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- ◆ **Structural Family Therapy Intensive (with the Minuchin Center)**
- ◆ **Intensive Series on Eating Disorders**
- ◆ **Intensive Series on Couples Therapy**
- ◆ **Mini-Certificate in Complex Trauma**
- ◆ **Over a Dozen Certificate Programs**
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PARTNERING for CHANGE

Instead of scrambling to complete your CEHs just before the August deadline, make a plan now to grow your career with advanced training in the areas you truly need! Choose an intensive series, certificate program, or a combination of the 150 single-day workshops in this catalog. Plan ahead and invest in yourself and your career!

Discount Plan: "2 for \$200"

Our workshops consistently receive top satisfaction scores. Many of you indicate you would like to attend even more workshops; however, cost becomes an issue. We have heard your concerns and have developed the best discount plan in our over 40-year history. Our single-day workshop rate is \$129; however, if you register for two workshops, the rate drops to \$200. For those of you interested in attending several workshops or a certificate program, the rate is stackable — 4 workshops for \$400, 6 for \$600, and so on. The discount rate does not apply to multi-day workshops or special programs. Get a jump on your CEHs this time. We hope to see you this fall!

Can You Teach a Psychotherapy Model?

We are looking to expand our clinical offerings on specific psychotherapy approaches (e.g., CBT, DBT, Psychodynamic, and others). In this catalog you will find a deeper focus in areas such as eating disorders, family therapy, and trauma-informed care. 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.

Are You Ready to Teach with Us?

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. 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 or go to our webpage <http://socialwork.rutgers.edu/ce>.

The Office of Continuing Education
Learn for Good

socialwork.rutgers.edu/ce



**Our main location at
390 George Street in
New Brunswick. Free Parking!**

Table of Contents

Continuing Education Workshops

Introduction	1
Special Notices	2
The Must-Haves in CEHs (What's Required)	4
Certificate Program Descriptions	6
Fall/Winter 2017 Workshops	9
Clinical Workshops	9
General Workshops (Nonclinical)	15
Workshops Listed by Topic Area	
Addictions	18
Adoption	19
Case Management	20
Child/Adolescent Mental Health	20
Clinical Supervision	21
Mini-Certificate in Complex Trauma	22
Couples Therapy	22
Developmental Disabilities	23
Family Therapy	24
Gerontology Programs	26
Basic Program in Gerontology	26
Advanced Program in Gerontology	27
Senior Housing Issues	28
Senior Services Management	28
Nonprofit and Public Management	28
Social and Economic Justice	30
Trauma Response and Crisis Intervention	30
Violence Against Women	32
Workshop Locations	34
Workshops by Location and Date	35
Key Information and Frequently Asked Questions	40
Registration Form	41

Special Notices

Office of Continuing Education

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Phone 848-932-8758
Fax 732-932-7057

Email: ce@ssw.rutgers.edu

Website: socialwork.rutgers.edu/ce

All workshops are approved for continuing education hours (CEHs) by the Rutgers School of Social Work in accordance with New Jersey Administrative Code 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

New Jersey Department of Education, approval code 1965

National Board for Certified Counselors, provider 6389

The Rutgers School of Social Work is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events (or programs) that meet NBCC requirements. Sessions (or programs) for which NBCC-approved clock hours will be awarded are identified in the program bulletin (or in the 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).

Addictions workshops are appropriate for LCADC and CADC recertification/renewal (N.J.A.C. 13:34 c-53).

Association for Play Therapy (APT) Approved Provider 11-300

State of New York — The Rutgers University School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, provider 0069.

All workshops in this catalog provide approved continuing education hours for New York social workers and New Jersey licensed social workers, professional counselors, marriage and family therapists, and teachers, unless noted.

Rutgers CEHs are recognized for social workers by most U.S. states. Check your state license board to verify if they are valid in your state.

Our Main Location — 390 George Street

We are in a prime location, close to free parking, the train station, and have many diverse eateries within walking distance of the site.

We Have New Classrooms!

We have moved our main classrooms to the third floor of 390 George Street. Come learn in our comfortable climate-controlled rooms with modern audio-visual technology and free WiFi.

FREE PARKING

Workshop participants attending trainings at 390 George Street or the Boggs Center can park at the lower Church Street Parking Deck (90 Church Street) for free! You will receive a free gate card to cover the parking cost. Be sure to enter Church Street from Neilson Street.

DISCOUNTS 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.

- ◆ Discount applies to individual registrations in multiples of two (i.e., 2, 4, 6 workshops, etc.).
- ◆ Registration for the workshops must be done at the same time.
- ◆ Only workshops listed in the fall/winter catalog are eligible.
- ◆ Discount can be applied to group registrations if submitted together. Normal cancellation policy applies; refunds will be prorated.
- ◆ Discount does not apply to multi-day workshops or special programs.
- ◆ Discount 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.

Mini-Certificate in Complex Trauma

A Four-Week Series with Monica Indart, PsyD. Develop advanced skills and knowledge in healing complex trauma through intensive training. In this popular program, you will learn a resilience-based, attachment-focused treatment framework to work with adolescents, adults, and older adults. Limited to 20 participants — sign up now! See page 22 for more information.

Are You Licensed in New York? Read This . . .

As of January 1, 2015, social workers licensed in New York State are required to obtain CEHs to maintain their license. 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.

NY Locations and Instructors Needed

If your organization has comfortable classroom space in NYC, we are interested in renting or offering free workshop registrations for your staff in exchange for use of the classroom. Also, if you are an instructor in or close to NYC, we would love to speak with you as well. **848-732-8758** or ce@ssw.rutgers.edu.

Structural Family Therapy Intensive Series

This five-week series is led by master trainers Rich Holm and Dan Minuchin from the Minuchin Center for the Family. For clinicians working with families, the skills and insights you will learn will provide a firm foundation for your work for years to come. See page 24 for more information.

Certificate Program in Developmental Disabilities

The requirements for the certificate in developmental disabilities have changed. As of fall 2017, nine required workshops and three electives are needed to complete this popular and comprehensive certificate program. Check out page 7 for specific information. Who knows? You may be closer to completion than you think.

Bring Training and CEUs 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 or call **848-932-8758**.

Need Ethics and Cultural Competence Workshops?

We have several scheduled this fall and winter. See page 4 for the “Must-Haves in CEHs.”



Frederic Reamer Ethics Workshop

June 19, 2018 – Save the date!

Complete your ethics CEHs in one day with one of the nation’s leading experts on professional ethics. Search for workshop 4422 or by date on the calendar at socialwork.rutgers.edu/ce.

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 15.

Want to Become an LCSW? If Yes, READ THIS!

If you are an LSW who wants to become an 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? Since July 2004, LCSWs who do 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 page 21 for more information.

Track Your CE Progress on Our Website

We have designed our own registration and account management system. Online you can see a list of all our offerings, register for workshops, see your workshop history, get directions to all workshop sites, and even see your progress in each certificate program with “Certificate Advisor”! Just open your web browser and visit socialwork.rutgers.edu/ce.

Single Workshop or Certificate Program? You Decide

All workshops in the catalog can be taken individually. 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 apply your attendance toward the appropriate certificate. You can track your progress on our website.



All licensed N.J. social workers are required to receive continuing education in ethics and social and cultural competence. We make meeting the requirements easy with a wide selection of engaging workshops. Look for the following throughout the workshop listings:

Ethics
Social and Cultural Competence
Clinical

All workshops are general (nonclinical) unless indicated as above.

License Requirement: Ethics

The social work license mandates that all social workers take 5 hours of continuing education on ethics each relicensing

period. The Office of Continuing Education provides the opportunity to meet this requirement with innovative and interesting workshops. Below are the fall/winter 2017 workshops that meet the ethics requirements. Please see indicated pages for workshop details.

Incorporating Cultural Competence into Ethical Decision-Making
 Sept. 25, 2017 • New York City • See page 15

Incorporating Cultural Competence into Ethical Decision-Making
 Sept. 27, 2017 • Parsippany • See page 15

Ethical Issues in Social Work Practice
 Sept. 29, 2017 • Paramus
 Dec. 8, 2017 • Long Beach Twp.
 Dec. 11, 2017 • West Long Branch
 See page 9

Self-Care in Trauma Work
 Oct. 6, 2017 • Long Beach Twp. • See page 30

Ethical Issues and Values in Violence Against Women Work
 Oct. 6, 2017 • New Brunswick • See page 32

Suicide Prevention in the School Setting: Identification and Intervention
 Oct. 18, 2017 • Parsippany • See page 10

If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization
 Oct. 20, 2017 • West Long Branch
 Jan. 29, 2018 • New Brunswick
 See page 16

Elder Economic Security, Social Equity, and the Reality of Longevity for Seniors in New Jersey
 Oct. 23, 2017 • New Brunswick • See page 30

Legal Issues and Planning
 Nov. 7, 2017 • New Brunswick • See page 27

Bioethical Decision-Making: Considerations for Advanced Planning
 Nov. 8, 2017 • Highland Park • See page 17

Legal and Ethical Issues in Developmental Disabilities
 Nov. 13, 2017 • New Brunswick • See page 23

Legal Responses to Violence Against Women
 Nov. 17, 2017 • Parsippany • See page 32

Disability Policy Issues
 Nov. 30, 2017 • New Brunswick • See page 24

Ethical and Legal Issues in Substance Abuse Counseling
 Dec. 1, 2017 • Glassboro • See page 19

The Ethics of Trauma and Disaster Response: Doing Right, Doing Good
 Dec. 1, 2017 • Parsippany • See page 31

Incorporating Cultural Competence into Ethical Decision-Making
 Dec. 5, 2017 • Hackensack • See page 15

Legal and Ethical Issues in Clinical Supervision
 Dec. 6, 2017 • Bordentown • See page 22

Ethical Issues in the Schools
 Dec. 11, 2017 • New Brunswick • See page 12

Community Organizing and Ethics
 Dec. 12, 2017 • Parsippany • See page 30

Social Work, Ethics, and Professional Responsibilities
 Dec. 15, 2017 • Parsippany • See page 17

Generation Silent — Addressing Aging in the LGBT Community
 Dec. 15, 2017 • Monroe • See page 27

Ethical Dilemmas for Administrators and Managers
 Jan. 16, 2018 • Bordentown • See page 29

LGBT Issues and the Law
 Feb. 2, 2018 • Bordentown • See page 18

License Requirement: Social and Cultural Competence

All N.J. licensed social workers are required to take a minimum of 3 hours in the area of social and cultural competence each relicensing period. As social workers, we embrace the goal of increasing culturally competent practice and are pleased to offer the following dynamic workshops this semester:

Incorporating Cultural Competence into Ethical Decision-Making

Sept. 25, 2017 • New York City • See page 15

Incorporating Cultural Competence into Ethical Decision-Making

Sept. 27, 2017 • Parsippany • See page 15

Cross-Cultural Competence Skills: Bridging Cultural Differences With Respect and Understanding

Sept. 28, 2017 • Bordentown • See page 15

Aging and Spirituality: Meaning in Later Life

Oct. 9, 2017 • New Brunswick • See page 26

Bullying and Bias: Implementing New Anti-Bullying Legislation in Your Schools

Oct. 13, 2017 • Parsippany • See page 16

Dealing With Differences and Diversity in the Clinical Treatment of Children and Adolescents

Oct. 19, 2017 • New Brunswick • See page 20

Elder Economic Security, Social Equity, and the Reality of Longevity for Seniors in New Jersey

Oct. 23, 2017 • New Brunswick • See page 30

A Look at Media, Misogyny, and the "Consumption" of Women

Nov. 1, 2017 • New Brunswick • See page 30

A Treatment Plan for Apathy: Increasing Cultural Capability With Black Consumers of Mental Health Services

Nov. 2, 2017 • New Brunswick • See page 30

Cyberbullying: Nothing Virtual About It

Nov. 7, 2017 • New Brunswick • See page 17

Sexual Orientation and Gender Identity Diversity: Understanding the Needs of LGBT Individuals

Nov. 14, 2017 • Parsippany • See page 17

Understanding Sexual Orientation and Gender Identity 101

Dec. 1, 2017 • Bordentown • See page 17

Managing Differences and Difficult Supervisees

Dec. 4, 2017 • Bordentown • See page 21

Incorporating Cultural Competence into Ethical Decision-Making

Dec. 5, 2017 • Hackensack • See page 15

Aging: Policy and Economic Considerations

Dec. 5, 12, and 19, 2017 • New Brunswick • See page 26

Generation Silent — Addressing Aging in the LGBT Community

Dec. 15, 2017 • Monroe • See page 27

Living on the Edge: Poverty, Hunger, and the Role of Advocacy in N.J.

Jan. 25, 2018 • New Brunswick • See page 30

Looking Through the Invisible Borders: A Cross-Cultural Response to Trauma Survivors

Jan. 26, 2018 • New Brunswick • See page 33

LGBT Issues and the Law

Feb. 2, 2018 • Bordentown • See page 18

Becoming a Trans-Inclusive Clinician: A Basic Overview of Transgender Concerns and Clinical Considerations

Feb. 8 and 15, 2018 • New Brunswick • See page 13

Understanding Relationships in Social Work: Using Relational-Cultural Theory

Feb. 16, 2018 • Bordentown • See page 30

License Requirement: The Clinical Supervision Series

LCSWs who provide clinical supervision for LSWs must first have a minimum of three years of licensure and 20 continuing education hours in a specialized clinical supervision course approved by the NJBSWE. The approved course must be completed prior to the start of the 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 21 for more information on each of the four workshops that will be offered this fall:

Core Issues in Clinical Supervision

Nov. 27, 2017 • Bordentown • See page 21

Models and Techniques of Clinical Supervision

Nov. 29, 2017 • Bordentown • See page 21

Managing Differences and Difficult Supervisees

Dec. 4, 2017 • Bordentown • See page 21

Legal and Ethical Issues in Clinical Supervision

Dec. 6, 2017 • Bordentown • See page 22

SPECIALIZED AREAS OF PRACTICE

Working With Children and Teens

Dealing With Differences and Diversity in the Clinical Treatment of Children and Adolescents

Oct. 19, 2017 • New Brunswick • See page 20

Psychotherapeutic and Psychosocial Treatments for Child and Adolescent Disorders

Oct. 23 & 26, 2017 • Piscataway • See page 20

Complex Trauma in Children

Oct. 26, 2017 • Parsippany • See page 21

Child Interviews:

Understanding the Ins and Outs

Nov. 15, 2017 • Parsippany • See page 21

How Do You Work With Kids, Anyway?

Oct. 24, 2017 • West Long Branch • See page 11

Understanding Sexual Orientation and Gender Identity 101

Dec. 1, 2017 • Bordentown • See page 17

Communicating With Adolescents, Speaking Their Language

Dec. 13, 2017 • Paramus • See page 21

Incarceration and the Impact/Effect on Children and Adolescents

Jan. 12, 2018 • Bordentown • See page 13

Play Therapy Techniques That You Can Use Today

Jan. 17, 2018 • New Brunswick • See page 21

Practical Social Skills Workshop for Children and Students With Developmental Disabilities

Jan. 31, 2018 • New Brunswick • See page 24

Working in School Settings

Bullying and Bias: Implementing New Anti-Bullying Legislation in Your Schools

Oct. 13, 2017 • Parsippany • See page 16

Building Positive Schools Through Positive Education

Oct. 17, 2017 • New Brunswick • See page 10

Suicide Prevention in the School Setting: Identification and Intervention

Oct. 18, 2017 • Parsippany • See page 10

Dealing With Angry Students and Tantrums Effectively

Oct. 18, 2017 • New Brunswick • See page 10

Ethical Issues in the Schools

Dec. 11, 2017 • New Brunswick • See page 12

Disproportionality in Special Education: Implications and Interventions

Jan. 19, 2018 • New Brunswick • See page 18

Parents and School Success

Jan. 25, 2018 • Bordentown • See page 18

Working With Parents

Family Therapy 101

Oct. 17, 2017 • New York City • See page 10

Tools for Reducing Parental Stress and Improving Family Well-Being: Breaking the Legacy of Trauma

Nov. 3, 2017 • New Brunswick • See page 16

When Life Gets Real . . . With Our Kids — Parenting Education 101

Dec. 15, 2017 • New Brunswick • See page 18

Parents and School Success

Jan. 25, 2018 • Bordentown • See page 18

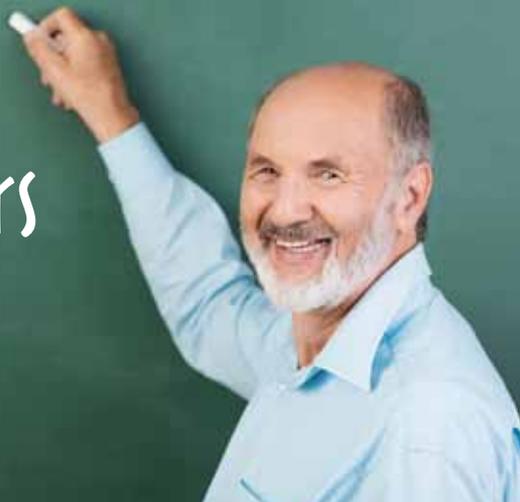
Dealing With Challenges When Working With Parents and Families

Jan. 26, 2018 • Long Beach Twp. • See page 13

Positive Parenting

Feb. 7, 2018 • New Brunswick • See page 13

Advance Your Career with a Rutgers Certificate Program!



A university certificate program is a substantial credential representing advanced postgraduate education. Each certificate is designed to enhance your work and further your career by providing knowledge that is both broad and deep in a concentrated area. Upon completion, your certificate will demonstrate your advanced training and commitment.

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.
- ◆ Contact the Office of Continuing Education at 848-932-8758 or 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**.

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: **7 required workshops, 2 elective workshops, a total of 9 days.** For this semester’s offerings, see page 19.

