

Spring 2010 CONTINUING EDUCATION Conferences

Brattleboro Location

Friday, March 19th – **Brattleboro, VT**

New Developments in Understanding & Treating Non-Suicidal Self-Injury

Barent Walsh, Ph.D.

One of the most challenging problems for clinicians and other healthcare professionals is dealing effectively with non-suicidal self-injury. Self-injury has spread from populations in clinical settings (hospitals, group homes, etc.) to the general population including middle, high school and college students. This workshop will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, excoriation of wounds and other more serious examples.

Barent Walsh, Ph.D., is Executive Director of The Bridge of Central Massachusetts in Worcester, MA. He is the author of *Treating Self-Injury: A Practical Guide*, (Guilford Press, 2006) and co-author of *Self-Mutilation: Theory, Research and Treatment* (Guilford Press, 1988). Dr. Walsh recently completed a *Self-Injury Prevention DVD* and program for high schools in collaboration with *Screening for Mental Health of Wellesley, MA*.



Thursday, March 25th – **Brattleboro, VT**

"Houston, We Have a Problem"—When Young Adults Fail to Launch Successfully

Kevin P. Gallagher, MS, LCMHC

More and more young adults seem paralyzed by the possibilities that lie before them and lag behind their peers in their forward development. These clients often experience tremendous distress that can be masked by depression, substance abuse, denial, and anxiety. In turn, their parents can become increasingly exasperated and overwhelmed. This workshop will explore techniques to support the older adolescent's individuation process and manage family dynamics without exacerbating the young adult's sense of failure.

Kevin P. Gallagher, MS, LCMHC, has been in private practice for 20 years at [Op.ti.ma] in Burlington, Vermont. His work with adolescents and young adults has been described as direct, compassionate, humorous and highly engaging. Kevin is an adjunct faculty member of the University of Vermont's Graduate College and a board member of the National Board for Certified Counselors.



Thursday, April 1 – **Brattleboro, VT**

Seeking Safety: An Evidence-Based Practice for Trauma and/or Substance Abuse

Karen E. Krinsley, Ph.D.

This presentation will introduce Seeking Safety, an evidence-based treatment approach for trauma and/or substance abuse. We will cover the background of trauma and substance abuse (rates, presentation, models and stages of treatment, clinical challenges) and steps to implement Seeking Safety (overview, evidence based). Assessment tools and community resources will also be described. By the training's end, participants can implement Seeking Safety in their practice.

Karen E. Krinsley, Ph.D., is the Post Traumatic Stress Disorder Section Chief for the Veteran's Administration Boston Healthcare System. She is also affiliated with the National Center for PTSD and the Center for Returning Veterans at VA Boston. Krinsley also serves as Assistant Professor in the Department of Psychiatry at Boston University School of Medicine.



Friday, April 9 – **Brattleboro, VT**

Understanding and Treating Personality Disorders

Joseph W. Shannon, Ph.D

This highly practical program will help professionals learn how to quickly recognize the signs and symptoms of personality pathology and to treat personality-disordered patients in an effective and ethical manner. Categories of personality disorders, etiology of pathology, and strategic treatment approaches will be discussed in detail. Film clips from major motion pictures featuring personality-disordered characters as well as real-life case histories will help illuminate the unique aspects of each sub-type of personality disorder.

Joseph W. Shannon, Ph.D., has more than 20 years of clinical experience as a psychologist, consultant and trainer. He has developed and implemented programs for medical and mental health professionals across the country. An expert in understanding and treating a broad range of adult psychopathology, Dr. Shannon has appeared on several television programs including the "CBS Morning Program" and "PBS Viewpoint".



Thursday, April 22 – **Brattleboro, VT**

The 10 Best-Ever Depression Management Techniques

Margaret Wehrenberg, Psy.D.

In a day of experiential and didactic methods, participants will learn 10 methods they can immediately apply to diminish symptoms in clients suffering depression. The seminar will highlight aspects of brain function that both underlie and counteract depression. The role of psychotherapy in improving the physiology, cognition and behavior of depressed clients will be a primary focus.

Margaret Wehrenberg, Psy.D., is a nationally recognized speaker, clinician and author of *The Anxious Brain* and *The 10 Best-Ever Anxiety Management Techniques*. Her new book on depression from W.W. Norton, *The 10 Best-Ever Depression Management Techniques*, is due in March 2010. Dr. Wehrenberg is a frequent contributor to the award-winning *Psychotherapy Networker* magazine.



Friday, April 30 – **Brattleboro, VT**

No More Meltdowns: Handling Challenging Behaviors & Teaching Social Skills

Jed Baker, Ph.D.

Children and adolescents on the autism spectrum often have difficulty regulating their feelings and interacting socially. This workshop describes ways to handle meltdowns and design effective behavior plans to prevent these moments and reduce frustration and anxiety. The second half of the presentation details strategies on motivating students to learn, teaching social skills, generalizing skills into the natural setting and increasing acceptance and tolerance from peers.

