



The Connecticut Women's Consortium

Workshops for Behavioral Health



Training Catalog

July - December 2020

Addiction | Mental Health | Treatment | Recovery

www.womensconsortium.org

TABLE OF CONTENTS

Key Series: **Addiction & Recovery** **Cultural Competence** **Children & Families** **Healing Arts** **Clinical Skills** **Veterans Services** **Professional Development** **Trauma Treatment**

July

P.3

- 7/8 **Herbal Remedies for Stress, Anxiety & Trauma**
- 7/8 **Fatherhood, Engagement & Social Connections**
- 7/10 **Treating Obsessive Compulsive Disorder & Other Related Disorders**
- 7/13 **An Overview of Trauma in Urban Communities**
- 7/15 **Biology of Addiction: A Continued Conversation**
- 7/17 **If It's Not Written Down it Never Happened: The Who, What, When, Where and Why...**
- 7/24 **Self-Regulation through Holistic Healing Methods**
- 7/31 **The Body Politic: Body & Weight Liberation as Social Justice**

August

P.6

- 8/3 **Spirituality, Addiction and Recovery: Leaving Religion at the Door**
- 8/4 **Getting a Grip on Gender: Working with Gender Diverse & Transgender Clients Across the Lifespan**
- 8/13 **Understanding the Adolescent/Young Adult Brain from a Developmental Lens**
- 8/14 **Confronting Fear & Anger**
- 8/21 **Supervising Staff Using a Trauma-Informed Approach**
- 8/28 **Military Sexual Trauma: Eligibility, Effects, and Treatment Considerations**

September

P.8

- 9/4 **Supporting Grief "Work" in Recovery**
- 9/9 **Sound Healing: A Holistic Approach to Stress Relief**
- 9/10 **Across Women's Lifespans: How Trauma and Gambling Intersect**
- 9/11 **It's Not Your Fault: Overcoming the Shame, Stigma & Guilt of Trauma**
- 9/11 **Ayurvedic Yoga Therapy: Building Stress Resilience**
- 9/14 **Fresh Out: Barriers for Working with Formerly Incarcerated Individuals**
- 9/21 **Implicit Bias: Manifestations, Consequences and Responses**
- 9/25 **Harm Reduction Strategies 2020: How to Keep People Alive in the Age of Fentanyl**

October

P.11

- 10/5 **Teen Suicide & Self Harm**
- 10/6 **Women's Leadership Experience**
- 10/6 **Coming into the Light: Breaking the Stigma of Substance Use Disorders**
- 10/8 **Mindfulness-Based Stress Reduction (MBSR): Practice and Self-Care**
- 10/9 **Cognitive Behavioral Therapy for PTSD**
- 10/30 **Motivational Interviewing**

November

P.13

- 11/4 **Creating a Culture of Trauma-Informed Care**
- 11/9 **Serving Those Who Serve: Essential Competencies for the Helping Professions**
- 11/12 **Substance Misuse and Parenting: Helping Parents to Help Their Children**
- 11/13 **Piece by Piece: Mindful Self-Compassion**
- 11/13 **Treating Eating Disorders in the Outpatient Setting: Overview and Clinical Considerations**
- 11/17 **Digital Detox: Unplugging for Your Health**
- 11/19 **LGBTQ Tomorrow! What's Next in Building an Inclusive Environment**
- 11/20 **Fully Integrated Care: The Next Wave**

December

P.16

- 12/2 **Working with Children and Adults with Attachment Trauma: Understanding Emotional Dependency**
- 12/3 **Clinical Aromatherapy: Using Essential Oils for Health & Well-being**
- 12/7 **Racism and the Myth of Color Blindness**
- 12/9 **From Behind the Wall and Beyond: Working with Men in the Criminal Justice System**
- 12/10 **Introduction to Healing From Within**
- 12/11 **Face Your Fears: Conducting Good Exposure Therapy Across Diagnoses**
- 12/17 **Couples Therapy: An Integrated Model of Assessment, Skills & Intervention**
- 12/18 **Facilitating Effective Groups**

- p.19 Expert Trainers**
- p. 24 Online Courses**
- p. 25 Registration Policies**

- p. 26 Directions**
- p. 27 Registration Form**
- p. 28 About The Consortium**



Herbal Remedies for Stress, Anxiety & Trauma

July 8, 2020 | 9am-12pm | 3 credits | Healing Arts | *\$70

Tynne Clifford

Come and explore a new standard of wellness with plant botanicals. Workshop attendees will learn about and explore herbal remedies for stress, anxiety and trauma. Opportunities to try wellness tonics and balancing botanical teas will be provided by a dedicated and passionate Herbalist. Learn how to introduce herbs into your clinical practice.

*The cost of this training includes a sample gift bag.



Fatherhood Engagement & Social Connections

July 8, 2020 | 9am-4pm | 6 credits | Children & Families | \$90

Qur-an Webb, MSW

Marcus Stallworth, LMSW

This training will highlight the importance of engagement with fathers and father figures, with an emphasis on shifting from the “Mother-Focused” to the “Full-Family Engagement Model”. It will provide information and education to identify and eliminate personal and professional barriers that might interfere with father involvement. Impactful breakout sessions on co-parenting, engaging mothers as gatekeepers, child support and paternity legal rights, parenting skills for young fathers, and empowerment, will be examined.



Treating Obsessive Compulsive Disorder & Other Related Disorders

July 10, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$100

David F. Tolin, PhD, ABPP

In this workshop, review the Diagnostic and Statistical Manual of Mental Disorders (DSM-5®) description of Obsessive-Compulsive and Related Disorders (OCDs), including obsessive-compulsive disorder, hoarding disorder, body dysmorphic disorder, trichotillomania, and excoriation (skin-picking) disorder. You will learn about the similarities and differences among these disorders, as well as essential cognitive-behavioral treatment strategies to reduce obsessionality and impulsivity.



My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. - Maya Angelou





VIRTUAL

An Overview of Trauma in Urban Communities

July 13, 2020 | 9am-12pm | 3 credits | Cultural Competence | \$60

Daryl M. McGraw

Urban trauma is systematic trauma often exacerbated by the pressures of poverty including a lack of social support, financial struggles, unsafe living conditions, violent communities, and more, creating an environment of chronic stress for both children and adults. Individuals that are impacted by urban trauma may not even know it and may become numb to witnessing violence, experiencing physical or sexual abuse, abandonment, or extreme forms of poverty. Identifying the trauma early can help prevent long-term effects in the brain.