ADOPTION CERTIFICATE WORKSHOPS

1. **#5954: Attachment-Focused Therapy for Adoptive Families**
2. **#5955: Family-Focused Therapy for Post Institutionalized Adopted Children**
3. **#5957: Behavioral Management and Discipline with Adopted Children**
4. **#5978: Conceptualizing Crisis Intervention when working with Adoptive**
5. **#5951: The Psychology of Adoption**
6. **#5953: Life Cycle Experience and Issues in the Adoption of Older Children**
7. **#5963: Impact of Early Adverse Childhood Experiences - Implications for Adoption**

PLUS TWO 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 page 24 for the workshops being offered this semester. Up to 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 20.

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 TWO 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 20.

CHILD AND 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 and Psychosocial Treatments for Child and Adolescent Disorders (2 days)
9. #5658: Dealing With Differences and Diversity in the Clinical Treatment of Children and Adolescents

PLUS TWO 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 22.

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 23.

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 THREE 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 Housing Issues
- ◆ Certificate Program in Senior Services Management

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 26.

BASIC GERONTOLOGY CERTIFICATE WORKSHOPS

1. #1004: Practical Case Management With Older Adult 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 TWO 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 27.

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 TWO ELECTIVES

Certificate Program in Senior Housing Issues

This certificate program has been created through a joint effort between the N.J. 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 28.

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 TWO 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 N.J. 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: **7 required workshops, 2 elective workshops, a total of 12 days.** For this semester's offerings, see page 28.

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
7. #2002: Basic Elements and Skills Necessary for Effective Volunteer Management (2-day workshop)

PLUS TWO ELECTIVE WORKSHOPS

(Electives may be selected from all workshops listed under the gerontology programs or the nonprofit and public management program)

Certificate Program in Nonprofit 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 28.

NONPROFIT 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 THREE ELECTIVES

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 13 days.** For this semester's offerings, see page 30.

TRAUMA RESPONSE AND 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 (2 days)
9. #5852: Differences and Diversity in the Experience, Effects, and Treatment of Trauma

PLUS TWO ELECTIVES

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. For this semester's offerings, see page 32.

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 FIVE 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 TWO ELECTIVES



FALL/WINTER 2017 WORKSHOPS

Clinical Workshops

#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 (National Board for Certified Counselors) clock hours in ethics. This workshop is being offered on three different dates and locations.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Friday, September 29, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Care Plus, Paramus

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Friday, December 8, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: St Francis Community Center,
Long Beach Twp

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Monday, December 11, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Monmouth Cares,
West Long Branch

#5039 Understanding Psychiatric Medications — What Every Therapist Needs to Know

This workshop provides guidance on medication issues that social workers will encounter in practice, including identifying potentially dangerous drug interactions and adverse side effects, improving medication compliance, recognizing the warning signs of drug dependence, and understanding how psychopharmacology can work in conjunction with psychosocial interventions. Complete with case examples, assessment tools, and treatment plans, this training offers practical insight for clinicians serving clients with mental health conditions.

Fee: \$129

CEHs: 5 Clinical

Instructor: Amanda Mathisen Stylianou,
PhD, MSW, LCSW

Date: Saturday, September 30, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center,
Parsippany

#5099 Interventions for Depression, Anxiety, and PTSD in Children

This workshop will cover a brief review of the common features of depression, anxiety, and PTSD in children and adolescents; a quick familiarization with common, clinic-based treatment strategies for these illnesses; and a specific adaptation of these treatment strategies to clinical, family-centered, intensive, and home-based service models. We will pay particular attention to questions of how to incorporate other

treatment strategies with the strength-based, cognitive behavioral, and psycho-educational models. The workshop will rely heavily on actual case examples, role play, and the use of workshop participants as case consultants

Fee: \$129

CEHs: 5 Clinical

Instructor: Janis Falvey, LPC

Date: Monday, October 2, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center,
Parsippany

#4939 Understanding Your Client: Techniques for Working With Sexual Abuse Survivors

This workshop offers an overview of sexual abuse and the emotional, psychological, and physical effects it has on the victim at each developmental stage. Participants will develop skills for working with this population in a professional setting and gain an awareness of how values, personal experiences, and culture may play a role in these interactions. Through the use of multimedia platforms, this workshop will serve as a guide for educating and supporting sexual abuse survivors. Participants will develop valuable communication skills for working with clients and will be provided with a list of resources to supplement their learning.

Fee: \$129

CEHs: 5 Clinical

Instructor: Monica Guzman, EdM, LPC

Date: Wednesday, October 4, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex,
Bordentown

#5049

Understanding the DSM-5: Diagnostic Changes and Clinical Implications

The ability to assess and diagnose is a core competency for mental health providers. The changes in the DSM-5 manual will require practitioners to modify their current understanding of diagnostic symptoms and categories. This one-day workshop will cover 20 revised diagnostic categories proposed for the DSM-5. In addition, the new "dimensional assessment" will be reviewed.

Fee: \$129

CEHs: 5 Clinical

Instructor: Judeth Forlenza Wesley, RN, LCSW, LCADC, CPS

Date: Thursday, October 5, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Fee: \$129

CEHs: 5 Clinical

Instructor: Amanda Mathisen Stylianou, PhD, MSW, LCSW

Date: Saturday, December 9, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5098

Beyond Healing to Thriving: Post-Traumatic Growth Through Mindfulness, Cognitive Behavior Therapy, and the Arts

This workshop will facilitate a better understanding of post-traumatic growth, how to encourage and promote it, and its implications to clinical practice and our communities. Participants will learn the definition of post-traumatic growth, distinguish between post-traumatic stress disorder and post-traumatic growth, and be exposed to techniques in mindfulness, cognitive behavior therapy, and the arts that support post-traumatic growth. PowerPoint, video, small group discussions, and experiential activities will be utilized throughout the workshop day.

Fee: \$129

CEHs: 5 Clinical

Instructor: Anat Samid, MSW, LCSW

Date: Friday, October 13, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5201

Family Therapy 101

This workshop offers a tool kit for the child/family therapist working in both agency and private practice settings. The goal is to provide attendees with enhanced skills and techniques to build their practice repertoire. The workshop covers the initial intake session with children, including the assessment, historical gathering of family dynamics, and working with symptom presentation. From there, the workshop will provide activities to

engage children under 10, address how to optimize the length of the session in regard to age, and how to best include the entire family. The workshop includes techniques on working with teens and how to determine when to refer a child of any age to a higher level of care. Additionally, the workshop will discuss issues of HIPPA compliance and consent/release forms needed on file to ensure continuing care with physicians, teens, and divorced families.

Fee: \$129

CEHs: 5 Clinical

Instructor: Jennifer Vazquez, LCSW

Date: Tuesday, October 17, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Cancer Care, New York City

Fee: \$129

CEHs: 5 Clinical

Instructor: Jennifer Vazquez, LCSW

Date: Tuesday, January 9, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Monmouth Cares, West Long Branch

#4778

Building Positive Schools Through Positive Education

Research indicates that a positive school climate has been associated with higher academic achievement and healthy behavioral outcomes for students. Positive education is teaching happiness, resilience, and well-being along with traditional skills. This training will provide educators with a greater awareness of the tenets of positive psychology and positive education and the benefits of developing and implementing school-wide programs that foster a positive school climate and encourage achievement through collaboration rather than competition.

Fee: \$129

CEHs: 5 Clinical

Instructor: Diane Lang, MA

Date: Tuesday, October 17, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#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 of 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 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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Debbie Mann, LCSW

Date: Wednesday, October 18, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Care Plus, Paramus

#5061

Dealing With Angry Students and Tantrums Effectively

It seems each year we are dealing 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 students. Then, and most important, we will look at practical and simple tools that can be used immediately to decrease the incidents of tantrums and angry behaviors within the school, mental health, and home setting. The goal of this workshop will be to supplement your existing tools with others you can quickly implement when working with these students during their most challenging states.

Fee: \$129

CEHs: 5 Clinical

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Wednesday, October 18, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5829

Suicide Prevention in the School Setting: Identification and Intervention

This workshop is designed to help school social workers, school counselors, and teachers understand their role in identifying students at risk for suicide. In this workshop, risk factors and indicators will be discussed and policies and procedures in addressing this issue will be explored. Resources and ways to make appropriate referrals will be described as well. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Nicci Spinazzola, EdS, LMFT, LPC, ACS

Date: Wednesday, October 18, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5078 How Do You Work With Kids, Anyway?

Working with children and adolescents can be overwhelming to many clinicians and practitioners. This workshop will provide participants with a theoretical framework for the process of working with children and adolescents by gaining a working knowledge of the techniques of doubling and sociometry. The workshop will include various action methods to aid the therapist in warming up the inner child, a basic understanding of how action techniques, and its relationship to spontaneity and creativity when working with children.

Fee: \$129

CEHs: 5 Clinical

Instructor: Lisa Hillman, LCSW, CP

Date: Tuesday, October 24, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Monmouth Cares,
West Long Branch**

#5089 How is Anxiety Good for You?

While many do their best to avoid feeling anxious, anxiety is not all bad; in fact, it can be good for you. It functions as a cue for examining how stress is managed and what contributes to an anxious mind. Through the lens of Bowen family systems theory, participants will increase their awareness as to how anxiety impacts them, their family, and workplace; understand what triggers their anxiety; and learn how they can strategically work to ease their anxious minds. This workshop is intended for clinicians interested in increasing their ability to better manage their own anxiety as well as strengthening their therapeutic skills for counseling anxious clients.

Fee: \$129

CEHs: 5 Clinical

Instructor: Lauren Hammer, LCSW, MS

Date: Wednesday, October 25, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5083 Understanding Attachment in the Context of Childhood Trauma

This workshop will focus on the impact impaired attachment and trauma has on children, especially in the child welfare system. Participants will increase knowledge and gain understanding of the signs and symptoms of impaired attachment and how trauma affects a child psychologically, emotionally, behaviorally, and developmentally. Through case examples, discussion, and multimedia, participants will identify interventions to facilitate attachment and bonding to strengthen family ties. Approaches, techniques, and clinical tools will be explored to assist practitioners to widen their trauma lens to work more effectively with traumatized children and their families.

Fee: \$ 129

CEHs: 5 Clinical

Instructor: Rebecca Gallese, LCSW

Date: Friday, October 27, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#5038 Working With Suicidal Clients

Suicide is a major mental health concern in the United States as over 30,000 people commit suicide annually. This workshop is designed to increase knowledge for professionals regarding the recognition of risk factors, warning signs, and at-risk behaviors and to provide tools to effectively intervene. This training will increase clinical competency in managing suicidal clients by providing clinical knowledge and skills to help the clinician increase his/her emotional tolerance and sense of self-efficacy in treating clients in distress. Within a problem-solving conceptualization of suicidality, intervention efforts will focus on decreasing the client's emotional suffering, while simultaneously building upon the client's capacity to cope.

Fee: \$129

CEHs: 5 Clinical

**Instructor: Amanda Mathisen Stylianou,
PhD, MSW, LCSW**

Date: Saturday, October 28, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5244 Overcoming Divorce One Successful Marriage at a Time

Created by the renowned marital therapist and best-selling author Terry Real, relational life therapy (RLT) is designed to go right to the core of marital problems and quickly make positive change. Through case examples, experiential exercises, and extensive role-plays, this workshop will provide a thorough primer of the RLT model. In addition, participants will be taught five major skills that they can immediately use in their next session with couples. The presenter has a master level certification in RLT and has trained directly with Real for over 15 years.

Fee: \$129

CEHs: 5 Clinical

Instructor: Eric Krispert, LCSW

Date: Friday, November 3, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5097 Gestalt Theory, Therapy, Technique: An Introduction to the Gestalt Approach

This is an introductory workshop for those interested in gestalt therapy, one of the most dynamic and enduring 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 the unity of body, mind, and environment. Highlighted areas include the importance of

the dialogic therapist/client relationship, awareness, body cues and breathing, polarities and the use of the empty chair, dream work, and group work. Participants will learn theory and technique through lecture, demonstration, and facilitated experiential exercises to help broaden their way of working with clients.

Fee: \$129

CEHs: 5 Clinical

Instructor: Laura Carite, LPC

Date: Friday, November 3, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5236 Understanding the Diversity of Trauma in the Context of Military Families

In recent years, more and more social workers are encountering military and veteran families in their practice settings. In this workshop, participants will become familiar with the military as an institution with its own culture and diversity. Participants will gain a greater understanding of the relationship between military culture and family life. Using DSM criteria and other data, attendees will learn the difference between civilian PTSD and military-related PTSD and what is meant by culturally competent practice in the context of working with members of the military and their families. Through use of lecture, multimedia, small group exercises, and case examples, participants will be able to recognize different strategies and coping skills used for PTSD within the military and when working with returning military and their families.

Fee: \$129

CEHs: 5 Clinical

**Instructor: Judith Forlenza Wesley, RN,
LCSW, LCADC, CPS**

Date: Thursday, November 9, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Thursday, November 9, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#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 that 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. Our own personal happiness is a vital key to how effective we are as clinicians and health care practitioners. We know that happiness is also one of the most effective health interventions. Clinicians and healthcare practitioners will learn techniques that will be a useful addition to their practices and support their own well-being.

Fee: \$129

CEHs: 5 Clinical

Instructor: Diane Lang, MA

Date: Friday, November 10, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5051 A Walk Through Grief: What to Expect and How to Work With the Bereaved

Grief is universal and will eventually emerge in the practice of all professionals. Are you ready? This workshop will provide clinicians with a useful guide on the varied presentations and symptoms encountered when working with the bereaved. All aspects of the grieving process will be examined, including symptom presentation, prognosis of mourning, key aspects of healing, and specific tools to use when working with the bereaved. The workshop will include informative case examples and a resource guide to help practicing clinicians in healing their bereaved clients. This workshop is being offered on two different dates and locations:

Fee: \$129

CEHs: 5 Clinical

Instructor: Jennifer Vazquez, LCSW

Date: Tuesday, November 14, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Cancer Care, New York City

Fee: \$129

CEHs: 5 Clinical

Instructor: Jennifer Vazquez, LCSW

Date: Thursday, February 8, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Debra D. Castaldo, PhD, LCSW

Date: Wednesday, November 29, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Care Plus, Paramus

#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 identify cognitive and behavioral manifestations of each disorder; explore considerations for treatment, including cognitive-behavioral therapy, group therapy, and medications; recognize considerations for differential diagnosis; and identify support resources.

Fee: \$129

CEHs: 5 Clinical

Instructor: Scott Granet, LCSW

Date: Thursday, November 30, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Bergen DHS, Hackensack

#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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Scott Granet, LCSW

Date: Friday, December 1, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#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 (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Monday, December 11, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Craig Strickland, PhD

Date: Friday, December 15, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5218 Incarceration and the Impact/Effect on Children and Adolescents

Parental incarceration is a complex and daunting experience for anyone, including mental health providers. This workshop will help participants identify the effects of parental incarceration at different developmental stages, key aspects that influence the child's understanding of the experience, and understand the impact of loss and trauma of this experience. This workshop does not specifically discuss therapeutic modalities but is geared towards helping mental health providers feel more comfortable working with children and families affected by parental incarceration.

Fee: \$129

CEHs: 5 Clinical

Instructor: Sarah Kautz, LCSW

Date: Friday, January 12, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5223 The New Therapist Workshop — Private Practice

Ideal for social workers considering or beginning in a private-practice setting, this workshop discusses important clinical techniques and skills for private-practice clients, insurance vs. fee-for-service based practices, billing, incorporation, marketing, and the basics of the private-practice world. This workshop will help social workers to understand the basics of the private-practice world, learn ready-to-use clinical skills for private practice, and learn appropriate policies, procedures, protections, and marketing for a successful private practice.

Please note this workshop is five hours long but provides three CEHs of clinical content.

Fee: \$129

CEHs: 3 Clinical

Instructor: Zachary Alt, LMSW

Date: Saturday, January 20, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., 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," non-compliance, 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 help productively tailor your interventions around the most common types of challenging parents/families.

Fee: \$129

CEHs: 5 Clinical

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Friday, January 26, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: St. Francis Community Center, Long Beach Twp.



#5215 Parents as Healers: Strategies to Incorporate Caregivers into Treatment Sessions

There is increasing evidence to support the claim that therapy is more effective when the parent and child are seen together or the parent is placed in a pivotal role. Mega-studies are showing strong support for the effectiveness of family-based treatments, the importance of bonding and relationship in childhood trauma, and the efficacy of parent training for disruptive behavior disorders. Yet, research also indicates that in practice parents and their children are frequently seen separately or the role of the caregiver is marginalized. This workshop will teach participants how to make parents a dynamic part of treatment planning and intervention. It will also demonstrate how to incorporate parents and children together in strategies using CBT, DBT, directive play, psychoeducation, and creative arts to address a wide range of mental health issues. Learn how to enable the caregiver to be the primary "healer" by encouraging parents to be active within the session, making their concerns and observations a priority, and having them continue the healing with home-based strategies.

Fee: \$129

CEHs: 5 Clinical

Instructor: Anne Marie Ramos, LCSW, RPT-S

Date: Friday, January 26, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#5080 Schema Therapy Basics

Schema therapy is an innovative psychotherapy approach developed by Dr. Jeffrey Young for personality disorders, chronic depression, and other difficult individual and couples problems. Schema therapy integrates elements of cognitive therapy, behavior therapy, object relations, and gestalt therapy into one unified, systematic approach to

treatment. The model is effective in addressing lifelong self-defeating patterns of functioning. This workshop will offer an introduction to the schema therapy model and its main components, including the 18 maladaptive schemas. We will use case studies to highlight the theory and techniques.

