

CONTINUING EDUCATION



FALL 2025 Online Interactive Workshops

LIVE ONLINE WORKSHOPS VIA ZOOM TECHNOLOGY

APPROACHING MATERNAL MENTAL HEALTH FROM A TRAUMA INFORMED CARE LENS

Friday, September 26, 2025

11:00 am – 1:00 pm

2 Continuing Education contact hours for NYS licensed social workers

*Instructor: **Pauline Walfisch**, LCSW-R, PMH-C, Clinical Director, Helping Hands Psychotherapy*

Workshop Description:

Trauma shapes the experiences of birthing people across their past, present, and future. Addressing maternal mental health through a trauma-informed lens requires a shift in perspective—and has the power to create meaningful, lasting change for new families. In this interactive workshop, participants will:

- Define what trauma is and how it manifests
- Examine how trauma impacts perinatal mental health
- Understand the Three-Pronged Approach to addressing trauma
- Learn practical guidelines for implementing trauma-informed care

Join us to explore how cultivating trauma-informed practices can transform care for birthing individuals and families.

Fee: \$45
 \$35 (SSW Alumni, SBU employees, Veterans or current Practicum Instructors)

THE TRAUMA OF MIGRATION: CLINICAL TOOLS TO ADDRESS FORCED DISPLACEMENT

Friday, October 3, 2025

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

*Instructor: **Maria Laguna**, LCSW, Psychotherapist. Founder: Bicultural Collective*

Workshop Description:

Migration—whether voluntary or forced—entails profound losses. Beyond the physical loss of one’s homeland, migrants often face the loss of a reliable, holding environment that once anchored their sense of self. This disruption in contextual continuity is further intensified for those who experience forced displacement. This workshop offers clinicians a framework to understand the psychological impact of migration and outlines clinical tools to better connect with and support this population.

Fee: \$65
 \$55 (SSW Alumni, SBU employees, Veterans or current Practicum Instructors)

THE MYSTERY OF SELF-HARM: UNDERSTANDING THROUGH THE LENS OF TRAUMA

Friday, November 7, 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:

This workshop aims to reframe self-harming behavior through the lens of traumatic reenactment. By deepening our understanding of how trauma shapes thoughts, emotions, bodily sensations, and behaviors, practitioners can approach this complex and often paradoxical symptom with increased empathy and clinical insight. Self-harming behavior is frequently misunderstood by clients, their families, educators, and even treatment providers. Exploring how trauma and chronic stress impact both physiological and cognitive functioning allows us to better recognize the emotional pain that self-harm may be expressing. Participants will gain tools to assess risk and learn practical, trauma-informed interventions to engage clients more effectively. The goal is to enhance therapeutic alliance, improve treatment outcomes, and foster more compassionate care.

Fee: \$65
 \$55 (SSW Alumni, SBU employees, Veterans or current Practicum Instructors)

DEATH, GRIEF & LOSS: SUPPORTING CLIENTS AND FAMILY

Friday, November 21, 2025

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

*Instructor: **Joe Hyde**, LMHC, CAS, Technical Expert Lead at JBS International, Inc.*

Workshop Description:

This workshop explores the role of the clinician working with clients and family members dealing with end of life. Decades past Elizabeth Kubler-Ross’s influential framework shaped our understanding, yet contemporary research underscores the nuances of death and grief far more complex than a linear progression. Our responses to death assume expressions, shaped by personal experiences, our thoughts, feelings and beliefs and the relationship between culture and our acceptance or discomfort with death and grief. Clinical strategies for working with grieving clients supporting acceptance, social support, emotional regulation and rebuilding daily routines will be discussed.

Fee: \$65
 \$55 (SSW Alumni, SBU employees, Veterans or current Practicum Instructors)

NOW WE SEE YOU: UNDERSTANDING ADOLESCENT DEPRESSION THROUGH A RACIALLY AND CULTURALLY RESPONSIVE LENS

Friday, December 5, 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:

Depression is frequently misdiagnosed or left untreated in adolescents, particularly among female teens of color. This workshop focuses on the unique challenges faced by historically underserved BIPOC youth, with special attention to how race, gender, and systemic factors influence both diagnosis and treatment. Through a combination of didactic instruction and interactive, experiential learning, participants will explore the ways in which the identities of both client and clinician shape clinical outcomes. The workshop will also examine the impact of historical trauma, family dynamics, and social constructs on mental health. Participants will leave with concrete, culturally responsive treatment strategies to enhance diagnostic accuracy and improve prognosis for this vulnerable population.

Fee: \$65
 \$55 (SSW Alumni, SBU employees, Veterans or current Practicum Instructors)

BEHAVIORAL ACTIVATION: ADDRESSING MOOD DEPENDENT AND AVOIDANT BEHAVIORS

Friday, December 19, 2025

1:00 pm – 4:00 pm

3 Continuing Education contact hours for NYS licensed social workers

*Instructor: **Joe Hyde**, LMHC, CAS, Technical Expert Lead at JBS International, Inc.*

Workshop Description:

Behavioral Activation (BA) is a specific clinical skill with origins in cognitive behavioral therapy. BA can be a treatment by itself and today is part of most evidence-based therapies. Overcoming avoidant and mood dependent behavior is a gradual process. BA is built on a premise that therapy takes place in the office and recovery takes place through deliberate action in the community. This workshop will focus on how you orient clients to between session practice outside of session, target specific between session practice in service of client treatment goals, negotiate activation of between session practice and how to have constructive conversations when/if your client does not follow through.

Fee: \$65
 \$55 (SSW Alumni, SBU employees, Veterans or current Practicum Instructors)



Stony Brook
School of Social Welfare

REGISTRATION INFORMATION



Register

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

IMPORTANT LINKS

- For more information contact Jennifer Davidson at socialwelfareced@stonybrook.edu or call (631) 444-8361
- socialwelfaremedicine.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 2025

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

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

- ☐ Approaching Maternal Mental Health from a Trauma Informed Care Lens - 9/26 - \$45/\$35
- ☐ The Trauma of Migration: Clinical Tools to Address Forced Displacement - 10/3 - \$65/\$55
- ☐ The Mystery of Self-Harm: Understanding Through the Lens of Trauma - 11/7 - \$65/\$55
- ☐ Death, Grief & Loss: Support Clients and Family - 11/21 - \$65/\$55
- ☐ Now We See You: Understanding Adolescent Depression Through A Racially and Culturally Responsive Lens - 12/5 - \$65/\$55
- ☐ Behavioral Activation: Addressing Mood Dependent and Avoidant Behaviors - 12/19 - \$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.