Jed Baker, Ph.D., is the director of the Social Skills Training Project, a private organization serving individuals with autism and social communication problems. He directs social skills training for the Millburn Public Schools in New Jersey and is an award winning author of five books including *Social Skills Training for Children and Adolescents with Asperger's Syndrome* and *Social Communication Problems*.



Friday, May 7th – **Brattleboro, VT**

The New LGBT Teenager

Ritch C. Savin-Williams, Ph.D.

Kenneth M. Cohen, Ph.D.

With more and more individuals questioning their sexuality, unique skills are required to effectively help them navigate these often muddy waters. This workshop will offer clinicians the latest information regarding the following questions: Who's gay, and is the prevalence increasing? Can homosexuality be predicted? Can homosexuality be changed? Is the media engendering gayness? Why are youth coming out at earlier ages, and what are the consequences? Are there positive attributes to being gay?

Ritch C. Savin-Williams, Ph.D., is professor of Cornell University's Department of Human Development. His books include, *The New Gay Teenager* (2005) and "Mom, Dad, I'm Gay": *How Families Negotiate Coming Out* (2001). He is currently researching the spectrum of sexual attractions, fantasies, and behavior among straight-identified and sexually fluid young men.

Kenneth M. Cohen, Ph.D., is a licensed Clinical Psychologist at Cornell University's Counseling and Psychological Services, specializing in gay, lesbian, and bisexual issues. He is also a lecturer in Cornell's Feminist, Gender & Sexuality Studies program and co-editor of *The Lives of Lesbians, Gays, and Bisexuals: Children to Adults*.



Friday, May 21 – **Brattleboro, VT**

Emotional Pilates™: Strategies for Helping Clients Build Core Emotional Strength, Balance, Flexibility and Resilience

Joan I. Rosenberg, Ph.D.

Effective therapy requires a clear understanding of brain function and the interplay between psychotherapy and brain biology. This workshop will enable attendees to apply aspects of neuroscience in their clinical practice by introducing recent brain science discoveries and their implications for conducting effective psychotherapy. Attendees will learn the Emotional Pilates™ framework and specific strategies for helping clients build core emotional strength, balance, flexibility and resilience.

Joan I. Rosenberg, Ph.D., is a California-licensed psychologist and a national speaker, trainer and consultant, who co-hosts *Full Circle*, a weekly radio program in Los Angeles. She is director of Professional Training for the Mindsight Institute (an educational organization advancing the work of interpersonal neurobiology) and a founding board member of the *Global Association of Interpersonal Neurobiology Studies*.



Thursday, May 27th – **Brattleboro, VT**

Brains at Risk: Safeguarding Children's Development

Jeanine Fitzgerald, LMHC

This workshop will offer techniques and prevention strategies for facilitating and safeguarding the brain development of children. Ms. Fitzgerald, known for her engaging, humorous, and in-the-moment assessments of environments where children work and play, will share a balance of research and theory on subjects including attachment cycles, sensation and sensate experience, and motivation. At the end of this conference, anyone who works with children and adolescents will leave with a new framework for providing enriched, supportive settings.

Jeanine Fitzgerald, LMHC, has been working with "at risk" children for more than 30 years. The author of *The Dance of Interaction and Educating the Heart*, Ms. Fitzgerald has consulted with organizations including the *Child Welfare League of America*, *The New England Association for Education for Young Children* and *The New England Head Start Association*.



Friday, June 4 – **Brattleboro, VT**

Fat is Not a Feeling: Body Image, Transference & Counter-Transference in the Treatment of Eating Disorders

Stacey L. Nye, Ph.D

The first half of this day-long workshop will review the development and treatment of body image problems in eating disordered patients. Didactic and experiential methods will be utilized in order to provide participants with an in-depth and hands-on experience. The second half of the workshop will describe common transference and countertransference reactions and review effective management techniques. Clinical case examples will be provided to help illustrate relevant issues.

Stacey L. Nye, Ph.D., has worked in the field of eating disorders for more than twenty five years. She is currently an outpatient therapist at *Rogers Memorial Hospital in Oconomowoc, Wisconsin*, and a faculty member of the *Wisconsin School of Professional Psychology in Milwaukee*.



Friday, June 11 – **Brattleboro, VT**

Gender-Specific Care for Substance-Abusing Women

An-Pyng Sun, Ph.D., LCSW

Dr. Sun will offer evidence-based practice knowledge and skills for helping substance-abusing women, especially women from vulnerable populations. Material will include: prevalence and consequences among women (including comparisons to those among men); risk factors related to women's substance abuse; alcohol and other drug screening among women in various populations; women-specific treatment guidelines, approaches, methods, assessment and treatment plan development. She will also address co-occurring disorders, homelessness, harm reduction, cultural factors, and special populations of women.

An-Pyng Sun, Ph.D., LCSW, is Associate Professor at the University of Nevada's School of Social Work. Dr. Sun has served as the co-chair of the *Social Work Section of the International Council on Alcohol and Addictions* and is currently on the editorial board of the *Journal of Social Work Practice in the Addictions*. She is the author of *Helping Substance Abusing Women of Vulnerable Populations: Effective Treatment Principles and Strategies* (Columbia University Press, 2009).