Fee: \$129

CEHs: 5 Clinical

Instructor: Carlos Rojas, MS, MSW, LCSW

Date: Friday, February 2, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Diane Lang, MA

Date: Wednesday, February 7, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5485 Becoming a Trans-Inclusive Clinician: A Basic Overview of Transgender Concerns and Clinical Considerations

Transgender people are frequently ignored or presented as a subset of lesbian and gay populations in both physical and mental health settings. This training will specifically address clinical concerns of the transgender community, including identity, barriers to care, transition support, legislative developments, and resources. Participants will gain a basic understanding of gender identity development, trans vocabulary, and ways to address trans issues throughout the life cycle. Working with a focus on trauma-related practice is highlighted.

Fee: \$225

CEHs: 10 Clinical, Social and Cultural Competence

Instructor: Tracey Post, MSW, LCSW

Dates: Thursdays, February 8 and 15, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5091

Monsters Under the Bed: Non-Suicidal Self-Injury

Non-suicidal self-injury (NSSI) is what we can see; underneath the skin is where the monsters lie. These monsters are the emotional pain and psychological experience that self-injurers contend with, and what we as providers need to become more comfortable with and aware of. Please join us in a profound workshop on NSSI and immerse yourself in the research, hypotheses, mechanisms, and risk pertaining to NSSI.

Fee: \$129

CEHs: 5 Clinical

Instructor: Danielle Forshee, PsyD, LCSW

Date: Monday, February 12, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#5234

The Therapist's Toolbox

A workshop for clinical social workers of all levels, this workshop will discuss a variety of clinical techniques and skills that can be used in any clinical setting. This workshop will help social workers to understand a variety of traditional and modern clinical frameworks, learn ready-to-use practice techniques, and get a sampling of advanced techniques requiring further training.

Fee: \$129

CEHs: 5 Clinical

Instructor: Zachary Alti, LMSW

Date: Friday, February 16, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5227

Schema Therapy — Beyond the Basics

Schema therapy is an innovative psychotherapy approach developed by Dr. Jeffrey Young for personality disorders, chronic depression, and other difficult individual and couples problems. Schema therapy integrates elements of cognitive therapy, behavior therapy, object relations, and gestalt therapy into one unified, systematic approach to treatment. The model is effective in addressing lifelong self-defeating patterns of functioning. This workshop goes beyond the basics course. It expands on the main components of the schema therapy model, and it will focus primarily on maladaptive modes. We will use case studies and videos to highlight the theory and techniques.

Fee: \$129

CEHs: 5 Clinical

Instructor: Carlos Rojas, MS, MSW, LCSW

Date: Friday, February 16, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#5068

Identification and Clinical Strategies for Working With the Co-Occurring Adolescent

Current statistics point to rising experimentation, use, and dependency on substances in clients under the age of 25. In fact, this group represents the largest growing segment of the population seeking treatment for substance abuse. Treatment providers struggle to keep up with current trends in both use and treatment and are often unsuccessful in engaging this population. Using case studies and a highly experiential format, participants will learn how to identify adolescents and young adults at risk for substance abuse, common substances of abuse, and strategies to engage the adolescent, family, and community for successful treatment outcomes.

Fee: \$129

CEHs: 5 Clinical

**Instructor: Deborah McKinley MA, LPC,
CCS, ACS**

Date: Monday, February 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

CONCENTRATION SERIES ON EATING DISORDERS

#5206

Eating Disorders Overview and Clinical Issues

Complex clinical challenges often emerge among clients seeking treatment for emotional or relationship issues who also experience ongoing and painful struggles with eating-disordered behaviors. In contrast to traditional treatment approaches, food and eating may have begun as a comforting solution, or, in some cases, a survival strategy, especially among those with childhood traumas. Within this context, the subsequent development of serious eating problems, psychopathology, and distorted body image become more understandable, warranting different treatment strategies. In this workshop, a compassionate and in-depth examination of eating disorders (ED) is provided. While including the full ED spectrum, the focus highlights binge eating, the most recent DSM-V category. Current research concerning related psychopathology is presented together with the latest findings about the significant role of self-criticism and unresolved anger. Assessment tools are provided along with several innovative treatment strategies that clinicians may find especially relevant for adult female clients.

Fee: \$129

CEHs: 5 Clinical

Instructor: Marjorie Feinson, PhD

Date: Monday, November 6, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5207

Eating Disorders and Childhood Abuse

A remarkable research finding reveals that two-thirds of adult women with serious eating problems (EP) were abused in childhood. Perhaps more surprising is that most of the abuse is emotional, not sexual or physical (i.e., behavioral). And yet, professional attention (education, treatment, research) tends to focus mainly on behavioral forms of abuse. In contrast, this workshop highlights emotional abuse in childhood (CEA) and psychological factors (e.g., depression, anxiety) that are associated with EP in adulthood. Indeed, broadening the lens to include emotional abuse is warranted because it is the childhood trauma most clearly associated with eating pathology later in life. Participants will learn about current research findings and have an opportunity to examine innovative treatment strategies for addressing the CEA-EP relationship, including the significant contributions of self-criticism and unresolved anger.

Fee: \$129

CEHs: 5 Clinical

Instructor: Marjorie Feinson, PhD

Date: Monday, November 13, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5232

Eating Disorders and Body Image Dissatisfaction: What Is The Relationship?

Body image dissatisfaction (BID) is so widespread among women that it has been described as a "normative discontent" (Rodin et al., 1984). That is, feeling negative or discontented about one's appearance is considered the norm rather than the exception and often is reflected in the term "fat talk." Although widely attributed to cultural standards of thinness and the media's promotion of idealized images of beauty, these explanations are inadequate for a majority of women who are exposed to prevailing norms yet do not develop BID. Perhaps of utmost clinical importance is that BID is the most robust risk factor associated with eating pathology. In this workshop, we explore many of these issues, including the surprising relationship between BID and emotional abuse in childhood (CEA). Tools for assessing BID and related clinical issues (CEA, self-criticism, anger, etc.) are covered. Active participation is encouraged, including discussion of clinical cases that attendees may wish to bring to the workshop.

Fee: \$129

CEHs: 5 Clinical

Instructor: Marjorie Feinson, PhD

Date: Monday, November 20, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5233

Eating Disorders and Recovery: Highlighting Spiritual Practices

Women with eating-disordered behaviors often describe their use of food to provide comfort, to fill a void or a “hole in the soul.” Thus, alternative ways to fill the void are needed for recovery. An emerging treatment strategy focuses on spiritual growth and healing. What do we mean by spiritual growth, why is it essential to recovery, and how can we help our clients grow spiritually? This workshop introduces a “healing circle,” a safe and nurturing environment in which we explore together the meanings of recovery and the role of spiritual practices — often neglected, but potentially powerful treatment resources. Sustainable recovery is enhanced through spiritual practices that contribute to healing the “hole in the soul.” Ample opportunity is provided for participants to learn about and experience emerging spiritual practices while deepening an appreciation for how these practices nurture and contribute to sustainable recovery.

Fee: \$129

CEHs: 5 Clinical

Instructor: Marjorie Feinson, PhD

Date: Monday, December 4, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

General Workshops (Nonclinical)

#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 social workers can synthesize ethical decision-making and cultural competence into their practices. 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 practices. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics. This workshop is being offered on three different dates and locations:

Fee: \$129

CEHs: 5 Ethics OR Social and Cultural Competence

Instructor: Robert Hazlett, PhD, LCSW

Date: Monday, September 25, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Cancer Care, New York City

Fee: \$129

CEHs: 5 Social and Cultural Competence, Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Wednesday, September 27, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

Fee: \$129

CEHs: 5 Social and Cultural Competence, Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Tuesday, December 5, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Bergen DHS, Hackensack

#8001

Creating Effective Training Presentations

At the heart of every training is how well the trainer transmits his or her knowledge and experience. Here's a workshop designed to enhance the trainer's ability to create thorough, effective, and interesting presentations. 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 create behaviorally specific objectives for training presentations, produce succinct and effective presentations, appear more confident and dynamic in the delivery of information, and maximize audience interest through use of visual aids and interactive exercises. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

Fee: \$129

CEHs: 5

Instructor: Robert Hazlett, PhD, LCSW

Date: Tuesday, September 26, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Cancer Care, New York City

#5578

Cross-Cultural Competence Skills: Bridging Cultural Differences With Respect and Understanding

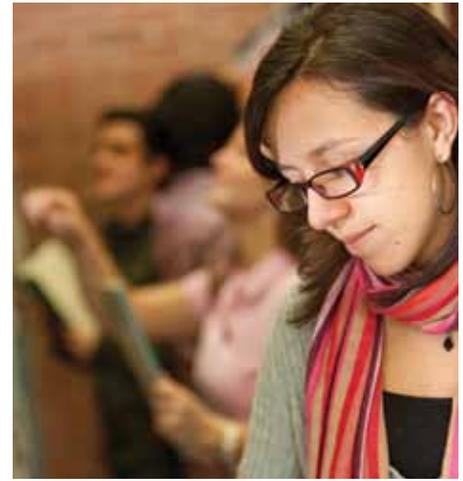
This workshop provides professionals with the knowledge and skills necessary to communicate effectively across cultural differences in a variety of contexts. Intercultural competence calls for a framework that supports recognizing individuality and variation within each culture. The focus of this workshop will be on ethnic and cultural differences, and it will also touch upon other forms of difference, including ability/disability, religion, and sexual orientation. In addition to information about specific cultural and other differences, participants will gain understanding of the dimensions along which cultures differ from each other to enable the application of intercultural communication skills to a variety of cultural contexts.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Paula Rodriguez Rust, PhD

Date: Thursday, September 28, 2017



Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#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 course is not eligible for CEHs and it does not qualify for NBCC (National Board for Certified Counselors) clock hours. This workshop will be offered FIVE times this semester:

Fee: \$129

Instructor: Robert Hazlett, PhD, LCSW

Date: Thursday, September 28, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Fee: \$129

Instructor: Robert Hazlett, PhD, LCSW

Date: Thursday, December 7, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Robins' Nest, Glassboro

Fee: \$129

Instructor: Robert Hazlett, PhD, LCSW

Date: Thursday, December 14, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: School of Social Work, Camden

Fee: \$129

Instructor: Christine Heer, LCSW, Esq

Date: Friday, February 16, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Fee: \$129

Instructor: Christine Heer, LCSW, Esq

Date: Friday, February 23, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany



#4117 Bullying and Bias: Implementing New Anti-Bullying Legislation in Your Schools

Bullying and bias are serious issues that affect student safety, the educational environment, and school liability. The “Students’ Anti-Bullying Bill of Rights” substantially increases a school’s responsibility for addressing bullying and contains numerous specific requirements. This workshop covers schools’ responsibilities under the new law, as well as schools’ responsibilities under pre-existing laws. The workshop also provides detailed coverage of the components of an effective and comprehensive school anti-bullying program that enables school personnel to meet legal requirements using effective and resource-efficient methods that are consistent with research in the field of bullying prevention and response. Participants will gain practical understanding and skills for application in classrooms and at the school-wide level. Appropriate for support staff, administrators, as well as all school-based professionals.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Paula Rodriguez Rust, PhD

Date: Friday, October 13, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#4963 Upholding Ethical Excellence: The Power of Self-Care

Did you know that practicing proper self-care is your ethical responsibility? Countless hours are invested in obtaining education to assist clients, yet often little attention is given to educating those in the helping professions on the effects of burnout, how to identify burnout, and the importance of self-care. Social workers and allied professionals must invest in caring for the most effective tool they will ever use — themselves. Don’t miss

this engaging workshop where we’ll discuss the importance of self-care, the dangers of burnout, and the associated ethical implications. Workshop attendees will identify their personal values and explore the inference of how their values affect every day practice. Attendees will leave this workshop both inspired and motivated to engage in proper self-care.

Fee: \$129

CEHs: 5

**Instructor: Terricka Hardy, LCSW, ACSW,
BCD**

Date: Friday, October 20, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4113 If It Isn’t in Writing, It Didn’t Happen: Documentation to Protect Your Client, Yourself, and Your Organization

Documentation is a vital part of the professional’s responsibility; however, it is often given insufficient attention. Writing progress notes, reports, and letters requires the human service professional to consider many factors, including the purpose of the communication, the recipient of the communication, and the goal(s) of the writer. This workshop will focus on best practices in professional documentation for social workers and other professionals, with topics including, but not limited to, how to memorialize your assessment, prognosis, and 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 and persuade on your client’s behalf; how to convey objectivity; and ethical and legal issues in documentation. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics. This workshop is being offered on two different dates and locations:

Fee: \$129

CEHs: 5 Ethics

Instructor: Christine Heer, Esq, LCSW, DVS

Date: Friday, October 20, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Monmouth Cares,
West Long Branch**

Fee: \$129

CEHs: 5 Ethics

Instructor: Christine Heer, Esq, LCSW, DVS

Date: Monday, January 29, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4947 Stress Management for Regaining Life’s Balance

Today’s fast-paced life style and the accompanying stressors can leave you with less satisfaction in your life, greater anxiety, and even depression. Stress contributes to diabetes, high blood pressure, and a whole host of other physical ailments that may be

preventable. This interactive workshop identifies common contributors to stress and numerous opportunities to offset it. Learn how to develop a “rebalancing plan” to reduce stress and better manage what life throws at you and your clients.

Fee: \$129

CEHs: 5

Instructor: John Kriger, MSM, CADC, CPS

Date: Wednesday, October 25, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: St. Francis Community Center,
Long Beach Twp.**

#6033 Tools for Reducing Parental Stress and Improving Family Well-Being: Breaking the Legacy of Trauma

Throughout history, parenting, although perhaps the most rewarding and fulfilling of roles, has also been characterized as the hardest job in the world. The stress placed on the modern American family is at an all-time high and is amplified for single parents and parents of children with special needs. Parental stress has a direct impact on the growth and development of children. Current research on attachment emphasizes the importance of the attunement of parents to their children for the development of self-regulation, focus, healthy relationships, and resilience. Parents often perceive stress management as yet one more impossible demand on their time. This experiential workshop will give you a take-home stress management toolkit to offer the parents you work with. All of the tools provided will be simple, practical, time efficient, and often fun! Findings from the field of neuroscience are confirming the effectiveness of these tools for enhancement of physical and emotional well-being.

Fee: \$129

CEHs: 5

Instructor: Lori Schlosser, PhD, MSW

Date: Friday, November 3, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4960 Self-Care All Day

This interactive workshop focuses on the importance of self-care and introduces participants to specific strategies they can incorporate in to their lives on a daily basis. The role of self-care is critical when working and dealing with individuals who have experienced any type of trauma. Many times, staff become so focused on providing critical services and meeting their client’s needs that self-care is lost. Research has shown that burnout and poor health outcomes are connected to the absence of self-care. At the end of the day, participants will walk away with practical, simple, and impactful tools for establishing and maintaining self-care.

Fee: \$129

CEHs: 5

Instructor: Carol Rickard, LCSW

Date: Monday, November 6, 2017
Time: 9:30 a.m. - 3:30 p.m.
**Location: Rutgers Eco Complex,
Bordentown**

#4069 **Cyberbullying: Nothing Virtual About It**

Cyberbullying is a growing problem for youth that can have tragic consequences. This workshop provides tools for professionals working with children, teens, or parents in clinical, school, service organizations, or other settings to recognize, respond to, and prevent cyberbullying. Topics include differences between cyberbullying and "traditional" bullying, types of cyberbullying, the reasons youth choose to cyberbully, social and psychological effects of cyberbullying, sexting and texting, legal issues, parental and school responsibilities, online safety, the electronic generation gap between adults and teens, and various electronic venues, including social networking sites, gaming sites, IM, and chat rooms. The workshop provides participants with specific recommendations, procedures, and resources for preventing cyberbullying and responding to incidents of cyberbullying, including resources for educating youth aged 5-18 and parents about cyber-safety. No prior knowledge of electronic communications technology is necessary.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Paula Rodriguez Rust, PhD

Date: Tuesday, November 7, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4145 **Bioethical Decision-Making: Considerations for Advanced Planning**

As the American healthcare system grows more complex, there is a growing public awareness of the need for advance planning involving end-of-life decisions. Conflicts among healthcare professionals, patients, families, and payors are almost inevitable, given the growing number of choices available, particularly when it comes to terminal prognoses and death. Participants in this workshop will learn of the controversy surrounding the living will, the use of out-of-hospital do-not-resuscitate orders, and legal considerations of capacity that impact the individual's right to voluntary decision-making. Issues of voluntary versus involuntary approaches to ethical decision-making will be explored using clinical examples. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: Helen Hunter, ACSW, LSW

Date: Wednesday, November 8, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Pavilion at Parker,
Highland Park**

#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 they relate 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 individual will be addressed, as well as how professionals can help youth and adults who are questioning their sexualities or genders. The workshop also examines common stereotypes and attitudes toward LGBT, including the origins of these stereotypes, related research findings, and effective techniques for addressing the stereotypes and attitudes of others.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Paula Rodriguez Rust, PhD

Date: Tuesday, November 14, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#4935 **Understanding Sexual Orientation and Gender Identity 101**

This workshop will offer an in-depth examination of the spectrums of sexual orientation and gender identity. What does it mean to be gender fluid, cisgender, questioning, or gender diverse? How do we make our practices, office, and forms inclusive and welcoming? Topics include basic terminology, an overview of the layers of sexual identity, and the impact of prejudice, discrimination, and assumed heterosexuality on LGBT individuals and on the LGBT community. The workshop will offer the opportunity to explore personal values, and practice skill-building. Ways to dispel myths, misconceptions, and avoid reinforcing negative stereotypes will be highlighted.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Tracey Post, LCSW

Date: Friday, December 1, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#4949 **Shifting Paradigms, Challenging Perceptions**

Clients often present with a limited capacity to meet the varying demands and challenges of introspection in treatment and recovery. Many individuals are so busy reacting to what

life throws at them that they don't realize the need or take the time to build the necessary cognitive and coping skills to develop multiple options in approaching life's problems. Professionals often learn about family dynamics, dealing with resistance, and getting clients unstuck, but they may lack the practical knowledge or experience to initiate, provide, and model a variety of skills for shifting paradigms and challenging perceptions. You may have been asked to think out of the box, but have you ever been told how to do it? To paraphrase Albert Einstein, we can't use the same thinking to solve a problem that got us into it. This workshop provides a variety of strategies for clients and professionals to help them actually think out of the box and generate greater options.

