



The Connecticut Women's Consortium

Workshops for Behavioral Health



Training Catalog

January - June 2021

NASW/CT CEC approval valid in CT, MA, NJ, RI, & VT.

Addiction | Mental Health | Treatment | Recovery

www.womensconsortium.org

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COVID-19 Training Alert:

At The Connecticut Women's Consortium, the safety of our staff, participants, and trainers continues to be our number one priority. We are currently running all trainings and events in a virtual format and are following all state and CDC recommendations regarding COVID-19 safety precautions. As of October, 2020 all trainings in the January - June training catalog have been planned in a virtual format. Should the situation improve and allow us to offer hybrid or in-person courses, we will make announcements via email, update the catalog, and notify all registered participants. Please note that per the National Association of Social Workers - CT Chapter, all virtual trainings count toward your in-person CEC requirement.

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Biology of Addiction

January 7, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$90

Lauren Doninger, LADC, LPC

Learn about the physical effect of alcohol, opioids, and stimulants on the body (e.g., liver, skin, gastrointestinal tract) and fetus. In this course, participants will learn about the signs of substance use, dependence, withdrawal, and treatment options such as Medication-Assisted Treatment (MAT). The course aims to increase participants' technical knowledge about how drugs are scheduled by the Drug Enforcement Administration (DEA) and Food and Drug Administration (FDA), including information about the Controlled Substances Act. From a counseling perspective, learning the basics of neuroscience and being able to explain to clients how the brain has been hijacked by addiction and its need for rest and recovery is crucial. This discussion will include an easy to understand overview of neurotransmission, the role of dopamine in addiction, and important structures in the brain such as the frontal lobe, limbic system, hippocampus, and amygdala.



Why Race Matters

January 13, 2021 | 9am-4pm | 6 credits | Cultural Competence | \$100

Daryl McGraw

Michael Chadukiewicz, PhD

Participants will explore the history of race and racism while gaining knowledge of how this history shapes our social and cultural identity, power structures, and institutions. Participants will review music, advertising, comedy, poetry, and literature while engaging in activities that examine bias, prejudice, and racism in our society. The facilitators will share their experiences with racism and offer strategies to unmask, dismantle, and eradicate racism in our personal, inter-personal, institutional and cultural realms.



LGBTQIA...SOS! Differentiating & Demystifying Gender & Sexual Identity

January 14, 2021 | 8:30am-12:30pm | 4 credits | Cultural Competence | \$60

Mara Gottlieb, PhD, LMSW

We are witnessing the dawn of a new civil rights movement. The question is no longer whether we will have lesbian, gay, bisexual, transgender, queer, intersex, asexual (LGBTQIA) clients, but when. We need to be adequately prepared to serve these populations respectfully. So, let's talk about sex, and gender, and what - if anything - the two have to do with one another. Appropriate for those with any level of knowledge regarding these identities, this workshop is a straightforward, accessible, open discussion with opportunities for questions to be asked and answered. Be prepared to walk away with a clear understanding of sexual orientation, sexual identity, and gender identity.



Treating Eating Disorders in the Outpatient Setting: Overview & Clinical Considerations

January 20, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$90

Mary Dobson, LMFT, CEDS

Participants in this workshop will gain a fundamental understanding of programming designed to clinically assess, diagnose, and refer clients with eating disorders appropriately. Clinicians will gain working knowledge of eating disorders assessment and treatment. This training provides knowledge of “how-to” speak with clients, emphasizing the clients’ caring, mindful connection to their bodies from the inside out. Clinicians will gain understanding of weight stigma, genetic diversity of body shape and size. Further, participants will learn the risk factors for eating disorders: genetic, temperamental, environmental, lifespan stage, cultural, attachment. Clinicians will gain deeper insight into their own internalized weight-stigma and barriers to positive body image. Clinicians will commit to actively embrace vitality through modeling positive eating and physical activity to client.



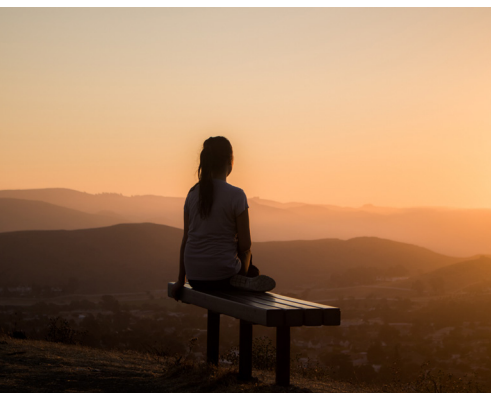
The Other Gender: Using a Trauma-Informed Framework with Men

January 26, 2021 | 9am-12pm | 3 credits | Trauma Treatment | \$60

Chris Dorval, LCSW, LCDP, LCDCS, ICADC

Our society has often turned a blind eye to trauma’s impact on men and subsequently trauma has been presented as a “women’s’ issue.” The social assumption that men are perpetrators of trauma along with the social acceptability of male trauma and violence, has led to desensitization to the effect of trauma on men. As a result, there have been continuing cycles of trauma which negatively impact our society.

This has never been truer than in the realm of trauma treatment, where historically research has been done and interventions designed on female populations. This presentation will offer a look at trauma-informed practice that is responsive to the unique challenges and strengths of men.



Zen in America: Holistic Stress Management for Everyday Use

January 29, 2021 | 9am-12pm | 3 credits | Healing Arts | \$60

Alicia Feller, LCSW

According to a 2017 Gallup Poll, 79% of Americans say they feel stress sometimes or frequently throughout their day. The World Health Organization has called stress the “health epidemic of the 21st century.” The purpose of this presentation is to define the different types of stress; understand the impact on the mind, body, and spirit, and introduce some of the different holistic stress management techniques one can use to reduce stress.



Whole Person Approaches to Co-occurring Substance Use & Mental Health Disorders

February 5, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$100

Charles Atkins, MD

Over eight-million Americans meet criteria for co-occurring substance use and mental health disorders. People with co-occurring disorders range from the executive with obsessive-compulsive disorder who drinks a fifth of hard liquor a day, to a homeless person who smokes cannabis heavily and has been in and out of psychiatric hospitals with a diagnosis of schizoaffective disorder, to the 35-year-old mother with PTSD and a life-threatening opioid habit. What is clear, is that of all people who seek treatment for substance use or mental health, fifty percent or more have at least one co-occurring problem. Sadly, this often goes unrecognized, unaddressed, or under-addressed.

This training presents the complex matrix of co-occurring disorders and how to think through both the assessment process and craft effective and integrated treatment, where the focus is on the person in search of help, their goals, priorities, and aspirations.



A Healing Journey of the Bilingual Self:

In Search of the Language of the Heart

February 9, 2021 | 9am-12pm | 3 credits | Cultural Competence | \$60

Maria Elena Oliva, LCSW

For a bilingual client, psychotherapy experienced in a second language is complicated and may not always be healing or have a favorable outcome. Because of language barriers, much can be misunderstood or missed altogether. A client's first language, the mother tongue, can be the language of emotions, while a second language may feel more detached and distant.

Language should be in the spotlight when we consider therapy with bilingual clients. Yet, psychotherapeutic work often referred to as the "talking cure" rarely focuses on language. In this half-day course, you will examine the challenges that the bilingual individual must navigate within their internal world of dual languages, the challenges of the therapist, and how these impact treatment.



"It is time for parents to teach young people early on that in diversity there is beauty and there is strength."

~Maya Angelou~



The Social & Emotional Well-Being Impact of Social Media on Children & Families

February 12, 2021 | 9am-4pm | 6 credits | Children & Families | \$90

Qur-an Webb, MSW

Marcus Stallworth, LMSW

In this course, you will examine the impact of social media and technology on today's society, including its influence on young people's perceptions of reality and other significant risks. You will discover how to respond to children and family's vulnerabilities related to social media and internet safety.

There are realistic, cost-effective strategies to identify digital risk and protect youth that can be immediately implemented by social workers, educators, and caregivers. You will hear, share, practice, and self-assess your own knowledge about social media and internet safety. We will cover topics such as cyberbullying, media marketing and advertisement, legislative advocacy, music's impact on values and behavior, and the desensitization of violence.



