

COMMUNITY PROGRAM INNOVATIONS

27 Years of Innovative Training



SPRING/SUMMER 2011 WORKSHOPS DOUBLETREE HOTEL, BURLINGTON, VT

Thursday, February 17, 2011

Treating the Phases of Bipolar Disorder: Best Practices

Dr. Peter Moran

Wednesday, March 16, 2011

Life After Anxiety: How to Replace Fear & Worry with Positive Alternatives

Dr. Paul Foxman

Wednesday, April 27, 2011

Clinical & Ethical Challenges with High Risk Behaviors

Dr. Robert Kinscherff

Friday, May 20, 2011

All the Rage: Best Practices for Helping Adolescent Girls in Crisis

Dr. Martha Straus

Tuesday, June 28, 2011

Bullies, Victims & Bystanders

Dr. Steve Berk

Wednesday, July 13, 2011

Can We Teach These Kids to Dance: Trauma & Attachment Informed Treatment

Kevin Creeden, M.A., LMHC

Thursday, August 11, 2011

Anger, Rage & Trauma: Talking to Kids About Difficult Things

Dr. Daniel Jacobs

339-883-2195

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Treating the Phases of Bipolar Disorder in Adulthood: Best Practices

Thursday, February 17, 2011

Bipolar disorder is a serious but treatable psychiatric condition that accounts for a significant number of outpatient, inpatient, residential, partial hospitalization, and day treatment referrals. People with bipolar disorder have the highest rates of suicide and substance abuse of any psychiatric illness.

We will identify assessment tools specific to the differing phases of bipolar illness. Special consideration will be given to differential diagnosis, misdiagnosis, and comorbidity, including a discussion of the complications of substance abuse and anxiety with bipolar disorder.

Since the role of non-psychopharmacological interventions is as important in the relief of symptoms as is medication, participants will obtain cognitive-behavioral and family-focused strategies to intervene in the manic, hypomanic, dystonic, and full depressive phases of treatment with clients age 18 and older. We will address issues pertaining to suicide and violence for people with bipolar disorder. In addition, participants will gain an understanding of psychopharmacological intervention strategies. Workshop participants will be able to:

- Recognize risk factors, personality traits, family dynamics, and differential diagnosis issues
- Identify, assess, and intervene in the phases of bipolar disorder
- Apply practical, evidence-based cognitive-behavioral interventions for problematic cognitive and behavioral symptomatology
- Understand how cognitive-behavioral intervention can work concurrently with psychopharmacological intervention

This workshop is geared to mental health professionals including social workers, mental health counselors, psychologists, and certified nurse specialists. Workshop format includes lecture, case examples and discussion. Participants are encouraged to bring their most challenging cases for discussion.

INSTRUCTOR



Peter Moran, Ph.D., has a private practice in central Massachusetts. He is also staff psychologist at the Department of Psychology at Worcester Medical Center, an Assistant Professor of Psychiatry at the University of Massachusetts Medical School, and an instructor at Assumption College. Dr. Moran has a Master of Science in Clinical Psychopharmacology and specializes in treating mood disorders. He has published on mood disorders and psychological treatment strategies in the managed care era. Dr. Moran trains nationally and is known for his practical, engaging style.

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Life After Anxiety: How to Replace Fear and Worry with Positive Alternatives

Wednesday, March 16, 2011

Psychotherapists and clients alike are usually adept at identifying the symptoms and problems associated with anxiety, such as worry, tension, difficulty relaxing, sleep disorders, panic attacks, perfectionism, social avoidance, fears/phobias, obsessions, compulsive behavior and post-traumatic stress. But what replaces these symptoms when therapy is successful? What new skills and behaviors can we encourage in our clients or students? How important is it for therapists to practice what we recommend to clients? How will we measure progress toward living without abnormal anxiety?

After identifying the key symptoms underlying the DSM-IVR anxiety disorders, Dr. Foxman will focus on “anxiety replacements” and “positive alternatives.” He will discuss and demonstrate practices that cultivate relaxation, peace of mind, optimism, trust, joy, emotional regulation, healthy lifestyle and productivity. The concepts, strategies and interventions described in this workshop are geared to adult clients but can be readily adapted to any age group. Some examples of use with children and adolescents will be included. Participants will leave this workshop with knowledge and skills for enabling clients and themselves to:

- Live more fully in the present
- Control the mind
- Be less judgmental
- Take appropriate risks and accept mistakes as part of learning
- Feel safe when there is no present danger
- Experience relaxation and “flow”
- Think optimistically
- Manage stress
- Feel appreciation and gratitude
- Have more self-compassion and self-esteem

Workshop participants will be able to:

- Describe the target anxiety symptoms to be replaced with positive alternatives
- Introduce new behaviors and skills for living without anxiety
- Define progress on the journey towards life after anxiety

This workshop is designed to enhance the effectiveness of all mental health professionals who provide psychotherapy services, including psychologists, clinical social workers, guidance counselors and mental health counselors. A multi-media workshop format will include lecture, case illustrations, interactive discussion, and brief audience exercises.

