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DEPARTMENT OF SOCIAL WORK

*Continuing
Education
Opportunities*



SEMINAR SERIES

2007



**Southern Connecticut State University
Department of Social Work
Continuing Education Program**

Dear Colleague,

I am pleased to present our Continuing Education Series: 2007 Brochure. With the feedback that you have given us, we have worked diligently to provide you with social work workshops that offer state-of-the-art ideas and best practice methods. Included in this booklet are six exciting workshops, a Social Work Month Conference, and two Post Master's Certificate Programs. You will find that these offerings include a wide range of topics across the life span. Please consult the brochure for workshop listings, dates, times and costs. If you have any questions, please call 203-392-6574.

I hope that you will consider one or more of our offerings. As you are aware, continuing education credits (CEC's) are required for licensed social workers. SCSU Department of Social Work is an approved provider for CEC's.

I hope that you enjoy our programs.

Valerie L. Dripchak, PhD/LCSW
Coordinator, Continuing Education

CALENDAR FOR SEMINAR SERIES: 2007

March 2 **An Innovative Approach to Psychiatric Rehabilitation
– 4 CEC's – Berardi**

March 9 **The Emotional World of the Caregiver: Exploring the
Burdens and Rewards of Caregiving and their
Implications for Clinical Practice – 4 CEC's – Gesino**

March 16 **Social Work Month Conference: Eye Movement
Desensitization and Reprocessing: An Introduction to
the Use of EMDR in the Treatment of Trauma – 6
CEC's – Rakfeldt & deGraffenreid**

March 30 **Providing Healing with a Wagging Tail: A Clinical
Model of Animal Assisted Interventions for At-Risk
Children and Youth – 4 CEC's – Nicoll**

April 13 **Severe Psychiatric Disorders & Psychopharmacology
for NON-MD's – 4 CEC's – Marvasti**

April 20 **Understanding and Managing Anger in Adolescence
and Young Adults: A Solution-Focused Approach – 4
CEC's – Dripchak**

April 27 **Understanding and Treating Autism and other
Spectrum Disorders – 4 CEC's – Sprunger**

CALENDAR FOR POST-MASTER'S PROGRAM

**Working through Trauma and Trauma-Related Disorders with
Cognitive-Behavioral Therapies for Adolescents & Adults – 45
CEC's**

- | | | |
|------------------|---------------------------|--------------------|
| 1. May 4 | 3. May 18 & 19 | 5. August 3 |
| 2. May 11 | 4. May 25 | |
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**A Strengths Perspective in the Treatment of Children who have
been Terrorized or Traumatized – 60 CEC's**

- | | |
|--------------------------|------------------------------|
| 1. June 1 & 2 | 3. June 15 & 16 |
| 2. June 8 & 9 | 4. August 10 & 11 |

General Information

Continuing Education Coordinator:

Valerie L. Dripchak, PhD/LCSW

SCSU-Social Work Department

101 Farnham Avenue

New Haven, Ct. 06515

Telephone: (203) 392-6574 • Fax (203)392-6580

Early registration is encouraged. Registration deadlin is one week prior to each workshop. A confirmation letter will be mailed to the registrant upon receipt of registration with information regarding room location, directions to the campus and parking. Registrants may cancel and request a refund, minus of \$10.00 handling fee, until one week prior to the seminar. The Program reserves the right to cancel any workshop that has low enrollment. If this occurs, a full refund will be given.

10% Discounts: SCSU faculty, SCSU Social Work alumni, and agencies sending three or more staff.

Inclement weather: Please call SCSU's "WEATHER CHECK" at (203)392-SNOW for cancellations.

Meals: Continental breakfast is provided. Lunch is on your own.