Standing up to the Storm: Relentless Resilience

February 24, 2021 | 9am-12pm | 3 credits | Clinical Skills | \$60

Elaine Bentley Baughn, MS, LMFT

When you work every day to take care of others, whether as a first responder, parent, social worker, psychotherapist, caregiver, or nurturing friend, it is inevitable that some of that havoc and stress can follow you home. Some days it may slide off, but on others it may Velcro right on. This workshop is about recognizing your vulnerabilities, choosing (and timing) your battles, and evolving a dynamic self-care routine that fits your current situation and changes with the demands of the emotional weather around and inside you, so that when you absolutely need to you can stand strong.

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“We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.”

~Jimmy Carter~

March



Learning the Tools of Mindfulness

March 5, 12, 19, & 26, 2021 | 12pm-1pm | no CECs | Healing Arts | \$20

Tracey Meyers, PsyD

This 4-week introduction to mindfulness is designed for mental health clinicians who want to learn the powerful tools of mindfulness to help their clients develop effective coping skills. Mindfulness can help to manage their fears, sadness, and anxiety during this global crisis. In addition, participants will enhance their own ability to manage their personal fears and distress so that they be more fully present for their clients in this urgent time of need.



The Community Resiliency Model (CRM)[®] Skills Workshop

March 9, 2021 | 9am-12pm | 3 credits | Trauma Treatment | \$60

Rebecca Lemanski, MSW, Certified CRM Trainer

Mary Dineen Elovich, LCSW

The goal of this workshop is to help support and create “trauma-informed” and “resiliency-focused” individuals and communities. Participants will develop a shared understanding of the impact of trauma and chronic stress on the nervous system, as well as how resiliency can be restored and increased using this skills-based approach. This CRM[®] training utilizes a public health approach and has been taught around the world to professionals and non-professionals alike.



Buried in Treasures: The Nature & Treatment of Hoarding Disorder

March 11, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$100

David Tolin, PhD, ABPP

In this workshop, participants will learn about hoarding disorder as characterized by acquisition of, and failure to discard, many possessions to the extent that living spaces become uninhabitable. In the session, participants will learn about emerging data, mental health features, and new research findings regarding brain function in people who hoard.

Hoarding disorder can frustrate mental health and social service workers due to its chronic and treatment-resistant nature. Many hoarders are reluctant to seek help, and even those who do frequently resist therapists’ efforts to intervene. Clinical studies, therefore, have consistently shown a poor response to psychological and pharmacologic treatments. In this training, you will learn specific skills to increase patients’ motivation and compliance, how to challenge maladaptive ways of thinking, and how to teach new behavior patterns.



Cultivating Cultural Humility: Examining Biases & Identity

March 16, 2021 | 9am-4pm | 6 credits | Cultural Competence | \$90

Mara Gottlieb, PhD, LMSW

Many of our clients have survived experiences we cannot fathom. Upon arriving to the first session, they are already the heroes and heroines of their own lives. Approaching the professional relationship through a lens of cultural humility asks us to honor the resilience and wisdom our clients already possess; to strive for a deeper level of openness to their experience and the way they see the world. Cultural humility is a modern approach to cultural awareness. By integrating the broadest possible definition of culture and identity intersectionality with a collaborative, two-person model, it demands our own ongoing commitment to compassionate self-awareness. Learn to see without judgment how your own experiences and identities impact the work you do and the values you hold. The practice of cultural humility is gentle, forgiving, empowering and transformational, allowing both client and clinician to experience growth, intimacy, and greater authenticity as the work progresses. Attending this training will provide the theory behind this new approach, a clearer understanding of a cultural humility framework, and multiple experiential opportunities to implement and witness the benefits firsthand.



Building Blocks of Effective Co-parenting: A Client Centered Approach

March 18, 2021 | 9am-12pm | 3 credits | Children & Families | \$60

Qur-an Webb, LMSW

Marcus Stallworth, MSW

This training is based on promoting knowledge retention and effective clinicians. In the course, we relate learning how to be an effective co-parent to learning your ABC's. This makes the content easy to understand and remember, which also makes the content accessible to a culturally diverse population. Individuals with children who are experiencing separation, divorce, or any other type of family restructuring, come from all backgrounds. No matter what background participants come from, most can relate to learning the alphabet in grade school. Thus, memory strategies and tools on engaging when working with clients who are parents are even more effective.

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**“Kindness makes you the most beautiful person in the world,
no matter what you look like.”**

~Anonymous~



Gerontology 101

March 24, 2021 | 9am-12pm | 3 credits | Clinical Skills | \$60

Donna Fedus, MA

This half-day workshop acts as an introduction or refresher to build understanding of older adults and the aging process. You will learn about working and living with older adults, as well as gain insights into your own aging experience. This workshop is particularly useful for professionals in social services, behavioral health, home and healthcare, senior living, recreation, lifelong learning, clergy, and first responders.

During this course, you will examine the myths of aging and the impact of outdated societal beliefs and individual age bias. Topics include diversity, the importance of function overdiagnosis, and cohort effects. You will also learn to distinguish between normal aging and cognitive impairment, as well as how to communicate with people who have vision or hearing impairment. Interactive activities, games, and videos are part of this dynamic workshop.

April



De-escalation & Engagement Strategies:

A Trauma-Informed Approach

April 7, 2021 | 9am-12pm | 3 credits | Trauma Treatment | \$60

Chris Dorval, LCSW LCDP, LCDCS, ICADC

Aggressive and drug-seeking behavior creates unique and often frustrating challenges in clinical settings. These behaviors are often fueled by substance use and trauma related disorders. This presentation offers strategies for addressing these behaviors through an assertive and therapeutic approach while retaining patient engagement. Further, instruction offers an interactive and experiential overview of the impact of trauma on the recovery process from a social, biological, psychological, and spiritual perspective. Participants will gain the skills to work with people affected by substance use and trauma throughout their recovery while further understanding the conceptual framework of trauma-informed practice. benefits firsthand.



An Introduction to Client Affect Management Tools

April 9, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$90

Don deGraffenried, LCSW

This practical and hands-on workshop is designed to give clinicians experience with affect management tools used in psychotherapy. These tools can help regulate emotions, increase impulse control, promote relaxation, reduce anxiety and generate positive spiritual experiences. You will learn about the use of “drone voice” and trance induction to develop useful and unique tools. You will also study techniques such as Progressive Relaxation, The Enhanced Safe Place, HeartMath, and One Stone.



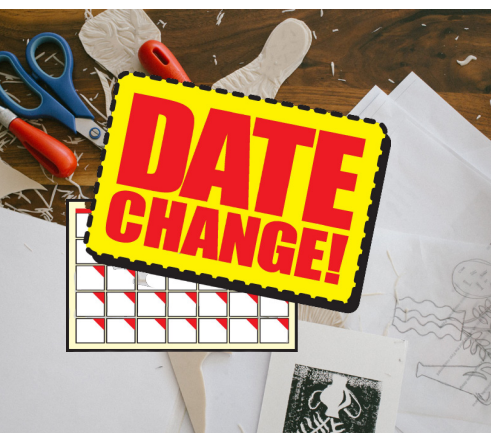
How Early Interventions in the Parent-Infant Relationship Inform Treatment of Attachment Wounds in Adults

April 14, 2021 | 9am-4pm | 6 credits | Children & Families | \$90

Cheryl Kenn, LCSW

For several decades, attachment theory has been the focus of widespread attention. More recently attachment theory is recognized as a unifying theory underpinning most psychology models. Attachment designations are templates created through our early relational experiences and are encoded as implicit, embodied memory networks. Intolerable emotions connected to early attachment wounds lack visual and verbal representation and can be repressed or dissociated. The understanding of how maladaptive attachment organization develops, is internalized, and manifests can be applied to psychological treatment when seeking to effectively repair the early attachment-related ruptures.