VIRTUAL

Biology of Addiction: A Continued Conversation

July 15, 2020 | 9am-4pm | 6 credits | Addiction & Recovery | \$90

Lauren Doninger, LADC, LPC

Learn about a broad array of drugs of abuse with a focus on marijuana and designer drugs, as well as the risk factors, consequences and symptoms of use. The effects of marijuana, including both THC and CBD, will be presented along with an investigation of the new, very potent formulations that are packaged as wax or oils. Marijuana will be compared to synthetic substances such as K2 and Spice. Drugs from hallucinogens (LSD, psilocybin, peyote, salvia divinorum) to dissociative drugs (DXM, DMT, Ketamine) and drugs with multiple actions (MDMA, Molly and PCP) will also be discussed.



VIRTUAL

If it's Not on Written Down it Never Happened:

the Who, What, When, Where and Why of Good Clinical Documentation

July 17, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$100

Charles Atkins, MD

This day-long workshop, will include multiple hands-on exercises, providing 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 Joint Commission's tracer methodologies that start with assessment and leave no issue unaddressed. Specifics related to DSM-5 diagnoses and how to support and document them will be reviewed. CMS, Commission on Accreditation of Rehabilitation Facilities (CARF), Joint Commission, Department of Public Health (DPH), Department of Social Services (DSS) guidelines and standards will be referenced.



Self-Regulation through Holistic Methods

July 24, 2020 | 9am-12pm | 3 credits | Healing Arts | \$60

Tamar Draughn, LPC

Participants will receive a lecture on the history, application and benefits of yoga, meditation and sound healing. We will transition from lecture to 3 experiential sessions where you will experience each modality independently. We will discuss and display ways to merge modalities together such as sound healing and meditation as well as sound healing and Yoga. We will learn about chakras and energy centers and the benefits of maintaining balance between our mind and body to prevent disease. You will have an opportunity to play a singing bowl and guide in a brief body relaxation sequence.

Caution: various fragrances and scents will be utilized throughout this training. If you have fragrance sensitivities we strongly suggest you choose a different healing arts offering.



The Body Politic: Body & Weight Liberation as Social Justice

July 31, 2020 | 9am-4pm | 6 credits | Cultural Competence | \$90

Mara Gottlieb, PhD, LMSW

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

More than 90% of women are unhappy with their body size, yet weight stigma remains one of the least-discussed arenas of marginalization and oppression in our society today, leading to both individual and structural size discrimination. Ongoing research confirms that body dissatisfaction can lead to increased shame, body and food preoccupation, isolation, and other behaviors that hold us back from our full potential. Come join us for a frank, eye-opening workshop exploring the connections between sexism, racism and body oppression; its insidious and wide-reaching impact on ourselves and our clients both personally and on a structural level, and providing practical tools to begin liberating ourselves from a system designed to make us smaller and less powerful, literally and figuratively.

*Once I knew only darkness and stillness...
my life was without past or future... but
a little word from the fingers of another
fell into my hand that clutched at
emptiness, and my heart leaped to the
rapture of living. -Helen Keller*

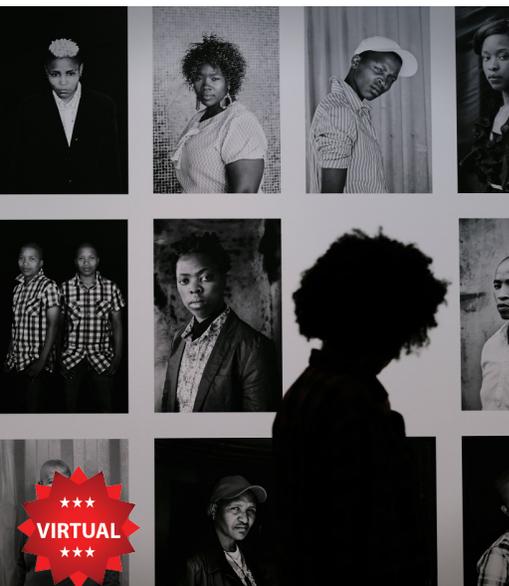
AUGUST



VIRTUAL

Spirituality, Addiction and Recovery: Leaving Religion at the Door
August 3, 2020 | 9am-12pm | 3 credits | Addiction & Recovery | \$60
Richard Eisenberg, Rabbi, MA, CAC

Research has demonstrated the positive effects of spirituality-related practices on addiction treatment and recovery. In this session, participants will have the opportunity to share their ideas about the definition of spirituality and how an individual's spiritual health is adversely affected by addiction. The presenter will offer suggestions about the meaning of spirituality and how it can both differ from and overlap with religion. He will describe the ways addiction can impair human relationships and how a spiritual orientation in recovery breaks down human barriers. In addition, the impact of trauma history upon addiction and spirituality will be discussed. Finally, the presenter and participants will draw upon personal experience to relate examples of useful spiritual practices.



VIRTUAL

Getting a Grip on Gender: Working with Gender Diverse & Transgender Clients Across the Lifespan
August 4, 2020 | 9am-12pm | 3 credits | Cultural Competence | \$60
Shane M. Scott, LCSW

In this half-day workshop, you will learn the basics of orientation, sex, gender, gender identity, and gender expression. Much of our society and the systems within it define the world in binary terms (male/female, masculine/feminine, man/woman, either/or). Because they may be outside this traditional view, identities such as transgender, gender creative, and gender fluid clients or coworkers can bring up questions and concerns. You will walk away from this workshop with helping strategies, tools, and ideas to address critical concerns and obstacles unique to transgender, gender fluid, and non-binary people. You will also understand the expectations of Connecticut's non-discrimination statutes about sexual and gender minority people.



Understanding the Adolescent/Young Adult Brain from a Developmental Lens
August 13, 2020 | 9am-12pm | 3 credits | Children & Families | \$60
Daniel R. Brockett, PhD

This half-day presentation will explore the wonders of the adolescent/young adult brain and the basics of brain development that predict the challenges and behaviors of this critical period of life. In addition to normal development, you will learn the ways adversity in childhood 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.



Confronting Fear & Anger

August 14, 2020 | 9am-12pm | 3 credits | Clinical Skills | \$60

Jelan Agnew, LCSW

This training will focus on stepping away from trauma responses acceptance and self compassion. Moving from fight, flight, freeze to acknowledge (Observe and describe), to managing with mindfulness. We will discuss the function of anger and fear using the momentum of intense emotion to be effective. This workshop uses a trauma informed and culturally competent lens, with a focus on mindfulness and meditation.



