



Brattleboro Retreat

Anna Marsh Lane, P.O. Box 803
Brattleboro, VT 05302

Non-Profit Org.
U.S. Postage
PAID
Permit No. 1
Putney, VT
05346

Spring 2012

Continuing Education Conferences

Featuring
Dan Hughes, PhD,
Nancy McWilliams, PhD,
Stephanie S. Covington, PhD,
as well as workshops on
Affect Phobia Therapy,
Mindful Self-Compassion,
and Problem Gambling



Register online and save 5 percent—
brattlebororetreat.org/conferences

Continuing Education Conferences

BRATTLEBORO, VT • HOLYOKE, MA

Spring 2012



Brattleboro Retreat

MENTAL HEALTH AND ADDICTION CARE



At the Brattleboro Retreat, we've helped children, adolescents and adults find the strength to make positive changes since 1834.

Considering the whole person, our mental health and addiction experts provide treatment and support during points of crisis, while helping to build skills and strategies to last a lifetime.

The Brattleboro Retreat consistently provides life-changing care as well as hope, safety and privacy in a restorative Vermont setting.

For admission to all inpatient and outpatient programs, call 802-258-3700.



Brattleboro Retreat

MENTAL HEALTH AND ADDICTION CARE



Leading the Way in Continuing Education for Mental Health and other Helping Professionals

The Brattleboro Retreat's Continuing Education Program provides high-quality, advanced practice workshops throughout the year. Our goal is simple: to meet the ongoing educational needs of mental health clinicians and other professionals by providing cost-effective, engaging programs led by top national and regional trainers in the fields of mental health, addiction, and human development.

Accreditation

The Retreat's continuing education conferences are accredited by the following organizations:

SOCIAL WORKERS

The Brattleboro Retreat, provider #1139, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) program. The Brattleboro Retreat maintains responsibility for the program. Social workers participating in one-day courses will receive 6 continuing education clock hours.

LICENSED MENTAL HEALTH COUNSELORS

The Brattleboro Retreat is a National Board for Certified Counselors (NBCC) Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours that meet NBCC requirements. The Brattleboro Retreat is solely responsible for all aspects of the program. LCMHCs (and LMHCs) participating in one-day courses will receive 6 continuing education clock hours.

DRUG & ALCOHOL COUNSELORS

The Brattleboro Retreat, provider #629, is an approved education provider of the National Association of Alcohol and Drug Abuse Counselors (NAADAC). Attendees earn 6 continuing education credits for each one-day course completed.

MARRIAGE & FAMILY THERAPISTS

6 CME contact hours will be requested through the Vermont Board of Allied Mental Health Practitioners.

PHYSICIANS

The Brattleboro Retreat designates these conferences for a maximum of 6.5 AMA PRA Category 1 Credit(s).™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS

6 CE credit hours. The Brattleboro Retreat is approved by the American Psychological Association to sponsor continuing education for psychologists. The Brattleboro Retreat maintains responsibility for this program and its contents.

NURSES

6 ANCC contact hours.

The Brattleboro Retreat is an approved provider of continuing nursing education by the Vermont State Nurses Association's Committee on Education, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

TEACHER RECERTIFICATION

6 credit hours, approval based on submission to state licensure board as part of Professional Development Plan.

BOOK SALES

Most conferences will feature a bookstore run by Baystate Professional Book Service, Inc. The presenter's texts are normally available for purchase along with many other texts related to the conference's theme or recommended by the presenter. A portion of the proceeds helps support continuing education events at the Brattleboro Retreat.

Schedule for All Events

- **8:00 am**—registration & continental breakfast
- **8:30 am**—introductions, conference begins
- **Lunch**—included with registration. Times vary depending on venue.
- **4:00 pm**—conference ends, distribution of CEU certificates.

Fees & Information

Payment must accompany registration.

ONE-DAY WORKSHOPS (6 CEUs):

- Early registration (paid 30 days or more prior to event): **\$140**
- Full price (paid less than thirty days prior to event): **\$160**
- Walk-in fee: **\$180**. Note: Seating cannot be guaranteed.