This day long workshop will provide participants with a comprehensive approach for the identification and treatment of attachment-related issues integrated into psychotherapy. Through lecture, video, and case examples, clarification will be given on how to work effectively with clients, including: case conceptualization: identifying the attachment designations, dyadic regulation methods for stabilization, orientation of parts to the present, and target selection. Participants will also learn how to apply attachment-oriented decision-making skills for processing traumatic material. This workshop is appropriate to clinicians with any level of training.



Bringing Vision Boards into Clinical Practice

May 27, 2021 | 9am-12pm | 3 credits | Healing Arts | \$60

Amy Lane

Vision boards are concrete and creative outlets which provide visual cues and focus. In this hands-on training, we will explore visual goal-setting techniques that can be used with clients, the process of creating a vision board, and how various graphic models can be used in the clinical setting. Participants will also have an opportunity to explore their own goal-setting process and create a vision board for themselves. *Please bring magazines, and printed material that you best identify with imagery that reflect your personal interests.



Reflecting on Privilege & Race in the Therapy Room & Beyond

April 21, 2021 | 9am-12pm | 3 credits | Cultural Competence | \$60

Viana Turcios-Cotto, PhD

Awareness of privilege and understanding of race and ethnicity are important elements of cultural competence in therapeutic work especially as clinicians strive for social justice. This introductory workshop briefly reviews the history of race in the United States, explains ideas of institutionalized racism and privilege (including but not limited to white privilege), and discusses how these constructs affect us in our roles as therapists and as clinical supervisors. We will utilize an assessment tool to examine the variety of areas of our own privilege extends to, as well as learn about resources to help motivate us into taking steps both in the therapy room and beyond.



Solution-Focused Approaches with Challenging Clients

April 23, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$90

Don Scherling, PsyD

Solution-Focused approaches which build on a client's, family's, agency's, or community's strengths are proving more powerful in encouraging change than traditional problem-focused methods of assessment and treatment. This course will provide a basic introduction to the theoretical foundation and treatment methods of a solution-focused approach while encouraging participants to adapt and apply the model in their thinking and their work with challenging clients, peers, and organizations.



The Resilient Practitioner: A Clinician's Guide to Emotional Wellbeing

April 28, 2021 | 9am-4pm | 6 credits | Healing Arts | \$90

Alicia Davis, PCC, LMT

Ever had one of those days where you started off happy but within 10 minutes at the office you were inundated with work and your mood changed from good, to bad, to worse? Do you ever observe your team members in a state of frustration or anger lashing out at others, playing the blame game, or having emotional meltdowns? Does worry keep you going in circles? Your emotions are powerful influences of behavior that can physiologically override the rational, thinking, and reasoning mind within seconds. Being able to cultivate self-awareness, practice self-regulation and effectively respond to potentially overpowering thoughts and feelings are critical skills to have in a clinical environment.

This workshop combines Core Energy™ coaching techniques, mindfulness, learned optimism practices, and brain science to provide practical and effective ways of maintaining calm, addressing core issues and contributing to a peaceful environment in which to work and live.



Dialectical Behavior Therapy (DBT): An Overview

April 30, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$100

Charles Atkins, MD

Dialectical behavior therapy (DBT) is a well-studied, evidenced based therapy for women and men with recurrent self-harming thoughts and behaviors. While originally intended for people who carry diagnoses of borderline personality disorder, DBT's core components, outlined below, provide useful strategies for clients with a broad range of diagnoses.

In this day-long interactive training, participants will learn the basics of DBT, including the biosocial theory of borderline personality disorder and an overview of the key components of high-fidelity DBT. Participants will learn how to prioritize problem behaviors and construct behavioral chain analyses while being immersed in skills-training exercises that teach the core components of DBT, mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation.



Trauma-Informed Practice with Transgender & Non-Binary Clients

May 5, 2021 | 9am-12pm | 3 credits | Cultural Competence | \$60

Seth Wallace, LCSW

This workshop will cover the basics of trauma-informed care for transgender and non-binary clients. It will focus on the intersection of transgender and nonbinary identities and trauma. In this course, you will learn relevant terminology, office and clinical best practices, and resources available to clinicians. Attendees will have an opportunity to ask questions and share relevant case examples.



Fundamentals of Emotional Freedom Technique

May 7, 2021 | 9am-12pm | 3 credits | Clinical Skills | \$60

Catherine Ewing, LCSW, MDIV

Emotional freedom technique (EFT) is a form of energy psychology, combining psychotherapy and energy healing techniques. It is based on the understanding of the human body as an electrical system and the recognition of the systems of subtle energy that surrounds and interacts with the physical body. When that energy system is disrupted, a person can experience mental, emotional, or physical imbalance. EFT has treatment application across a broad range of issues, including stress and anxiety, PTSD, physical pain, self-sabotage, cravings, and addictions. It draws from a variety of proven modalities, including thought field therapy, acupuncture, biofeedback, EMDR, hypnosis, cognitive behavioral therapy and applied kinesiology.

In this engaging workshop, learn how to use emotional freedom technique for your own self-care and for working with clients, students, colleagues, and families.



Whole Body Stress Relief

May 11, 2021 | 9am-12pm | 3 credits | Healing Arts | \$60

Sharon Shanti

Experience a holistic approach to healing the body and mind through yoga, breath, and meditation. In this training, Sharon Shanti will expertly and lovingly guide you through gentle and restorative asana (yoga postures), soothing and calming pranayama (breathing techniques), guided and non-guided meditation, and guided yoga nidra (yogic sleep). Experience accessible tools that will help you and your clients release stress, relax and calm anxiety while learning how to apply and share these essential self-care tools in a clinical setting with clients.



Understanding Psychological Trauma & Trauma-Informed Care Part 1

May 14, 2021 | 9am-4pm | 6 credits | Trauma Treatment | \$90

Eileen Russo, MA, LADC

For clients with a history of addiction and mental health, a traumatic experience is extremely common. However, the impact of trauma can be difficult for service providers to recognize. This introductory workshop assumes attendees have little knowledge of trauma and Post Traumatic Stress Disorder (PTSD). This workshop will provide an understanding of psychological trauma and define trauma-informed care.

*Interested in learning even more about trauma and trauma-informed care?
Sign-up for part 2 on June 15, 2021.*



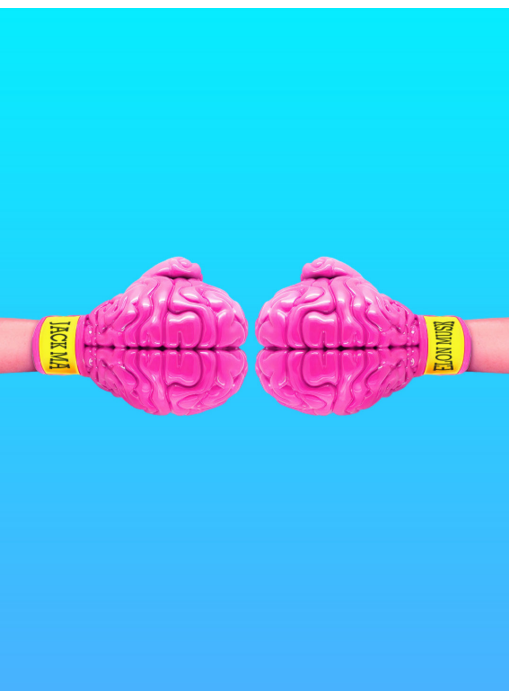
Intimate Partner Violence: Screening & Intervention for Behavioral Health Professionals

May 18, 2021 | 9am-12pm | 3 Credits | Clinical Skills | \$60

Ashley Starr Frechette, MPH

Linda Blozie

This training aims to educate providers on intimate partner violence and the resources, support, and screening methods available in cases of (IPV). Instruction will be given on the intersection of IPV, substance use, and behavioral health. knowledge of trauma and Post Traumatic Stress Disorder (PTSD). This workshop will provide an understanding of psychological trauma and define trauma-informed care.