INSTRUCTOR



Dr. Paul Foxman is Founder and Director of the Center for Anxiety Disorders in Vermont. His teaching draws from over 30 years of experience in hospitals, community mental health centers, graduate schools in psychology, and private practice. Dr. Foxman is the author of *Dancing With Fear* and *The Worried Child* as well as other publications on the topic of anxiety including a co-authored casebook, *Conquering Panic and Anxiety Disorders*. He trains nationally and internationally and has been featured on radio and television. He is known for his depth of knowledge and clarity, sense of humor, and engaging speaking style.

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Clinical & Ethical Challenges with High Risk Behaviors

Wednesday, April 27, 2011

Youth and adult clients whose behavior endangers themselves and/or others present significant challenges in clinical management and ethical practice. Clinical considerations include client assessment and treatment planning, selection of empirically validated or "best practices" interventions, and accessing appropriate levels of clinical care and behavioral containment. Ethical considerations include knowing when to decline to treat or to refer for treatment, rules governing confidentiality and privilege and their exceptions, and adequacy of consultation or supervision.

We will discuss the essential steps in assessing and managing suicide risk, violence risk (including school violence, domestic violence, and stalking), management of professional role and boundaries, steps in ethical and legal risk management, and the critical roles of informed consent and documentation. Workshop participants will be able to:

- Identify the essential elements of assessment and management of suicide risk and violence potential towards others
- Describe typologies for domestic violence and stalking and appreciate how these typologies help assess risk potential
- Apply practical decision-making strategies in risk management
- Understand the key components of informed consent, rules and exceptions regarding confidentiality in providing therapy to high risk clients, and the critical role of adequate consultation and documentation

This workshop will benefit mental health professionals including social workers, mental health counselors, psychologists and certified nurse specialists and offers 6 hours in ethics credits. Workshop format includes lecture, case examples and discussion.

INSTRUCTOR



Robert Kinscherff, Ph.D., J.D., a forensic psychologist and attorney, is Director of Forensic Studies at Massachusetts School of Professional Psychology. He was formerly Assistant Commissioner (Forensic Mental Health), Massachusetts Department of Mental Health. Dr. Kinscherff is on the faculty at Harvard Medical School and Boston University School of Law. He has assisted state agencies in New England to develop risk management programs for persons with major mental illnesses and histories of significant physical or sexual violence. Dr. Kinscherff presents nationally and internationally with enthusiasm, humor, energy, and practical realism.

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All the Rage: Best Practices for Helping Adolescent Girls in Crisis

Friday, May 20, 2011

Many adolescent girls today are in a crisis of rage and despair. Some try to disappear through starvation, others carve indecipherable symbols onto their arms or run away from home, still others bully and get bullied, hide weeping in their rooms, or attempt suicide. How can practitioners become more effective with this volatile population?

This highly practical workshop will explore 15 vital principles underlying effective practice with adolescent girls ages 11-22. It will offer concrete strategies and methods for helping girls in crisis and examine the limitations of old standards of care, such as self-harm contracts and confidentiality rules. You'll learn what questions to ask and how to rally support for the girls from their extended family and relationship networks. You'll also find out about a variety of practical strategies that help, including persona work, harm reduction, inviting resistance, and developing a protective circle of adults.

You'll hear about interventions specifically addressing two of the most vexing problems encountered by all practitioners working with adolescent girls: self-harm and social aggression and learn how to include girls' voices in discussions of sex and sexuality. You'll learn what it takes to stay connected to these struggling adolescents as you help them become competent, inter-dependent young women. Workshop participants will be able to:

- Read the subtext of provocative, self-destructive, and confusing behaviors
- Identify a protective circle of adults around troubled girls
- Describe 15 principles of effective practice with adolescent girls
- Interview and intervene in the most stressful cases including self-injury and social aggression

This workshop will have relevance for community mental health and social service agencies, educators and school counselors, therapists (social workers, counselors, psychologists, psychiatrists) working in and out patient in private practice, clergy, child protection workers, juvenile justice, residential treatment and home-based providers. Workshop format includes lecture, discussion, and case examples.

