

# THE CONNECTICUT WOMEN'S CONSORTIUM

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A STATEWIDE POLICY, TRAINING, AND ADVOCACY ORGANIZATION  
SPECIALIZING IN WOMEN'S BEHAVIORAL HEALTH

TRAINING CALENDAR JANUARY - JUNE 2015

## Our Vision:

We envision that behavioral health care systems serving women will be accessible, effective, and practice holistic, trauma-informed and gender-responsive care.



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## REGISTERING ONLINE

Please visit our website at: [www.womensconsortium.org](http://www.womensconsortium.org) for instructions on how to register for trainings on line. You can make payment using a credit or debit card.

## Continuing Education Credits/Certificate of Attendance

Sign-in begins 1/2 hour before the start of each training session. It is each participant's responsibility to sign in at the beginning of the session and to sign out at the end of the session.

The CT Women's Consortium is a provider of continuing education units (CEU's) from the CT Association of Social Workers (NASW), and CT Certification Board (CCB). The CEU's we offer are also accepted in Massachusetts, Rhode Island and Vermont. (Note: *NASW CEU's are applicable for Marriage and Family Therapists (MFT) credentialing*).

**NEW: If you are a physician or advanced practice nurse** and would like continuing medical education, (CME's) for one of our trainings please contact us at: 203-909-6888 ext. 33.

## Waiting List Policy

If you are put on a waiting list for a training and a spot becomes available, we will notify you by phone or e-mail. At that time, you can mail in your payment or we can take a credit card payment over the phone. If you are notified of space within 3 days of the training you may bring payment with you the day of the training in the form of cash, credit card, or check.

## FEES & PAYMENT POLICIES

- Introductory Series - \$35
- 3 or 4 CEU Course - \$40
- 6 CEU Course - \$75
- 6 or 7 CEU Trauma Series - \$100
- 6 CEU w/supplemental material - \$100
- 12 CEU Course - \$125
- 12 CEU Trauma Series - \$150

**If you are registering through an agency with a purchase order:** Please fax your registration form and the approved purchase order document to us at: 203-909-6894. This will ensure your space in the training.

**To register by mail:** Complete the paper registration form in the back of this catalog and mail it to the address below with a check or money order. (Registrations received without payment will not be processed). Your paid registration will be confirmed by e-mail or phone. Make checks payable to the Connecticut Women's Consortium (CWC). There is a \$15 handling fee for all returned checks. Failure to reimburse the CWC for a returned check will prevent registration for future trainings. For questions contact our training department at: 203-909-6888, option 2 or e-mail us at: [training@womensconsortium.org](mailto:training@womensconsortium.org)

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

## CANCELING

### If we have to cancel:

In the event of inclement weather, please call 203-909-6888 or visit our website at [www.womensconsortium.org](http://www.womensconsortium.org) for updated information on training delays or cancellations. We will no longer be posting delays and cancellation on television stations. If there is a training cancellation we will contact you with the rescheduled training date. If you cannot attend the new date, we will offer a credit for a future training or refund your money.

### If you have to cancel:

If you are not able to attend a session for which you have registered, please contact our Training Department at 203-909-6888, option 2. You must call at least seven (7) days prior to the training either to transfer your registration to someone else in your agency or to request a partial refund (75% of cost). Refunds will not be given for cancellations made less than seven (7) days prior to the training, or for no-shows. Please keep in mind that last minute, non-emergency cancellations prevent others from attending.

## Helping to feed our neighbors

Please consider bringing one non-perishable food item to each training session you attend. The CWC donates the food to Saint Anne's Soup Kitchen in Hamden, New Reach, Christian Community Action, Keefe Community Center, Hamden Food Bank, and the Cheshire Food Pantry.

## BEYOND TRAUMA: A HEALING JOURNEY FOR WOMEN

Tuesday, January 6th  
and  
Wednesday, January 7th

9:00 - 4:00

While research and clinical experience indicate a high incidence of trauma and co-occurring disorders in women's lives, counselors and clinicians often struggle with the realities of providing treatment. This training is based on the evidence-based treatment curriculum, *Beyond Trauma: A Healing Journey for Women*. This eleven session intervention is designed for use in outpatient, residential, and criminal justice settings. Cognitive-behavioral techniques, mindfulness, expressive arts, and the principles of relational therapy are integrated in this strength-based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values), and the outer self (behavior and relationships, including parenting). The focus of this training is on interactive exercises that demonstrate techniques that counselors can use to help clients develop coping skills, as well as emotional wellness. The new five session *Healing Trauma: Strategies for Abused Women* is also discussed.

### TRAINER

**Eileen Russo, M.A., LADC**, is a licensed addiction counselor, certified clinical supervisor, and a certified co-occurring disorders professional who has worked in the addiction and mental health field for over 30 years. Ms. Russo is an Assistant Professor for the Drug and Alcohol Recovery Counselor (DARC) program at Gateway Community College and for the past 10 years has served as a trainer/consultant with the CT Women's Consortium for the Connecticut Department of Mental Health and Addiction Services' Trauma Initiative.

### CODE

TR829

### CEUS

12

### FEE

\$150

**NOTE:** The fee for this training includes the manual *Beyond Trauma: A Healing Journey for Women*

## BIOLOGY OF ADDICTION I - INTRODUCTORY SERIES

Thursday, January 15th

9:00 - 4:00

In "Biology of Addiction I" participants are introduced to the fundamental processes of neurotransmission and the central nervous system. This training assumes that participants have not revisited the study of human biology since high school. The information is presented in an accessible format with the purpose of having participants develop an appreciation for the effects of substances on brain function that lead to clients continued use, despite tragic consequences. The material is approached from a counselor perspective (not a medical or research perspective) with the objective of providing participants with the basic information that they need to educate and empower clients. "Biology of Addiction I" introduces participants to an overview of the effect of alcohol, opiates, and stimulants on the body and brain. Participants will learn about the risk factors to various organs and systems of the body that result from the use of alcohol, opiates, and stimulants. A variety of resources suitable for clients engagement and education on the biology of addiction will be presented.

### TRAINER

**Lauren Doninger, Ed.D., LADC, LPC**, has been in the field of mental health and addiction service since 1983. She has worked in a range of treatment settings primarily treating those with severe and persistent mental illness and co-occurring substance use disorders. She is on the faculty at Gateway Community College in the Drug and Alcohol Recovery Counselor (DARC) Program.

### CODE

SA207

### CEUS

6

### FEE

\$35

INTRO SERIES





## MAKING THE TRANSITION: FROM DSM-IV™ TO DSM-5™

Friday, January 16th

9:00 - 4:00

In May of 2013 the American Psychiatric Association released the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition-DSM-5™. At 14 years in the making, and at a cost of over \$25 million, the DSM-5™ replaces the DSM-IV™ as the standard diagnostic manual for psychiatric disorders. Differences between the two manuals are substantial and include broad-stroke revisions, such as the elimination of the five axes system, and more subtle changes, as well as the inclusion of new diagnoses and elimination or reconfiguration of others. This day-long training will provide clinicians with an overview of the DSM-5™ that highlights significant changes in all of the diagnostic categories. To provide participants 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 and treatment planning will also be reviewed.

*We recommend bringing a copy of the DSM-5™ to reference during this training.*

### TRAINER

**Charles Atkins, M.D.**, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

### CODE

BH023

### CEUS

6

### FEE

\$75

## WOMEN AND HOMELESSNESS: AN AMERICAN TRAGEDY

Monday, January 26th

9:00 - 4:00

This workshop will educate health-care providers about the prevalence and factors that have contributed to the current crisis women face to find and maintain stable housing. Participants will learn about the intersection of domestic violence, trauma, and homelessness women experience and learn useful strategies to support homeless clients. A case vignette discussion will assist participants in contextualizing interventions. Participants will be provided with an overview of resources to support clients' basic needs.

