June 30**

**9:30 am – 3:30 pm**

**390 George Street, New Brunswick**

### **#5257 ■ Practical Parenting Toolbox**

The purpose of this engaging multimedia workshop is to teach professionals an overview of practical, "ready to use" skills and 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. The objectives include: developing an understanding of what a child is attempting to communicate, versus what they say, understanding the varied skills youth utilize to get what they want, and an exploration of one's idiosyncratic parenting/personality style(s). The workshop will also help the professional to gain a better understanding of punishment versus discipline and how to teach logical and natural consequences as a manner of parental philosophy. Finally, we will look at why behavioral contracts and reward systems succeed or fail and review relevant topic areas such as sibling rivalry and peer pressure.

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

**Tuesday, July 7**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#5415 ■ Cognitive Behavior Therapy: 15 Techniques for Anxiety, Stress Management and Depression**

Cognitive behavior therapy changed the face of psychotherapy by providing powerful and effective tools for overcoming a wide range of mental health disorders. It has strong research support for the treatment of the challenging mood problems of anxiety, panic, depression, and normative stress management. CBT utilizes rational, common sense, teachable techniques that can empower clients to overcome their blues and unhappiness without medication or long term treatment. This interactive workshop will provide participants with 15 classic CBT interventions to assist them to expand their skill repertoire and their development as a cognitive behavior therapist. It will also utilize creative techniques for designing these techniques to adapt for use with specific populations and age groups. The workshop will include such techniques as cognitive restructuring, changing automatic thoughts and patterns of limited thinking, worry control, anger control, coping with panic, mindfulness, relaxation, sleep enhancement, and self-hypnosis.

**\$129**  
**CE Hours: 5 Clinical**  
**Debra Castaldo, PhD, LCSW**

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

### **#5607 ■ Dealing with Challenges When Working with Parents and Families**

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

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

**Tuesday, July 14**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#5416 ■ Navigating the Digital World: Helping Young People & Parents Understand the Impact of Social Media**

Young people today are maturing during a time when development is impacted by technology. This workshop will discuss the influence that social media has on social and emotional development from adolescence into emerging adulthood. The program will highlight the benefits and risks associated with social networking sites. Attendees will learn about the social media behaviors of young people and the impact this technology has on relationships. Clinicians will be provided with strategies to help young people and their parents navigate these rapidly changing platforms.

**\$129**  
**CE Hours: 5 Clinical**  
**Christine Caporuscio, LCSW**

**Wednesday, July 15**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#5500 ■ Advanced Techniques in Solution Focused Brief Therapy: Healing Through Generative Change**

Solution Focused Therapy has advanced from its inception in the 1970s from a behavioral, task oriented approach to a more advanced therapy based on the hypnotherapy techniques of Dr. Milton Erickson. This

advanced model utilizes premises, skills, and hypnotic processes that promote solution development on a deeper, unconscious level and tap into the client's own ability to generate change. This workshop will teach participants therapeutic coaching through advanced skills and processes in Ericksonian Solution Focused Therapy. Several creative Ericksonian processes that will be taught include: Journey Through the Book of Time, Flying Over and Through Trauma, The Evolving You, and Sparkling Moment Solution Development. Skills that will be presented include: joining through pacing, the use of trance states, trance induction, embedded storytelling, solution construction, self-hypnosis, creative visualization, and generative change. Familiarity with Solution Focused Brief Therapy is highly recommended prior to attending this workshop.

**\$129**  
**CE Hours: 5 Clinical**  
**Debra Castaldo, PhD, LCSW**

**Monday, July 20**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#5061 ■ Dealing With Angry Students and Tantrums Effectively**

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

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

**Tuesday, July 21**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, 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, July 22**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

#### **#5700 ■ Helping Couples Get the Love They Want**

Counseling couples can be the most challenging work of all. Do you ever find yourself working with couples and feeling like you have no idea what to do? Imago theory and skills will give you a clinical 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**  
**Thursday, July 23**  
**9:30 am – 3:30 pm**  
**390 George St, New Brunswick**

#### **#5202 ■ Through our Eyes: Children, Violence and Trauma**

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

**\$129**  
**CE Hours: 5 Clinical**  
**Brett Novick, MS, LMFT, CSSW**  
**Tuesday, July 28**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

#### **#5417 ■ Social Emotional Learning in Schools: Fun, Practical, and Engaging Activities for School-Based Counseling**

The goal of this workshop is to introduce new, fun, and innovative ways to engage students when working within a school setting where therapeutic resources are not always seen as a direct need. School-based counseling is not only a benefit, it is a necessity given our current societal conditions. Budget cuts and lack of resources sometimes leave children and young adults within schools with an unspoken gap that cannot be accessed through standardized assessments and programs. Participants in this workshop will learn to navigate these barriers and create fun, sustainable tools & resources using everyday items at no/low cost to create innovative games and resources they can use in schools with groups and individuals. Participants will learn practical, sustainable and engaging tools that can be immediately implemented that will inspire them to make counseling engaging and life-changing.

**\$129**  
**CE Hours: 5 Clinical**  
**Nancy Azevedo Bonilla, LCSW**  
**Thursday, July 30**  
**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. We know that



happiness is also one of the most effective health interventions. Clinicians 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, August 5**

**Time: 9:30am – 3:30pm**

**Octagon 10 Office Center, Parsippany**

### **#5710 ■ Somatic Therapy for Anxiety and Trauma**

This workshop will introduce clinicians to the method of Somatic Therapy. Somatic Therapy is an organic, body-oriented approach that releases traumatic shock. Expand your clinical toolbox and learn how to work with the nervous system in a manner which will ultimately reduce symptoms of anxiety and PTSD. Participants will learn how to practice basic Somatic Therapy skills, and how to help clients to negotiate symptoms of anxiety and trauma in their bodies. Participants will receive the benefit of observing a live demo SE session.

**\$129**

**CE Hours: 5 Clinical**

**Sara Kossove, LCSW, LCADC, ACSW**

**Friday, August 7**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5420 ■ Somatic Psychotherapy: Being and Treating Bodies in Talk Therapy**

What is Somatic Psychotherapy? If trauma is stored in the body, how do we help clients release it? What are our own bodies telling us during sessions? Drawing on Gestalt, Somatic Experiencing and more, we will explore these questions and gain an introduction to working with the body in talk psychotherapy.

**\$129**

**CE Hours: 5 Clinical**

**Jacob Winkler, LCSW, CGP**

**Tuesday, August 11**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5421 ■ Perinatal Mood & Anxiety Disorders: Diagnosis, Current Research, and Providing Effective Treatment**

Perinatal Mood and Anxiety Disorders (PMAD) occur in 1 in 5 pregnant mothers, and 1 in 7 new mothers. Experts agree that

this statistic may be drastically underestimated, as more than 80% of new moms don't seek help. Despite the pervasiveness of this diagnosis, most medical and mental health professionals receive very little education about maternal mental health. In this workshop, clinicians will gain an understanding of the range of PMAD diagnosis, risk factors for developing a PMAD, and the treatment available to new mothers. PMAD survivors will share their stories of recovery, and participants will apply treatment techniques in small groups. Attendees will leave armed with education and tools to support mothers' mental health during the perinatal and postpartum period.

**\$129**

**CE Hours: 5 Clinical**

**Jamie Segal Hanley, MS, LPC, ERYT-500**

**Friday, August 14**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5733 ■ Screen Smart Counseling: A Media-Age Guide for 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, August 24**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

## **General Workshops (nonclinical)**

### **#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. This workshop is being offered twice in different locations:

**\$129**

**CE Hours: 5 Ethics**

**Christine M. Heer, Esq., LCSW, DVS**

**Tuesday, April 14**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

**Thursday, June 4**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**Tuesday, June 16**

**9:30 a.m. – 3:30 p.m.**

**Rutgers School of Social Work, Camden**

### **#4955 ■ Parents and School Success**

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

**\$129**

**CE Hours: 5**

**Michael Katz, LCSW**

**Monday, April 20**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

**Thursday, July 9**  
9:30 a.m. – 3:30 p.m.  
Rutgers Eco Complex, Bordentown

### **#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 is being offered on two different dates and locations:

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

**Tuesday, April 28**  
9:30 a.m. – 3:30 p.m.  
St. Francis Community Center,  
Long Beach Twp.

**Thursday, April 30**  
9:30 a.m. – 3:30 p.m.  
10 Octagon Office Center, Parsippany

### **#5153 ■ LCSW/LSW Examination Preparation Course**

It is wise to do everything you can to pass the exam the first time. This popular interactive workshop will give participants the opportunity to learn test-taking strategies, practice test-taking with sample questions, and identify those content areas of the test where they have strengths as well as content areas where they need to improve their knowledge base. The workshop will include hands-on activities, practice test questions, discussions, PowerPoint presentations, and short lectures. This workshop will be offered on multiple dates and locations:

**\$129**  
Robert Hazlett, PhD, LCSW

**Saturday, May 2**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

*Note: This course is not eligible for CE Hours*

**Tuesday, May 5**  
9:30 a.m. – 3:30 p.m.  
Rutgers Eco Complex, Bordentown

*Note: This course is not eligible for CE Hours*

**Friday, May 15**  
9:30 a.m. – 3:30 p.m.  
School of Social Work, Camden

*Note: This course is not eligible for CE Hours*

### **#4205 ■ Human Trafficking—Protecting the Most Vulnerable**

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

**\$129**  
**CE Hours: 5**  
Sophia Jones, PhD

**Monday, May 4**  
9:30 a.m. – 3:30 p.m.  
Rutgers Eco Complex, Bordentown

### **#5422 ■ The Business Side of Therapy: How to Market, Brand and Sell Your Services by Being YOU**

Do you currently have your own practice or are you considering starting one? A huge component of creating your own business is marketing, causing the creative, heart-centered healing professional's eyes to glaze over when thinking about it! In this transformative workshop, we will get you excited about business strategy and marketing and at the same time give you the confidence and knowledge to understand what

steps you need to rock the entrepreneurial journey with heart. Understanding effective and authentic business practice is not only a form of self-care, it is vital when it comes to creating a sustainable business that can continuously grow for the long term. By the end of the workshop you will feel ignited, understanding the fundamental concepts and intuitive skills necessary to turn this passion into a profitable income, while honoring your needs, lifestyle and of course, your continuous stream of clients! \*Please note this practice-building workshop does not offer CE hours.

**\$129**  
**CE Hours: 0**  
Jen Mele, LCSW

**Friday, May 8**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

### **#4051 ■ Gang Identification: Trends in NJ Communities**

This powerful multimedia workshop will examine the basics of gang identification, including history, graffiti, hand signs, clothing, jewelry, and tattoos. The workshop will also discuss current and past trends with and within the gangs. Gang structure, gang wars, "set tripping," and "line tripping" will also be explored. Actual gang cases will be presented and the psychology of the gang member will be discussed.

**\$129**  
**CE Hours: 5**  
John (Jack) Farrell, LCSW

**Tuesday, May 12**  
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 clients, friends and family members who have different values, motivations and communication approaches.

**\$129**  
**CE Hours: 5**  
Larry Williams, MDiv

**Tuesday, May 12**  
9:30 a.m. – 3:30 p.m.  
Rutgers Eco Complex, Bordentown

### **#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 will be offered on two different dates and locations:

**\$129**

**CE Hours: 5 Ethics**

**Christine Heer, Esq., LCSW, DVS**

**Wednesday, June 10**

**9:30 a.m. – 3:30 p.m.**

**Rutgers School of Social Work Camden**

**Friday, June 12**

**9:30 a.m. – 3:30 p.m.**

**Octagon 10 Office Center, Parsippany**

### **#4073 ■ LGBT Issues and the Law**

Being lesbian, gay, bisexual or transgender often requires clients to view who they are and what their rights are as defined by law. A general understanding of what the law says is required in many situations, such as: legalizing or ending a relationship, housing, protecting civil rights in employment, and asserting one's rights when it comes to discrimination and hate crime victimization. This workshop will address what the helping professional needs to know when it comes to the New Jersey civil union and domestic partnership statutes, adoption law, the Law Against Discrimination and Hate Crimes Act, as well as the impact of Federal laws such as The Civil Rights Act, the Defense of Marriage Act, and the Employment Nondiscrimination Act, among other things. The participant will also learn who they can refer their client to and what kind of assistance is available to them, as well what changes are currently

pending to make New Jersey safer and more equal for LGBT clients. Knowledge of the law is not necessary as the presenter is committed to making law understandable for social workers and other helping professionals. This workshop does not qualify for NBCC clock hours in ethics.

