



# 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)

## Motivational Interviewing Tools and Strategies

**Thursday, April 15 and Thursday, April, 22** (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:

This intensive two part workshop will help advance your skills in Motivational Interviewing and expand upon how we engage and build collaboration and intrinsic client motivation for change. The workshop will provide practice opportunities for use of specific MI tools and strategies. You will receive feedback on fine-tuning and strengthening your MI practice. The workshop will be interactive and we will have fun while learning.

Fee: \$135  
\$125 (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

# CONTINUING EDUCATION

## Spring 2021 Workshops

### Registration Information

## Register Online

To register online visit:  
[stonybrook.cvent.com/d/67qszm](http://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](http://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 - Spring 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**

- Dialectical Behavior Therapy in Practice: Mastering the Essentials - 1/9 & 1/16 (2-part program) - \$135/\$125\*
- Understanding Solution Focused Brief Strategic Therapy - 2/6 & 2/13 (2-part program) - \$220/\$210\*
- The Trauma of Loss and Grief - 3/10 - \$65/\$55\*
- Engaging Fathers Within Social Work Practice - 3/20 - \$65/\$55\*
- Motivational Interviewing Tools and Strategies - 4/15 & 4/22 (2-part program) - \$135/\$125\*
- The Power of Maternal Ambivalence: Clinical Implications - 6/4 - \$65/\$55\*

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.