### TRAINER

**Doris Troth Lippman, Ph.D.**, is a professor emeritus at Fairfield University's School of Nursing where she has taught for 33 years. She has spent her nursing career serving veterans by educating university students, healthcare professionals, and members of the broader community about veterans and their unique health-care needs. Dr. Lippman is also a founder and Board of Director member for Homes for the Brave and the Nicholas Madaras Home for homeless Veteran and non-Veteran women and men located in Bridgeport, Connecticut.

### CODE

BH029

### CEUS

6

### FEE

\$75

## REAL FOOD FOR THOUGHT: CONSIDERING NUTRITION IN MENTAL HEALTH PRACTICE

Friday, January 30th

8:30 - 12:45

Each day, multiple choices are made regarding how to manage diet. Considering nourishment in dynamic relationship with mind, body, emotions, and spirit is imperative for wellness and stress management. While it is estimated that 10% of adults meeting with a complementary and alternative medicine (CAM) practitioner carry a psychiatric diagnosis and approximately half of adults diagnosed with a mood or anxiety disorder use complementary and alternative interventions, recognizing the relationship between nutrition and mental health will enrich the counseling professional's perspective in considering food as a vital part of preventing and treating "disease." Integrating clinical expertise with sound understanding of nutrition and its applicability as a complementary and alternative practice will enhance case conceptualization, create more treatment opportunities, generate experiential learning possibilities, and allow for movement past the constraints of the biomedical model of medicine. This seminar introduces the clinical professional to nutrition as CAM, the research and use of nutraceuticals in mental health care, and the potential benefits of considering this knowledge in practice.

### TRAINER

**Amy B. Otzel, M.A., LPC** is an LPC holding an M.A. degree in psychology from Southern Connecticut State University as well as an M.S. degree in professional counseling from Central Connecticut State University. Amy is a retired sergeant of the U.S. Army, having served in the Connecticut Army National Guard as a Behavioral Health Specialist and is a veteran of Operation Iraqi Freedom.

### CODE

HA104

### CEUS

4

### FEE

\$40

# FEBRUARY

Wednesday, February 4th

9:00 - 4:00

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. Participants will have the opportunity to reflect on and share their own identity "landscape." This training 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. Group discussion will be an opportunity to learn more about oneself, one's colleagues, and ultimately to form professional relationships based in authenticity and respect.

### TRAINER

**Mara Gottlieb, Ph.D., LMSW**, is an adjunct faculty member at the New York University 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 maximum knowledge, self-awareness, and insight can be cultivated.

### CODE

CD101

### CEUS

6

### FEE

\$75

Friday, February 20th

9:00 - 4:00

This workshop will explore the person behind the inmate number. Facilitated by presenters with lived experience, attendees will hear a unique personal perspective on strategies for supporting individual's constructive incarceration and successful re-entry into communities. An overview of gender, race, culture, and trauma history as precursors to incarceration as well as the connection between relationship building and survival skills will be discussed. The presenters will note the daunting statistics related to recidivism, and overview the many barriers that impact individuals re-entering society.

This workshop will emphasize the importance of connecting with the person rather than judging the offender. Participants will leave with insight, tools, and strategies to move beyond stereotypes and have a positive impact on an individual's incarceration and successful community reentry.



Wednesday, February 25th

8:30 - 12:45

As staff members become the change they desire to see, they translate into powerful and inspirational models for their clients. In this experiential workshop, participants will learn chair yoga poses and deep breathing exercises to de-stress and restore themselves. When participants can model and share these benefits with their clients, they can have a lasting, positive effect. Participants will experience a shift in their 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, depression, tension, mood, physical functioning, and general health.

## TRAINERS

**Robin Cullen** is a consultant, group facilitator, and artist. She was a member of the therapeutic writing group formed by Wally Lamb at York Correctional Institution. Robin's essay was published in *Couldn't Keep It To Myself* (2003). She continues with related work as a guest performer and board member for the Judy Dworin Performance Project.

**Kelvin Young** is the Toivo Manager with Advocacy Unlimited (AU) and is a State Certified Addiction Recovery Coach and Recovery Support Specialist. While incarcerated, Kelvin received treatment for his addictions and credits his re-entry success to hard work and community support.

**Linda Lentini** is employed by Advocacy Unlimited and serves as Director of Recovery University, the only statewide peer certification program in Connecticut. Linda is a person with lived experience regarding both the mental health and criminal justice systems.

CODE	CEUS	FEE
LS407	6	\$75

## TRAINER

**Kathleen Kiley, BS**, is the founder of Wellness Insights, LLC. As an energy medicine practitioner and yoga instructor, Kathleen currently works with clinical staff in healthcare facilities offering training and supervision in yoga (including chair yoga) and other mind/body wellness techniques for patient care.

CODE	CEUS	FEE
HA101	4	\$40



# F E B R U A R Y

Friday, February 27th

9:00 - 4:00

## TRAINER

With tens of millions of Americans currently taking psychiatric medications, it is incumbent on all mental health clinicians to develop strong familiarity with the range of available options, and when and how they will benefit their clients. This day long training is a practical and detailed overview of the theory and practice behind the use of psychiatric medications.

**Charles Atkins, M.D.**, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

Specific classes of medications will be presented, and how and when they are prescribed will be discussed. Attention will be paid to issues of adherence and managing side effects. Specific concerns across the life cycle will be reviewed as well as cultural and gender-specific topics. Throughout the day important non-medication, complementary, and alternative strategies to improve outcomes will also be incorporated.

CODE	CEUS	FEE
BH024	6	\$75

# M A R C H

## ADVANCED MOTIVATIONAL INTERVIEWING: ENHANCING SKILLS AND PRACTICE

Friday, March 6th  
and  
Friday, March 13th

9:00 - 4:00

## TRAINER

This advanced level 2-day training will build on skills and applications of Motivational Interviewing (MI) for participants who have completed a basic MI course and already apply MI in their work. In addition to updating information from the new 3rd Edition of Motivational Interviewing by Miller & Rollnick, participants will have the opportunity to assess and score recorded sessions of MI to enhance skills. Participants will be invited to bring examples of their work (recordings or case sessions/descriptions) for consultation during the training. To enhance learning, Day 2 will include an extended demonstration of MI in group psychotherapy with eight volunteer participants in assigned roles. This training is designed to be engaging and interactive, with frequent interludes for questions, feedback, and case consultation to apply both theoretical understanding and interviewing skills to current casework. Training methods will include interactive lecture/discussion and skills teaching with interviewing demonstrations in one or more recorded sessions where participants can observe, assess, and rate fidelity of the MI skills being demonstrated.

**Donald Scherling, Psy.D., LADC, CCS**, is a clinical consultant in the Department of Psychiatry and Behavioral Sciences at Berkshire Medical Center, and faculty in the psychiatric residency program.

CODE	CEUS	FEE
MI605	12	\$125

**Prerequisite:** *Previous training in Motivational Interviewing and experience utilizing MI.*

## TRAUMA RECOVERY AND EMPOWERMENT MODEL (TREM)

Tuesday, March 10th  
and  
Wednesday, March 11th

9:00 - 4:00

The Trauma Recovery and Empowerment Model (TREM) is a gender-based trauma model designed to address issues of sexual, physical, and emotional abuse in the lives of women who have been economically and socially marginalized and for whom traditional recovery work has been unavailable or ineffective. TREM uses a psycho-educational focus and skill building approach, emphasizes survivor empowerment and peer support and teaches women techniques for self-soothing, boundary maintenance, and current problem solving. Evidence of TREM's effectiveness is described at <http://nrepp.samhsa.gov>. This training prepares clinicians to implement the 29 session TREM approach to group work with women abuse survivors. Participants learn the group's rationale and process (including a range of cognitive-behavioral and psycho-educational interventions). Leader techniques are taught through role-play in mock groups.