**\$129**

**CE Hours: 5 Ethics OR**

**Social & Cultural Competence**

**Christine M. Heer, Esq., LCSW, DVS**

**Thursday, June 11**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

### **#4121 ■ Social Work Ethics: Dealing with Serious Practice Challenges**

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

**\$129**

**CE Hours: 5 Ethics**

**Shelly Wimpfheimer, DSW, LCSW, CSWM**

**Wednesday, June 17**

**9:30 am – 3:30 pm**

**Bergen County Department of Human Services, Hackensack**

### **#4951 ■ Developing Cultural Competence in a Multicultural Society**

Commitment to cultural competence is growing among healthcare professionals and providers. This interactive workshop will explore cultural competence from a global perspective and demonstrate how all healthcare professionals, specifically social workers, care managers and mental health professionals, can infuse cultural competence into their practice. The workshop will also challenge our ability to embrace cultural humility. While continuing on the journey toward cultural

competence, healthcare professionals must embrace the ongoing process of self-exploration and self-critique combined with a willingness to learn from others. This workshop will also provide comprehensive strategies to respond to the healthcare needs of a diverse population. The workshop will address different learning styles by including classroom discussion, individual and group activities. Participants will ultimately learn to utilize cross-cultural skill based approaches that can be applied universally.

**\$129**

**CE Hours: 5 Social & Cultural Competence**

**Sophia Jones, PhD**

**Friday, June 19**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#4219 ■ Creating a Risk Management Plan for Your Practice: A Review of Legal Statutes and Ethical Standards**

During this workshop the importance of creating a risk management plan for your practice will be emphasized to include an identification of risk, an acknowledgement of acceptable risk, while underscoring strategies to mitigate risk. The NJ State Board of Social Work Examiners will be reviewed, with attention given to professional liability and how practitioners can avoid malpractice lawsuits and charges of professional misconduct. In addition, an overview of NASW's Code of Ethics will be provided with a focus on boundary crossings vs. boundary violations. A review of best practices will be highlighted throughout the training.

**\$129**

**CE Hours: 5 Ethics**

**Patricia O'Dell, LCSW**

**Friday, June 19**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#4206 ■ Social Media: The Good, the Bad and the Ugly from a Social Work Perspective**

This workshop will examine the impact social media, music, and advertising have on today's society. Overexposure to certain media outlets can influence how people develop their value system and how they make decisions on moral issues and peer relationships. We know this to be particularly true with individuals who have experienced trauma and significant losses. By examining music, videos, and advertisement campaigns, we identify the negative impact

of imagery and subliminal messages, and discuss ways to help individuals identify why they make the choices they make online. We will explore how to increase media literacy by educating and empowering individuals to use critical thinking skills and to see the direct and unintended consequences associated with technology. The importance of legislative advocacy will also be discussed.

**\$129**

**CE Hours: 5 Social & Cultural Competence**  
**Qur-an Webb, MSW and**  
**Marcus Stallworth, LMSW**

**Friday, June 19**

**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-acceptance and self-compassion will hamper their motivation to succeed and reach their highest potential. Thus, few of us give ourselves the loving-kindness, forgiveness and acceptance we can freely give to a dear friend, a partner, a colleague or even a stranger. In fact, our self-talk is often riddled with self-criticism, self-doubt and continual comparison with unattainable images and standards. Current research is confirming that these long-held beliefs are myths that negatively affect our physical and emotional health. There is evidence 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 to practice techniques and exercises to cultivate self-compassion that they can teach to clients and use in their own lives.

**\$129**

**CE Hours: 5**

**Lori Schlosser, PhD**

**Friday, June 26**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5423 ■ Fatherhood Engagement and Social Connections**

This workshop focuses on the importance of engaging fathers and father figures in practice. The goal is to change our practice from being “Mother Focused” into the “Full

Family Engagement Model”. Involving fathers, father figures, and paternal relatives can optimize outcomes in your cases and is strongly linked to good case decision-making practices. The workshop will provide information to help eliminate personal and professional barriers that interfere with father involvement. There will be breakout sessions to provide information on co-parenting, engaging mothers as gatekeepers, legal rights concerning child support and paternity, young fatherhood parenting, and empowering fathers.

**\$129**

**CE Hours: 5 Social & Cultural Competence**  
**Qur-an Webb, MSW and**  
**Marcus Stallworth, LMSW**

**Friday, July 17**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#4923 ■ Safety in Practice**

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

**\$129**

**CE Hours: 5**

**Rob Mann, LCSW**

**Monday, July 27**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#4143 ■ Termination of Parental Rights: A Legal Perspective**

This workshop will discuss the complex matter of taking away a parent's rights. In particular the workshop will examine the law, processes and the cases involved in the termination of parental rights. Participants will develop an understanding of child abuse/neglect proceedings and the termination process including the grounds for termina-

tion and the standard of proof required for termination through case studies. The workshop will also review the use of evaluations in determining the fitness of a parent.

**\$129**

**CE Hours: 5**

**Ed Tetelman, Esq.**

**Tuesday, August 4**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#4423 ■ Ethical Social Work Practice in the Digital Age**

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

**\$129**

**CE Hours: 5 Ethics**

**David Barry, JD, MSW, LSW**

**Friday, August 7**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**Saturday, August 29**

**9:30 a.m. – 3:30 p.m.**

**Atrium, Somerset**

## **Addictions**

### **#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 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**

**Friday, April 24**

**9:30 a.m. – 3:30 p.m.**

**Acenda Integrated Health, Glassboro**

### **#5229 ■ What does Recovery Look Like? Understanding Recovery Through a Person Centered Lens**

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

**\$129**

**CE Hours: 5 Clinical**  
**Elaine Edelman, PhD, LCSW**

**Wednesday, May 13**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5041 ■ The Link between Trauma and Substance Abuse: Causes, Signs, and Treatment Indications**

This workshop is designed to educate both the substance abuse counselor and mental health professional on the prevalence of substance abuse and Post-Traumatic Stress Disorder, and the importance of cross education for themselves to ensure the best outcomes for their client. The workshop begins with an overview of the history of specific populations who are most often diagnosed with both disorders and the poor treatment outcomes when the attempt is made to treat each separately and not concurrently. The chemical reactions created by both traumatic stress and substance abuse



are discussed and the research linking them. Finally, some successful treatment models are discussed with experiential exercises participants can use in early stages and later treatment with this population.

**\$129**

**CE Hours: 5 Clinical**  
**Megan Sullivan, LPC, LCADC**

**Tuesday, May 19**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, 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 opioids, and synthetic opioids will be discussed. Participants will also be introduced to another drug that is similar to, yet distinct from, opioids – Kratom. Participants will be able to identify national and local NJ trends with regards to prescribing practices and new legislation, opioid overdoses and trends with opioid use. Participants will be able to distinguish the difference between which drugs are considered naturally occurring opiates, which are considered semi-synthetic opioids and which are considered synthetic opioids. Participants will be introduced into the assessment of and treatment of Opioid Use Disorders via the DSM 5 criteria,

the latest nationally recognized medicated assisted treatment and the non-medication assisted treatment approaches when working with clients. Finally, participants will discuss potential issues that may exist relating to a person being on any medicated assisted treatment while in the workplace.

**\$129**

**CE Hours: 5 Prescription Opioid Drugs**  
**Glenn Duncan LPC, LCADC, CCS, ACS**

**Wednesday, May 27**

**9:30 a.m. – 3:30 p.m.**

**St. Francis Community Center  
Long Beach Twp.**

**Tuesday, June 9**

**9:30 a.m. – 3:30 p.m.**

**Bergen County Department of  
Human Services, Hackensack**

**Tuesday, June 16**

**9:30 a.m. – 3:30 p.m.**

**Octagon 10 Office Center, Parsippany**

**Thursday, July 9**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**Friday, July 10**

**9:30 a.m. – 3:30 p.m.**

**Acenda Integrated Health, Glassboro**

### **#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.

**\$129**  
**CE Hours: 5 Clinical, Ethics**  
**Glenn Duncan LPC, LCADC, CCS**

**Thursday, June 11**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#4208 ■ Working with Substance Abuse Risk Factors and Male Survivors of Sexual Violence**

Sexual violence is a serious problem that affects millions of people every year. Sexual violence is any sexual act that is forced against someone's will and covers a broad range including and not limited to harassment, cyberspace/internet abuse, stalking, interpersonal violence, molestation, incest, rape and murder. This workshop will address how incidents of male sexual assault continue to be under reported and the after effects of abuse minimized and or not disclosed in the histories of male clients. Additionally the trauma of sexual assault may more than double the risk of substance abuse for survivors. Individuals with a history of sexual trauma need to receive treatment in a safe and supportive environment that is trauma sensitive. Through lecture, case study, group discussion and role play, participants will gain a better understanding on how to create a safe environment for men with a history of trauma, identify treatment issues specific to male clients, learn how to assist clients in early recovery, and when to make appropriate referrals.

**\$129**  
**CE Hours: 5**  
**Philip McCabe, CSW,CAS,CDVC,DRCC**

**Monday, June 15**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers Eco Complex, Bordentown**

### **#4103 ■ Current Drug Trends and Emerging Drugs of Abuse**

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

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

**Wednesday, June 17**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### **#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. Interactive 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.

**\$129**  
**CE Hours: 5**  
**Glenn Duncan LPC, LCADC, CCS, ACS**

**Thursday, June 18**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#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, NCADC**

**Friday, June 19**  
**9:30 a.m. – 3:30 p.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, July 10**

**9:30 a.m. – 3:30 p.m.**

**Rutgers School of Social Work, Camden**

### **#4050 ■ Cognitive Behavioral Therapy in Treatment of Substance Use Disorders**

The Cognitive-Behavioral Therapy in Treatment of Substance Use Disorders training is a clinical workshop that reviews Cognitive-Behavioral Therapy theory and interventions. The thought-feeling-action model of cognitive therapy will be discussed in the context of substance use. The workshop builds on foundational knowledge and incorporates clinical considerations and specific interventions in treatment of Substance Use Disorders. The workshop focuses on core cognitive and behavioral interventions while adding elective therapeutic components to customize treatment for clients. The workshop targets clinicians who provide individual substance use treatment. Training experience will be highly interactive with ample opportunity for learning and refining skills through role-play, demonstration, and a mock case-conceptualization exercise.