The Science & Art of Cognitive Behavioral Therapy

May 20, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$100

David Tolin, PhD, ABPP

In this workshop, participants will learn the foundations of Cognitive Behavioral Therapy (CBT); discover the mechanisms and interplay of maladaptive cognition, emotion, and behavior; and understand pathological processes of the brain.

CBT centers on the solutions and challenges of distorted cognitions to help change destructive behavior patterns. CBT interventions can be applied to a range of client concerns in both inpatient and outpatient settings. As professionals, participants will learn how to intervene at various levels. To help with event, emotional, and cognitive-related concerns, participants will become familiar with strategies such as stimulus control, cognitive restructuring, emotion modulation, relaxation training, and newer approaches based on mindfulness and acceptance. All will learn about operant therapy (e.g., reinforcement strategies), exposure, activity scheduling, and skill building and how the flexibility of these approaches allows them to be used with other interventions.



What We Can Learn from the Suicides of Vincent van Gogh, Diane Arbus, & Marilyn Monroe

May 25, 2021 | 9am-12pm | 3 credits | Clinical Skills | \$60

Barry Walsh, PhD

Vincent van Gogh, Diane Arbus, and Marilyn Monroe were immensely talented people who died in their prime via suicide. Lessons can be learned by exploring the details of their suicide trajectories. In this course, two major theories of suicide, Joiner's Interpersonal Theory and Klonsky's Three Step Theory, will be employed to understand their deaths and suicide as a whole on a deeper level.

Common themes that emerge for the three individuals include early life attachment problems, subsequent trauma, and related reservoirs of loss. They also shared problems with sexuality as an expression of human relatedness. And towards the end of their lives, each experienced what they perceived to be a decline in professional competence that left them in despair and ultimately suicidal.



Healing the Body:

Health at Every Size, Intuitive Eating and the Ethical Healing of Bodies

May 28, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$90

Em Reim Ifrach, MAAT, CEDCAT-S, REAT, ATR-BC, LPC, NCC, RMT

This training seeks to educate mental health and physical health professionals on health at every size, intuitive eating, and how to integrate both into their work. Through this training, professionals will learn about the ethics surrounding the medical model in comparison to a HAES perspective, which requires allowing for bodily autonomy of our patients and clients, empowering clients and patients to make their own choices regarding their bodies, and enabling clients access to ethical care. Professionals will learn how HAES and IE can be lifesaving models of treatment that take a whole body approach combating, racism, fatphobia, homophobia, ableism, and other social justice issues that directly affect the health and access to health that many of our clients/patients face.

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**“No matter what people tell you, words and
ideas can change the world.”**

~Robin Williams~



Diversity in the Workplace

June 9, 2021 | 9am-4pm | 6 credits | Cultural Competence | \$90
Mara Gottlieb, PhD, LMSW

This course addresses the concepts of diversity and multiculturalism, including identities of race, ethnicity, gender, religion, sexual orientation, ability, body size, addiction recovery, and more.

You will have the opportunity to reflect on your own identity “landscape” and how these identities impact professional work. We will address notions of “passing” or identity invisibility, authentic self-expression, and those crucial to work outcomes: fostering a respectful work environment, the nature and impact of micro-aggressions. You will also have the opportunity to suggest additional topics that are important to you. Take part in this unique opportunity to learn more about yourself and your colleagues and learn to form professional relationships based in authenticity and respect, leading to greater work satisfaction, more trusting relationships, and better agency outcomes.



If It's Not Written Down it Never Happened: the Who, What, When, Where & Why of Effective Clinical Documentation

June 11, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$100
Charles Atkins, MD

This day-long workshop will include multiple hands-on exercises which provide an overview of how to consistently craft clean medico-legal documents that embrace recovery and support effective treatment. We will cover the “golden thread” and The Joint Commission’s “Tracer Methodologies,” which each start with assessment and leave no issue unaddressed. Together, we will review specifics related to DSM-5 diagnoses and how to support and document them. Guidelines and standards from CMS, Commission on Accreditation of Rehabilitation Facilities (CARF), The Joint Commission, Department of Public Health (DPH), Department of Social Services (DSS) will be referenced.



Understanding Psychological Trauma and Trauma-Informed Care Part 2

June 15, 2021 | 9am-4pm | 6 credits | Trauma Treatment | \$90
Eileen Russo, MA, LADC

This experiential workshop will provide clinicians and case managers with an overview of skills such as grounding, emotional/physical safety planning, and how to educate clients on the impact of trauma. The instructor, Eileen Russo, MA, LADC, is experienced in teaching trauma-informed skills and transforming agencies and will provide a closer look at the diagnostic criteria, screening, assessment, treatment models, and Psychological First Aid.

Although it is highly recommended that part 2 participants have a foundation in trauma and trauma-informed care, part 1 is not a prerequisite for this offering. If you are interested in a more foundational learning opportunity, sign up for part 1 on May 14, 2021.



Mindfulness Skills for Clinicians:

How to Integrate the Power of Mindfulness into Your Clinical Practice

June 18, 2021 | 9am-12pm | 3 credits | Healing Arts | \$60

Tracey Meyers, PsyD

This workshop is designed for mental health clinicians who want to learn how to use the powerful tools of mindfulness in their clinical work with their clients and in their own daily lives. There will be a strong emphasis on mindful practices so that clinicians learn how to use these techniques both with themselves and with their clients. Specific mindfulness tools for different mental health conditions such as depression, anxiety, PTSD, and schizophrenia will be reviewed to help clinicians to develop customized mindfulness programs.



Even a Cactus Needs Water!

Wellbeing Practices for Professional Caregivers

June 22, 2021 | 9am-4pm | 6 credits | Professional Development | \$90

Alicia Davis, PCC, LMT

Eileen Russo, MA, LADC

The emotional strain of working in the helping professions can cause burnout, compassion fatigue and vicarious trauma. This impacts staff turnover, effectiveness and practioners' professional and personal lives. Without effective coping mechanisms, caregivers can become frustrated, overwhelmed, and immobilized.

This experiential workshop is a three-layered approach to staff care. Participants will learn about the organizational, professional, and personal of trauma-informed staff development. In addition to receiving information on topics such as vicarious trauma and compassion fatigue, participants will engage in exercises related to re-connection, spirituality, and mindfulness practice.

Please only register for this workshop if you can attend for the full day and with no or minimal distractions (cell phone, etc). Feel free to dress for comfort.

”

“Just don’t give up trying to do what you really want to do. Where there is love and inspiration, I don’t think you can go wrong.”
~Ella Fitzgerald~



Assessment of Acute Risk

June 25, 2021 | 9am-4pm | 6 credits | Clinical Skills | \$90

Don Scherling, PsyD

Based on their therapeutic relationship, front-line and primary care clinicians, mental health clinicians, addictions counselors, nurses, case managers, and other helpers are often in the best position to obtain the most comprehensive information about suicidal ideation, substance use, and other self-harming behaviors. Suicide assessment training often focuses on statistics. This course is different. You will learn proven, research-based interviewing skills to maximize your ability and confidence. You will gain the ability to obtain essential information to screen, assess, refer, and manage acute risk in patients with mental illness, substance use, and other co-occurring disorders.



Understanding the Adolescent/Young Adult Brain from a Developmental Lens

June 30, 2021 | 9am-12pm | 3 credits | Clinical Skills | \$60

Daniel R. Brockett, PhD

This three-hour presentation will explore the wonders of the adolescent and young adult brain, the basics of brain development, and how they predict the challenges and behaviors of this critical period of life. In addition to normal development, you will learn the ways childhood adversity affects the brain differently than the adult brain. Specific issues such as gender differences, childhood trauma, and drug abuse will be discussed through a brain development lens, as well as interventions and experiences that enhance development or assist in the recovery process. substance use, and other co-occurring disorders.