Fee: \$129

CEHs: 5

Instructor: John Kriger, MSM, CADC, CPS

Date: Wednesday, December 6, 2017

Time: 9:30 am - 3:30 pm

Location: Robins' Nest, Glassboro

#4187 **Creative Organizational Problem Solving**

Have you ever been told to think out of the box, but no one tells you how to think differently? This fast-paced workshop will show you how to think, act, and believe differently to achieve outstanding results. Albert Einstein said that we can't solve our problems with the same thinking that got us into them. Discover how much more you can accomplish when you change your mind!

Fee: \$129

CEHs: 5

Instructor: John Kriger, MSM, CADC, CPS

Date: Monday, December 11, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#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 (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

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

Date: Friday, December 15, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#4953 When Life Gets Real . . . With Our Kids —

Parenting Education 101

The parent-child relationship lasts a lifetime, and understanding this dynamic, ever-changing dance, learning the steps and rhythms, will be the goal of this workshop. This presentation will focus on the parent/pre-school, elementary-age child, and teenager relationship; understanding early childhood development and its impact on goal-directed behaviors throughout the school years; and managing and influencing a change from negative behaviors to encouraging positive behaviors. We will learn through lecture, role plays, and video presentations effective communication and problem-solving strategies that promote positive relationships, growth, and successful parenting. This is critically useful information for any social worker working with families.

Fee: \$129

CEHs: 5

Instructor: Michael Katz, LCSW

Date: Friday, December 15, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4965 Disproportionality in Special Education: Implications and Interventions

Disproportionality is defined by the State of N.J. as "the over representation of specific racial/ethnic groups in special education." Disproportionality adversely affects minority and low-income children in special education the most, specifically in the areas of social/emotional and academic outcomes. This workshop will focus on defining the problem, outlining the causes, and identifying interventions available to mental health professionals. Therapists and child advocates working with students and families regarding school-related concerns will benefit from learning how disproportionality affects your clients and what our roles can be regarding education and advocacy.

Fee: \$129

CEHs: 5

Instructor: Latesha Jenkins, MS, LSW

Date: Friday, January 19, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#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, and the 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.

Fee: \$129

CEHs: 5

Instructor: Michael Katz, LCSW

Date: Thursday, January 25, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#4958 Reflective Practice: Grow as a Professional

Reflective practice helps individuals understand their professional experiences and ultimately aims to help you have a more meaningful and impactful work life. During this workshop, participants will learn about their own work style preferences and understand how these preferences can facilitate or interfere with work objectives. Topics covered in this workshop will include the role of authority and task type, organizational dynamics, and the fear of negative feedback. This workshop will utilize a variety of learning techniques, including storytelling, videos, and interactive group activities to understand ourselves within the context of professional practice.

Fee: \$129

CEHs: 5

**Instructor: Melanie Hoffman, LSW, MSW,
MPA**

Date: Wednesday, January 31, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4073 LGBT Issues and the Law

Being lesbian, gay, bisexual, or transgendered 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 a relationship, 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 the law understandable for social

workers and other helping professionals. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

**CEHs: 5 Ethics OR Social and Cultural
Competence**

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

Date: Friday, February 2, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

Addictions

#4114 Therapists and 12-Step Culture

Twelve-step programs are a highly utilized approach to addressing a wide range of substance abuse and dependency problems. This workshop will give participants an understanding of the history and prevalence of 12-step programs throughout the world. Participants will leave with a working understanding of the vernacular particular to 12-step culture as well as the cultural value system and norms (such as views on medication-assisted treatment). It is imperative to understand this longstanding self-help movement if you work with or refer to 12-step meetings. Participants will leave with further resources to acquire literature or make contacts within the 12-step leadership structure. Participants are encouraged to bring questions about working effectively within the 12-step community.

Fee: \$129

CEHs: 5

Instructor: Megan Sullivan, LPC, LCADC

Date: Tuesday, October 10, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5028 Basic Psychopharmacology for People With Co-Occurring Diagnoses

This workshop takes a look at best practice as it applies to prescribing (or not prescribing) psychotropic medications for a person in recovery with both a mental illness and substance abuse (MISA) diagnosis. Each medication class will be discussed in terms of benefits and side effects and, whenever possible, recommendations of one medication type over another for the dually diagnosed consumer. Introductory material relating to the neuroanatomy and physiology of the central nervous system will also be

presented and linked to why some medications should be prescribed and why others should be avoided for this problem.

Fee: \$129

CEHs: 5

Instructor: Craig Strickland, PhD

Date: Wednesday, October 25, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#5581

The Dynamics of Addiction, Domestic Violence, and Child Abuse

It is clear that all forms of abuse are destructive. This workshop will address the interrelationships between addiction, domestic violence, and child abuse and the devastating impact they have on all involved. We will explore the values of maintaining dysfunction and what it takes to interrupt the process. The increased concerns over stress in the hostile home environment will also be discussed. This workshop will utilize mixed modalities of presentation.

Fee: \$129

CEHs: 5

Instructor: John Kriger, MSM, LCADC, CPS

Date: Friday, October 27, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Robins' Nest, Glassboro

#4959

Brief Therapeutic Practices and Lifestyle Changes to Enhance Recovery

Lifestyle and behavioral choices have a profound impact on the health of adults and may contribute to premature death, particularly for those with addiction and/or mental health issues. One of the best ways to improve on this outcome is for a person to be in a solid and consistent wellness/recovery program. This workshop focuses on presenting and learning brief therapeutic practices that can be taught during group or individual sessions to enhance clients' recovery efforts. Ways in which stress management, breath work, exercise, and nutrition can improve one's recovery program will be examined. Through lecture, role play, and live demonstrations, participants will learn 10 setup behaviors that can undermine recovery and lead to relapse, 5 ways heart health can strengthen recovery, 15 brief therapeutic practices to enhance recovery, 5 ways the fight/flight response impacts one's overall health and recovery process, and 5 ways exercise improves one's mental health and long-term recovery. Because this workshop is highly experiential, informal dress and comfortable shoes are recommended.

Fee: \$129

CEHs: 5

Instructor: Warren Skov, LCSW, CASAC

Date: Wednesday, November 8, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Care Plus, Paramus

#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 (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Glenn Duncan LPC, LCADC, CCS

Date: Friday, December 1, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Robins' Nest, Glassboro

Adoption

Note: All workshops in adoption can be taken individually or as part of a certificate program. See page 6 for details.

#5951

The Psychology of Adoption

This workshop sets the stage for the certificate program in adoption. The focus will be on contemporary trends in adoption and the psychological benefits and risks associated with adoption. Other topics that will be presented include stress and coping models in adoption and family life cycle tasks in adoption. The implications for post-adoption services will also be addressed.

Fee: \$129

CEHs: 5 Clinical

Instructor: Pat Carter-Sage, MEd, LPC

Date: Wednesday, September 27, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: MRESC Professional
Development Academy, Piscataway
CERTIFICATE REQUIREMENT**

#5953

Life Cycle Experience and Issues in the Adoption of Older Children

This workshop introduces the special challenges related to parenting children who spent significant time in temporary care systems prior to adoption. Topics include adoption as the permanency plan, life in the child welfare system and common survival behaviors, and the interplay between adoption and child development. Also, attachment

theory, family building, and characteristics of successful adoptive families will be discussed. A presentation will also focus on how adoptive families can be supported.

Fee: \$129

CEHs: 5 Clinical

Instructor: Ellen Kelly, LCSW

Date: Friday, October 13, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: MRESC Professional
Development Academy, Piscataway
CERTIFICATE REQUIREMENT**

#5982

Kinship Adoption

This workshop will explore the unique issues and lifestyle changes that kinship caregivers experience as a temporary stay of a child turns in to a permanent placement. Participants will identify the specific family dynamics and challenges when working with kinship families and how this differs from traditional foster care. Participants will gain awareness of how their own assumptions and biases impact practice and expand cultural competencies to engage and intervene more effectively with kinship families. Through use of group activities, videos, and case examples, participants will explore clinical issues such as loss, loyalty, and boundaries, and build on interventions and techniques that will be useful when working with kinship families.

Fee: \$129

CEHs: 5 Clinical

Instructor: Rebecca Gallese, LCSW

Date: Friday, December 1, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: MRESC Professional
Development Academy, Piscataway**

#5963

Impact of Early Adverse Childhood Experiences: Implications for Adoption

This workshop will discuss the consequences of suboptimal care, deprivation, and trauma on childhood development and the interface of biological and social influences. Included in the discussion will be the role of early influences (prenatal and postnatal) on brain development and early developmental outcomes, as well as the impact of prolonged suboptimal care for the older child. An overview on how to access appropriate evaluations and services will be included. Case studies of children in U.S. foster care and adopted from orphanages abroad will be presented. This workshop focuses on identification and evaluation of "at risk" children and referral to appropriate intervention resources. This workshop does not specifically discuss therapeutic modalities.

Fee: \$129

CEHs: 5 Clinical

Instructor: Lisa Nalven, MD, MA, FAAP

Date: Friday, December 8, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: MRESC Professional
Development Academy, Piscataway
CERTIFICATE REQUIREMENT**

Case Management

Note: All workshops in case management can be taken individually or as part of a certificate program. See page 6 for details.

#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.

Fee: \$129

CEHs: 5

Instructor: John Kriger, MSM, CADC, CPS

Date: Wednesday, October 11, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: St. Francis Community Center,
Long Beach Twp.**

CERTIFICATE REQUIREMENT

#4501 The Comprehensive Assessment and Case Plan: Development, Implementation, and Evaluation

The case plan is a partnership agreement between the case manager and the client. Its development and implementation require a complex set of activities usually involving several areas of need and several providers. Participants in this interactive two-day workshop will use a case study assessment from which reasonable, specific, and measurable goals will be developed as a first step in formulating a case plan. Resource identification, linkages to services, advocacy to eliminate barriers, as well as the complexities of the case management relationship and ethical dilemmas will be explored as the plan moves into the intervention phase. Follow-up, monitoring, interagency coordination, and reassessment will allow the participant to determine whether the plan developed yesterday still works for the client today. And finally, outcome evaluation will let the participants assess whether the client has measurably benefited from the case management relationship.

Fee: \$225

CEHs: 10

Instructor: Lynn Pistolas, LCSW

**Dates: Thursdays, November 9 and 16,
2017**

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

CERTIFICATE REQUIREMENT

#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.

Fee: \$129

CEHs: 5

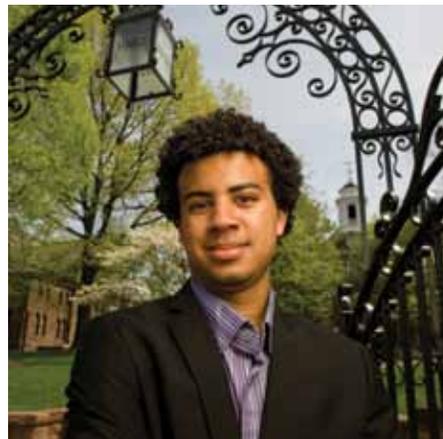
Instructor: John Kriger, MSM, CADC, CPS

Date: Thursday, November 30, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

CERTIFICATE REQUIREMENT



#4503 Handling Crises in Case Management

Crisis intervention and crisis management are skills necessary to case managers. In this workshop, participants will learn how to identify an authentic crisis and assist clients in crisis. The elements of a crisis will be discussed and techniques for communicating with someone in crisis will be practiced. The relationship between individual values and capacity to intervene effectively in a crisis will be explored.

Fee: \$129

CEHs: 5

Instructor: Kimberly Higgs, LCSW

Date: Wednesday, December 13, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

CERTIFICATE REQUIREMENT

#4142 Interviewing Skills Throughout 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.

Fee: \$129

CEHs: 5

Instructor: Donna Gapas, LCSW

Date: Saturday, January 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Child/Adolescent Mental Health

Note: All workshops in child/adolescent mental health can be taken individually or as part of a certificate program. See page 6 for details.

#5658 Dealing With Differences and Diversity in the Clinical Treatment of Children and Adolescents

This workshop addresses ethnic and cultural differences relevant to the assessment and treatment of children and adolescents. The workshop will use examples from Latino, African-American, and African-Caribbean families, but will stress the dimensions of cultural difference that clinicians should explore when working across any cultural or ethnic difference. Topics will include the evaluation and treatment implications of cultural and ethnic differences in family composition and family structure, child-rearing and schooling practices, gender and generational role expectations, definitions of mental health and illness, definitions of help and help-seeking, the common clashes between client expectations and the professional helpers, and ways for clinicians to bridge the gaps in culture reducing the effectiveness of services. The workshop will combine didactic presentations and group exercises. Participants are strongly encouraged to bring relevant case material to share.

Fee: \$129

**CEHs: 5 Clinical, Social and Cultural
Competence**

Instructor: Shalonda Kelly, PhD

Date: Thursday, October 19, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#5657 Psychotherapeutic and Psychosocial Treatments for Child and Adolescent Disorders

This two-day workshop addresses current treatment models for child and adolescent

disorders. Topics include similarities and differences across the major models of intervention, including psychodynamic, cognitive-behavioral, and behavioral approaches; the use and modification of standardized, evidence-based treatments (EBTs) to fit individual case presentations; and specific interventions for the most common child and adolescent diagnoses, including disruptive behavior disorders (ADHD, ODD, CD), depression, anxiety disorders and PTSD, child and adolescent bipolar disorder, and emerging character dysfunction. The workshop will include didactic presentation and case-centered group exercises. Participants are strongly encouraged to bring sample case material that illustrates treatment difficulties or impasses.

Fee: \$225

CEHs: 10 Clinical

Instructor: Janis Falvey, LPC

Dates: Monday, October 23, and Thursday, October 26, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Middlesex Regional Educational Services Commission, Piscataway
CERTIFICATE REQUIREMENT

#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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Susan Esquilin, PhD, ABPP-Clinical

Date: Thursday, October 26, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#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 way.

Fee: \$129

CEHs: 5 Clinical

Instructor: Debbie Mann, LCSW

Date: Wednesday, November 15, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Debbie Mann, LCSW

Date: Wednesday, December 13, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Care Plus, Paramus

#5659

Play Therapy Techniques That You Can Use Today

Play is the language of the child. Attempting to assess and treat children in a primary talk therapy modality can be difficult for the client and the clinician. Play therapy is growing in popularity in the mental health professions and is recognized as an effective means of addressing many developmental and psychological issues of children and adolescents. In this workshop, play and art techniques for assessment, intervention, and termination in individual, group, and family therapy will be presented through lecture, experientially, and through case discussion. The presenter will discuss what the most basic play therapy materials needed are and provide cost-effective strategies for making or obtaining the basic tools. Participants will leave the workshop prepared with the information, enthusiasm, and confidence to start using play techniques immediately.

Fee: \$129

CEHs: 5 Clinical

APT Approved Provider 11-300

Instructor: Colleen Daly Martinez, PhD, LCSW, RPT-S

Date: Wednesday, January 17, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Clinical Supervision

Completing all four workshops will meet the 20-hour continuing education requirement for an LCSW to provide clinical supervision for an LSW.

#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 and the supervisory relationship, and practice determining supervisor and supervisee learning and communication styles.

Fee: \$129

CEHs: 5 Clinical

Instructor: Robert Hazlett, PhD, LCSW

Date: Monday, November 27, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Robert Hazlett, PhD, LCSW

Date: Wednesday, November 29, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#5307

Managing Differences and Difficult Supervisees

The focus of this interactive workshop will be major elements of managing differences and difficult supervisees in supervision. In addition 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.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Robert Hazlett, PhD, LCSW

Date: Monday, December 4, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

#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 superior knowledge regarding liability. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Robert Hazlett, PhD, LCSW

Date: Wednesday, December 6, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

Mini-Certificate in Complex Trauma

Drawing upon the most current conceptualizations of complex trauma, this four-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 Four-Week Series

Fee: \$600

CEHs: 20 Clinical

Instructor: Monica Indart, PsyD

Location: Octagon 10 Office Center, Parsippany

See the series dates below:

WEEK ONE:

Current Conceptualizations and Biopsychosocial Assessment of Complex Trauma

This module provides an introduction to the series, as well as a theoretical foundation for

the intervention approach. The developmental etiology and neurobiological consequences of complex trauma will be reviewed through the lens of current research on attachment. Potential psychological and physical consequences of untreated complex trauma across the lifespan will be discussed. Clinical assessment of complex trauma will be reviewed through the use of case vignettes and videotapes, highlighting managing the clinical interview, engaging the client, and setting the stage for treatment. Risk/vulnerability and resilience profiles will be presented so participants can understand the range of complexity inherent in treating complex trauma.

Date: Tuesday, October 3, 2017

Time: 9:30 a.m. - 3:30 p.m.

WEEK TWO:

Differential Diagnosis and Ethical Issues Encountered in the Treatment of Complex Trauma and Phase-Oriented Treatment Model

The morning module focuses on diagnostic dilemmas that clinicians face in accurately assessing complex trauma, as well as the ethical issues that are commonly encountered in working with individuals suffering from this type of distress. Identifying commonly misdiagnosed "presentations" of complex trauma, avoiding clinical pitfalls that can lead to ethical dilemmas, and adopting a process and outcome-focused treatment response model are presented as essential prerequisites to working with these issues. Case vignettes and small-group exercises will provide experiential learning opportunities. The afternoon module presents an overview of the phase-oriented, relational approach (Courtois and Ford, 2013) that provides clinical guidelines for maintaining safety, providing structure, responding to particular reactions and issues, and managing the clinical disruptions that are inherent in the treatment of these trauma-spectrum problems.