Social Work Month Conference

■ EYE MOVEMENT DESENSITIZATION AND REPROCESSING: An Introduction to the Use of EMDR in the Treatment of Trauma (6 CEC's)

Date: March 16, 9 a.m.-4 p.m. **Fee:** \$135

Presenters: Jaak Rakfeldt, PhD/LCSW; Donald F. deGraffenried, LCSW

This presentation is designed to give clinicians an understanding of Eye Movement Desensitization and Reprocessing (EMDR) as an innovative and highly effective treatment modality for the treatment of posttraumatic stress disorder. EMDR can offer client's significant relief and often a complete remission of their posttraumatic stress symptoms. It is especially helpful for clients who find it difficult to describe and discuss their trauma without re-experiencing the event. Given that the therapy is brief, effective and provides clients with specific and easy to use affect management tools, consumer satisfaction is often very high.

Yet, tragically, EMDR is not widely accepted in community mental health settings and this treatment is not widely available to poor or impoverished communities. Through education and demonstration of treatment this workshop seeks to provide information about the eight stages of treatment and inspire clinicians to a greater interest in EMDR. This workshop is a call to action to help bring this innovative treatment to impoverished communities.

Videotapes of client sessions will be used to demonstrate the EMDR bi-lateral stimulation, which is done through the use of hand movements, taping or sound. A live demonstration will help participants obtain a working knowledge of EMDR and they will obtain sufficient information to decide if they want to obtain Level I EMDR training.

Learning Objectives:

At the end of the conference, participants will be able to:

- 1 – Identify the major EMDR techniques.
- 2 – Describe effective interventions used to engage clients.
- 3 – Apply EMDR interventions with persons in the participants' own clinical settings.

Schedule for the Day

9-10 a.m. • EMDR – What does The Research Say? • Francine Shapiro, Ph.D. and “A Walk in the Park” • Application in Community Mental Health and Impoverished Communities.

10-10:30 a.m. • Assessment: Single Incident PTSD vs. Complex PTSD • Bi-lateral stimulation – Accelerated Information Processing • How It Works.

10:30 a.m.-noon: • The Eight Stage Protocol – The Treatment Process • Client Video Tape.

Noon-1 p.m.: • Lunch

1-2 p.m.: • Practice Using the Eight Stage Protocol • Recent Event Protocol.

2-3:30 p.m.: • Live Demonstration • Safe Place Exercise • Small “T” Work.

3:30 p.m.-4 p.m.: • Questions, Comments and Resources.

Workshop Descriptions

■ AN INNOVATIVE APPROACH TO PSYCHIATRIC REHABILITATION (4CEC's)

Date: March 2, 9 a.m.-1:30 p.m. **Fee:** \$100

Presenter: Alex Berardi, LCSW

This workshop focuses on an innovative approach to psychiatric disabilities, which was developed by William Anthony, PhD., et al., to assist persons with severe and persistent mental illnesses. This approach features skill teaching and resource development in order to provide an increased level of functioning and improved quality of life for persons we serve. Discussion of the rehabilitation readiness paradigm will be incorporated into this seminar as well as its evidence based programs. Other aspects of psychiatric rehabilitation programs that include staffing, structure and environments will also be explored.

Learning Objectives

At the end of the workshop, participants will be able to:

- 1 – Understand the model in terms of historical overview; basic values, principles and philosophy; components and processes.
- 2 – Identify evidence based programs in psychiatric rehabilitation.
- 3 – Discuss issues related to psychiatric rehabilitation programs.

■ THE EMOTIONAL WORLD OF THE CAREGIVER: Exploring the Burdens and Rewards of Caregiving and their Implications for Clinical Practice (4CEC's)

Date: March 9, 9 a.m.-1:30 p.m. **Fee:** \$100

Presenter: Jack Paul Gesino, DSW, LCSW

This workshop will review the multifaceted experiences that family caregivers encounter, including making decisions regarding medical care, nursing home placement, obligations to other family members, levels of care needs and end of life. The role of grief, guilt, fear, and love emanating from caregiving will be examined. Clinical interventions, which are based upon the use of emotions that shape responses of what caregivers feel is of value and importance for helping them, will be presented. Case examples and videos will be utilized to illustrate caregiver strain and treatment suggestions.