**\$129**

**CE Hours: 5 Clinical**

**Bernard Showers, LCSW**

**Friday, July 24**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

## **Adoption**

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

### **#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, April 2**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5980 ■ Preparing Children for Adoption**

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

**\$129**

**CE Hours: 5 Clinical**

**Rebecca Gallese, LCSW**

**Wednesday, April 8**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

### **#5957 ■ Strategies for Managing Behaviors in Adoptive Families**

The primary focus of work with traumatized children is to teach and support them to learn new ways of effectively managing their emotions and behaviors. In this interactive/skill based workshop, clinicians will explore strategies to: Increase a child's sense of safety assist adoptive parents to anticipate, prepare and 'trouble-shoot' transitions and change

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

**\$129**

**CE Hours: 5 Clinical**

**Rebecca Gallese, LCSW**

**Thursday, April 30**

**9:30 a.m. – 3:30 p.m.**

**Middlesex Regional Educational Services Commission, Piscataway**

**CERTIFICATE REQUIREMENT**

### **#5979 ■ Living as a Multicultural Family: An Adoptive Family Perspective**

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

**\$129**

**CE Hours: 5 Clinical,**

**Social & Cultural Competence**

**Stefani Moon, MA, LPC**

**Wednesday, May 6**

**9:30 a.m. – 3:30 p.m.**

**Octagon 10 Office Center, Parsippany**

### **#5978 ■ Conceptualizing Crisis Intervention When Working with Adoptive Families**

This workshop clearly presents the therapeutic nuances that must be comprehended when helping adoptive families work through crisis. Roberts' Seven-Stage Model of Crisis Intervention is used as the framework for presenting adoption specific information. Participants will come away with a strong grasp of crisis intervention, adoption and trauma. In addition, the workshop empha-

sizes preliminary understanding and skill building of attachment specific therapy techniques.

**\$129**  
**CE Hours: 5 Clinical**  
**Pat Carter-Sage, M.Ed, NCC, LPC**

**Monday, May 18**  
**9:30 a.m. – 3:30 p.m.**  
**Middlesex Regional Educational Services Commission, Piscataway**

**CERTIFICATE REQUIREMENT**

### **#5955 ■ Family-Focused Therapy for Post-Institutionalized Children**

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

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

**Thursday, June 4**  
**9:30 am – 3:30 pm**  
**Middlesex Regional Educational Services Commission, Piscataway**

**CERTIFICATE REQUIREMENT**

## **Case Management**

**Note:** All workshops in the Case Management Certificate are open to be taken individually or as part of the certificate program. See page 6 for details.

### **#4515 ■ Trauma Informed Person Centered Care**

As various systems, including mental health and criminal justice services, strive to support those we work with to achieve their goals, we are regularly faced with challenging behaviors from our clients that often appear to be self-defeating. Difficulty identifying life goals, knowing the steps to achieve those goals, and managing anxiety and self-doubt as they move forward, is a particular challenge for trauma survivors who have often adjusted to lifestyles and coping skills that are, at times dangerous, and only enable them to survive and not thrive. Important concepts such as “learned helplessness” and “fight or flight” can assist helping professionals understand the origins of how our clients

move through their lives, often unaware of how to break free from dysfunctional coping strategies. Using a person centered approach, along with motivational interviewing strategies, this workshop aims to help workers understand trauma informed care in action, and turn that understanding into strategies of empowerment.

**\$129**  
**CE Hours: 5 Clinical**  
**Elaine Edelman, PhD, LCSW and Larry Hochwald, CPRP**

**Tuesday, April 28**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#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**

**Thursday, April 30**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers Eco Complex, Bordentown**

**CERTIFICATE REQUIREMENT**

### **#4504 ■ Building the Helping Relationship**

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

**\$129**  
**CE Hours: 5**  
**John Kriger, MSM, CADC, CPS**

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

**Tuesday, May 5**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

**CERTIFICATE REQUIREMENT**

### **#4507 ■ Working with Kids and Families in Crisis**

This workshop will provide information on working with children and families in crisis. Participants will learn a theoretical as well as practical framework applicable to working with kids and families. This workshop will cover: assessment of the youth and family, identification of potential crisis triggers, maintaining professional boundaries, identifying warning signs that a youth or family is heading into crisis, strategies that can remediate the situation or avoid a crisis, de-escalation techniques. We will also cover how to prevent crisis by building rapport and developing a helping relationship to engage the youth and family in the counseling process.

**\$129**  
**CE Hours: 5 Clinical**  
**Karen McGrellis Mihatov, MA, LPC, CTS, DRCC, MPA**

**Friday, May 8**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

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

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

**\$129**  
**CE Hours: 5**  
**John Kriger, MSM, CADC, CPS**

**Wednesday, May 13**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers Eco Complex, Bordentown**

**CERTIFICATE REQUIREMENT**

### **#4533 ■ Cultural Competency in Case Management**

This presentation focuses on the importance of cultural competency when working in social services with culturally diverse popula-

tions. The workshop will allow participants to identify their own culture and ethnicity and discover the difference between culture and ethnicity. The difference between cultural sensitivity, cultural diversity and cultural competence will be discussed. The DSM-5 Appendix I for cultural formulation and culture bound syndromes will be discussed to include three syndromes as examples. Resources available in New Jersey for cultural competence will be discussed and contact information made available. The materials used are a PowerPoint presentation with handouts and an individual and group activity.

**\$129**  
**CE Hours: 5 Social & Cultural Competence**  
**Mayte Redcay, LCSW, LCADC, SAP**

**Wednesday, June 10**  
**9:30 a.m. – 3:30 p.m.**  
**St. Francis Community Center, Long Beach Island, NJ**

### **#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, June 12**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

## **Child/Adolescent Mental Health**

***Note:** All workshops in the Child/Adolescent Mental Health Certificate are open to be taken individually or as part of the certificate program. See page 7 for details.*

### **#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 and effective manner.

**\$129**  
**CE Hours: 5 Clinical**  
**Debbie Mann, LCSW**

**Tuesday, April 21**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### **#5651 ■ Principles of Differential Diagnosis in Adolescents**

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

**\$225**  
**CE Hours: 10 Clinical**  
**Janis Falvey, LPC**

**Mondays, May 4 and 11**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

**CERTIFICATE REQUIREMENT**

### **#5029 ■ Communicating With Adolescents, Speaking Their Language**

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

**\$129**  
**CE Hours: 5 Clinical**  
**Debbie Mann, LCSW**

**Tuesday, June 9**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### **#5650 ■ Normality or Pathology: An Exploration of Child Development and Mental Health**

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

**\$129**  
**CE Hours: 5 Clinical**  
**Tawanda Hubbard, DSW, LCSW**

**Wednesday, June 10**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers Eco Complex, Bordentown**

**CERTIFICATE REQUIREMENT**

### **#5652 ■ Psychopharmacology with Children and Adolescents**

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

**\$129**  
**CE Hours: 5 Clinical**  
**Megan Maroney, PharmD, BCPP**

**Thursday, June 11**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers Eco Complex, Bordentown**

Thursday, July 23  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

#### CERTIFICATE REQUIREMENT

### #5670 ■ Understanding Child Development through a Cultural Lens

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

**\$129**  
**CE Hours: 5 Clinical, Social & Cultural Competence**  
Tawanda Hubbard, DSW, LCSW

Wednesday, June 17  
9:30 a.m. – 3:30 p.m.  
Rutgers Eco Complex, Bordentown

### #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

Wednesday, June 17  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

### #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.

**\$129**  
**CE Hours: 5 Clinical**  
Tawanda Hubbard, DSW, LCSW

Wednesday, July 8  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

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

Secure attachment has been found to be associated with better social, emotional, and behavioral outcomes of children. Maternal sensitivity is thought to be a major contributor to the development of a secure attachment. This workshop will provide participants with an introduction to attachment theory and its relevance to clinical practice with at risk children and their families. Important contributors to attachment theory, as well as their research will be reviewed, 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**  
Tawanda Hubbard, DSW, LCSW

Thursday, August 6  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

*For other workshops relevant to working with youth see also: Clinical workshops page 10, General workshops page 18.*

## Clinical Supervision

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

### #5305 ■ Core Issues in Clinical Supervision

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

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

Wednesday, April 29  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

### #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

Wednesday, May 6  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

### #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,

tion 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

**Wednesday, May 13**  
**9:30 a.m. – 3:30 p.m.**  
390 George Street, New Brunswick

### #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 supervisor's knowledge regarding liability. This workshop does not qualify for NBCC clock hours.

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

**Wednesday, May 20**  
**9:30 a.m. – 3:30 p.m.**  
390 George Street, New Brunswick

## Complex Trauma Mini-Certificate

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

four day sequence, working closely in small groups for maximum participation.

### #8886 ■ Mini-Certificate in Complex Trauma

#### A Five-Session Series

**\$750**  
**CE Hours: 25, Clinical**  
Monica Indart, PsyD

**Wednesdays, May 6, 13, 20, 27, June 3**  
390 George Street, New Brunswick

## Developmental Disabilities

*Note: All workshops in the Developmental Disabilities Certificate are open to be taken individually or as part of the certificate program. See page 7 for details.*

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

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

**\$129**  
**CE Hours: 5**  
Colleen McLaughlin, MEd

**Wednesday, April 22**  
**9:30 a.m. – 3:30 p.m.**  
The Boggs Center, New Brunswick

#### CERTIFICATE REQUIREMENT

### #3009 ■ Growing Old Together: Aging and Family Caregiving

This workshop explores the aging process as it impacts the functional ability and cognition of individuals with developmental disabilities. Particular attention will be paid to the cumulative impact of a shared aging trajectory between many adult children with developmental disabilities and their parents.

Participants will be engaged in an interactive examination of current trends in health care, service systems, caregiver supports, and end-of-life issues particular to persons with developmental disabilities and their family members and caregivers.

**\$179**  
**CE Hours: 5**  
Margaret Gilbride, JD, CT

**Wednesday, May 6**  
**9:30 a.m. – 3:30 p.m.**  
The Boggs Center, New Brunswick

#### CERTIFICATE REQUIREMENT

### #3034 ■ Children's Mental Health and Developmental Disabilities

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

**\$129**  
**CE Hours: 5 Clinical**  
Phillip Smith, PhD

**Wednesday, May 20**  
**9:30 a.m. – 3:30 p.m.**  
The Boggs Center, New Brunswick

### #3020 ■ Employment, Sexuality, and Other Trending Topics in Adulthood

The objective of this workshop is to provide an overview of critical issues relevant to adults with disabilities and those that support them. Participants will explore the concept of ableism and how it affects the lives of people with developmental disabilities, with a particular focus on employment and sexuality. Current policy issues and related advocacy movements will be discussed as well as information about how one can support adults with disabilities in ways that affirm and prioritize the personal agency of the individual.

**\$129**  
**CE Hours: 5 Social & Cultural Competence**  
Bethany Chase, MSW, LSW

**Wednesday, June 3**  
**9:30 a.m. – 3:30 p.m.**  
The Boggs Center, New Brunswick

### #3008 ■ Starting Out: From Diagnosis through Early Childhood

Involvement with service systems for individuals with developmental disabilities begins for many families when their children are infants, toddlers, and preschoolers. Families'

experiences with early intervention and early childhood special education services set the tone for their participation with service systems throughout their children's upbringing. In this workshop, participants will be presented with an overview of New Jersey's Early Intervention and Early Childhood Special Education Systems, including the process of identification and referral, evaluation, program planning, delivery of services, and transition. The roles of social workers and the rights of families under each system will also be highlighted.

**\$129**

**CE Hours: 5 Social & Cultural Competence**  
**Carrie Coffield, PhD**

**Thursday, June 11**

**9:30 a.m. – 3:30 p.m.**

**The Boggs Center, New Brunswick**

**CERTIFICATE REQUIREMENT**

### **#3005 ■ Multicultural Perspectives in Developmental Disabilities**

In this workshop participants will learn about ways for exploring and discovering the values and belief systems that shape the behavior of various ethnic groups, and the ways that various cultures approach the understanding of disabilities, services, and supports. The focus will be on helping participants understand the ways that culture impacts their own identity and that of people they serve. We will explore ways that a commitment to cultural competence is crucial for effective relationships with people in many areas of concern and practice. The workshop will also examine some of the major ethnic groups in New Jersey and strategies/resources for interaction with those communities.

