

**WORKSHOPS & EVENTS**  
**THE CONNECTICUT**  
**WOMEN'S CONSORTIUM**  
**FOR BEHAVIORAL HEALTH**

Pioneer

Recovery

**JANUARY - JUNE 2018**

Men & Women • Clinicians • Community Services • Counselors & Therapists • Criminal Justice  
For-profit Providers • Hospitals & Physicians • Mental Health & Substance Use Agencies •  
Nonprofits • Peer Professionals • Schools • Social Workers • State Departments • Students

**WWW.WOMENSCONSORTIUM.ORG**

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CWC SPOTLIGHT   Coming Soon	
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# JANUARY - JUNE CALENDAR 2018

January				
Mental Wellness Month • National Slavery & Human Trafficking Prevention				
MON	TUE	WED	THU	FRI
1 Closed	2	3	4 Supervising & Trauma-Informed	5 EMDR Weekend FRI, SAT, SUN
8 EMDR Week-end Register at emdrhap.org	9 *SERIES* Ayurvedic Medicine	10 EVENT Caregivers Film	11 Healing Trauma	12
15 Closed	16	17	18 & 19 SWES PREP Register at swes.net	
22 Serving Those Who Serve	23	24 Womens' Services WSPIC MTG	25	26 Racism At Radisson
29 Trauma Informed Spaces	30	31		
February				
Black History Month • Eating Disorders Awareness Week				
			1	2
5 *SERIES* Nutrition & Herbal Medicine	6 You are an Advocate	7 Buried in Treasures: Hoarding	8	9
12	13 Recovery & Developmental Disorder	14	15	16 Emotional Freedom Technique
19 Closed	20 Spirituality, Wellness, Recovery	21	22	23 Overview Attachment Regulation Competency
26	27	28		
March				
Gender Equality Month • Self Injury Awareness Day Developmental Disabilities Awareness Month • International Women's Day				
			1	2
5 *SERIES* Yoga for Pain Management	6	7	8 EVENT International Women's Day	9
12 Understanding Psychological Trauma 1	13 Understanding Psychological Trauma 2	14	15 Staff Care: Well-being for Caregivers	16 Medication Assisted Treatment for Opioid
19	20 The Long Reach of Childhood Trauma	21	22	23 EMDR Weekend FRI, SAT, SUN
26 EMDR Register at emdrhap.org	27	28 Womens' Services WSPIC MTG	29	30

April				
Alcohol Awareness Month • Sexual Assault Awareness & Prevention Month				
MON	TUE	WED	THU	FRI
2	3	4	5	6 Clinical Aromatherapy
9	10	11 Perinatal Mood & Anxiety	12	13 Cognitive Behavioral Therapy - PTSD
16	17 Coming Soon Quinnipiac	18 Using EMDR: Homicide & Violent	19	20 Dialectical Behavior Therapy
23	24 Domestic Violence & Human Trafficking	25	26	27 LGBTQIA Gender & Sexual Identity
30 Serving Those Who Serve			Series Finale Chronic Pain Date TBA	
May				
Mother's Day • Women's Health Week • Prevention				
	1	2	3	4
7 The Resilient Practitioner	8	9	10 De-Escalation Engagement Strategies	11
14 De-stress with Mind, Body, Breath	15	16 Fostering Gender-Responsive	17	18 A DSM V Overview
21 Complementary Medicine	22	23 Womens' Services WSPIC MTG	24	25
28 Closed	29	30	31	
June				
Father's Day • National Men's Health Week LGBT Pride Month • PTSD Awareness Month				
				1 Intro Motivational Interviewing
4 The Gold Standard: EMDR Refresher	5	6	7 Culture of Trauma-Informed Care	8
11 Diversity In the Workplace	12	13 Adolescent SBIRT	14	15 Love, Laughter, The Healing Power
18	19	20	21	22
25	26	27	28	29

# REGISTRATION POLICIES 2018

## REGISTER AT [WWW.WOMENSCONSORTIUM.ORG](http://WWW.WOMENSCONSORTIUM.ORG)

Always check [www.womensconsortium.org](http://www.womensconsortium.org) for the most current information. Some large conferences and special events may have different registration policies or credits. Please refer to [www.womensconsortium.org](http://www.womensconsortium.org) if you are unsure about the event.

### **If You Are Registering With a Credit Card or Debit Card**

Register online at [www.womensconsortium.org](http://www.womensconsortium.org). To protect your information we do not accept credit card information by phone. If you are having difficulty online, you can follow the register by mail instructions below.

### **If You Are Registering With A Purchase Order**

Fax both your 1) registration form and 2) a copy of the approved purchase order to (203) 909-6894. A copy of the purchase order must be sent as proof of future payment, without this document you may not ensure your space in the event. Credits can only be issued when purchase orders have been paid in full.

### **To Register by Mail**

Complete the form in the back of this catalog and mail or fax the form with a check or money order. There is a \$25 bank & handling fee for all returned checks, failure to pay this fee will prevent you from registering for future courses. Checks and Purchase Orders are payable to The Connecticut Women's Consortium and can be sent to ATTN: Education & Training, 2321 Whitney Avenue, Suite 401, Hamden, CT 06518

### **Waitlist & Sold Out**

For workshops that are sold out, call to determine if a waitlist is available. We suggest you mark the date on your calendar and you will be notified by email or phone. You must bring payment in the form of cash, credit card or check to the event.

### **How Do I Get My Certificate or Credits?**

Please indicate or update the credits you need in your online profile. Within a few business days after the event, you will receive an email from [netforum.avectra.com](http://netforum.avectra.com) to your registration email address. In the email, click the link to sign in. Under Manage Credit the system will guide you through an online workshop evaluation. Once completed it will then proceed to your certificate of attendance or credits. If you do not see the email with the survey evaluation, please check your spam, clutter or junk email folder. If the email is in one of these places you can move it to your inbox and then click on the link to the survey. Some organizations and agencies may block outside emails. You may need to contact your system administrator to allow emails from [netforum.avectra.com](http://netforum.avectra.com) for future correspondence. Call (203) 909-6888 x2 for any further issues.

### **Forget To Sign In or Out? Arriving Late Or Leaving Early? You May Not Get Credits**

Sign-In usually begins a half hour before each event. You are required to sign in and out, before and after the training to receive credit. In accordance with accreditation standards, continuing education hours are only given to those individuals who have completed training in the entire workshop. Partial credit is not given. If you arrive 30 minutes after the start of the event or leave during the event for any reason you will not receive credits, as you have not completed training on that topic.

## **AVAILABLE CERTIFICATE & CREDITS**

**Certificates of Attendance** are available to all attendees who have signed in/out.

### **Social Workers, Therapists, Counselors, And Psychologists**

National Association of Social Workers - Connecticut Chapter - CECs are accepted in the states of MA, RI, VT and NJ. Check with your state board for additional states. These credits are applicable to Licensed Clinical Social Workers (LCSW), Licensed Marriage & Family Therapists (LMFT), Licensed Professional Counselor (LPC), and Licensed Clinical Psychologists.

### **Alcoholism and Drug Abuse Counselors**

*Connecticut Certification Board - Connecticut* - CEUs are applicable to Licensed Alcohol & Drug Abuse Counselors (LADCs) & Certified Addiction Counselors (CACs). Information on the applicability of these credits for **National** Licensed Alcohol & Drug Abuse Counselor (LADC) is pending. *The Association of Addiction Professionals (NAADAC) & National International Certification and Reciprocity Consortium (IC&RC)* are covered.

### **Medical Professionals**

*Continuing Medical Education Credits - CT* - CMEs are applicable to CT Physicians, Physician Assistants and APRN Nurses.

## **EMERGENCIES & CANCELLATIONS**

### **If You Cannot Attend a Workshop**

If you have registered for a workshop and can no longer attend you must call and speak with a staff member to receive a credit or refund. **Credits are available for the full cost of the workshop and can be used** for a future CWC workshop or online course. Credits are processed up until the start (usually 9am) of the event. **Refunds** minus a 25% administration fee are only available up to 48 hours prior to the start of an event.

### **Online Courses**

If you have selected an online course in error and have not started the course, you may receive a credit or refund minus 25% administration fee. You must call and speak with a staff member.

### **What Happens During Inclement Weather or If A Workshop is Cancelled**

In the event of inclement weather, you may call (203) 909-6888 x1 the morning of your workshop. This is a recorded voice message that is updated with a weather delay or cancellation. We also post a message at [www.womensconsortium.org](http://www.womensconsortium.org). The CWC reserves the right to cancel a program at any time. This may include weather, venue/staff emergencies or low attendance. For a CWC cancellation, we will contact you by email with a rescheduled date, or offer a credit or refund.

### **Food & Dietary Restrictions**

You must identify any allergies or dietary restrictions during registration. If your event provides meals, and you have requested a specific meal, please ask a staff member, as they may have pulled aside your food.

# THE TOXICITY OF RACISM: UNDERSTANDING, DISMANTLING AND HEALING



*Mara Gottlieb, PhD & Kenneth Hardy, PhD | January 26*

RADISSON HOTEL | 100 BERLIN RD, CROMWELL, CT 06416

Enhance your understanding of the role of racism in the workplace and beyond in this highly experiential and immersive conference. Dr. Ken Hardy, an internationally recognized clinician, author, and trainer, will present the keynote address. In addition, Mara Gottlieb, PhD, the founder of Talking Changes, an anti-oppression training and bias awareness consultancy, will guide you through the historical and current state of racism in the United States.

You will have the opportunity to boldly and directly address issues of race, racism, and privilege within a safe, respectful, self-exploratory environment. Learn how to have effective and progressive conversations about race and utilize strategies for providing racially sensitive services to clients. Walk away with a new ability to identify and address micro-aggressions and implicit biases that may impede the development of effective cross-racial relationships.

This conference is designed to present and experientially reinforce new information, creating opportunities for cultural transformation that will have a ripple effect on social and professional realms. This large symposium will be held at the Radisson in Cromwell.

