



# 2017 Continuing Education

## **Human Trafficking Awareness Month** **Friday, January 27, 2017**

### **The Psychological Impact of Human Trafficking**

Presenters: Molly Schamel, M.Ed., LCPC & Amanda Rodriguez, Esq. member of Maryland Governor's Office of Crime Control/Prevention Human Trafficking Workgroup  
8:30 am – 11:45 am  
(8:00 am check-in & continental breakfast) (3 hours)  
Location: Beaver Creek Country Club Fee: \$ 69.00

This seminar will provide clinicians with an understanding of the prevalence of human trafficking, behavioral indicators, and effective intervention strategies. Clinicians will gain an understanding of the underpinnings of human trafficking to help them effectively work with clients that may have the potential to be involved, may be currently involved or have previously been involved.

## **Eating Disorders Screening Program Month** **Friday, February 24, 2017**

### **Assessment & Treatment Strategies for Binge Eating Disorders**

Presenters: Jennifer Moran, PsyD and Samantha Lewandowski, MS, RD, LDN, Center for Eating Disorders at Sheppard Pratt  
8:30 am – 11:45 am  
(8:00 am check-in & continental breakfast) (3 hours)  
Location: Beaver Creek Country Club Fee: \$ 69.00

This psychologist-dietitian team from The Center for Eating Disorders at Sheppard Pratt will present a multi-disciplinary approach to the treatment of binge eating disorder and other related eating disorders. Discussion will include the etiology of eating disorders, diagnostic criteria, effective assessment tools, psychological & dietary/nutrition concerns and effective multi-disciplinary evidence-based treatment options.

## **In Recognition of Social Work Month**

### **Thursday, March 23, 2017 FREDERICK**

### **Self-injurious Behaviors: Understanding and Treating the Self-injurer**

Presenter: Wendy Lader, Ph.D., M.Ed., president & executive director, Self Injury Foundation; co-founder/clinical director, S.A.F.E. Alternatives; CEO, Mending Fences (6 hours)  
8:30 am – 3:45 pm Fee: \$ 109.00  
(8:00 am check-in & continental breakfast-lunch also provided)  
Location: Mount St. Mary's University Frederick Conf. Center

In the past decade, self-injury has grown from an obscure psychiatric symptom to a mainstream problem. Clinicians frequently feel unprepared to work with teens and adults who engage in self-directed violence. It is important for providers to have a better understanding of the etiology, treatment protocols and management of self-injury, as well as their own emotional reaction to the behavior. 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.

## **In Recognition of Child Abuse Month** **Tuesday, April 18, 2017**

### **29th Annual Child Welfare Workshop** ***Our Children, Our Community***

8:00 am – 3:15 pm (5 hours)  
(7:15 am check-in & continental breakfast)  
Location: Hager Hall Convention & Event Center Fee: \$ 49.00

This collaborative event will provide a variety of topics designed to provide current, practical and meaningful information for individuals who work with ***Our Children in Our Community***. Collaborating agencies: Big Brothers Big Sisters of Washington County; Brook Lane; Meritus Behavioral Health Services; Potomac Case Management; The Mental Health Center of Western Maryland; Washington County Department of Social Services; Washington County Mental Health Authority & Washington County Public Schools.

## **In Recognition of Mental Health Month** **Friday, May 19, 2017 (date change)**

### **The Hemingway Curse: A Study in Family Depression, Substance Abuse and Suicide**

Presenter: Carlton Munson, PhD, LCSW-C  
8:30 am – 3:45 pm (6 hours)  
(8:00 am check-in & continental breakfast) Fee: \$109.00  
Location: Beaver Creek Country Club (lunch provided)

Following a lengthy history of alcohol abuse, Ernest Hemingway committed suicide in 1961. Six other members of the Hemingway family committed suicide before and after his death. The dynamics of the Hemingway multigenerational family history will be used in this seminar as a template for exploring the DSM-5 depressive disorders and related conditions, co-occurring illnesses, substance abuse and suicide within families. Seminar content will include evidence-based aspects of the heritable and environmental origins of depressive illness, exploration of documented suicide risk factors, acute illness intervention factors, evidence-based individual and family interventions, and suicide prevention strategies.

## **Thursday, June 1, 2017**

### **CBT: Helping Children/Adolescents Identify & Change Unhealthy Thoughts**

Presenters: Vickie Beck, APRN, CNS, BC  
8:00 am – 12:15 pm (4 hours)  
(7:30 am check-in & continental breakfast)  
Location: Beaver Creek Country Club Fee: \$ 79.00

Helping children/adolescents identify and change thoughts is often the most difficult techniques for therapists to master. Cognitive behavior therapy is the most evidence-based treatment for several mental health disorders in both children and adolescents. This 4-hour workshop will include demonstration and practice of several techniques to improve the therapists' skills in helping the client move from unhealthy to healthy thinking.

