

UK
KENTUCKY[®]
College of Social Work
Office of Professional Development
and Continuing Education
Spring 2014 Workshop Schedule

Dialectical Behavior Therapy: Theoretical Background and Applications in Clinical Practice

March 14, 2014

9:00 am - 4:15pm

Hospice of the Bluegrass Lexington Clinical Office, 2409 Members Way, Lexington, KY

Maria Grazia Levin, Dorrato Di Laurea, LPP, LCSW

Hospice of the Bluegrass Lexington Clinical Office, 2409 Members Way, Lexington, KY

\$120 for 6.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

This workshop will provide participants with a presentation of the theoretical background that supports the Dialectical Behavior Treatment intervention. It will focus on the integration of mindfulness and wisdom with the more traditional cognitive approach to assessment, problem solving, and effective skills use in the areas of emotions regulation, interpersonal relationships and distress tolerance. It will also support the didactic component of Skills Group and how it can be used in a clinical setting to create innovative but research-based group work. Finally it will emphasize how teamwork is an essential part of the treatment of clients with co-morbidity.

Participants will learn about:

- 1.) The innovative elements of dialectics, mindfulness, and wisdom as they are integrated with cognitive theory, physiological components of emotions and interpersonal affective dynamics
- 2.) The biosocial theory and the role of invalidation in creating emotional and behavioral dysregulation
- 3.) Application of DBT theory to clinical practice (goals and targets of treatment, commitment, therapy-interfering behaviors, and change strategies with particular attention to suicidal and para-suicidal behavior management)
- 4.) Skills-group structure and function with reference to Wise Mind, Interpersonal Effectiveness, Emotions Regulation and Distress Tolerance skills presentation
- 5.) Use of diary cards as ongoing feedback of progress
- 6.) Teamwork and Consultation approach to maintain effectiveness of intervention and prevent burnouts

Technology's Impact on Vulnerable Populations

March 25, 2014

9:00 am - 3:30 pm

Kids First: David Flannery, Kristin Jenkins, Kellie Warren, Jesse Harris

Hospice of the Bluegrass Lexington Clinical Office, 2409 Members Way, Lexington, KY
\$110 for 5.5 CEUs for KY, OH, IN, Social Workers, KY Psychologists, KY CADCs

This workshop explores the significant impact of technology to our world and specifically, its impact on critical social issues of our time including child sexual abuse, domestic violence, exploitation, bullying, teen suicide and other high risk adolescent behaviors. The technological impact to these issues is so significant, it becomes necessary for all of those serving people to be able to identify and adequately address these factors.

Instructors with diverse background experiences including law enforcement, parenting, child protection and technology deliver information using a multi-faceted approach. Together, the instructors will teach concrete strategies and provide skill building opportunities that can be used to mitigate identified risks and resources to assist in “keeping up” with the ever changing landscape of technology.

This workshop is interactive and provocative in nature. It addresses multiple perspectives to the issues and how conflict sometimes presents itself amongst the varied perspectives. The workshop includes small and large group work, lecture, hands on demonstration and honest dialogue to evaluate participants’ understanding of the issues. Safety strategies discussed include technological, parenting, communication and service delivery components. This workshop is relevant to individuals who are technologically savvy as well as those who are not as comfortable with mobile technology and features.

Understanding Pediatric Head Trauma

March 28, 2014

10:00 am- 12:00 pm

Jessica Morris, CSW

Hospice of the Bluegrass Northern KY Office, 7388 Turfway Rd, **FLORENCE, KY 41042**

\$45 for 2.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

*Fulfills pediatric head trauma education requirements for health care professionals

Pursuant to legislation passed in the 2010 Kentucky General Assembly, training on the recognition and prevention of Pediatric Abusive Head Trauma (aka – shaken baby syndrome) is mandated for many professionals including certified and licensed social workers. The training is intended to assist in preventing Pediatric Abusive Head Trauma by providing information on risk factors, diagnostic indicators and strategies for soothing a crying infant. Additionally, attendees will learn strategies for working with families in various capacities as a tool for the prevention of Pediatric Abusive Head Trauma. This session will allow attendees to be in compliance with the mandated education.