Expert Trainers



Charles Atkins, MD, is a board-certified psychiatrist, speaker, and author of fiction and nonfiction. His nonfiction works include recent textbooks on Opioid Use Disorders and Co-Occurring Mental Health and Substance Use Disorders, and mainstream books on Alzheimer's and Bipolar Disorders. His short stories and articles have appeared in publications from the Journal of the

American Medical Association (JAMA) to Writer's Digest Magazine and PARADE. He writes murder mysteries and thrillers under his own name and urban fantasy as Caleb James. His latest medical thriller, *Elixir*, was just published. Dr. Atkins has served as a regional medical director for the CT Department of Mental Health and Addiction Services, and as the chief medical officer for Waterbury Hospital and Community Mental Health Affiliates. He is on the volunteer faculty of Yale University, School of Medicine, and a member of the Connecticut Commissioners' Alcohol and Drug Policy Council. His website is www.charlesatkins.com



Elaine Bentley Baughn, MS, LMFT, a psychotherapist in Norwich, CT, is a spinner of the deft comprehensible metaphor. Baughn is the holder of a certification in EMDR, a brain-based rapid processing therapy for trauma. She is also certified in Feng Shui, an energy-based therapy for the spaces in which humans live. Her book *5 Rules for Drama-Free Living* has garnered warm responses.



Visit

The Connecticut Women's Consortium [YouTube page](#) to learn more about accessing CECs and virtual vs. online courses



Linda Blozie is the Director of Training and Prevention for the Connecticut Coalition Against Domestic Violence. There she is responsible for the overall operation of the Coalition's Training Institute and the implementation of Connecticut's Plan for the Prevention of Intimate Partner Violence. She has been with the Coalition since 2001 and served in a variety of capacities including public policy advocacy, communication and fatality review. Previous to joining this staff, Linda served for fifteen years as the executive director of the Prudence Crandall Center, the domestic violence agency located in New Britain. Linda has trained nationally on such topics as domestic violence and substance abuse, domestic violence fatality review, communicating for change and the risks and benefits of technology for victims/survivors of domestic violence.



Daniel R. Brockett, PhD, has been the clinical director of the Young Adult Services (YAS) Division at the Department of Mental Health and Addiction services since 2006, serving young adults with histories of severe childhood developmental trauma and psychiatric/neurodevelopmental challenges. A neuropsychologist and clinician, Dr. Brockett has expertise in areas of applied behavior analysis, positive behavioral interventions, and most recently, application of models of intervention for individuals with attachment/relational trauma. Dr. Brockett is committed to developing comprehensive, trauma-informed psychological services for the YAS program statewide.



Michael Chadukiewicz is a facilitator and coach. He works with businesses, non-profit organizations, educational institutes, and community organizations seeking to build cohesive teams, improve interpersonal communication, implement and manage change, and transform organizational culture. He is a Ph.D candidate at Nova Southeastern University studying Conflict in Organizations, Schools, and Healthcare. He is an Affiliate Researcher with Yale Program for Recovery and Community Health where he researches our nation's food systems relationship with a wide array of social justice issues including addiction, mental health, racism, sexism, classism, neoliberalism, and globalism. Michael's practice is informed by 28 years in long term recovery.



Alicia Davis, PCC, is a Professional Certified Coach, former CT Licensed Massage Therapist and partner in the coaching firm Transformative Leadership Strategies. She brings over 30 years of leadership development experience in the fields of holistic healthcare, social services and behavioral health non-profits, insurance, engineering and corporate settings. She creates dynamic coaching and teambuilding experiences for leaders at all levels of an organization that address challenges such as organizational culture, team alignment, change management, communication and high stress. Alicia offers a unique Core Energy™ coaching approach to individuals, executives, teams and boards who are looking to achieve exceptional results.



Donald F. deGraffenried, LCSW, is in private practice in New Haven, CT. Don specializes in the treatment of complex PTSD with Eye Movement Desensitization and Reprocessing (EMDR) and has worked with homicide survivors in both agency and private practice settings. He is an EMDRIA Approved Consultant, Facilitator for the EMDR Humanitarian Assistance Program and the EMDR Institute and is an EMDR HAP Trainer. Don is a passionate advocate for expanding EMDR into agency and community mental health settings and has designed an urban EMDR program for the treatment of homicide survivors. He is the author of several articles on home-based family interventions with multi-problem families.



Mary Dineen-Elovich, LCSW is Executive Director of Intentions Counseling and Clinical Training Center in Farmington, Connecticut. Mary's clinical specialties include young children and adults with histories of trauma. Mary has trained internationally on neuroscience, attachment, vicarious trauma and attachment-based clinical supervision. Mary served as a clinical therapist and Program Coordinator of Klingberg Family Centers, Child Abuse Treatment Services Program for 10 years. Mary is Adjunct Faculty at the University of Saint Joseph's graduate social work program. Mary is grateful to have found a balance between her love of clinical practice and teaching with her commitment for systemic change as a founding member of the Attachment Network of Connecticut (ANCT) and the Attachment Innovators of Connecticut (AICT). Working in Middletown, CT as co-chair of the Community Resilience Collaborative of Middlesex County, Mary is part of a multidisciplinary team educating community members on the science of Adverse Childhood Experiences (ACES) and Resilience.



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Mary Dobson is an internationally-recognized expert in treating eating disorders and weight-control issues, and the founder and executive director of LIFT Wellness Group. She founded LIFT in 2010, and has since provided highly effective, warm, and personalized care to patients across the Tri-State area, helping over a thousand individuals overcome disordered and emotional eating,

anorexia, bulimia, orthorexia, avoidant and restrictive food behavior, binge eating disorder, compulsive eating, over-exercise, and body image dysmorphia. Ms. Dobson is the only mental health practitioner in Fairfield County certified as an eating disorder treatment specialist through the International Association of Eating Disorder Professionals.



Lauren Doninger, LADC, LPC, EdD, has been in the field of mental health and addiction services since 1983. She earned her BS in Psychology from Nasson College, her MA in Community Psychology from Central Connecticut State University, and her Ed.D. in Higher Education Leadership from Johnson & Wales University. Dr. Doninger is a Licensed Alcohol and Drug Counselor and a Licensed

Professional Counselor. She has worked in a variety of clinical settings including residential, detox, outpatient, intensive outpatient, and with many different client populations. Currently, Dr. Doninger is a Professor of Psychology and Drug and Alcohol Recovery Counseling at Gateway Community College in New Haven.



Chris Dorval MSW, LCSW, LCDP, LCDCS, ICADC, is the Clinical Director at Northeast Addiction Treatment Center, the Project Coordinator for Rhode Island College School of Social Work SBIRT Training and Resource Center, and a clinical consultant specializing in addiction, trauma, and men's health. Chris was the 2018 recipient of the Social Worker of the Year Award

in Addictions from the RI Chapter of the NASW. As a person in long-term recovery, Chris is passionate about working with those affected by addiction and trauma and has dedicated his practice to this focus.



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<https://www.linkedin.com/company/the-connecticut-women's-consortium/>



Catherine Ewing, LCSW, MDiv, founder of Sacred Heart Alchemy, is a spiritually focused psychotherapist, EFT Practitioner, Transformational Life Coach, Minister of Spiritual Peacemaking, Certified Dream Coach, Passion Test Facilitator, and energy healing practitioner. She has been a student of the mind/body/spirit connection for over 20 years and in addition to her work

with individuals and groups, Catherine trains mental health professionals in the use of alternative modalities in psychotherapy. She is an expert at helping those she works with to release old beliefs, behaviors and emotions that keep them physically, mentally and emotionally unhealthy and unfulfilled. She supports clients in reconnecting to, and remembering, their true spiritual nature, allowing them to step out of their story and into lives of authenticity, passion and purpose. Prior to her work as a coach, psychotherapist and healer, Catherine worked in the areas of sexual assault, domestic violence, child abuse and neglect, economic justice for women and school social work. A life-long learner and spiritual seeker, Catherine brings a broad understanding of spiritual and metaphysical principles and a wide variety of practical tools and resources into her work and trainings.



Donna Fedus is Gerontologist and Founder of Borrow My Glasses, LLC, an education firm co-founded with producer Lauren Lewis to bring new perspectives to aging and caregiving through customized workshops, programs, videos and events. As a gerontologist educator for nearly 30 years, Donna brings her passion for dementia and caregiving issues, curriculum design and teaching, coalition building, and new program strategy. She is an adjunct

professor at 2 Connecticut colleges, offers a wide array of continuing education workshops, and is a frequent presenter at local, state, and national conferences.



