

PCB TRAININGS

NASW-PA Chapter is a co-sponsor of these trainings.*

HARRISBURG

TRIPLE A; ADDICTION, ANXIETY AND ATTENTION DISORDERS 6 hours

This training will focus on the fine lines between Addiction, Anxiety and Attention disorders. We will also discuss how they may interact and impact the development of one another. Anxiety and ADD / ADHD can increase the development of Addiction, and addiction can lead to increased diagnoses of Anxiety and ADD / ADHD. The popular narrative of ADD/ADHD and Anxiety holds that individuals sometimes use drugs and alcohol to manage these conditions. A confounding factor to this narrative is drawn from the fact there are also normal behaviors involving focus and increased displays of fear responses (ANXIETY) that can be pathologized under DSM criteria. Would normally occurring behaviors require the same intervention as those that are not part of developmentally appropriate responses to novel environmental stimuli? As many as 30 percent of addicts have a co-occurring diagnosis that includes Anxiety and disorders of Attention. We will explore barriers to effective treatment, treatment outcomes and ways to navigate the challenges of these behaviors. This training will utilize case discussions, video and group discussion.

Friday, October 16, 9:00 a.m. – 4:00 p.m.

Presenter: Martha L. Thompson PsyD., LPC., CAADC

DEBUNKING THE POP PSYCHOLOGY MYTHS

*RESCHEDULED DATE 6 hours

How do we know evidenced-based practice is really based on evidence that clearly supports the best practice approaches we are regularly encouraged to use to treat XYZ disorder? This workshop will explore some common theories in psychology ranging from the developing human, the brain, social interactions, and thoughts and feelings. We will take a look at the pros and cons to determine for ourselves if the evidence holds true or can we demystify the theory. Participants will explore and debate common psychology strategies and ideas used in treatment today. We will explore and develop a deeper understanding of the evidence supporting these practices and determine how the evidence might require some re-evaluation of the treatment we provide.

Friday, November 20, 9:00 a.m. - 4:00 p.m.

Presenter: Martha L. Thompson PsyD., LPC., CAADC;

WHAT'S COMPASSION GOT TO DO WITH IT: THE NEED FOR COMPASSIONATE RECOVERY 6 hours

By definition, compassion means to be aware of the suffering of another combined with a desire to take action. Compassionate people look to alleviate the suffering of others. There are many steps a provider can take to alleviate the suffering in others but the first step must be a compassionate outlook for oneself. It is not possible to offer others what we do not possess. This workshop will consider the critical importance of compassion for the caregiver and the client. Further, the role of compassion in our physical and emotional selves will be discussed and ways to cultivate compassion for self and others will be offered. This workshop will enable participants to better define compassion and its role in recovery, explore methods to cultivate and demonstrate compassion, investigate the barriers to compassion like anger and hate, and develop strategies to demonstrate compassion for self.

Friday, December 11 9:00 a.m. - 4:00 p.m.

Presenter: Marilyn Stein, M.Ed., CAAP

PHILADELPHIA

TRIPLE A; ADDICTION, ANXIETY AND ATTENTION DISORDERS 6 hours

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Friday, October 30, 9:00 a.m. – 4:00 p.m.

Presenter: Martha L. Thompson PsyD., LPC., CAADC

GROUP COUNSELING: THE THERAPEUTIC PROCESS 6 hours

This workshop will delve into multiple aspects of Group counseling techniques and theories. The attendee will gain insight into the patient characteristics that either hinder or support group efficacy. The training will provide education and exploration of the stages of group development and identify counselor tasks at each stage. The attendee will be able to define and identify group processes that patients must experience in order to benefit from the group as well as delineating the counselor role assisting clients through these processes. Identification and development of Group leadership styles will be demonstrated via role modeling during the training as well. There will be practical exercises provided allowing the attendee an opportunity to develop effective skills to manage problematic behaviors of group members.

Monday, November 9, 9:00 a.m. – 4:00 p.m.

