



# Continuing Education

*In Recognition of Social Work Month, Brook Lane presents:*



## Self-Injurious Behaviors: Understanding & Treating the Self-Injurer

Thursday, March 23, 2017 (6 CEUs)

8:30 am - 3:45 pm (8:00 am Check-in & Continental Breakfast)

*This program is funded in part by the  
William B. and Sylvia A. Hunsberger Fund*

Over the past decade, self-injury has grown from an obscure psychiatric symptom to a mainstream problem. Clinicians sometimes find themselves feeling unprepared to work with teens and adults who engage in self-directed violence. It is important for mental health providers to have a good understanding of the etiology, behavioral indicators, treatment protocols and management of self-injury, as well an understanding of their own emotional reactions to self-directed violence. This workshop will challenge some of the participants' concepts about self-injurers, traditional treatment methods and counter-transference reactions. Therapeutic strategies and treatment modalities, including the *Impulse Control Log*, will be presented.

**At the conclusion, attendees will be able to:**

- Explain three meanings and functions of the self-injurious act;
- Describe possible cultural, familial and biological underpinnings of self-injury;
- Describe four goals of treatment;
- Utilize the Impulse Control and other logs to help self-injurers differentiate thoughts, feelings and behaviors.

**Featuring:**

**Wendy Lader, PhD**, is the CEO of Mending Fences, a residential dual diagnosis program in Ocala, FL. She is also co-founder and clinical director of the S.A.F.E. (Self Abuse Finally Ends) Alternatives® Program. An internationally recognized expert on the treatment of self-injury, she lectures extensively on the subject and is co-author of the book, *Bodily Harm: The Break-through Healing Program for Self-Injurers* as well as *Self Injury: A Manual for School Professionals*. She also served as the expert for a training video on Self-Injury for the American Psychological Association. Dr. Lader is co-founder of the Self-Injury Foundation and a founding member of the International Society for the Study of Self-Injury. Dr. Lader earned her PhD in clinical psychology from Nova Southeastern University.

**Mount St. Mary's University  
Frederick Conference Center  
5350 Spectrum Dr., Frederick MD 21703**

### Continuing Education Credits

**Maryland Social Workers:** Brook Lane Health Services is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland. Brook Lane is solely responsible for all aspects of the program. This program will provide 6.0 credit hours of Category I continuing education; partial credit will not be awarded.

**Maryland Psychologists:** The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the Maryland State Board of Social Worker Examiners; partial credit will not be awarded.

**Counselors/Therapists:** Brook Lane Health Services has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 6 clock hours; partial credit will not be awarded.



**Other Healthcare Professionals:** A certificate of completion noting the number of educational/contact hours will be provided for submission of credit by the individual to their specific accrediting body.

### Registration Information

**Seminar Fee: \$ 109.00**

*Fee includes Continental Breakfast, Bistro Boxed Lunch and CEUs*

**To Register: See registration form**

**Brook Lane Staff: Follow Training Request procedures**

**Questions: deb.staley@brooklane.org  
301-733-0331 x 1189**

# Three Ways to Register



## Fax

Complete the form with credit card information and fax to Attn: Seminar Cashier  
301-733-4038



## Online

[www.brooklane.org](http://www.brooklane.org)

click on:  
Continuing Education  
Events



## Mail

Complete the form and mail with payment to  
Attn: SEMINAR Cashier  
Brook Lane, PO Box 1945, Hagerstown, MD 21742

## Brook Lane Seminar Registration Form

13121 Brook Lane, Hagerstown, MD 21742  
301-733-0331 x 1189 [www.brooklane.org](http://www.brooklane.org)



Please **PRINT** Clearly

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Email address (required for registration & confirmation): \_\_\_\_\_

Contact Phone #: \_\_\_\_\_ Discipline: \_\_\_\_\_

Seminar: Self-Injurious Behaviors Date: Thursday, March 23, 2017

Location: Mt St. Mary's FREDERICK Conference Center, 5350 Spectrum Dr, Frederick MD 21703

Seminar Fee: \$ 109.00 per person [ ] **BL Staff:** (Payment will be handled by Brook Lane only with submission of an approved Request for Training Form and all required documentation)

Payment Method: [ ] Check #: \_\_\_\_\_ (Payable to Brook Lane) [ ] MasterCard [ ] Visa [ ] Discover

Cardholder Name: \_\_\_\_\_

Cardholder Address (if different than above): \_\_\_\_\_

Account No. \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_ CV Code (3 digit # back of card): \_\_\_\_\_

### ***Please register early, space is limited!***

**Cancellation Policy:** A \$ 10.00 processing fee will apply. To receive a refund, cancellations must be made in writing and received no later than **Thursday, March 16, 2017**. No refunds will be made after that date or for no-shows.

**Program Questions:** Debbie Staley, Manager of Continuing Education@ [deb.staley@brooklane.org](mailto:deb.staley@brooklane.org); 301-733-0331 ext. 1189 or by writing: Brook Lane, Attention Debbie Staley, PO Box 1945, Hagerstown, MD 21742

# Directions

## Mount St. Mary's University- Frederick Campus Conference Center

5350 Spectrum Drive, Frederick, MD 21703  
301-682-8315

The University's Center for Professional & Continuing Studies is located at 5350 Spectrum Drive, in the I-270 Technology Park, just south of the Francis Scott Key Mall.

The Center can be conveniently accessed from all points and directions in the greater Frederick region, via I-270, I-70, Rt. 355, Rt. 85, and downtown Frederick.

### From Baltimore:

Take I-70 W to EXIT 54- (Rt 85, East St, Buckeystown, Downtown Frederick). Bear left at light onto Rt 85 S. At the intersection Rt. 85 & 355, turn left onto 355 S. Go 1.5 mi., turn right onto Holiday Drive. At traffic circle, proceed to the third exit (Spectrum Drive). Mount St. Mary's will be the first building on the right.

### From Washington DC/Northern Virginia:

Take I-270 N to EXIT 31A (Rt. 85 North, Market St.) At the first light (Spectrum Drive) turn right. Proceed along Spectrum Drive to the traffic circle and take the second exit. Mount St. Mary's will be the first building on the right.



### From Leesburg, Virginia and Maryland south of Frederick:

Take Rt. 15 to Rt. 340 N. Take I-270 S to EXIT 31A. Follow DC directions.

### From Gettysburg, PA:

Take Rt. 15 S and bear left onto I-270 to EXIT 31A. Follow DC directions.

### From Hagerstown, MD:

Take I-70 E to EXIT 54. Follow Baltimore directions.

### From Downtown Frederick:

Take Market St. (Rt. 85) S toward Buckeystown/Urbana. At traffic light follow Rt. 355 S. Go 1.5 mi.

Turn right onto Holiday Drive. At traffic circle, proceed to the third exit (Spectrum Drive). Mount St. Mary's will be the first building on the right.