Alicia Feller specializes in holistic stress management which compliments her 25+ years of experience as a clinical social worker in the behavioral health field. She enjoys working with people to help them develop a mastery over their well-being utilizing empathy, empowerment and mind-body-spirit connection as cornerstones of her approach.

Alicia is a certified hypnotherapist. She holds a masters degree in Integrated Health and Healing and is a certified Holistic Stress Management Instructor. She is a certified Acudetox Specialist. Alicia lives her practice and relishes the time she spends with family and friends. She believes that one grows the most when they step outside of their comfort zone.



Dr. Mara Gottlieb is the President of Talking Changes, an anti-oppression and bias-awareness consulting firm. For over twenty years, she has run workshops across the country, including serving as a keynote speaker and presenting at NASW conferences. She was the grateful recipient of the CT NASW “Distinguished Achievement” award in 2017. Her programs address subjects ranging from cultural humility to LGBTQ awareness, teen suicide

prevention, and vicarious trauma. Dr. Gottlieb has served as an adjunct professor at the NYU Silver School of Social Work, Smith College School for Social Work, and Southern Connecticut State University. She earned her MSW in 1997 and her Ph.D. in Social Work in 2014.



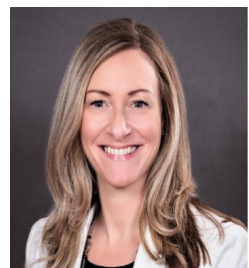
Cheryl Kenn is a clinical social worker and psychotherapist in private practice with almost thirty years of experience specializing in the treatment of complex trauma and chronically traumatized individuals. She is an accredited EMDR Trainer through Trauma Recovery HAP, an EMDR Institute and EMDR HAP facilitator, an Approved Consultant for EMDR Trauma Recovery HAP and an EMDRIA Certified Therapist. As the founder of

Inspired Therapy, she sponsors advanced trainings in EMDR in CT. She is a dedicated member of the steering committee of the New Haven, CT EMDRIA Regional Network and created the website for EMDR trained clinicians in CT, <https://www.ctemdrtherapists.com>.



Amy Lane, before joining The Consortium team, Amy worked as a public-school teacher and co-owned a pre-school. Now, she manages new CEU applications, certifications, and communicates with trainers to ensure they receive the aid they need. Amy holds a BS from University of Rhode Island, an Elementary and Middle school Certification from Roger Williams University, and 200YTT from Connecticut Yoga Center.

On the weekends, Amy loves to share her passion for yoga and mindfulness and to travel the State of Connecticut.



Rebecca Lemanski, MSW, Certified CRM Trainer began her career at Community Health Center, Inc. in 2005 as a Parent Educator and Program Manager working with countless parents impacted by severe trauma. Rebecca’s passion for the science of Adverse Childhood Experiences (ACEs) resulted in the founding of a regional collaborative called the Community Resilience Collaborative of Middlesex County (CRC), a multidisciplinary

team she chairs that is dedicated to educating community members on ACEs and resilience. Rebecca also serves as the Director of Middletown Works and is Adjunct Faculty at Southern Connecticut State University’s graduate social work program. Rebecca is dedicated to empowering others, especially marginalized lower-income communities, with tools that encourage, inspire and promote resiliency. She holds a Master in Social Work Administration from UConn School of Social Work and a Bachelor of Science in Elementary Education (K-6) from Central Connecticut State University. Rebecca lives in Connecticut with her 14-year-old son and during her free time, enjoys reading, cycling, lifting weights, exploring new ideas and traveling.



Daryl McGraw is the CEO of Formerly Inc., Connecticut’s first criminal justice consultant agency that is uniquely staffed by formerly incarcerated individuals who seek to assist and support those impacted by the criminal justice system. With over ten years of personal and professional experience with urban trauma, addiction recovery and community reintegration;

Mr. McGraw is highly regarded as an expert in the field. He is a dynamic speaker delivering speeches, webinars, and trainings that support the recovery and reintegration process. Mr. McGraw holds state certifications as an Addictions Counselor, Recovery Support Specialist, and a Criminal Justice Professional. He holds a Bachelor’s Degree in Human Services and a Master’s Degree in Organizational Management and Leadership, both from Springfield College. Prior to entering the human service field, Mr. McGraw held several leadership positions in the hospitality field working for Fortune 500 companies. His transformative work on behalf of battling addiction and overcoming obstacles facing formerly incarcerated persons upon their release is truly inspiring.



Tracey Meyers is a licensed clinical psychologist with expertise in neuropsychological assessment, psychotherapy including trauma-informed therapies, and positive behavioral planning. In addition, Tracey has extensive training in integrative medicine modalities to support optimal mental health. She is an advanced yoga

instructor and C-IAYT yoga therapist. She is certified to teach MBSR, iRest, and Breath-Body-Mind. She lectures across the country and internationally on different integrative medicine topics for healing. She authored several publications and book chapters around holistic behavioral treatment for mental health conditions. She has an upcoming book for mental health professionals and yoga therapists Transformational Healing through Yin Yoga Therapy (due out in 2021 – Singing Dragon). Tracey is an assistant clinical professor at Yale University Department of Psychiatry, and adjunct faculty member at University of Hartford Graduate School of Professional Psychology in Hartford, CT and Maryland University of Integrative Health.



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Maria Elena Oliva, LCSW, earned her Master's degree at Fordham University at Lincoln Center with a special interest in treatment of children and their families. She worked in Child Guidance Centers in New York and Connecticut, confronting the many challenges experienced by a growing monolingual and bilingual population to receiving linguistically

competent psychotherapy. Currently Ms. Oliva is the Director of Social Work at the Connecticut Mental Health Center in New Haven, CT (DMHAS). Ms. Oliva is a doctoral candidate at the Smith College School of Social Work where she is exploring the impact of bilingualism on supervision and clinical training of the bilingual social worker. As a child immigrant to the United States from Cuba, Ms. Oliva has lived and been educated within the duet of two languages. She believes that it is these voices that always remind her of home, that speak to her in the language of the heart.



Em Reim Ifrach, MAAT, CEDCAT-S, REAT, ATR-BC, LPC, NCC, RMT, is currently the Director of Eating Disorder Treatment, Expressive Art, and Education at Lotus Counseling of Connecticut, the current President of the Connecticut chapter for the International Association of Eating Disorder Professionals, and an adjunct professor at Albertus Magnus College. They treat clients

diagnosed with eating disorders, disordered eating and body image issues, complex trauma and those in the LGBTQIA+ Community. Their current work revolves around addressing body image issues and the treatment of bodies utilizing a social justice framework and examining the intersectionality of gender, sexuality, race, ethnicity, ability/disability status and privilege. Em enjoys research, hosting trainings and supervising therapist looking to learn how the marginalization and oppression of bodies creates eating disorders and societal trauma. When Em is not working they are raising many rescue animals, creating political art in the community, and learning about self-sustainable practices that support ecological growth.



Eileen M. Russo, MA, is a licensed addiction counselor, a certified clinical supervisor, and a certified co-occurring disorders professional who has worked in the addiction and mental health field for the past 34 years. Ms. Russo is a Professor and Program Coordinator for the Drug and Alcohol Recovery Counselor program with Gateway Community College. In addition to teaching and training, she

specializes in treating co-occurring PTSD in mental health and substance abuse populations and has assisted agencies with developing trauma-informed mental health/substance abuse treatment programs for men, women, and children across Connecticut. Ms. Russo has co-authored articles on the integration of trauma-specific services into substance abuse treatment and is a co-author of the curriculum *Healing Trauma: A Brief Intervention for Women*, Second Edition, by Stephanie Covington. She was the principal consultant (2007-2016) for the implementation of *Healing Trauma, Beyond Violence*, and *Helping Women Recover* in York Correctional Institute.