TWO-DAY WORKSHOP (12 CEUs):

- Early registration (paid 30 days or more prior to event): **\$260**
- Full-price (paid less than 30 days prior to event): **\$280**
- Walk-in fee: **\$300**. Note: Seating cannot be guaranteed.

Registration includes continental breakfast, morning snacks & lunch.

You can receive an additional 5 percent discount when you register online at brattlebororetreat.org/conferences

GROUP OR BULK REGISTRATIONS

We can arrange group discounts for organizations and for individuals or groups who wish to register for four or more slots at a time. Group discounts can be applied to single or multiple events, and may not be combined with other discounts. Call 802-258-4359 for details.

Workshop Attendance Requirements

- Participants are required to attend events in their entirety. No partial credit will be given. No exceptions.
- It is your responsibility to contact your licensing/certification board(s) to determine eligibility to meet your continuing education requirements.
- CEU certificates will be distributed at the conclusion of each event.

SPECIAL ACCOMMODATIONS

Attendees in need of special accommodations to attend a continuing education event are encouraged to contact the Office of Continuing Education as far in advance as possible at 802-258-4359.

Presenting Continuing Education conferences at these locations:

Brattleboro, VT
The Brattleboro Retreat
One Anna Marsh Lane • Brattleboro, VT 05302

Holyoke, MA
The Log Cabin Banquet and Meeting House
500 Easthampton Road (Route 141) • Holyoke, MA 01040

For directions,
please visit brattlebororetreat.org/ce/directions.



Brattleboro Retreat

MENTAL HEALTH AND ADDICTION CARE



Continuing Education Registration Form

Advance registration with full payment is required for all conferences.

To register, you can either:

- Mail a completed copy of this form with your check (made out to Brattleboro Retreat) or your credit card information to:
**Brattleboro Retreat, Office of Continuing Education,
P.O. Box 803, Brattleboro, VT 05302**
- **Fax** a completed copy of this form with your credit card information to **802-258-3790**.
- Register online at brattlebororetreat.org/conferences

NOTES: Purchase orders will only be accepted at full price and through special arrangement with the Education Coordinator. Fees are refundable less a \$30 service charge up to two weeks prior to an event.

Call the Education Coordinator for more info at **802-258-4359**.

Please register me for the following conference(s):

(PLEASE PRINT CLEARLY)

Conference Title _____

Date: _____ Cost: \$ _____

VENUE: Brattleboro Holyoke

Conference Title _____

Date: _____ Cost: \$ _____

VENUE: Brattleboro Holyoke

Conference Title _____

Date: _____ Cost: \$ _____

VENUE: Brattleboro Holyoke

Total: \$ _____

Write your name and credentials on the line below
as you would like them to appear on your C.E. certificate:

Accrediting Organization (APA, NBCC, NAADAC, etc.): _____

For Social Workers only, state and license #: _____

Agency: _____

Address: _____

City: _____ State: _____ Zip: _____

Office phone/cell: _____

Email (for confirmation): _____

Above is my: Home address Work address

Payment method: Check enclosed Charge my credit card
 VISA MASTERCARD DISCOVER

Credit Card #: _____

Exp. Date: _____

Your credit card's **billing zip code**: _____

Signature _____

I would like to receive the Brattleboro Retreat's e-newsletter.

Continuing Education Conferences

Brattleboro, VT

Thursday, March 29, 2012 – **Brattleboro, VT**

Impact Therapy and Creative Counseling Techniques

Ed Jacobs, PhD

Impact Therapy is an active, creative, multi-sensory approach to counseling based on the idea that change or impact occurs from visual and kinesthetic experience as well as verbal exchanges. Through the use of props, chairs, movement, writing and drawing, Dr. Jacobs will demonstrate practical, unique, simple, and effective techniques that help difficult and resistant clients think, see, and take action. This workshop is excellent for counselors in treatment centers, schools and agencies.

Ed Jacobs, PhD, is the coordinator of the counseling program at West Virginia University. His professional publications include 30 articles and four books: *Impact Therapy*; *Creative Counseling Techniques: An Illustrated Guide*; *Group Counseling in Correctional Settings*; and *Group Counseling: Strategies and Skills*, which is now in the 7th edition.