Learning Objectives

At the end of the workshop, participants will be able to:

- 1 – Identify two theories of family relationships.
- 2 – Describe two clinical applications of emotion-based interventions.
- 3 – List three “gains” of caregiving.

■ PROVIDING HEALING WITH A WAGGING TAIL: A Clinical Model of Animal Assisted Interventions for At-risk Children and Youth (4 CEC's)

Date: March 30, 9 a.m.-1:30 p.m. **Fee:** \$100

Presenter: Kate Nicoll, MSW/LCSW

For hundreds of years, the mental health care of children has incorporated the healing benefits of animals and the natural world. This interactive workshop will explore an integrated model of animal assisted interventions (AAI) in clinical work with at-risk children and youth. The model incorporates the applications of the psychological tenets of object relations, narrative theory, learning theory, and body-centered psychotherapy in both individual and group case examples.

The AAI model demonstrates the ability of the human-animal bond to foster improvement in four specific clinical areas: attunement, affect regulation, attachment and affirmation for a variety of populations of children. The story of the human-animal bond is rich with life lessons that can be applied to everyday life in our clinical work with children. A few of the ten life lessons from dogs will be explored through personal and clinical storytelling.

Learning Objectives

At the end of the workshop, participants will be able to:

- 1 – Discuss the impact of the theoretical principles on the application of clinical animal assisted interventions in work with children.
- 2 – Provide examples of how AAI can help children with attunement, affect regulation, attachment and affirmation.
- 3 – Demonstrate one interactive technique with an animal and identify a therapeutic goal in clinical AAI practice.

■ SEVERE PSYCHIATRIC DISORDERS AND PSYCHOPHARMACOLOGY FOR NON-MD CLINICIANS (4CEC's)

Date: April 13, 9 a.m.-1:30 p.m., **Fee:** \$100

Presenter: Jamshid A. Marvasti, MD

It is important for non-MD clinicians to understand the pharmacological treatment of their patients. This workshop will focus on severe psychiatric disorders that are most common among children, adolescents and adults (young adulthood through the elderly). The subjects of psychotic disorders, severe depression, post-traumatic stress disorder, and attention deficit/hyperactivity disorder will be explored. Particular attention will be given to the state-of-the-art medical and pharmacological interventions that the professional needs to know.

Learning Objectives

At the end of the workshop, participants will be able to:

- 1 – Understand how specific medications are used to treat severe psychiatric disorders.
- 2 – Learn the conditions of when it is necessary to make a referral to a psychiatrist.
- 3 – Identify the harmful side effects of psychotropic medications.

■ UNDERSTANDING AND MANAGING ANGER IN ADOLESCENCE AND YOUNG ADULTS: A Solution-Focused Approach (4 CEC's)

Date: April 20, 9 a.m.-1:30 p.m., **Fee:** \$100

Presenter: Valerie L. Dripchak, PhD/LCSW

Anger is often at the core of many of the problems that are experienced in adolescence and young adulthood. Managing this emotion is often discounted, until it becomes a problem area and leads to conduct issues, chemical abuse or eating disorders, as well as other psychiatric or behavioral disturbances. The first step in treatment is to identify what kind of anger the client is experiencing. Then, utilizing the underlying principles of Milton Erickson, a modified Solution-Focused method helps young people to better manage these strong internal responses.

Learning Objectives

At the end of the workshop, participants will be able to:

- 1 – Understand the continuum of anger.
- 2 – Assess the anger typology.
- 3 – Learn strategies to help clients manage their anger.