Supervising Staff Using a Trauma-Informed Approach

August 21, 2020 | 9am-4pm | 6 credits | Trauma Treatment | \$90

Eileen M. Russo, MA, LADC

It is not uncommon in human services for excellent direct care staff to be promoted to a supervisory position without the skills and training needed to be a successful supervisor. This introductory course is designed for the new supervisor. This workshop will explore supervisory styles, competencies of trauma-informed supervision, and effective responses to burn-out, moral distress, compassion fatigue, and vicarious trauma.



Military Sexual Trauma:

Eligibility, Effects, and Treatment Considerations

August 28, 2020 | 9am-12pm | 3 credits | Veterans Services | \$60

Jason Deviva, PhD

Learn about military sexual trauma (MST) including the legal definition, events included in this definition, the possible overall impact on functioning, and common diagnoses associated with MST. Veteran Affairs (VA) data and research will be shared about the frequencies of MST and the number of veterans in Connecticut who do not access VA care. Learn about treatment and programs for MST including VA services, strategies discussing a veteran's sexual trauma status and history, and suggestions for working effectively with individuals. Finally, in this half-day training learn about the effects of military sexual trauma and how it may manifest to health care providers.



*Thousands of candles can be lighted from a single candle,
and the life of the candle will not be shortened. Happiness
never decreases by being shared.*

-Buddha

SEPTEMBER



Supporting Grief “Work” in Recovery

September 4, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$90

Donald Scherling, PsyD, LADC, CCS

Loss, bereavement, and grief are an integral and unavoidable experience in human life. Substance Use, post-traumatic stress disorder, and physical & mental illnesses greatly increase the risk of unexpected, tragic, and traumatic losses, motivate behaviors to numb pain and distress, and multiply challenges to engaging in the important “work” of grieving. Loss, bereavement, and grieving are further complicated by stigma, guilt, and shame in the context of substance use and associated accidental overdose deaths and suicide. This course will review theories of bereavement and grief and provide practice tools for supporting recovery in people whose grieving is often complicated and compromised in both active addiction and recovery.



Sound Healing: A Holistic Approach to Stress Relief

September 9, 2020 | 9am-12pm | 3 credits | Healing Arts | \$60

Kelvin Young

Sound has been utilized in various cultures for thousands of years as a tool for healing. In this highly interactive and experiential workshop, you will learn about stress, how it effects your health, and a holistic way to relieve stress with sound healing. Come and experience the healing vibrations of crystal and Tibetan singing bowls, gongs, and chimes. These stress-reducing techniques will activate the relaxation response, calm the mind, relax the body, and nourish the soul. In this half-day training, you will learn self-help and accessible tools to assist others to manage stress.



Across Women’s Lifespans: How Trauma and Gambling Intersect

September 10, 2020 | 9am-4pm | 3 credits | Trauma Treatment | \$90

Kaitlin Foshay, LPC, LADC, ICGC-II, BACC,

Katie Kirch, LCSW, ICGC-II

Known as the “hidden addiction” disordered gambling impacts over 66,000 Connecticut citizens and thousands more family members, employers, friends, co-workers, and neighbors. Problem gambling often “co-occurs” with substance abuse and mental health disorders, financial distress, depression, anxiety and illegal acts committed to supporting the gambling. Women comprise one of the many “at-risk populations” vulnerable to developing a gambling problem, while a trauma history can compound that vulnerability. This training will offer a baseline understanding of gambling and how it impacts brain and biology, how to “have the conversation” with clients and how to recognize a woman who may have a gambling problem; and how to assist that woman in getting help to address it. Also included will be a statewide “gambling-informed” model, how you can move your agency to be more “gambling-informed,” and how to connect with local treatment and prevention options.



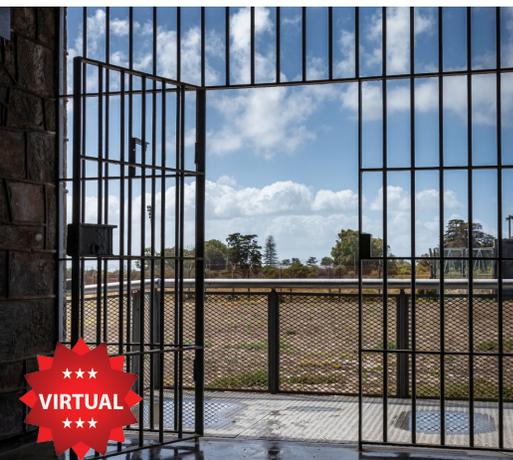
It's Not Your Fault: Overcoming the Shame, Stigma & Guilt of Trauma
September 11, 2020 | 9am-12pm | 3 credits | Trauma Treatment | \$60
Angela Alston, LADC, LMSW, SAP, AADC, ICAADC

While everyone's lived experiences vary, many people can relate to living a life with a secret or dealing with some form of dysfunction. Unfortunately, for some, dysfunction can become "normal" which can lead to various forms of self-limiting behaviors. Growing up in this environment can contribute to substance abuse, self-hate, dysfunctional relationships, low self-esteem, and additional trauma. Whether it be molestation, rape, domestic violence, or identity issues, the shame and fear of how others will view us keeps many in a cycle of emotional incarceration. Learn about shame, stigma, guilt, and skills for working with clients struggling with these common feelings after traumatization.



Ayurvedic Yoga Therapy: Building Stress Resilience
September 11, 2020 | 9am-12pm | 3 credits | Healing Arts | \$60
Kathryn Templeton, MA, RDT/MT

The content for this training is based upon poly vagal theory, yoga therapy and ayurvedic medicine. The intention is to define the concept of stress resilience and how it impacts our sense of well being and overall wellness. Attendees with work both experientially with partners and dynamically on their own to identify areas in digestion, sleep and daily habits that are opportunities to develop stress resilience using breathing techniques, six taste theory of ayurveda, and daily routine including mindfulness practices to increase resilience and internal locus of control.



Fresh Out: Barriers for Working with Formerly Incarcerated Individuals
September 14, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$90
Daryl M. McGraw

This full-day workshop provides an insight into working with justice-involved individuals. Participants will learn an overview of the prison system in CT, mental illness and incarceration issues, and gain an understanding of re-entry and recidivism issues. Participants will gain a foundation of recovery-oriented care, person-centered perspectives, and the barriers individuals face during re-entry. Participants will not only learn what must be done when coming home, but also learn the difficulty and frustration that accompanies this process.