**NOTE:** The fee for this training includes the *Trauma Recovery and Empowerment Model (TREM)* manual.

### TRAINERS

**Lori L. Beyer, MSW, LICSW, MSWAC**, specializes in providing workshops, trainings, supervision and consultation to agencies and clinicians on issues related to trauma-specific and trauma-sensitive service provisions.

**Debra Bloom, MSW, LCSW**, has worked in the mental health field since 1987. Her clinical passion is in the area of trauma-informed treatment and trauma-informed service systems. She has led many TREM and M-TREM groups, facilitated TREM trainings, and has provided supervision and consultations for TREM clinicians.

### CODE

TR811

### CEUS

12

### FEE

\$150

## TRANSFORMING TRAUMA-RELATED SHAME AND SELF-LOATHING

Tuesday, March 17th

9:00 - 4:00

Therapists regularly confront the insidious impact of shame on their traumatized clients' ability to find relief and perspective even with good treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. Increased ability for self-assertion gets undermined by belief systems about worth or deservedness. Progress in the treatment, increasing relief from symptoms, and even greater success in life tend to evoke shame and self-judgment rather than pride. Despite the therapist's best efforts, unshakable feelings of shame and self-hatred often undermine treatment: the client repeatedly takes two steps forward, then one step back. This workshop will introduce participants to understanding shame from a neurobiology perspective—as a survival strategy driving somatic responses of automatic obedience and total submission—enforced by the client's punitive introspection. Using lecture, videotape, and experiential exercises drawn from Sensori-motor Psychotherapy: a body-oriented talking therapy, participants will learn to help clients relate to their symptoms with mindful dual awareness and curiosity rather than automatic acceptance. When traditional psycho-dynamic and cognitive-behavioral techniques are integrated with Sensori-motor interventions emphasizing posture, movement, and gestures, issues of shame can become an avenue to transformation rather than a source of being stuck.

### TRAINER

**Janina Fisher, Ph.D.**, is a licensed clinical psychologist and instructor at the Trauma Center, an outpatient clinic and research center founded by Bessel van der Kolk. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches.

### CODE

TR848

### CEUS

6

### FEE

\$75



## REWIRING THE BRAIN FOR STRONGER, MORE REWARDING RELATIONSHIPS

Thursday March 19th  
and  
Friday, March 20th

9:00 - 4:00

The ability to change the structure and function of the central nervous system is critical to any successful mental health treatment. The rules of neuroplasticity, “use it or lose it” and “neurons that fire together wire together,” are operative not only when our clients take medications to stimulate brain pathways, but also when they exercise, meditate, and sit with a therapist. This workshop will introduce practitioners to the C.A.R.E. Program, Dr. Banks' innovation based on the four neural pathways for human connection. The C.A.R.E. program combines Relational-Cultural Theory, Relational Neuroscience, and the rules of neuroplasticity into a practical guide to help people use their brains to change their relationships, tame their symptoms, and create more fulfilling lives.

### TRAINER

**Amy Banks, M.D.**, is Director of Advanced Training and Senior Research Scientist at the Jean Baker Miller Training Institute at the Wellesley Centers for Women, Wellesley College. Dr. Banks is the creator of the C.A.R.E. Program featured in her upcoming book entitled: *Four Ways to Click: Rewiring Your Brain for Stronger, More Rewarding Relationships*. (Tarcher/Penguin Books) scheduled to be released in February, 2015.

### CODE

BH030

### CEUS

12

### FEE

\$125

## CREATING GROUP SAFETY: YOUR KEY TO PRODUCTIVITY, CREATIVITY AND MORALE

Wednesday, March 25th

9:00 - 4:00

The notion of safety in the workplace is rarely addressed except in terms of the physical space around us. Workplaces and staff can suffer from an absence of a sense of psychic or emotional safety, and the results can be equally dire. This experiential workshop explores: the dynamics that lead to safety being undermined; the costs of workplace safety breakdown; the benefits of a work environment in which staff feel safe, and practical ways to restore and improve safety in the workplace.

### TRAINER

**Mara Gottlieb, Ph.D., LMSW**, is an adjunct faculty member at the New York University 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.

### CODE

GS137

### CEUS

6

### FEE

\$75

## AN OVERVIEW OF DIALECTIC BEHAVIOR THERAPY (DBT)

Friday, March 27th

9:00 - 4:00

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 of mindfulness, cognitive behavioral techniques, skills training in interpersonal effectiveness, distress tolerance, crisis management, and emotion regulation, provide useful strategies for clients with a broad range of diagnoses.

During this day long interactive training, attendees will learn the basics of DBT, including the biosocial theory of borderline personality disorder and an overview of all the key components of high-fidelity DBT. Throughout the training, attendees will be involved in skill training exercises that teach mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. Participants will learn how to prioritize problem behaviors and construct behavioral chain analyses.

### TRAINER

**Charles Atkins, M.D.**, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

### CODE

BH018

### CEUS

6

### FEE

\$75

## THE HEALING POWER OF LAUGHTER

Monday, March 30th

9:00 - 12:15

Everyone has heard the saying that "laughter is the best medicine." Indeed, scientific studies show that laughter has an incredibly healing effect on the body. Laughter lowers stress levels and strengthens the immune system. It also alleviates depression and chronic pain. In this workshop, participants will experience Laughter Yoga, which is the practice of using laughter as exercise, and they will learn how to incorporate more laughter into their own lives and how to use laughter as a stress management tool with clients. Laughter Yoga has been recommended by noteworthy physicians, Dr. Andrew Weil and Dr. Sanjay Gupta.

### TRAINER

**Laura Le, B.A.**, is a certified Laughter Yoga instructor. Since her days as a stressed-out Yale student, she has explored a myriad of ways to relax. Laughter Yoga is one of the most powerful, and definitely the most fun stress management tools she has discovered. Laura has shared the healing power of laughter in various different settings, including hospitals, school, workplaces, health conferences, and retreats. She has been interviewed on radio and public TV shows and featured in the Hartford Courant.

### CODE

HA105

### CEUS

3

### FEE

\$40



## THE USE OF EXPRESSIVE ART IN SELF-CARE PRACTICE

Monday, April 6th

8:30 - 12:45

Professional self-care is a key skill set needed by those working in the helping professions. It prevents burn out, compassion fatigue, and vicarious traumatization. This program is designed to introduce helping professionals to the expressive arts and how they can facilitate healthy self-care practices through this medium. Expressive arts are often used for stress reduction, physical and emotional healing, and the understanding of self. Participants will leave with resources to utilize expressive arts in their own self-care practices and clinical settings.

### TRAINER

**Jeanne Zuzel, RN, M.A.**, is a dynamic and exciting international speaker and instructor. She is known for a variety of areas of expertise and is a regular contributor to local and national public access wellness programming. Jeanne has developed workshops for care givers and health professionals to assist in the reduction of "Compassion Fatigue." Her seminar "Been There, Done That, What's Next?" is a regularly featured request for stress management seminars in the healthcare and corporate arenas. Jeanne, a holistic nurse, has a private, wellness-based practice in Norwich, CT. She combines her 30 years of nursing experience with a practical application of holistic care concepts, thus offering clients and students the opportunity for ultimate personal growth, healing, and learning.

