



Spring 2012

Caron & PCB Training Series

Presented by:



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Pennsylvania Certification Board
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CARING for the CAREGIVERS

Working in the helping profession causes us to put the needs of others ahead of our own. We get so busy managing others that we forget to manage our own wellness. Somehow we end up at the bottom of our own "to do" list. This workshop will consider the critical need for balance and boundaries in our lives. Further, personal barriers like ego, fear and "unforgiveness" that compromise our ability to feel good or feel anything at all will be discussed. The good news is that small changes in our daily lives yield big results. Participants will learn a variety of simple techniques that lead to improved self-care. (PCB Approved for 6 hours.)

February 7, 9:00 a.m.—4:30 p.m.

Presenter: Marilyn Stein, M.Ed., CAAP

WOMEN in RECOVERY

Both men and women have similar issues in terms of the core aspects of addiction. However, there are some specific differences for women in recovery. This all day seminar will focus on aspects of treatment that address those unique challenges. Participants will learn about the impact of addiction on women and the risk factors they face in recovery. The workshop will process the importance of self-care—physically, socially, emotionally and spiritually. There will be a specific focus on the benefits of healthy nutrition. Join us for the chance to share treatment interventions that will assist women in developing the necessary coping skills to successfully engage in a Twelve Step program. (PCB Approved for 6 hours.)

February 29, 9:00 a.m.—4:30 p.m.

Presenters: Ann-Marie Loose MSW, LSW, CAADC, CCS; Elise Limper, RD, LDN

EATING DISORDERS

Multiple issues related to eating disorders and disordered eating behaviors will be discussed. Diagnosis of eating disorders will be covered as well as a discussion about the limitations of the current diagnostic categories. The Etiology of eating disorders will be reviewed from genetic, biological, and environmental perspectives. Various Treatment issues will also be reviewed including a discussion of the different levels of care and a CBT/DBT approach to the treatment of these disorders. (PCB Approved for 6 hours.)

March 1, 2012, 9:00 a.m.—4:30 p.m.

Presenter: Michelle Pole, Psy.D

SEEKING SAFETY: TREATING PTSD and SUBSTANCE ABUSE

Seeking Safety is a great blended approach to working with PTSD and substance abuse disorders. This training will provide a basic understanding to both of these diagnoses, difficulties in treating each, and skills to enhance the therapy we provide. We will explore the complications of treating dually diagnosed individuals with trauma experiences. This training will also provide practice activities and skills to use in the therapy process when treating PTSD and substance abuse disorders. (PCB Approved for 6 hours.)

March 27, 9:00 a.m.—4:30 p.m.

Presenter: Martha Thompson, Psy.D., LPC, CAC Diplomate

ART THERAPY

The benefits of art making for personal growth, self-expression, coping, transformation, and wellness are well documented. Many clients struggling with substance abuse have found that art making can be soothing and stress reducing allowing them the opportunity to find healthy ways to cope without substances. The language of visual art which utilizes colors, shapes, lines and images speaks to us in ways words cannot. This training will educate the addictions professional regarding the use of art as a therapeutic tool for increasing coping strategies with their clients. The participants will engage in experiential art activities highlighting examples of art tasks they can integrate within their treatment planning. (PCB Approved for 6 hours.)

April 20, 9:00 a.m.—4:30 p.m.

Presenters: Cheryl Knepper, M.A., LPC, CCDP and Joe Emick, M.A.

ETHICS

Defining ethical behavior is difficult as the lines are sometimes easily crossed in the human service field. This workshop will define ethics as a necessary means of protecting both the professional and the client from harm. It will focus on specific areas of concern including boundary violations, dual relationships, conflict of interest, and sexual misconduct. Finally, an ethical decision making model will be explored. (PCB Approved for 6 hours.)

April 26, 9:00 a.m.—4:30 p.m.

Presenter: Marilyn Stein, M.Ed., CAAP

MANAGING UP

Participants will learn how to build an effective career relating with those in higher positions. Participants will learn how to be an employee that every boss "loves" and how to positively resolve conflicts with supervisors. (PCB Approved for 6 hours.)