■ UNDERSTANDING AND TREATING AUTISM AND OTHER SPECTRUM DISORDERS (4 CEC's)

Date: April 27, 9 a.m.-1:30 p.m., **Fee:** \$100

Presenter: Ange Sprunger, MS, BCBA

Social workers as well as other professionals often work with clients with autism or their family members. This workshop will present an in-depth discussion of the common characteristics, epidemiological data and theoretical causes of autism and other spectrum disorders. There will be an overview of behavioral strategies that are used to make positive changes in the lives of these individuals. The presenter also will review the desirable qualities and components of service providers and treatment facilities.

Learning Objectives

At the end of the workshop, participants will be able to:

- 1 – Understand the traits and needs of individuals with autism and related spectrum disorders.
- 2 – Describe several strategies and interventions that effectively address specific behaviors within these groupings.
- 3 – Identify characteristics that providers and treatment facilities need to work with these clients and their families.

Post-Master's Degree Certificate Programs

■ WORKING THROUGH TRAUMA AND TRAUMA-RELATED DISORDERS WITH COGNITIVE-BEHAVIORAL THERAPIES FOR ADOLESCENTS & ADULTS

The Social Work Department would like to announce its second Post-Master's Degree Certificate Program in the treatment of trauma. The 45 continuing education credits (CEC) program is entitled, Working through Trauma and Trauma-Related Disorders with Cognitive-Behavioral Therapies for Adolescents & Adults.

The implementation of the first Post-Master's Degree Certificate Program three years ago entitled, A Strengths Perspective in the Treatment of Children who have been Terrorized or Traumatized, has met with much success in the community and will continue to be offered. The new certificate program represents a continuation of trauma work across the life span. It is open to graduates of Master's degree programs in related areas and is designed to offer best practice therapies in the treatment of trauma in adolescents and adults. It will enable clinicians to increase their knowledge and practice skills.

Learning Objectives:

The Post-Master's Degree Certification Program in Working through Trauma and Trauma-Related Disorders with Cognitive-Behavioral Therapies for Adolescents & Adults was developed to provide clinicians with current theory, assessment and diagnostic skills, and effective treatment principles and practice strategies. It is based on time-effective and outcome-based research practice. Learning outcomes at the end of the certification program include the following:

- Participants will understand the nature of trauma and how it impacts adolescents and adults.
- Participants will learn to recognize and diagnose trauma-related disorders.
- Participants will understand the theoretical framework of cognitive-behavioral approaches.
- Participants will be able to discuss how cognitive-behavioral treatments impact the bio-psycho-social-spiritual components of an individual.
- Participants will be able to evaluate when a cognitive behavioral approach is most appropriate to use.
- Participants will learn how to apply cognitive-behavioral approaches for adolescents and adults.
- Participants will be able to use different cognitive-behavioral techniques within individual and group modalities.
- Participants will recognize issues around transference and counter transference within the therapeutic alliance.
- Participants will understand the ethical concerns in working with adolescents and adults.

Under the direction of Dr. Valerie L. Dripchak, PhD/LCSW, the information will be presented through lectures, films, interactive discussions, role-plays, group

exercises and other techniques. Instructor consultation is also an integral part of the program.

A limited number of people will be accepted into the program. The group will meet on four consecutive Fridays and one Saturday in May. Each workshop will begin at 8 a.m. and will include an hour break for lunch. Most of the modules will end at 5 p.m. with the exception of the last two modules, which will end at 3 and 4 p.m. respectively.

A case analysis, integrating the knowledge and skills gained during the program, will be required in August. The program comprises 45 continuing education credits (CEC's). Enrollment involves a commitment to the entire program on all the workshop dates. Those who complete the program components will receive certificates of completion and CEC's.