**\$129**

**CE Hours: 5 Social & Cultural Competence**  
**Shellyann Dacres, MA**

**Thursday, July 16**

**9:30 a.m. – 3:30 p.m.**

**The Boggs Center, New Brunswick**

**CERTIFICATE REQUIREMENT**

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

The purpose of this workshop is to provide participants with tools and resources for understanding why behavior patterns form and how to select and plan for interventions. Workshop content will focus on three topics: (1) assessing behavior patterns; (2) developing a competing pathway for intervention

planning; and (3) intervention implementation and progress monitoring. Participants will apply the information through various activities and use of a case study. Participants will have electronic access to all tools and resources for use in their district.

**\$129**

**CE Hours: 5 Clinical**  
**Sharon Lohrmann, PhD**

**Tuesday, July 21**

**9:30 a.m. – 3:30 p.m.**

**The Boggs Center, New Brunswick**

## **Eating Disorders & Issues**

### **#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, April 14**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

### **#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, May 7**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#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, June 20**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#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, June 27**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

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

Eating disorders and OCD are 2 extremely complicated illnesses and often times, their symptoms overlap. The eating disorder client obsesses about calories and compulsively ex-

ercises. The Obsessive Compulsive client can present as a 16 yr. old who obsesses about eating clean but doesn't necessarily fit criteria for an eating disorder. Understanding in detail both of these disorders and their overlap can greatly impact treatment. This workshop will illustrate the complexities in these 2 disorders especially when they occur together. The workshop will utilize case material, role plays, interactive exercises and lecture.

**\$129**  
**CE Hours: 5 Clinical**  
**Suzanne Rubinetti, LCSW**

**Friday, July 24**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### **#5488 ■ Mothers, Daughters and Food: Understanding Disordered Eating**

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

**\$129**  
**CE Hours: 5 Clinical**  
**Suzanne Rubinetti, LCSW**

**Wednesday, August 5**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

## **Family Therapy**

### **#5267 ■ Introduction to Internal Family Systems: "Parts Work" for Treating Depression, Anxiety, Trauma and Substance Abuse**

Many family therapy models have been effective in promoting positive client outcomes. However, using an integrated approach of family therapies sheds a new view light on theory of change. This workshop integrates Structural Family Therapy conceptualization, Solution-Focused Therapy techniques, and Narrative Therapy attitudes

of empowerment. This workshop will discuss the clinician's role in change, the connection between family therapy theories and general systems theory, self-of-the-therapist issues, and issues of multiculturalism/diversity.

**\$129**  
**CE Hours: 5 Clinical**  
**Michelle Lepak, LCSW**

**Friday, April 24**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### **#5430 ■ Introduction to Systemic Family Therapy Models**

Moving from an individual approach to a family systems approach in therapy can be challenging and uncomfortable for clinicians who have not studied systemic family therapy extensively. This workshop introduces the participant to practice with family systems, with an emphasis on internal dynamics, roles, interactions, and multi-generational patterns of the family system. The major theoretical approaches in systemic family therapy will be covered, including Bowenian, Structural, Strategic, Narrative, Reflecting Team, and Solution Focused Brief Family models. This workshop will utilize a variety of learning modalities, including experiential exercises, role plays, and video.

**\$129**  
**CE Hours: 5 Clinical**  
**Debra Castaldo, PhD, LCSW**

**Monday, May 11**  
**9:30 a.m. – 4:00 p.m.**  
**390 George Street, New Brunswick**

## **Bowen Family Systems**

***Note:** All workshops listed below are part of the Clinical Certificate in Bowen Family Systems Theory-Basic Program. Workshops can be taken individually or as part of the Institute-Level Program. If you are interested in the Institute-Level Program please see page 6 for details.*

### **Clinical Certificate in Bowen Family Systems Theory — Basic Program**

*10 Monthly Workshops:*  
September 2020 – June 2021

*Two Levels:*

**\$2500 ■ Institute-Level Program** with Certificate. By application only (includes supervision and certificate) — download the application from [socialwork.rutgers.edu/bowen](http://socialwork.rutgers.edu/bowen)

**\$129 ■ Single Workshop(s).** Sign up for any workshop below at any time. No application and no supervision participation requirements. Up to three (3) workshops in the year immediately before Institute-Level Program enrollment may be counted towards the Institute-Level Program requirements

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

A child’s degree of relationship dependence is a product of forces that promote and undermine that child’s emotional separation from the family. According to Bowen family systems theory, when parent and child functioning promotes emotional separation, the emotional maturity level is maintained between generations. When their functioning undermines separation, parental generation immaturity is transmitted to the next generation. Family Projection Process, a Bowen theory concept, describes how parents instill part of their immaturity into children. Typically, the parent becomes less anxious by focusing on one or more of their children. Their partner, sensitive to the caregivers’ anxiety, supports their involvement with these children. Projection process steps are explored where a parent: (1) focuses on a child fearing something is wrong with that child; (2) interprets the child’s behavior as confirming that fear; and (3) treats the child as if something is really wrong with that child.

**\$129**  
**CE Hours: 5.5 Clinical**  
**Charles M. White, LCSW, LCADC and Ellen Rogan, DNP, APN**

**Saturday, March 14**  
**9:30 a.m. – 4:00 p.m.**  
**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

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

Emotional Cutoff, a Bowen family systems theory concept, describes how unresolved emotional issues with parents, siblings, and other family members are managed by reducing or totally cutting off emotional contact with them—moving away and rarely going home or by staying in physical contact but avoiding sensitive issues. “Escaping” their families-of-origin and determined to be differ-

ent, they invest strongly in their “new” families or develop substitute families with friends or organizations—investing much more emotionally in them than their families-of-origin. While a cutoff may relieve immediate pressure and lower anxiety, the vulnerability to intense relationships remains—making it likely a more intense version of the past (or its mirror image) is replicated in the present. Covering cutoff origins and consequences, this workshop also explores how bridging cutoffs provides a path out of recreating the past in the present nuclear family while reducing anxiety and improving personal and relationship functioning.

**\$129**  
**CE Hours: 5.5 Clinical**  
**Charles M. White, LCSW, LCADC & Ellen Rogan, DNP, APN**

**Saturday, April 4**  
**9:30 a.m. – 4:00 p.m.**  
**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

### **#5467 ■ Getting Beyond Blaming Self or Others—Becoming Factual about 500 Pound Gorilla Multigenerational Patterns**

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

**\$129**  
**CE Hours: 5.5 Clinical**  
**Charles M. White, LCSW, LCADC & Ellen Rogan, DNP, APN**

**Saturday, May 2**  
**9:30 a.m. – 4:00 p.m.**  
**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

### **#5469 ■ Emotional Process in Society—How it Promotes Regressive & Progressive Periods and its Influence on Families**

Societal Emotional Process, a Bowen concept, describes how both progressive and regressive periods in societies are strongly influenced by an emotional system operating on a societal level. During regressive periods

societies and their leaders tend to take easy ways out for addressing challenging issues and it is not until the pain associated with these short-term strategies begins to exceed the pain associated with acting on long-term views that societies emerge into progressive periods. This workshop will explore the challenges for families as parents attempt to raise children in periods of societal regression compared to raising children in more progressive periods.

**\$129**  
**CE Hours: 5.5 Clinical**  
**Charles M. White, LCSW, LCADC & Ellen Rogan, DNP, APN**

**Saturday, June 6**  
**9:30 a.m. – 4:00 p.m.**  
**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

## **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 the Gerontology Certificates are open to be taken individually or as part a certificate program. See page 8 for details.*

### **Basic Certificate Program in Gerontology**

#### **#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, DSW, LCSW**

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

### **#1124 ■ Ethics Essentials in Geriatric Care**

Participants will learn to recognize ethical dilemmas in both every day and biomedical situations, especially those dilemmas commonly arising in geriatric care, and will practice methodologies for ethical decision-making. Topics will include ethical principles and values, best practices for advanced directives, weighing benefits and burdens, substituted judgment, ethics committees, and the NJ POLST: Practitioners Orders for Life-Sustaining Treatments. This workshop does not qualify for NBCC clock hours.

**\$129**  
**CE Hours: 5 Ethics**  
Robin Bacon Hoffman, MDiv, ThM

**Friday, May 1**  
9:30 a.m. – 3:30 p.m.  
Parker at Monroe, Monroe Township

### **#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

**Tuesday, May 12**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

### **#1161 ■ Memory Care Innovation: Practical Tools, Tips, Techniques and Approaches**

Step into the world of Memory Care. This interactive workshop will offer participants the opportunity to gain a better understanding of dementia. Practical and person directed approaches to caring for someone with dementia will be shared. Participants will learn

how to apply behavioral analysis methods to understand and effectively manage dementia related behavioral expressions utilizing non-pharmacological approaches. Engaging with and celebrating the uniqueness of persons with dementia at all stages will be highlighted throughout the day.

**\$129**  
**CE Hours: 5**  
Marcy Salzberg, MSW, LSW, CDP

**Thursday, May 21**  
9:30 a.m. – 3:30 p.m.  
Parker at Monroe, Monroe Township

### **#1130 ■ The Secret Life of Hoarding**

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

**\$129**  
**CE Hours: 5 Clinical**  
Robin Wiley, DSW, LCSW

**Friday, June 5**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

### **#1004 ■ Practical Case Management with Older Adults**

Case Management practice is based on two important principles. The first involves respect and support for independence. The second involves the principle of using the least restrictive alternative in helping clients with lifestyle changes. You will learn practical skills such as: 1) making realistic plans with the client; 2) determining the frequency and nature of client contacts needed to implement the case plan; 3) using existing support systems; 4) addressing cultural and ethnic factors; 5) ongoing assessment; 6) networking effectively with other agencies; 7) clarifying respective roles; and 8) scheduling case management time and case recording.

**\$129**  
**CE Hours: 5**  
Judith Parnes, LCSW

**Thursday, June 18**  
9:30 a.m. – 3:30 p.m.  
Parker at Monroe, Monroe Township

### **CERTIFICATE REQUIREMENT**

### **#1002 ■ Coping with Functional Loss and Environmental Changes**

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

**\$225**  
**CE Hours: 10**  
Melissa Chalker, LSW

**Wednesdays, August 5 and August 12**  
9:30 a.m. – 3:30 p.m.  
Parker at Monroe, Monroe Township

### **CERTIFICATE REQUIREMENT**

### **#1139 ■ Medical Aid in Dying: The Basics**

In August of 2019, the NJ Medical Aid in Dying for the Terminally Ill Act (MAID) took effect. MAID allows an adult New Jersey resident, who has the capacity to make health care decisions and who has been determined to be terminally ill, to obtain medication to self-administer to end their life. This workshop will examine the details and ethical implications of the law for both patients and providers. We will explore the roles that social workers, care managers and others may play as patients seek to access medical aid in dying. These roles could include capacity evaluations, assistance in finding providers participating in MAID, counseling on end-of-life care alternatives, witnessing documents, and attending deaths. We will also review the data on assisted dying in Oregon, which may help to guide our own work. This workshop does not qualify for clock hours in ethics.