*This is a special conference; differing registration policies may apply.  
See event details during registration for more information.*

**Early Bird \$95 (Ends 11/27/17, 4:30pm EST)**

**Regular Price \$125 Individual | \$100 Group Rate/5 attendees or more (till 1/19/18 4:30pm EST)**

**Late Registration** Additional Processing Fee & Registration (After 1/19/18)  
NASW CULTURAL COMPETENCY COURSE

8:30am Sign-In | 9am-4:15pm | 6 Credits | Code: CC104-180126

**Mara Gottlieb, PhD, LMSW**, is an Adjunct Assistant Professor at the NYU Silver School of Social Work, teaching at both graduate and undergraduate levels. Dr. Gottlieb is also the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge, self-awareness, and insight can be cultivated. More information can be found at [www.talkingchanges.com](http://www.talkingchanges.com).

**Kenneth Hardy, PhD**, an internationally recognized clinician, author, and trainer will present the keynote address. Dr. Hardy is an acclaimed activist and professional whose publications have challenged our society to think critically about the ways in which systemic oppression and racism connect with trauma.

## NEW! SWES | SOCIAL WORK LICENSE EXAM PREP COURSE

*Deborah Cantor, PhD, LICSW | January 18th 9am-5pm, January 19th 9am-3:30pm*

This intensive 2-day course with study guide is designed for BSW exam candidates, recent MSW graduates and experienced practitioners taking ASWB Social Work Licensing Examinations. The SWES Exam Prep Course emphasizes a review of major social work content and test preparation. It includes sessions on test-taking skills; a review of human behavior and psychopathology; work with special populations; the elderly, children and families, addictions; DSM5; and clinical practice with individuals and groups - including ethics and laws affecting social workers.

**Every registrant receives the three-volume SWES Comprehensive Study Guide.**  
Registration is through [www.swes.net/schedule/](http://www.swes.net/schedule/) and is \$350 for the 2-day course

This course is offered by Social Work Examination Services and is in partnership with NASW-CT





## SUPERVISING STAFF USING A TRAUMA-INFORMED APPROACH

*Eileen Russo, MA, LADC | January 4th*

It is not uncommon in human services for excellent direct care staff to be promoted to a supervisory position without the skills and training needed to be a successful supervisor. This introductory workshop is designed for the new supervisor. This workshop will explore supervisory styles, competencies of trauma-informed supervision, and effective responses to burn-out, moral distress, compassion fatigue and vicarious trauma.

9am-4pm | 6 Credits | \$85 | Clinical Series | Code: CL155-180104



## AYURVEDIC MEDICINE FOR CHRONIC PAIN MANAGEMENT

*Kathryn Templeton, MA, RDT/MT, E-500RYT | January 9th*

Understanding how ayurvedic principals operate is important to support our health and wellness. The goal is to keep the mind, body, and consciousness in balance. Yet certain events and biology might create physical and mental challenges that, over the course of time, move us from a balanced state of health to states of greater and greater imbalance. One marker we manage in Ayurveda, to reduce imbalances, is pain. Pain, in the Ayurvedic system, is addressed according to the tri-dosha principal. This principle offers great support for chronic pain management and it complements allopathic medicine as an integrative partner in healing. In this workshop, you will learn the basic VPK (tridosha) principals of Ayurveda. We will apply them to an understanding of how to approach chronic pain and how to support the decrease of frequency and duration of pain using ayurvedic principals. Case studies will be shared along with resources.

The Alternative Pain Management Treatment series are workshops designed to increase awareness of alternative methods to opioid prescription for people dealing with chronic pain. This series is funded by DMHAS & SAMHSA.

9am-4pm | \*2 Credits Only\* | \$30 | Alternative Pain Management Treatment Series | Code: CL177-180109

## CAREGIVERS FILM & PANEL: COMMUNITY FILM SERIES

*Contact Kathleen Callahan | January 10th*

**BRING YOUR FRIENDS & FAMILY**

The Community Film Series is open to the public and endeavors to stimulate connections, raise awareness, increase knowledge, and encourage dialogue about current issues impacting our communities through film and panel discussion.

This full feature documentary film deals with those who heal the injured and assist the traumatized - social workers, clinical therapists, emergency nurses and doctors, hospice staff, first responders, firefighters, police and other related trauma personnel - but receive little help in managing their own emotional pain and exhaustion, and frequently experience secondary trauma, and at times dramatically higher rates of addiction, suicide, and PTSD. Through dramatic personal stories, Portraits of Professional CAREgivers probes the emotionally risky aspects of professional care providers. The screening will be followed by a panel and Q&A moderated by Eileen M. Russo, MA, LADC, Certified Compassion Fatigue Educator.

Register at [www.eventbrite.com/e/community-film-series-portraits-of-professional-caregivers-tickets-39653474610](http://www.eventbrite.com/e/community-film-series-portraits-of-professional-caregivers-tickets-39653474610)  
Contact Kathleen Callahan, [kcallahan@womensconsortium.org](mailto:kcallahan@womensconsortium.org)

5:30pm Refreshments & Mingling | 6pm Welcome & Film Screening | 7:30pm Panel Q&A | FREE



## HEALING TRAUMA: A BRIEF INTERVENTION FOR WOMEN

*Eileen Russo, MA, LADC, | January 11th*

Healing Trauma is a 6-session group program designed to help women to begin to recover from the effects of trauma and to help them find ways to grow and flourish and to enjoy healthy relationships and happier lives. The coping skills that it presents can be useful in dealing with a variety of traumatic events, although the primary focus is on intimate-partner violence. The program consists of six sessions, adapted from the longer *Beyond Trauma* materials, which present an integrated approach to women's treatment based on theory, research, and clinical experience. This program can be used in any setting: outpatient, residential, therapeutic community, criminal justice, or private practice. It is gender-responsive, which means that it reflects an understanding of the realities of women's lives. The CD is available for purchase which includes a reproducible facilitator guide and participant workbook (English and Spanish) \$149.95

9am-4pm | 6 Credits | \$85 | Trauma Series | Code: TR865-180111



## SERVING THOSE WHO SERVE: ENHANCING PERSPECTIVE, REDUCING BARRIERS, AND CREATING HELPING OPPORTUNITIES

*Amy Otzel, MA, MS, LPC | January 22nd*

Military members, veterans, and their families have endured hardships unique to the demands of the military lifestyle and the war zone. It is imperative for those who support readjustment and reintegration to be familiar with the culture, stressors, mental health concerns, and resiliency-building considerations specific to this population. This workshop addresses such provider competencies and introduces the helping professional to a skills-based warrior resource model of homecoming transition. This training opportunity is provided to more effectively serve those who have served and intends to fulfill the State of Connecticut Department of Public Health licensing renewal requirements for military and veteran-specific continuing education training.

9am-12:15pm | 3 Credits | \$55 | Veterans Series | Code: VS103-180122

## CREATING TRAUMA-INFORMED SPACES

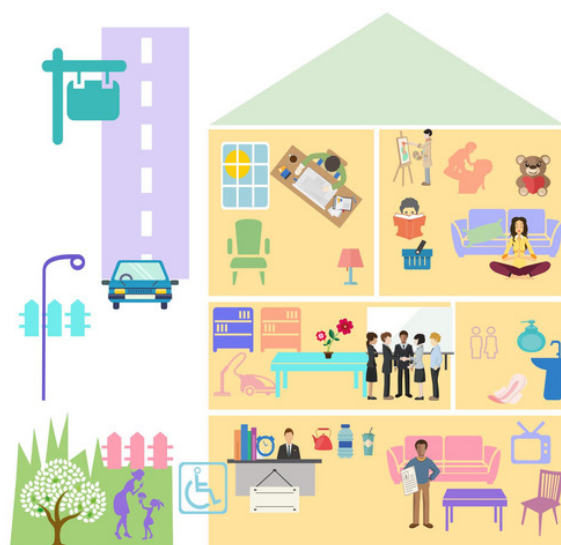
*Colette Anderson, LCSW | January 29th*

Imagine you are in crisis and your only option is going to a busy, overflowing, confusing, emergency room. Would you go? When those struggling with trauma walk into a program, an environment and attitude where people feel unimportant, unheard and unsafe can discourage them to even walk through the front door. Trauma is widespread, and the impact it has on those dealing with mental health, addiction, illness, and poverty is immense. Incorporating trauma-informed, gender-responsive practices into physical space help a program welcome clients and retain motivated staff.

You will walk back through your front door with the ability to assess the environment, transform the space, and advance your program. Important terms such as trauma-specific models, trauma-informed care, the 5 key elements of a trauma-informed system, and gender-responsiveness will be described. You will be empowered to use these concepts, in your unique program similar to how they're used in treatment programs, mental health agencies, criminal justice programs, hospitals, schools, and even cities. The instructor will share examples from agencies, and low-cost, practical ideas from her experience transforming over 30 agencies in Connecticut.

Please note this half-day training has an early start time of 8:30am.

8:30am-12:45pm | 4 Credits | \$55 | Trauma Series | Code: TR841-180129



## WHAT OTHER EVENTS ARE AT THE CWC?

### WOMEN'S SERVICES PRACTICE IMPROVEMENT COLLABORATIVE (WSPIC)

*Co-Chairs Colette Anderson, LCSW & Kim Karanda, PhD, LCSW*

A partnership of the Connecticut Women's Consortium, Department of Mental Health and Addiction Services (DMHAS), and women's specialty service providers. WSPIC Bimonthly meetings focus on improving behavioral health services for women. Contact Sheila Kinscherf, [skinscherf@womensconsortium.org](mailto:skinscherf@womensconsortium.org) | January 24th, March 28th, May 23rd, 9:30am-11:30am

### EMDR WEEKEND I AND II | REGISTER AT [WWW.EMDRHAP.ORG/CONTENT](http://WWW.EMDRHAP.ORG/CONTENT)

Eye Movement Desensitization and Reprocessing (EMDR) Therapy is a breakthrough therapy with special capacity to overcome the often devastating effects of psychological trauma. In addition to our offerings, our partner organization EMDR HAP has intensive weekend training in the model at the CWC space. We encourage you to visit [www.emdrhap.org/content/](http://www.emdrhap.org/content/) to look at their workshops.

