

Hope for Recovery ~ Recovery of Hope: A Look at the Role of the Brain and Coping Behaviors in Schizophrenia-Part 1, Part 2, Part 3 and Part 4

Featuring:

Shelly Weaverdyck, PhD, EMU Alzheimer's Education and Research Program

Rebecca Hatton, PsyD, Licensed Psychologist

Training Dates and Locations:

Part 1: December 17, 2015 ~ DoubleTree by Hilton Dearborn/Detroit

Part 2: December 18, 2015 ~ DoubleTree by Hilton Dearborn/Detroit

Part 1: March 3, 2016 ~ Treetops Resort, Gaylord

Part 2: March 4, 2016 ~ Treetops Resort, Gaylord

Part 3: March 31, 2016 ~ DoubleTree by Hilton Grand Rapids Airport

Part 4: April 1, 2016 ~ DoubleTree by Hilton Grand Rapids Airport

Each Part is a separate training session.

Registration: 8:30am

Training: 9:00am - 4:00pm

Fee: \$40/person

YOU MUST PARTICIPATE IN PART 1 BEFORE PARTICIPATING IN PART 2.

TO ATTEND PART 3 YOU MUST HAVE ATTENDED PARTS 1 & 2.

TO ATTEND PART 4 YOU MUST HAVE ATTENDED PARTS 1, 2, AND 3.

Part 1: Delineates functions of specific parts of the brain and the resulting cognitive, behavioral, and functional changes that occur when these parts are impaired. Strategies for understanding, preventing, and responding to behaviors in ways that address the individual and cognition in specific situations will be introduced. The paradigm shift toward psychological and relational concepts in psychosis work will also be introduced, along with innovative trends in interventions for psychosis.

Part 2: Explores intervention strategies related to cognitive functions underlying a behavior, increasing the chances of success in reducing distressing behaviors and improving quality of life regardless of the disorder or severity of the disorder. Three acceptance-and-recovery oriented approaches to helping with psychosis will also be explored in depth: CBT for psychosis, Hearing Voices Network self-help groups, and Finnish Open Dialogue family therapy.

Part 3: This seminar will focus on assessment and understanding coping behaviors. Concepts from Parts 1 & 2 will be briefly reviewed (including cognition, brain function, and alternatives to mainstream concepts about "serious mental illness"). Additional information about brain function and structure, resulting behaviors, behavioral expectations and resources for potential adaptations staff/helpers might consider to assist in optimal functioning will be discussed. Skills for building relationships with people who have lived experience of psychosis will be practiced, including the "Maastricht Interviews" for exploring voices and unusual ideas and use of the life story in place of diagnosis.

Part 4: This seminar will focus on assisting people toward recovery. Interventions based on assessment of cognition, (eg visuospatial, perception, and comprehension) will be identified and developed. Healing through relationship will be explored. Inviting people who have experienced extreme states into dialogue, understanding the language of 'symptoms', enhancing emotional safety and reducing risk will be discussed.

Continuing Education Credits: 6 CEUs

Social Work: The Michigan Association of Community Mental Health Boards (MACMHB), provider #1140, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. MACMHB maintains responsibility for the program. ASWB Approval Period: 11/10/13-11/10/16. Social workers should contact their regulatory board to determine course approval. Social Workers participating in this training may receive 6 clock hours. Course Delivery Method: Face to Face Training.

Substance Abuse: The Michigan Association of Community Mental Health Boards is approved by the Michigan Certification Board for Addiction Professionals (MCBAP) to sponsor educational training for professional certification. MACMHB maintains the responsibility for the program and content. Substance abuse professionals participating in this training will receive 6.0 (Related) contact hours.

Certificate Awarded: At the conclusion of this conference, you turn in your Verification of Attendance form to the MACMHB Staff to be initialed. You will turn in the top sheet and retain the bottom sheet which serves as your certificate of participation.

Who Should Attend: This training contains appropriate content for ACT staff, clinicians, jail diversion staff and others who come in contact with ACT consumers (beginning, intermediate and/or advanced practitioners).

Evaluation: There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the training or you may contact MACMHB at 517-374-6848 or through our webpage at www.macmhb.org for resolution.

Part 1 Learning Objectives:

1. Identify brain structures associated with functions that may result in behavioral, functional and cognitive activities that are relevant to difficult behaviors
2. Describe at least two specific strategies and principles for interventions that address the cognitive impairment resulting from brain dysfunction
3. Describe a minimum of two intervention strategies that reduce difficult behaviors and improve quality of life
4. Learn about the research base that suggests full recovery from 'schizophrenia' is possible.
5. Introduction to two methods to facilitate self-exploration and self-esteem among people with 'SMI' diagnosis: 'normalizing' symptoms and Voice Dialogue.
6. Introduction to three innovative approaches to helping with psychosis: CBT for psychosis, Hearing Voices Network self-help groups, and Open Dialogue family therapy.

Part 2 Learning Objectives:

1. Identify goals for intervention and assessment.
2. Identify four factors to assess when addressing difficult behaviors and cognition.
3. Identify cognitive intervention strategies that modify the environment, interactions with other people, and the task or daily routines.
4. Learn about the outcome research for two Evidence Based Practices: CBT-p and open Dialogue.
5. Review CBT-p workbook that can be used with groups or individuals.
6. Explore principles and concepts underlying the Hearing Voices self-help movement.
7. Explore the roots and concepts of Open Dialogue family therapy, the most effective intervention known for early 'schizophrenia'.