May 3, 9:00 a.m.—4:30 p.m.

Presenter: Kris Bashore, B.A.

ADOLESCENT DEPRESSION: CURRENT TRENDS and BEST PRACTICE APPROACHES

This training will provide a more comprehensive understanding of the increase in adolescent depression and how this disorder is often co-occurring with substance use and abuse. We will identify and discuss the tools that assist in more accurate diagnosis, community resources, and referrals such as working with families, schools, and primary care physicians. The best practice treatment methods for this population will also be reviewed and discussed. (PCB Approved for 6 hours.)

May 29, 9:00 a.m.—4:30 p.m.

Presenter: Martha Thompson, Psy.D. LPC, CAC Diplomate

ADOLESCENT and YOUNG ADULT ISSUES

There are multiple benefits from the utilization of a positive peer approach to the treatment of difficult populations. For example, the use of intervention strategies to engage patients in the least threatening levels of inpatient care, and creating a "Positive Peer Culture" that instills hope for both patients and their family systems. This approach incorporates authoritative guidance, knowledge through educational components, a structure that is safe, and support from peers and staff that provide significant longitudinal outcomes indicating success. These treatment strategies acknowledge the importance of treating the family and the patient from the initial contact through the entire treatment episode. Learn how integration of multi disciplines empowers clinicians to develop individualized treatment planning that empowers young people to utilize their strengths. (PCB Approved for 6 hours.)

June 26, 9:00 a.m.—4:30 p.m.

Presenter: Dave Rotenberg, M.B.A, CAADC, CCDP Diplomate & Tom Deitzler, CADC, CCS, CCJR, CCDP

THE ROLE of MEDICATIONS in DRUG and ALCOHOL COUNSELING

This training will review the four FDA approved medications for the treatment of alcohol dependency. The result of two large studies, The VA Cooperative Study, and the COMBINE Study will be presented and participants will gain an increased knowledge of which medications were shown to affect outcomes for the treatment of alcohol dependence. The mechanisms of action for these medications are presented in a clinically relevant way. The different treatment modalities for opiate dependency; abstinence based, antagonist therapy, and opiate maintenance therapy will be reviewed and participants will gain a better understanding of who may be the best candidate for each type of treatment. Methadone maintenance and Buprenorphine (Suboxone) maintenance therapy is discussed as are the advantages and disadvantages of both. Some of the controversial issues of medication assisted treatment will be explored. Drug and alcohol counselor roles in medication assisted treatment, including assessment for appropriate patient referral and how medication noncompliance may be part of the relapse process will also be addressed. (PCB Approved for 6 hours.)

June 28, 9:00 a.m.—4:30 p.m.

Presenter: Christopher Davis, D.O., CAADC

REGISTRATION FORM

Cancellation/Change Policy:

An administrative fee of \$10 will be charged for substitution of attendee, workshop change, cancellation, or if fee is received on or after the training date. No refund will be given for cancellation within two weeks prior to workshop or no-shows. Written requests for attendee substitution or training change are accepted up to five business days prior to training date.

Please register online at www.pacertboard.org or fill out and mail in the following registration form. Fee must accompany your form. Please print clearly. One form per person only.

Select Desired Trainings:

- Caring for the Caregivers (2/7, \$50)
- Women in Recovery (2/29, \$50)
- Eating Disorders (3/1, \$50)
- Seeking Safety (3/27, \$50)
- Art Therapy (4/20, \$50)
- Ethics (4/26, \$50)
- Managing Up (5/3, \$50)
- Adolescent Depression (5/29, \$50)
- Adolescent & Young Adult Issues (6/26, \$50)
- Medications in Counseling (6/28, \$50)

Name:

Home Address:

City: State: Zip Code:

Phone: (Home) (Work)

Email:

I would like to receive registration confirmation and directions by email.

Method of Payment:

Check (payable to "PCB") Money Order Visa MasterCard

Credit Card #:

Expiration Date: / Three digit security code:

Name (as it appears on card):