Don Scherling, PsyD, is a Senior Clinical Consultant, Health Educator, Behavioral Health Wellness Coach, assistant in the Care for Caregivers Yoga program, & a Clinical Faculty member in the Berkshire Medical Center - Department of Psychiatry & Behavioral Sciences in Pittsfield, MA. He is a QPR and SPRC certified trainer and a Senior Clinical Consultant and

Trainer with SAMHSA/CSAT, the CT Dept. of Mental Health & Addiction Services, and other regional and statewide agencies in the Northeast.



Sharon Shanti is a Kripalu and Pranakryia yoga teacher, E-RYT 500, YACEP, Kripalu restorative yoga, Usui reiki master, retreat, workshop and training facilitator, and decluttering advocate. Sharon is enthusiastic about her programs and presents dynamic, inspired, thoughtful workshops, retreats, and trainings. She is passionate about empowering and

encouraging others to honor their body, mind and soul; to go within, to grow and heal with the time-honored teachings of yoga, breath, meditation, reiki, and mindfulness. As a lifelong practitioner, student and teacher, Sharon has expanded and enriched her practice with several of the most esteemed and knowledgeable mentors, including: Yoganand Michael Carroll, Stephen Cope, Sudha Carolyn Sundeen, and Colleen and Rodney Yee. Sharon continues to share her passion and teachings of these ancient wisdom traditions and brings them into everyday life for herself and her students. Sharon is an active mother of 2 adult children and 3 grandchildren, a culinary artist, a lifelong learner: a lover of life, ever curious, ever enthusiastic.



Marcus Stallworth, LMSW, is the Director of Learning and Organizational Development at Welcome 2 Reality. He is an author of a journal article published in the 23rd volume of *Child Welfare League of America's Children's Voice*. Marcus is a national consultant and trainer for Child Welfare League of America and professor at the University of Bridgeport and Post

University.



Ashley Starr Frechette, MPH, is the Director of Health Professional Outreach at Connecticut Coalition Against Domestic Violence. She oversees the Health Professional Outreach Advocacy program for CCADV's member organizations, and provides IPV screening and intervention trainings for health professionals across the state. Ashley is a member of the Governor's Council on Women and Girls- Health and Safety Committee.



Dr. David Tolin is the Founder and Director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Professor of Psychiatry at Yale University School of Medicine. He is the President-Elect of the Association for Behavioral and Cognitive Therapies, the Past-President of the Clinical Psychology Division of the American Psychological Association, and a principal investigator for the National

Institutes of Health. He received the Award for Lifetime Contribution to Psychology from the Connecticut Psychological Association. Dr. Tolin is the author of over 150 scientific journal articles, as well as the books *Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions*, *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*, and *The Big Book of Exposures: Innovative, Creative, and Effective CBT-Based Exposures for Treating Anxiety-Related Disorders*. Dr. Tolin has been featured on the reality TV series *Hoarders* and *The OCD Project*, and has been a recurrent guest on *The Oprah Winfrey Show* and *The Dr. Oz Show*.



Viana Turcios-Cotto, PhD, is a Licensed Clinical Psychologist, with subspecialties in child and adolescent psychology and health psychology. She currently maintains a private practice in West Hartford of highly diverse clients from early childhood through the elderly years. Dr. Turcios-Cotto also consults and presents on implementing trauma-informed practices in schools and mental health settings,

as well as cultural competency in clinical work.



Seth Wallace, LCSW, is the Assistant Director of the Yale Office of LGBTQ Resources and a clinician at Yale Mental Health and Counseling. He completed his MSW at Southern Connecticut State University in 2017. For over 15 years, Seth has worked to improve behavioral and physical health outcomes for the LGBTQ community. He lives in New Haven with his husband Kevin, with whom he co-owns and

operates a Filipino BBQ project.



Barent Walsh, Ph.D. has written extensively and presented internationally on the topic of self-destructive behavior. He is the author of *Treating Self-Injury: A Practical Guide* 2nd edition, Guilford Press, (2014). This volume has been translated into Korean, Polish and Japanese. Dr. Walsh has presented on self-injury in London, Edinburg, Vienna, Stuttgart, Ulm, Oslo, Dubai, Tokyo, Beijing, Montevideo, Mexico City,

Montreal, Toronto, Winnipeg, and throughout the United States. Dr. Walsh is the Executive Director Emeritus and Senior Clinical Consultant at The Bridge, headquartered in Worcester, MA. Dr. Walsh is also a Lecturer on Psychiatry, Harvard Medical School at Cambridge Health Alliance, Cambridge, MA.



Qur-an Webb, MSW, is the Director of Operations at Welcome 2 Reality. He has wealth knowledge and experience in Child Welfare. Qur-an an independent contractor and graduate of the Elm City Fellowship for Children and Families sponsored by the Annie E. Casey Foundation. Qur-an teaches at the University of Bridgeport.



COMING SOON!
THE CONNECTICUT WOMEN'S CONSORTIUM BLOG



Psychopharmacology: Truth, Recovery & Wellness

Trainer: Charles Atkins, MD

Pre-recorded Online Courses | Full Package: \$130 - 12 CECs

Individual course rates and CECs vary click on each training below for more info

With tens of millions of Americans prescribed psychiatric medications, it's incumbent on all mental health clinicians to develop a working familiarity with the range of options and when and how they might benefit, or harm, their clients.

This series of interwoven but independent trainings (can be taken in order or just chapters/sessions of interest) provides a practical and detailed overview of the theory and practice behind the use of psychiatric medications. It teaches clinicians at all stages of development how to critically evaluate claims made by pharmaceutical companies.

Sessions 1&2:
Psychopharmacology
Basics: How to Read the
Fine Print and Why it
Matters

Session 5: Antipsychotics
and Psychotic disorders

Session 3:
Antidepressants and
Depressive Disorders

Session 6: Medications for
anxiety and Anxiety
disorders

Session 4:
Mood Stabilizers and
Bipolar-Spectrum
Disorders

Session 7:
Co-occurring mental
health and substance use
disorders

Session 8:
Medication Assisted
Treatment (MAT) for Opioid
Use Disorders: What You
Need to Know

[https://womensconsortium.configio.com/
go/psychopharmacologyseries](https://womensconsortium.configio.com/go/psychopharmacologyseries)

Registration Policies

Always check www.womensconsortium.org for the most up to date information. Some special events may have different registration policies or credits. By registering you agree to our registration and privacy policies.



If You are Registering with a Purchase Order

Fax your 1) registration form and 2) a copy of the approved purchase order from your organization to (203) 909-6894. A copy of the purchase order must be sent as proof of future payment. Without this document, you will not ensure your space in the event. Credits will only be issued when a purchase order has been paid in full.



To Register by Mail

Complete the form on page 23 and mail with a check or money order. There is a \$25 bank & handling fee for all returned checks. Failure to pay this fee will prevent you from registering for future courses. Checks and purchase orders are payable to The Connecticut Women's Consortium and can be sent to ATTN: Education & Training, 2321 Whitney Avenue, Suite 401, Hamden, CT 06518

Waitlist and Sold Out Courses

For workshops that are sold out, call to determine if a waitlist is available.



How do I get My Certificate or Credits?

Within 3 business days after training (this may be longer for offsite events and conferences), you will receive an email with instructions to access the online survey and certificate. If you have trouble accessing these items, please email training@womensconsortium.org or call us at (203)909-6888 x2.



Forget to Sign In or Out? Arriving Late or Leaving Early? You Will Not Get Credits

Sign-in begins 30 minutes before each event. You are required to sign in and out, before and after the training to receive credit. In accordance with accreditation standards, continuing education hours are only given to those individuals who have completed the entire workshop. Partial credit is not given. If you arrive 30 minutes after the start of the event or leave during the event for any reason you will not receive credits.

EMERGENCIES & CANCELLATIONS



If You Cannot Attend a Workshop

As of January 1st, 2020, The Connecticut Women's Consortium will no longer offer credit on account for training cancellations. You must cancel your registration a minimum of 2 business days before the training start date in order to receive a refund minus a 25% administration fee. Alternatively, you may transfer into another course of your choosing until 9am on the training day.



