



# 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)

## **Understanding Brief Strategic Therapy**

**Saturday, October 10 and  
Saturday, October 17** (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:**

Many forms of therapy are designed to increase a client's insight in order for symptoms and behaviors to improve. Though this can work for many clients, under these models clients that do not want to delve into their past often end up being described as resistant- leaving both the therapist and client feeling frustrated. BST provides therapists another pathway. It is an evidence-based treatment that is non-normative, a-historic, and pragmatic. In this course you will learn the foundations of BST as well as the practical strategies that you can use to help your clients get "unstuck." We will focus on applying BST in a culturally affirming way. This interactive course will use case vignettes and role plays to help you practice BST techniques.

**Fee:** \$220  
\$210 (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](https://stonybrook.cvent.com/d/67qszm)

#### IMPORTANT LINKS

- For more information contact Jennifer Davidson at [socialwelfareced@stonybrook.edu](mailto:socialwelfareced@stonybrook.edu) or call (631) 444-8361
- [socialwelfare.stonybrookmedicine.edu/continuing\\_education](https://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\*
- ☐ Understanding Brief Strategic Therapy - 10/10 & 10/17 - \$220/\$210\*
- ☐ 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.