January 5, 6, & 7, 2018 | March 23, 24, 25, 2018

### TRAUMA QUARTERLY *Chair Eileen Russo, MA, LADC*

Trauma Quarterly Meetings allow providers to share the strengths and challenges of sustaining trauma-informed services. The quarterly meetings are the 2nd Thursday in March, June, September, and December, 9:30am-11:30am usually in Page Hall of Connecticut Valley Hospital. Contact Kathleen Callahan, [kcallahan@womensconsortium.org](mailto:kcallahan@womensconsortium.org)

# FEBRUARY 2018

## NUTRITION AND HERBAL MEDICINE: BACK TO BASICS AND BEYOND

*Jaquel Paterson, ND | February 5th*

The session will review several key areas including nutrition for pain management, general food guidelines and commonly used dietary regimens, and top herbal treatments and nutritional supplementation. This workshop will provide you with a core knowledge base to apply in clinical practice that is research-based for nutrition, and help you become knowledgeable in other complementary and alternative medicine practices that may be suited for clients.

*The Alternative Pain Management Treatment series are workshops designed to increase awareness of alternative modalities for treating pain, change practice, and improve outcomes for people in need of pain management. This series is funded by DMHAS & SAMHSA.*

9am-4pm | Alternative Pain Management Treatment Series | Credits Pending | \$30 | Code: CL178-180205



## YOU ARE AN ADVOCATE: BASICS OF ADVOCACY AND GETTING COMFORTABLE

*Jillian Gilchrest, MSW | February 6th*

In order to improve conditions for women and children, both individual and systems interventions are needed. Advocacy is an important way to make change. Too often, however, taking part in advocacy can seem out of reach. Whether your barrier is time, information, or a sense that advocacy is too political, this training is designed for you.

Your professional and lived experiences make you well positioned to advocate. This workshop will give you the tools and confidence to conduct advocacy in a way that makes sense for you.

9am-12:15pm | Community Series | 3 Credits | \$55 | Code: CO102-180205



## BURIED IN TREASURES: THE NATURE AND TREATMENT OF HOARDING DISORDER

*David F. Tolin, PhD, ABPP | February 8th*

The aim of this workshop is to familiarize you with hoarding disorder, a common and potentially severe mental health problem characterized by acquisition of, and failure to discard, a large number of possessions to the extent that living spaces become uninhabitable. We will review emerging data investigating the nature of hoarding, associated mental health features, and new research findings regarding brain function in people who hoard.

To date, hoarding disorder has frustrated mental health and social service workers due to its apparently chronic and treatment-resistant nature. Many hoarders are reluctant to seek help, and even those who do seek help frequently resist therapists' efforts to intervene. Clinical studies, therefore, have consistently shown a poor response to psychological and pharmacologic treatments. Recently, however, a new model of cognitive-behavioral therapy (CBT) has emerged based on our increasing understanding of hoarding. In this workshop, you will learn specific skills to increase patients' motivation and compliance, challenge maladaptive ways of thinking, and learn new behavior patterns. We will also discuss possibilities for further development of the CBT model, including augmentation with cognition-enhancing exercises and medications as well as the collaboration between mental health professional and paraprofessionals.

9am-4pm | Clinical Series | 6 Credits | \$85 | Code: CL148-180208



## CHALLENGES TO RECOVERY: CONCURRING DEVELOPMENTAL DISORDERS

*Hannah Jurewicz, LPC, MED, MA, CCDP-D | February 13*

Supported Sobriety is a breakthrough clinical approach to person-centered, evidenced-based, recovery treatment and support for those most challenged to achieve stable sobriety. It offers structured, interactive exercises and tools that adapt the principles of recovery in a manner that works for these individuals with social, intellectual or other learning disorders through daily practice and repetition. Many of these individuals may not have formal learning disability diagnoses for a variety of reasons; some because they have compromised their ability to learn as a result of illicit drug use or acquired brain injury while under the influence. Without the specific elements in this approach, they will not likely be able to achieve or sustain recovery. This program provides specific training that facilitates staff's ability to support the unique needs of those with these multiple diagnoses. Individuals and their professional providers will likely experience stronger focus on recovery, more meaningful, measurable progress, and a greater sense of satisfaction and effectiveness through living the 24-hour plan, strategies, and tools.

9am-4pm | 6 Credits | \$85 | Code: CL164-180213



## EMOTIONAL FREEDOM TECHNIQUE: CARE FOR CLIENTS & PRACTITIONERS

*Catherine Ewing, LCSW, MDiv | February 16th*

Emotional Freedom Technique (EFT) is a form of Energy Psychology, combining psychotherapy and energy healing techniques, based on the understanding of the human body as an electrical system and the recognition of the systems of subtle energy that surround and interface with the physical body. These include the mental, emotional and spiritual bodies. EFT is an emotional form of acupuncture in which we tap with the fingertips to stimulate certain energy points on the body while the client is "tuned in" to the problem. We verbalize a set-up phrase and reminder phrases to keep the client focused on the issue as we tap. EFT is centered around the profound effects of the body's subtle energies, based on the idea that "the cause of all negative emotions is a disruption in the body's energy system." It has proven to be effective in the treatment of a variety of mental health and physical symptoms. It also has the benefit of being able to be taught to clients so that they can utilize it outside of therapy. In this engaging workshop, you will learn how to use EFT for self-care and for working with clients. As mental health providers, it is incumbent upon us to be as emotionally healthy and clear as we can be, so that we can serve our clients in the highest way possible. And, as scientific research continually discovers new information about the brain and the mind/body/spirit connection, we need to be open to new ways of serving our clients. EFT provides a simple, easy to use solution to each of these concerns.

9am-4pm | 6 Credits | \$85 | Code: CL147-180216

## SPIRITUALITY, WELLNESS, AND ADDICTION RECOVERY

*Kathleen Kiley Fisher, BS | February 20th*

There is a substantial body of evidence that supports the use of spiritual practices in relation to mental health and emotional well-being. Most notably, the Addiction Recovery movement recognizes Spirituality as one of the five key elements in recovery. There are often many complicated and complex issues that a client faces during the recovery process. It's no secret that families, communities, and the workplace are as equally challenged by the multi-factorial issues that arise during recovery. In addition to financial, emotional, and social stressors, clients and their family members often face spiritual doubts and concerns while struggling with addiction issues.

Although spiritual practices are known to provide tremendous support and improve quality of life, there is great professional value in not imposing personal beliefs upon clients. As a healthcare provider, it's possible to engage well with clients about their spiritual practices to strengthen their recovery. In this workshop, many practical tips will be provided on how to approach the spiritual element in addiction recovery. Non-denominational terminology will be shared throughout this training to build and expand a spiritual vocabulary. An overview of how spiritual energy is transmitted through the mental, emotional and physical body will be reviewed. The anatomy and functionality of the human energy field will be examined followed by exercises on how to sustain balance and consistent energy flow. Techniques of mindfulness meditations and 'prayer' will be demonstrated to correct energetic, emotional, and mental imbalances. This training offers practical tools on how to maintain a harmonious mind, body, spirit connection.

9am-4pm | 6 Credits | \$85 | Healing Arts Series | Code: HA108-180220

## AN OVERVIEW OF THE ATTACHMENT REGULATION & COMPETENCY FRAMEWORK

*Vamsi Koneru, PhD & Daniel R. Brockett, PhD | February 23rd*

The Attachment, Regulation, and Competency (ARC) Framework was co-developed by Kristine Kinniburgh and Margaret Blaustein to improve services for children and families affected by traumatic stress. The purpose of this overview is to introduce the current thinking regarding the neurobiological, psychological and relational impact of complex development trauma and the utility of applying the ARC framework with individuals and caregiving systems. We will review ARC's three core components and 8 key treatment targets that comprise domains of attachment (building safe relationships); self-regulation (supporting the capacity to regulate physiological and emotional experience); and competency (supporting capacities which facilitate resilient youth development).

The ultimate goal of Trauma Experience Integration will also be reviewed and discussed as the integration of ARC skills that allow youth to engage purposefully and resiliently in the present. We will also present and discuss targeted applications (some from related models of trauma treatment) that can be incorporated seamlessly into the ARC flexible framework. While ARC was originally developed for children and adolescents, the presenters have applied the framework to a population of traumatized young adults and will emphasize adolescent and young adult applications specifically.

9am-4pm | 6 Credits | \$85 | Code: CL165-180223





## YOGA FOR PAIN MANAGEMENT

*Kathleen Kiley Fisher, BS | March 5*

For decades, scientists and doctors looked for the source of chronic pain within the structure of the physical body. More recently, however, scientific research points to the entirety of a person: to the 'biology' of thoughts, emotions, expectations, and memories. Pain has a biological basis and it's not limited to where one feels it.

The mind and the body have 'built-in healing' responses that are as powerful as 'pain-and-stress' responses. Most chronic pain is sustained by initial trauma that changes the body and the mind-body relationship. Stress causes muscles to tighten. Muscle spasms, particularly unconscious muscle tightening, often cause a host of conditions ranging from headaches, back pain, chronic fatigue, and fibromyalgia.

The mind-body relationship makes it possible to transform 'chronic pain-and-stress' responses into 'chronic healing' responses. It's possible to unlearn pain through relaxation. A routine practice of yoga postures can re-condition the mind-body relationship and relieve pain in a number of ways. In this workshop, gentle yoga postures to reduce physical pain and discomfort will be demonstrated (including many chair yoga poses). An overview of the anatomy and the functionality of the human energy field will be examined, followed by exercises to sustain consistent energy flow. Breathing techniques and mindfulness exercises to calm and restore will be practiced. *Wear comfortable clothing. No mats are necessary.*

9am-4pm | Credits Pending | \$30 | Alternative Pain Management Treatment Series  
Code: HA123-180305

## INTERNATIONAL WOMEN'S DAY: PRESS FOR PROGRESS

*Contact Olivia Yetter | March 8th*

Join the CWC in celebrating International Women's Day to press forward and progress gender parity. A strong call to motivate and unite friends, colleagues and whole communities to think, act and be gender inclusive. The CWC is still in the planning phases of this celebration. If you are interested in partnering, advertising, or donating resources you can contact Olivia Yetter at [oyetter@womensconsortium.org](mailto:oyetter@womensconsortium.org).

