



CONTINUING EDUCATION

Fall 2020/Winter 2021

LIVE ONLINE/INTERACTIVE WORKSHOPS VIA ZOOM TECHNOLOGY

**Motivational Interviewing:
Embracing its Spirit, Skills, and Strategies**

Wednesday, September 30 and Wednesday,
October 7 (2-part program)

9:00 a.m. - 12:00 p.m.

6 Continuing Education contact hours for NYS licensed social workers

Instructors:

Joe Hyde, MA, LMHC, CAS, Technical Expert Lead,
JBS International

Amber Murray, MA, Technical Expert Lead,
JBS International

Workshop Description:

Conducted in two (three hour) sessions, this course will focus on the spirit and skills of motivational interviewing. The training will focus on learning skills for engaging, building collaboration, building intrinsic client motivation for change, and learning strategies that will help to guide clients arrive at plans for change. The workshop will cover the phases of MI, the core skills, the use of selected MI strategies and tools. It will be interactive and we will have fun while learning.

Fee: \$135
\$125 (current Field Instructor, alumni of SSW or SBU employee)

Cognitive Behavioral Therapy Approaches

Saturday, November 7 and Saturday, November 14

(2-part program)

9:00 a.m. - 2:00 p.m.

10 Continuing Education contact hours for NYS licensed social workers

Instructor:

Nayeli Calle-Sousa, LCSW
CBT Therapist, Trainer & Consultant

Workshop Description:

Cognitive Behavioral Therapy is an evidence-based treatment that can help all clients and particularly clients with anxiety disorders and phobias. Our thoughts, feelings, and behaviors all interact with one another and influence how we engage in the world and the decisions we make. In this interactive course participants will learn how to engage in CBT case formulation and how to take a client through the beginning, middle, and end phase of treatment. You will develop your CBT toolkit so that you have a variety of interventions you can use to help your clients reach their goals. You will also increase your awareness of how implicit bias and privilege can shape the implementation of CBT so that you can reduce your blind spots as a clinician.

Fee: \$220
\$210 (current Field Instructor, alumni of SSW or SBU employee)

Special Topics for Aging in Place: Elder Abuse 101

Tuesday, November 10

6:30 p.m. - 8:00 p.m.

1.5 Continuing Education contact hours for NYS licensed social workers

Instructors:

Donna Dougherty, Esq., Senior Director,
JASA/Legal Services for Elder Justice

Martha Pollack LCSW
Senior Director, Elder Abuse Prevention
Services and Staff Training, JASA

Workshop Description:

Elder abuse is a pervasive and frequently underreported crime experienced by older adults. This workshop will help you identify the warning signs of abuse and exploitation. It will include best practices for effectively engaging with victims and addressing the abuse with interventions related to safety planning, legal responses and restoration of the older adult's sense of well-being. It will also cover strategies to work with individuals who are victims of financial exploitation and scams as well as the impact of COVID-19 on client vulnerability and professional service delivery.

Fee: \$35
\$25 (current Field Instructor, alumni of SSW or SBU employee)

**The Hypersensitive Child:
A Behavioral, Emotional and
Neurological Perspective**

Friday, December 4

1:00 p.m. - 4:00 p.m.

3 Continuing Education contact hours for NYS licensed social workers

Instructor:

Roger Keizerstein, LCSW, Certified
Clinical Trauma Professional

Workshop Description:

This workshop will include a review of the newly established Autism Spectrum; the classical characteristics of Asperger's Syndrome; Sensory Integration Impairment; and Emotional Dysregulation— an adverse stress response to various forms of external stimuli.

The latest evidence-based research will be presented and therapeutic interventions will be illustrated and elucidated through case studies.

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

**Dialectical Behavior Therapy
in Practice: Mastering the
Essentials**

Saturday, January 9 and Saturday,

January 16, 2021 (2-part program)

10:00 a.m. - 1:00 p.m.

6 Continuing Education contact hours for NYS licensed social workers

Instructor:

Alexis Santiago- Autar, LMSW
Division Director of Westchester
Community Based Programs
The Children's Village

Workshop description:

Dialectical Behavioral Therapy (DBT) is an evidenced-based, cognitive behavioral treatment model originally designed to primarily treat severe and chronically suicidal behaviors but has now evolved to incorporate those who experience emotion dysregulation. The goal of DBT is to create a "life worth living". DBT therapy incorporates some fundamental principles that center around mindfulness, non-judgment, and validation. Through this workshop you will learn these fundamental principles, along with the core DBT skills of mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness skills and how they relate to providing individuals with the tools needed to regulate their emotions and "live a life worth living. Part one will focus on the history and general concepts; part two will focus on application and practice.

Fee: \$135
\$125 (current Field Instructor, alumni of SSW or SBU employee)

CONTINUING EDUCATION Fall 2020 - Winter 2021 Workshops

Registration Information

Register Online

To register online visit:
stonybrook.cvent.com/d/67qszm

IMPORTANT LINKS

- For more information contact Jennifer Davidson at socialwelfareced@stonybrook.edu or call (631) 444-8361
- socialwelfare.stonybrookmedicine.edu/continuing_education
- For campus maps and directions of Stony Brook University visit: <http://www.stonybrook.edu/maps-and-directions/>

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 2020/Winter 2021

(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**

- Motivational Interviewing: Embracing its Spirit, Skills, and Strategies** - 9/30 & 10/7 - \$135/\$125*
- Cognitive Behavioral Therapy Approaches** - 11/7 & 11/14 - \$220/\$210*
- Special Topics for Aging in Place: Elder Abuse 101** - 11/10 - \$35/\$25*
- The Hypersensitive Child: A Behavioral, Emotional and Neurological Perspective** - 12/4 - \$65/\$55*
- Dialectical Behavior Therapy in Practice: Mastering the Essentials** - 1/9 & 1/16 - \$135/\$125*

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 Tower, Level 2, Room 092
Stony Brook, NY 11794-8231

All registrants will receive a confirmation for each course

Cancellation policy: A credit will be offered if registrant cancels within one week of workshop. Prior to that time, a refund will be given.