Program Components

■ MODULE I: MAY 4 – OVERVIEW OF TRAUMA AND THERAPY APPROACHES (8 HOURS)

• Discussion of trauma • Defining trauma-related disorders • Biopsychosocial considerations • Variations in CBT approaches • Assessment tools • Research • Psychopharmacological Considerations • How and when to refer • Overview of psychotropic medications

■ MODULE II: MAY 11 – MOTIVATIONAL INTERVIEWING (8HOURS)

• Elements of approach • Process • Problem-Oriented CBT • Background • Strategies • How it is used

■ MODULE III: MAY 18 – RATIONAL EMOTIVE BEHAVIOR THERAPY APPROACH (8 HOURS)

• Evolution of Theory of ABC's • Disputing without arguing • Therapeutic tools • Homework assignments • Application to individuals and groups

■ MODULE IV: MAY 19 – DIALECTICAL BEHAVIOR THERAPY APPROACH (8 HOURS)

• Four Primary Components • Modification of exercises for special populations

■ MODULE V: MAY 25 – ETHICAL ISSUES & PRACTICE (6 HOURS)

■ MODULE VI: AUGUST 3 – LAST CLASS (7 HOURS)

• Case Presentations • Post-test • Graduation

Total: 45 CEC's and a professional certificate

Tuition and Fees: Non-refundable application fee: \$25. Deadline for applying is no later than March 30.

Tuition: \$450

■ A STRENGTHS PERSPECTIVE IN THE TREATMENT OF CHILDREN WHO HAVE BEEN TERRORIZED OR TRAUMATIZED

The Social Work Department is again offering the Post-Master's Degree Certificate Program in the School of Health and Human Services at Southern Connecticut State University. This is the third consecutive year that the training is being provided, due to the demand by both private and public sector clinicians. The 60 continuing education credits (CEC's) program is entitled, A Strengths Perspective in the Treatment of Children who have been Terrorized or Traumatized, and is open to graduates of Master's Degree programs in Social Work, Counseling, Nursing, Community Psychology, and Marriage and Family Therapy. It is designed to provide a comprehensive focus on a variety of topics and practice skills that will enable professionals to build upon their current skills and to learn how to treat the critical issues of trauma and terror.

Learning Objectives:

The post-Master's Degree Certification Program in A Strengths Perspective in the Treatment of Children who have been Terrorized or Traumatized was developed to provide clinicians with current theory, assessment, diagnostic strategies, and effective treatment principles and practice skills. It is based on a strengths perspective and focuses upon the resiliency of children and their families to transcend the consequences of trauma and terror in positive and productive ways. Learning outcomes at the end of the certification program include the following:

- Participants will understand the theoretical framework of trauma and terror.
- Participants will learn children's developmental reactions to trauma and terror.
- Participants will be able to assess children who have been traumatized.
- Participants will learn how to apply the intervention approaches for children in crises.
- Participants will be able to use different play therapy techniques with children who have been terrorized or traumatized.
- Participants will learn to work with the families of children who have been terrorized.
- Participants will recognize issues around transference, counter transference and vicarious traumatization within the therapeutic alliance.
- Participants will understand the ethical concerns in working with children who have been traumatized.

Under the direction of Dr. Valerie L. Dripchak, PhD/LCSW, the information will be presented through lectures, films, interactive discussions, role-plays, group exercises and other techniques. Instructor consultation is also an integral part of the program.

Participants will participate in workshops on Fridays and Saturdays during the month of June, 2007 and complete the case analysis, which will integrate the knowledge and practice gained during the program, in August, 2007. Each module will run from 8:30 a.m. to 5 p.m. (including lunch) each day. Those who complete the program components will receive certificates of completion and CEC's.

