

southern connecticut ●●●  
●●●●●●● state university

DEPARTMENT OF SOCIAL WORK

*Continuing  
Education  
Opportunities*



SEMINAR SERIES  
2005-2006



Dear Colleague,

I am pleased to offer the Continuing Education Seminar Series: 2005-2006 to you as a way to extend our mission to community practitioners and provide workshops with state-of-the-art practices.

There have been some important changes made in our program in response to your requests. The first change is this booklet, which shows our offerings for the entire year and also features our very successful post-Master's Certificate Program entitled *A Strengths Perspective in the Treatment of Children who have been Terrorized and Traumatized*. Another change is that we are highlighting three weekend (Friday and Saturday) workshops in which the theories and strategies of the presentation will be discussed primarily on the first day, and the second half-day will afford you the experience of practicing skills with the instructor. Lastly, I am pleased to announce that Valerie Dripchak, PhD/LCSW has been appointed the Director of our Continuing Education Program. Dr. Dripchak is a full time faculty member and is responsible for implementing our new program endeavors. You are encouraged to continue to shape our program by sharing your professional interests with us.

There will be only a slight increase in the fees in our program due to the overall increase in costs. Our program is completely self-supporting.

As you are aware, Continuing Education Credits (CEC's) are mandated for licensed clinical social workers. In order to renew your license, 15 hours of approved continuing education in the year prior to your renewal are required. The SCSU Department of Social Work is an approved provider for CEC's.

I wish you a fruitful year and hope that you will benefit from our program.

Todd Rofuth, DSW  
Chairperson  
Department of Social Work

## CALENDAR FOR SEMINAR SERIES: 2005-2006

### **FILIAL PLAY THERAPY**

September 23 & 24, 2005 (2-day workshop) – Dripchak

□ □ □

### **SELF-DESTRUCTIVE BEHAVIORS & SUICIDE ASSESSMENT**

October 21, 2005 – Marvasti

□ □ □

### **MOTIVATIONAL INTERVIEWING**

November 4, 2005 – Strickland & Grazia

□ □ □

### **MORAL DILEMMAS OF LATER LIFE FAMILIES**

December 2, 2005 – Gesino

□ □ □

### **COGNITIVE BEHAVIORAL THERAPIES**

January 6 & 7, 2006 (2-day workshop) – Rakfeldt

□ □ □

### **MENTAL STATUS EXAM & DSM-IV-TR**

February 3, 2006 – Berardi

□ □ □

### **THE ADOLESCENT IN PSYCHOTHERAPY**

March 10, 2006 – Habegger

□ □ □

### **BEHAVIORAL INTERVENTIONS IN CURRENT PRACTICE**

April 7, 2006 – Bethel & Steigert

□ □ □

### **AN OVERVIEW & PRACTICE OF BRIEF FAMILY THERAPIES**

May 5 & 6, 2006 (2-day workshop) – Dripchak

□ □ □

### **SEVERE PSYCHIATRIC DISORDERS & PSYCHOPHARMACOLGY FOR NON-MD'S**

June 9, 2006 – Marvasti

## CALENDAR FOR POST-MASTER'S PROGRAM

1 – May 19 & 20, 2006

3 – June 16 & 17, 2006

2 – June 2 & 3, 2006

4 – August 25 & 26, 2006

CONTINUING EDUCATION SEMINAR SERIES: 2005-2006

**General Information**

SOUTHERN CONNECTICUT STATE UNIVERSITY  
DEPARTMENT OF SOCIAL WORK  
CONTINUING EDUCATION PROGRAM

**Continuing Education Director:** Valerie L. Dripchak, PhD/LCSW  
SCSU-Social Work Department  
101 Farnham Avenue  
New Haven, Ct. 06515  
Telephone: (203) 392-6574; Fax: (203) 392-6580

**Enrollment is limited and early registration is encouraged. Registration deadline is one week prior to each workshop.** A confirmation letter will be mailed to the registrant upon receipt of registration. Registrants may cancel and request a refund, minus a \$10 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** will be extended to SCSU Social Work alumni, SCSU field instructors, or agencies sending three or more staff.

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

**Room location & parking:** Indicated with the confirmation letter.

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

**DIRECTIONS**

**From New York:** I-95, exit 44 (Kimberly Avenue., Route 10) Turn right at the end of the exit onto Kimberly Avenue, then left at the light onto Ella Grasso Boulevard (Route 10). Ella Grasso Boulevard ends at Crescent Street, near the south entrance to the campus.