Social Work Ethics for Licensure Renewal

March 28, 2014

1:30 pm- 4:30 pm

Blake Jones, Ph.D., LCSW

Hospice of the Bluegrass Northern KY Office, 7388 Turfway Rd, **FLORENCE, KY 41042**

\$60 for 3.0 CEUs for KY, OH, IN Social Workers

*Fulfills social work ethics education requirements

This workshop will address ethical standards as set forth in 201 KAR 23:080 and the Code of Ethics. Through cases discussions, lecture, and small group activities, participants will discuss ethical decision-making as it relates to the Code of Ethics as well as moral principles and guidelines. Special emphasis will be placed on the issues of confidentiality and boundaries. Participants will review the 201 KAR 23:080 regulation with regard to social work ethics, and practice implications will be explored. Each participant will receive a copy of the Code of Ethics.

Mindfulness, Resilience and Self Care: Stress Reduction and Burnout Prevention for Mental Health Professionals

April 5, 2014

9:00 am - 5:00 pm

Keith Haas, MSW, LCSW

Furnace Mountain Zen Center, 840 Harwicks creek Road, Clay City, KY 40312

\$250 (includes \$50 retreat fee and lunch) for 7.0 CEUs for KY, OH, IN, Social Workers, KY Psychologists, KY CADCs

About the Retreat Setting: Furnace Mountain Zen Center is a Buddhist retreat center located on more than 800 acres of rugged woodland (part of the Daniel Boone National Forest) in the Red River Gorge region, near Clay City, KY. Offering complete facilities and a quiet, reflective setting for contemplative practice, Furnace Mountain is open to individuals from all secular and spiritual/religious backgrounds. For more information, please feel free to contact Keith Haas, LCSW at keith.haas@uky.edu or visit the website at www.zenmind.org

Behavioral health professionals are called upon to be present, empathic, and responsive in the face of their client's pain and complex clinical problems, often while managing limited resources in the face of increasing demand for services. In light of such demands social workers, counselors and others are challenged to balance their professional and personal lives, striving to stay healthy, effective and available for the people who need them. If these pressures and responsibilities are not managed well, those in the helping professions run the risk of burnout, demoralization and even vicarious traumatization that can result from chronic stress and a lack of awareness of the effects of such stress. At some point in our careers we all ask ourselves: "How do I cultivate resilience and stay effective in my work over the long haul? How can I keep my mind sharp and my heart open in the face of so much pain and suffering?"

Mindfulness practice, or the cultivation of awareness via non-judgmental attention to present experience as it unfolds, offers a solid foundation of self-care and self-development for anyone facing chronic stress, and can be an indispensable tool for those in the helping professions. During this day-long retreat, you will have the opportunity to explore what it means to cultivate the kind of self-awareness and internal resources necessary for burnout prevention and resilience building. We will explore the dynamics of stress reactivity, including the impacts of chronic stress on the nervous system, and ways to break the cycle of stress reactivity in order to maintain a sense of balance and wellness even in the face of daily pain, suffering and difficulty. Theory and practice informed by Mindfulness Based Stress Reduction and other contemplative modes of practice will be applied to the self-care and self-development of the clinician. If you are interested in spending a day away from the demands of work with like-minded professionals in a quiet, reflective setting in the service of health and longevity, then please join us.