### CODE

HA106

### CEUS

4

### FEE

\$40

## TREATING CHEMICAL DEPENDENCE AND IMPULSE CONTROL DISORDERS USING EYE MOVEMENT DESENSITIZATION REPROCESSING (EMDR)

Friday, April 10th

9:00 - 4:30

This workshop will explore the use of Eye Movement Desensitization Reprocessing (EMDR) in the treatment of chemical dependency and impulse control disorders—specifically with clients who are not yet abstinent or new to recovery. Unique treatment considerations that arise during each phase of the EMDR protocol when treating this population will be discussed. Common risk factors and assessment issues, addiction-specific resources and preparation work, how to address and desensitize triggers, urges, cravings and “positive feeling states,” and the use of the standard EMDR protocol in the treatment of addiction are all taught and highlighted with literature review, case examples, demonstrations, video clips, and discussion.

**Prerequisite: EMDR Part 1. This training is for individuals trained at a minimum in EMDR Part 1.**

### TRAINERS

**Hope Payson, LCSW, LADC** is a licensed clinical social worker, alcohol and drug counselor, and an EMDRIA Approved Consultant who specializes in the treatment of addiction and trauma.

**Kate Becker, LCSW**, is a Licensed Clinical Social Worker, Certified EMDR Therapist, and Registered Yoga Teacher. Kate's focus is in the treatment of addiction, anxiety disorders and trauma.

### CODE

SA219

### CEUS

6.5

### FEE

\$75



## DEVELOPING PERSON-CENTERED RECOVERY PLANS WITH YOUR CLIENTS

Monday, April 13th

9:00 - 4:00

Every day, caregivers, clinicians, and social workers are tasked with helping individuals in planning for a successful recovery to conquer their “problems”. When we frame the conversation from this approach, planning is dictated by a deficits focus that often results in client resistance, frustration, and unmet goals. Person-centered, strengths-based treatment planning helps clients recognize their potential, understand how their problems are barriers to their goals, and supports a successful collaboration between caregiver and the individual. In this training, participants will learn concepts of surviving and thriving that are integral to helping clients create goals as well as learn strategies to foster a collaborative, helping relationship that supports the ongoing process of planning. This interactive, experiential training will teach concepts and strategies that can be implemented for successful client goal setting and improved treatment planning outcomes.

### TRAINER

**David Howe, LCSW**, is the past Director of Recovery Services and Consumer Affairs for the Department of Mental Health and Addiction Services and an adjunct Professor at Yale University School of Psychiatry. Recognized by the State of CT numerous times for his distinguished managerial service, he has over 30 years of experience in the field of mental health and addiction services as a clinician, administrator, educator, and systems change agent to forward a person-centered, strengths-based approach to clinical care.

CODE

BH028

CEUS

6

FEE

\$75

## MINDFUL WRITING: THE SYNTHESIS OF MINDFULNESS, COGNITIVE PROCESSES AND CREATIVITY

Thursday, April 16th  
and  
Friday, April 17th

9:00 - 4:00

This is a 2-day immersive training that employs creative writing to synthesize principals and practices of mindfulness and cognitive training. It provides a blueprint for clinicians to develop their own writing skills and apply them both to their practices and as tools for self-care and personal growth. The course relies heavily on exercises that develop mindfulness-based listening, non-judgmental evaluation, and emotional excavation. Participants will produce essays, personal narratives, and/or short stories and have the opportunity for a one-to-one review/session with a professional editor. For attendees interested in writing for publication, both professional/clinical and mainstream, those topics will be explored as well.

### TRAINERS

**Charles Atkins, M.D.**, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

**Elizabeth Fitzgerald, B.A.**, is an editor and publishing consultant with more than 30 years of experience in the trade fiction/nonfiction area of the publishing industry. She has worked with literary agents, publishers, individuals, groups, and organizations to develop and refine fiction and nonfiction projects and to guide them toward publication.

CODE

MM104

CEUS

12

FEE

\$200

## WHY GENDER MATTERS: CREATING TRAUMA SERVICES FOR WOMEN AND MEN

Wednesday, April 22nd

9:00 - 4:00

With the increased awareness of the impact of trauma on people's lives, social service providers are beginning to consider what this means in their specific settings. There is a growing evidence base documenting the impact of child neglect and abuse (as well as other forms of trauma) on health, mental health and behavior. While research and clinical experience indicate a high incidence of trauma and co-occurring disorders in women's and men's lives, community professionals often struggle with the realities of providing effective, integrated, and trauma-informed services. This 1-day training discusses the specifics of becoming gender-responsive and trauma-informed as well as offers recommendations for trauma-specific interventions. It focuses on the three core elements that both staff and clients need: an understanding of what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships). In addition, it provides a discussion and demonstration of interventions based on three gender-specific curricula, *Beyond Trauma*, *Healing Trauma*, and *Helping Men Recover*, which are designed for use in a variety of settings. Examples of coping skills, grounding exercises, and interactive exercises are provided that can be incorporated into work with women and men.

### TRAINER

**Stephanie S. Covington, Ph.D., LCSW**, is a nationally recognized clinician, consultant, and lecturer who has worked for over twenty-five years on the creation of gender-responsive and trauma-informed services.

### CODE

TR837

### CEUS

6

### FEE

\$100

## RELAPSE PREVENTION STRATEGIES FOR SUBSTANCE USE DISORDER CLIENTS

Tuesday, April 28th

9:00 - 4:00

This full-day workshop will provide participants with experiential training designed to increase their knowledge and competency level working with relapse-prone clients. We will examine several clinical techniques that can be applied immediately in the workplace that will assist in developing a personalized relapse prevention plan. Participants will learn evidence-based practices that have a proven history of clinical success and how to identify client-specific relapse triggers and to develop management strategies for each of those triggers. This workshop will change the way participants view relapse as a process and those clients who have a history of relapse.

### TRAINER

**Roland Williams, M.A., LAADC**, is an interventionist, author, trainer, counselor, and consultant specializing in addiction-related issues. He is founder and President of Free Life Enterprises, Counseling, Intervention, and consulting services. He has published three books: *Relapse Prevention Counseling for African Americans* and *Relapse Warning Signs for African Americans* (with Terence T. Gorski) and also the *Relapse Prevention Workbook for African Americans*.

### CODE

SA220

### CEUS

6

### FEE

\$75



## THE ENERGIZED PRACTITIONER: A HOLISTIC APPROACH TO STRESS REDUCTION IN CLINICAL PRACTICE

Friday, May 1st

9:00 - 4:00

Do you find yourself drained at the end of the workday from dealing with needy clients, putting out fires, managing a large caseload, or handling too much paperwork and red-tape? Would you like to learn some practical and holistic approaches to help you manage your energy in the moment so you have more of it for yourself at the end of the day? Your overall energy determines your overall potential in life and work. How much potential you actually have available to use at any particular time is dependent on the situational and internal influences affecting you. Learning to manage and increase your energy in the physical, mental, emotional, spiritual, social, and environmental areas are critical to being able to maintain a balanced sense of well-being and purpose. Drawing on energetic sciences and practices from the healing arts (including mindfulness, chakra balancing, core energy coaching, guided visualization, and aromatherapy), participants will leave the workshop with an understanding of how they are specifically reacting to situations that are draining their energy, and how they can use more effective approaches to conserve and increase their energy throughout their clinical day.

### TRAINER

**Alicia Davis, LMT** is a licensed massage therapist and president of Centerpoint Wellness. Alicia holds the vision that individuals inherently have the capacity to live their lives filled with passion, energy, and balance. She brings her vast experience in the health and wellness field to organizations, care-giving teams, and individuals who want to live more fully in their highest potential by decreasing stress and overwhelming factors in their work or lives.