Date: Tuesday, October 10, 2017

Time: 9:30 a.m. - 3:30 p.m.

WEEK THREE:

Implementation of the Phase-Oriented Treatment of Complex Trauma

The focus of this module will be on matching client needs to treatment sequences and interventions. The morning session will focus on applying the phase-oriented relational approach to trauma-spectrum problems through the use of case vignettes, videotapes, and small-group practice exercises. The afternoon session will review evidence-based treatment models, such as cognitive processing therapy, prolonged exposure therapy, EMDR, sensorimotor psychotherapy, and narrative exposure therapy as examples of clinical approaches that can be integrated within the phase-oriented model. Continued practice exercises in small groups of three will focus on applying essential skills to case vignettes. Time permitting, case consultation and discussion will be provided at the end of this module.

Date: Tuesday, October 17, 2017

Time: 9:30 a.m. - 3:30 p.m.

WEEK FOUR:

Building a Complex Trauma Model: Essential Practice Principles

This module further develops and deepens the competencies acquired through previous modules, focusing on integrating and applying best practice approaches to working with complex trauma across a variety of settings and populations. Drawing upon the experience of the prominent clinicians and scholars in the field, application of a complex trauma model is reviewed and discussed with continued practice of specific clinical situations, such as working with the dissociative client, addressing safety needs in real-world contexts of domestic violence, and providing culturally responsive approaches to traumatic grief. This module concludes with an experiential segment on self-care for clinicians and developing communities of practice to sustain trauma workers in the field.

Date: Tuesday, October 24, 2017

Time: 9:30 a.m. - 3:30 p.m.

Couples Therapy

Getting Grounded in Couples Therapy: An Integrative Approach

This training series in the basics of an integrative approach to couples therapy offers a practical, powerful, accessible, and intimate model for treating couples that includes approaches from attachment theory, family systems theory (primarily Bowen systems theory), and psychodynamic relational theory. This approach moves back and forth between the present-day conflicts of the couple and the relational traumas of the past. Through practical, straightforward interventions, you will learn to unhook couples from the blame-defense process that vexes therapists and creates deadlock in a couple's life.

The four workshops below represent a primer in the basics of the model. The first workshop describes the core theoretical principles of the integrative model, and each of the following three workshops describes the component parts of the model. Workshops can be taken individually (\$129), but all four taken together (\$400) offer a good grounding in the basics of the model. The highly experienced leaders of these workshops are core faculty members of the New Jersey Couples Therapy Training Program, a division of the Center for Psychotherapy and Psychoanalysis of N.J.

#5240 Basic Principles of the Integrative Approach to Couples Therapy

Today there are many modern couples therapy approaches for clinicians to choose from, such as the Imago approach, EFT, the Gottman model, Bowen family systems, and so on. Our integrative approach seeks to combine what we see as the best of Bowen theory, attachment theory, and psychodynamic relational approaches to work effectively with both the gridlocked interactions that couples present and the developmental/relational histories that each partner brings into their couple relationship. We endorse an approach that is flexibly tailored to the particular needs of each couple. This workshop will offer an introductory understanding of our integrative approach. We will be focusing on both theory and clinical intervention through lecture, video, and in-class exercises, with the goal of enhancing the skill set of therapists to work at a deeper level with couples.

Fee: \$129

CEHs: 5 Clinical

Instructors: Daniel Goldberg, PhD; and Sandra Sinicropi, LCSW

Date: Sunday, October 22, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5241 The Family Systems Base of the Integrative Approach

The goal of this workshop is to enhance the skill set of therapists to work at a deeper level with couples, utilizing a family systems perspective. We will look at key concepts such as complementarity, distance regulation patterns, partner "fit," and interactional feedback loops. Drawing specifically from Bowen systems theory, we'll also address the important ideas of tracking systemic process, the family-of-origin context, intergenerational transmission of affect, triangles, the controversial concept of differentiation of self, and a stage perspective on couples conflict. Plenty of time will be spent examining assessment and interventions with video and group exercises. *Please note this is a daylight savings change day.*

Fee: \$129

CEHs: 5 Clinical

Instructors: Tom Johnson, EdD, LCSW; and Susan Stein, LCSW

Date: Sunday, November 5, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5242 The Attachment Theory Base of the Integrative Approach

Attachment theory provides therapists with a vital perspective on the workings of two-person relationships. Using attachment theory as a lens for understanding bonding and intimacy, this workshop will introduce participants to secure and insecure attach-

ment styles and to how these can be observed and addressed in couples therapy. Skills for encouraging secure bonding interactions, including constructive emotional expression and the sharing of vulnerability, will be introduced and rehearsed. Attention will be given to addressing negative cycles of anger and blame, and to identifying the attachment injuries that underlie them. Lectures, group discussion, role play, and group exercises will be employed.

Fee: \$129

CEHs: 5 Clinical

Instructors: Susan D'Aloia, LCSW; Nancy Hicks, PsyD; and Ellie Muska, LCSW

Date: Sunday, February 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5243 The Relational Base of the Integrative Approach

A basic goal of couples therapy is to help therapists foster a couple's ability to think about their experience in a relational and bidirectional perspective as opposed to the perspective of two separate individuals caught in a blaming cycle in which one partner is the villain and the other is the victim. Through restructuring the couple's interaction in the room, the therapist helps the couple recognize the relational dramas they re-enact over and over again with each other, helping them to become more flexible, compassionate, and intimate in the relationship. The therapist must be an active participant in co-creating safety, reducing threat, and engendering self- and relational reflectiveness. This workshop will address the important concepts and interventions in this approach through lecture and practice-oriented exercises.

Fee: \$129

CEHs: 5 Clinical

Instructors: Daniel Goldberg, PhD; and Sandra Sinicropi, LCSW

Date: Sunday, March 25, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

Developmental Disabilities

Note: All workshops in developmental disabilities can be taken individually or as part of a certificate program. See page 7 for details.

#3026 Supporting Families Through Change

The arrival of a child with a developmental disability has lifelong implications for the

family. This workshop will examine crisis points for the family from birth through adulthood of a family member with a developmental disability. Discussion will include initial diagnosis, entrance into education and adult services, and how these stages impact the family system. Effective ways to support families as they go through these stages will also be examined.

Fee: \$129

CEHs: 5

Instructor: Sue Henshaw, MDiv

Date: Friday, October 6, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: The Boggs Center,
New Brunswick**

CERTIFICATE REQUIREMENT

#3001 An Introduction to Developmental Disabilities

To better serve individuals with developmental disabilities in all settings, it is important for social workers and other social services professionals to have an understanding of the various developmental disabilities covered under the federal and state definitions. The focus of this workshop will be to provide participants with this basic knowledge along with the structure of the various service systems most utilized by individuals with developmental disabilities of all ages as they are supported in the community. Participants will be given the opportunity to discuss various approaches to supporting people throughout their life span.

Fee: \$129

CEHs: 5

Instructor: Melissa Cheplic, MPH

Date: Thursday, October 19, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: The Boggs Center,
New Brunswick**

CERTIFICATE REQUIREMENT

#3003 Legal and Ethical Issues in Developmental Disabilities

This workshop will focus on the major ethical issues and legal concerns practitioners confront in working with people with developmental disabilities and their families. Participants will be asked to discuss strategies for resolving the seemingly irresolvable dilemmas that are part of issues related to competency and decision-making, the role of families and guardians, the right to services and treatment, and the equities and inequities of the service delivery system. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: Joseph Young, JD

Date: Monday, November 13, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: The Boggs Center, New
Brunswick**

CERTIFICATE REQUIREMENT

#3002

Disability Policy Issues

This workshop will provide a historical perspective of disability policy in the United States and will examine how public policy at the state and national levels influences services and outcomes for people with disabilities and their families. Examples of legislation that will be examined are the Developmental Disabilities Act as well as the role of Medicaid in shaping long-term care for people whose disabilities persist throughout the life span. Participants will have the opportunity to examine the future trends and directions in disability policy. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: Deborah Spitalnik, PhD

Date: Thursday, November 30, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: The Boggs Center,
New Brunswick**

CERTIFICATE REQUIREMENT

#3028

Understanding and Managing Problem Behaviors

Problem behaviors present a significant barrier to community life and success for many people with developmental disabilities. This workshop will review approaches to investigating the reasons for the existence of problem behaviors and strategies for the management of problem behaviors. Mental health considerations, person-centered approaches, including positive behavior supports, and behavior analytic perspectives to assessing and treating problem behavior will be discussed.

Fee: \$129

CEHs: 5 Clinical

Instructor: Phillip Smith, PhD

Date: Thursday, December 7, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: The Boggs Center,
New Brunswick**

#3027

Supporting Youth With Disabilities in the Transition to Adult Life

Adopting the roles of adults, such as worker, post-secondary student, or family member, can be difficult and intimidating for any young person. When the young person has a disability, the challenges are multiplied. In this workshop, the roles of adult life will be explored, as well as why it may be hard for a young person with a disability to fill those roles. Topics to be discussed include transition planning, roles for various support people, instruction in community living, preparation for higher education, and support to enter the workforce.

Fee: \$129

CEHs: 5

Instructor: Margaret Gilbride, JD, CT

Date: Tuesday, January 16, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: The Boggs Center, New Brunswick

CERTIFICATE REQUIREMENT

#3267

Practical Social Skills Workshop for Children and Students With Developmental Disabilities

This workshop will focus on the practical skills needed to help children and adolescents with developmental disabilities such as autism spectrum disorders. The goal in this workshop is to teach about practical socialization skills in individual and group settings to do such things as: build friendships, transfer acquaintances to friend relationships, avoiding behaviors that may serve to distance possible relationships, as well as appropriate skills necessary for the real world. In addition, we will discuss what works in application from instruction with social skills and what may not create difficulty from instruction to "real-world" application.

Fee: \$129

CEHs: 5 Clinical

Instructor: Brett Novick, MS, LMFT, CSSW

Date: Wednesday, January 31, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: The Boggs Center, New Brunswick

Family Therapy

Structural Family Therapy Intensive Series

We have partnered with the renowned Minuchin Center to bring you this five-day series on structural family therapy. Learn from the world's most famous family therapy center to take your family work to the next level.

#5245

Structural Family Therapy Intensive Series

Structural family therapy is one of the best-known and most widely used approaches for therapeutically understanding and addressing family problems. Led by master trainers Rich Holm and Dan Minuchin from the world-renowned Minuchin Center for the Family, this five-session introductory course to structural family therapy will expose you to the foundational theory and skills necessary to conduct structural family therapy. The course will start with a history of the family systems approach, provide an overview of basic concepts, and then look at family assessment and treatment from a structural family therapy perspective. It will utilize

lecture and discussion, show and discuss videotapes of family therapy sessions, and discuss cases presented by course members.

Fee: \$700

CEHs: 25 Clinical

Instructors: Richard Holm, DSW, LCSW, LMFT; and Daniel Minuchin, MA, LMFT
Five Sessions: Oct. 27, Dec. 1, Jan. 19, Feb. 16, Mar. 16

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., 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 more details

Clinical Certificate in Bowen Family Systems Theory

Two options available:

Friday Series: 10 Monthly Workshops, September 2017 - June 2018

Saturday Series: 10 Monthly Workshops, September 2017 - June 2018

Two Levels:

\$2200 — Institute-level program. By application only (includes supervision and certificate). See page 6 or download the application from socialwork.rutgers.edu/bowen.

\$129 — Single workshop(s). Sign up for any workshop below at any time. No application required. Does not include supervision. A good way to sample the program. Up to two workshops in the year immediately before institute-level program enrollment may be counted towards the institute-level program requirements.

#5463

Run for the Hills, It's Alive! The Personal and Practice Implications of the Family as a Living Emotional System

Bowen family systems theory postulates that the family is a living emotional system in which the behavior of each family member both simultaneously contributes to and reflects what is occurring in the family as a whole. Functioning in reciprocal relationships, changes in one family member's functioning are automatically compensated for by changes in other family members' functioning, resulting in one family member's behavior only being adequately understood in the context of understanding the primary emotional system in which he or she functions, usually his or her nuclear or extended family. This workshop considers a few of the profound personal and practice implications resulting from this perspective, specifically that people

have less autonomy in their functioning than is commonly thought; every family member's functioning contributes to medical, psychiatric, or social symptoms in another family member; and treatment need not be directed at the symptomatic family member.

Date: Friday, September 22, 2017

or

Date: Saturday, September 23, 2017

Fee: \$129

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC; and Ellen Rogan, MSN, APN

Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#5464

The Road to Emotional Maturity Has No Fast Lane: Towards Becoming a More Inner-Directed Self

Most people want their decision-making and day-to-day behavior guided by a conscious set of well-thought-out stances or principles. Perplexed by their own limitations in executing such thoughtful behavior, they find it harder still when they are anxious. Differentiation of self, a cornerstone concept in Bowen family systems theory, explains these difficulties in terms of the degrees to which people are able to achieve emotional separation from their families-of-origin. This workshop considers the cognitive, emotional, and relationship variables that contribute to a person's basic levels of differentiation of self, as well as explores some of the essential elements needed in any concerted effort to increase one's basic level of self later in life.

Date: Friday, October 20, 2017

or

Date: Saturday, October 21, 2017

Fee: \$129

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC; and Ellen Rogan, MSN, APN

Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#5465

Lions and Tigers and Bears, Oh My! — Balancing Individuality and Togetherness in Key Relationships

Bowen family systems theory postulates that among the biologically rooted drives within an organism, there are competing forces for individuality and togetherness. It is these forces that govern emotional transactions in all relationships. These counterbalancing life forces shift the locus of control for behavior from the individual to the emotional system. What transpires in the emotional system impacts the interplay of feeling and thinking in the individual, which has a direct effect on

his or her relationships. Increased chronic anxiety can result in an individual's feelings overwhelming his or her intellectual system, which leads to a drive for togetherness overwhelming his or her individuality in that emotional system. This workshop demonstrates how understanding the effects of chronic anxiety on individuality-togetherness balances can enhance one's functioning in various emotional systems.

Date: Friday, November 10, 2017

or

Date: Saturday, November 11, 2017

Fee: \$129

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC; and Ellen Rogan, MSN, APN

Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#5440

Helicopter Parenting While in Perpetual Conflict With an Underfunctioning Copilot . . . A Love Story

The Bowen family systems theory concept nuclear family emotional process describes the basic patterns of emotional functioning among and between members of two successive generations of a family — most often between partners and between the partners and their offspring. These basic patterns result in chronic anxiety. Family tensions come to rest in certain parts of the family such that the more anxiety one nuclear family or relationship absorbs, the less other family members or relationships must absorb. This workshop will explore how at sufficient levels of anxiety intensity, each pattern contributes to the development of one of three categories of clinical dysfunction in a nuclear family: (1) illness in a spouse, (2) marital conflict, and (3) impairment of one or more children.

Date: Friday, December 8, 2017

or

Date: Saturday, December 9, 2017

Fee: \$129

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC; and Ellen Rogan, MSN, APN

Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#5468

The Birth Order Blues — Understanding Sibling Position Strengths, Blind Spots, and Liabilities

The Bowen family systems theory concept of sibling position asserts that people who grow up in the same sibling position in families tend to have important common characteristics. For example, oldest children

often gravitate towards leadership positions, while youngest children often prefer to be followers. Applied to spousal, partner, and parenting relationships, sibling position often has considerable explanatory power for understanding the challenges and successes that couples and parents experience in their relationship and task negotiations.

Date: Friday, January 5, 2018

or

Date: Saturday, January 6, 2018

Fee: \$129

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC; and Ellen Rogan, MSN, APN

Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#5441

How to Avoid Getting Voted Off the Island — Understanding and Managing Relationship Triangles

Remember your junior-high cafeteria? If you generally artfully navigated through the dozens of relationship challenges there, then skip this workshop. However, if those years still conjure up a bewilderingly painful struggle of relationship suffering, then this workshop is for you! Triangles, a Bowen family systems theory concept and Rosetta Stone for understanding those years as well as more recent distressing relationships, are the smallest stable relationship units or building blocks of larger emotional systems. If calm, a two-person unit may be stable, however since it tolerates little tension and calm, it is very difficult to maintain. It is automatic that when dyadic anxiety rises, one or both participants recruit a third into the situation, resulting in a triangle that can contain much more tension than the dyad because the tension can now shift between three relationships.

Date: Friday, February 9, 2018

or

Date: Saturday, February 10, 2018

Fee: \$129

CEHs: 5.5 Clinical

Instructors: Charles M. White, LCSW, LCADC; and Ellen Rogan, MSN, APN

Time: 9:30 a.m. - 4:00 p.m. (9 a.m. - 6 p.m. for institute-level training)

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

The Bowen series concludes in the spring 2018 catalog with:

March 9 & 10, 2018, #5442: Are "Squeaky Wheel" Children a Self-Fulfilling Prophecy?

April 20 or 21, 2018, #5466: Repercussions of Escaping an "Impossible" Family

May 18 or 19, 2018 #5468: Getting Beyond Blaming Self or Others

June 8 or 9, 2018, #5469: Emotional Process in Society

Gerontology Programs

The Gerontology Programs consist of:

- ◆ Basic Certificate Program in Gerontology
- ◆ Advanced Certificate Program in Gerontology
- ◆ Certificate Program in Senior Housing Issues
- ◆ Certificate Program in Senior Services Management

Basic Certificate Program in Gerontology

Note: All workshops in basic gerontology can be taken individually or as part of a certificate program. See page 7 for details.

