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)

**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 empowering clients, 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 (current Field Instructor), $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.

**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 (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.

**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 (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.

**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 (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.

**Instructor:**
Roger Reizerstein, 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 (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.

**Instructor:**
Alexis Santiago-Autor, 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, 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 (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

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.

Stony Brook University/SUNY is an affirmative action, equal opportunity educator and employer.