### CODE

GS127

### CEUS

6

### FEE

\$75

## STRATEGIES FOR OPTIMIZING DBT INDIVIDUAL THERAPY AND FORTIFYING YOUR COMPREHENSIVE DBT PROGRAM

Monday May 4th  
and  
Tuesday, May 5th

9:00 - 4:00

Providing DBT individual therapy for complex multi-diagnostic clients with Borderline Personality Disorder (BPD) and sustaining a comprehensive DBT program both require clinical "muscle", refinement, and strategy. This 2-day training is intended for seasoned DBT clinicians and DBT program managers wishing to significantly improve their own practice and implementation of DBT. Taught primarily by DBT expert and Linehan protégé, Dr. Linda Dimeff, this two-day workshop has a dual purpose: to significantly strengthen clinical competency in providing DBT individual therapy, and teach tools for building and sustaining a comprehensive DBT program.

**Prerequisite:** *This training is intended for those individuals that have completed the 2 week intensive DBT and/or are currently members of a DBT consultation group.*

### TRAINERS

**Linda Dimeff, Ph.D.**, joined Portland DBT Institute, Inc. as Director after previously serving as Chief Scientific Officer and Vice President at BTECH Research, Inc., an organization she co-founded with Marsha M. Linehan, Ph.D. to facilitate the training and dissemination of DBT and other evidence-based therapies (EBTs).

**Kathryn Patrick, LCSW**, has been learning and practicing DBT for nearly 8 years. Kathryn has been a member of the Portland DBT Institute team for the last 5 years, serving as a clinician, supervisor, and clinic manager. She has provided trainings and consultation to treatment providers in various settings, including residential/forensic and community/outpatient, throughout Oregon and Washington.

### CODE

BH031

### CEUS

12

### FEE

\$200

## TREATING OBSESSIVE COMPULSIVE DISORDER AND OTHER RELATED DISORDERS

Friday, May 8th

9:00 - 4:00

In this workshop we will review the DSM-5 Obsessive-Compulsive and Related Disorders (OCDs), including obsessive-compulsive disorder, hoarding disorder, body dysmorphic disorder, trichotillomania, and excoriation (skin-picking) disorder. We will discuss similarities and differences among these disorders and review essential cognitive-behavioral treatment strategies to reduce obsessional-ity and impulsivity among patients with OCDs.

### TRAINER

**David F. Tolin, Ph.D., 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.

### CODE

BH032

### CEUS

6

### FEE

\$75

## CREATING TRAUMA-INFORMED SPACES

Monday, May 11th

9:00 - 12:15

As mental health practitioners realize how widespread trauma is and the impact it has on the lives of those who have experienced it, it is clear that a system with trauma-informed approaches is needed. When Roger Fallot, Ph.D. and Maxine Harris, Ph.D., made the distinction between trauma-specific services and trauma-informed care, people began to view the world in a different way.

This workshop is designed to present the basic cultural changes that occur when viewing the environment through a trauma lens. It will take the participants through a trauma-informed framework and apply it to the settings and environments where clinicians work. Tools for assessing the environment will be explored, and participants will learn ways to involve clients as they work together to change the spaces where recovery happens.

### TRAINER

**Colette Anderson, LCSW**, is the Executive Director of the Connecticut Women's Consortium. She spent her entire career working in the behavioral health field as a clinician, agency chief executive officer and educator for the Department of Mental Health and Addiction Services developing policy and systems changes to implement and integrate trauma-informed care in state agencies.

### CODE

TR841

### CEUS

3

### FEE

\$40

## SOLUTION FOCUSED APPROACHES TO CHALLENGING CLIENTS

Friday, May 15th

9:00 - 4:00

Solution-focused approaches which build on a client's, family's, agency's, or community's strengths are proving more powerful and hopeful in encouraging change than traditional problem-focused methods of assessment and treatment. This course will provide the basics to the theoretical foundations and treatment methods of a solution-focused approach and encourage participants to adapt and apply the model in their thinking and their work with challenging clients, peers, and organizations.

## TRAINER

**Donald Scherling, Psy.D., LADC, CCS,** is a clinical consultant in the Department of Psychiatry and Behavioral Sciences at Berkshire Medical Center, and faculty in the psychiatric residency program.

## CODE

GS132

## CEUS

6

## FEE

\$75

## HELPING MEN RECOVER: PART 1 AND PART 2

## T R A U M A S E R I E S

Monday, May 18th  
and  
Tuesday, May 19th

8:30 - 4:30

This curriculum addresses what is often missing in prevailing treatment models: an understanding of the effect of male socialization on the recovery process, a consideration of the relational needs of men; and a focus on issues of abuse and trauma. One of the primary goals of "Helping Men Recover" is assisting men in establishing a healthy sense of self outside of stereotypical masculine scripts.

This workshop will address four primary areas that recovering men have identified as triggers for relapse and what is necessary for growth and healing. Participants will understand core elements of gender-responsive treatment, understand how individual and cultural traumas affect men's treatment and recovery, understand how male socialization can be both an asset and a barrier to treatment and recovery, and learn about a gender-responsive and trauma-informed treatment for men.

## TRAINERS

**Dan Griffin, M.A.,** has worked in the mental health and addictions field for over two decades as a consultant, trainer and counselor. His groundbreaking book, *A Man's Way through the Twelve Steps*, is the first trauma-informed book to take a holistic look at men's sobriety.

**Jeff Glover, M.A., LPCC, LADC,** is a licensed mental health and substance abuse counselor who's worked in the field for over 15 years. He received a masters degree in Counseling Psychology and a masters degree in Pastoral Ministry from Boston College.

## CODE

TR835

## CEUS

14

## FEE

\$175



# M A Y

## A MAN'S WAY THROUGH RELATIONSHIPS: MEN, TRAUMA & INTIMACY

Wednesday, May 20th

9:00 - 4:00

There is a myth that has dominated our culture for decades that men do not care about relationships. Research shows that all human beings are wired for connection – not just women. While our expectations for how men engage in their relationships have changed dramatically in the past several decades, we have spent little time looking at how male socialization – The Man Rules – affects a man's ability to engage in healthy relationships. Attendees will understand and be able to identify how men's experience of trauma affects their relationships. Dan Griffin has written *A Man's Way through Relationships: Learning to Love and Be Loved*, the first trauma-informed book focused solely on helping men explore the journey toward creating and sustaining healthy relationships.

### TRAINER

**Dan Griffin, M.A.**, has worked in the mental health and addictions field for over two decades as a consultant, trainer and counselor. His groundbreaking book, *A Man's Way through the Twelve Steps*, is the first trauma-informed book to take a holistic look at men's sobriety.

### CODE

TR849

### CEUS

6

### FEE

\$75

# J U N E

## RACISM AND THE MYTH OF COLORBLINDNESS

Wednesday, June 3rd

9:00 - 4:00

This is a courageous workshop to attend. In a safe and respectful manner, we will have a conversation many well-meaning individuals evade: the meaning and impact of race, skin color, and racism in both our society at large and within the workplace. The workshop is designed to teach communication and educational tools by practicing them with one another, thus reinforcing new information and creating an opportunity for a cultural transformation that can have a ripple effect in our own social and professional circles.

### TRAINER

**Mara Gottlieb, Ph.D., LMSW**, is an adjunct faculty member 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.

### CODE

CD102

### CEUS

6

### FEE

\$75



## END OF LIFE ISSUES

*Friday, June 5th*

*9:00 - 4:00*

Personally and professionally, making decisions with and for individuals near the end of life is seldom easy. Medical decisions, emotions, spiritual issues, family dynamics, cultural and medical practices, finances and legal issues often intersect and create conflict. As a result, the patient's right to stop treatment and prepare for death is often overlooked. This training will help caregivers and providers improve communication between all parties and better assist a person who has been diagnosed with a terminal illness prepare for death and have the most comfortable and peaceful transition possible.

### TRAINER

**Cynthia Carloni, B.S.**, has over 30 years of experience in the behavioral health field and is a certified Critical Incident Stress Management and Grief Recovery Counselor. Ms. Carloni's passions are advocacy, vocational counseling and supportive counseling in relation to recovery and end of life.