#1050

Sex and Seniors: What Every Professional Needs to Know

As people live longer and healthier lives, understanding sexuality and the aging process becomes an integral part of everyone's practice. This workshop will address common myths about sexuality in the latter part of the life cycle and look at the natural changes in sexual desire and response. Also highlighted are the more prevalent physiological changes that affect sexuality, treatment options for various sexual challenges, and, most important, how to discuss these issues openly, directly, and comfortably with clients.

Fee: \$129

CEHs: 5

Instructor: Tracey Post, MSW, LSW

Date: Thursday, October 5, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Parker at Stonegate, Highland Park

#1159

Aging and Spirituality: Meaning in Later Life

There are many dimensions of spirituality that are important to us at mid-life and beyond, from traditional religious practices to values, connections, purpose, gratitude, forgiveness, and life review. In this workshop, we will consider the broad range of American spirituality and how we can help clients identify or create meaning at a stage of life that often serves up many changes and challenges. Attention will be given to the LGBTQ community and other groups who may have particular concerns. This workshop is well suited to private clinical practice and also to those working in senior centers and other fields.

Fee: \$129

CEHs: 5 **Social and Cultural Competence**

Instructor: Robin Bacon Hoffman, MDiv, ThM

Date: Monday, October 9, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1001

Aging: The Human Process

These three sessions provide the foundation and context for understanding older adult clients. They will address the physical, mental, social, and spiritual health of older adults as seen from the perspective of the professional working with and relating to adults in late life. Changes occurring in normal aging will be contrasted with abnormal, dysfunctional changes. *Please note: This workshop provides basic knowledge about the aging process that is essential knowledge for all gerontologists. MSWs who took a gerontology course as part of their masters program may request a waiver. Please call 732-932-8758.*

Fee: \$250

CEHs: 15

Instructor: Richard Stone, PhD

Dates: Wednesdays, October 18, 25, and November 1, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

CERTIFICATE REQUIREMENT

#1157

The Next Frontier: Community Models and Alternative Approaches to Working With Older Adult Clients

Research asserts that the older adult population in the United States is growing dramatically and choosing to remain in their homes as they age, prompting human service professionals to meet a variety of physical and psychological needs of older adult clients through community-based programs. This workshop will discuss the attributes of three older adult community models: naturally occurring retirement communities (NORCs), aging in place, and aging friendly. Attendees will become versed in the terminology associated with each community model to be able to effectively navigate each community system. In addition, this workshop will provide research on the benefits of alternative approaches to working with older adult clients in the community. The workshop will include an in-depth discussion and resources specific to animal-assisted therapy, an often overlooked resource. Occupational therapy, music therapy, and art therapy will also be touched upon, as well as resources provided as to where to turn to get more information for your clients.

Fee: \$129

CEHs: 5

Instructor: Analeah Green, PhD

Date: Thursday, October 26, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Cancer Care, New York City

#1125

Elder Abuse: Strategies to Recognize, Prevent, and Report Abuse

As the older population continues to grow, there is increasing evidence of mistreatment or abuse against older people from family

members, caregivers, or others who tend to the needs of those who are most vulnerable. In this workshop, participants will learn of the various types of abuse commonly found where elders are the victims. There will be discussion as to what can be done to prevent becoming a victim of elder abuse and what families and loved ones can do to protect their older relatives from becoming vulnerable prey to this form of mistreatment. Participants will also receive current information on mandatory reporting laws when elder abuse is suspected.

Fee: \$129

CEHs: 5

Instructor: Helen Hunter, ACSW, LSW

Date: Monday, October 30, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1006

Aging: Policy and Economic Considerations

This is the second of the two-part basic workshop, which provides the foundation and contextual information for understanding the older adult population ("Aging: The Human Process" is the first part). This workshop addresses those segments of the population that are at risk, such as ethnic and racial minorities and women, and how their status affects their lives as older adults. Basic information regarding the economic status of older adults, including work and retirement as well as social and healthcare policies and programs, will be discussed. Experiential exercises will be used to demonstrate the interactions and interplay in these various areas.

Fee: \$275

CEHs: 15 **Social and Cultural Competence**

Instructor: Stephen Sidorsky, LCSW

Dates: Tuesdays, December 5, 12, and 19, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1003

Assessment of Older Adults

An accurate and comprehensive assessment is crucial to determining the nature and course of helping interventions and achieving goals that improve the quality of life for elder clients. You will learn to develop a framework for assessing older adult clients with consideration of cultural and age differences. Different types, purposes, and applications of assessments given under various auspices will be distinguished. You will become familiar with various data-collection instruments and will be able to differentiate between dysfunctional and normal aging. Risk factors that need specialized assessments will be identified.

Fee: \$225

CEHs: 10

Instructor: Maggie Auer, MSW, LSW

Dates: Wednesdays, December 6 and 13, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1113 Generation Silent — Addressing Aging in the LGBT Community

The generation who fought for LGBT rights, who brought the conversation of sexual orientation out of the closet, are now battling discrimination on two levels: aging and orientation. As clinical staff, we are called to understand, appreciate, and engage with seniors who have womanned and manned the front lines of the fight for sexual orientation acceptance. This workshop will address the process of growing up gay, coming out, family dynamics, and community and health-care awareness or lack thereof. Participants will explore their own values, attitudes, and beliefs about sexual orientation, gender identity, and gender expression and begin to integrate and assess the impact of these issues on aging individuals and their families. Topics addressed include affirmative and inclusive language, best practice considerations, aging-specific issues, and sexually inclusive interviewing. Social work ethics will be reviewed and emphasized as a foundation for working affirmatively with clients. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics, OR Social and Cultural Competence

Instructor: Tracey Post, MSW, LCSW

Date: Friday, December 15, 2017

Time: 9:30 a.m.- 3:30 p.m.

Location: Parker at Monroe, Monroe

#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.

Fee: \$129

CEHs: 5

Instructor: Linda Meisel, LCSW

Date: Wednesday, January 24, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1005 Communicating With Older Adults

In this workshop, you will learn methods used to communicate effectively with older adults. The principles of active listening, the importance of reminiscing, and ways of dealing with older adults with sensory impairments, which

often accompany the aging process, will be discussed. You will learn how to deal with the emotional response that some have to life's losses, such as status, mobility, finances, and death of friends and family.

Fee: \$129

CEHs: 5

Instructor: Eileen Doremus, BA, CSW

Date: Tuesday, February 13, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

CERTIFICATE REQUIREMENT



Advanced Certificate Program in Gerontology

Note: All workshops in advanced gerontology can be taken individually or as part of a certificate program. See page 7 for details.

#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 1990s, there was little research on topic." Increased awareness of 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 these criteria as well as identifying strategies for family members who are involved with an older adult who is diagnosed with this disorder.

Fee: \$129

CEHs: 5 Clinical

Instructor: Judeth Forlenza Wesley, RN, LCSW, LCADC, CPS

Date: Thursday, September 28, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Parker at Stonegate, Highland Park

#1101 Psychiatric Vulnerabilities in Older Adults

This workshop will review the common symptoms of major psychiatric illnesses and how they may manifest themselves in the older adult. This will include affective

disorders, particularly depression, as well as anxiety disorders and substance abuse. We will also review psychotic disorders and the personality disorders that are exacerbated in the aging process. The interface between common medical conditions, prescription medications, and psychiatric problems will also be addressed.

Fee: \$129

CEHs: 5 Clinical

Instructor: Donna Gapas, LCSW

Date: Monday, October 9, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

CERTIFICATE REQUIREMENT

#1102 Advanced Care Planning

In this workshop, participants will learn an advanced approach to care planning, including the setting of measurable goals and outcomes. The planning process with the older adult client (and his/her family) with regard to advance directives will be discussed, and participants will be given the opportunity to complete an advance directive. Artificial feeding, dementia, and palliative care issues will also be addressed.

Fee: \$129

CEHs: 5

Instructor: Judith Parnes, LCSW

Date: Wednesday, November 1, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1013 Legal Issues and Planning

This workshop will provide an overview of important legal issues affecting older adults. You will learn about the laws affecting decision-making capacity, including financial durable powers of attorney, advance directives, healthcare proxies, and guardianship. Using interactive case studies, the workshop will focus on ethical considerations in the context of providing services to clients with diminished capacities. Along with an overview of Medicare and Medicaid (including Medicaid eligibility), the workshop will provide a broad-based understanding of home and community-based services with a focus on New Jersey's "new" Medicaid managed long-term services and supports (MLTSS) program. You will also learn about the rights of residents in nursing homes and assisted living, as well as strategies for helping individuals who are the victims of abuse, neglect, and exploitation in the community and in long-term-care facilities. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: Gwen Orlowski, JD

Date: Tuesday, November 7, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1110 Navigating Through the Continuum of Care for Older Adults

To be an effective healthcare professional requires the skills to be able to assess and determine what options will best meet the basic needs of older adults and their families. This workshop will provide a comprehensive review of the wide range of services available in the community to meet the needs of older adults and their families. The range from in-home services to those provided by health-care facilities will be explored. Participants will learn the specific differences between the many options, keeping in mind that the care plan must also reflect the client perspective while promoting independence and quality of life.

Fee: \$129

CEHs: 5

Instructor: Aishani Patel, LCSW

Date: Monday, February 5, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

Senior Housing Issues

Required workshops offered this semester:

Aging: the Human Process (see page 26)

Legal Issues and Planning (see page 27)

Working Together: Senior Housing Social Services Staff and Property Management (see below)

Electives may be selected from any elective workshops listed under the gerontology programs.

#1200

Working Together: Senior Housing Social Services Staff and Property Management

This workshop will assist service coordinators in identifying their role and responsibilities to residents in independent senior housing. An overview of basic principles of service coordination and property management will include a team approach to case management, managing resident files, confidentiality, advocacy, empowerment of residents, and effective communication. In an interactive setting, participants will identify appropriate roles, responsibilities, and principles for service coordinators and property managers, and develop an action plan for their respective site(s), which will identify goals and objectives to ensure a comprehensive plan of service coordination. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours.

Fee: \$129

CEHs: 5

Instructor: Kimberly Fry, BA

Date: Tuesday, October 3, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

Senior Services Management

Required workshops offered this semester:

Aging: The Human Process (see page 26)

Communicating With Older Adults (see page 27)

Program Evaluation — An Opportunity, Not a Burden (see page 29)

Strategic Management (see page 28)

Electives may be selected from any elective workshops listed under the gerontology programs or the nonprofit and public management program.

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 8 for details. The nonprofit and public management workshops are not approved for NBCC continuing education credit for LPCs as they do not specifically fit into an approved NBCC content area.

#7151

Strategic Management

Nonprofit organizations differ from their for-profit counterparts in one key way: dedication to the charitable mission. Strategic management starts with setting the organization's mission, vision, and values, and ends with a strategic agenda: an organic, vital, and living document that proactively guides leaders to a common preferred future. The process works to align governance, management, and staff in a single direction and with common purpose. Metrics ("what gets measured gets done") are discussed as they support the accountability of the management to clients and to the governing body, which keeps the process fresh and self-sustaining. The model is outcome driven, built on business principles, and reflects the belief that "nonprofit" is a tax category, not a state of mind.

Fee: \$129

CEHs: 5

**Instructor: Shelly Wimpfheimer, DSW,
LCSW, CSWM**

Date: Wednesday, October 11, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#7157

Public Governance

This workshop is designed to develop the healthcare professional's organizational and structural knowledge of federal, state, county, and local governance, with special emphasis on the State of New Jersey. Participants will be introduced to the ecology and ethics of public

governance and gain an understanding of the nature and special roles of public sector leadership. We will examine the culture of public sector governance/management relations, understanding the interplay of politics, policy, and management in the public sector. This workshop will demonstrate insight into the role of public-sector governance as it applies to strategic planning, performance evaluation and accountability, financial and human resource development, oversight, procuring goods and services for public use, and public relations and marketing.

Fee: \$129

CEHs: 5

Instructor: William Waldman, MSW

Date: Tuesday, October 17, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#7150

Essential Attributes of Leadership

In today's changing and dynamic human services environment, there is a need for strong leaders. In this workshop, human services managers in the nonprofit and public arena will learn what it takes to be an effective leader. Definitions and theories of leadership will be discussed, and leadership styles will be explored. The roles and functions of a leader will be addressed, as well as the values and ethics of leadership. The competencies of leadership — knowledge, skills, and abilities, as well as emotional intelligence — will be discussed. Participants will apply theories and concepts to case scenarios supplied by the workshop moderator and engage in role-plays designed to build and enhance leadership competencies.

Fee: \$129

CEHs: 5

Instructor: William Waldman, MSW

Date: Tuesday, October 31, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#7656

Board Management — A Delicate Balance

Managing a board of directors is a challenging job for most senior managers. Serving on a board has become increasingly complex, and board members are often not clear what their roles are and how they should relate to the executive director and other staff. Paid staff is frequently unclear about the same issues. This full-day workshop will clarify various issues related to board management and will provide concrete assistance and consultation for paid staff on board-related issues.

Fee: \$129

CEHs: 5

**Instructor: Shelly Wimpfheimer, DSW,
LCSW, CSWM**

Date: Wednesday, November 8, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#7154 Managing Change

The fast-changing world of human services organizations demands managers to be equally skilled in managing both for stability and for change. As the marketplace changes, as funders demand more and different accountability, the task of the manager changes rapidly. This workshop will examine the factors influencing change, the strategies that help the board and the staff to adjust to change, and the need to always keep the organizational mission in the forefront.

Fee: \$129

CEHs: 5

Instructor: Donna Gapas, LCSW

Date: Friday, November 10, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#7158 Program Evaluation — An Opportunity, Not a Burden

You value the work that you and your staff do. You provide services that help people in need and you do so in a conscientious manner. It is exciting work and you want people to know about it, not just funders and oversight agencies that “evaluate” you, but colleagues and people who might come to you for service. How can you connect with them in a

way that will tell the story of what you do in a convincing manner? In this workshop, learn how to orchestrate a program evaluation that tells the story about the services that you deliver in a way that meets program goals and objectives, and demonstrates the possibilities for the future.

Fee: \$129

CEHs: 5

Instructor: Alex Redcay, PhD, MSW, LCSW

Date: Wednesday, November 15, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1151 Ethical Dilemmas for Administrators and Managers

In running their programs and organizations, senior service administrators/managers strive to promote a caring, respectful, and compassionate culture for the clients they serve on a daily basis. In order to deal more successfully with difficult people, confidentiality concerns, issues of cultural diversity, and considerations of individual capacity, this workshop will deal with approaches to ethical dilemmas that produce the best outcomes, conflict resolution and mediation strategies, interpersonal communication skills, and a culturally competent model of decision-making that is respectful of individual values and traditions. This workshop does not qualify for NBCC (National

Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: Stephen Sidorsky, LCSW

Date: Tuesday, January 16, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

#7691 Stress Management for Managers and Supervisors

Program managers are responsible for the bottom line in their programs. They also are in the middle position in the organization, between the executive director and the direct practice social workers. This creates stress and can lead to stress-related illness, increased anxiety, and other health issues. This workshop will explore triggers to stress and ways to address those triggers, not only for program managers but for their teams. Models for how to create a work culture of wellness and balance will be presented and discussed.

Fee: \$129

CEHs: 5

Instructor: Linda Meisel, LCSW

Date: Thursday, February 8, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Rutgers Eco Complex,
Bordentown**

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The Center for Psychotherapy and Psychoanalysis of New Jersey

Contemporary Training and Continuing Education Opportunities
in Psychodynamic Therapy, Psychoanalysis and Couples Therapy

Social and Economic Justice

#4202 Elder Economic Security, Social Equity, and the Reality of Longevity for Seniors in New Jersey

Faced with increasing costs and fixed incomes, many of New Jersey's seniors are living on the edge of poverty. As professionals, you may come across seniors in this situation. N.J. Foundation for Aging (NJFA) has produced the elder economic index to demonstrate the economic struggle of seniors in New Jersey. In this workshop, we will look at the research and discuss the reality of seniors in New Jersey. We will also explore resources and solutions in this interactive workshop. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Social and Cultural Competence OR Ethics

Instructor: New Jersey Foundation for Aging

Date: Monday, October 23, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4201 A Look at Media, Misogyny, and the "Consumption" of Women

This workshop invites participants to take an in-depth look at how we as a culture have become comfortable with the institutional consumption of women. The purpose of the workshop is to help prepare workers in the field to understand the insidious and often unconscious reality of the consumption of women from a biopsychosocial perspective. We will begin by exploring the deeply rooted patriarchy that ceaselessly promotes and is comfortable with the objectification and resultant consumption of women. We will examine this phenomenon with a spotlight on mass media, including print, entertainment, technology, and social media. Next we will discuss the consequences of this patriarchal paradigm, including gender-based economic injustice, the over-sexualization and objectification of women and children, labor and sex trafficking, and the parallel issue of sex-worker's rights. Participants will have the opportunity to explore how they can inform positive change within their communities as individual clinicians and advocates, as well as through the tools of leadership and organization building within the movement of violence against women and children.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Jill Zinckgraf, MPA

Date: Wednesday, November 1, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#5237 A Treatment Plan for Apathy: Increasing Cultural Capability With Black Consumers of Mental Health Services

It can be frustrating not knowing how to reach a specific group of consumers who present for service. Systemic changes, lack of resources or know-how, and lack of interest in working with certain groups all impact the delivery of service and inform treatment outcomes. This workshop will provide an in-depth analysis of trauma in the black community, the impact of apathy (intentional and unintentional) from counselors, and guidelines for increasing cultural capability.

