

CONTINUING EDUCATION



Fall 2024-2025
Online Interactive Workshops

REGISTER NOW



LIVE ONLINE WORKSHOPS VIA ZOOM TECHNOLOGY

Emerging Trends in Psychotherapy: Practical Implications in Clinical Social Work Practice

Friday, September 20, 2024

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor: Roger Keizerstein, LCSW

Workshop Description:

This workshop will provide clinicians with the newest and evidenced-based methods of understanding and treating anxiety, depression, trauma, posttraumatic stress injury and other mental health maladies, from a behavioral, emotional and neuroscientific perspective. Theory and practice will be supported by the latest research and clinical case studies.

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

Teaching Self Compassion in the Treatment of Trauma, Depression & Anxiety in Clinical Practice with Adults

Friday, October 18, 2024

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor: Ellen Blauox, LCSW-R, Founder, YOUR Gathering Space

Workshop Description:

This workshop will teach an important, often disregarded tool that will allow your clients to enhance their capacity to cope with life's challenges, as well as to build and sustain resilience. One of the most powerful (and misunderstood) tools for ameliorating the devastating effects of self-comparison, envy and shame; Self-Compassion has been proven to be effective in reducing the troubling need for perfectionism, thereby enhancing self-worth, improving daily functioning and overall well-being. We will debunk the myths around self-compassion and research will be presented about this revolutionary source for coping. Additionally, skills for managing difficult emotions, unhelpful thought patterns & lack of motivation will be taught. Special attention and adaptations will be paid to the treatment of individuals living with chronic stress and survivors of trauma. This workshop is interactive and will consist of a didactic component, as well as experiential exercises for practicing interventions.

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

Integrated Motivational Interviewing and Cognitive Behavioral Therapy (ICBT) for Adults

Friday, November 8, 2024

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor: Joseph Hyde, MA, LMHC, CAS

Workshop Description:

This workshop is for practitioners looking for evidence-based clinical interventions that are portable across settings and diagnoses. This workshop will provide a toolkit of strategies and interventions that have been shown to be effective in substance use disorder, depression, anxiety, and beyond. This widely applicable treatment approach draws on motivational interviewing, cognitive behavioral therapy (CBT), motivational enhancement therapy, mindfulness, functional analysis, and a series of cognitive and behavioral therapy skills that are strongly supported in the literature. With content reflecting emerging research findings and evolving social contexts, this workshop is both timely and firmly rooted in science.

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

How Nature Heals Trauma & Chronic Stress: A Presentation of The Research & a Practical Guide to Working with Clients

Friday, November 15, 2024

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor: Ellen Blauox, LCSW-R, Founder, YOUR Gathering Space

Workshop Description:

Virtually every human being will experience some form of trauma and/or chronic stress at least once in their lifetime. In addition to being a universal human experience, trauma and chronic stress has the potential to provide an opportunity for change, creating meaning and enhancing our sense of purpose. Within nature, supportive relationships and with access to the proper tools, humans can build or restore emotional, physical and spiritual balance. This workshop's immersive, experiential and interactive format provides the foundation for learning and integrating such evidence-based tools. By framing concrete interventions within the context of the scientific research, Ellen will teach simple, practical skills that clinicians can implement immediately, thereby supporting their clients' healing the wounds and scars of trauma. Using various teaching and practice methods from nature therapy, participants will learn to support clients in all the realms impacted by trauma: emotions -the improvement of their mood; somatization -decreasing stress hormones; and cognitive -reducing rumination, thereby promoting mind/body healing.

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

Cognitive-Behavioral Therapy in the Treatment of Substance Use Disorders

2 SESSIONS: Fridays

December 6 & December 13, 2024

1:00 pm – 4:00 pm (both dates)

6 Continuing Education contact hours for NYS licensed social workers

Instructor: Bernard Showers, DSW, LCSW

Workshop Description:

This is a clinical workshop that reviews cognitive behavioral therapy (CBT) theory and interventions. The thought-feeling-action model of cognitive therapy will be discussed in the context of substance use. The training builds on foundational knowledge and incorporates clinical considerations and specific interventions in treatment of substance use disorders (SUD). The training focuses on core cognitive and behavioral interventions while adding elective therapeutic components to customize treatment for clients. Training experience will be highly interactive with ample opportunity for learning and refining skills through role-play, demonstration and a mock case-conceptualization exercise.

Fee: \$130
\$120 (SSW Alumni, SBU employee, or current Practicum Instructor)

Sexual Issues in Couples Therapy

Friday, January 10, 2025

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor: Cynthia G. Pizzulli, PhD, LCSW

Workshop Description:

Despite being seasoned couples therapists, many practitioners find themselves 'out of their comfort zone' when it comes to treating sexual problems among their clients. Even when presenting problems are not sex-related, the non-sexual aspects of a relationship impact the sexual aspects of a relationship (and vice-versa). This workshop is for clinicians that work with couples and wish to gain more competence with the topic of sex and incorporate more specific approaches to dealing with sexual issues in their practices. Some topics that will be explored: low-sex and sex-less relationships, orgasmic and erectile difficulties, infidelity, same and different gendered partner challenges, sexual response.

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

Continuing Education Fall 2024-2025 Workshops

REGISTRATION INFORMATION



To Register Online Visit:

<https://cvent.me/9q9aW7>

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 - Fall 2024-2025

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

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

- Emerging Trends in Psychotherapy: Practical Implications in Clinical Social Work Practice - 9/20 - \$65/\$55*
- Teaching Self Compassion in the Treatment of Trauma, Depression & Anxiety in Clinical Practice with Adults - 10/18 - \$65/\$55*
- Integrated Motivational Interviewing and Cognitive Behavioral Therapy (ICBT) for Adults - 11/8 - \$65/\$55*
- How Nature Heals Trauma & Chronic Stress: A Presentation of The Research & A Practical Guide to Working With Clients - 11/15 - \$65/\$55*
- Cognitive-Behavioral Therapy in the Treatment of Substance Use Disorders (2 sessions) - 12/6 and 12/13 - \$130/\$120*
- Sexual Issues in Couples Therapy - 1/10/25 - \$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.