CODE

BH019

CEUS

6

FEE

\$75

## INTEGRATIVE MENTAL HEALTH CARE: EXPLORING COMPLEMENTARY AND ALTERNATIVE PRACTICES

*Tuesday, June 9th*

*8:30 -12:45*

Wellness involves an ongoing balance of mind, body, emotions, and spirit pertinent to the unique physical, psychological, social, cultural, and spiritual dynamics of each individual. While it is estimated that 40% of Americans have used or currently use complementary and alternative modalities in support of their health and healing needs, healthcare providers are becoming more aware and knowledgeable about the sought-after benefits. A mental health practitioner is invited into the whole life of the client who joins in treatment. A whole person approach requires an understanding of modalities that can address and support a holistic wellness paradigm. Integrating clinical expertise with sound understanding of complementary and alternative philosophy and practice will augment case conceptualization, produce more treatment opportunities, yield experiential learning possibilities, and provide movement past the constraints of the biomedical model of medicine. This seminar introduces clinical professionals to the principles and practices of various complementary and alternative interventions spanning categories of: mind-body modalities, creative and expressive therapies, nutraceuticals, homeopathy, aromatherapy, energy medicine, breath work, yoga, manual therapies, and ecotherapy. Ethics, liability, research, and practice considerations are addressed. Resources are provided to support evolving interests, and lecture and experiential formats are utilized to enhance learning.

### TRAINER

**Amy B. Otzel, M.A., LPC**, is an LPC holding an M.A. degree in psychology from Southern Connecticut State University as well as an MS degree in professional counseling from Central Connecticut State University. Amy is a retired sergeant of the U.S. Army, having served in the Connecticut Army National Guard as a Behavioral Health Specialist and is a veteran of Operation Iraqi Freedom.

CODE

BH033

CEUS

4

FEE

\$40

## A DAY OF DIALECTIC BEHAVIOR THERAPY (DBT) SKILLS TRAINING

Wednesday, June 17th

9:00 - 4:00

In recent years Dialectic Behavior Therapy (DBT) skills training, a core component of this evidence-based therapy, has been studied and found to be effective in strategically targeting a broad array of symptoms and problem behaviors. This holds true when skills training is provided as part of comprehensive DBT and as a stand-alone therapy. The broad range of skills covered and taught; which include Zen-based mindfulness, emotion regulation, distress tolerance/crisis survival skills, and interpersonal effectiveness; help clients and clinicians develop targeted strategies to move forward in the direction of the client's goals and aspirations. Certain skills on their own, such as mindfulness training, are now considered evidence-based practices for targeting a broad range of disorders and symptoms. This experiential, full-day training focuses on the four core skills modules in DBT in combination with the important cognitive behavioral therapist skills of behavioral chain analysis and "missing links" analysis. The day is designed to help clinicians thoroughly analyze problem behaviors, emotional dysregulation, and patterns of thought distortion and then strategically assist clients in developing the skills they need to more effectively handle these in the future. While ideal for clinicians wishing to enhance their DBT skill set, this training is also designed for non-DBT clinicians with an interest in expanding their overall therapeutic armamentarium. A basic understanding of Cognitive-Behavioral Therapy (CBT) principals is desirable, as these will be covered, but only briefly.

### TRAINER

**Charles Atkins, M.D.**, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

### CODE

BH034

### CEUS

6

### FEE

\$75



**What are the components of DBT?** *In its standard form, there are four components of DBT: skills training group, individual treatment, DBT phone coaching, and consultation team.*

- 1. DBT skills training group** is focused on enhancing clients' capabilities by teaching them behavioral skills. The group is run like a class where the group leader teaches the skills and assigns homework for clients to practice using the skills in their everyday lives. Groups meet on a weekly basis for approximately 2.5 hours and it takes 24 weeks to get through the full skills curriculum, which is often repeated to create a 1-year program.
- 2. DBT individual therapy** is focused on enhancing client motivation and helping clients to apply the skills to specific challenges and events in their lives. In the standard DBT model, individual therapy takes place once a week for as long as the client is in therapy and runs concurrently with skills groups.
- 3. DBT phone coaching** is focused on providing clients with in-the-moment coaching on how to use skills to effectively cope with difficult situations that arise in their everyday lives. Clients can call their individual therapist between sessions to receive coaching at the times when they need help the most.
- 4. DBT therapist consultation team** is intended to be therapy for the therapists and to support DBT providers in their work with people who often have severe, complex, difficult-to-treat disorders. The consultation team is designed to help therapists stay motivated and competent so they can provide the best treatment possible. Teams typically meet weekly and are composed of individual therapists and group leaders who share responsibility for each client's care.

Retrieved From: <http://behavioraltech.org/resources/whatisdbt.cfm>

## STAFF CARE AND SUPPORT - INTRODUCTORY SERIES

Friday, June 19th

9:00 - 4:00

The emotional strain of working in the addiction/mental health field can cause burnout, staff turnover and impacts professional/personal lives. Without effective coping mechanisms care-givers 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, participants will engage in exercises related to reconnection, spirituality and mindfulness practice.

## TRAINERS

**Eileen Russo, M.A., LADC**, is a licensed addiction counselor, certified clinical supervisor and certified co-occurring disorder professional. She has worked in the addiction and mental health field for over 30 years.

**Alicia Davis, LMT**, is a licensed massage therapist and president of Centerpoint Wellness, Alicia holds the vision that individuals inherently have the capacity to live their lives filled with passion, energy, and balance.

## CODE

TR805

## CEUS

6

## FEE

\$35

## BEYOND ANGER AND VIOLENCE: A PROGRAM FOR WOMEN

Tuesday, June 30th  
and  
Wednesday, July 1st

9:00 - 4:00

We live in a world where anger and violence are all around us. They are in the news, in our television shows and motion pictures, and often in our families and relationships. Anger often is connected to violence and, in some cases, leads to violence. Even though anger is the most common emotion, many people find it difficult to understand and regulate their anger. *Beyond Anger and Violence* (BAV) is a program for women who struggle with issues related to anger. Anger itself is not a problem; how it is manifested or expressed often creates a problem. A core piece of the work in *Beyond Anger and Violence* is to help a woman identify her anger, how she deals with it, and its effects in her life. The participants learn to develop ways of managing their anger in ways that do not cause them problems. The program is structured to work on two levels: one is the anger that the women experience in whatever forms; the other is the anger and violence they have experienced from others. This 2-day training is designed to explain and explore the topics of anger on multiple levels: the personal level (the anger women feel); the relationship level, including anger directed toward them; and the effects of anger and violence in our communities and society at large. This is an interactive training that integrates the evidence-based practices of cognitive-behavioral, relational, mindful, and expressive-arts therapeutic techniques into a holistic approach to anger.

## TRAINER

**Stephanie S. Covington, Ph.D., LCSW**, is a nationally recognized clinician, consultant, and lecturer who has worked for over twenty-five years on the creation of gender-responsive and trauma-informed services.

## CODE

TR843

## CEUS

12

## FEE

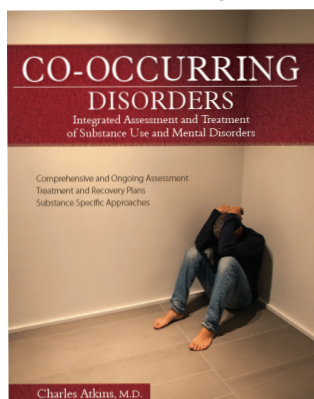
\$150

## Colette Anderson, LCSW

**Colette Anderson, LCSW**, is the Executive Director of the Connecticut Women's Consortium. Her experience includes leading the CWC, co-leading the Trauma and Gender Practice Improvement Collaborative for the Connecticut Department of Mental Health and Addiction Services (DMHAS), and managing the Intimate Partner Violence (IPV) Project. Colette's expertise is in trauma-informed systems change and is a member of multiple groups and initiatives across the state. Colette is also a noted speaker on Trauma and Gender and has developed trainings in this topic such as "Creating Trauma-Informed Spaces" for diverse audiences.