**\$129**  
**CE Hours: 5 Ethics**  
Robin Bacon Hoffman, MDiv, ThM

**Thursday, August 20**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

## Advanced Certificate Program in Gerontology

### #1090 ■ Understanding and Improving Relationships in Later Life

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

**\$129**

**CE Hours: 5 Clinical**  
**Donna Gapas, LCSW**

**Friday, April 3**

**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**

**Monday, April 20**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

### #1103 ■ End-of-Life Issues

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

**\$129**

**CE Hours: 5 Social & Cultural Competence**  
**Robin Bacon Hoffman, MDiv, ThM**

**Wednesday, April 29**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

**CERTIFICATE REQUIREMENT**

### #1023 ■ Ethnogeriatrics: Working with Older Adults of Various Cultures

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

**\$129**

**CE Hours: 5 Social & Cultural Competence**  
**Donna Gapas, LCSW**

**Friday, May 15**

**9:30 a.m. – 3:30 p.m.**

**Parker at Monroe**

**CERTIFICATE REQUIREMENT**

### #1126 ■ Promoting Wellness in Older Adults

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

**\$129**

**CE Hours: 5 Social & Cultural Competence**  
**Robin Bacon Hoffman, MDiv, ThM**

**Wednesday, June 24**

**9:30 a.m. – 3:30 p.m.**

**Mercer County Family Support Organization, Hamilton**

### #1133 ■ The Silver Wave: Medication Use in Older Adults

Over the next 25 years, it is expected that individuals greater than 65 years of age will become 20% of the US population. The impact this population shift will have on our social, healthcare, and safety net systems is immense. And, as the US population lives longer, drug therapy, the most common modality to treat, cure, prevent, and palliate disease, will only become more prolific and complex. In this interactive workshop, participants will explore the most common classes of medications used in older adults. Indications, contraindications, drug interactions, and safe handling of select agents will be reviewed using case-based teaching strategies. By the conclusion of the workshop, each participant will be able to identify medication red flags during a client home visit and implement steps to ensure patient safety and optimal outcomes.

**\$129**

**CE Hours: 5**

**Mary Bridgeman, PharmD, BCPS, BCGP**

**Tuesday, July 14**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

## Certificate Program in Senior Services Management

The required workshop offered this semester is **#1036 “Ethical Dilemmas in Working with Older Adults”** (see page 33). Also, **#7153 “Management of Budgeting and Finance”** (see page 35) is being offered this semester.

Electives can be selected from all elective workshops under the Gerontology or Non-profit and Public Management Programs and the one below:

## Certificate Program in Senior Housing Issues

The required workshop offered this semester is: **#1036 “Ethical Dilemmas in Working with Older Adults”** (see page 33). More required workshops will be offered in the fall of 2020.

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

## Mini-Certificate in Mindfulness Across the Lifespan

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

### #4162 ■ East and West Converge in the Present Moment: How Mindfulness Practice Activates Innate Healing and Happiness

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

\$129

CE Hours: 5

Lori Schlosser, PhD

Friday, May 15

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

### #4182 ■ Mindfulness Practice for Children: Keys to Success in the Age of Distraction

The latest research in teaching mindfulness to children demonstrates that they experience better focus and concentration, increased patience and frustration toler-

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

\$129

CE Hours: 5

Lori Schlosser, PhD

Friday, May 29

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

### #4765 ■ Mindfulness and the Teenage Brain

Current research in neuroscience is giving us a better understanding of the teenage brain. The changes that occur in brain circuitry during this period offer fertile opportunities for creativity and growth, while also creating risks for impulsivity and dangerous behavior. Mindfulness practices show great promise in giving teens powerful tools to navigate this important life stage, and a rewarding adulthood, as well.

This workshop provides participants with information on the latest research regarding the developing teenage brain, followed by experiential practice in mindfulness exercises that are specifically designed for use with adolescents.

\$129

CE Hours: 5

Lori Schlosser, PhD

Friday, June 12

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

### #4946 ■ Senior Moments Redefined: Mindfulness Practices for Older Adults and Their Caregivers

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

\$129

CE Hours: 5

Lori Schlosser, PhD

Friday, June 19

9:30 a.m. – 3:30 p.m.

Rutgers Eco Complex, Bordentown

## Nonprofit and Public Management

**Note:** All workshops in the Nonprofit and Public Management Certificate are open to be taken individually or as part of 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.

### #8162 ■ Grant Writing Essentials

This introductory workshop on grant writing covers strategies to effectively pursue funding with federal, state, and local government agencies; corporate philanthropy; private foundations; and high net worth individuals. Participants will learn: 1) What does a grant proposal look like?; 2) Reasons why most grant proposals fail; 3) The role of research in grant writing; 4) Development of effective problem statements; 5) Basics on matching funds; 6) Grant writing technical issues such as length & format; 7) eGrant basics; 8) How

much time to allocate to proposal writing; 9) Characteristics of a good proposal including sample grant proposals. This workshop will also take participants inside the state and federal (RFP) Request for Proposal grant writing process. Participants will learn: how to search for government funding; gain a look inside the federal RFP process; grant writing best practices; grant writing strategies; and what to do when you are awarded a grant.

\$225

CE Hours: 10

Ronald Quincy, PhD

**Saturdays, April 4 and 11**  
**Time: 9:30 am – 3:30 pm**  
**390 George St, New Brunswick**

### **#8161 ■ Fundraising Essentials**

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

**\$129**  
**CE Hours: 5**  
**Shelly Wimpfheimer, DSW, LCSW, CSWM**

**Tuesday, May 19**  
**9:30 a.m. – 3:30 p.m.**  
**Vantage Health Systems, Dumont, NJ**

### **#7153 ■ Management of Budgeting and Finance**

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

**\$129**  
**CE Hours: 5**  
**Raymond S. Mayers, PhD and Fontaine Fulghum, PhD**

**Thursday, June 4**  
**9:30 am – 3:30 pm**  
**Rutgers Eco Complex, Bordentown**

#### **CERTIFICATE REQUIREMENT**

### **#7688 ■ Trauma Informed Programs: A Forum for Agency Planning and Change**

This workshop is designed for program administrators, supervisors and individuals who have a desire to develop a trauma informed care setting, and who can affect systems change within their agency. We will set a foundation for systems change by reviewing how trauma impacts those we serve. Participants will review and utilize the elements of a trauma informed system of care as we perform an agency self-assessment of staff and program readiness to incorporate trauma into the treatment milieu. Through both small and large group discussion, we shall share strategies and boost your potential to create growth within your agency. Because sustainability is always a factor with change, we will develop plans to identify the trauma champions within your program structure who will provide that reinforcement and accountability. An important part of the process, we shall also refine a supervision model that can be incorporated into your agency. Roll up your sleeves and be trauma informed! This workshop does not qualify for NBCC clock hours.

**\$129**  
**CE Hours: 5**  
**Kathryn Townsend, MA, LCADC**

**Friday, June 12**  
**9:30 a.m. – 3:30 p.m.**  
**Acenda Behavioral Health, Glassboro, NJ**

## **Social and Economic Justice**

### **#4277 ■ Social Justice Practicum: Managing Conflicts and Challenges in the 21st Century**

This workshop is designed for professional in human services, criminal justice, education, and related fields. In this workshop, participants will advance their knowledge about social justice and related societal issues, and how these important issues impact the world of the clients they serve. Participants will learn how to manage conflicts and challenges in populations marginalized by the dynamics of power and influence. We will use case studies, including Ferguson Missouri, as well as group discussion and video presentations to enhance the interactive learning experience of participants. The day will be skillfully facilitated by an instructor

who has direct knowledge of and experience working with individuals and the community impacted by the tragic incident at Ferguson, Missouri; and similar situations in which minority and or economically challenged citizens have been faced with the use of excessive, and sometimes deadly, force by law enforcement officers.

**\$129**  
**CE Hours: 5 Social & Cultural Competence**  
**Ronald Quincy, PhD**

**Monday, April 13**  
**9:30 am – 3:30 pm**  
**390 George Street, New Brunswick**

### **#4209 ■ Environmental Justice: A Social Work Perspective**

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

**\$129**  
**CE Hours: 5 Social & Cultural Competence**  
**Christine Morales, LCSW and Mariann Bischoff, LCSW**

**Tuesday, June 9**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers Eco Complex, Bordentown**

### **#4204 ■ Cultural Competence and Equity in LGBT Health Care: Strategies for Medical and Mental Health Providers**

This workshop provides health care practitioners with strategies to promote culturally competent medical and mental health care to lesbian, gay, bisexual, and transgender individuals. Topics include affirmative terminology and LGBT cultural information, as well as discussion of the unique medical

and mental health needs of LGBT individuals, including needs associated with coming out, gender-confirming transition, sexual activity, STDs, aging, minority stress, suicide, and substance use. The workshop also explores the reasons for historical inadequacies in LGBT health care that might affect current health status, including disproportionate lack of insurance coverage, non-disclosure to health care practitioners, lack of provider awareness of LGBT health care needs, and previous negative health care experiences.

**\$129**  
**CE Hours: 5 Social & Cultural Competence**  
**Philip T. McCabe CSW, CAS, CDVC, DRCC**

**Wednesday, July 15**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers Eco Complex, Bordentown**

### #4392 ■ Elder Justice for All

Over 10,000 baby boomers will be turning 65 every day for the next 17 years and 1 in 10 will be a victim of elder abuse thus creating 1,000 victims a day! To address this ethical dilemma and human rights issue, multiple stakeholders gathered to create the Elder Justice Roadmap. As professionals and advocates, it is increasingly important that

we familiarize ourselves with this roadmap and assess how we can participate no matter at what level of practice we serve – micro, mezzo or macro. This workshop will help professionals outside of Adult Protective Services envision a roadmap to elder justice through lecture, discussion and group exercises and explore what we can do to meet the goal of elder justice for all. Social work ethics will be compared to the Adult Protective Services' Code of Ethics in demonstrating how the roadmap may be interpreted among professions. This workshop does not qualify for NBCC clock hours in ethics.

**\$129**  
**CE Hours: 5 Ethics**  
**Ted Alter, PhD, MSW**

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

### #4230 ■ Racial Justice in Social Work Practice

This workshop explores the topic of racial justice and how it relates to social work. We will engage in conversations about racial justice work that help to foster authentic engagement with social work staff, community

providers, and clients and their families. The workshop will allow participants to use what they know about racial justice and equity to further build understanding and agreement. You will learn which facilitation tools to use when you are faced with a hot button issue or other challenging situation and how to lead conversations about race with presence, grace, and authority.

**\$129**  
**CE Hours: 5 Social & Cultural Competence**  
**Qur-an Webb, MSW and**  
**Marcus Stallworth, LMSW**

**Friday, August 14**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

## Training Skills

*Note: All workshops in the Training Skills Certificate are open to be taken individually or as part of the certificate program. See page 9 for details. The training skills workshops are not approved for NBCC clock hours for LPCs as they do not specifically fit into an approved NBCC content area.*

# Challenging Racial Disparities

Join us for our fourth annual conference focused on understanding and changing racial disparities. This year's theme will focus on understanding and confronting barriers to race discussions.

**Tuesday, June 2, 2020 • 9 a.m. to 3:30 p.m.**

**Busch Campus Center • Rutgers Busch Campus, Piscataway, NJ**

**Cost is \$99, includes breakfast, lunch and 5 NJ & NY social work continuing education hours**



**Keynote Speaker:**  
**Robin DiAngelo, PhD**

Professor, writer, and trainer  
 on racial & social justice

Author of the bestseller, *White Fragility: Why It's So Hard for White People to Talk About Racism*

To register, visit:  
[RaceConference2020.Rutgers.edu](http://RaceConference2020.Rutgers.edu)

Questions?  
 Contact the Office of Continuing Education  
 at [ce@ssw.rutgers.edu](mailto:ce@ssw.rutgers.edu) or 848-932-8758

### #8006 ■ Developing Objectives and Planning Your Workshop

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

**\$129**

**CE Hours: 5**

**John Kriger, MSM, CADC, CPS**

**Wednesday, April 22**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

**CERTIFICATE REQUIREMENT**

### #8004 ■ Experiential and Interactive Training Methods

Experiential and interactive training methods are an important part of the trainers' toolkit. In this training session we will begin by demonstrating and discussing experiential methods, i.e. methods that make use of participants' experiences. Examples from various training programs will be given, and trainers will learn methods to develop their own experiential activities. Interactive training methods make use of the different interaction formats available in the training group. Various examples of dyadic, triadic and small group exercises will be demonstrated. Trainees are encouraged to bring examples of their training programs for further discussion. This workshop does not qualify for NBCC clock hours.