Friday, March 30, 2012 – **Brattleboro, VT**

Trauma, Loss, and Attachment: Implications for Therapy and Parenting

Dan Hughes, PhD

Secure attachments play a crucial role in a child's neurological, affective, cognitive, and behavioral development. This seminar will present how acquiring attachment security and intersubjectivity enable children to resolve traumatic experiences. Principles and strategies of psychotherapy and parenting, which utilize attachment behaviors, will be presented and discussed.

Dan Hughes, PhD, is a clinical psychologist in Annville, PA. He has conducted seminars, workshops, and spoken at conferences in the US and abroad. He is also engaged in extensive training and consultations with therapists and agencies in his treatment model. He is the author of various articles and books including *Attachment Focused Family Therapy*.



Thursday, April 5, 2012 – **Brattleboro, VT**

Family-Based Treatment for Eating Disorders

Renee Rienecke Hoste, PhD

Family-Based Treatment (FBT) is outpatient therapy designed to quickly restore a child to physical health and minimize the impact of an eating disorder on the child's developmental trajectory. This workshop will review the fundamental assumptions of family-based treatment, the empirical support for this therapeutic approach, and will discuss in detail three specific phases of treatment. Participants will learn the main treatment interventions for each phase as well as how to implement the therapy.

Renee Rienecke Hoste, PhD, assistant professor of Psychiatry and Behavioral Neuroscience at the University of Chicago, received her PhD from Northwestern University and completed her clinical psychology internship and postdoctoral fellowship at the University of Chicago. Her clinical and research interests include the role of the family in treatment for eating disorders.



Friday, April 20, 2012 – **Brattleboro, VT**

Introduction to Affect Phobia Therapy

Kristin A. R. Osborn, MA, LMHC

Affect Phobia Therapy is an integrative, affect-focused, psychodynamic model of psychotherapy based on the premise that internal conflicts about feelings underlie most psychologically-based disorders. A patient with an affect phobia avoids the experience and expression of certain feelings. This workshop covers how to identify an affect phobia, how to distinguish between adaptive and maladaptive affect, how to regulate inhibition and gently confront defenses in order to help clients experience underlying healthy affective experiences. The theory will be demonstrated with video illustrations.

Kristin A.R. Osborn, MA, LMHC, conducts training and supervision groups throughout North America and Europe, maintains a private practice in Cambridge and Concord, MA, and teaches at Harvard Medical School and at the Psychotherapy Research Program at Harvard's Beth Israel Deaconess Medical Center. She is on the Board of the International Experiential Dynamic Therapy Association.



Thursday, April 26, 2012 – **Brattleboro, VT**

Psychopharmacology for the Non-prescribing Clinician: Medications in the Context of the Treatment and the Client's Life Experience

Kurt White, LICSW, LADC

Psychopharmacology can be daunting for the non-prescribing clinician. This workshop will examine the latest of what we know about psychopharmacology and how this fits into the overall plan of a client's care and treatment. Issues of special attention will include: the categories of frequently used medications and how we understand their benefits and risks; ethical issues related to referral, further evaluation and scope of practice; and psychopharmacology for clients with addictions. The focus of the workshop will be on psychopharmacology for adults.

Kurt White, LICSW, LADC, is a clinical social worker and substance abuse counselor who works as the manager of the Birches and Starting Now Programs at the Brattleboro Retreat. He is an adjunct faculty at Smith College School for Social Work and at Antioch University New England's Department of Applied Psychology.





Friday, April 27, 2012 – **Brattleboro, VT**

Coaching Students with Executive Skills Deficits

Peg Dawson, EdD, NCSP and Richard Guare, PhD, D-BCBA

Coaching is an evidence-based intervention strategy in which either an adult or a peer works with a student to set long-term, short-term, or daily goals designed to enhance executive skills and lead to improved self-regulation. The strategy has been expanded to not only aid underachieving students, but to include a variety of formats such as peer and group coaching to achieve social and academic goals. This workshop will include video examples, practice exercises and group discussions.

