

CONTINUING EDUCATION

WINTER/SPRING 2025 Online Interactive Workshops

LIVE ONLINE WORKSHOPS VIA ZOOM TECHNOLOGY

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

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)

IMMIGRATION, CULTURAL BEREAVEMENT AND ITS IMPACT ON FUTURE GENERATIONS

Friday, March 14, 2025

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor: **María Verónica Laguna Pérez**, LCSW

Workshop Description:

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 clinicians identify some of the salient issues, unconscious processes and internal conflicts that tend to occur among immigrant and first-generation Americans. Clinicians will be introduced to tools to help them identify aspects of cultural bereavement and unconscious processes that tend to be mobilized as a result of immigration.

Fee: \$65
\$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 than 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 misdiagnosed and untreated in youth, ADHD often goes unrecognized into adulthood. 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.

Fee: \$65
\$55 (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

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

THE TRAUMAS AND TYPES OF POST TRAUMATIC STRESS ENDURED BY THREE ICONIC AMERICAN AUTHORS: J.D. SALINGER, TRUMAN CAPOTE AND MAYA ANGELOU

Friday, May 30, 2025

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor: **Roger Keizerstein**, LCSW, Pediatric Clinical Social Worker, certified trauma professional, writer and public speaker

Workshop Description:

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

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



Register



Stony Brook
School of Social Welfare

Continuing Education Winter/Spring 2025 Workshops

REGISTRATION INFORMATION



To Register Online Visit:
<https://cvent.me/9q9aW7>

IMPORTANT LINKS

- For more information contact Jennifer Davidson at socialwelfarecd@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 - Winter/Spring 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*

- Psychopharmacotherapy: Strengthening Behavioral Health Provider Competencies and Psychopharmacotherapy's Role in Behavioral Health Treatment** - 2/28 - \$45/\$35*
- Immigration, Cultural Bereavement and Its Impact on Future Generations** - 3/14 - \$65/\$55*
- Assessing, Accepting & Embracing Attention Deficit Hyperactivity Disorder: A Guide for Clients & Clinicians** - 4/11 - \$65/\$55*
- Cognitive Behavioral Therapy & Exposure Therapy for Trauma: A Comprehensive Overview for Clinicians & Helping Professionals** - 5/9 - \$65/\$55*
- The Traumas and Types of Post Traumatic Stress Endured by Three Iconic American Authors: J.D. Salinger, Truman Capote and Maya Angelou** - 5/30 - \$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
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