 *The measure of who we are is what we do with what we have.*
-Vince Lombardi



Implicit Bias:

Manifestations, Consequences and Responses

September 21, 2020 | 9am-4pm | 6 credits | Cultural Competence | \$90

Lisa M. Werkmeister Rozas, PhD, MSW

Stereotypes, biases and prejudices are hidden assumptions that exist on an unconscious level within all of us. These unconscious biases are often related to one of many social identity groups (e.g., race, gender, social class) and are sustained by dominant culture perspectives. These biases influence how we respond to and interact with all individuals, but particularly those from targeted and underrepresented groups; those who are regularly categorized as “other” by the dominant culture. Often what gets the most attention are overt behaviors that reveal our prejudices and demonstrate discrimination. What is frequently overlooked or not discussed are the unconscious biases that get reflected in the form of microaggressions, microassaults and microinvalidations. Implicit bias is learned through the process of socialization, the same system that confers power and privilege on individuals according to their social identity group.



Harm Reduction Strategies 2020:

How to Keep People Alive in the Age of Fentanyl

September 25, 2020 | 9am-4pm | 6 credits | Addiction & Recovery | \$100

Charles Atkins, MD

This day-long workshop focuses on how to help clients with high risk substance use, and other behaviors, and diminish the associated harms. A historical overview and the evidence to support core harm reduction principals and strategies will be presented along with current best and emerging practices, both in the United States and abroad. Topics covered will include, the meaningful establishment of goals and priorities, stage of change and motivational techniques, clinician self-care in the face of high-risk work, and a continuum that spans from radical acceptance of risk behavior to abstinence.

**OCTOBER
19TH - 21ST,
2020**

#TRAUMAANDRECOVERY



NOW VIRTUAL!

**TRAUMA & RECOVERY
CONFERENCE**

BY THE CONNECTICUT WOMEN'S CONSORTIUM

For more info visit:

www.traumaandrecoveryconference.com

OCTOBER



VIRTUAL

Teen Suicide & Self Harm

October 5, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$90

Mara Gottlieb, PhD, LMSW

This full-day, interactive workshop tackles a concern of many caregivers and service providers-adolescent suicide. The combination of developmental stage, hormonal changes, and self-esteem make teenagers at greater risk for suicide. Thankfully, there are concrete ways to provide support to teens who may be at risk for self-harm. By the close of the workshop, you will have a deeper understanding of adolescent emotional development; potential warning signs of suicide risk; and concrete, practical interventions to provide the best chances for the adolescent's survival through such a critical and challenging time.



VIRTUAL

Women's Leadership Experience™

October 6, 2020 | 9am-12pm | 16 credits | Professional Development | \$1800

Alicia Davis, PCC, LMT

Stacie J. Watson, CPC, MBA, LMFT

The Women's Leadership Experience™ (WLE) is a dynamic professional development program designed for women in the workplace who want to be confident, have balance and lead authentically while striving to realize their fullest potential. It is designed for women who are leaders within their organization and are interested in developing their leadership skills for their current and future roles. The program will support women in learning to recognize and address fear, self-doubt and imposter syndrome. Focus will be placed on developing executive presence and confidence.

This program consists of 6 sessions on the 1st Tuesday of each Month from October, 2020 - March, 2021. Sessions in October and March run from 9am - 12pm and all others run from 9am - 11:30am. Participants will also receive 4, one-on-one coaching sessions with the trainers.



VIRTUAL

Coming into the Light: Breaking the Stigma of Substance Use Disorders

October 6, 2020 | 9am-4pm | 6 credits | Addiction & Recovery | \$90

Chris Dorval, LCSW LCDP, LCDCS, ICADC

Stigma is a major barrier preventing millions of people who are struggling with substance use from entering treatment today. This workshop is designed to help you break the stigma which creates an unnecessary barrier to those seeking treatment. You will understand recovery-oriented language and strategies that can be integrated into your practice immediately.



Mindfulness-Based Stress Reduction (MBSR): Practice and Self-Care

October 8, 2020 | 9am-4pm | 6 credits | Healing Arts | \$90

Tracey Sondik, PsyD

Our lives are becoming increasingly complex, hectic, and stressful which can lead to anxiety, depression, and health issues. At the same time, it is harder and harder to truly be present and take time for ourselves. The primary focus of this workshop is to practice mindfulness meditation including awareness of breathing, body scan, walking meditation, eating meditation, gentle yoga, and loving-kindness meditation to learn how to experience life more fully as it unfolds. Using the principles of Mindfulness-Based Stress Reduction (MBSR) which is considered the gold-standard in evidenced-based mindfulness practices, you will begin to develop your own ability to experience greater calmness, reduce stress and caregiver burnout to be able to remain fully present for yourself and your clients.



Cognitive Behavioral Therapy for PTSD

October 9, 2020 | 9am-12pm | 3 credits | Clinical Skills | \$60

David F. Tolin, PhD, ABPP

Post-traumatic stress disorder (PTSD) is common in both military and civilian populations. Patients with chronic PTSD are often difficult to treat, and the degree of functional impairment from PTSD can be extremely high. Cognitive-behavioral therapy (CBT) is among the most well-validated, evidence-based treatments for PTSD. In this half-day workshop, we will review the principles of CBT for PTSD, including various forms of therapeutic exposure, cognitive restructuring, and stress inoculation training. Dr. Tolin will use a mix of didactic presentation and case examples to illustrate how these treatments are implemented.



Motivational Interviewing

October 30, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$90

Donald Scherling, PsyD, LADC, CCS

This workshop will provide an introduction and overview of proven Motivational Interviewing techniques. These skills help you assess and engage clients in therapeutic conversations that decrease adversarial power struggles and enhance the integration of services for challenging clients with co-occurring disorders (mental health and substance use) and other complex problems.

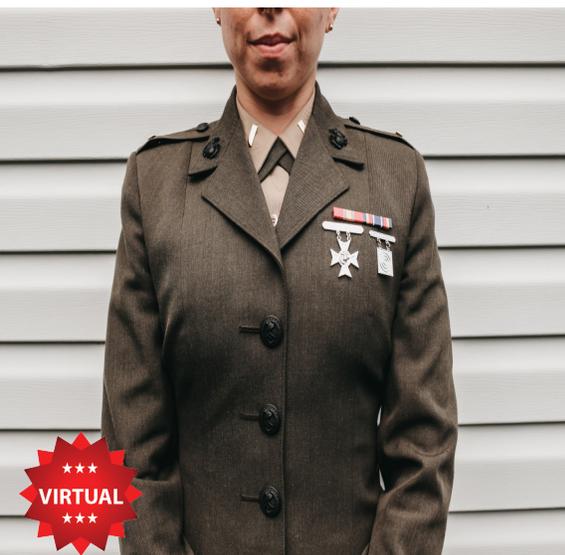
***"With the new day, comes new strength
and new thoughts."
- Eleanor Roosevelt***



Creating a Culture of Trauma-Informed Care

November 4, 2020 | 9am-4pm | 6 credits | Trauma Treatment | \$90
Colette Anderson, LCSW

A trauma-informed, gender-responsive culture 1) responds to the effects of traumatic stress, 2) reflects the different treatment needs of men and women, 3) addresses staff's needs, and 4) builds a healthy physical environment. From managers to receptionists the principles of trauma-informed, gender-responsive care are applicable to all staff. This training goes beyond an overview of trauma and shares practical, low-cost ideas from agencies who have transformed their culture. Important concepts such as grounding techniques, trauma-specific models, trauma-informed care, the 5 key elements of a trauma-informed system, and gender-responsiveness will be described. This workshop also includes elements of staff care, how to assess your agency culture and the physical environment.