At the conclusion of this training, participants will be able to do the following:

- 1.) Identify the effects of chronic stress, and the signs/symptoms of stress reactivity, burnout and vicarious trauma
- 2.) Define resilience and identify stress resistant personality traits
- 3.) Identify personal risk factors and behavioral patterns that put you at risk for burnout/vicarious trauma
- 4.) Practice mindfulness in its various forms, including meditation, mindful yoga, and "mindfulness in action," and specify ways to implement these and other practices in your own personal self-care plan with an emphasis on developing empathy for self and others

HIV/AIDS: It Can Happen to You

April 16, 2014

9:00 am- 12:00 pm

Mark Johnson, MSSW

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY
\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs
*Fulfills HIV education requirements for health care professionals

This workshop will focus on HIV/AIDS education, information dissemination, HIV testing and medical updates. The ultimate goal is to provide new ideas and practical information to professionals to prevent the further spread of HIV/AIDS. This workshop fulfills the mandatory HIV training requirement for helping professionals.

Understanding Domestic Violence

April 16, 2014

1:30 pm- 4:30 pm

Darlene Thomas, MSSW

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY

* Fulfills Domestic Violence education requirements for professionals

\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

The presenter will explore multiple issues, factors, and systems as they relate to intimate partner violence and children who are exposed to batterers. The workshop will allow for exploration and discussion regarding appropriate, proactive, safe interventions when addressing families surviving intimate partner abuse. This workshop fulfills the domestic violence requirement for helping professionals.

Social Work Ethics for Licensure Renewal

April 18, 2014

9:00 am- 12:00 pm

Blake Jones, Ph.D., LCSW

Hospice of the Bluegrass Lexington Clinical Office, 2409 Members Way, Lexington, KY

\$60 for 3.0 CEUs for KY, OH, IN Social Workers

*Fulfills social work ethics education requirements

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practice implications will be explored. Each participant will receive a copy of the Code of Ethics.

Understanding Pediatric Head Trauma

April 18, 2014

1:30 pm- 3:30pm

Jessica Morris, CSW

Hospice of the Bluegrass Lexington Clinical Office, 2409 Members Way, Lexington, KY

\$45 for 2.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

*Fulfills pediatric head trauma education requirements for health care professionals

Pursuant to legislation passed in the 2010 Kentucky General Assembly, training on the recognition and prevention of Pediatric Abusive Head Trauma (aka – shaken baby syndrome) is mandated for many professionals including certified and licensed social workers. The training is intended to assist in preventing Pediatric Abusive Head Trauma by providing information on risk factors, diagnostic indicators and strategies for soothing a crying infant. Additionally, attendees will learn strategies for working with families in various capacities as a tool for the prevention of Pediatric Abusive Head Trauma. This session will allow attendees to be in compliance with the mandated education.

Suicide Assessment for Clinicians

April 23, 2014

9:00 am- 12:00pm

Mary Chandler Bolin, Ph.D.

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY

\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

This training will focus on core competencies for clinicians regarding the assessment and management of suicide risk, including the knowledge and skills necessary to assess risk factors and to enhance protective factors. Training highlights include: The QPR (Question, Persuade, Refer) gatekeeper concepts that can be passed along to families of suicidal clients, how to respond sensitively to Survivors of Suicide (SOS), evaluation of a variety of risk factors for suicide, and how to handle a suicide attempt or death of a client. Extensive case examples and discussion will be used to apply the concepts to real cases.

LCSW Supervision According to KY Law

April 23, 2014

1:30 pm- 4:30 pm

Edwin Hackney, LCSW, CADC

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY

\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

Providing supervision for a therapist who is pursuing his or her LCSW can be both challenging and fraught with danger. At the end of this workshop, the participant will have increased knowledge of the legal and ethical requirements as specified in KRS.335; understand the supervisor/supervisee relationship and be able to appropriately complete a supervision contract; understand the Code of Ethical Conduct as specified in 201 KAR 23:080; have increased awareness of the ethical dilemmas that may arise in the supervision of social work practice; identify methods used in the provision of supervision.