Fee: \$129

CEHs: 5 Clinical, Social and Cultural Competence

Instructor: Jennifer McClendon, LPC, LCADC, NCC, ACS

Date: Thursday, November 2, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1316 Community Organizing and Ethics

This workshop will focus primarily on community organizing and will help prepare participants to be effective leaders in advocating for their clients and social justice. This workshop will examine the history of community organizing in the United States, as well as the different theories and approaches to effective grassroots organizing. Particular attention will be given to applying professional ethics in all community organizing activities. Participants will leave the workshop with a clearer understanding of how they can apply these approaches and theories to their everyday practice. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

Instructor: Jill Zinckgraf, MPA

Date: Tuesday, December 12, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

#4138 Living on the Edge: Poverty, Hunger, and the Role of Advocacy in N.J.

As the economic divide widens in America, more people are living in or on the edge of poverty. This workshop examines hunger and food insecurity as symptoms of poverty, as well as the various causes of this growing problem. Health and economic consequences of hunger will be discussed along with social and political factors. Several anti-hunger/nutrition programs will be highlighted, with emphasis on ways to reach at-risk populations, such as older adults and children. Through lecture, video and case studies, workshop participants will gain an in-depth under-

standing of the issue and the role of social work in eradicating poverty and hunger through outreach, education, and advocacy.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Lisa Pitz, MSW

Date: Thursday, January 25, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#4239 Understanding Relationships in Social Work: Using Relational-Cultural Theory

Relational-cultural theory (RCT), is an evidence-based theoretical and practice approach that provides a framework for understanding human functioning. RCT considers the impact of race and cultural differences as a central component to development and adaptation. When working in multicultural settings, an RCT approach can improve relationships between clients, social workers, and treatment teams. This model provides a useful framework for practice as well as supervision.

Fee: \$129

CEHs: 5 Social and Cultural Competence

Instructor: Lisa Eible, DSW, LCSW

Date: Friday, February 16, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: Rutgers Eco Complex, Bordentown

Trauma Response and Crisis Intervention

Note: All workshops in trauma response and crisis intervention can be taken individually or as part of a certificate program. See page 8 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 that of 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 (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Clinical, Ethics

Instructor: Lori Schlosser, PhD

Date: Friday, October 6, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: St. Francis Community Center,
Long Beach Twp.
CERTIFICATE REQUIREMENT**

**#5863
The Application of
Multi-Sensory Mindfulness
Practices in Trauma Treatment**

This experiential workshop will define the core skills of mindfulness and discuss the application of them to trauma work. The majority of the day will be spent practicing and applying basic and advanced multi-sensory guided imagery and mindfulness exercises. Experience and strengthen your own mindfulness skills while exploring ways to incorporate these techniques in your practice. Please wear comfortable clothing!

**Fee: \$129
CEHs: 5 Clinical
Instructor: Tracey Post, MSW, LCSW
Date: Thursday, October 19, 2017
Time: 9:30 a.m. - 3:30 p.m.
Location: Rutgers Eco Complex,
Bordentown**

**#5859
The Neuroscience of Optimal
Well-Being: Reducing Stress,
Resolving Trauma, Recovering
Resilience**

Breakthroughs in the field of neuroscience are giving us validation that the brain, body, mind, and spirit are interconnected. Participants will be introduced to the emerging field of psychoneuroimmunology, which examines the connections between our neurons and internal chemicals (neuropeptides) forming the biological basis of our emotions, beliefs, and expectations. Participants will explore how these connections affect our functioning and our health, as well as the latest findings regarding neuroplasticity, the brain's ability to reorganize itself by forming new neural connections throughout our lifetime! This information, provided in an approachable manner, with unforgettable case studies, will be enhanced by experiential learning that will give participants the opportunity to practice empirically validated techniques that activate brain states of calm and relaxation, compassion, and gratitude. Learn to resource, rewire, and regulate your body-brain (and those of your clients) for reduced stress, greater well-being and improved relationships!

**Fee: \$129
CEHs: 5 Clinical
Instructor: Lori Schlosser, PhD, MSW
Date: Friday, October 20, 2017
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., New Brunswick**

**#5451
The Impact of Trauma**

This workshop provides an overview of trauma and its impact. Trauma is explored from a historical, epidemiological, psychological, and psychobiological perspective. Current assessment and treatment approaches to trauma are presented. The workshop will

examine child sexual abuse as one type of traumatic event. Special attention is also given to the impact of trauma on the helping professional.

**Fee: \$129
CEHs: 5 Clinical
Instructor: Marsha Heiman, PhD
Date: Friday, November 10, 2017
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., New Brunswick**

**#5853
The Ethics of Trauma
and Disaster Response:
Doing Right, Doing Good**

This workshop will examine the ethical issues that confront mental health professionals today in the burgeoning and related fields of disaster response, humanitarian relief, and trauma interventions. Principles of ethical professional practice will be reviewed in the context of these specialized fields, with a discussion of how these principles can be applied to such interventions, as well as areas in which these principles may conflict with the demands of various field scenarios.

Common pitfalls professionals face in these situations will be addressed. Philosophical issues such as morality ("doing right") and virtue ("doing good") will be addressed in the practical application of ethical principles to clinical interventions. A model for ethical decision-making that incorporate both morality and virtue will be presented and discussed. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

**Fee: \$129
CEHs: 5 Clinical, Ethics
Instructor: Monica Indart, PsyD
Date: Friday, December 1, 2017
Time: 9:30 a.m. - 3:30 p.m.
Location: Octagon 10 Office Center,
Parsippany
CERTIFICATE REQUIREMENT**

**#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 practices and their use in the behavioral health field will be examined. A more in-depth look into treatment models such as trauma-focused cognitive behavioral therapy (TF-CBT), eye movement desensitization and reprocessing (EMDR), thought field therapy (TFT), dialectical behavioral

therapy (DBT), and attachment self-regulation competency (ARC) will be discussed with information on how to obtain training in these models. mindfulness-based stress reduction, movement therapy, and yoga will also be incorporated into the overall discussion on the treatment of trauma.

**Fee: \$129
CEHs: 5 Clinical
Instructor: Karen McGrellis Mihatov, MA,
LPC, CTS, DRCC, MPA
Date: Friday, December 8, 2017
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., 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.

**Fee: \$129
CEHs: 5 Clinical
Instructor: Nicci Spinazzola, EdS, LMFT,
LPC, ACS
Date: Thursday, December 14, 2017
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., 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 two-day 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 neuro-physiological and neurochemical changes that 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.

**Fee: \$225
CEHs: 10 Clinical
Instructor: Nicci Spinazzola, EdS, LMFT,
LPC, ACS
Dates: Friday, January 26, and Saturday,
January 27, 2018
Time: 9:30 a.m. - 3:30 p.m.
Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

Violence Against Women

The Certificate Program in 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 N.J. Domestic Violence Specialist (DVS) credits are noted. For information on DVS credits, please contact the New Jersey Coalition for Battered Women at <http://www.njcbw.org/certification.html>.

Please note: Individual workshops can be taken by participants not enrolled in the certificate programs.

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 8 for details.

#1305 Ethical Issues and Values in Violence Against Women Work

This workshop will examine the ethics and values involved with violence against women work for professionals in a variety of fields. Participants will leave this workshop with an understanding of the importance of empowerment, self-determination, informed consent, and feminist ethics when it comes to appropriately and effectively interacting with survivors of domestic or sexual violence. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

5 NJ DVS credits: Values and Attitudes

Instructor: Ruth Anne Koenick, MA

Date: Friday, October 6, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

CERTIFICATE REQUIREMENT

#1313 Financial Empowerment With Survivors

Violence against women comes in all forms, including physical, emotional, sexual, and financial abuse. The use of economic or financial abuse to control and manipulate a partner is a topic that has recently received

increased notice. Economic education programs have been introduced to survivors of domestic violence in order to provide them with the information and tools they need to become empowered financially. This workshop will explore the use of financial abuse by batterers to control and isolate their partners, and focus on both short- and long-term strategies for assisting survivors in their quest to become financially independent.

Fee: \$129

CEHs: 5

5 NJ DVS credits: Intervention Skills

Instructor: Amanda Mathisen Stylianou, MSW, LCSW

Date: Saturday, November 11, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1304 Legal Responses to Violence Against Women

As a result of participating in this workshop, participants will become aware of the state and federal laws related to various forms of violence against women, particularly sexual violence, domestic violence, and stalking. Additionally, this workshop will enable participants to understand the various legal remedies available to victims within the justice process, including restraining orders, divorce, and other relief involving economic justice, child custody, and civil suits brought by survivors of any of the above listed types of violence against women. Finally, in examining the standard operating procedures of law enforcement and the courts, participants will learn about the roles of key personnel involved in the legal process, as well as the

critical role that direct service providers can play in supporting and empowering women who have experienced violence. This workshop does not qualify for NBCC (National Board for Certified Counselors) clock hours in ethics.

Fee: \$129

CEHs: 5 Ethics

5 NJ DVS credits: Legal

Instructors: Christine Heer, Esq, LCSW, DVS

Date: Friday, November 17, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: Octagon 10 Office Center, Parsippany

CERTIFICATE REQUIREMENT

#1309 Sexual and Relationship Violence on College Campuses

As outlined in a 2014 White House report, recent attention and awareness have grown concerning sexual violence on college campuses. Learn from the Rutgers staff mentioned in this report about the implications of recent laws and regulations and receive guidance on how campuses respond to helping survivors. Participants will learn about the definitions and incident rates of violence against women specific to college campuses, as well as gain an understanding of the similarities and differences between survivors of gender-based violence in the college population and general population. By the end of the workshop, participants will be familiar with the violence against women myths and stereotypes that exist on college campuses and will become familiar with resources available to survivors on college campuses, as well as explore strategies for



working with survivors and the college community.

Fee: \$129

CEHs: 5

5 NJ DVS credits: Special Populations

**Instructors: Ruth Anne Koenick, MA; and
Laura Luciano, MA**

Date: Thursday, January 11, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#1328

Looking Through the Invisible Borders: A Cross-Cultural Response to Trauma Survivors

This workshop's scope utilizes a cross-cultural perspective in examining, exploring, and identifying appropriate clinical strategies in trauma response. Sexual violence is endemic among all races, cultures, and ethnicities, nationally and internationally. Culture, context, and identity are inherently woven within a trauma survivor's experience, as it is within a professional responding to the trauma survivor. Through this workshop we will attempt to understand the trauma experience cross-culturally and the use of the professional's sense of "self" and "identity" in strategizing appropriate response. This workshop is offered in collaboration with N.J. CASA.

Fee: \$129

**CEHs: 5 Clinical, Social and Cultural
Competence**

5 NJ DVS credits: Intervention Skills

**Instructors: Julie Roebuck, LCSW; and
Rupa Khetarpal, LCSW**

Date: Friday, January 26, 2018

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

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 8 for details.

#1331

Assessment and Intervention Strategies in Working With Families With Children Experiencing Domestic Violence

Working with families with children impacted by domestic violence poses a variety of clinical, ethical, and legal challenges. This workshop will provide information about assessment strategies and best-practice interventions when confronted with families who are experiencing and/or have been impacted by domestic violence. To enhance the learning process, moment-to-moment decision-making within the context of treatment interventions will be developed through the use of dynamic breakout case discussions, videotapes, and group discussion. Attendees will develop knowledge about working with



couples, individuals, and children/adolescents within the context of the family system impacted and/or experiencing domestic violence.

Fee: \$129

CEHs: 5 Clinical

5 NJ DVS credits: Group Counseling Skills

Instructor: Julie Roebuck, LCSW

Date: Wednesday, October 18, 2017

Time: 9:30 a.m. - 3:30 p.m.

Location: 390 George St., New Brunswick

#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.

Fee: \$129

CEHs: 5 Clinical

5 NJ DVS credits: Group Counseling Skills

Instructor: Julie Roebuck, LCSW

Date: Friday, October 27, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

#1355

Clinical Presentations of Survivors: Impacting Our Lives, Impacting Our Communities

In this workshop, participants will learn how violence against women and children impacts survivors on an individual, relational, and community level. We will touch on topics such as the multiple components of interpersonal violence and focus on the myriad of symptoms and trauma reactions that affect

survivors across the lifespan. A brief overview of violence against women and children, through an oppression lens, will shed light on the impact that this violence has on our community and survivors. The impact on the clinician, including counter-transference and the importance of self-care, will conclude the day. Case studies, videos, lecture, and small-group work will be utilized to help participants successfully learn concepts that they can apply to their everyday work.

Fee: \$129

CEHs: 5 Clinical

Instructor: Pamela Saxena, MSW, LCSW

Date: Monday, December 4, 2017

Time: 9:30 a.m. - 3:30 p.m.

**Location: 390 George St., New Brunswick
CERTIFICATE REQUIREMENT**

#1354

Perpetration of Violence Against Women

This workshop explores the 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 statewide services are listed. The 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.

Fee: \$129

CEHs: 5 Clinical

Instructor: Lisa Smith, MS, DVS

Date: Wednesday, January 10, 2018

Time: 9:30 a.m. - 3:30 p.m.

**Location: Octagon 10 Office Center,
Parsippany**

WORKSHOP LOCATIONS

DIRECTIONS TO WORKSHOPS

We strongly recommend using the directions and maps we provide to our workshop locations. 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 and Maps" page at socialwork.rutgers.edu/ce.



● NEW BRUNSWICK

Rutgers School of Social Work
Office of Continuing Education
390 George Street, 3rd Floor
New Brunswick, NJ 08901
848-932-8758

(THIS IS OUR MAIN OFFICE)

The Boggs Center on
Developmental Disabilities
Rutgers Robert Wood Johnson
Medical School
Liberty Plaza
335 George Street, 3rd Floor
New Brunswick, NJ 08901

● PARSIPPANY

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

● BORDENTOWN

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

● HACKENSACK

Department of Human Services
One Bergen County Plaza
4th Floor, Room 460
Hackensack, NJ 07601
201-336-7474

● CAMDEN

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

● GLASSBORO

Robins' Nest
42 South Delsea Drive
Glassboro, NJ 08038
856-881-8689

● HIGHLAND PARK

Parker at Stonegate
443 River Road
Highland Park, NJ 08904
732-565-2500

● LONG BEACH TOWNSHIP

St. Francis Community Center
4700 Long Beach Boulevard
Long Beach Township, NJ 08008
609-494-8861

● PISCATAWAY

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

● NEW YORK CITY

Cancer Care
275 Seventh Avenue, 22nd Floor
New York, NY 10001

● PARAMUS

Care Plus NJ, Inc.
610 Valley Health Plaza
Paramus, NJ 07652
201-265-8200

● MONROE

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

● WEST LONG BRANCH

Monmouth Cares
185 State Route 36, Bldg. B1
West Long Branch, NJ 07764
732-222-8008 Ext. 102

WORKSHOPS BY LOCATION AND DATE

WORKSHOPS OFFERED IN CENTRAL JERSEY — 390 GEORGE ST., NEW BRUNSWICK

Run for the Hills, It's Alive! The Personal and Practice Implications of the Family as a Living Emotional System	Sept. 22, 2017	See page 24
Run for the Hills, It's Alive! The Personal and Practice Implications of the Family as a Living Emotional System	Sept. 23, 2017	See page 24
LCSW/LSW Examination Preparation Course.....	Sept. 28, 2017	See page 15
Working Together: Senior Housing Social Services Staff and Property Management	Oct. 3, 2017	See page 28
Understanding the DSM-5: Diagnostic Changes and Clinical Implications	Oct. 5, 2017	See page 10
Ethical Issues and Values in Violence Against Women Work	Oct. 6, 2017	See page 32
Aging and Spirituality: Meaning in Later Life	Oct. 9, 2017	See page 26
Therapists and 12-Step Culture	Oct. 10, 2017	See page 18
Strategic Management.....	Oct. 11, 2017	See page 28
Building Positive Schools Through Positive Education	Oct. 17, 2017	See page 10
Public Governance.....	Oct. 17, 2017	See page 28
Dealing With Angry Students and Tantrums Effectively	Oct. 18, 2017	See page 10
Assessment and Intervention Strategies in Working With Families With Children Experiencing Domestic Violence.....	Oct. 18, 2017	See page 33
Dealing With Differences and Diversity in the Clinical Treatment of Children and Adolescents.....	Oct. 19, 2017	See page 20
Upholding Ethical Excellence: The Power of Self-Care	Oct. 20, 2017	See page 16
The Road to Emotional Maturity Has No Fast Lane: Towards Becoming a More Inner-Directed Self.....	Oct. 20, 2017	See page 25
The Neuroscience of Optimal Well-Being: Reducing Stress, Resolving Trauma, Recovering Resilience	Oct. 20, 2017	See page 31
The Road to Emotional Maturity Has No Fast Lane: Towards Becoming a More Inner-Directed Self.....	Oct. 21, 2017	See page 25
Basic Principles of the Integrative Approach to Couples Therapy.....	Oct. 22, 2017	See page 23
Elder Economic Security, Social Equity, and the Reality of Longevity for Seniors in New Jersey	Oct. 23, 2017	See page 30
How is Anxiety Good for You?	Oct. 25, 2017	See page 11
Structural Family Therapy Intensive Series.....	Oct. 27, 2017	See page 24
Elder Abuse: Strategies to Recognize, Prevent, and Report Abuse	Oct. 30, 2017	See page 26
Essential Attributes of Leadership	Oct. 31, 2017	See page 28
Advanced Care Planning	Nov. 1, 2017	See page 27
A Look at Media, Misogyny, and the "Consumption" of Women	Nov. 1, 2017	See page 30
A Treatment Plan for Apathy: Increasing Cultural Capability With Black Consumers of Mental Health Services	Nov. 2, 2017	See page 30
Gestalt Theory, Therapy, Technique: An Introduction to the Gestalt Approach.....	Nov. 3, 2017	See page 11
Tools for Reducing Parental Stress and Improving Family Well-Being: Breaking the Legacy of Trauma	Nov. 3, 2017	See page 16
The Family Systems Base of the Integrative Approach	Nov. 5, 2017	See page 23
Eating Disorders Overview and Clinical Issues.....	Nov. 6, 2017	See page 14
Cyberbullying: Nothing Virtual About It	Nov. 7, 2017	See page 17
Legal Issues and Planning.....	Nov. 7, 2017	See page 27
Understanding the Diversity of Trauma in the Context of Military Families.....	Nov. 9, 2017	See page 11
Lions and Tigers and Bears, Oh My! — Balancing Individuality and Togetherness in Key Relationships	Nov. 10, 2017	See page 25
Managing Change	Nov. 10, 2017	See page 29
The Impact of Trauma.....	Nov. 10, 2017	See page 31
Lions and Tigers and Bears, Oh My! — Balancing Individuality and Togetherness in Key Relationships	Nov. 11, 2017	See page 25
Financial Empowerment With Survivors	Nov. 11, 2017	See page 32
Eating Disorders and Childhood Abuse	Nov. 13, 2017	See page 14