What Happens During Inclement Weather or if a Workshop is Cancelled

In the event of inclement weather, call (203) 909-6888 x1 the morning of your workshop. This is a recorded voice message that is updated with a weather delay or cancellation. We also post a message at www.womensconsortium.org. The CWC reserves the right to cancel a program at any time. This may include weather, venue/staff emergencies or low attendance. In the event of a cancellation, we will contact you by email with a rescheduled date, or offer a credit or refund.

AVAILABLE CERTIFICATES & CREDITS

Certificates of Attendance are available to all attendees who have signed in/out.



Social Workers, Therapists, Counselors, and Psychologists

National Association of Social Workers Connecticut Chapter (CECs) are accepted in the states of MA, RI, VT, and NJ. Check with your state board to see if they offer reciprocity. These credits are applicable to Licensed Clinical Social Workers (LCSW), Licensed Master Social Worker (LMSW), Licensed Marriage & Family Therapists (LMFT), Licensed Professional Counselors (LPC), and Licensed Clinical Psychologists.



Alcohol and Drug Abuse Counselors

Connecticut Certification Board CEUs are applicable to Licensed Alcohol & Drug Abuse Counselors (LADC) & Certified Addiction Counselors (CAC). The Association of Addiction Professionals (NAADAC) & National International Certification and Reciprocity Consortium (IC&RC) are covered under CCB-CT Credits.

Accommodation and Access



Food & Dietary Restrictions

Please identify any dietary restrictions when prompted during the registration process. We can easily accommodate for vegan, nut, gluten and dairy free diets. If you have additional concerns about serious allergies, contact us in advance to ensure we can make accommodations.



Accessibility

Please identify any accessibility requests when prompted during the registration process. The CWC office is wheelchair accessible; offsite event accessibility is coordinated with the venue, please call with any questions or concerns. Be sure to confirm all accessibility requests a minimum of 1 month in advance so we can ensure access.



Nursing Mothers, Children (18 & Under)

For nursing accommodations, please ask staff for use of the wellness room or call ahead to learn more. Our educational events may contain sensitive topics including abuse, mental health, and addiction. It is the responsibility of the parent or guardian to review the topics suitability. If we are concerned we may restrict access to individuals under 18 or recommend another event.



Photos, Recording & Social Media

If you post on social media regarding an event, tag The Connecticut Women's Consortium. We recommend that you follow a trauma-informed safety policy by asking individuals and groups before taking and sharing photos and posts. We reserve the right to photograph, record, or film classes, events and other programming. If you do not want to be included, notify a CWC staff member. Learn more through the privacy policy on our website.

Directions



From the South, Bridgeport Area

Take 15 North

Take Exit 61

Turn right off ramp, onto Whitney Avenue

Half a block is a sign for Hamden Centre

Turn right into driveway before this sign

From the east, New London area

Take 95 South to 91 North

From 91, Take Exit 10

You are now on a connector

Take Exit 1 off of the ramp,

Turn left onto Devine St

Turn left onto Hartford Turnpike

Then turn right onto Dixwell Avenue

Turn left At the 3rd stoplight into

the driveway (before KinderCare)

From the North, Hartford area

Take 91 South to Exit 17

On exit ramp, stay left for 15 South

From 15, take Exit 62

At end of ramp, turn right on to Whitney Ave

Half a block is a sign for Hamden Centre

Turn right into driveway before this sign



Nearby Transportation & Hotel Information

Clarion Hotel & Suites, 2660 Whitney Avenue, Hamden, CT

Tweed or Bradley Airports or NYC Airports (JFK, LaGuardia)

Union Station - Metro North, Amtrack & Greyhound Bus

CT Transit - we are located on the bus line:

(J Bus - Whitney Avenue, Centerville Whitney & Dixwell stops)

Metro Taxi - (203) 777-7777 or Uber/Lyft

Parking

All visitors must park in the FREE parking garage to the right of our building. With the exception of handicap spaces, parking in front of the building is for retail businesses.

Registration Form

PARTICIPANT INFORMATION			[Applications must legible and complete to be processed.]		
*Last Name		*First Name		Middle Initial	
*Agency Name			<input type="checkbox"/> No Agency/Private Practice/Retired		
*Agency Address					
Street:					
Street [2]:					
City:		State:		Zip Code:	
*Phone number [please check your preferred phone number]					
<input type="checkbox"/> Work:		<input type="checkbox"/> Cell Phone:		<input type="checkbox"/> Home Phone	
*E-mail address [e-mail address is required to process all registrations, please check your preferred e-mail address]					
<input type="checkbox"/> Business:			<input type="checkbox"/> Personal:		
Please check the dietary restrictions that apply [these pertain to full-day trainings only]			Please check any special accomodation requests		
<input type="checkbox"/> none	<input type="checkbox"/> vegan/vegetarian	<input type="checkbox"/> none	<input type="checkbox"/> other _____		
<input type="checkbox"/> dairy free	<input type="checkbox"/> other allergy _____	<input type="checkbox"/> visual aid required			
<input type="checkbox"/> gluten free		<input type="checkbox"/> hard of hearing, interpreter required			
BILLING INFORMATION <input type="checkbox"/> same as above					
Street:					
Street [2]:					
City:		State:		Zip Code:	
CERTIFICATE INFORMATION					
All of our trainings include a CEC certificate for those who attend in full. CECs are approved by NASW/CT [National Association of Social Workers] and CCB [CT Certification Board].					
TRAINING					
Date[s]:	Training Title:			Course fee:	

Registration will not be processed without payment or purchase order

If you're registering with an agency purchase order or check request form, please send this form along with a copy of the purchase order to: CT Women's Consortium to reserve your spot. Fax: **(203) 909-6894**

If you are paying by check:

Please mail this form along with your check to:

CT Women's Consortium
Training Department
2321 Whitney Ave,
Suite 401
Hamden, CT 06518

By submitting this form you agree to our cancellation policy available at www.womensconsortium.org

For consortium use only

Invoice #:	Check number:	Agency <input type="checkbox"/> Personal <input type="checkbox"/>	Registration Confirmed:
Date payment recieved:			

We Can Bring the Trainings to You!

PRIVATE TRAINING



At The Connecticut Women's Consortium, we strive to provide quality continuing education for behavioral health professionals. We understand that it can be difficult to give multiple staff members time off to attend a training off-site; thus, we offer a variety of private training options and topics that we can bring directly to your organization. We can offer virtually any training you see in our training catalog on a private basis. If you don't see what you are looking for there, feel free to reach out and we can create a custom training to fit your needs.

For more information contact:

Shannon Perkins, Director of Education and Training,
sperkins@womensconsortium.org or (203) 909-6888 x17

ONLINE COURSES

EARN CREDITS AT YOUR LEISURE!

Continuing education credits become available for online courses once you have completed both the online quiz and evaluation.

Visit www.womensconsortium.org for more information on online course credits and policies.



Education & Training in Behavioral Health

What We Do

The mission of The Connecticut Women's Consortium (CWC) is to ensure that the behavioral health system responds to the needs of women and the people and organizations that affect them. Annually, CWC trains 9,000 behavioral health professionals. Our projects, initiatives, and trainings promote trauma-informed and gender-responsive care.

Private Trainings

We offer private workshops on a number of behavioral health topics. Please contact Shannon Perkins, Director of Education & Training for more information at sperkins@womensconsortium.org.

Suggest a Topic or Trainer

Your feedback is important to us! As the behavioral health field is constantly changing, we strive to respond to your specific needs. We are always seeking experts and new training topics. We plan our calendar at least 6 months ahead. If you have a suggestion for a trainer or topic contact our Director of Education & Training, Shannon Perkins at sperkins@womensconsortium.org

We Collect Food & Other Donations

The Connecticut Women's Consortium
2321 Whitney Avenue, Suite 401, Hamden, CT 06518
Phone (203) 909-6888 | Fax (203) 909-6894

www.womensconsortium.org



Monday - Friday
8am - 4:30pm EST
training@womensconsortium.org
(203) 909 - 6888 x2