Serving Those Who Serve: Essential Competencies for the Helping Professions

November 9, 2020 | 9am-4pm | 6 credits | Veterans Services | \$90
Amy B. Otzel, MA, MS, LPC

Following the Military Family's contribution of selfless service and sacrifice to our collective needs for freedom and safety as a community united by nation, healthcare professionals have an opportunity to fulfill the important role of providing support to their subsequent health and healing needs. As Military Members, Veterans, and their Families are increasingly seeking support within community healthcare settings, it is imperative for professionals to be, at a minimum, armed with information to appropriately and effectively manage contact. It is our call to action to assure operative responsiveness by way of reducing barriers, promoting accessibility to services, and mobilizing resources.



Substance Misuse and Parenting: Helping Parents to Help Their Children

November 12, 2020 | 9am-4pm | 6 credits | Addiction & Recovery | \$90
Carla Stover, PhD

This training will explore the neurobiological, emotional and behavioral impact of substance misuse on parenting. It will provide details of how use of substances changes the reward pathways and impacts pleasure in parenting. It will review ways to engage substance misusing parents into parenting focused interventions and important components of dyadic or family interventions with substance misusing families. Developmental considerations for how to talk with children of different ages about their parents' addiction and how to help parents become comfortable with being honest with their children about their treatment and prognosis will be reviewed through didactics, experiential exercises and group discussion.



Piece by Peace: Mindful Self-Compassion

November 13, 2020 | 9am-4pm | 6 credits | Healing Arts | \$90
Amanda Votto, PA-C & Emily Williams, LCSW

Mindful self-compassion is a practice that directly cultivates goodwill towards ourselves, especially when facing challenges. This day will include a combination of mindfulness and compassion teachings, group discussion, and guided practices. Through various guided practices, we will experience first-hand how mindful self-compassion can promote healing and well-being. Research demonstrates that self-compassion builds resilience, reduces provider burnout, depression, anxiety and improves social connectedness, happiness and coping skills.



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

November 13, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$90
Mary Dobson, LMFT, CEDS

Participants in this workshop will gain a fundamental understanding of eating disorder; programming designed to clinically assess, diagnose, and refer appropriately within their scope of practice. Clinicians will gain working knowledge of eating disorders assessment and treatment. Clinicians will leave this course with the knowledge of how to language with clients using a caring, mindful connection to their bodies from the inside out. Clinicians will gain understanding of weight stigma, genetic diversity of body shape and size. Clinicians will understand risk factors for eating disorder: 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.



Digital Detox: Unplugging for Your Health

November 17, 2020 | 9am-12pm | 3 credits | Healing Arts | \$60
Alicia Feller, LCSW

In this course, learn what digital toxicity is and its impact on overall mind-body-spirit wellness. This will include a discussion about how the culture of distraction, FOMO (the fear of missing out), and social comparison contribute to unhappiness and anxiety. You will learn how to minimize the effects of electronic device use and establish healthy boundaries. After this half-day course, you will have the ability to define digital toxicity, understand the impact and bring home practical solutions to minimize exposure. The instructor, Alicia Feller, LCSW will share mindfulness relaxation techniques that you can use in any setting, at any time.



LGBTQ Tomorrow! What's Next in Building an Inclusive Environment
November 19, 2020 | 9am-12pm | 3 credits | Cultural Competence | \$60
Stephanie Huckel
Ethan Huckel

Through self-reflection, small-group discussion, large-group discussion, and lecture, attendees will participate in an interactive session that seeks to increase participants' knowledge and self-awareness around the diversity of the LGBTQ+ community, their own power and privilege, and their ability to providing an increasingly inclusive environment for LGBTQ+ patients, colleagues, and community members.



Fully Integrated Care: the Next Wave

November 20, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$100
Charles Atkins, MD

High-powered streams of data, from the Adverse Childhood Experience Study (ACES), to the Framingham study (Coronary Artery Disease risks), to life-expectancy trends for people with serious mental health and substance use disorders all come to similar conclusions. There is no real separation of physical, mental, and emotional health, all are interconnected. Yet, we have constructed healthcare systems that force us to look at specific problems isolated from their greater context. Questions that connect the dots between early childhood trauma and later emotional, medical and substance use problems are rarely asked. And so, we treat the symptom, the headache, the depression, the diabetes, but not the cause. Like trying to contain smoke (symptom) while the fire (cause) burns down the house.

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.
-Khalil Gibran





Working with Children and Adults with Attachment Trauma: Understanding Emotional Dependency

December 2, 2020 | 9am-4pm | 6 credits | Trauma Treatment | \$90

Cheryl Kenn, LCSW

For several decades, attachment theory has been the focus of widespread attention. More recently with the wealth of contributions from advances in the fields of affective neuroscience, modern attachment theory and research, developmental research into mother-infant interaction, attachment theory is now recognized as a unifying theory underpinning the majority of psychology models. Intolerable emotions connected to early attachment wounds occurring preverbally lack visual and verbal representation and can be repressed or dissociated. 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 selection of attachment ruptures as the focus of developmental repair. The interplay between attachment styles of the therapists and client will be explored.



Clinical Aromatherapy: Using Essential Oils for Health & Well-being

December 3, 2020 | 9am-4pm | 6 credits | Healing Arts | *\$95

Alicia Davis, PCC, LMT

In this highly experiential workshop come and learn the history and foundational science of aromatherapy, how to use essential oils safely and effectively, and how to choose specific oils to support healing and remediate trauma in clients and to enhance self-care for clinicians. Also learn regulation, licensing and certification guidelines for use of oils in clinical practice. Participants will receive a sample of oils which they will be able to immediately and safely apply and use. They will learn the proven, therapeutic effects oils can have on many conditions including: trauma recovery, fear, anxiety, grief, depression, anger, insomnia, chronic pain, strains and sprains, headaches and migraines, low immune function, brain disorders (e.g. Alzheimer's, Parkinsons, dementia, developmental disability), fighting germs (colds, flu and viruses), and general stress management.