## Charles Atkins, M.D.

**Charles Atkins, M.D.**, is a board-certified psychiatrist, published author, clinical trainer, and the chief medical officer of Community Mental Health Affiliates (CMHA). He writes both nonfiction and fiction, including books on bipolar disorder, Alzheimer's disease (sourcebooks), and most recently, in November of 2014, *Co-Occurring Disorders, Integrated Assessment and Treatment of Substance Use and Mental Disorders*. His recent novels include the Barrett Conyours forensic thriller series (Llewellyn and Severn House) and The Lil and Ada Connecticut cozies (Severn House). His first paranormal thriller—GO TO HELL (Argo Navis) was released in the inter of 2012, and his first young adult novel HAFFLING (Harmony Ink) was published in 2013 under the pen name Caleb James. Dr. Atkins has written hundreds of articles, columns, and horts stories for professional and popular magazines, newspapers, and journals. He is a member of the Yale volunteer clinical faculty. He has been a regular contributor to the American edical Association's American Medical News, a consultant to the Reader's Digest Medical Breakthrough series, and his work has appeared in publications ranging from The Journal of the American Medical Association (JAMA) to Writer's Digest Magazine. He has been twice featured in the New York Times, as well as many other publications. He can be followed on the Internet at: [www.charlesatkins.com](http://www.charlesatkins.com), [www.charlesatkinsmd.blogspot.com](http://www.charlesatkinsmd.blogspot.com), and @charlesatkinsmd (Twitter).



## Amy Banks, M.D.

**Amy Banks, M.D.**, is Director of Advanced Training and Senior Research Scientist at the Jean Baker Miller Training Institute at the Wellesley Centers for Women, Wellesley College. Dr. Banks is the creator of the C.A.R.E. Program featured in her soon-to-be-released book, *Four Ways to Click: Rewiring Your Brain for Stronger, More Rewarding Relationships*, to be published in February 2015 by Tarcher/Penguin Books. She is a founding board member of Relationships First, a select group of healers, artists, and entrepreneurs dedicated to promoting the fact that healthy relationships are at the core of health and well-being is co-editor of *A Complete Guide to Mental Health for Women*. She has lectured nationally and internationally on the neuroscience of relationships and has a private psychiatric practice in Lexington, MA.

## Kate Becker, LCSW, RYT

**Kate Becker, LCSW, RYT**, is a Licensed Clinical Social Worker, Certified EMDR Therapist, and Registered Yoga Teacher. Kate's focus is in the treatment of addiction, anxiety disorders and trauma. She has worked in community mental health and substance abuse clinics, group homes, and in palliative care. Kate has facilitated a variety of therapy groups including Relapse Prevention, Anger Management, Co-Occurring disorders, and DOVE (domestic violence offenders). Kate is the founder and director of A Room with a New View, Inc.; a non-profit that provides renovation and decorating to non-profit group homes and community centers. She is currently an EMDR Consultant-in-Training, and is in private practice in Glastonbury, CT.

## Lori Beyer, MSW, LICSW

**Lori Beyer, MSW, LICSW, MSWAC**, is a trauma clinician and trainer at Community Connections and trains clinicians nationwide on issues related to trauma in the lives of women with mental illness and substance addiction. Beyer has over 10 years of experience working with homeless adults who are dually diagnosed with serious mental illness and substance use disorders. She is a member of the Community Connections Trauma Work Group which developed the Trauma Recovery and Empowerment Model (TREM). Beyer has co-led group treatment interventions in trauma recovery and empowerment, parenting skills, and domestic violence at both Community Connections and at the Maryland Correctional Institution for Women.



# TRAINER BIOGRAPHIES

## Debra Bloom, MSW, LCSW

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**Debra Bloom, MSW, LCSW**, has worked in the mental health field since 1987. In Hartford, she spent over 10 years with a focus on developing and directing supportive housing programs for homeless persons with psychiatric disabilities. She has led federally-funded inter-agency collaborative projects, was the Clinical Coordinator for the Homeless Outreach Team of CT Mental Health Center in New Haven, as well as the ACT Team Director for 3 years. She is currently employed at River Valley Services as the Team Leader of the Lower County Out-Patient Clinical Team in Old Saybrook, CT. Her areas of expertise include street outreach work to people who are homeless and disengaged from treatment; community-based clinical treatment; and intensive case management interventions. Her clinical passion is in the area of trauma-informed treatment and trauma-informed service systems. She has led many TREM and M-TREM groups, has provided TREM trainings, and has led supervision/consultations groups for TREM clinicians.

## Cynthia Carloni, B.S.

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**Cynthia Carloni, B.S.**, has over 30 years of professional experience in the field of mental health, and holds a B.S. degree in three disciplines: Psychology, Sociology, and Human Service Administration. She is a certified Critical Incident Stress Management and Grief Recovery Counselor, published researcher and author. Ms. Carloni's passions are advocacy, vocational counseling and supportive counseling in relation to recovery and end of life. Her approach is poignant, culturally sensitive, and faith based. Ms. Carloni has facilitated related training events in several states as well as at National Rehabilitation Conferences. She often shares her own personal life stories to instill hope, increase awareness and self-confidence to improve the quality of one's life.

## Stephanie Covington, Ph.D., LCSW

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**Stephanie S. Covington, Ph.D., LCSW**, is a clinician, organizational consultant, and lecturer. For over twenty-five years her work has focused on the creation of gender-responsive and trauma-informed services. Her extensive experience includes designing women's services at the Betty Ford Center, developing programs for women in criminal justice settings, facilitating Connecticut's Trauma-informed, Gender-Responsive Initiative, and being the featured therapist on the Oprah Winfrey Network "Breaking Down the Bars" TV show. She has also served as a consultant to the United Nations Office on Drugs and Crime (UNODC) in Vienna and was selected for the federal Advisory Council on Women's Services. Educated at Columbia University and the Union Institute, Dr. Covington has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology. She has published extensively, including six gender-responsive, trauma-informed treatment curricula. Dr. Covington is based in La Jolla, California, where she is co-director of both the Institute for Relational Development and the Center for Gender and Justice.

## Robin Cullen

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**Robin Cullen**, is a consultant, group facilitator, and artist. She was a member of the therapeutic writing group formed by Wally Lamb at York Correctional Institution. Robin's essay was published in *Couldn't Keep It To Myself* (2003). She continues with related work as a guest performer and board member for the Judy Dworin Performance Project (JDPP). Since 1989 JDPP has been harnessing the arts as a powerful catalyst for creative expression through performance, community building, and positive change. Ms. Cullen is a trained group facilitator in curricula written by Dr. Stephanie Covington: *Beyond Trauma*, *Beyond Violence and Anger*, *A Women's Way Through the Twelve Steps*, and *Healing Trauma* and is certified through Amherst Writers and Artists to teach therapeutic writing. She worked with Mothers Against Drunk Driving, (MADD) for more than ten years. Now, owner of Color Outside The Lines, Robin facilitates groups in prisons and halfway houses. Robin is also a remodeling contractor. Uplifting, renovating, and re-purposing people, places, and things!