**From New York:** Merritt-Wilbur Cross Parkway, exit 59 (Whalley Avenue). Turn right onto Whalley Avenue, turn left onto Fitch Street (approx 1.5 miles), which bisects the campus.

**From New London:** I-95, exit 45 (Ella Grasso Boulevard, Route 10). Follow Ella Grasso Boulevard north. It ends at Crescent Street, near the south entrance to the campus.

**From Hartford:** Wilbur Cross Parkway, exit 60 at Dixwell Avenue. Head south on Dixwell Avenue to Arch Street. Turn right at Arch Arch and left at Fitch Street, which bisects the campus.

## Course Descriptions

### For Seminar Series: 2005-2006

#### ■ **FILIAL PLAY THERAPY**

Instructor: Valerie L. Dripchak, PhD/LCSW

Friday/Saturday, September 23 (9 a.m.-4 p.m.) & September 24 (9 a.m.-noon), 2005

9 CEC's for both days (\$165) and 6 CEC's for Friday only (\$115)

This two-day workshop will provide didactic and experiential opportunities to learn about Filial Play Therapy, an intervention in which the therapist trains and supervises parents to have Child Centered Play sessions with their own children (ages 3 to 11 or 12). In this approach, parents are engaged as partners in the therapeutic process and are empowered to be the primary change agents for their own children. Filial Play Therapy combines family and play treatment approaches and has been researched for the past 35 years to work successfully with a variety of presenting problem areas including trauma, attachment and bonding issues as well as oppositional problems, childhood depression, anxiety disorders, toileting issues, etc.

#### **Learning Objectives:**

- 1 – Learn the process of Filial Play Therapy.
- 2 – Apply Client Centered Play Therapy strategies.
- 3 – Understand the components of how to work with parents to learn the process.
- 4 – Practice the components of Child Centered strategies, training parents in the process and providing feedback.

#### ■ **SELF-DESTRUCTIVE BEHAVIORS OF YOUTH AND SUICIDALITY**

Instructor: Jamshid A. Marvasti, MD

Friday, October 21, 2005 (9 a.m.-3 p.m.)

5 CEC's (\$105)

Self-destructive behaviors and suicidality in youth continue to be growing concerns for clinicians, teachers and mental health care workers. According to the Centers for Disease Control, suicide ranks third as the leading cause of death for this age group. Self-destructive behaviors include self-mutilation, alcohol and drug abuse and eating disorders. This symptom category also includes placing oneself in risky situations, becoming involved with abusive partners and maintaining abusive relationships. This workshop will explore the problematic issues relat-

ed to self-destructive behaviors, treatment practices and how to conduct a suicide assessment.

**Learning Objectives:**

- 1 – Understand the motivational theories related to self-destructive behaviors and suicidality.
- 2 – Identify signs and symptoms leading to suicide behaviors.
- 3 – Understand the neurobiochemical effects of depression, self-mutilation and trauma.
- 4 – Learn about treatment practices.

■ **MOTIVATIONAL INTERVIEWING**

Instructors: Kary Strickland, LCSW and Claude Grazia, LCSW

Friday, November 4, 2005 (9 a.m.-1 p.m.)

4 CEC's (\$90)

The co-facilitators will explore the complexities involved in working with clients who enter treatment presenting with ambivalence about behavior change. The focus will be on the specific challenges posed on working with both substance abusing clients and those clients who are attempting other behavioral changes. Participants will learn experientially by practicing specific strategies in motivational interviewing. The presenters will balance theory with real-life case examples from the settings in which participants practice. Although the focus will be on work with substance abuse and co-morbid disorders, motivational strategies may be employed with any client whose health and functioning depends on the process of change.

**Learning Objectives:**

- 1 – Learn strategies to recognize and normalize ambivalence about change from the clients with whom we work.
- 2 – Examine the clinician's role in minimizing resistance to change.
- 3 – Practice addressing resistance through motivational strategies.
- 4 – Deepen clinical knowledge in the context of Motivational Interviewing.

■ **HONOR THY MOTHER AND FATHER: THE MORAL DILEMMAS OF LATER LIFE FAMILIES**

Instructor: Jack Paul Gesino, DSW/LCSW

Friday, December 2, 2005 (9 a.m.-noon)

3CEC's (\$75)

There are filial obligations and theories of parent-child relationships that prompt caregiving behaviors among adult children with elderly parents. This workshop

will focus on the stress of caregiving and will examine it in light of moral theory and the configuration of moral dilemmas that adult children experience. Specific intervention strategies directed toward an exploration of these moral dilemmas will be offered.