*The cost of this training includes a sample gift bag

**Caution: various fragrances and scents will be utilized throughout this training. If you have fragrance sensitivities we strongly suggest you choose a different healing arts offering.*



Racism and the Myth of Color Blindness

December 7, 2020 | 9am-4pm | 6 credits | Cultural Competence | \$90

Mara Gottlieb, PhD, LMSW

This workshop is ideal for any individual who does not yet feel well-informed about race but has the courage and curiosity to learn more. In a respectful, structured and interactive format, we will have a conversation evaded by many, about the origins, definitions, and impact of race, skin color and racism in society at large and within the workplace, and the impact it has on individuals, groups, and institutions. This learning experience is designed to provide you with accurate information essential for having conversations and making decisions that involve racial identity. You will then have opportunities to collaboratively brainstorm actions that lead to awareness and change in our own social and professional circles.



From Behind the Wall and Beyond:

Working with Men in the Criminal Justice System

December 9, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$90

Chris Dorval, LCSW LCDP, LCDCS, ICADC

Males are born into a society that begins treating them differently than females from birth. This can include a permissible harsh environment and rules that severely curtail emotional expression. This is especially true for men involved in the criminal justice system. Most traditional treatment models were aimed at “breaking men down”, and thus can fail and often re-traumatize men instead of treating them. Male socialization and trauma will be discussed in this training for working with men involved in the criminal justice system who seek behavioral health treatment..



Introduction to Healing From Within

December 10, 2020 | 9am-12pm | 3 credits | Healing Arts | \$60

Linda Lentini

Healing From Within, HFW is a model for integrating mind-body wellness practices into the clinical care offered within a restrictive setting such as an inpatient unit. Learn how to increase access of mind-body wellness practices to people that may not have been exposed otherwise. Participants will learn about and experience stress management techniques such as Breath-Body-Mind, Laughter Yoga, Qigong, and other healing modalities as a way to increase self-care and decrease burn-out, and how to implement techniques in a clinical setting.



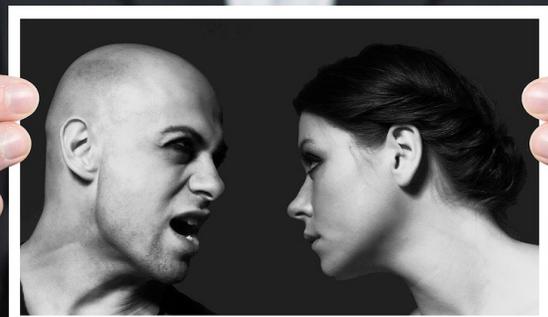
Face Your Fears:

Conducting Good Exposure Therapy Across Diagnoses

December 11, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$100

David F. Tolin, PhD, ABPP

Exposure therapy is an evidence-based treatment for anxiety-related disorders including phobias, panic disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. In this workshop, you will learn the psychological mechanisms of exposure-based therapy and several myths that contribute to the under-utilization of this treatment. Using both didactic presentation and video vignettes, Dr. Tolin will discuss and demonstrate the use of in vivo exposure, imaginal exposure, and interoceptive exposure for a range of anxiety-related problems. You will also walk away with several efficacy-boosting strategies, such as motivational interviewing, eliminating safety behaviors, and the use of rational thinking skills.



Couples Therapy:

An Integrated Model of Assessment, Skills & Intervention

December 17, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$90

Lisa Perez-Cabello, LMFT

Working with couples can be challenging, yet extremely rewarding. The couple is the foundation of the family so creating healthy interactions between couples can decrease mental health issues, domestic violence, and stress-related illness. Strategies and interventions will be taught to de-escalate, break negative cycles of communication, and create new healthy positive interactions. In this fun and interactive workshop participants will have an opportunity to practice the skills and interventions they learn with each other. The strategies provided will help the therapist to slow down the process and compassionately respond to the client's deepest need for love and attachment. Warning: Practicing these strategies may have the effect of healing our own deepest need for love and attachment.



Facilitating Effective Groups

December 18, 2020 | 9am-4pm | 6 credits | Clinical Skills | \$90

Eileen M. Russo, MA, LADC

Group work is a common practice method utilized in today's social service agencies to affect client's individual growth and social functioning. This introductory workshop will explore the stages of group development, types of groups; practical "do's" and "don't's" of group facilitation, the importance of screening and matching groups, and best practices of a trauma-informed, gender-responsive approach. This workshop is designed for those new to group facilitation or those who have not had formal education and training in this area.

Expert Trainers



Jelani Agnew, LCSW has been working in the field of social work for over 13 years and received her MSW from the University of Connecticut School of Social Work. Working primarily with Hartford youth, her experience includes MDFT In-home therapy, work in residential and group homes, work in an alternative high school, a 28-day rehab program and almost 5 years at the Institute of Living at Hartford hospital. During her time at the Institute of Living (IOL), Jelani worked in the Extended Day Treatment Program providing group, family and individual therapy to Hartford youth of color.



Colette Anderson, LCSW, is the Executive Director of The Connecticut Women's Consortium (CWC). She has spent over 30 years working in behavioral health. Her expertise is in trauma-informed systems change and she spearheads multiple groups and initiatives across the state to promote trauma-informed, gender-responsive care. She also trains and presents on a number of topics including trauma, gender, staff care, and healing arts for diverse audiences and agencies. In 2016, Colette was awarded the NASW-CT Social Worker of the Year Award.



Angela Alston, LADC, LMSW, SAP, AADC, ICAADC, has worked in the human services field for over 25 years with a variety of clientele in diverse environments: She was ordained Pastor and pastored for 3 years at Bread of Life Deliverance Ministry; worked as a Counselor at the Hartford Dispensary Methadone Clinic, a Juvenile Detention Officer for the State of Connecticut and is currently employed as a LADC (Licensed Addiction Drug Counselor) for the Department of Correction in an all-male prison facility.



Charles Atkins, MD, is a board-certified psychiatrist, author, member of the Yale volunteer faculty, and lecturer. His work has appeared in publications from the Journal of the American Medical Association (JAMA) to Writer's Digest Magazine. His textbooks are part of the core curriculum in many schools of social work and related fields. Dr. Atkins has been a consultant to the Reader's Digest Medical Breakthrough Series and has been twice featured in the New York Times and many other publications.