*The event will be open to the community and registration will be through Eventbrite.*



## UNDERSTANDING PSYCHOLOGICAL TRAUMA & TRAUMA-INFORMED CARE PART 1

*Eileen Russo, MA, LADC | March 12*

A traumatic experience in the history of addiction and mental health clients is extremely common. However, the impact of trauma can be difficult for service providers to recognize. This introductory workshop assumes attendees have little knowledge of trauma and Post Traumatic Stress Disorder (PTSD). This workshop will provide an understanding of psychological trauma and define trauma-informed care.

9am-4pm | 6 Credits | \$85 | Trauma Series | Code: TR804-180312

## UNDERSTANDING PSYCHOLOGICAL TRAUMA & TRAUMA-INFORMED CARE PART 2

*Eileen Russo, MA, LADC | March 13*

This experiential workshop is a supplement to *Understanding Trauma and Trauma-Informed Care, Part I*, and will provide clinicians and case managers with an overview of coaching on grounding, emotional/physical safety planning, and the importance of educating clients on the possible impact of traumatic experience. The discussion will provide a closer look at diagnostic criteria, screening, assessment, treatment models, and a review of psychological first aid. This training is most appropriate for those who are beginning their understanding of psychological trauma and would like to learn some basic, effective skills for working with those whose lived experience includes trauma. Those attending Part 2 need to have attended Part 1 or have equivalent knowledge from other training.

9am-4pm | 6 Credits | \$85 | Trauma Series | Code: TR820-180313



## STAFF CARE: WELL-BEING PRACTICES FOR PROFESSIONAL CAREGIVERS

*Eileen Russo, MA, LADC & Alicia Davis, PCC, LMT | March 15th*

The emotional strain of working in the helping professions can cause burnout, compassion fatigue and vicarious trauma. This impacts staff turnover, effectiveness and affects professional/personal lives. Without effective coping mechanisms caregivers can become frustrated, overwhelmed and immobilized. This experiential workshop is a three-layered approach to staff care; organizational, professional and personal. In addition to receiving information on topics such as vicarious trauma and compassion fatigue, you will engage in exercises related to reconnection, spirituality and mindfulness practice. *Please attend this workshop only if you are able to attend the full day with little to no distractions (cell phone, etc). Feel free to dress for comfort.*

9am-4pm | 6 Credits | \$85 | Trauma Series | Code: TR867-180315



## MEDICATION ASSISTED TREATMENT FOR OPIOID USE DISORDERS: WHAT YOU NEED TO KNOW

*Charles Atkins, MD | March 16th*

The current opioid epidemic in the United States, which includes a death rate from overdose that has exceeded those caused by motor vehicle accidents, is a public health crisis. This day-long workshop explores how we got to where we are, and what strategies, including medication-assisted treatment, legislative fixes, and such are being put into play to try and turn back the tide of disability and death. The program presents both a broad public-health perspective-primary, secondary, and tertiary interventions-as well as how to accurately assess an individual with an opioid use disorder. Gender, culture, and age-specific factors, including pregnancy and the post-partum period are reviewed. At multiple points in the workshop attendees will have the opportunity to put theory into action through the use of case studies.

As the majority of individuals with opioid use disorders will have at least one co-occurring mental health problem and often related medical issues, we will explore a whole-person approach. This includes strategies to tease out diagnoses and construct treatment/recovery plans that ensure all active issues are addressed. The content includes the use of standard diagnostic criteria, public-domain screening tools, current psychopharmacological interventions and a broad range of evidence-based therapeutic and theoretical strategies (CBT, DBT, 12-step, Motivational Enhancement, Stage of Change Theory, Harm Reduction, Recovery, Trauma-based therapies, Peer Support, Wellness etc.).

9am-4pm | 6 Credits | \$85 | Clinical Series | Code: CL166-180316



## THE LONG REACH OF CHILDHOOD TRAUMA

*Colette Anderson, LCSW & Shannon Perkins, LMSW | March 20th*

Adverse childhood experiences (ACEs) are traumatic experiences that occur during childhood which impact development into adulthood. A collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente, launched in 1995, is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. More than 17,000 HMO members provided detailed information about their childhoods and the findings over the years informs our work as social workers and caregivers today.

Recognizing the presence of trauma symptoms and acknowledging the role trauma has played in an individual's life is integral to true trauma-informed care. Understanding that trauma often begins in childhood and repeats itself is a necessary part of good trauma-informed care and yet ACE scores are often under-utilized in social work practice. Through both lecture and interactive work this presentation will highlight what ACEs mean for our adult clients and how ACEs can inform our practice on both micro and macro levels.

\*Please note this half-day training has an early start time of 8:30am.

8:30am-12:45pm | 4 Credits | \$55 | Trauma Series | Code: TR865-180320



## CLINICAL AROMATHERAPY: USING ESSENTIAL OILS FOR HEALTH & WELL-BEING

*Alicia Davis, PCC, LMT | April 6th*

Aromatherapy is one of the fastest growing complementary therapies, the most simple to integrate into clinical practice, and possibly the most misunderstood. In this highly experiential workshop, learn the history and foundational science of aromatherapy, how to use essential oils safely and effectively, how to choose specific oils to support healing and remediate trauma, and how to enhance self-care for clinicians. Also, learn regulation, licensing, and certification guidelines for use of oils in clinical practice. You will receive a sample of oils which you will be able to, immediately and safely, apply and use. Learn the proven, therapeutic effects oils can have on many conditions including: trauma recovery, fear, anxiety, grief, depression, anger, insomnia, chronic pain, strains and sprains, headaches and migraines, low immune function, brain disorders (e.g., Alzheimer's, Parkinson's, dementia, developmental disability), fighting germs (colds, flu, and viruses), and general stress management.

*A wide variety of aromatherapy and scents will be used in this workshop. By registering you assume responsibility to identify to the trainer any allergies.*

9am-4pm | 6 Credits | \$85 | Healing Art Series | Code: HA121-180406

## UNDERSTANDING PERINATAL MOOD & ANXIETY DISORDERS: AN OVERVIEW OF PERINATAL MENTAL HEALTH IN CT

*Jennifer Vendetti, LMSW, CEIM & Elaine Flynn-York, LCSW | April 11th*

Learn about the spectrum of mental illnesses known as Perinatal Mood and Anxiety Disorders (PMADs) including etiology and prevalence. Become familiar with the Edinburgh Postnatal Depression Screening Scale (EPDS) including the scoring mechanism. Students will learn about effective treatment modalities including home-based psychotherapy. You will learn about Postpartum Support International and the National Coalition for Maternal Mental Health. Attendees will also learn about statewide and local efforts to address stigma and treatment of these disorders. Students will learn the prevalence of perinatal loss and the relationship to PMADs.

9am-12:15pm | 3 Credits | \$55 | Clinical Series | Code: CL167-180411



## COGNITIVE-BEHAVIORAL THERAPY FOR PTSD

*David Tolin, PhD, ABPP | April 13th*

Post-traumatic stress disorder (PTSD) is common in both military and civilian populations. Patients with chronic PTSD are often difficult to treat, and the degree of functional impairment from PTSD can be extremely high. Cognitive-behavioral therapy (CBT) is among the most well-validated, evidence-based treatments for PTSD. In this workshop, we will review the principles of CBT for PTSD, including various forms of therapeutic exposure, cognitive restructuring, and stress inoculation training. Dr. Tolin will use a mix of didactic presentation and case examples to illustrate how these treatments are implemented.

*\*Please note this half-day training has an early start time of 8:30am.*

9am-12:15pm | 3 Credits | \$55 | Clinical Series | Code: CL168-180413

## SERIES FINALE: CHRONIC PAIN MANAGEMENT

*Coming Soon in April*

The last in a series of workshops funded by Substance Abuse and Mental Health Services Administration (SAMHSA), and the Connecticut Department of Mental Health and Addiction Services (DMHAS), in their ongoing efforts to reduce opioid use by teaching about alternative treatment methods for chronic pain.





## USING THE EMDR RECENT EVENTS PROTOCOL WITH HOMICIDE SURVIVORS AND VICTIMS OF OTHER VIOLENT CRIMES

*Donald F. deGraffenried, LCSW | April 18th*

Homicide is a stark reality in the United States and claims over 16,500 victims a year. The EMDR Recent Event Protocol is a key tool used in the treatment of victims/survivors and offers a structured and effective way for clients to desensitize and recover from the trauma of the murder of a loved one. The effective use of the Recent Event Protocol will be explored, as it pertains to homicide victims and victims of other violent crimes. This will include a review of the protocol, engagement of the client, assessment and effective use of a time-limited model of treatment. This workshop will also address the use of EMDR, for desensitization, when use of the full 8-phase protocol may not be possible.

A case study of successful treatment will be presented, including the digital audiotape of a simple visual tool to help in the assessment and treatment of the client. In addition, innovative affect management tools that are effective with survivors will be demonstrated. Includes a panel discussion to review current EMDR pro bono services that are available to crime victims in the greater New Haven Area. EMDR Part I or Part II training is required if you wish to take this workshop

9am-4pm | 6 Credits | \$85 | Clinical Series | Code: CL169-180418



## A DAY OF DIALECTICAL BEHAVIOR THERAPY (DBT)

*Charles Atkins, MD | April 20th*

Dialectic Behavior Therapy (DBT) is a well-studied, evidenced-based therapy for women and men with recurrent self-harming thoughts and behaviors. While originally intended for people who carry diagnoses of Borderline Personality Disorder, DBT's core components—which include— Mindfulness, Cognitive-Behavioral techniques, skills training in interpersonal effectiveness, distress tolerance/crisis management and emotion regulation—provide useful strategies for clients with a board range of diagnoses. In this day-long interactive workshop, attendees will learn the basics of DBT, including the biosocial theory of Borderline Personality Disorder and an overview of key components of high-fidelity DBT. Throughout the training, you will be involved in skills-training exercises that teach Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation. You will also learn how to prioritize problem behaviors and construct behavioral chain analyses.