Program Components

■ **MODULE I: JUNE 1 – DEFINING TRAUMA AND ITS IMPACT ON CHILDREN (7.5 HOURS)**

• Defining and discussing types of trauma • Causation factors and potential influencers • Short- and long-term consequences • Neurobiological issues • Somatic responses

■ **MODULE II: JUNE 2 – ASSESSMENT OF TRAUMA AND TOOLS FOR CHANGE (7.5 HOURS)**

• Effective assessment tools • Diagnostic conditions related to trauma • Pharmacological Interventions

■ **MODULE III: JUNE 8 & 9 – THERAPEUTIC INTERVENTIONS (15 HOURS)**

• Materials related to interventions • Play therapy approaches • Practice interventions

■ **MODULE IV: JUNE 15 – FAMILY INTERVENTIONS (7.5 HOURS)**

• Family issues regarding trauma • Filial play therapy with families

■ **MODULE V: JUNE 16 – CRISIS INTERVENTION & GROUP WORK (7.5 HOURS)**

■ **MODULE VI: AUGUST 10 – SUPPORTING THE CLINICIAN WHO WORKS WITH TRAUMA (7.5 HOURS)**

• Counter transference • Vicarious traumatization • Ethics • Case reviews

■ **LAST CLASS: AUGUST 11 (7.5 HOURS)**

• Case presentations • Post-test • Graduation **Total:** 60 CEC's and a professional certificate

Tuition and Fees: Non-refundable application fee: \$25. Completed materials must be received by April 12.

Tuition: \$750.

Application Process:

Application materials for both programs may be obtained from Dr. Dripchak at 203-392-6581. You may apply to both 2007 programs through one application and one fee.

Space is limited, so apply early!

Continuing Education 2007 Faculty

Alexander J. Berardi, LCSW is an adjunct faculty member and teaches courses in the Social Work Program at Southern Connecticut State University. He is the past executive director and CEO of Keystone House, a private non-profit mental health/psychiatric rehabilitation agency in Norwalk, CT. Mr. Berardi has been licensed to practice social work for more than 25 years in New York and Connecticut.

Donald F. deGraffenried, LCSW is the Program Director for the Beth-El Center, a 32 bed shelter for the homeless in Milford, CT, and maintains a private practice in New Haven, CT. Mr. deGraffenried has received both Level I and Level II EMDR training and is an Approved Facilitator for the EMDR Humanitarian Assistance Program. He was invited to present papers at the EMDR International Conferences in 2002 in San Diego, CA, and in 2005 in Seattle, WA. In 2006 he was elected to serve on the Board of Directors for the EMDR International Association. Mr. deGraffenried has authored of four articles on home-based family interventions with multi-problem families.

Valerie L. Dripchak, PhD/LCSW is an associate professor at Southern Connecticut State University and teaches at the graduate level in the Social Work Department. She is licensed in clinical practice and has been providing crisis and therapeutic interventions to children and their families for more than 25 years. Dr. Dripchak is also a consultant to private agencies and hospitals in New York and Connecticut and has several publications in the area of trauma and terrorism.

Jack Paul Gesino, DSW/LCSW is an associate professor of social work at Southern Connecticut State University. He has been in clinical practice for 28 years and uses spirituality and cultural beliefs in his work with elders and their families. Dr. Gesino is the administrative coordinator for ambulatory psychiatry at the Masonic Geriatric Healthcare Center in Wallingford, CT. He is the vice president of the Center for Geriatric and Family Psychiatry in Glastonbury, CT.