Daniel R. Brockett, Ph.D. 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



Kaitlin Foshay Brown is a licensed professional counselor, licensed drug and alcohol counselor, internationally certified gambling counselor, and board approved clinical consultant for the National Council on Problem Gambling. She graduated with her undergraduate degree in psychology and received her master's in clinical mental health counseling. In her role as Director of Programs & Services for the Connecticut Council on Problem Gambling, Kaitlin oversees the statewide problem gambling helpline, prevention initiatives, outreach, and responsible gambling efforts. Kaitlin has specialized in the field of co-occurring disorders for over 10 years and previously worked as a therapist in two Better Choice gambling specific treatment programs.



Tynne Clifford, is a second generation herbalist from New Haven County. She has been working with plants for 20 years and is an advocate for saving endangered medicinal plants that have been over harvested or their land has been taken away. She works with several CT organic farms to grow herbs and produces many products farm-to-bottle or bag!



Alicia Davis, PCC, LMT, is a Professional Certified Coach and partner in the coaching firm Transformative Leadership Strategies creating dynamic coaching and team-building experiences for leaders of organizations 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.



Jason DeViva, Ph.D., is a clinical psychologist who currently works with the VA Connecticut Health Care System as part of the posttraumatic stress disorder and anxiety disorders treatment program. He is the military sexual trauma coordinator for VA Connecticut, and an assistant professor in the Department of Psychiatry of the Yale School of Medicine. He has worked in the VA system for the past 13 years, treating veterans of all eras with posttraumatic stress disorder and anxiety disorders. He has published numerous academic papers on trauma and related topics in professional journals, and regularly presents at national and international conferences. He is co-author of a book for family and loved ones of individuals with posttraumatic stress.



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.



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.



Rabbi Richard L. Eisenberg received a BA from Duke University and an MA from Smith College and the Jewish Theological Seminary. In 1982 Rabbi Eisenberg received ordination from the Jewish Theological Seminary and went on to serve as a congregational rabbi spanning 35 years at synagogues in Columbus GA, Wayne NJ, Woodbridge CT and Torrington CT. He also worked for 10 years until 2017 as a rehabilitation counselor at The APT Foundation in New Haven CT where he provided group and individual therapy for people diagnosed with substance use disorders. He received his Certificate in Drug and Alcohol Counseling from Gateway Community College in 2007 and is a certified addictions counselor.



Lauren Doninger, LADC, LPC, 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.



Alicia Feller, LCSW, is a certified holistic stress management instructor which complements her experience as a licensed 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. She holds a master's degree in Integrated Health and Healing.



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.



Mara Gottlieb, PhD, LMSW, is an Adjunct Assistant Professor at the NYU Silver School of Social Work and an adjunct lecturer at Southern Connecticut State University, teaching at both graduate and undergraduate levels. In 2017, she was honored with the Distinguished Achievement award, from CT-NASW. Dr. Gottlieb is also the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge, self-awareness, and insight can be cultivated. More information can be found at www.talkingchanges.com.



Emily Reim Ifrach, MAAT, CEDCAT-S, REAT, ATR-BC, LPC, NCC, RMT, works for Lotus Counseling of Connecticut as the Director of Expressive Arts, Healing and Trauma and runs ArtAche LLC where she supervises new therapists. She treats clients diagnosed with eating disorders, PTSD and complex trauma and supervises the staff in eating disorder treatment. In the past Emily was the Director of an IOP/PHP for Adolescents and Adults diagnosed with eating disorders.



Stephanie Huckel is a passionate and authentic leader with over ten years of experience in Strategic Diversity & Inclusion. She is the President of Huckel Inclusive, a D&I consulting company with an expertise in LGBTQ+ inclusion. In this capacity, she provides education and consulting services in education, for-profit, non-profit, and governmental institutions. Stephanie has held full-time strategic Diversity & Inclusion roles in non-profit and for-profit environments, including IGT, Blue Cross & Blue Shield of Rhode Island, and Baystate Health. In these roles, she collaborates with internal business units and process owners to develop and deploy Diversity & Inclusion strategies and associated initiatives.



Katie Kirch is a 2011 Graduate of the UCONN School of Social Work and received her LCSW in 2013 where she worked as a therapist for the Bettor Choice gambling treatment program at The Connection Inc., in Middletown, CT. From there, she has gone on to become the Program Manager for The Bettor Choice Program at Wheeler Clinic in Hartford, CT. As an Internationally Certified Gambling Counselor, she has dedicated her career to helping those affected by Gambling Disorders in the state of CT. Katie has continued to develop her professional skills by becoming an EMDR therapist and an Acupuncture Detox Specialist and has taught Social Work courses as an Adjunct Professor at the UCONN School of Social Work in Hartford, CT.



Ethan Huckel is a graduate of Western New England University with a master's degree in English for Teachers. Additionally, Ethan is the Board President at TGI Network of Rhode Island, a local non-profit organization that serves the transgender and gender diverse community with peer support services, educational and community building events, and advocacy. In this role, Ethan has developed abroad understanding of the lived experience of Rhode Island's gender diverse population. He has testified before the state legislature, spoken out in the fight for transgender justice and equity, and has been an instrumental part of extending Rhode Island's network of knowledgeable healthcare providers through the collaborative development of the Rhode Island Trans Health Conference.



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.



Linda Lentini works as the Director of Healing From Within at Toivo by Advocacy Unlimited in Connecticut. Advocacy Unlimited is the only peer run agency in the state that offers education and advocacy in a variety of settings and has a mind-body center called Toivo (Hope in the Finnish Language). Ms. Lentini started advocating for change in the mental health and addiction field after her own experiences being incarcerated, hospitalized, and homeless. Her training in Breath-Body-Mind, Aromatherapy, Stephanie Covington Women and Trauma, and a certified Louise Hay trainer allows her to continue advocacy by sharing healing practices with others she meets in her life's journey.



Tracey Sondik, Psy.D. is a licensed clinical psychologist at Connecticut Valley Hospital. She has a strong commitment to integrative medicine, specifically the utilization of yoga and mindfulness to treat complex mental health and behavioral problems. She is an advanced registered yoga instructor and certified yoga therapist. She has authored articles and book chapters including the recent book, *Yoga and Science in Pain Care*.



Lisa Werkmeister Rozas is an associate professor at the University of Connecticut School of Social Work, Director of the BSW program and Chairs the MSW Human Oppression Curriculum Unit. Her research interests include health inequities, issues of oppression, discrimination, racism, critical consciousness, and intergroup dialogue. Similarly, her teaching and consulting interests are focused around issues of oppression, power, privilege, implicit bias, intersectionality, culture, identity and stigma.



