



# CONTINUING EDUCATION

## Spring 2024 Online Interactive Workshops

REGISTER NOW



### LIVE ONLINE WORKSHOPS VIA ZOOM TECHNOLOGY

#### **Nervous System Dysregulation and Eating Disorders**

**Friday, January 26, 2024**

1:00 pm – 3:00 pm

2 Continuing Education contact hours for NYS licensed social workers

##### **Instructor:**

**Michelle Cleary, LCSW, SEP,**  
Adjunct Instructor, School of Social Welfare

##### **Workshop Description:**

The human nervous system is a complex place. When the nervous system is dysregulated everything is affected. It's dynamic, responsive, and always impacting behaviors, mood, health, and even productivity and relationships. A dysregulated nervous system is the "perfect place" for the development of eating disorders. In this workshop, participants will be introduced to what exactly IS a dysregulated nervous system, how eating disorders can emerge from them, and ways you can treat eating disorders by treating the nervous system.

**Fee:** \$45  
\$35 (SSW Alumni, SBU employee, or current Field Instructor)

#### **Overcoming the Vicious Cycle of Anxiety & Avoidance: Working with Adolescents in Clinical Practice**

**Friday, March 15, 2024**

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

**Instructor: Ellen Blaufox, LCSW-R,**  
Founder, YOUR Gathering Space

##### **Workshop Description:**

As helping professionals, we know all too well how debilitating anxiety can be on our clients' ability to lead full and joyful lives. Often their own self-critical thinking, avoidance and reliance on safety behaviors only exacerbate their pain. This highly interactive, experiential workshop teaches participants how to engage even the most anxious client, with practical, "doable" skills that will increase our clients' confidence and ability to overcome anxiety.

This workshop will teach Clinicians how to help clients identify, manage and combat symptoms, as well as insidious, unhelpful thought and behavior patterns. By enhancing clients' problem-solving abilities and overcoming avoidance, Clinicians will be able to help clients enhance their confidence and succeed in moving forward from the trap of anxiety.

Also included will be a presentation of what the latest research reveals about how COVID 19 has impacted how the human brain functions and the link to mental illness. In addition, a rare opportunity to discuss case examples of how we are seeing this manifest in our clients.

**Fee:** \$65  
\$55 (SSW Alumni, SBU employee, or current Field Instructor)

#### **Social Gerontology: A Framework for Effective Practice with Older Adults**

**Friday, February 2, 2024**

1:00 pm – 3:00 pm

2 Continuing Education contact hours for NYS licensed social workers

##### **Instructor:**

**Amy Chalfy, MSW,** Former Chief Program Officer, Residential, Protective & Legal Services, JASA

##### **Workshop Description:**

How we think about aging affects our work with older adults. An understanding of social gerontology provides the foundation for enhancing knowledge and skills in promoting a safe, fulfilled and resilient later life experience. This workshop is designed for individuals who are working with or preparing to work with older persons and their families. We will explore value-based aging theories, social attitudes, and funding policies. This will include the impact of ageism and access-to-care inequities, with a focus on professional-client interactions and the effective identification of diverse needs, preferences and service/care options.

**Fee:** \$45  
\$35 (SSW Alumni, SBU employee, or current Field Instructor)

#### **Sex & Technology**

**Friday, April 5, 2024**

12:00 pm – 3:00 pm

3 Continuing Education contact hours for NYS licensed social workers

**Instructor: Cynthia G. Pizzulli, PhD, LCSW**

##### **Workshop Description:**

Sexuality is a crucial part of the human condition. But, what impact does the technological revolution play on the development and expression of our sexuality? This presentation will explore the impact of technology on our clients' sex lives and relationships. The roles of online sexual content, social media, and sexting will be discussed. Participants will also explore their own relationships to their electronic devices and the extent to which they have an impact on the therapeutic alliance and their own views on the expression of sexuality.

**Fee:** \$65  
\$55 (SSW Alumni, SBU employee, or current Field Instructor)

*This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 3 CE credits by AASECT. These CE credits may be applied toward AASECT certification and renewal of certification.*

*Completion of this program does not ensure or guarantee AASECT certification. For further information please contact [info@aasect.org](mailto:info@aasect.org)*

#### **Assessing for Trauma at Intake: Debunking the Myths**

**Friday, February 16, 2024**

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

**Instructor: Ellen Blaufox, LCSW-R,**  
Founder, YOUR Gathering Space

##### **Workshop Description:**

Avoidance is the primary symptoms of trauma, and as such it can be hard to assess for and diagnose. In addition, Clinicians are often apprehensive about asking questions about trauma for fear of "re-traumatizing" clients. As such, crucial time goes by before clients receive the appropriate treatment & relief for their symptoms. This workshop will provide Clinicians with the information and tools they need to understand how trauma presents and best practice methods for exploring pertinent history in a manner that will not overwhelm nor do harm to clients.