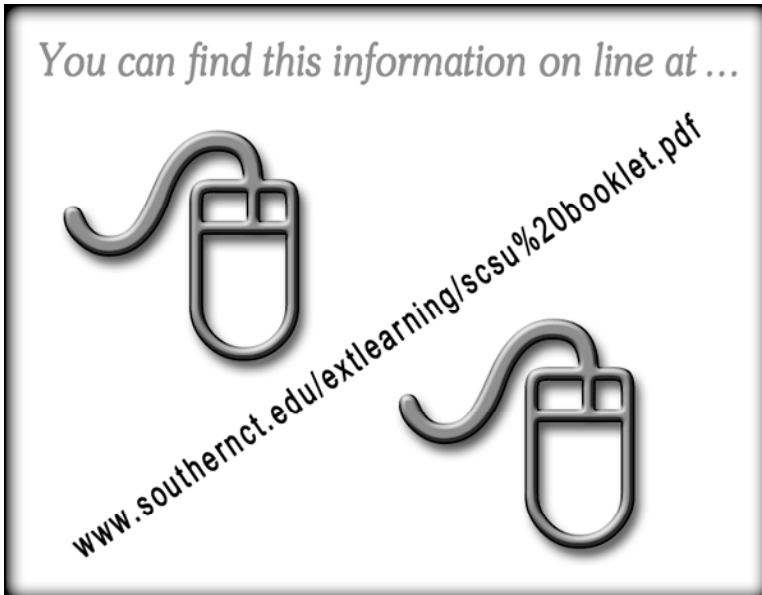
Kate Nicoll, MSW/ LCSW is the founder and Executive Director of Soul Friends, Inc., a nonprofit organization established to provide innovative clinical and educational programs that promote the healing benefits of the human-animal bond and nature. A graduate of Smith College, Kate has more than 18 years of clinical experience working with children and families coping with loss, grief, trauma and illness. She is the author of the recently published *Soul Friends: Finding Healing with Animals*, a narrative nonfiction book exploring the power of the human-animal bond to lead us on a road of self-healing.

Jamshid A. Marvasti, M.D. is an adult and child psychiatrist practicing in Manchester Hospital in Manchester, CT. He has published numerous articles and books about trauma, victimization and psychiatric treatment of the abused and the abuser. Dr. Marvasti also edited three books: *Child Suffering in the World*,

Psychiatric Treatment of Victims and Survivors of Sexual Trauma, and Psychiatric Treatment of Sexual Offenders. He is well known as a lecturer of international stature.

Jaak Rakfeldt, PhD/LCSW is a professor at Southern Connecticut State University and teaches courses in research methods, psychopathology, advance clinical practice in mental health/substance abuse and research seminars. He is also an assistant clinical professor in the Department of Psychiatry at the Yale University School of Medicine. Dr. Rakfeldt has published more than 40 articles on a variety of mental health topics. He also serves as a consultant and conducts seminars at various community mental health agencies. Dr. Rakfeldt has received both Level I and Level II EMDR training.

Ange Sprunger, MS, BCBA is president and a behavioral consultant for Action Behavioral Consulting LLC in North Branford, CT. She provides parent training for parents of children with special needs in the areas of behavior management and positive parenting techniques. She also provides consulting services and workshops to families and schools in the areas of special needs for children. Ms. Sprunger also provides supervision of family visitations.



REGISTRATION FORM
For Continuing Education Programs: 2007

Southern Connecticut State University – Dept. of Social Work

Name (please print)

Home Address

City

State

Zip Code

Work Phone

Home Phone

E-mail address

Social Security #

Agency Name

Private Practice

SCSU SWK Alumnus

SCSU Faculty

_____ I am interested in earning CEC's

REGISTER ME FOR THE FOLLOWING WORKSHOPS

- _____ Social Work Month Conference: EMDR: An Introduction to the Use of EMDR in the Treatment of Trauma \$135
- _____ An Innovative Approach to Psychiatric Rehabilitation \$100
- _____ The Emotional World of the Caregiver: Exploring the Burdens and Rewards of Caregiving and their Implications for Clinical Practice \$100
- _____ Providing Healing with a Wagging Tail: A Clinical Model of Animal Assisted Interventions for At-Risk Children and Youth \$100
- _____ Severe Psychiatric Disorders & Psychopharmacology for Non-MD's \$100
- _____ Understanding & Managing Anger in Adolescence and Young Adults \$100
- _____ Understanding & Treating Autism and other Spectrum Disorders \$100
- _____ Send me application materials for the Post-Master's Certificate Program

Total Enclosed \$ _____

Please make your check payable to SCSU Dept. of Social Work and return form to:
SCSU Department of Social Work
Continuing Education Program
101 Farnham Ave.
New Haven, CT 06515