Part 3 Learning Objectives:

1. Identify three cognitive functions to assess.
2. Identify three environmental features to assess.
3. Identify three interpersonal features to assess.
4. Identify three aspects of a task to assess.
5. Explore the use of the "Maastricht Interviews" for both voice-hearing and unusual beliefs to help psychiatric survivors build self-understanding and relationships with others.
6. Explore the use of life story, or "making sense of symptoms" approach, to understanding severe psychological distress.

Part 4 Learning Objectives:

1. Identify three intervention strategies that address cognition.
2. Identify three environmental interventions.
3. Identify three communication strategies.
4. Identify three structural features of a task that can be modified.
5. Explore evidence-based psychodynamic practices for building relationships and addressing trauma among people with 'psychosis'.
6. Review collaborative methods of safety planning and risk reduction.

The Michigan Dept. of Health and Human Services, through the Michigan Assoc. of CMH Boards, has provided funding for this initiative through a Federal Community Mental Health Block Grant.

TRAINING AND LODGING INFORMATION:

Hotel Information for Part 1 & 2: December 17 & 18, 2015 ~ DoubleTree by Hilton Dearborn/Detroit:

DoubleTree by Hilton

5801 Southfield Expressway, Detroit, MI 48228

Room Reservations: \$75 plus tax.

To make your room reservation call 313-336-3340/313-982-3983

Identify yourself by giving the group code of **MXC** for the rate.

Deadline to reserve your room at this special rate is: **December 4, 2015**

Hotel Information for Part 1 & 2: March 3 & 4, 2016 ~ Treetops Resort, Gaylord:

Treetops Resort

3962 Wilkinson Road, Gaylord, MI 49735

Room Reservations: \$75 plus tax and a \$10 per night resort fee.

To make your room reservation call 855-261-8764.

Identify yourself with **Michigan Association of CMH Boards** for the rate.

Deadline to reserve your room at this special rate is: **January 19, 2016**

Hotel Information for Part 3 & 4: March 31 & April 1, 2016 ~ DoubleTree Grand Rapids Airport:

DoubleTree by Hilton Grand Rapids Airport

4747 28th Street SE, Grand Rapids, MI 49512

Room Reservations: \$75 plus tax.

To make your room reservation call 616-957-0100.

Identify yourself with **Michigan Association of CMH Boards** for the rate.

Deadline to reserve your room at this special rate is: **March 16, 2016**

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A Look at the Role of the Brain and Coping Behaviors in Schizophrenia**

Each Day is approved as 'MDHHS ACT specific' and is one choice for the annual requirement.

ACT Workers will be given 1st priority to attend this training.

REGISTRATION FEE:

\$40 per person includes materials, continental breakfast, refreshments and lunch.

3 EASY WAYS TO REGISTER: ATTENTION NICK STRATTON

ON LINE:

www.macmhb.org

BY FAX:

(517) 374-1053

BY MAIL:

MACMHB, 426 S. Walnut St., Lansing, MI 48933

Please select your training date:

- Part 1: December 17, 2015 – Dearborn/Detroit – \$40
- Part 2: December 18, 2015 – Dearborn/Detroit – \$40 (You MUST participate in Part 1 before participating in Part 2)
- Part 1: March 3, 2016 – Gaylord – \$40
- Part 2: March 4, 2016 – Gaylord – \$40 (You MUST participate in Part 1 before participating in Part 2)
- Part 3: March 31, 2016 – Grand Rapids – \$40 (You MUST participate in Part 2 before participating in Part 3)
- Part 4: April 1, 2016 – Grand Rapids – \$40 (You MUST participate in Part 3 before participating in Part 4)

Yes, I am part of a CMH ACT Team.

I am requesting CE Clock Hours for social workers. Social Work Permanent Licensure # _____ (required)

Name as Printed on Badge: _____ Title: _____

Agency/Company: _____

Address, City, St, Zip: _____

Phone: _____ Fax: _____

Email Address: _____

Special Needs: If You Have Special Dietary Or Physical Needs, Please Specify: _____

Arrangements for special needs will be honored for those written requests received 10 business days prior to the training. Clearly state your specific needs for mobility assistance, interpreters, etc. Attempts for on-site requests will be made.

In Case Of Emergency During Training, Please Contact: _____

Daytime Phone: _____ Evening Phone: _____

Cancellation Policy: Substitutions are permitted at any time. No-shows will be billed at the full training rate. All cancellations will be assessed a \$10 administrative fee. Cancellations received less than 10 business days prior to the conference will be charged the full conference rate and no refunds will be given. You may email your cancellation notice to nstratton@macmhb.org

Evaluation: There will be an opportunity for each participant to complete an evaluation of the training and the instructors. If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the training or you may contact MACMHB at 517-374-6848 or through our website at www.macmhb.org for resolution.

PAYMENT METHOD:

Questions? Call MACMHB (517) 374-6848

Payment DOES NOT need to accompany registration form. However, payment or purchase order must be received by the day of the training. Credit cards are no longer accepted for onsite payment. You must pay with check, money order or cash onsite.

- Check Enclosed (payable to MACMHB);
- Purchase Order (attached)
- MACMHB uses PayPal to process all credit card payments. If you are paying by credit card you must pay through PayPal. A PayPal account is not required. Go to www.macmhb.org; click on "Services," click on "Make a Payment," then follow the prompts to complete the process. No on-site credit card payments will be accepted.