INSTRUCTOR



Martha Straus, Ph.D., is a professor in the Department of Clinical Psychology at Antioch University New England Graduate School and adjunct instructor in psychiatry at Dartmouth Medical School. She maintains a private practice and consults to schools, social service agencies and courts. Dr. Straus is the author of numerous articles and four books including *No-Talk Therapy for Children and Adolescents*, *Violence in the Lives of Adolescents*, and most recently, *Adolescent Girls in Crisis: Intervention and Hope*. Blending evidence-based practices, case examples, and a wry humor, Dr. Straus trains and conducts workshops internationally.

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Bullies, Victims, & Bystanders

Tuesday, June 28, 2011

Fifteen percent of children and adolescents are victimized by bullying which cuts across age, gender, race, and ethnicity. Bullies are quite likely to continue their behavior into adulthood and a significant percentage enter the criminal justice system. Most youngsters who are bullied either do not report it to adults, or wait a long time; these victims may experience long-term negative psychological effects.

Bystanders are often ambivalent about responding to bullying and may inadvertently contribute to the problem. Some settings may lack a bullying policy which makes the task of defining tolerance levels and reporting episodes difficult for youth and staff alike.

This workshop will focus on strategies for dealing with bullying in youngsters, ages 6 - 18, in school, as well as other settings, e.g., on the school bus, in sports programs, and in after-school programs. We will discuss bullying in special populations, e.g., youngsters with Learning Disabilities, Asperger's Disorder, and youngsters who are "different." The workshop will emphasize intervention at the individual, family, and system-wide levels with attention devoted not only to victims of bullying, but also to bullies and bystanders. Workshop participants will be able to:

- Understand the dynamics and impact of bullying
- Develop a framework for intervention at the individual, family, and programmatic levels
- Apply techniques to reduce the occurrence of bullying
- Develop strategies to work effectively with bullies, victims, and bystanders

This workshop will be of interest to educators, special educators, guidance counselors, residential staff and mental health professionals working with youth and families. Workshop format includes lecture, discussion, and numerous case examples.

INSTRUCTOR



Steve Berk, Ph.D., is Director of Bond and Berk Associates, a private practice group. He has specialized in assessment and treatment of cognitive disorders in children, adolescents, and adults since 1972. He has worked in clinics, psychiatric hospitals, residential treatment, and schools. He has provided extensive training in bullying prevention/intervention to schools, pupil transporters, and parents. An enthusiastic presenter with a quick wit, Dr. Berk trains and consults nationally.

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Can We Teach These Kids To Dance? Trauma & Attachment-Informed Treatment

Wednesday, July 13, 2011

Children and adolescents with trauma histories and attachment difficulties often present as the most difficult cases within the social service, mental health, and educational systems. Frequently service providers and educators approach these youth without a context for understanding the behaviors and symptoms associated with trauma and attachment difficulties, or a consistent approach for developing clear, effective treatment interventions for these youth and their families. Recent advances concerning the neuro-developmental impact of trauma, a greater appreciation of the importance of stable attachment relationships on child development, and a focus on evidenced-based practice make it imperative that professionals re-assess their thinking and treatment approaches in light of this new information.

This workshop will examine ways in which the new research and creative thinking in the field of trauma-focused treatment can be integrated into everyday clinical practice, case management, and school-based interventions with youth, ages 6 -17, and their families. Particular attention will be paid to understanding and treating trauma and attachment problems within a strengths-based framework that seeks to enhance the youth's capacity to progress on a positive developmental track. Workshop participants will be able to:

- Use a new paradigm for working with youth with trauma and attachment difficulties based on evidence-based practice
- Access an individualized, strengths-oriented, skills-based developmental treatment approach, decreasing the traditional emphasis on problems and pathology
- Translate advances in the field into practical intervention strategies.

This workshop will be of interest to school staff (e.g., teachers, special education teachers, guidance counselors, paraprofessionals, school psychologists), residential, day, and vocational staff, as well as mental health professionals. Workshop format includes lecture, discussion, and numerous case examples.