**Learning Objectives:**

- 1 – Identify three filial obligations that become operant when adult children assume caregiving responsibilities for their elder parents.
- 2 – Describe three moral dilemmas that adult children experience when caring for an elder parent.
- 3 – Describe an intervention strategy for helping adult children manage caregiving stress.

**■ COGNITIVE-BEHAVIORAL (RATIONAL-EMOTIVE AND DIALECTICAL BEHAVIOR THERAPIES) ENGAGEMENT AND INTERVENTION WITH INDIVIDUALS, COUPLES, FAMILIES AND GROUPS**

Instructor: Jaak Rakfeldt, PhD

Friday/Saturday, January 6 (9 a.m.-4 p.m.) & January 7 (9 a.m.-noon), 2006  
9 CEC's for both days (\$165) and 6 CEC's for Friday only (\$115)

This two-day workshop is designed to familiarize participants with the Cognitive-Behavioral (CBT) approaches of Rational-Emotive Behavioral Therapy (REBT) and Dialectical Behavior Therapy (DBT) in working clinically across the spectrum of client systems – individuals, couples, families and groups who have multiple psychiatric and substance abuse problems. The workshop will strengthen participants' abilities to engage clients, and help them initiate interventions with these client populations. In addition, CBT approaches with persons with substance use, or co-occurring disorders will be addressed, such as Motivational Interviewing (MI), Self Management and Recovery Training (SMART) and Dialectical Behavior Therapy with Substance Abuse (DBT-S). Participants are encouraged to share pertinent case examples, which will then be used to illustrate possible CBT strategies to deal with the salient clinical issues.

**Learning Objectives:**

- 1 – Identify the major CBT techniques.
- 2 – Describe effective interventions used to engage clients, couples families and groups.
- 3 – Apply interventions (MI, REBT, SMART, DBT and DBT-S) with persons in the participants' own clinical settings.

## ■ MENTAL STATUS EXAMINATION AND DSM-IV-TR

Instructor: Alexander J. Berardi, LCSW

Friday, February 3, 2006 (9 a.m.-4 p.m.)

6 CEC's (\$115)

This workshop will provide an overview and synopsis of psychopathology and mental examinations. The first part of the program will include historical and philosophical backgrounds, followed by a description of mental status examinations. Attention will be given to the major diagnostic categories and specific disorders. There will be an emphasis placed on the utilization of the DSM to affect psychiatric diagnoses, as well as substance abuse disorders including co-occurring mental/substance issues (i.e. dual diagnosis). Emphasis will also be placed on the multi-axial nature of DSM diagnosis, differential diagnosis and the global assessment of functioning.

### **Learning Objectives:**

- 1 – Learn the use of mental status examinations.
- 2 – Understand the historical and philosophical issues related to the current DSM.
- 3 – Apply the multi-axial diagnosis including the differentiation between Axis I and II, medical and psychosocial stressors and the global assessment of functioning.
- 4 – Understand how to utilize the dual diagnosis “grid” for co-occurring mental health and substance abuse disorders.

## ■ THE ADOLESCENT IN PSYCHOTHERAPY

Instructor: Timothy Habegger, LCSW/LADC

Friday, March 10, 2006 (9 a.m.-3 p.m.)

5 CEC's (\$105)

Adolescence often is considered “a time of crisis.” The developmental crises that teenagers face are sometimes exacerbated by other problems in their lives. These issues will impact them differently, because of their brain development and other issues related to their maturation. Clinicians need to take these issues into account when working with teenagers, particularly when building rapport, setting goals and motivating them in the work of therapy. This workshop will focus on these areas and will also discuss when individual or group therapies may be more beneficial and how to engage the family in the therapy process.

### **Learning Objectives:**

- 1 – Understand the crisis of adolescence.
- 2 – Learn about the teenage brain and its impact on adolescent's reactions.

- 3 – Describe how to build a therapeutic rapport, set meaningful goals and elicit feelings from adolescent clients.
- 4 – Identify individual vs. group modalities of treatment and how to engage families in the process.

### ■ **BEHAVIORAL INTERVENTIONS IN CURRENT PRACTICE**

Instructor: Ange D. Bethel- Steigert, MS, BCBA

Friday, April 7, 2006 (9 a.m.-3 p.m.)

5 CEC's (\$105)

Educators, parents and social workers are continuously confronted with issues of problematic behaviors in children. This workshop will present an overview of behavioral strategies that are designed to decrease problem behaviors and increase more appropriate responses. A review of current articles will be utilized to provide examples of how intervention strategies can modify behaviors in applied settings. Information will be provided on factors that need to be considered when deciding about the most appropriate strategies to use.