9am-4pm | 6 Credits | \$85 | Clinical Series | Code: CL114-180418



## THE INTERSECTION OF DOMESTIC VIOLENCE & HUMAN TRAFFICKING

*Jillian Gilchrest, MSW | April 24th*

While there are differences, the methods of control and cycle of violence perpetrated against victims of domestic violence is similar to victims of human trafficking. This training will highlight the intersection of domestic violence and human trafficking, providing you with a new understanding of gender-based violence and ways to support victims.

9am-12:15pm | 4 Credits | \$55 | Community Series | Code: CO103-180424

## LGBTQIA...SOS! DIFFERENTIATING AND DEMYSTIFYING GENDER AND SEXUAL IDENTITY

*Mara Gottlieb PhD, LMSW | April 27th*

We are witnessing the dawn of a new civil rights movement, and the question is no longer whether we will have Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Asexual (LGBTQIA) clients, but when, and whether we will be adequately prepared to serve these populations respectfully. So let's talk about sex, and gender, and what – if anything – the two have to do with one another. Walk away with a clear understanding of sexual orientation, sexual identity, and gender identity. This workshop is appropriate for participants with any level of knowledge regarding these identities and will be a straightforward, accessible, open discussion with opportunities for questions to be asked and answered. Accurate terminology, myths/facts, and other information will help practitioners in addressing sexual and gender identity with clients.

\*Please note this half-day training has an early start time of 8:30am.

8:30am-12:45pm | 4 Credits | \$55 | Community Series | Code: CO105-180427



# APRIL 2018



## SERVING THOSE WHO SERVE: ENHANCING PERSPECTIVE, REDUCING BARRIERS AND CREATING HELPING OPPORTUNITIES

*Amy B. Otzel, MS, MS, LPC | April 30th*

Military members, veterans, and their families have endured hardships unique to the demands of the military lifestyle and the war zone. It is imperative for those who support readjustment and reintegration to be familiar with the culture, stressors, mental health concerns, and resiliency-building considerations specific to this population. This workshop addresses such provider competencies and introduces the helping professional to a skills-based warrior resource model of homecoming transition. *This training support is provided to more effectively serve those who have served and is intended to fulfill the State of Connecticut Department of Public Health licensing renewal requirements for military and veteran-specific continuing education training.*

9am-12:15pm | 3 Credits | \$55 | Veterans Series | Code: VS103-180430

# MAY 2018



## THE RESILIENT PRACTITIONER: A CLINICIAN'S GUIDE TO EMOTIONAL WELL-BEING

*Alicia Davis, PCC, LMT | May 7th*

Ever had one of those days when you were happy when you started your day, but within 10 minutes of being in the office you were inundated with problems and your mood went from good, to bad, to worse? Do you ever observe your team members in a state of frustration or anger lashing out at others, playing the blame game or having emotional meltdowns? Is fear getting in the way of taking important action? Does worry keep you going in circles?

Your emotions are powerful influences of behavior and strong emotions physiologically override the rational, thinking and reasoning mind within 3 seconds. Your thoughts create your reality either negatively or positively. Being able to cultivate self-awareness, practice self-regulation and effectively respond to potentially overpowering thoughts (worry, negativity, criticism) and feelings (such as anger, fear and grief) are critical skills to have in a clinical environment.

This workshop combines Core Energy™ coaching techniques, mindfulness and learned optimism practices, and brain science to provide practical and effective ways of calming down, addressing core issues, maintaining an internal sense of calm and contributing to a peaceful environment in which to work and live.

9am-4pm | 6 Credits | \$85 | Healing Art Series | Code: HA111-180507



## DE-ESCALATION AND ENGAGEMENT STRATEGIES: A TRAUMA - INFORMED APPROACH

*Chris Doval, MSW, LSW, LCDP, LCDCS, ICADC | May 10th*

Aggressive and drug-seeking behavior creates unique and often frustrating challenges in clinical settings, often these behaviors are fueled by substance use and trauma-related disorders. Learn strategies for addressing these behaviors in an assertive and therapeutic approach while retaining patient engagement. This interactive and experiential workshop offers an overview of the impact of trauma on the recovery process from a social, biological, psychological, and spiritual perspective and will provide clinicians with skills to work with people affected by substance use and trauma throughout their recovery, as well as, understanding the conceptual framework of trauma-informed practice.

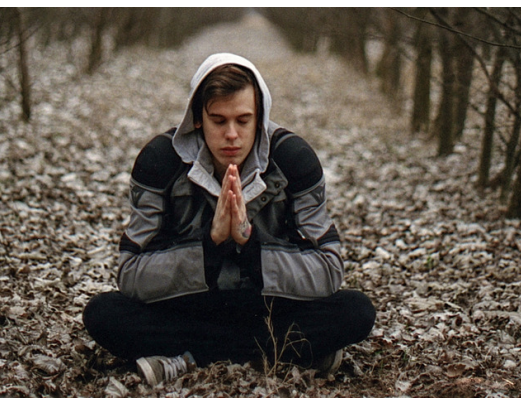
Please note this half-day training has an early start time of 8:30am.

8:30am-12:45pm | 4 Credits | \$55 | Clinical Series | Code: CL174-180510

## DE-STRESS USING YOUR MIND, BODY AND BREATH

*Kathleen Fisher, BS | May 14th*

As staff members become the change they desire to see, they translate into powerful and inspirational role models for their clients. In this experiential workshop, you will learn fundamental yoga poses (including chair yoga poses) and deep breathing exercises to de-stress and restore. When you can model and share these benefits with your clients,



they can have a lasting, positive effect. You will experience a shift in your physiology through deep breathing exercises, chair yoga poses, and guided visualization. The benefits of chair yoga will also be discussed including overall quality of life, anxiety, tension, mood, physical functioning, and general health. Wear comfortable clothing. No mats are necessary.

\*Please note this half-day training has an early start time of 8:30am.

8:30am-12:45pm | 4 Credits | \$55 | Healing Art Series | Code: HA101-180514

## FOSTERING A GENDER RESPONSIVE CULTURE

*Colette Anderson, LCSW, Shannon Perkins LMSW, and Kathleen Callahan, BS | May 16th*



People experience life differently based on their gender, whether it be the different barriers they confront, inequalities, stigmas, traumas, and overall life experiences. As social workers, it is our job to understand these differences and work to make the culture of our organizations inclusive to all. Having a gender-responsive culture means cultivating an environment in which all aspects of service reflect an understanding of the lives of individuals according to their gender. Using lecture, video, and experiential processes, attendees will begin to understand the differences between sex and gender, the impact of gender stereotypes on care, and the importance of a gender-responsive culture. Gender-responsive assessment tools will be shared, allowing you to begin to assess your own organizations and think about how to make changes in your everyday work in order to better serve the individuals that come through the doors. Attendees will leave the workshop not only understanding gender-responsiveness but will feel prepared to institute change in their own practices.

9am-12:15pm | 3 Credits | \$55 | Community Series | Code: CO108-180516



## A DSM-5 OVERVIEW APPLICATIONS FOR TREATMENT AND TREATMENT PLANNING

*Charles Atkins, MD | May 18th*

In October of 2015, the United States made the transition from the World Health Organization's ICD-9 to ICD-10. For most behavioral health and substance use providers, this came with the additional transition to the American Psychiatric Association's DSM-5. With fourteen years in the making, the *DSM-5®* replaced the *DSM-IV-TR* as the standard diagnostic manual for psychiatric disorders in the U.S. Differences between the two manuals are substantial and the elimination of the five axes system placed increased responsibility on providers to better qualify and quantify the severity of diagnoses. While the new manual offers guidance on how to do this, there are no absolute directives, other than to use the criteria and clinical judgment.

This day-long workshop provides clinicians with both an overview of the DSM-5 and practical strategies for enhancing diagnostic accuracy and treatment efficacy, through the strategic application of public-domain metrics. To provide you with a "hands-on" practicum, there will be multiple opportunities to formulate DSM-5® diagnoses through the use of case studies. Implications related to billing, compliance, and treatment planning will be reviewed and discussed.

9am-4pm | 6 Credits | \$85 | Clinical Series | Code: CL120-180518



## COMPLEMENTARY MEDICINE IN CLINICAL PRACTICE

*Jaquel Patterson, ND, MBA | May 21st*

Approximately two-thirds of the American population use some form of complementary medicine at home with an interest in alternative practices continuing to increase. This workshop will increase your knowledge-base in complementary and alternative medicine therapies for use in clinical practice to better support your clients' needs. Review nutrition as it pertains to mental health and substance use disorders, exercise, sleep hygiene, lifestyle, and spirituality. Course content will also review modalities used in practice such as acupuncture, Reiki, mindfulness, nutrition, and herbal supplementation.

9am-4pm | 6 Credits | \$85 | Clinical Series | Code: CL150-180521



## INTRODUCTION TO MOTIVATIONAL INTERVIEWING

*David Tolin, PhD, ABPP | June 1st*

Motivational interviewing (MI) is a style of professional interaction that is designed to reduce clients ambivalence and get them moving on the path to behavioral change. In this workshop, review the principles of Motivational Interviewing, which include rolling with resistance, expressing empathy, developing discrepancy, avoiding arguments, and supporting self-efficacy. Dr. Tolin will include case discussion and examples to illustrate how these principles can be used to increase clients' awareness of the problem, readiness to change, and willingness to adhere to a plan of action.

9am-12:45pm | 3 Credits | \$55 | Clinical Series | Code: CL170-180601



## THE GOLD STANDARD: AN EMDR REFRESHER WITH THEORY PRACTICE AND PRACTICUM

*Donald F. deGraffenried, LCSW | June 4th*

This one-day intensive workshop in Eye Movement Desensitization and Reprocessing (EMDR) therapy will combine a refresher on the theory of EMDR, practical information about its use in community mental health settings, and a practicum to strengthen skill with clients.

You will review your existing EMDR therapy knowledge and continue to develop an existing baseline of training, with an eye towards identifying competency and expanding comfort through practice.