**Fee:** \$65  
\$55 (SSW Alumni, SBU employee, or current Field Instructor)

#### **Ethical Challenges in Reporting Across the Lifespan: Child Abuse, Intimate Partner Violence and Elder Abuse**

**Friday, April 19, 2024**

12:00 pm – 3:00 pm

3 Continuing Education contact hours for NYS licensed social workers

**Instructor: Kathryn S. Krase, PhD, JD,**  
MSW, Principal Consultant, Krase Counseling

##### **Workshop Description:**

Mental & Behavioral Health Professionals throughout the United States are mandated reporters of suspected child maltreatment, and often required to report concerns for intimate partner violence and/or elder abuse. Legal requirements to report are often confusing to navigate, especially in relation to our other professional and ethical responsibilities. This course is intended for Clinicians who already have a basic understanding of their obligations as mandated reporters, and want to explore areas that are complicated by our professional relationships with clients across the lifespan in light of our legal obligations. Specifically, we will explore how our reporting obligations differ based on the social problem we are reporting about. Where do these legal obligations to report come from? And are they ethically appropriate?

**Fee:** \$65  
\$55 (SSW Alumni, SBU employee, or current Field Instructor)

Continuing Education Spring 2024 Workshops (continued)

\*Maintaining Appropriate Professional Boundaries: Exploring Ethical Obligations of Mental Health Professionals

Friday, May 31, 2024

12:00 pm – 3:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor: Kathryn S. Krase, PhD, JD, MSW, Principal Consultant, Krase Counseling

Workshop Description:

Can social workers and mental health professionals work with clients that they know from outside of the job? Can you barter with clients for your services? Mental health professionals are charged with the legal and ethical responsibility to maintain professional boundaries, but the obligation isn't always so easy to discern. This course brings real-world context to ethical concerns often experienced by professionals in practice in maintaining appropriate professional boundaries. This course will provide a framework to contemplate ethical dilemmas and make informed decisions that insulate professionals from legal liability while protecting clients from harm.

\*Meets the NYS requirement of 3 hours of coursework in appropriate professional boundaries

Fee: \$65  
\$55 (SSW Alumni, SBU employee, or current Field Instructor)

REGISTER ONLINE

To Register Online Visit:

https://web.cvent.com/event/ec6d79fc-01e3-404e-b89c-cce4ba55bcc8/summary

IMPORTANT LINKS

- For more information contact Jennifer Davidson at socialwelfareced@stonybrook.edu or call (631) 444-8361
- socialwelfare.stonybrookmedicine.edu/continuing\_education

\*All workshops are Live Online/Interactive Workshops via Zoom Technology

Registrants will receive a Zoom link to join workshop in a confirmation letter.

or by mail:

MAIL-IN REGISTRATION

CONTINUING EDUCATION WORKSHOPS - Spring 2024

(Please indicate the workshops you are registering for by checking the box below)

\*Special discounted fee for current Field Instructors, Alumni or SSW or SBU employees

- ☐ Nervous System Dysregulation and Eating Disorders - 1/26 - \$45/\$35\*
- ☐ Social Gerontology: A Framework for Effective Practice with Older Adults - 2/2 - \$45/\$35\*
- ☐ Assessing for Trauma at Intake: Debunking the Myths - 2/16 - \$65/\$55\*
- ☐ Overcoming the Vicious Cycle of Anxiety & Avoidance: Working with Adolescents in Clinical Practice - 3/15 - \$65/\$55\*
- ☐ Sex & Technology - 4/5 - \$65/\$55\*
- ☐ Ethical Challenges in Reporting Across the Lifespan: Child Abuse, Intimate Partner Violence and Elder Abuse - 4/19 - \$65/\$55\*
- ☐ Managing Appropriate Professional Boundaries: Exploring Ethical Obligations of Mental Health Professionals - 5/31 - \$65/\$55\*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

Organization/Agency (if applicable): \_\_\_\_\_

Are you an alumni of the School of Social Welfare? \_\_\_\_\_Yes \_\_\_\_\_No

Amount Enclosed: \_\_\_\_\_ # of Workshops \_\_\_\_\_

ALL SOCIAL WORKERS PLEASE COMPLETE THIS INFORMATION: NYS S.W. LICENSE # \_\_\_\_\_ ☐ LMSW ☐ LCSW  
(Please check one)

Please make check payable to: School of Social Welfare/Stony Brook University

Mail to: Jennifer Davidson  
School of Social Welfare, Stony Brook University  
Health Sciences, Level 2, Room 092  
Stony Brook, NY 11794-8231

All registrants will receive a confirmation for each course

Cancellation policy: A refund will be offered if registrant cancels within 3 days of workshop. If less than 3 days, a credit toward a future workshop will be provided.



Stony Brook  
School of Social Welfare

Stony Brook University/SUNY is an affirmative action, equal opportunity educator and employer.