INSTRUCTOR



Kevin Creeden, M.A., LMHC is the Director of Assessment and Research at the Whitney Academy. He has over 25 years of clinical experience treating children, adolescents, and their families, working extensively with sexually and physically aggressive youth. Mr. Creeden has published articles and book chapters on the neuro-developmental impact of trauma on sexual behavior problems. He is guest faculty in the Boston University School of Social Work advanced training program in trauma-focused treatment. An engaging and dynamic presenter, Mr. Creeden trains and consults nationally and internationally.

www.communityprograminnovations.com

Anger, Rage & Trauma: Talking to Kids About Difficult Things

Thursday, August 11, 2011

Youth who grow up in chaotic, abusive, disrespectful, and threatening environments often witness and experience communication styles from adults that teach them that acting out in an angry way is acceptable or even necessary to survive. Children exposed to significant trauma and those dealing with major mental health issues often develop communication and behavioral styles based on anger and rage. They commonly express themselves in negative and self-destructive ways, have trouble communicating, and often exhibit their pain via erratic, aggressive, and dangerous behavioral patterns. Working with these youth can be a great challenge, made even harder by their attempts to push us away.

To help these youth, ages 9 – 18, learn more adaptive coping strategies, we have to be able to talk with them about their difficult issues in the right way. We have to set firm but fair structures and consequences for problematic behaviors while at the same time being able to offer them realistic alternatives to their negative behavioral patterns. These youth need to learn ways to take control and responsibility for their actions and we need to avoid being caught up in unnecessary power struggles and ineffective reactive loops as we help them achieve this goal.

It is crucial to have effective strategies and ways to talk with children and adolescents about difficult issues in a proactive manner. This workshop will focus on practical strategies useful in handling the challenging behaviors most often exhibited by youth dealing with anger issues. Workshop participants will be able to:

- Apply verbal interventions to further positive conversations with troubled youth about painful topics
- Adopt techniques to spot aggressive cues and behavioral patterns in the formation stage to stop further escalation before violence occurs
- Create a toolkit of verbal and behavioral de-escalation strategies designed to address agitated youth at great risk of committing self-destructive acts or violence towards others

This workshop is designed for mental health professionals, educators, special educators, and guidance counselors who want to be successful in helping these youth. Workshop format will include lecture, interactive case examples, and discussion.

INSTRUCTOR



Daniel Jacobs, Ed.M., Psy.D., M.B.A., is a licensed psychologist in private practice at Andover Mental Health Associates. He was formerly the Director of the Adolescent Partial Hospital Program at Salem Hospital. Dr. Jacobs trains nationally and internationally with mental health agencies, substance abuse providers, residential programs and schools with a focus on helping improve communication, effectiveness, and ways to initiate lasting behavioral change in difficult circumstances. Dr. Jacobs believes hope is always an option and to achieve success we have to be willing to take risks.

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DIRECTIONS / GENERAL INFORMATION

Doubletree Hotel, Burlington, VT

1117 Williston Ave., Burlington, VT 05403-5717
802-658-0250

DIRECTIONS:

From points in Vermont, pick up Interstate 89; take Exit 14E in Burlington. Go straight through the intersection at the top of the ramp. The Doubletree Hotel is on the right.



WHEN:

Registration: 8:30 - 9:00 a.m. • **Workshop:** 9:00 a.m. - 4:30 p.m.
 • Lunch is on your own. • Service dogs only
 • In consideration of others, please do not bring children.

SNOW POSTPONEMENT:

In the event of a major snowstorm, check our website or call us at 339-883-2195 after 5:30 a.m. the day of the workshop to find out if the workshop has been rescheduled.

PAYMENT INFORMATION:

- Register online at www.communityprograminnovations.com using a credit card.
- Mail in a registration form with a check or credit card information. Your nonrefundable cancelled check or credit card statement is your receipt. You will not receive confirmation in the mail.
- If you are unable to attend, you are welcome to send a substitute. No refunds will be given. Credits toward workshops within the same training season will be given only if written cancellation is received 5 business days prior to the workshop.

CE CREDITS:

Workshops are offered in collaboration with Northwest Counseling and Support Services, St. Albans, VT. Application for 6 Continuing Education Credit Hours are pending with the National Association of Social Workers, Vermont Chapter and the Certification Boards of Marriage & Family Therapy, Psychoanalysis and Alcohol and Drug Abuse. Community Program Innovations is recognized by the NBCC to offer continuing educations for national certified counselors. We adhere to NBCC Continuing Education Guidelines. VT educators will receive a certificate of attendance for 6 contact hours. Workshops are co-sponsored with Community Healthlink, which is approved by the American Psychological Association to sponsor continuing education for psychologists and each workshop offers 6 CE Credits. Community Healthlink maintains responsibility for this program and its content. Enclose \$10.00 per workshop for CE Credits for Psychologists.