A baseline will be established in the workshop through a "Participant Skills Checklist", which will help you scale your current skills from 1 = "Not at all Confident" to 5 = "Totally confident." The results of this checklist will help you actively work in the workshop to receive the specific training that will enhance your practice. You will then review the eight phases of EMDR treatment, with attention to client safety, engagement and working with both under activated and overactivated clients. The workshop will focus on the development of the negative cognition, resuming reprocessing of an unfinished target, processing triggers, and future templates.

Cognitive interweaves will be briefly explored with innovative ways of offering these to clients. The Recent Event Protocol will be discussed along with the "Visual Assessment Tool", developed by Donald deGraffenried, LCSW to aide in the assessment of recent trauma. EMDR Part I or Part II training is required if you wish to take this workshop.

9am-4pm | 6 Credits | \$85 | Clinical Series | Code: CL158-180604



## CREATING A CULTURE OF TRAUMA-INFORMED CARE

*Colette Anderson, LCSW | June 7th*

A trauma-informed, gender-responsive culture:

- 1) responds to the effects of traumatic stress,
- 2) reflects the different treatment needs of men and women,
- 3) addresses staff's needs, and
- 4) builds a healthy physical environment.

From managers to receptionists the principles of trauma-informed care are applicable to all staff. This workshop goes beyond an overview of trauma and shares practical, low-cost ideas from agencies who have transformed their culture. Important concepts such as grounding, trauma-specific models, trauma-informed care, the 5 key elements of a trauma-informed system, and gender-responsiveness will be described. This workshop also includes elements of staff care, assessing your agency culture and the physical environment.

9am-4pm | 6 Credits | \$85 | Trauma Series | Code: TR862-180607



## DIVERSITY IN THE WORKPLACE

*Mara Gottlieb, PhD, LMSW | June 11th*

This highly interactive, experiential workshop will address the concepts of diversity and multiculturalism in their broadest sense, to include identities of race, ethnicity, gender, religion, sexual orientation, ability, body size, and more. You will have the opportunity to reflect on and share your own identity "landscape". We will address the pitfalls of "passing" or identity invisibility; the many ways encouraging authentic self-expression leads to better work outcomes; creating a work environment in which questions are safe to be asked and answered and where curiosity is encouraged; the nature and impact of micro-aggressions and additional topics proposed by the group. It will be an opportunity to learn more about yourself, your colleagues, and ultimately to form professional relationships based on authenticity and respect.

NASW Cultural Competency Course

9am-4pm | 6 Credits | \$85 | Cultural Competency | Code: CC102-180611



## ADOLESCENT SBIRT

*Kathleen Callahan, BS & Shannon Perkins, LMSW | June 13th*

A-SBIRT for Adolescents is a comprehensive, evidence-based public health practice for early substance use intervention for adolescents. SBIRT identifies, reduces, and prevents problematic substance use in individuals, at risk for or with current substance use disorders. SBIRT providers work to identify problematic substance use that increases risks for physical and emotional health problems, disease, injuries, poor job performance, and family and social problems and helps to decrease their impact.

The primary goal of Adolescent SBIRT is not to diagnose and treat substance use disorders; but rather, to promote prevention messages, address low to moderate risk early on, and facilitate effective referrals to treatment for those who may benefit from a diagnostic assessment and/or specialty care. SBIRT provides a valuable framework for advancing a public health approach to reduce the harms and societal costs associated with substance use disorders. The overall aims of SBIRT for youth include: increase early identification of adolescents at-risk for substance use problems; motivate those at risk to reduce or stop unhealthy, risky use and adopt behavior change; motivate individuals to seek help and increase access to care for those with (or at risk for) a substance use disorder; link to more intensive treatment services for adolescents at high risk; and foster a continuum of care by integrating prevention, intervention, and treatment services.

\* Please note this half-day training has an early start time of 8:30am.

8:30am-12:45pm | 4 Credits | \$55 | Clinical Series | Code: CL163-180613

## LOVE AND LAUGHTER: THE HEALING POWER OF POSITIVE EMOTIONS

*Charles Atkins, MD | June 15th*



From Hans Selye and *The Stress of Life* to the eye-opening results of the Adverse Childhood Experiences Study (ACES), the case is clear for the negative emotional, physical, and social fallout of severe and protracted stress and trauma. But what about the flip side? Where are we as it relates to the science and practice of positive emotional states and experiences? What is known about the healing power of humor, faith, spirituality, love, and social connectedness?

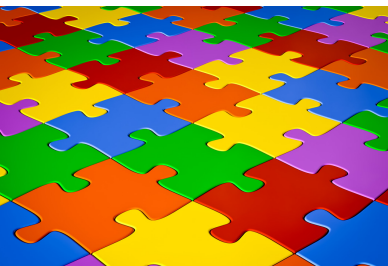
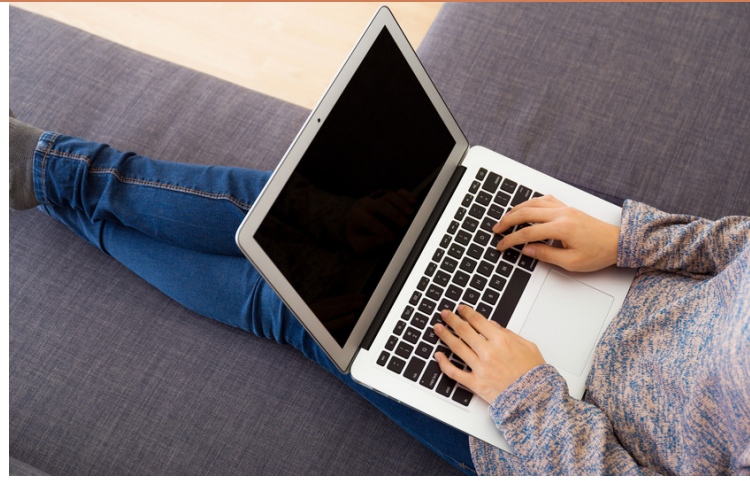
This workshop provides the mirror-side view of the stress literature. From Norman Cousins and his lifesaving discoveries in *Anatomy of a Patient*, Bernie Siegel's *Exceptional Cancer Patients*, the inclusion of irreverence and humor in Dialectic Behavior Therapy (DBT) as a core strategy, to the exciting neuro-anatomical changes seen with a mindfulness practice, you will learn about and experience how positive emotional states can rapidly alter both physiology and mood.

9am-4pm | 6 Credits | \$85 | Clinical Series | Code: CL171-180615

# ONLINE COURSES

At [www.womensconsortium.org](http://www.womensconsortium.org) click the online course button at the top of the page for a listing of the most up to date online courses. Earn credits from home or work at your leisure!

Your credits become available for your completed online courses once you have finished both the evaluation & online quiz. Courses may only be offered a limited time so register now!



## THE ABCS OF MEDICATED ASSISTED TREATMENT (MAT)

*Jeffrey Quamme, BA*

To help increase awareness of MAT treatment options and to support the dissemination of accurate, research & science-based information, the Connecticut Certification Board has developed a comprehensive learning program based upon the most recent trends in the field of pharmacotherapy of opioid and alcohol dependence. The program is designed to provide a comprehensive overview of the basic pharmacology, recovery supports, clinical and practice issues.

3 Credits | Code: OL010

## AN EMDR REFRESHER WITH THEORY, PRACTICE, AND PRACTICUM

*Donald Degraffenreid, LCSW*

This intensive course in Eye Movement Desensitization and Reprocessing (EMDR) Therapy will combine a refresher on the theory of EMDR, practical information about its use in community mental health settings and a practicum to strengthen skill with clients.

4.5 Credits | Code: OL004

## LGBTQIA...SOS! GENDER AND SEXUALITY, DIFFERENTIATED AND DEMYSTIFIED

*Mara Gottlieb, PhD, LMSW*

Walk away with a clear understanding of sexual orientation, sexual identity, and gender identity for working with Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Asexual (LGBTQIA) clients. This course is appropriate for those with any level of knowledge regarding these identities and will be a straightforward, accessible course.

3 Credits | Code: OL003

## RECOVERY 101

*David Howe, LCSW*

Learn strategies to foster a collaborative helping relationship that supports the ongoing process of planning. This interactive experiential course will teach concepts and strategies that can be implemented for successful client goal setting and improved recovery planning outcomes.

4 Credits | Code: OL005

## CHALLENGING CLIENTS & SOLUTION-FOCUSED APPROACHES

*Don Scherling, PSYD, LADC, CC*

Solution-Focused Approaches (SFBT) build on a client's, family, agency or community strengths and are proving more powerful and hopeful in encouraging change, than traditional problem-focused methods of assessment and treatment.

5 Credits | Code: OL002



## **WOMEN, OPIOID USE DISORDERS, AND THE COMPLEX CONUNDRUM OF CO-OCCURRING DISORDERS**

*Charles Atkins, MD*

Learn about the basics of opiate dependence-recognition, diagnosis, and treatment. From there it explores gender-specific challenges of treating the opiate dependent woman such as pregnancy and the post-partum, as well as psychosocial risks and protective factors.

4 Credits | Code: OL001



## **BIOLOGY OF ADDICTION I**

*Lauren Doninger, EDD, LADC, LPC*

Includes an overview of alcohol, opiates, and stimulants on the body & brain. Understand the fundamental processes of neurotransmission and the central nervous system in addiction. This course assumes you have not revisited the study of human biology since high school.

4.5 Credits | Code: OL006



## **BIOLOGY OF ADDICTION: A CONTINUED CONVERSATION**

*Lauren Doninger, EDD, LADC, LPC*

Includes an overview of on inhalants, steroids, marijuana and designer drugs on the body & brain. Learn about the constant "innovation" in drug development that results in an ever-changing landscape of drugs of abuse and challenges to consistent regulation.

4.5 Credits | Code: OL007



## **THE LONG REACH OF CHILDHOOD TRAUMA**

*Colette Anderson, LCSW & Shannon Perkins, LMSW*

Adverse childhood experiences (ACEs) are traumatic experiences that occur during childhood which impact development into adulthood. Recognizing the presence of trauma symptoms and acknowledging the role trauma has played in an individual's life is integral to true trauma-informed care. This course will highlight what ACEs mean for our adult clients and how ACEs can inform practice.