Clinical Applications of Mindfulness: Bringing Presence, Openness and Compassion into Therapy

May 9, 2014

9:00 am- 4:30pm

Hospice of the Bluegrass Lexington Clinical Office, 2409 Members Way, Lexington, KY

\$120 for 6.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

The practice of Mindfulness has become a significant force in the field of mental health, with an ever-increasing range of applicability and a deepening base of empirical support. Clinicians are finding that the cultivation of mindful awareness, which entails attending to present moment experience with openness, acceptance and compassion, helps patients struggling with a wide variety of difficulties, from chronic pain/illness to depression, anxiety and substance abuse problems. What's more, clinicians themselves are benefitting from this practice as it helps them develop resilience and presence in the face of the daily suffering of their patients. Mindfulness is not merely a technique, but a way of being, in which one's relationship to pain is transformed in such a way that we are able to remain effective, engaged and in touch with our values amidst the constant wave of difficulties life throws our way.

Those attending this training should come ready to engage the material with their hearts, bodies and minds. To learn about and cultivate the way of Mindfulness is not achieved by the intellect; it is by nature an experiential, non-conceptual pursuit. That said, participants will be asked to take part in a variety of experiential exercises meant to bring the central points of this training to life. If you are interested in learning how to cultivate the ability to stay present, engaged and effective in the face of life's difficulties, and help your patients do the same, then please join us.

HIV/AIDS: It Can Happen to You

May 14, 2014

9:00 am- 12:00 pm

Mark Johnson, MSSW

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY

\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

*Fulfills HIV education requirements for health care professionals

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Understanding Domestic Violence

May 14, 2014

1:30 pm- 4:30 pm

Darlene Thomas, MSSW

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY

\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

* Fulfills Domestic Violence education requirements for professionals

The presenter will explore multiple issues, factors, and systems as they relate to intimate partner violence and children who are exposed to batterers. The workshop will allow for exploration and

discussion regarding appropriate, proactive, safe interventions when addressing families surviving intimate partner abuse. This workshop fulfills the domestic violence requirement for helping professionals.

Social Work Ethics for Licensure Renewal

May 16, 2014

9:00 am- 12:00 pm

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Understanding Pediatric Head Trauma

May 16, 2014

1:30 pm- 3:30pm

Jessica Morris, CSW

Hospice of the Bluegrass Lexington Clinical Office, 2409 Members Way, Lexington, KY

\$45 for 2.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

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HIV/AIDS: It Can Happen to You

June 4, 2014

9:00 am- 12:00 pm

Mark Johnson, MSSW

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY

\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

*Fulfills HIV education requirements for health care professionals

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Understanding Domestic Violence

June 4, 2014

1:30 pm- 4:30 pm

Darlene Thomas, MSSW

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY
\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs
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Social Work Ethics for Licensure Renewal

June 13, 2014

9:00 am- 12:00 pm

Blake Jones, Ph.D., LCSW

Hospice of the Bluegrass Lexington Clinical Office, 2409 Members Way, Lexington, KY
\$60 for 3.0 CEUs for KY, OH, IN Social Workers
*Fulfills social work ethics education requirements

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June 13, 2014

1:30 pm- 3:30pm

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Adolescents and Young Adults on the Autism Spectrum in Psychotherapy

June 25, 2014

9:00 am – 12:00 pm

Eva Markham Ed. D., Licensed Psychologist

Hospice of the Bluegrass Center for Grief Education, 2409 Greatstone Point, Lexington, KY

\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

Persons having autism spectrum disorders are just as likely as others to have concerns that might be approached through therapy. Many therapists, however, report feeling uncertain about how best to approach the needs of this population. In a number of cases, traditional techniques, such as Cognitive-Behavioral Treatment for anxiety are appropriate. In order to work effectively with this population, the clinician must be aware of the core symptoms of autism, and how these symptoms might present challenges in doing therapy. This workshop will present ways to enhance success in therapy for these clients.

LCSW Supervision According to KY Law

June 25, 2014

1:30 pm- 4:30 pm

Edwin Hackney, LCSW, CADC

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\$60 for 3.0 CEUs for KY, OH, IN Social Workers, KY Psychologists, KY LPCCs, KY CADCs

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