Peg Dawson, EdD, NCSP, specializes in the assessment of children and adults. Following her career as a school psychologist, she now practices at the Center for Learning and Attention Disorders in Portsmouth, NH. Drs. Dawson and Guare co-authored the book, *Smart but Scattered and Coaching Students with Executive Skills Deficits*.

Richard Guare, PhD, D-BCBA, is a clinical neuropsychologist, board-certified behavior analyst, and Director of the Center for Learning and Attention Disorders in Portsmouth, New Hampshire. His areas of expertise include diagnosis and intervention for children and adults with ADHD, LD, Acquired Brain Injury and Autism Spectrum Disorders.

Friday, May 4, 2012 – **Brattleboro, VT**

Sex Addiction: Myth or Reality?

Joe Kort, PhD, LMSW

Therapists generally remain confused about the different behaviors that distinguish hypersexuality. This workshop will address what is normative and non-normative and how to diagnose and treat all types of out-of-control sexual behavior. Dr. Kort will present up-to-date treatment techniques and approaches designed to 1) help clients understand the grief, anger, humiliation, and powerlessness that can lie at the root of their sexual impulses and 2) to help them replace shame with self-compassion and keep their sexual impulses from dictating their lives.

Application for CEs from the American Association of Sexuality Educators, Counselors and Therapists (AASECT) has been submitted.

Joe Kort, PhD, LMSW, a sex and relationship therapist, is the author of *10 Smart Things Gay Men Can Do to Improve Their Lives*; *10 Smart Things Gay Men Can Do to Find Real Love*; and *Gay Affirmative Therapy for the Straight Clinician: The Essential Guide*.



A Two-Day Training

Thursday and Friday, May 17 and 18, 2012 – **Brattleboro, VT**

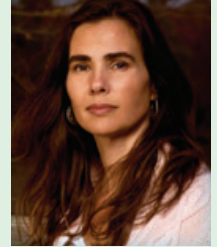
Mindful Self-Compassion: Core Skills Training

Christopher K. Germer, PhD, and Kristin Neff, PhD

This workshop presents the theory and core practices of the empirically-supported, 8-week Mindful Self-Compassion (MSC) training, a new program specifically designed to help people become more self-compassionate. Research has shown that self-compassion reduces anxiety and depression, boosts happiness, and helps individuals maintain their diet and exercise routines. Clinicians will learn the art of mindful self-compassion to enhance their own health and wellbeing, and will be able to teach simple skills to patients as an adjunct to psychotherapy.

Christopher K. Germer, PhD, is a clinical instructor in psychology at Harvard Medical School and a founding member of the Institute for Meditation and Psychotherapy. He is the author of *The Mindful Path to Self-Compassion*, and co-editor of *Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy*.

Kristin Neff, PhD, is an Associate Professor in Educational Psychology at the University of Texas at Austin. She is a pioneer in the field of self-compassion research and author of the book, *Self-Compassion*. She is also featured in the award-winning documentary "The Horse Boy", which chronicles her family's adventure with autism.



Thursday, June 7, 2012 – **Brattleboro, VT**

Problem Gambling: Don't Ask, Don't Tell

Thomas E. Broffman, PhD, LICSW

This evidenced-based training will define gambling, describe the signs, symptoms, and stages of problem gambling, and prepare clinicians for how to assess and identify problem gamblers. Dr. Broffman will also cover the impact of problem gambling on the family and how to provide resources and referrals. Cognitive behavioral treatment strategies will be reviewed and demonstrated, and screening tools to identify problem gamblers in mental health, substance abuse or co-occurring disorders settings will be identified.

Friday, June 8, 2012 – **Brattleboro, VT**

Motivational Interviewing in a Day

Thomas E. Broffman, PhD, LICSW

Motivational Interviewing (MI) is a cognitive behavioral therapy based skill designed to assist clients to make changes utilizing a strengths-based perspective. Whether clients are voluntary, mandated or involuntary, MI can assist with a variety of issues. Participants in this workshop will have the opportunity to develop their MI skills by participating in interactive exercises. Videos will be used to demonstrate MI skills. MI skills training is beneficial for both professional and paraprofessional service providers

Thomas E. Broffman, PhD, LICSW, is a chemical dependency consultant for the Rhode Island Department of Behavioral Health, Developmental Disabilities and Hospital in Cranston, RI. He has more than 16 years experience as a trainer and consultant helping social service agencies integrate MI into programs and delivery systems. He has been an assistant professor at Eastern Connecticut State University and a faculty member of the New England School of Addiction Studies since 1993.



