



CONTINUING EDUCATION

Spring 2021

LIVE ONLINE/INTERACTIVE WORKSHOPS VIA ZOOM TECHNOLOGY

Register Here >>>

Dialectical Behavior Therapy in Practice: Mastering the Essentials

Saturday, January 9 and Saturday, January 16 (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

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, SSW alumni, or SBU employee)

Understanding Solution Focused Brief Strategic Therapy

Saturday, February 6 and Saturday, February 13 (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, SSW alumni, or SBU employee)

The Trauma of Loss and Grief

Wednesday, March 10

10:00 a.m. – 1:00 p.m.

3 Continuing Education contact hours for NYS licensed social worker

Instructor:

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

Workshop Description:

Currently, our country is experiencing a sense of collective loss and grief due to the COVID-19 pandemic and the racial injustices that have always been present but are now more visible to the general public. It is becoming more important for those of us in social services who have witnessed the disproportionate impact of COVID-19 on people of color, to expand our understanding of personal and community loss and the impact of grief. This workshop will cover the nuances of this topic through a culturally affirming lens, as well as use a race, class, and privilege perspective, that will enable us to better understand the various losses of our clients, and perhaps ourselves. We will also identify ways to support clients through their grief, strengthen their coping strategies and identify how to engage in your own self-care.

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

Engaging Fathers Within Social Work Practice

Saturday, March 20

10:00 a.m. – 1:00 p.m.

3 Continuing Education contact hours for NYS licensed social workers

Instructor:

Jack McKillop, LMSW, Senior Research Analyst, Stony Brook University; Director of Intake, Ministry for Hope, Inc.

Workshop Description:

How does a father's presence or absence affect the development of his children? What are some challenges to help-seeking among fathers? What types of programs currently work with fathers? This workshop will explore theory and research of father involvement, as well as strategies to engage fathers across systems. Case studies and group discussion will illustrate services, supports, and opportunities for fathers within social work practice.

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

The Power of Maternal Ambivalence: Clinical Implications

Friday, June 4

10:00 a.m. – 1:00 p.m.

3 Continuing Education contact hours for NYS licensed social workers

Instructor:

Margo Lowy, PhD, Psychotherapist

Workshop description:

As a result of COVID-19, home life has changed together with the increased likelihood of coming face to face with negative emotions toward mothering. Maternal ambivalence is defined as the co-existence of a mother's loving and hating feelings, which are postured as momentary, ubiquitous and a transformative part of the mother's love. Maternal ambivalence is a taboo topic which is surfacing as mothers are confronted with additional pressures brought on by the pandemic. This workshop will allow the participants to gain a unique understanding of these troubling maternal feelings and the complex issues that surround them. 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: \$65
\$55 (current Field Instructor, alumni of SSW or SBU employee)

**Coming in 2021:
Special Topics for
Aging in Place
90 minute online
interactive workshops**