Program Evaluation — An Opportunity, Not a Burden	Nov. 15, 2017	See page 29
Eating Disorders and Body Image Dissatisfaction: What Is The Relationship?	Nov. 20, 2017	See page 14
Structural Family Therapy Intensive Series.....	Dec. 1, 2017	See page 24
Beyond Checking and Washing: Understanding and Treating the Obsessive Compulsive Spectrum.....	Dec. 1, 2017	See page 12
Eating Disorders and Recovery: Highlighting Spiritual Practices	Dec. 4, 2017	See page 15
Clinical Presentations of Survivors: Impacting Our Lives, Impacting Our Communities	Dec. 4, 2017	See page 33
Aging: Policy and Economic Considerations	Dec. 5, 12, & 19, 2017	See page 26
Assessment of Older Adults.....	Dec. 6 & 13, 2017	See page 26
Helicopter Parenting While in Perpetual Conflict With an Underfunctioning Copilot . . . A Love Story.....	Dec. 8, 2017	See page 25
A Review of Evidence-Based Practices and Optimal Treatment Models for Complex Trauma	Dec. 8, 2017	See page 31
Understanding the DSM-5: Diagnostic Changes and Clinical Implications	Dec. 9, 2017	See page 10
Helicopter Parenting While in Perpetual Conflict With an Underfunctioning Copilot . . . A Love Story.....	Dec. 9, 2017	See page 25
Ethical Issues in the Schools	Dec. 11, 2017	See page 12
Group Treatment Approaches in Working With Trauma	Dec. 14, 2017	See page 31
The Neurobiology of Trauma/PTSD	Dec. 15, 2017	See page 12
When Life Gets Real . . . With Our Kids — Parenting Education 101	Dec. 15, 2017	See page 18
The Birth Order Blues — Understanding Sibling Position Strengths, Blind Spots, and Liabilities.....	Jan. 5, 2018	See page 25
The Birth Order Blues — Understanding Sibling Position Strengths, Blind Spots, and Liabilities.....	Jan. 6, 2018	See page 25
Sexual and Relationship Violence on College Campuses	Jan. 11, 2018	See page 32
Interviewing Skills Throughout the Lifespan.....	Jan. 13, 2018	See page 20
Play Therapy Techniques That You Can Use Today	Jan. 17, 2018	See page 21
Structural Family Therapy Intensive Series.....	Jan. 19, 2018	See page 24
Disproportionality in Special Education: Implications and Interventions	Jan. 19, 2018	See page 18
The New Therapist Workshop — Private Practice	Jan. 20, 2018	See page 13
Managing Family Dynamics in Caring for Older Adults	Jan. 24, 2018	See page 27
Living on the Edge: Poverty, Hunger, and the Role of Advocacy in N.J.....	Jan. 25, 2018	See page 30
Looking Through the Invisible Borders: A Cross-Cultural Response to Trauma Survivors	Jan. 26, 2018	See page 33
The Effects of Trauma Across the Developmental Spectrum	Jan. 26 & 27, 2018	See page 31
If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization	Jan. 29, 2018	See page 16
Reflective Practice: Grow as a Professional.....	Jan. 31, 2018	See page 18
Positive Parenting.....	Feb. 7, 2018	See page 13
A Walk Through Grief: What to Expect and How to Work With the Bereaved.....	Feb. 8, 2018	See page 12
How to Avoid Getting Voted Off the Island — Understanding and Managing Relationship Triangles.....	Feb. 9, 2018	See page 25
Structural Family Therapy Intensive Series.....	Feb. 16, 2018	See page 24
Becoming a Trans-Inclusive Clinician: A Basic Overview of Transgender Concerns and Clinical Considerations	Feb. 8 & 15, 2018	See page 13
How to Avoid Getting Voted Off the Island — Understanding and Managing Relationship Triangles.....	Feb. 10, 2018	See page 25
The Attachment Theory Base of the Integrative Approach.....	Feb. 11, 2018	See page 23
The Therapist's Toolbox	Feb. 16, 2018	See page 14
LCSW/LSW Examination Preparation Course.....	Feb. 16, 2018	See page 15
Structural Family Therapy Intensive Series.....	March 16, 2018	See page 24
The Relational Base of the Integrative Approach.....	March 25, 2018	See page 23

WORKSHOPS OFFERED IN CENTRAL JERSEY – PISCATAWAY (MRESC)

The Psychology of Adoption.....	Sept. 27, 2017	See page 19
Life Cycle Experience and Issues in the Adoption of Older Children	Oct. 13, 2017	See page 19

Psychotherapeutic and Psychosocial Treatments for Child and Adolescent Disorders	Oct. 23 & 26, 2017	See page 20
Kinship Adoption.....	Dec. 1, 2017	See page 19
Impact of Early Adverse Childhood Experiences: Implications for Adoption	Dec. 8, 2017	See page 19

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

Supporting Families Through Change	Oct. 6, 2017	See page 23
An Introduction to Developmental Disabilities.....	Oct. 19, 2017	See page 23
Legal and Ethical Issues in Developmental Disabilities	Nov. 13, 2017	See page 23
Disability Policy Issues.....	Nov. 30, 2017	See page 24
Understanding and Managing Problem Behaviors	Dec. 7, 2017	See page 24
Supporting Youth With Disabilities in the Transition to Adult Life	Jan. 16, 2018	See page 24
Practical Social Skills Workshop for Children and Students With Developmental Disabilities	Jan. 31, 2018	See page 24

WORKSHOPS OFFERED IN CENTRAL JERSEY – HIGHLAND PARK

The Secret Life of Hoarding.....	Sept. 28, 2017	See page 27
Sex and Seniors: What Every Professional Needs to Know	Oct. 5, 2017	See page 26
Bioethical Decision-Making: Considerations for Advanced Planning	Nov. 8, 2017	See page 17

WORKSHOPS OFFERED IN CENTRAL JERSEY – MONROE

Generation Silent — Addressing Aging in the LGBT Community	Dec. 15, 2017	See page 27
--	---------------	-------------

WORKSHOPS IN CENTRAL JERSEY – WEST LONG BRANCH

If It Isn't in Writing, It Didn't Happen: Documentation to Protect Your Client, Yourself, and Your Organization	Oct. 20, 2017	See page 16
How Do You Work With Kids, Anyway?	Oct. 24, 2017	See page 11
Ethical Issues in Social Work Practice	Dec. 11, 2017	See page 9
Family Therapy 101.....	Jan. 9, 2018	See page 10

WORKSHOPS OFFERED IN NORTH JERSEY – PARSIPPANY

Incorporating Cultural Competence into Ethical Decision-Making	Sept. 27, 2017	See page 15
Understanding Psychiatric Medications — What Every Therapist Needs to Know	Sept. 30, 2017	See page 9
Interventions for Depression, Anxiety, and PTSD in Children.....	Oct. 2, 2017	See page 9
Mini-Certificate in Complex Trauma	Oct. 3, 10, 17 & 24, 2017	See page 22
Bullying and Bias: Implementing New Anti-Bullying Legislation in Your Schools.....	Oct. 13, 2017	See page 16
Suicide Prevention in the School Setting: Identification and Intervention	Oct. 18, 2017	See page 10
Complex Trauma in Children	Oct. 26, 2017	See page 21
Group Counseling With Survivors	Oct. 27, 2017	See page 33
Working With Suicidal Clients	Oct. 28, 2017	See page 11
Overcoming Divorce One Successful Marriage at a Time	Nov. 3, 2017	See page 11
Board Management — A Delicate Balance	Nov. 8, 2017	See page 28
The Comprehensive Assessment and Case Plan: Development, Implementation, and Evaluation	Nov. 9 & 16, 2017	See page 20
Positive Psychology for Clinical Practice	Nov. 10, 2017	See page 12

Sexual Orientation and Gender Identity Diversity: Understanding the Needs of LGBT Individuals	Nov. 14, 2017	See page 17
Child Interviews: Understanding the Ins and Outs	Nov. 15, 2017	See page 21
Legal Responses to Violence Against Women	Nov. 17, 2017	See page 32
The Ethics of Trauma and Disaster Response: Doing Right, Doing Good	Dec. 1, 2017	See page 31
Community Organizing and Ethics	Dec. 12, 2017	See page 30
Social Work, Ethics, and Professional Responsibilities	Dec. 15, 2017	See page 17
Perpetration of Violence Against Women.....	Jan. 10, 2018	See page 33
Parents as Healers: Strategies to Incorporate Caregivers into Treatment Sessions.....	Jan. 26, 2018	See page 13
Schema Therapy Basics.....	Feb. 2, 2018	See page 13
Schema Therapy — Beyond the Basics	Feb. 16, 2018	See page 14
Identification and Clinical Strategies for Working With the Co-Occurring Adolescent.....	Feb. 19, 2018	See page 14
LCSW/LSW Examination Preparation Course.....	Feb. 23, 2018	See page 15

WORKSHOPS OFFERED IN NORTH JERSEY – HACKENSACK

CBT With Anxiety Disorders.....	Nov. 30, 2017	See page 12
Incorporating Cultural Competence into Ethical Decision-Making.....	Dec. 5, 2017	See page 15

WORKSHOPS OFFERED IN NORTH JERSEY – PARAMUS

Ethical Issues in Social Work Practice.....	Sept. 29, 2017	See page 9
Cutting, Self-Mutilation, and Suicide	Oct. 18, 2017	See page 10
Brief Therapeutic Practices and Lifestyle Changes to Enhance Recovery	Nov. 8, 2017	See page 19
Solution-Focused Practice.....	Nov. 29, 2017	See page 12
Communicating With Adolescents, Speaking Their Language.....	Dec. 13, 2017	See page 21

WORKSHOPS OFFERED IN SOUTH JERSEY – BORDENTOWN

Cross-Cultural Competence Skills: Bridging Cultural Differences With Respect and Understanding	Sept. 28, 2017	See page 15
Understanding Your Client: Techniques for Working With Sexual Abuse Survivors.....	Oct. 4, 2017	See page 9
Psychiatric Vulnerabilities in Older Adults	Oct. 9, 2017	See page 27
Beyond Healing to Thriving: Post-Traumatic Growth Through Mindfulness, Cognitive Behavior Therapy, and the Arts	Oct. 13, 2017	See page 10
Aging: The Human Process.....	Oct. 18, 25, & Nov. 1, 2017	See page 26
The Application of Multi-Sensory Mindfulness Practices in Trauma Treatment	Oct. 19, 2017	See page 31
Basic Psychopharmacology for People With Co-Occurring Diagnoses.....	Oct. 25, 2017	See page 18
Understanding Attachment in the Context of Childhood Trauma.....	Oct. 27, 2017	See page 11
Self-Care All Day	Nov. 6, 2017	See page 16
Through Our Eyes — Children, Violence, and Trauma	Nov. 9, 2017	See page 11
Core Issues in Clinical Supervision	Nov. 27, 2017	See page 21
Models and Techniques of Clinical Supervision	Nov. 29, 2017	See page 21
Improving Networking Skills and Enhancing Interagency Relationships.....	Nov. 30, 2017	See page 20
Understanding Sexual Orientation and Gender Identity 101.....	Dec. 1, 2017	See page 17
Managing Differences and Difficult Supervisees.....	Dec. 4, 2017	See page 21
Legal and Ethical Issues in Clinical Supervision	Dec. 6, 2017	See page 22
Creative Organizational Problem Solving.....	Dec. 11, 2017	See page 17
Handling Crises in Case Management.....	Dec. 13, 2017	See page 20

Incarceration and the Impact/Effect on Children and Adolescents	Jan. 12, 2018	See page 13
Ethical Dilemmas for Administrators and Managers	Jan. 16, 2018	See page 29
Parents and School Success.....	Jan. 25, 2018	See page 18
LGBT Issues and the Law	Feb. 2, 2018	See page 18
Navigating Through the Continuum of Care for Older Adults	Feb. 5, 2018	See page 28
Stress Management for Managers and Supervisors	Feb. 8, 2018	See page 29
Monsters Under the Bed: Non-Suicidal Self-Injury	Feb. 12, 2018	See page 14
Communicating With Older Adults	Feb. 13, 2018	See page 27
Understanding Relationships in Social Work: Using Relational-Cultural Theory	Feb. 16, 2018	See page 30

WORKSHOPS OFFERED IN SOUTH JERSEY – GLASSBORO

The Dynamics of Addiction, Domestic Violence, and Child Abuse	Oct. 27, 2017	See page 19
Ethical and Legal Issues in Substance Abuse Counseling	Dec. 1, 2017	See page 19
Shifting Paradigms, Challenging Perceptions	Dec. 6, 2017	See page 17
LCSW/LSW Examination Preparation Course.....	Dec. 7, 2017	See page 15

WORKSHOPS OFFERED IN SOUTH JERSEY – LONG BEACH TOWNSHIP

Self-Care in Trauma Work.....	Oct. 6, 2017	See page 30
Advocacy and Collaboration Skills in Case Management	Oct. 11, 2017	See page 20
Stress Management for Regaining Life’s Balance	Oct. 25, 2017	See page 16
Ethical Issues in Social Work Practice.....	Dec. 8, 2017	See page 9
Dealing With Challenges When Working With Parents and Families	Jan. 26, 2018	See page 13

WORKSHOPS OFFERED IN SOUTH JERSEY – CAMDEN

LCSW/LSW Examination Preparation Course.....	Dec. 14, 2017	See page 15
--	---------------	-------------

WORKSHOPS OFFERED IN NEW YORK CITY, NY

Incorporating Cultural Competence into Ethical Decision-Making	Sept. 25, 2017	See page 15
Creating Effective Training Presentations	Sept. 26, 2017	See page 15
Family Therapy 101.....	Oct. 17, 2017	See page 10
The Next Frontier: Community Models and Alternative Approaches to Working With Older Adult Clients.....	Oct. 26, 2017	See page 26
A Walk Through Grief: What to Expect and How to Work With the Bereaved.....	Nov. 14, 2017	See page 12

KEY INFORMATION AND FREQUENTLY ASKED QUESTIONS

1. How do I register for a workshop?

You can register online at socialwork.rutgers.edu/ce (preferred) or complete the registration form in 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.

2. 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.

3. Do I receive a confirmation email?

Confirmation emails 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.

4. Where do I find directions to my workshop?

Directions are available on our website (socialwork.rutgers.edu/ce) under "Location and Maps." We recommend you print out the directions since they are usually more precise than a GPS.

5. 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 email.

6. How can I tell if a workshop is open for registrations?

Check our website at socialwork.rutgers.edu/ce and search the workshop by title or number.

7. How do I know if a workshop is canceled due to bad weather or low enrollment?

Check your email. We contact participants first via email 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.

8. 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 do not show up on the workshop day without informing us, no refunds will be made. When a workshop is cancelled due to weather or insufficient enrollment, no penalties apply.

9. 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 not to allow participants who 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 CEUs.

10. 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).

11. 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 "CEU Provider Details" section of our website for specific entities approving our CEUs.

12. Do the CE hours count for the N.Y. state license?

Yes, unless otherwise noted. We are an approved provider for social work CEUs in NY.

13. Do you have online workshops?

Our online workshop program is being developed and will begin later in 2017.

14. 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.

15. How do I receive a replacement certificate?

If you would like a printed certificate in the mail, there is a \$10 processing fee. If you would like the office to email you the certificate, the fee will be waived.

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REGISTRATION FORM

Please print clearly and make a copy for your own records

Note: Online registration preferred at: socialwork.rutgers.edu/ce

Name (as you would like it to appear on your certificate): _____

Home Address (Street): _____

City: _____ State: _____ Zip Code: _____

Home Phone Number: (_____) _____ Email Address: _____

Please check here if your address has changed since your last registration.

Employer or Agency Affiliation: _____

Work Setting (e.g. hospital, school) _____

Population Served: _____

Business Address (Street): _____

City: _____ State: _____ Zip Code: _____

Business Phone Number: (_____) _____ Business Fax Number: (_____) _____

Email Address: _____ Highest Degree Earned: _____

WORKSHOP #	WORKSHOP TITLE (please print)	DATE	FEE
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

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 4 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.

Select Discount:

- 2 Workshops for \$200
- 10% Rutgers Affiliation

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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.

Send all materials to: Office of Continuing Education
School of Social Work
390 George Street, 3rd Floor, New Brunswick, NJ 08901
ce@ssw.rutgers.edu

For additional information or brochures, **call 848-932-8758 or fax 732-932-7057**

Persons with disabilities requiring special accommodations may call us at **848-932-8758**

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.

RUTGERS
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SEE INSIDE:

◆ **Sunday Series on Couples Therapy, page 22**

◆ **Structural Family Therapy Series by the Minuchin Center, page 24**

◆ **Eating Disorders Series, page 14**

◆ **Specialized Workshops on Working With Kids, Schools, and Parents, page 5**