Erin Cowley, MSW, LCADC, CCS, CIP, CCI, LPC

THE EMERGING PARADIGM OF INTEGRATIVE ADDICTION THERAPY: A BIOLOGY SYSTEMS APPROACH FOR TREATMENT OF BIOCHEMICAL BRAIN DYSREGULATION IN PATIENTS WITH ADDICTION 6 hours

This educational program introduces the practitioner to the foundational principles of integrative addiction therapy. Participants will review addiction from a biological systems approach that recognizes the interconnection between the mind/brain, body connection, and how they affect each other. Treating systemic biochemistry, while identifying and replacing neuronutritional deficiencies fundamental to proper neurotransmitter function, provide the foundational underpinnings in the repair of biochemical brain dysregulation as it relates to addiction that leads to healing and a sustainable recovery. In addition, this program provides an understanding of complementary and integrative health therapies that can be used during the recovery phase of addiction treatment. Care of the recovering client will be viewed from many disciplines, allowing practitioners the perspective needed to enhance the physical,

emotional/mental and spiritual aspects of healing throughout the recovery process.

Wednesday, November 18, 9:00 a.m. – 4:00 p.m.

Presenter: Stephanie Maxine Ross, MHD, MS, HT, CNC, PDMT

PITTSBURGH

THE ETHICS OF CARE IN THERAPEUTIC RELATIONSHIPS: THE LINKS BETWEEN RELAPSE, DENIAL, AND

COUNSELOR BURNOUT *RESCHEDULED DATE 6 hours

In our daily work as counselors and therapeutic caregivers, we are faced with clients who do not seem able, or willing, to take the steps needed to enter recovery. We also see people whom we have treated fall back into addiction and unhealthy lifestyles. These situations raise several important questions: What is the nature of “relapse”? How, as caring professionals, should we address relapse, both in our clinical work and in our personal attitudes? How are denial, relapse, and “client resistance” related to counselor burnout, and what can be done about this? This training will address these issues within the context of professional ethics. What are we, as professionals in the helping field, expected and obligated to do to care not only for our clients but also for ourselves and our colleagues? We will explore concepts around relapse, denial, resistance, burnout, compassion fatigue, and vicarious trauma, and examine the ethical principles that can guide our thinking and actions.

Friday, October 16, 9:00 a.m. - 4:00 p.m.

Presenter: Andrew Nocita, Ph.D, CAAP

COUNSELORS & SUPERVISORS: THE GOOD, THE BAD, AND THE UGLY 6 hours

This clinically focused training is designed to provide insight and practical strategies for both counselors and supervisors while negotiating this powerful and sometimes challenging professional relationship. The primary purpose of this workshop is to explore the common practices of these intertwining professions to analyze how each either creates opportunities or barriers to improving the services we provide. Participants will explore the communication and behavioral elements that help or hinder these dynamic relationships. We will review both counselor and supervisor levels and how these levels impact the counselor/supervisor relationship. These levels will be examined with a focus on leadership styles and common scenarios to help identify the interaction elements that create the good, the bad, and the ugly dynamics requiring revision to create more productive and positive outcomes for both sides of the relationship equation. This training will ultimately serve to improve the services we deliver to those who seek our assistance as well as developing more creative and conscious counselors and supervisors.

Thursday, December 10, 9:00 a.m. – 4:00 p.m.

Presenter: Paula Siers-Burns BSED, LCSW, CCDPD, CCPG

REGISTRATION FORM

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

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

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 _____ Discover

Credit Card #: _____

Expiration Date: _____ Three digit security code: _____

Name (as it appears on card): _____

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 the workshop or for no-shows. Written requests for attendee substitution or training change are accepted up to five business days prior to the training date.

Select Desired Trainings:

HARRISBURG

- _____ Triple A; Addiction, Anxiety and Attention Disorders (10/16 \$50)
- _____ Debunking the Pop Psychology Myths (11/20 \$50)
- _____ What's Compassion Got to DO with It: The Need for Compassionate Recovery (12/11 \$50)

PHILADELPHIA

all trainings held at Eagleville Hospital, Eagleville

- _____ Triple A; Addiction, Anxiety and Attention Disorders (10/30 \$50)
- _____ Group Counseling: The Therapeutic Process (11/9 \$50)
- _____ The Emerging Paradigm of Integrative Addiction Therapy: A Biology Systems Approach for Treatment of Biochemical Brain Dysregulation in Patients with Addiction (11/18 \$50)

PITTSBURGH

all trainings held at Mercy Behavioral Health

- _____ The Ethics of Care in Therapeutic Relationships: The Links between Relapse, Denial, and Counselor Burnout (10/16 \$50)
- _____ Counselors & Supervisors: The Good, The Bad and the Ugly (12/10 \$50)

CEs will be awarded for completion of each course below. NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors. **To get credit for each course an evaluation and payment to NASW is required. Evaluations will be provided at each training.*