Daryl M. McGraw, founder and CEO of Formerly Inc., Connecticut's first criminal justice consultant agency that is uniquely staffed by formerly incarcerated individuals, strives to raise awareness to the issues of injustice that exist within the criminal justice system. With extensive experience with urban trauma, addiction recovery and community reintegration, he is highly regarded as an expert in the field giving speeches, webinars, and trainings that support the recovery and reintegration process.



Eileen M. Russo, MA, LADC, 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 31 years. She is an Associate Professor for the Drug and Alcohol Recovery Counselor program at 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 CT.



Amy B. Otzel, LPC is a Retired U.S. Army Behavioral Health Sergeant, Iraq War Veteran, and former Veterans' Affairs clinician currently continuing the mission specializing in integrative mental healthcare with Military Members, Veterans, and Families at Inner Resource Psychotherapy. Amy is a Yale Dept. of Psychiatry Lecturer, co-chair of the VA Mental Health Community Advisory Board, and a holistic health instructor for survivors of trauma.



Donald Scherling, PsyD, LADC, CCS, is a Senior Clinical Consultant, Health Educator, Behavioral Health Wellness Coach, assistant in the Care for Caregivers Yoga Program, and a Clinical Faculty member in the Berkshire Medical Center - Department of Psychiatry & Behavioral Sciences in Pittsfield, MA. He is a Question, Persuade, and Refer Gatekeeper trainer for Suicide Prevention and SPRC certified trainer and a Senior Clinical Consultant and Trainer with SAMHSA/CSAT, the CT Department of Mental Health & Addiction Services, and other regional and statewide agencies in the Northeast.



Lisa Perez-Cabello, LMFT is a licensed marriage and family therapist and AAMFT Approved Supervisor. She has a private practice in Hamden where she specializes in couple therapy. Lisa also teaches psychology at Gateway Community College and she is a registered yoga teacher.



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.



David F. Tolin, PhD, ABPP, 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 Past-President of the Clinical Psychology Division of the American Psychological Association, and a principal investigator for the National Institutes of Health. He is the author of over 150 scientific journal articles and several books, including "Doing CBT", "Buried in Treasures", and "Face Your Fears". He 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."



Dr. Carla Stover is a licensed clinical psychologist and Associate Professor at the Yale University Child Study Center. She completed her doctoral dissertation research under the mentorship of Drs. Alicia Lieberman and Patricia Van Horn at the University of California San Francisco's Child Trauma Research Project on the role of fathers in the lives of young children exposed to violence. She then came to the Yale Child Study Center for a 2-year Psychology Fellowship. She has worked with the CT Department of Children and Families on the implementation of Fathers for Change across the state of CT to provide new treatment options for families impacted by domestic violence who come to the attention of child protection. She has authored dozens of papers in scientific and clinical journals in the area of trauma, domestic violence, and substance misuse.



Amanda Votto PA-C is a passionate teacher of mindfulness who believes that we all possess the ability to awaken to an intentional, inspired and compassionate life. She teaches a variety of mindfulness courses including the 8-week Mindfulness-Based Stress Reduction (MBSR) series, Mindful Self-Compassion (MSC), mindful parenting, mindfulness in schools, leads retreats & workshops, offers private coaching and keynote speaking events. Through the development of self-awareness, building of emotional resilience, and the cultivation of self-compassion, she helps others reclaim a true sense of well-being. Amanda is a core facilitator at Copper Beech Institute in West, Hartford where she teaches regularly. She also has over seventeen years of healthcare experience as a physician assistant and specializes in cardiology in Connecticut.



Kathryn Templeton, MA, RDT/MT, E-500 RYT, C-IAYT, is an Ayurvedic Practitioner, Senior ParaYoga teacher, psychotherapist, and Master Teacher in the field of Drama Therapy who works both clinically and as an educator specializing in the treatment of individuals with anxiety, depression and complex trauma. Kathryn has worked to develop specialized treatments integrating the principles of yoga, Ayurveda and clinical psychology, devoting her life to helping others. She is a contributing writer for professional publications.



Stacie Watson, CPC, is a Certified Professional Coach, a Licensed Marriage and Family Therapist and an owner/partner in Transformative Leadership Strategies, a firm that specializes in supporting management transformation through coaching and experiential learning. Stacie brings three decades of experience supporting leaders in a behavioral health, Employee Assistance Programs, and medical health insurance organizations. In her various roles, Stacie has been responsible for working with leaders and teams as they navigate significant change – focusing on issues such as organizational design, aligning culture, effective communication, and sustainable results. She also works closely with organizations who wish to address and improve culture and employee engagement.



Visit our Facebook page for additional information and pop up events

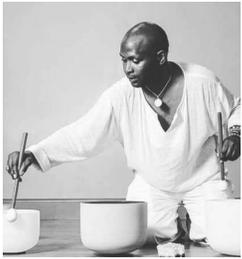
@CTWomensConsortium



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.



Emily Williams is a licensed clinical social worker with over 18 years of extensive experience working with youth and families in various settings. Emily is currently employed as a school social worker and has a private practice. Emily is a trained Mindful Self-Compassion teacher and truly enjoys teaching the 8 week course. She has also been trained through the Mindful School's Program. Emily's particular areas of interest include mindfulness, supporting parents/caregivers, and trauma treatment. She is passionate in supporting individuals become attuned to their authentic self, as this is a powerful catalyst for growth.



Kelvin Young is a Holistic Stress Management Instructor, Sound Practitioner, and owner of Sacred Sound Healing, LLC. He incorporates holistic practices in his personal and professional life to relieve stress. He has studied under Master Sound Healers, Paul Hubbert of Holographic Sound and Inner Balance, and Satya Brat Jaiswal of the International Academy of Sound Healing. In the field of stress management, he has studied with Brian Luke Seaward of Inspiration Unlimited. Kelvin shares his story of finding freedom from substance use, and his knowledge of sound healing with diverse audiences across the country, training in prisons, colleges, retreat centers, addiction and mental health agencies, and psychiatric hospitals.



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.

See below for two of our highlighted nationally approved online courses!



Racism and the Myth of Colorblindness

4.5 CECS

Mara Gottlieb, Ph.D, LMSW

The workshop is designed to teach communication and educational tools by practicing them with one another, thus reinforcing new information and creating an opportunity for a cultural transformation that can have a ripple effect in our own social and professional circles.

Serving Those Who Serve

3 CECS

Amy B. Otzel, MA, MS, LPC

Military members, veterans, and their families have endured hardships unique to the demands of military lifestyle and the warzone. It is imperative for those who support readjustment and reintegration to be familiar with the culture, stressors, mental health concerns, and resiliency-building considerations specific to this population.

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 be 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"/> 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 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:			

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



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