CONTINUING EDUCATION

WINTER/SPRING 2025 **Online Interactive Workshops**

LIVE ONLINE WORKSHOPS VIA ZOOM TECHNOLOGY

IMMIGRATION, CULTURAL BEREAVEMENT AND

3 Continuing Education contact hours for NYS licensed social

Instructor: María Verónica Laguna Pérez, LCSW

This workshop will explore the vicissitudes of

immigration (either forced or voluntary), with a special focus on cultural bereavement and its impact on first generation Americans. By drawing

on several concepts of Object Relations theory and

Critical Psychology, this workshop aims at helping

bereavement and unconscious processes that tend

THE TRAUMAS AND TYPES OF POST TRAUMATIC

STRESS ENDURED BY THREE ICONIC AMERICAN AUTHORS: J.D. SALINGER, TRUMAN CAPOTE

3 Continuing Education contact hours for NYS licensed social

Instructor: Roger Keizerstein, LCSW, Pediatric Clinical

As a result of so many U.S. soldiers returning home from deployments suffering from symptoms of post traumatic stress, the public has developed a

greater awareness of trauma and post-traumatic stress. This has led to greater sympathy for those afflicted, but much confusion and incomplete

knowledge still remains in the minds of lay-persons and mental health professionals alike. Join us to explore a behavioral, emotional and neurological

perspective on Trauma, Post Traumatic Stress and Accumulated Stress Injury through the real life experiences of J.D. Salinger, Truman Capote and Maya Angelou. Three helpful concepts will inform and guide this workshop: Trauma is an injury to the autonomic nervous system—not an event. Post Traumatic Stress in the avery in which the bedy.

Traumatic Stress is the way in which the body speaks the unspeakable. Healing begins in a place between stimulus and response

Social Worker, certified trauma professional, writer

\$55 (SSW Alumni, SBU employee, or current

clinicians identify some of the salient issues, unconscious processes and internal conflicts

that tend to occur among immigrant and firstgeneration Americans. Clinicians will be introduced to tools to help them identify aspects of cultural

to be mobilized as a result of immigration.

Practicum Instructor)

ITS IMPACT ON FUTURE GENERATIONS

Friday, March 14, 2025

1:00 pm – 4:00 pm

Workshop Description:

\$65

AND MAYA ANGELOU

1:00 pm - 4:00 pm

and public speaker Workshop Description:

\$65

workers

Friday, May 30, 2025

workers

Fee:

PSYCHOPHARMACOTHERAPY: STRENGTHENING BEHAVIORAL HEALTH PROVIDER COMPETENCIES AND PSYCHOPHARMACOTHERAPY'S ROLE IN BEHAVIORAL HEALTH TREATMENT

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Friday, February 28, 2025 1:00 pm - 3:00 pm

2 Continuing Education contact hours for NYS licensed social workers

Instructor: Joseph Hyde, LMHC, CAS, Clinical Assistant Professor, Stony Brook University, Technical Expert Lead, JBS International

Workshop Description: Significant research over the past 2½ decades has greatly increased our understanding of the biological mechanisms associated with substance use dependence and the biological underpinnings of certain mental disorders. This knowledge has helped to advance the appropriate use of medications in mental disorders Knowledge of medications and their role in treatment and recovery is viewed as an essential core competency in a clinician's professional development. In this workshop you will learn: the clinician's role screening and stratifying risks regarding anxiety and depression; skills to facilitate a conversation with the patient regarding the benefits and potential risks associated with taking a prescribed medication to support treatment and recovery; addressing negative perceptions regarding medications; medications to treat anxiety disorders and depression along with their benefits and side effects and the clinician role in monitoring and communication with the prescriber.

Fee: \$45

\$35 (SSW Alumni, SBU employee, or current Practicum Instructor)

COGNITIVE BEHAVIORAL THERAPY & EXPOSURE THERAPY FOR TRAUMA: A COMPREHENSIVE OVERVIEW FOR CLINICIANS & HELPING PROFESSIONALS

Friday, May 9, 2025

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

Gathering Space Workshop Description: The purpose of this course is to provide an orientation & framework for clinicians who are interested in finding a cohesive way to integrate Cognitive Behavioral (CBT) and Exposure Therapy into their practice with clients who have experienced trauma. Additionally, it provides a "refresher" for those who are already well versed in trauma therapy. Exposure to traumatic life events (such as: global pandemic, child abuse, domestic violence, natural disasters, war, etc.) can lead to the development of Post-Traumatic Stress Disorder (PTSD). When left untreated, PTSD sufferers experience life-interfering symptoms and consequences such as severe depression, isolation, substance abuse and significant impulse control and anger problems. CBT and Exposure Therapy have been proven to improve symptoms of PTSD, Depression and Anxiety in children and adolescents. The use of CBT & Exposure Therapy is effective in helping clients remember traumatic experience without becoming overwhelmed by painful, intrusive and disruptive symptons. This workshop outlines the core principles of Cognitive Behavioral & Exposure Therapy (CBT). Participants will be provided with time and support to practice elements of each component including gradual exposure, assessment, psychoeducation, relaxation, emotional regulation, and challenging cognitive distortions. The Presenter will also engage with participants around how to frame these interventions when working with traumatized clients.

Fee:

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

ASSESSING, ACCEPTING & EMBRACING ATTENTION DEFICIT HYPERACTIVITY DISORDER: **A GUIDE FOR CLIENTS & CLINICIANS** Friday, April 11, 2025

1:00 pm – 4:00 pm

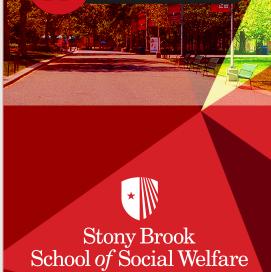
3 Continuing Education contact hours for NYS licensed social workers

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

Workshop Description: While much more widely understood then in the past, attention deficit hyperactivity disorder continues to be unrecognized and untreated in youth and adults. There are a multitude of myths and misconceptions held by both clients and clinicians alike. Still frequently miscingeneed and untreated in youth Frequently misdiagnosed and untreated in youth, ADHD often goes unrecognized into adulthood. Children and youth are criticized for unrecognized Children and youth are criticized for unrecognized symptoms and subsequently internalize negative message about their identity. Cognitive distortions such as "lazy, difficult, unintelligent or unable to learn," contribute to limiting beliefs around those with ADHD, their strengths and capabilities. Masking of symptoms and overcompensation often leads to chronic stress and exhaustion, often exacerbating symptoms. This workshop highlights how myths and misconceptions also impact clinicians' ability to diagnosis and treat clients. An immersive workshop, both didactic and interactive, experiential teaching methods will be used for an embodied learning experience. Additionally, a plethora of interventions for emotional regulation, organization, professional and social functioning will be discussed and demonstrated. The workshop will also focus specifically on ADHD paralysis, a common symptom of overwhelm and stress. of overwhelm and stress.

Fee:

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



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\$65

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