# Brook Lane 2017 Continuing Education

For a complete program description (when available) visit: [www.brooklane.org](http://www.brooklane.org)

## Friday, September 15, 2017 (date change)

### Annual Clinical, Legal & Ethical and Legal Issues Seminar

Lead Presenter: Dr. J. Emmet Burke, PhD, JD  
8:30 am – 11:45 am  
(8:00 am check-in & continental breakfast) (3 hours)  
Location: Beaver Creek Country Club Fee: \$ 69.00

This annual program will provide three hours of continuing education in ethics, law, professional conduct and risk management to satisfy Maryland licensure requirements. The focus of the seminar will concentrate on current ethical challenges and will offer best-practices in managing those challenges.

## Friday, October 6, 2017 **FREDERICK**

### The Neurological Impact of Substance Use/ Substance Use Disorders on the Brain

Presenter: Brian R. Sims, MD, psychiatrist and consultant for the SAMHSA's National Center for Trauma-Informed Care  
8:30 am – 11:45 am (3 hours)  
(8:00 am check-in & continental breakfast) Fee: \$ 69.00  
Location: Mount St. Mary's Frederick Conference Center

This seminar will examine the neurological changes that occur in the brain as a result of substance use and substance use disorder and the short and long-term effects on the mental health of the individual. The connection between psychological trauma and substance use will be covered as well as the neurological changes that occur with different categories of substances. Useful assessment tools, interventions and treatment options will be provided.

## Friday, October 20, 2017

### Working with Individuals with Autism Spectrum Disorder: Looking Beyond Behaviors

Presenter: Ira Glovinsky, Ph.D., psychologist & founder of The Glovinsky Center for the Child and Family  
8:30 am – 3:45 pm (lunch included) (6 hours)  
(8:00 am check-in & continental breakfast) Fee: \$ 109.00  
Location: Beaver Creek Country Club

This training will offer clinicians the opportunity to learn new techniques in the treatment of individuals with autism and other neurodevelopmental challenges. Assessment & treatment modalities will focus on the developmental, individual difference, relationship-based model, (DIR®/Floortime Model). Clinicians will learn how to use interventions based on emotional developmental levels which takes into consideration the client's ability to maintain calm, make emotional connections, communicate back and forth, problem solve, share ideas and understand cause and effect. Specific tools and techniques will be presented that clinicians will be able to put to use in their own practices.

Many of our seminars are funded in part by the William B. & Sylvia A. Hunsberger Fund

## Friday, November 3, 2017

### Helping Parents Learn to Structure a Healthy Environment: DBT Skills for Working w/ Parents

Presenter: Pat Harvey, LCSW-C, ACSW  
8:00 am – 12:15 pm  
(7:30 am check-in & continental breakfast) (4 hours)  
Location: Beaver Creek Country Club Fee: \$ 79.00

Parenting children with emotional difficulties or mental illness can be very challenging. This parent-focused DBT workshop is designed to provide clinicians with effective tools and skills to engage parents and teach them how to emotionally regulate their own reactions within the cycle of parent-child interactions while also parenting strategically and effectively. Topics include recognizing behavioral patterns, understanding behaviors, effective responses, parenting decision making, calming skills & establishing a healthier environment for children & families.

## Friday, December 8, 2017

### Compassion Fatigue: Preventing Burnout and Building Resilience

Presenter: Nichole N. May, MS, NCC LCPC  
8:30 am – 11:45 am (3 hours)  
(8:00 am check-in & continental breakfast) (3 hours)  
Location: Beaver Creek Country Club Fee: \$ 69.00

Back by popular demand, this seminar will help clinicians recognize, understand, define and evaluate compassion fatigue both in themselves and their clients. Particular emphasis will be made on developing self-care plans to include personal coping strategies, stress management, holistic and spiritual interventions as well as various relaxation techniques. Participants will learn how to heal from compassion fatigue, renew, restore and refresh themselves and how to help their client population with compassion fatigue as well.



## Professional Continuing Education Credits

**Note: Partial credit will not be awarded for any seminar. To receive any credit, attendees must be on time and attend 100% of the seminar.**

**Maryland Social Workers:** Brook Lane Health Services is an approved sponsor of the Maryland Board of Social Work Examiners for Category I continuing education credits for licensed social workers in Maryland. Partial credit will not be awarded.

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

**Other Professionals:** A certificate of completion noting the number of educational/contact hours will be provided for other disciplines to allow attendees to apply for CE credit as an individual.