#### **Learning Objectives:**

- 1 – Understand different strategies using games as a way of learning behavioral interventions.
- 2 – Practice the different interventions in role-play situations.
- 3 – Learn to analyze the parts of a graph to evaluate the effectiveness of the interventions.

### ■ **AN OVERVIEW AND PRACTICE OF BRIEF FAMILY THERAPY**

Instructor: Valerie L. Dripchak, PhD/LCSW

Friday/Saturday, May 5 (9 a.m.-4 p.m.) & May 6 (9 a.m.-noon), 2006

9 CEC's for both days (\$165) and 6 CEC's for Friday only (\$115)

Outcome data have confirmed that strategic models in family therapy have effective long-term benefits for clients. One of the benefits is that the time in therapy tends to be brief. Another advantage is the focus on both cognitive and behavioral changes for individuals as well as the family system. This workshop will focus on a brief strategic model of family therapy that targets high conflict and low motivational families that clinicians find challenging to treat. During the first workshop day, an overview of the theory and the strategies of the model will be discussed.

Participants will have an opportunity to present case examples and practice the change techniques on the second day.

**Learning Objectives:**

- 1 – Learn the basic tenets of brief family therapy.
- 2 – Understand how to do an assessment of a family that leads to treatment.
- 3 – Examine the stages of therapeutic change for individuals and the family system.
- 4 – Practice specific intervention techniques and how to apply them to families in the therapeutic process.

■ **SEVERE PSYCHIATRIC DISORDERS AND PSYCHOPHARMACOLOGY FOR NON-MD CLINICIANS**

Instructor: Jamshid A. Marvasti, MD

Friday, June 9, 2006 (9 a.m.-4 p.m.)

6 CEC's (\$115)

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:**

- 1 – Learn about the dynamics in the syndromes of depression, psychosis and PTSD.
- 2 – Understand how specific medications are used to treat severe psychiatric disorders.
- 3 – Learn the conditions of when it is necessary to make a referral to a psychiatrist.
- 4 – Identify the harmful side effects of psychotropic medications.

# **Post-Master's Degree Certificate Program**

## **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. 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 that will enable practitioners 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 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. At the conclusion of the program, participants will:

- Understand the theoretical framework of trauma and terror.
- Learn children's developmental reactions to trauma and terror.
- Be able to assess children who have been traumatized.
- Learn how to apply the intervention approaches for children in crises.
- Be able to use different play therapy techniques with children who have been terrorized or traumatized.
- Learn to work with the families of children who have been terrorized.
- Recognize issues around transference, counter transference and vicarious traumatization within the therapeutic alliance.
- 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.

The program will begin in May, 2006, and conclude in August, 2006. All workshops will be presented on Fridays and Saturdays for a total of eight dates. The workshops will be 7.5 hours each day. A case analysis, integrating the knowledge and skills gained during the program, will be required. Those who complete the program components will receive certificates of completion and CEC's.

# **Post-Master's Degree Certificate** **Program Components**

## **INTRODUCTORY WORKSHOP - MAY 19, 2006**

- Defining trauma and terror
- Types of trauma and terror that children experience
- Family issues

## **IMPACT OF TRAUMA AND TERROR - MAY 20, 2006**

- Somatic responses
- Neurobiological issues
- Developmental impact: short and long term consequences

## **EFFECTIVE ASSESSMENTS & PSYCHIATRIC DIAGNOSES - JUNE 2, 2006**

## **IMMEDIATE INTERVENTIONS TO TRAUMA AND TERROR - JUNE 3, 2006**

- Primary and crisis intervention
- Pharmacological interventions

## **TREATMENT OF CHILDREN AND THEIR FAMILIES-JUNE 16 & 17, 2006**

- Play therapy approaches
- Filial play therapy with families
- Group work

## **PROFESSIONAL ISSUES - AUGUST 25 & 26, 2006**

- Ethics
- Counter transference
- Vicarious traumatization
- Case Discussions

Total: 60 CEC's and a professional certificate

All Post-Master's Degree workshops will begin at 8:30 a.m. and end at 4:30 p.m.

## **TUITION AND FEES:**

Non-refundable application fee: \$25.00

Tuition: \$1,525.00 (A payment plan is available.)

## **APPLICATION PROCESS:**

Application materials may be obtained from Dr. Dripchak at 203-392-6581.

Completed materials must be received by March 31, 2006.

Space is limited, so apply early!

## **Seminar Series: 2005-2006 Faculty**

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

**Ange D. Bethel-Steigert**, MS, BCBA is president and a behavioral consultant for Action Behavioral Consulting LLC in North Branford, Conn. She provides 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. Bethel-Steigert also provides supervision of family visitations.