**\$129**

**CE Hours: 5**

**John Kriger, MSM, CADC, CPS**

**Friday, May 8**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

### #8001 ■ Creating Effective Training Presentations

At the heart of every training is how well the trainer transmits their knowledge and experience. Here's a workshop designed to enhance the trainer's ability to create thorough, effective and interesting presen-

tations. This workshop will also address the components of a professional presentation style and identify proficient public speaking skills. Techniques presented and skills practiced will allow participants to: 1) create behaviorally specific objectives for training presentations; 2) produce succinct and effective presentations; 3) appear more confident and dynamic in their delivery of information; and 4) maximize audience interest through use of visual aids and interactive exercises. This workshop does not qualify for NBCC clock hours.

**\$129**

**CE Hours: 5**

**Larry Williams, MDiv**

**Wednesday, June 3**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

### #8003 ■ Training Needs Assessment and Evaluation

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

**\$129**

**CE Hours: 5**

**Theresa Fox, MSW**

**Thursday, July 16**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

## Trauma Response and Crisis Intervention

**Note:** All workshops in the Trauma and Crisis Intervention Certificate are open to be taken individually or as part of the 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, April 17**

**9:30 a.m. – 3:30 p.m.**

**Rutgers Eco Complex, Bordentown**

**CERTIFICATE REQUIREMENT**

### #5850 ■ Foundations and Models of Crisis Intervention and Trauma Response

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

**\$225**

**CE Hours: 10 Clinical**

**Cynthia Lischick, PhD, DVS**

**Thursdays, May 7 and May 14**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

### #5857 ■ The Effects of Trauma Across the Developmental Spectrum

A traumatic event has dramatic short and long term effects across all stages of human development. In this interactive 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, May 29**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

### **#5811 ■ The Role of Diversity in Trauma Treatment: Overcoming Barriers and Empowering Ethnic Identity**

Trauma treatment requires culturally compassionate and responsive clinical interventions. Culture, race, ethnicity, gender, and other identities play a significant role in how trauma affects not only the individual but their treatment. Other factors such as mental illness and substance abuse will not only influence the outcome but are vital components in understanding the multifaceted issues such as intergenerational trauma. The purpose of this workshop is to explore how diversity plays a role in trauma, provides an overview of intergenerational trauma and the importance of incorporating cultural healing in treatment.

**\$129**

**CE Hours: 5 Social & Cultural Competence**

**Mayte Redcay, LCSW, LCADC**

**Tuesday, June 9**

**Rutgers School of Social Work, Camden**

### **#5856 ■ Responding to Disaster**

In this workshop, mental health professionals will explore psychosocial impact of disasters and terrorism, as well as strategies and systems for assessing the need for mental health intervention and providing appropriate types of early psychological intervention in the wake of a disaster or terrorist event. This workshop addresses the critical knowledge areas and skill sets that will allow clinicians to work with the federal and state disaster mental health system, law enforcement and emergency management system in addressing the mental health consequences of such events. This workshop introduces and is consistent with the Federal Emergency Management (FEMA)-Substance Abuse Mental Health

Services Administration (SAMHSA) model of community crisis intervention, as well as the disaster mental health training curriculum standards established by the National Center for Posttraumatic Stress Disorder.

**\$129**

**CE Hours: 5 Clinical**  
**Steve Crimando, MA**

**Wednesday, June 10**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

**CERTIFICATE REQUIREMENT**

### **#5862 ■ The Impact of Gangs on Trauma Informed Care**

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

**\$129**

**CE Hours: 5 Clinical,**  
**Social & Cultural Competence**

**John (Jack) Farrell, LCSW**

**Wednesday, June 10**

**9:30 a.m. – 3:30 p.m.**

**Octagon 10 Office Center, Parsippany**

### **# 5871 ■ A Review of Evidence Based Practices and Optimal Treatment Models for Complex Trauma**

This workshop will present an overview of single event and complex trauma, including a discussion of different types of traumatic events. The participants will learn about the Post Traumatic Stress Disorder diagnosis and the limitations of this diagnosis for treatment.

The impact of trauma on the brain, attachment, and disrupted attachment appear to give us more information about creative and innovative strategies to treat trauma than diagnosis. A brief review of the meaning of evidence based practice and its use in the behavioral health field will be examined. A more in-depth look into treatment models such as Trauma Focused Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, Thought Field Therapy, Dialectical Behavioral Therapy, and Attachment Self-Regulation Competency will be discussed.

**\$129**

**CE Hours: 5 Clinical**

**Karen McGrellis Mihatov, MA, LPC, CTS, DRCC, MPA**

**Friday, June 12**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### **#5879 ■ Vicarious Traumatization: Sometimes the Cost of Caring**

As professionals working with trauma, we sit with and vicariously live through—watching, listening, and feeling another's plight. The empathic engagement with those who have experienced trauma, be it, abuse, neglect, domestic violence, death, war, or any traumatic event such as September 11th, can produce enormous strain on the clinician's psychological, physical and spiritual well-being. Our greatest gift of trying to help those impacted by trauma also becomes our greatest liability. "Vicarious traumatization," (McCann & Perlman, 1990) also known as "compassion fatigue" (Figley, 1995) is a term used to describe the cumulative impact on the lives of helping professionals who work with clients who have or are experiencing trauma. The workshop day will be divided into two parts. The first part of the workshop will be didactic, explaining the concept of vicarious traumatization, exploring the different ways vicarious traumatization can impact professionals, and reviewing various strategies to try to minimize the impact. The second part of the workshop is experiential. With structured exercises, participants will be given the opportunity to share the impact of their work with trauma. The workshop will emphasize self-care strategies.

**\$129**

**CE Hours: 5 Clinical**  
**Marsha Heiman, PhD**

**Thursday, June 25**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

### #5852 ■ Differences and Diversity in the Experience, Effects and Treatment of Trauma

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

**\$129**

**CE Hours: 5 Clinical, Social & Cultural Competence**  
Nicci Spinazzola, EdS, LMFT, LPC, ACS

**Friday, July 17**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

**CERTIFICATE REQUIREMENT**

### #5812 ■ Strategies for Creating Trauma Responsive Institutions: Concrete Actions, Activities and Approaches

This workshop provides 12 concrete strategies that will help you make your organization more trauma responsive. We often focus on the trauma responsiveness of individual clinicians; this workshop, in contrast, focuses on how institutions themselves can develop a greater trauma responsive culture and the importance of this cultural change for those individuals they serve and the professionals working there. Through hands on activities, discussion, case studies and examples, the workshop participants will have a set of tools to take back to and adapt for their home institutions. Through this workshop, participants will see that there is no single strategy to enable institutions to become trauma responsive; instead, there are many approaches, actions and activities (the 3A's) that, together, enable significant and invaluable institutional culture change

**\$129**

**CE Hours: 5**  
Karen Gross, JD, D.H.L

**Friday, July 31**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

### #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, August 17**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

**CERTIFICATE REQUIREMENT**

## Violence Against Women

There are two Violence Against Women Certificates — Foundation and Clinical.

- **Foundation Certificate in Violence Against Women**
- **Clinical Work with Survivors Certificate**

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

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

### Foundation Certificate in Violence Against Women

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

### #1306 ■ Mental Health and Violence Against Women

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

**5 NJ DVS credits: Mental Health**  
**\$129**

**CE Hours: 5 Clinical**  
Elaine Edelman, PhD, LCSW

**Tuesday, March 31**  
9:30 a.m. – 3:30 p.m.  
390 George Street, New Brunswick

### #1314 ■ Violence Against Women: Techniques in Screening, Assessment and Basic Interventions

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

**\$129**

**CE Hours: 5 Clinical**  
**5 NJ DVS credits: Intervention Skills**  
Stephanie Klotz, MSW

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

**CERTIFICATE REQUIREMENT**

### #1303 ■ Violence Against Women in Diverse Populations

Recognizing the critical impact that issues of race, culture, sexual orientation, religious identity, ability and other diverse identities has on victims' experiences of violence, this workshop provides a first glimpse into the issues of violence against women in relation to: LGBT Community; People with Disabilities; Cultural Groups or Ethnicities; Immigrants, Asylum Seekers & Refugees; People with language issues; Elder Victims; Male Victims; Substance Abuse population; Severe Mental Illness Population; and Teens. Participants will leave this workshop having learned strategies for addressing the various obstacles or issues that victims face in accessing services and negotiating the various support systems.

**\$129**

**CE Hours: 5 Social & Cultural Competence**

**5 NJ DVS credits: Special Populations**

**Brady Root, MSW**

**Tuesday, May 19**

**9:30 a.m. – 3: 30 p.m.**

**390 George Street, New Brunswick**

#### **CERTIFICATE REQUIREMENT**

### #1317 ■ Violence Against Women and the Healthcare Response

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

**\$129**

**CE Hours: 5**

**2.5 NJ DVS credits: Intervention**

**2.5 NJ DVS credits: Mental Health**

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

**Friday, June 5**

**9:30 a.m. – 3: 30 p.m.**

**390 George Street, New Brunswick**

### #1301 ■ Understanding Violence Against Women

Geared toward professionals who are eager to expand their knowledge of the issues of violence against women, this important work-



shop provides participants with an understanding of the fundamental issues related to violence against women in all its forms—physical, sexual, emotional, and financial.

**\$129**

**CE Hours: 5**

**5 NJ DVS credits: Basic Domestic**

**Violence Knowledge**

**Laura Luciano, MA and**

**Lisa Smith, MS, DVS**

**Tuesday, June 16**

**9:30 a.m. – 3:30 p.m.**

**390 George Street, New Brunswick**

#### **CERTIFICATE REQUIREMENT**

### #1312 ■ Violence Against Women and Technology

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

**\$129**

**CE Hours: 5**

**5 NJ DVS credits: Prevention**

**Sharon Zucker, MPA**

**Saturday, July 25**

**9:30 a.m. – 3:30 p.m.**

**Octagon 10 Office Center, Parsippany**

### Clinical Work with Survivors Certificate

***Note:** All workshops in the Clinical Certificate can be taken individually or as part of 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**

**5 NJ DVS credits: Mental Health**

**Brady Root, MSW**

**Tuesday, April 7**

**9:30 a.m. – 3: 30 p.m.**

**Octagon 10 Office Center, Parsippany**

#### **CERTIFICATE REQUIREMENT**

### #1501 ■ Treatment of Adult Survivors of Child Sexual Abuse

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

**5 NJ DVS credits: Sexual Abuse**  
**\$129**

**CE Hours: 5 Clinical**  
**Elaine Edelman, PhD, LCSW**

**Tuesday, April 21**  
**9:30 am – 3:30 pm**  
**390 George Street, New Brunswick**

#### CERTIFICATE REQUIREMENT

### #1315 ■ Confidentiality and Counseling Ethics

Geared towards professionals providing clinical services, this workshop presents information on confidentiality and counseling ethics as they relate to issues of violence against women. Participants taking this workshop will be provided with an overview of the NJ state and federal laws regarding ethics and confidentiality, as well as some of the policy statements on ethics from major professions, including social work and psychology. This workshop will also examine appropriate methods of record keeping and mandatory reporting issues when working with survivors of violence, as well as issues relevant to on-line counseling and other cyber communication. Participants will also learn about the importance of maintaining boundaries and the difference between consultation, supervision and violating confidentiality. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

**\$129**  
**CE Hours: 5 Clinical, Ethics**  
**5 NJ DVS credits: Confidentiality and Counseling Ethics**  
**Christine Heer, LCSW, DVS, Esq.**

**Thursday, May 7**  
**9:30 a.m. – 3:30 p.m.**  
**Rutgers Eco Complex, Bordentown**

#### 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**

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

### #1320 ■ Working with Perpetrators of Domestic Violence

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

**\$129**  
**CE Hours: 5 Clinical**  
**5 NJ DVS credits: Intervention Skills**  
**Richard S. Kessler, PhD, NCC, DVS**

**Monday, June 22**  
**9:30 a.m. – 3:30 p.m.**  
**Octagon 10 Office Center, Parsippany**

### #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**  
**5 NJ DVS credits: Intervention Skills**  
**Lisa Smith, MS, DVS**

**Thursday, June 25**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

### #1324 ■ Issues of Spirituality in Working with Survivors of Sexual Violence

After a traumatic incident, many survivors of sexual violence will look to some form of spirituality for comfort, for answers, and/or some way to make sense of what has happened to them. Sexual violence violates the body as well as the psyche and emotive self. As a result of attending this workshop, participants will be able to recognize the connections, whether implicit or explicit, between our bodies, our sexuality and our spirituality. Participants will learn ways in which spirituality may be approached by service providers working with survivors and distinguish between religion and spirituality. Participants attending this workshop will also gain insight into how a provider's own relationship to spirituality might impact work with survivors.

