



CONTINUING EDUCATION

Fall 2021/Winter 2022

LIVE ONLINE WORKSHOPS VIA ZOOM TECHNOLOGY

Motherhood in the Time of COVID-19: Maternal Ambivalence & Maternal Well-Being in Clinical Practice

Friday, September 10, 2021

10:00 am - 12:00 pm

2 Continuing Education contact hours for NYS licensed social workers

Instructor:

Margo Lowy, PhD, Psychotherapist

Workshop Description:

Maternal ambivalence is the mother's ability to hold many different and contradictory feelings together. By reflecting on the additional pressures brought on by COVID-19, this workshop will examine what we are learning about how mothers experience their feelings of ambivalence. There will be discussion about the maternal role, a mother's daily life during the pandemic and the clinical implications of this to add to a deeper understanding of mothering. By normalizing negative feelings there will be an opportunity to comprehend the mother's emotions and to help our clients manage and understand their feelings of ambivalence towards their children.

Fee: \$45
\$35 (SSW Alumni, SBU employee, or current Field Instructor)

Trauma Informed Care in School Aged Children

Thursday, November 11, 2021

10:00 am - 3:00 pm

5 Continuing Education contact hours for NYS licensed social workers

Instructor:

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

Workshop Description:

Children and teenagers are quickly and frequently given labels such as aggressive, difficult, unmotivated that will follow them throughout their school career. When taking a trauma informed approach we are often able to shift perspectives and consider that something has happened or is currently happening to the child in front of us that is causing challenging behavior. In this workshop you will be given the tools to use a trauma informed perspective to assess children and help other adults such as teachers and parents understand the behavior they're noticing so they are more likely to be empathic rather than reactive. You will also be provided with tools to increase a child's sense of safety. This workshop is appropriate for social workers that work in a school setting or frequently collaborate with teachers in their clinical work or those with an interest in this topic area.

Fee: \$110
\$100 (SSW Alumni, SBU employee, or current Field Instructor)

Special Topics for Aging in Place: Oral Health in Aging

Friday, October 8, 2021

12:00 pm - 1:30 pm

1.5 Continuing Education contact hours for NYS licensed social workers

Instructors:

*Beth F. Buono DDS, Clinical Assistant
Professor, Stony Brook School of Dental
Medicine, Department of General Dentistry*

*Mary R Truhlar, DDS, MS, Professor
Stony Brook University, School of Dental
Medicine, Department of General Dentistry*

Workshop Description:

As a person ages, changes in the oral cavity can negatively impact dental and overall health. Learn why dental health for seniors is a health priority and how to help your senior clients (or loved one) improve their oral health. This workshop will discuss age-related changes of the mouth, teeth, gums and salivary glands and the intersection and impact on systemic health. It will examine the selection of over-the-counter and prescription products which can assist with the maintenance of good oral health. Maintaining an attractive smile, as well proper care of implants, dentures, and removable prostheses will be reviewed. And lastly an important part of preventive healthcare for this age group is knowing the signs and performing routine screenings for oral lesions and cancer.

Fee: \$25
\$20 (SSW Alumni, SBU employee, or current Field Instructor)

Special Topics for Aging in Place: Aging and the Impact on Work, Home and Community Living

Thursday, November 18, 2021

10:00 am - 11:30 am

1.5 Continuing Education contact hour for NYS licensed social workers

Instructor:

*Karen DeChello, OTD, OTR/L, CEA,
Vice Chair, Clinical Assistant Professor,
Occupational Therapy Program, Stony
Brook University*

Workshop Description:

During this workshop, participants will learn about normal effects of aging and how these effects may impact one's ability in the work environment as well as at home and in the community. General information about the normal effects of aging on the body including vision, muscles, and balance will be presented. Some ways to more safely and effectively navigate the home and community will be explored.