**Valerie L. Dripchak**, PhD/LCSW is an associate professor at Southern Conn. 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 Conn. 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, Conn. He is the vice president of the Center for Geriatric and Family Psychiatry in Glastonbury, Conn.

**Claude Grazia**, LCSW is a supervising clinician at the Substance Abuse Treatment Unit of the Connecticut Mental Center in New Haven. He is a clinical instructor in the Dept. of Psychiatry at Yale University and a field instructor at Southern Conn. State University. He has worked in substance abuse settings for nearly 20 years and has presented at several NASW conferences.

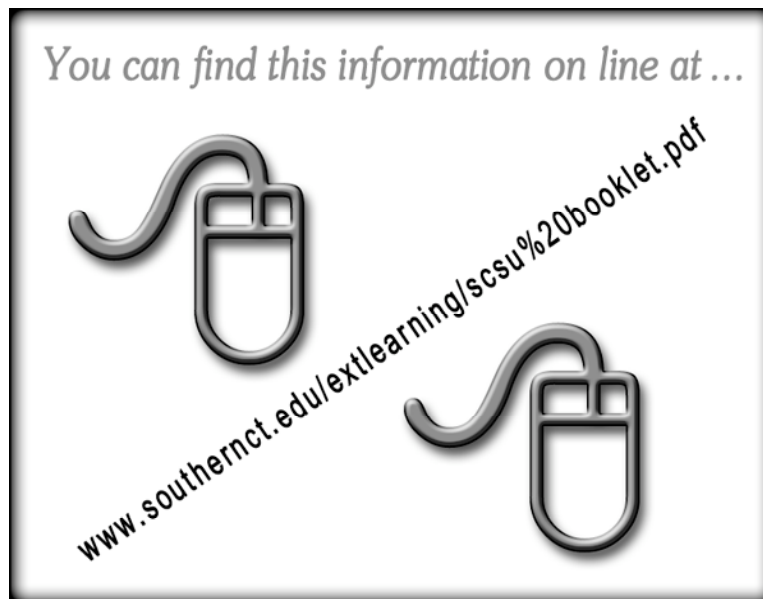
**Timothy Habegger**, LCSW/LADC is a licensed clinician with more than 20 years of experience. He is currently associated with Family Services of Greater Waterbury, Yale-New Haven Hospital, Valley Mental Health Center and Med Options, Inc. Mr. Habegger has worked extensively with adolescents and their families.

**Jamshid A. Marvasti**, M.D. is an adult and child psychiatrist practicing in Manchester (CT) Hospital. 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 a noted lecturer of international stature.

**Jaak Rakfeldt, PhD.** is a professor at Southern Conn. 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 30 articles on a variety of mental health topics. He also serves as a consultant and conducts seminars at various community mental health agencies.

**Kary Strickland, LCSW** is a licensed social worker currently employed as a therapist for The Center for Dialectical and Cognitive Behavioral Therapies in New Haven. She has earned awards for exemplary performance in clinical service and exemplary performance in training and education. She has advance training in DBT, CBT and Motivational Interviewing.



## **Registration Form for Seminar Series: 2005-2006**

**Southern Connecticut State University – Dept. of Social Work  
Continuing Education Program**

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Home Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
E-mail address

\_\_\_\_\_  
Social Security #

\_\_\_\_\_  
Agency Name

\_\_\_\_\_  
Private Practice

SCSU Field Instructor     SCSU SWK Alumnus     SCSU Student

\_\_\_\_\_ I am interested in earning CEC's

### **REGISTER ME FOR THE FOLLOWING WORKSHOPS**

- \_\_\_\_\_ Filial Play Therapy \$165 (both days) or \$115 (Friday only)
- \_\_\_\_\_ Self-Destructive Behaviors of Youth & Suicide Assessment \$105
- \_\_\_\_\_ Motivational Interviewing \$90
- \_\_\_\_\_ Moral Dilemmas of Later Life Families \$75
- \_\_\_\_\_ Cognitive Behavioral Therapies \$165 (both days) or \$115 (Friday only)
- \_\_\_\_\_ Mental Status Exam & DSM-IV-TR \$115
- \_\_\_\_\_ The Adolescent in Psychotherapy \$105
- \_\_\_\_\_ Behavioral Interventions in Current Practice \$105
- \_\_\_\_\_ An Overview & Practice of Brief Family Therapy \$165 (both days) or \$115 (Friday only)
- \_\_\_\_\_ Severe Psychiatric Disorders & Psychopharmacology \$115
- \_\_\_\_\_ 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