3 Credits | Code: OL011



## **THE OTHER GENDER: USING TRAUMA-INFORMED FRAMEWORK FOR WORKING WITH MEN**

*Chris Dorval, LCSW, LCDCS, LCDP, ICADC*

Our society has often turned a blind eye to trauma's impact on males and subsequently, trauma has been focused on as a "female issue." This online course will offer a look at trauma-informed practice that is responsive to the unique challenges and strengths of men in addiction treatment programs.

2.5 Credits | Code: OL009



## **A FRAMEWORK FOR CARING: UNDERSTANDING THE CHALLENGES AND RESPONSES TO SUBSTANCE EXPOSED INFANTS**

*Marilou Giovannucci, Carol Weitzman, MD, and Matthew Grossman, MD*

Learn about substance exposed infants including children affected by maternal alcohol use and be able to identify the signs of Fetal Alcohol Spectrum Disorder in children. Learn how to advocate for medical, behavioral and educational interventions for children.

6 Credits | Code: OL012

COMING SOON

**CREATING TRAUMA-INFORMED SPACES - COLETTE ANDERSON, LCSW**

**BURIED IN TREASURES: THE NATURE AND TREATMENT OF HOARDING DISORDER - DAVID TOLIN, PHD, ABPP**  
**RISK ASSESSMENT FOR VIOLENCE - PHILLIP RESNICK, MD**

# Experts, Leaders, Teachers...



**Colette Anderson, LCSW**, is the Executive Director of The Connecticut Women's Consortium (CWC). She has spent over 30 years working in behavioral health. Her expertise is in trauma-informed systems change and she spearheads multiple groups and initiatives across the state to promote trauma-informed, gender-responsive care. She also trains and presents on a number of topics including trauma, gender, staff care, and healing arts for diverse audiences and agencies. In October 2016, Colette was awarded the National Association of Social Workers - Connecticut Chapter Social Worker of the Year Award.



**Charles Atkins, MD**, is a board-certified psychiatrist, published author, professional speaker, and clinical trainer. He writes both non-fiction and fiction, including books on Bipolar Disorder, Co-occurring Disorders, and Alzheimer's Disease. Dr. Atkins is the Chief Medical Officer at Community Mental Health Affiliates (CMHA) in New Britain, an agency that works with people with serious chemical dependence and co-occurring disorders.



**Daniel R. Brockett, PhD**, has been the clinical director of the Young Adult Services (YAS) Division at the Department of Mental Health and Addiction services since 2006, serving young adults with histories of severe childhood developmental trauma and psychiatric/neurodevelopmental challenges. A neuropsychologist and clinician, Dr. Brockett has expertise in areas of applied behavior analysis, positive behavioral interventions, and most recently, application of models of intervention for individuals with attachment/relational trauma. Dr. Brockett is committed to developing comprehensive, trauma-informed psychological services for the YAS program statewide.



**Kathleen Callahan, BS**, is the Trauma and Gender Coordinator at The Connecticut Women's Consortium. She managed the statewide Trauma-Informed and Gender-Responsive initiative as liaison for all stakeholders and provided technical assistance and training for agency staff. Transitioning from a career in software, she completed Gateway Community College's Drug and Alcohol Recovery Counselor program and is currently enrolled in Southern Connecticut State University's MSW Co-occurring Disorders program. Kathleen is a trained *Healing Trauma* facilitator, certified SBIRT trainer, holds a Counselor in Training credential, and her area of focus is the intersection of women/girls, trauma, addiction/recovery, and incarceration/reintegration.

**Deborah Cantor, PhD, LICSW**, is an experienced clinician and educator, Deborah Cantor, PhD, LICSW will lead the SWES training at CWC. Since 1984, Social Work Examination Services (SWES) has helped social workers prepare for social work licensure exams. Thousands of license candidates have used our methods and materials to successfully pass the national license exam developed by the ASWB.



**Alicia Davis, PCC, LMT**, is a Professional Certified Coach and a CT Licensed Massage Therapist with over 25 years of experience in holistic healthcare. She specializes in the healing arts, stress reduction, mind/body connection, mindfulness practices, and individual and team well-being. Alicia brings a unique Core Energy™ coaching approach to health, wellness and balanced living.



**Donald F. deGraffenried, LCSW**, is in private practice in New Haven, CT, specializing in the treatment of trauma and is also the Program and Community Development Director for Trauma Recovery EMDR Humanitarian Assistance Programs. He specializes in the treatment of complex PTSD with Eye Movement Desensitization and Reprocessing and has worked with homicide survivors in both an agency setting and private practice. He is an EMDRIA Approved Consultant, Facilitator for the EMDR Humanitarian Assistance Program and the EMDR Institute and is an EMDR HAP Trainer.



**Chris Dorval, LCSW LCDP, LCDCS, ICADC**, is a therapist in private practice as well as a clinical consultant specializing in addiction, trauma, and men's health. Chris has worked as the Director of Clinical Outreach and Development for an international training and consulting agency as well as having worked as a clinician and clinical supervisor in various levels of care in behavioral health treatment.



**Catherine Ewing, LCSW, MDiv**, founder of Sacred Heart Alchemy, is a spiritually focused psychotherapist, EFT Practitioner, Transformational Life Coach, Minister of Spiritual Peacemaking, Certified Dream Coach, Passion Test Facilitator, and energy healing practitioner. She is an expert at helping those she works with to release old beliefs, behaviors, and emotions that keep them physically, mentally and emotionally unhealthy and unfulfilled. She supports clients in reconnecting to, and remembering, their true spiritual nature, allowing them to step out of their story and into lives of authenticity, passion, and purpose. Prior to her work as a coach, psychotherapist, and healer, Catherine worked in the areas of sexual assault, domestic violence, child abuse and neglect, economic justice for women and school social work. She has been a student of the mind/body/spirit connection for over 20 years and is a co-author of the book *Incredible Life*.



**Kathleen Kiley Fisher, BS**, is the founder of Wellness Insights, LLC. As an Energy Medicine practitioner and Yoga instructor, Kathleen currently works with clinical staff at local healthcare facilities offering training and supervision in chair yoga and other mind/body wellness techniques for patient care. While in private practice in Atlanta, GA, Kathleen was co-principal investigator in the research study with Emory University, "Wellness Interventions and Quality of Life in Parkinson's Disease". Kathleen also produced and hosted 'The Dream Show', interviewing renowned national authors in the fields of integrative and spiritual medicine. As Chair of Comfort Keepers national Memory Care committee, Kathleen developed an integrative "brain fitness" program for clients in the early stages of Alzheimer's and Dementia.

# Biographies



**Elaine Flynn-York, LCSW**, has been working with children and families for over 20 years. Elaine is currently the Director of Prevention and Parenting for the Department of Mental Health and Addiction Services's, Young Adult Services, Office of the Commissioner. In this role, Elaine developed an in-home perinatal support program to help pregnant and parenting young adults with significant mental health challenges. The focus of her work includes prevention, early intervention, to include Perinatal Mood and Anxiety Disorders, and the promotion of positive attachment and infant bonding. Elaine is a member of the CT Infant Mental Health Advisory Board, State of CT, Personal Responsibility Education Program (PREP) Advisory Board, Postpartum Support International and Postpartum Support International CT Chapter, K.I.D. Project FASD Early ID & Screening Work Group, and the Women's Services Practice Improvement Collaborative (WSPIC).



**Jillian Gilchrest, MSW**, chairs the Connecticut Trafficking in Persons Council for the Connecticut General Assembly. Jillian currently works as Director of Health Professional Outreach for the Connecticut Coalition Against Domestic Violence and teaches Political Advocacy for the UCONN School of Social Work.



**Mara Gottlieb, PhD, LMSW**, is an Adjunct Assistant Professor at the NYU Silver School of Social Work, teaching at both graduate and undergraduate levels. In 2017, she was honored with the Distinguished Achievement Award, from CT-NASW. Dr. Gottlieb is also the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge, self-awareness, and insight can be cultivated. More information can be found at [www.talkingchanges.com](http://www.talkingchanges.com).



**Kenneth Hardy, PhD**, is an internationally recognized clinician, author, and trainer. He is also the Director of the Eikenberg Institute for Relationships in New York City where he maintains a private practice specializing in working with traumatized and oppressed populations. Dr. Hardy is an acclaimed activist and professional whose publications have challenged our society to think critically about the ways in which systemic oppression and racism connect with trauma.



**Hannah Jurewicz, LPC, CCDP-D**, serves as State Director with Dungarvin CT, LLC, an agency that supports adults living with intellectual disabilities, mental health, and substance use disorders. In 2013, Hannah developed a first-of-its-kind 24-hour, recovery-oriented clinical approach to support those with intellectual disabilities and substance use disorders. She authored *Addiction Recovery for Challenged Individuals: How to Support Those with Addiction, Co-occurring, Social and Other Learning Disorders, Living with Disabilities* series and *The Courage to Lead: Start Your Own Support Group*. She has provided consultation and training for over 25 years and is published in *Brain Injury, Journal of Applied Rehabilitation Counseling*, and the *National Association for the Dually Diagnosed*. Hannah is a Licensed Professional Counselor and Certified Co-Occurring Disorders Professional and Diplomat (CCDP-D).



**Vamsi Koneru, PhD**, is a clinical psychologist in private practice at Koneru Psychotherapy, LLC and a board member of the Copper Beech Institute. He specializes in providing compassionate, evidence-based psychotherapy to individuals and families. Dr. Koneru is actively pursuing graduate training in neuroscience, completed the Mindfulness-Based Stress Reduction Program and completed his MS and PhD at the University of Miami, his clinical internship at the Yale University School of Medicine and his postdoctoral fellowship at Harvard Medical School/VA Boston Healthcare System.