Fee: \$25
\$20 (SSW Alumni, SBU employee, or current Field Instructor)

Location of Self: A Pathway to Culturally Affirming and Anti-Racist Practice

Thursday, October 14, 2021

10:00 am - 3:00 pm

5 Continuing Education contact hours for NYS licensed social workers

Instructor: *Nayeli Calle-Sousa, LCSW
CBT Therapist, Trainer & Consultant*

Workshop Description:

As therapists, we are often trained to not self-disclose as a way to maintain boundaries. We are also told that by asking the client many thorough questions about themselves we are doing a full assessment. However, we now know that the therapist and their own identities also influence the treatment. Therefore, it is equally important for the therapist to have a keen self-awareness and understanding of their own lived experiences and how that influences their assessment and treatment of the client. Location of self is a process in which the therapist self-discloses their key identities and invites a conversation about how the intersection of the identities held by the therapist and client may be beneficial and/or limiting. This process has been shown to strengthen the therapist-client relationship and lead to meaningful work that is culturally affirming and anti-racist, however, most therapists find this intimidating. In this interactive workshop you will be given the tools to enter into a brave space so that you can engage in this process with clients.

Fee: \$110
\$100 (SSW Alumni, SBU employee, or current Field Instructor)

Special Topics for Aging in Place: Assistive Technology For Aging in Place

Tuesday, December 7, 2021

12:00 pm - 1:00 pm

1 Continuing Education contact hour for NYS licensed social workers

Instructor: *M. Blanche Leeman, EdD,
OTR/L, CHT,*

*Assistant Clinical Professor, Occupational
Therapy Department, Stony Brook
University, Southampton Campus*

Workshop Description:

Assistive or adaptive technology encompasses a category of tools that may facilitate a person's ability to remain in their home safely and with a level of independence. This session will introduce the participants to assistive/adaptive technology resources that support safety and functioning in the home for individuals with varying abilities. Each tool discussed is described in terms of how to match it to a person's need. All participants will receive a comprehensive resource list of the tools referenced.

Fee: \$20
\$15 (SSW Alumni, SBU employee, or current Field Instructor)

Dialectical Behavior Therapy in Practice: Mastering the Essentials

**Saturday, January 8, and
Saturday, January 15, 2022** (2-part program)

10:00 am – 1:00 pm

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 (SSW Alumni, SBU employee, or current Field Instructor)

Creating a LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, and Asexual) Therapeutic Practice

Saturday, January 29, 2022

9:00 am – 12:00 pm

3 Continuing Education contact hours for NYS licensed social workers

Instructor:

Elisa Waters, LMSW (she/her/ella)
Therapist & Founder of LGBTeach

Workshop description: What does it mean to be a LGBTQIA+ inclusive practitioner? How do we build rapport with LGBTQIA+ clients and their support systems? This interactive workshop will be an opportunity to unpack questions while acknowledging that our journey of building awareness and empathy may happen at the same time we are working with clients experiencing their own exploration of gender and sexuality. In this workshop participants will broaden their understanding of LGBTQIA+ inclusive language surrounding gender and sexuality, become more sensitized towards the dynamics of family systems when working with LGBTQIA+ clients, learn about best practices for supporting LGBTQIA+ clients and their families, and gain an understanding of the complexity of issues and the sensitive nature of working with LGBTQIA+ clients.

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

Register Online

To register online visit:
<https://cvent.me/bOGd3D>

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.

MAIL-IN REGISTRATION

CONTINUING EDUCATION WORKSHOPS - Fall 2021/Winter 2022

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

- ☐ **Motherhood in the Time of COVID-19: Maternal Ambivalence & Maternal Well-Being in Clinical Practice - 9/10/21 - \$45/\$35***
- ☐ **Special Topics for Aging in Place: Oral Health in Aging - 10/8/21 - \$25/\$20***
- ☐ **Location of Self: A Pathway to Culturally Affirming and Anti- Racist Practice - 10/14/21 - \$110/\$100***
- ☐ **Trauma Informed Care in School Aged Children - 11/11/21 - \$110/\$100***
- ☐ **Special Topics for Aging in Place: Aging and the Impact on Work, Home and Community Living - 11/18/21 - \$25/\$20***
- ☐ **Special Topics for Aging in Place: Assistive Technology For Aging in Place - 12/7/21 - \$20/\$15***
- ☐ **Dialectical Behavior Therapy in Practice: Mastering the Essentials - 1/8/22 & 1/15/22 (2 part program) - \$135/\$125***
- ☐ **Creating a LGBTQIA+ Therapeutic Practice - 1/29/22 - \$65/\$55***

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____ Email address: _____

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)

Mail to:

Make checks payable to:
Stony Brook University/School of Social Welfare

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.



Stony Brook
School of Social Welfare

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