For more information and to register for a workshop in Brattleboro or Holyoke visit brattlebororetreat.org/conferences, or call 1-802-258-4359. Register online and save 5 percent.

Holyoke, MA

Friday, April 13, 2012 – Holyoke, MA

Positive Behavior Support Plans for the Very Young and Challenging Child

Gail E. Joseph, PhD

Spitting! Kicking! Hitting! Swearing! This workshop will provide participants with practical strategies for working with children with significantly challenging behaviors. Dr. Joseph will cover how to conduct a functional-based assessment in early learning settings and how to use this information to develop comprehensive positive behavior support plans. This will include strategies for preventing and softening triggers, teaching replacement social skills, and contingent reinforcement strategies. Monitoring the implementation of behavior support plans will also be addressed.

Gail E. Joseph, PhD, is an assistant professor of Educational Psychology and Early Childhood and Family Studies at the University of Washington (UW), Seattle. Currently she is co-leading the creation of the National Center on Quality Teaching and Learning at UW, funded by Head Start, to discover and share best practices in teaching and learning for Head Start teachers and others.



Friday, May 11, 2012 – Holyoke, MA

Case Formulation: The Value of Understanding Clients' Personalities in Depth

Nancy McWilliams, PhD, ABPP

Mental health professionals need to revive the art of case formulation to guide psychotherapy, because personality and relationship variables have been demonstrated to have more influence on outcome than type of treatment. This workshop, oriented toward experienced therapists in a wide range of long- and short-term settings, will explore case formulation process as it has evolved from both clinical experience and recent research, emphasizing its practical, therapeutic value.

Nancy McWilliams, PhD, ABPP, teaches at Rutgers University and practices in Flemington, NJ. Author of several texts on diagnosis and therapy and associate editor of the Psychodynamic Diagnostic Manual, she is former president of Division 39 of the American Psychological Association and appears in APA's recent "Three Approaches to Psychotherapy" video.



Thursday, May 24, 2012 – Holyoke, MA

Love, Lust and Limerence: Helping Clients Learn to Love and to be Loved

William Mock, PhD, LISW, LICDC, SAP

Clients often report to us the inability to love and be loved. They tell us of inadequate or absent role models, the yearning and searching, false starts, painful attempts to engage, confusing endings, and ask us how to "do it". In this workshop, Dr. Mock will operationally define love, lust, and limerence and how clients fall into the trap of confusing the "3 Ls." Participants will learn effective techniques for engaging clients in the emotional management of learning to love and receive love.

William L. Mock, PhD, LISW, LICDC, SAP, is the Executive Director of the Center for Interpersonal Development and the Chief Trainer for the Ohio Institute for Addiction Studies in Lakewood, OH. He has expertise in chemical dependency treatment, family systems treatment, and organizational systems development. He presents nationally and internationally.



Friday, June 1, 2012 – Holyoke, MA

The Addiction/Trauma Connection: Spirals of Recovery and Healing

Stephanie S. Covington, PhD, LCSW, LMFT

This one-day training offers a theoretically-based comprehensive treatment model that integrates theories of addiction, psychological development, and trauma.

It provides an overview of the elements needed for creating gender-responsive and trauma-informed services. Specific principles for designing services are discussed. The emphasis is on creating a therapeutic environment, as well as providing examples of coping skills, grounding exercises, and promising practices.

Stephanie S. Covington, PhD, LCSW, LMFT, co-director of the Institute for Relational Development and the Center for Gender and Justice in California, is a clinician, consultant, and lecturer. Her work has focused on the creation of gender-responsive and trauma-informed services. She has designed women's services at the Betty Ford Center, developed programs for women in criminal justice settings, and has been a featured therapist on the Oprah Winfrey Network TV show. She has published extensively, including six gender-responsive, trauma-informed treatment curricula.