**Amy B. Otzel, LPC** is a Retired U.S. Army Behavioral Health Sergeant and Iraq War Veteran continuing the mission onward specializing in holistically-minded integrative mental health counseling at Inner Resource Psychotherapy. While informed by graduate degree achievements in psychology, professional counseling, and integrative medicine, Amy's personal journey to empower her own health, wellness, and the healing from trauma has enhanced her endeavor to contribute forward in healing service to others.



**Jaquel Patterson, ND**, is a licensed naturopathic physician practicing in Bloomfield, CT. Her areas of focus include autoimmune conditions, women's health and mental health. She maintains a private practice with over 8 years of clinical experience and has a breadth of experience in alternative medicine, community health and disease management. She serves as the President-Elect for American Association of Naturopathic Physicians. She is also a Board Member of the Connecticut Certification Board and co-chair's the Training Committee for the Integrative Medicine Taskforce for DMHAS. She completed her doctoral degree in naturopathic medicine from the University of Bridgeport, has an MBA in Healthcare Administration from Quinnipiac University and BS from Cornell University.



**Shannon Perkins, LMSW**, is the Director of Education and Training at the Connecticut Women's Consortium (CWC). She is a macro social worker who received her master's degree from The University of Connecticut School of Social Work with a focus on social work administration. Shannon is a certified SBIRT trainer. Prior to joining the team at the CWC, she worked in supportive housing and eldercare. She has experience in the topics of adverse childhood experiences, parent-child relationships, and social work research. Shannon is passionate about the field of social work and is dedicated to advocating for the rights of women and children.



**Eileen Russo MA, LADC**, is a licensed addiction counselor, a certified clinical supervisor, and a certified co-occurring disorders professional who has worked in the addiction and mental health field for the past 31 years. Ms. Russo is an Associate Professor for the Drug and Alcohol Recovery Counselor program at Gateway Community College. In addition to teaching and training, she specializes in treating co-occurring PTSD in mental health and substance abuse populations and has assisted agencies with developing trauma-informed mental health/substance abuse treatment programs for men, women, and children across Connecticut.

# Biographies / Directions



**Kathryn Templeton, MA, RDT/MT**, has devoted her life to the health of others. A psychotherapist for thirty years, Kathryn is a master teacher in the field of Drama Therapy and continues to work clinically and as an educator specializing in the treatment of individuals with anxiety, depression and complex trauma.



**David F. Tolin, PhD, ABPP**, is the Founder and Director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Associate Professor of Psychiatry at Yale University School of Medicine. He is President-Elect of the Clinical Psychology Division of the American Psychological Association, and a principal investigator for the National Institutes of Health. Dr. Tolin is the author of over 100 scientific journal articles, as well as the books *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* and *Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions*. Dr. Tolin has been featured on the reality TV series *Hoarders*, *The OCD Project*, and *My Shopping Addiction*, and has been a recurrent guest on *The Oprah Winfrey Show*, *The Dr. Oz Show*, and *Anderson Live*!



**Jennifer Vendetti** is a maternal child health social worker dedicated to the development of programs and services to support pregnant and postpartum women and their families. Jennifer is a parent educator in the *Nurturing Families Network Program* at UConn Health (NFN) facilitating prenatal parenting groups, parent education in infant massage, and postpartum telephone and group support. Jennifer is a coordinator and trainer for the *NFN Mind Over Mood* Initiative to address maternal mental health in NFN programs. Jennifer is working with Connecticut Women, Infants and Children (WIC) programs providing training and consultation to support their implementation of universal perinatal mental health screening. Jennifer is a founding member and current board member of Postpartum Support International CT Chapter. Jennifer is a PSI volunteer peer support specialist. Jennifer is a board member of the CT Association for Infant Mental Health (CT-AIMH). Jennifer is a member of Breastfeeding USA, Infant Massage USA, PSI, PSI CT and CT-AIMH.

## Directions

**2321 Whitney Avenue, Suite 401, Hamden, CT. 06518**

We are located on the 4th Floor of Hamden Center II. Our entrance has a peach colored wall. Always check your event, as some larger and private events are offsite.



### From the South, Bridgeport Area

Take 15 N

Take Exit 61

Turn right off ramp, onto Whitney Avenue

About a half block on your right is a sign for Hamden Centre. Turn right into the driveway before this sign

### From the east, New London area

Take 95S to 91 North

From 91, Take Exit 10

You are now on a connector. From here Take Exit 1 Off of the ramp, turn left onto Devine St.

Turn left onto Hartford Turnpike

Then turn right onto Dixwell Avenue.

At the 3rd stoplight turn Left into the driveway before KinderCare

### From the North, Hartford area

Take 91s to Exit 17

On exit ramp, stay left to continue onto 15 South.

From 15, take Exit 62

At the end of the ramp, turn right on to Whitney Avenue

About a half block on your right is a sign for Hamden Centre. Turn right into the driveway before this sign

### Parking

All visitors must park in the free parking garage. Handicap parking is in front of the building. Parking in front of the building is for the retail businesses only.

- CWC - 4th Floor
- Parking Garage
- Entrance Whitney 1
- Entrance Dixwell 3
- Entrance Dixwell 2

#### Nearby

- Bus Stop
- Bus Stop
- Bus Stop
- Graustein Memorial Fund
- Mickey's Restaurant
- Freskos
- Brown Stone Restaurant
- Eli's Pizza
- Dunkin' Donuts
- Gas - Citgo
- Gas Exxon
- Clarion Hotel
- TD Bank

### Nearby Transportation & Hotel

Clarion Hotel - Ask for the Women's Consortium rate

Closest - Bradley Airport or NYC Airports (JFK, LaGuardia)

Union Station - Metro North & Amtrak Train & Greyhound Bus

CT Transit - Bus Stops are in the same plaza (J Bus - Whitney Avenue, Centerville Whitney & Dixwell Stop)

Metro Taxi - (203) 777-7777



The Connecticut Women's Consortium  
Improving Behavioral Health Services for Women

## CT Women's Consortium Registration Form

PARTICIPANT INFORMATION (Applications must be legible and <u>complete</u> to be processed.)			
*Last Name		*First Name	Middle Initial
*Agency Name			<input type="checkbox"/> No Agency/Private Practice/Retired
*Agency Address			
Street:			
Street (2):			
City: , State: Zip Code:			
*Phone number (please check your preferred phone number)			
<input type="checkbox"/> Work Phone: ( ) - ext.	<input type="checkbox"/> Cell Phone: ( ) -	<input type="checkbox"/> Home Phone: ( ) -	
*E-mail address ( <b>e-mail address is required to process all registrations, please check your preferred e-mail address</b> )			
<input type="checkbox"/> Business:		<input type="checkbox"/> Personal:	
Do you have accessibility needs or accommodations? (Please list services needed, this includes dietary restrictions):			
BILLING INFORMATION			
*Billing Address ( <input type="checkbox"/> same as above)			
Street:			
Street (2):			
City: State: Zip Code:			
CERTIFICATE INFORMATION			
All of our trainings provide a CEU Certificate of Attendance, <b>if you require a CME please check the box below:</b> The CEU's we offer are accepted by NASW/CT (National Association of Social Workers and CCB (CT Certification Board)			
<input type="checkbox"/> CME – Continuing Medical Education (for MD's and APRN's only)			
SESSION INFORMATION			
Session Title:	Date(s):	Course Fee:	

### **REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT OR PURCHASE ORDER**

#### **If you're registering with an agency purchase order or check request form:**

Please fax this form along with a copy of the purchase order to The CT Women's Consortium to reserve your spot.

**Fax: (203) 909-6894**

#### **If you are paying by check:**

Please mail this form along with your check to:

The CT Women's Consortium  
Training Department  
2321 Whitney Ave, Suite 401  
Hamden, CT 06518

Please contact our **Training Department** with any questions at 203-909-6888 ext. 2 or at [training@womensconsortium.org](mailto:training@womensconsortium.org)  
For more information about trainings at the Connecticut Women's Consortium visit our website at [www.womensconsortium.org](http://www.womensconsortium.org) or **like us** on Facebook!

For Consortium Use Only:			
Invoice #:	Check Number:	Agency <input type="checkbox"/> Personal <input type="checkbox"/>	Registration Confirmed:
Date Payment Received:			

# THE CONNECTICUT WOMEN'S CONSORTIUM

## WHAT WE DO

Annually, through workshops and events, we teach 5,000 behavioral health professionals about best practices. We also support trauma-informed, gender-responsive care in projects & initiatives.

The mission of The Connecticut Women's Consortium is to ensure that the behavioral health system responds to the needs of women and the people and organizations that affect them.

## WHAT WE CAN DO FOR YOUR AGENCY

We offer private workshops on a number of topics, such as staff retreats, or agency training in trauma and gender. Please contact Shannon Perkins, Director of Education & Training for more information at [sperkin@womensconsortium.org](mailto:sperkin@womensconsortium.org).

## PARTNERING ON GRANTS

As a consortium, we collaborate with the community and our partners. We can offer training on new projects or initiatives, or write letters of support for projects that are well-developed and fit with our mission. Contact Colette Anderson, Executive Director at [canderson@womensconsortium.org](mailto:canderson@womensconsortium.org).

## SUGGEST A TOPIC OR TRAINER

Your feedback is important to us, as the behavioral health field is constantly changing we would like to respond to what your agency needs. However, while we are always seeking experts and new topics we actively evaluate and hold them to a high standard. We plan our calendar at least 6 months ahead. If you have a suggestion of a trainer or topic contact Shannon Perkins at [sperkin@womensconsortium.org](mailto:sperkin@womensconsortium.org)

## We Collect Food Donations

Consider bringing a non-perishable food item to events at the CWC. We donate the items as well as extra food from events to local food pantries. We also regularly host other donation drives throughout the year and around the holidays.

The Connecticut Women's Consortium  
2321 Whitney Avenue, Suite 401, Hamden, CT 06518  
Phone (203) 909-6888 | Fax (203) 909-6894  
[www.womensconsortium.org](http://www.womensconsortium.org)

**Monday - Friday 8am - 4:30pm EST**

[training@womensconsortium.org](mailto:training@womensconsortium.org) | (203) 909 - 6888 x2



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