FURTHER INFORMATION: Call 339-883-2195 or visit our web page:
www.communityprograminnovations.com

Subscription Series

AGENCY DISCOUNTS FOR THE SPRING/SUMMER 2011 WORKSHOP SERIES

Your organization is invited to take advantage of special discounts that provide its staff with the opportunity to attend CPI workshops at a **substantial savings**. The slots may be used by staff to attend any workshops throughout the Spring-Summer 2011 training season through August, 2011!

10 workshop slots at \$107/each

SAVE 10%

20 workshop slots at \$103/each

SAVE 13%

30 workshop slots at \$95/each

SAVE 20%

40 or more workshop slots at \$90/each

SAVE 24%

**Call Community Program Innovations at 339-883-2195
to order a prepaid Subscription Series.**

In-House Training

Community Program Innovations has over 60 speakers who are available to provide in-house training and keynote speakers for groups ranging in size from 10 – 300+. All in-house workshops are customized to your audience and learning objectives by professional speakers who have the latest information in their field, case examples from extensive experience, are dynamic, engaging, and focus on practical strategies and interventions. Planning a professional development day, coordinating a conference, or need continuing education credits for staff?

We invite you to contact Community Program Innovations regarding your training needs.

FURTHER INFORMATION:

**Call 339-883-2195 or visit our web page:
www.communityprograminnovations.com**

REGISTRATION SPECIAL DISCOUNTS if you register for MORE THAN 1 WORKSHOP

ENROLL ME: ➔	1 workshop	2 workshops	3/4 workshops	5+ workshops	Psychologist CE Fee	Number of workshops:	
Fee per Workshop:	\$119	\$114	\$108	\$103	Add \$10 per workshop	Fee per workshop: \$	
*Fees must be PRE-PAID & workshop attended by the SAME PERSON to receive the discount.						Total workshop fee	\$
						Psychologist CE fee Add \$10 per workshop	\$
						TOTAL DUE	\$

SELECT WORKSHOPS: BURLINGTON, VT

- 2/17/2011 **Treating the Phases of Bipolar Disorder: Best Practices** Dr. Peter Moran
- 3/16/2011 **Life After Anxiety: How to Replace Fear & Worry with Positive Alternatives**
Dr. Paul Foxman
- 4/27/2011 **Clinical & Ethical Challenges with High Risk Behaviors** Dr. Robert Kinscherff
- 5/20/2011 **All the Rage: Best Practices for Helping Adolescent Girls in Crisis** Dr. Martha Straus
- 6/28/2011 **Bullies, Victims & Bystanders** Dr. Steve Berk
- 7/13/2011 **Can We Teach These Kids to Dance: Trauma & Attachment Informed Treatment**
Kevin Creeden, M.A., LMHC
- 8/11/2011 **Anger, Rage & Trauma: Talking to Kids About Difficult Things** Dr. Daniel Jacobs

ONE (1) REGISTRANT PER FORM

NAME _____

POSITION _____

ORGANIZATION _____

Indicate which mailing address you prefer: Home address Work address

STREET _____ CITY _____

STATE _____ ZIP _____ E-MAIL ADDRESS _____

WORK PHONE _____ CELL OR HOME PHONE: *in the event of snow* _____

Social Worker CE: LICSW LCSW LSW License # _____ NASW # _____

MH Counselor CE: License # _____

Natl Cert Counselor CE Nurse Contact Hours Marriage & Family CE

Substance Abuse or LADC CE Psychologist CE Educator Certificate

METHOD OF PAYMENT

Full payment of \$ _____ enclosed Check Enclosed

Mail registration form with your check to Community Program Innovations, Inc., 471 Broadway, Lynnfield, MA 01940 or fax to 978-535-1557. Payment must accompany registration form.

Mastercard VISA American Express Discover

CREDIT CARD NUMBER _____ EXP DATE _____ SECURITY CARD CODE* _____ (*MC/VISA/Discover; last 3-digit # on signature panel on back of card. American Express 4-digit # above account # on face of card.)

CARDHOLDER'S NAME AS IT APPEARS ON CARD _____

CREDIT CARD BILLING ADDRESS _____ STREET _____ CITY _____

STATE _____ ZIP _____ CARDHOLDER'S SIGNATURE _____

COMMUNITY PROGRAM INNOVATIONS

471 Broadway, Lynnfield, MA 01940

Return Service Requested

Continuing Education

- MH Counselors
- Social Workers
- Psychologists
- Educators
- Nurses
- LADCs
- Substance Abuse Counselors
- National Certified Counselors
- Marriage & Family Therapists

SPRING/SUMMER 2011 WORKSHOPS



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