This workshop fulfills one of the elective workshop requirements for the VAW Foundation and Advanced certificates.

**\$129**  
**CE Hours: 5 Social & Cultural Competence**  
**5 NJ DVS credits: Sexual Abuse**  
**Patricia Sherman, PhD, LCSW**

**Wednesday, July 8**  
**9:30 a.m. – 3:30 p.m.**  
**390 George Street, New Brunswick**

# Workshops by Location and Date

| <b>WORKSHOPS OFFERED IN CENTRAL JERSEY – 390 GEORGE ST. NEW BRUNSWICK</b>  |                    |             |
|--|--------------------|-------------|
| Beyond Checking and Washing: Understanding and Treating the Obsessive Compulsive Spectrum                                | March 26           | See page 10 |
| CBT with Anxiety Disorders   | March 27           | See page 10 |
| Mental Health and Violence Against Women   | March 31           | See page 39 |
| The Language of Adoption   | April 2            | See page 24 |
| Rethinking Therapeutic Approaches with Older Adults  | April 3            | See page 31 |
| Grant Writing Essentials   | April 4 & April 11 | See page 34 |
| Making Group Therapy Fun: 20 Creative Group Therapy Techniques   | April 6            | See page 10 |
| VAW: Techniques in Screening, Assessment, and Basic Interventions  | April 9            | See page 39 |
| Social Justice Practicum: Managing Conflicts and Challenges in the 21st Century  | April 13           | See page 35 |
| Parents as Healers: Dynamic Ways to Integrate Caregivers in Play Therapy   | April 16           | See page 11 |
| Ethical Dilemmas in Working with Older Adults  | April 20           | See page 33 |
| Parents and School Success   | April 20           | See page 18 |
| Treatment of Adult Survivors of Child Sexual Abuse   | April 21           | See page 41 |
| Introduction to Internal Family Systems: “Parts Work” for Treating Depression, Anxiety, Trauma and Substance Abuse       | April 24           | See page 30 |
| Trauma Informed Person Centered Care (for Case Managers)   | April 28           | See page 25 |
| Core Issues in Clinical Supervision  | April 29           | See page 27 |
| Are Career Struggles Hereditary? Helping Clients break Through Barriers by Exploring Complex Family Legacy               | May 1              | See page 12 |
| LSW / LCSW Preparation Course  | May 2              | See page 19 |
| Building the Helping Relationship  | May 4              | See page 25 |
| Deeper in the Here and Now   | May 5              | See page 12 |
| Models and Techniques of Clinical Supervision  | May 6              | See page 27 |
| Complex Trauma Mini-Certificate  | May 6 – June 3     | See page 28 |
| What’s Eating You? The Psychology of Eating  | May 7              | See page 29 |
| Foundations and Models of Crisis Intervention and Trauma Response  | May 7 & May 14     | See page 37 |
| Experiential and Interactive Training Methods  | May 8              | See page 37 |
| Working with Kids and Families in Crisis   | May 8              | See page 25 |
| The Business Side of Therapy: How to Market, Brand and Sell Your Services by Being YOU                                   | May 8              | See page 19 |
| Introduction to Systemic Family Therapy Models   | May 11             | See page 30 |
| Gang Identification: Trends in NJ Communities  | May 12             | See page 19 |
| Managing Family Dynamics in Caring for Older Adults  | May 12             | See page 32 |
| What Does Recovery Look Like? Understanding Recovery through a Person-Centered Lens                                      | May 13             | See page 22 |
| Managing Differences and Challenging Dynamics in Supervision   | May 13             | See page 27 |
| The Link between Trauma and Substance Abuse: Causes, Signs, and Treatment Indications                                    | May 19             | See page 22 |
| Violence Against Women in Diverse Populations  | May 19             | See page 40 |
| Legal and Ethical Issues in Clinical Supervision   | May 20             | See page 28 |
| Working with Asian Indian- Hindu Families: Moving towards Culturally Responsive Interventions in Mental Health Treatment | May 21             | See page 13 |
| Sexual Orientation and Gender Diversity: Understanding the Needs of LGBT Individuals                                     | May 28             | See page 13 |
| The Effects of Trauma Across the Developmental Spectrum  | May 29             | See page 37 |
| Creating Effective Training Presentations  | June 3             | See page 37 |
| Social Work, Ethics and Professional Responsibilities  | June 4             | See page 18 |
| The Secret Life of Hoarding  | June 5             | See page 32 |

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

|  |                            |             |
|--|----------------------------|-------------|
| Violence Against Women & the Healthcare Response   | June 5                     | See page 40 |
| Emotional Process in Society   | June 6                     | See page 31 |
| Solution Focused Practice  | June 8                     | See page 14 |
| Responding to Disaster   | June 10                    | See page 38 |
| Ethical and Legal Issues in Substance Abuse Counseling   | June 11                    | See page 22 |
| The Assessment and Treatment of Dissociative Disorders   | June 11                    | See page 14 |
| Assessment and Intervention Across the Lifespan  | June 12                    | See page 26 |
| A Review of Evidence Based Practices and Optimal Treatment Models for Complex Trauma                     | June 12                    | See page 38 |
| Dialectical Behavior Therapy: Theory, Structure, and Skills  | June 12, June 19 & June 26 | See page 14 |
| Understanding Violence Against Women   | June 16                    | See page 40 |
| Complex Trauma in Children   | June 17                    | See page 27 |
| Medical and Legal Marijuana in NJ: Practice and Policy Issues  | June 18                    | See page 23 |
| Creating a Risk Management Plan for Your Practice: A Review of Legal Statutes and Ethical Standards      | June 19                    | See page 20 |
| Developing Cultural Competence in a Multicultural Society  | June 19                    | See page 20 |
| Assessing and Identifying Eating Disorders: What You Need To Know Now                                    | June 20                    | See page 29 |
| Relationship Reboot: Tech Support for Love   | June 22                    | See page 15 |
| Yoga for Helping Professionals: Incorporating Yoga in Clinical Practice and Preventing Clinician Burnout | June 24                    | See page 15 |
| Perpetration of Violence Against Women   | June 25                    | See page 41 |
| Vicarious Traumatization   | June 25                    | See page 38 |
| Moving from Self-Criticism to Self-Care: The Healing Power of Self-Compassion                            | June 26                    | See page 21 |
| Binge Eating Disorder: Assessment and Intervention Basics  | June 27                    | See page 30 |
| Creating Trauma-Sensitive Schools—Traumatized Children: Causes, Impact and Response                      | June 30                    | See page 15 |
| Practical Parenting Toolbox  | July 7                     | See page 15 |
| Issues of Spirituality in Working with Survivors of Sexual Violence                                      | July 8                     | See page 41 |
| Let's Talk About Opposition in Adolescence   | July 8                     | See page 27 |
| The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options                             | July 9                     | See page 22 |
| Cognitive Behavior Therapy: 15 Techniques for Anxiety, Stress Management, and Depression                 | July 13                    | See page 16 |
| Dealing with Challenges When Working with Parents and Families   | July 14                    | See page 16 |
| The Silver Wave: Medication Use in Older Adults  | July 14                    | See page 33 |
| Navigating the Digital World: Helping Young People & Parents Understand the Impact of Social Media       | July 15                    | See page 16 |
| Training Needs Assessment and Evaluation   | July 16                    | See page 37 |
| Differences and Diversity in the Experience, Effects and Treatment of Trauma                             | July 17                    | See page 39 |
| Fatherhood Engagement and Social Connections   | July 17                    | See page 21 |
| Advanced Techniques in Solution Focused Brief Therapy: Healing Through Generative Change                 | July 20                    | See page 16 |
| Dealing With Angry Students and Tantrums Effectively   | July 21                    | See page 16 |
| Positive Parenting   | July 22                    | See page 16 |
| Helping Couples Get the Love They Want   | July 23                    | See page 17 |
| Psychopharmacology with Children and Adolescents   | July 23                    | See page 26 |
| Cognitive Behavioral Therapy in Treatment of Substance Use Disorders                                     | July 24                    | See page 24 |
| Safety in Practice   | July 27                    | See page 21 |
| Through our Eyes: Children, Violence and Trauma  | July 28                    | See page 17 |

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

|   |           |             |
|---|-----------|-------------|
| Social Emotional Learning in Schools: Fun, Practical, and Engaging Activities for School-Based Counseling         | July 30   | See page 17 |
| Strategies for Creating Trauma Responsive Institutions: Concrete Actions, Activities and Approaches               | July 31   | See page 39 |
| Termination of Parental Rights: A Legal Perspective   | August 4  | See page 21 |
| Mothers, Daughters and Food: Understanding Disordered Eating  | August 5  | See page 30 |
| Attachment Theory: A Helpful Framework for Understanding and Intervening with At Risk Children and Their Families | August 6  | See page 27 |
| Ethical Social Work Practice in the Digital Age   | August 7  | See page 21 |
| Somatic Therapy for Anxiety and Trauma  | August 7  | See page 18 |
| Somatic Psychotherapy: Being and Treating Bodies in Talk Therapy  | August 11 | See page 18 |
| Elder Justice for All   | August 12 | See page 36 |
| Perinatal Mood & Anxiety Disorders: Diagnosis, Current Research, and Providing Effective Treatment                | August 14 | See page 18 |
| Racial Justice in Social Work Practice  | August 14 | See page 36 |
| Medical Aid in Dying: The Basics  | August 20 | See page 32 |
| Group Treatment Approaches in Working with Trauma   | August 21 | See page 39 |
| Screen Smart Counseling: A Media-Age Guide to Therapy   | August 24 | See page 18 |

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

|  |          |             |
|--|----------|-------------|
| Community Services and Supports for Adults with Disabilities: Evolving Approaches          | April 22 | See page 28 |
| Growing Old Together: Aging and Family Care Giving   | May 6    | See page 28 |
| Children’s Mental Health and Developmental Disabilities                                    | May 20   | See page 28 |
| Employment, Sexuality, and Other Trending Topics in Adulthood                              | June 3   | See page 28 |
| Starting Out: From Diagnosis Through Early Childhood                                       | June 11  | See page 28 |
| Multicultural Perspectives in Developmental Disabilities                                   | July 16  | See page 29 |
| Intervention Planning in K–12 Settings for Students Engaging in Repeated Behavior Problems | July 21  | See page 29 |

**WORKSHOPS OFFERED IN CENTRAL JERSEY – HAMILTON**

|                                    |         |             |
|------------------------------------|---------|-------------|
| Promoting Wellness in Older Adults | June 24 | See page 33 |
|------------------------------------|---------|-------------|

**WORKSHOPS OFFERED IN CENTRAL JERSEY – MONROE TOWNSHIP**

|  |                      |             |
|--|----------------------|-------------|
| Ethics Essentials in Geriatric Care                                      | May 1                | See page 32 |
| Ethnogeriatrics: Working with Older Adults of Various Cultures           | May 15               | See page 33 |
| Memory Care Innovation: Practical Tools, Tips, Techniques and Approaches | May 21               | See page 32 |
| Practical Case Management with Older Adults                              | June 18              | See page 32 |
| Coping with Functional Loss and Environmental Changes                    | August 5 & August 12 | See page 32 |

**WORKSHOPS OFFERED IN CENTRAL JERSEY – PISCATAWAY (MRESC)**

|   |          |             |
|---|----------|-------------|
| Ethical Issues in the Schools   | March 31 | See page 10 |
| Strategies for Managing Behaviors in Adoptive Families                  | April 30 | See page 24 |
| Conceptualizing Crisis Intervention When Working with Adoptive Families | May 18   | See page 24 |
| Family-Focused Therapy for Post Institutionalized Adopted Children      | June 4   | See page 25 |

**WORKSHOPS OFFERED IN CENTRAL JERSEY – SOMERSET**

|   |           |             |
|---|-----------|-------------|
| Ethical Social Work Practice in the Digital Age | August 29 | See page 21 |
|---|-----------|-------------|

**WORKSHOPS OFFERED IN NORTH JERSEY – DUMONT**

|                        |        |             |
|------------------------|--------|-------------|
| Fundraising Essentials | May 19 | See page 35 |
|------------------------|--------|-------------|

**WORKSHOPS OFFERED IN NORTH JERSEY – HACKENSACK**

|  |         |             |
|--|---------|-------------|
| The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options | June 9  | See page 22 |
| Social Work Ethics, Dealing with Serious Practice Challenges                 | June 17 | See page 20 |

**WORKSHOPS OFFERED IN NORTH JERSEY – PARAMUS**

|  |         |             |
|--|---------|-------------|
| CBT for Illness: Using CBT Skills for Disease Related Anxiety                                  | May 1   | See page 12 |
| Directive Play Therapy Techniques with the Family: Fun and Effective Pathways to Achieve Goals | June 12 | See page 14 |

**WORKSHOPS OFFERED IN NORTH JERSEY – PARSIPPANY**

|   |                |             |
|---|----------------|-------------|
| Gestalt: Theory, Therapy, Technique – Level III   | March 27       | See page 11 |
| Special Topics: Violence Against Women and PTSD   | April 7        | See page 40 |
| Gestalt: Theory, Therapy, Technique — An Introduction to the Gestalt Approach                                   | April 17       | See page 11 |
| Child Interviews: Understanding the Ins and Outs  | April 21       | See page 26 |
| CBT with Latino Populations   | April 29       | See page 11 |
| Incorporating Cultural Competence into Ethical Decision Making  | April 30       | See page 19 |
| Gestalt: Theory, Therapy, Technique – Level II  | May 1          | See page 11 |
| Principles of Differential Diagnosis in Adolescents   | May 4 & May 11 | See page 26 |
| Building the Helping Relationship   | May 5          | See page 25 |
| Living as a Multicultural Family: An Adoptive Family Perspective  | May 6          | See page 24 |
| Group Counseling with Survivors   | May 8          | See page 41 |
| Cutting, Self-Mutilation, and Suicide   | May 12         | See page 12 |
| Grieving Children & Teens: Creative Interventions for Individual and Group Work                                 | May 13         | See page 13 |
| Gestalt: Theory, Therapy, Technique – Level III   | May 15         | See page 11 |
| DSM-5: What to Know and How to Apply  | May 19         | See page 12 |
| Ethical Issues in Social Work Practice  | May 21         | See page 12 |
| Clinical Work with LGBTQ Youth  | May 29         | See page 13 |
| Working with Latino Cultures  | June 2         | See page 13 |
| Communicating with Adolescents: Speaking Their Language   | June 9         | See page 26 |
| The Impact of Gangs on Trauma Informed Care   | June 10        | See page 38 |
| If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization | June 12        | See page 20 |
| The Opioid Crisis in NJ: Current Trends and Evidence-Based Treatment Options                                    | June 16        | See page 22 |
| Current Drug Trends and Emerging Drugs of Abuse   | June 17        | See page 23 |
| Social Media: The Good, the Bad & the Ugly from a Social Work Perspective                                       | June 19        | See page 20 |
| Working with Perpetrators of Domestic Violence  | June 22        | See page 41 |
| Working with Undocumented Clients: Addressing the Myths and Understanding the Challenges                        | June 26        | See page 15 |
| Eating Disorders and Obsessive Compulsive Disorder: Sorting Out a Complicated Symptom Picture                   | July 24        | See page 30 |
| Violence Against Women and Technology   | July 25        | See page 40 |
| Positive Psychology for Clinical Practice   | August 5       | See page 17 |

**WORKSHOPS OFFERED IN SOUTH JERSEY – BORDENTOWN**

|   |          |             |
|---|----------|-------------|
| Legal and Ethical Issues in Working with Trans Youth  | March 30 | See page 10 |
| Ethical Issues in Schools   | April 1  | See page 10 |
| Understanding and Improving Relationships in Later Life   | April 3  | See page 33 |
| Preparing Children for Adoption   | April 8  | See page 24 |
| Social Work, Ethics and Professional Responsibilities   | April 14 | See page 18 |
| Diet, Nutrition, and Eating Behaviors: Helping Clients Make Changes   | April 14 | See page 29 |
| Self-Care in Trauma Work  | April 17 | See page 37 |
| Developing Objectives and Planning Your Workshop  | April 22 | See page 37 |
| End-of-Life Issues  | April 29 | See page 33 |
| Improving Networking Skills and Enhancing Interagency Relationships   | April 30 | See page 25 |
| Human Trafficking—Protecting the Most Vulnerable  | May 4    | See page 19 |
| LSW/LCSW Preparation Course   | May 5    | See page 19 |
| Confidentiality and Counseling Ethics   | May 7    | See page 41 |
| True Colors: Knowing Yourself and Working with Others   | May 12   | See page 19 |
| Advocacy and Collaboration Skills in Case Management  | May 13   | See page 25 |
| Creative Approaches to Coping with Self-Mutilation  | May 14   | See page 13 |
| East and West Converge in the Present Moment: How Mindfulness Practice Activates Innate Healing and Happiness | May 15   | See page 34 |
| Mindfulness Practice for Children: Keys to Success in the Age of Distraction                                  | May 29   | See page 34 |
| Management of Budgeting and Finance   | June 4   | See page 35 |
| Environmental Justice: A Social Work Perspective  | June 9   | See page 35 |
| Normality or Pathology: An Exploration of Child Developmental Mental Health                                   | June 10  | See page 26 |
| LGBT Issues and the Law   | June 11  | See page 20 |
| Psychopharmacology with Children and Adolescents  | June 11  | See page 26 |
| Mindfulness and the Teenage Brain   | June 12  | See page 34 |
| Working with Substance Abuse Risk Factors and Male Survivors of Sexual Violence                               | June 15  | See page 23 |
| Understanding Child Development Through a Cultural Lens   | June 17  | See page 27 |
| Social Media's Influence on Self-harm Behaviors and Self-Regulation   | June 18  | See page 14 |
| Senior Moments Redefined: Mindfulness Practice for Older Adults and Their Caregivers                          | June 19  | See page 34 |
| Parents and School Success  | July 9   | See page 18 |
| Cultural Competence and Equity in LGBT Health Care  | July 15  | See page 35 |

**WORKSHOPS OFFERED IN SOUTH JERSEY – CAMDEN**

|   |         |             |
|---|---------|-------------|
| Examining and Understanding Diversity of Gender Identity and Sexual Orientation                                 | May 6   | See page 12 |
| DSM-5: What to Know and How to Apply  | May 7   | See page 12 |
| LSW/LCSW Preparation Course   | May 15  | See page 19 |
| How NOT To Fail as a Therapist: Strategies for Preventing Premature Termination in Psychotherapy                | June 4  | See page 14 |
| Suicide Prevention with Trans Youth   | June 8  | See page 14 |
| The Role of Diversity in Trauma Treatment: Overcoming Barriers and Empowering Ethnic Identity                   | June 9  | See page 38 |
| If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization | June 10 | See page 20 |
| Social Work, Ethics and Professional Responsibilities   | June 16 | See page 18 |
| Neurobiology of Trauma/PTSD   | June 18 | See page 15 |
| Co-Occurring Disorders: Going Beyond the Boundaries of Diagnosis  | July 10 | See page 23 |

## WORKSHOPS OFFERED IN SOUTH JERSEY – GLASSBORO

|   |          |             |
|---|----------|-------------|
| Addictions in the Lesbian, Gay, Bisexual, Transgender, Queer Communities:<br>If Gay Means Happy Why Am I Always Getting High? | April 24 | See page 21 |
| DSM-5: What to Know and How to Apply  | May 1    | See page 12 |
| Ethical Issues in Social Work Practice  | May 8    | See page 12 |
| Trauma Informed Programs: a Forum for Agency Planning and Change  | June 12  | See page 35 |
| Escape from the Land of the Hungry Ghosts: Using Meditation to Enhance Addictions<br>Treatment and Recovery                   | June 19  | See page 23 |
| The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options  | July 10  | See page 22 |

## WORKSHOPS OFFERED IN SOUTH JERSEY – LONG BEACH TWP.

|  |          |             |
|--|----------|-------------|
| Incorporating Cultural Competence into Ethical Decision Making               | April 28 | See page 19 |
| The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options | May 27   | See page 22 |
| Cultural Competency in Case Management                                       | June 10  | See page 25 |

# 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 NEW BRUNSWICK

The Boggs Center on  
Developmental Disabilities  
Rutgers Robert Wood Johnson Medical  
School Department of Pediatrics  
Liberty Plaza, 335 George St., 3rd Floor  
New Brunswick, NJ 08901  
732-235-9300

### 3 PARSIPPANY

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

### 4 BORDENTOWN

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

### 5 CAMDEN

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

### 6 DUMONT

Vantage HealthCare  
2 Park Ave, Dumont, NJ 07628  
201-385-440

### 7 GLASSBORO

Acenda Integrated Health  
42 South Delsea Drive  
Glassboro, NJ 08038  
856-881-8689

### 8 HACKENSACK

Department of Human Services  
One Bergen County Plaza  
4th Floor Room 460  
Hackensack, NJ 07601  
2017-336-7474

### 9 HAMILTON

Mercer County Family Support Organization  
3535 Quackerbridge Road IBIS Plaza Suite 400  
Hamilton, NJ 08619  
609-586-1200

### 10 LONG BEACH TWP.

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

### 11 MONROE TWP.

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

### 12 PARAMUS

CancerCare  
1 Kalisa Way, Suite 205  
Paramus, NJ 07652  
201-301-6809

### 13 PISCATAWAY

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

### 14 SOMERSET

Rutgers Continuing Education Center  
at Atrium  
300 Atrium Drive  
Somerset, NJ 08873  
732-412-7397



### 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](http://socialwork.rutgers.edu/ce).

# Key Information and Frequently Asked Questions

## How do I register for a workshop?

You can register online at [socialwork.rutgers.edu/ce](http://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](http://socialwork.rutgers.edu/ce)) under "Location and Maps." We recommend you print out the directions since they are usually more precise than navigation apps.

## 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](http://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 fail to 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). Refund requests must be made within 30 days of the event.

## 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](mailto:ce@ssw.rutgers.edu)

**Website:** [socialwork.rutgers.edu/ce](http://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](http://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](mailto: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**



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Rutgers, The State University of New Jersey  
390 George Street, 3rd Floor  
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[socialwork.rutgers.edu/ce](https://socialwork.rutgers.edu/ce)

***See inside:***

**Challenging Racial Disparities Conference** ■ page 36

**Mindfulness Across the Lifespan Series** ■ page 34

**Complex Trauma Mini-Certificate** ■ page 28

**Online Workshops** ■ page 2

or <https://RutgersCE.wcea.education>