# TRAINER BIOGRAPHIES

## Alicia Davis, LMT

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**Alicia Davis, LMT**, is president of Centerpoint Wellness. Alicia holds the vision that individuals inherently have the capacity to live their lives filled with passion, energy, and balance. She brings her vast experience in the health and wellness field to organizations, care-giving teams, and individuals who want to live more fully in their highest potential by decreasing stress and overwhelming factors in their work or lives. Alicia is a graduate of the Institute of Professional Excellence in Coaching (IPEC) and is a Certified Professional Coach (CPC) and an Energy Leadership Index™ Master Practitioner (ELI-MP). She is a graduate and senior faculty member of the Connecticut Center for Massage Therapy with over 18 years' experience as a Connecticut Licensed Massage Therapist with a wide variety of energy medicine experience including Shiatsu/Acupressure, Quantum-Touch®, Reiki, Chakra Balancing, Polarity Therapy, and 'M'-Technique®. Alicia provides coaching and healing in private sessions, supports teams in professional development programs, and facilitates community workshops and retreats that are life-enhancing. Alicia's clients and workshop participants consistently describe her style as dynamic, compassionate, creative, intuitive, and engaging. As the founder and "voice" of Sound Bytes for Serenity™, she brings audio messages of relaxation and rejuvenation to listeners worldwide. Alicia is also a published author in the book *Strategies for Success*.

## Lauren Doninger, Ed.D., LADC, LPC

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**Lauren Doninger, Ed.D., LADC, LPC**, has been in the field of mental health and addiction services since 1983. She has worked in a range of treatment settings primarily treating those with severe and persistent mental illness and co-occurring substance use disorders. She is on the faculty at Gateway Community College in New Haven with primary teaching responsibility in the Drug and Alcohol Recovery Counselor Program.

## Jeff Glover, M.A., LPCC, LADC

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**Jeff Glover, M.A., LPCC, LADC**, is a licensed mental health and substance abuse counselor who has worked in the field for over 15 years. He received a masters degree in Counseling Psychology and a masters degree in Pastoral Ministry from Boston College in 2001. The primary focus of his work has been with adolescents and their families, particularly adolescent males in residential and outpatient facilities. More recently he has been working independently, shifting focus to another area of passion, men and eating disorders.

## Linda Dimeff, Ph.D.

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**Linda Dimeff, Ph.D.**, joined Portland DBT Institute, Inc. as Institute Director after previously serving as Chief Scientific Officer and Vice President at BTECH Research, Inc., an organization she co-founded with Marsha M. Linehan, PhD to facilitate the training and dissemination of DBT and other evidence-based therapies (EBTs). In addition to her role at Portland DBT Institute, Linda currently serves as the Chief Scientific Officer at Evidence-Based Practice Institute where she develops and evaluates emerging technologies that have the potential to transform training and delivery of EBTs. Trained, supervised, and mentored by Dr. Linehan, Linda is a DBT expert clinician, consultant, and supervisor with specialty expertise in DBT for Substance Abusers. Linda is the 2011 recipient of the ISITDBT Cindy J. Sanderson Outstanding Educator Award. She has served as a standing member of the Mental Health Services Research grant review committee for the National Institute of Mental Health for over four years and is Adjunct Clinical Faculty at the University of Washington. Linda has received over 20 federal grants to facilitate the dissemination of evidence-based therapies and has published over 50 peer-reviewed publications. She is the first author of *Brief Alcohol Screening and Intervention College Students* and the primary editor of *DBT in Clinical Practice*.

## Elizabeth Fitzgerald, B.A.

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**Liz Fitzgerald, B.A.**, is an editor and publishing consultant with more than 30 years of experience in the trade fiction/nonfiction area of the publishing industry. She has worked with literary agents, publishers, individuals, groups, and organizations to develop and refine fiction and nonfiction projects and to guide them toward publication. She has edited novels, autobiographies, theater scripts, screenplays, film treatments, magazine articles, grant proposals, and promotional materials. She has been affiliated with Curtis Brown Literary Agency, Harcourt Brace Jovanovich, Harlequin Books, and Donald I Fine, Inc., and she has consulted for a variety of theater and independent film production companies, including the Sanford Meisner Theater and Cat Hollow Productions. A senior editor for Dreamspinner Press, she provides editorial oversight from submission to publication. She has a freelance editorial practice in which she works one-on-one with a broad range of authors, most of whom are published.

## Dan Griffin, M.A.

**Dan Griffin, M.A.**, has worked in the mental health and addictions field for almost two decades. In early 2010, he started a consulting, training, and speaking business, Griffin Recovery Enterprises. Griffin's groundbreaking book, *A Man's Way through the Twelve Steps*, is the first trauma-informed book to take a holistic look at men's sobriety. Dan Griffin's most recent publication, *A Man's Way through Relationships: Learning to Love and Be Loved* is the first trauma-informed book focused solely on helping men explore the journey toward creating and sustaining healthy relationships. Dan also co-authored Helping Men Recover, the first comprehensive trauma-informed gender-responsive curriculum for men. He served as the state drug court coordinator for the Minnesota Drug Court Initiative from 2002 to 2010, and was also the judicial branch's expert on addiction and recovery. He has worked in a variety of areas in the addictions field: research, case management, public advocacy, drug courts, teaching, and counseling. He is a faculty member for several national organizations. Griffin has been in recovery since May 1994 and lives in Minneapolis with his beautiful wife and daughter.

## Mara Gottlieb, Ph.D., LMSW

**Mara Gottlieb, Ph.D., LMSW**, is fortunate to be an adjunct faculty member at the NYU Silver School of Social Work, teaching at both graduate and undergraduate levels. She earned her Doctor of Social Work in May 2014 from NYU. Her MSW is also from NYU, and she earned a BA with honors from Brown University. Dr. Gottlieb's primary areas of teaching and scholarship are in direct practice, theory, and pedagogy, particularly with an anti-oppression and social justice lens. Her dissertation research measured the impact of self-compassion and self-awareness on the ability to work successfully within a cross-cultural relationship. Her teaching style is collaborative and highly interactive. 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. Workshops are largely targeted toward clinicians and social service professionals and address issues ranging from self-care to cultural competence. More information can be found at <http://www.talkingchanges.com>.

## David Howe, LCSW

**David Howe, LCSW**, has over 35 years of experience in the mental health and addiction recovery field as an administrator, psychiatric clinician, consultant and trainer. He served as the Recovery Services and Consumer Affairs Director for the CT Department of Mental Health and Addiction Services from 2007-2014. During that time, he was twice honored with the State of CT Distinguished Managerial Services Award for his administrative oversight, research and implementation of Person-Centered Recovery-Oriented Services at Connecticut Valley Hospital's (CVH). Known for his ability to effectively improve systems through creative problem solving, he pioneered a collaborative patient/staff committee that implemented significant reduction in the use of restraint and seclusion on inpatient units. David Howe is a master trainer in evidence-based Social and Independent Living Skills (SILS). Known for implementing innovative recovery oriented initiatives, David currently consults, trains and is an adjunct Professor at Yale University School of Psychiatry.

## Kathleen Kiley, B.S.

**Kathleen Kiley, B.S.**, is the founder of Wellness Insights, LLC. As an energy medicine practitioner and yoga instructor, Ms. Kiley 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, Georgia, Kathleen was co-principal investigator in Emory University's research study entitled, "Wellness Interventions and Quality of Life in Parkinson's Disease". She also produced and hosted 'The Dream Show', interviewing renowned national authors in the fields of integrative and spiritual medicine. As chair for Comfort Keepers' national Memory Care committee, Ms. Kiley developed an integrative brain fitness program for clients in the early stages of Alzheimer's and dementia.

## Laura Le, B.A.

**Laura Le, B.A.**, is a certified Laughter Yoga instructor. Laura Le has explored a myriad of ways to relax since her days as a stressed-out Yale student. Laughter Yoga was one of the most powerful—and definitely the most fun stress management tools she has discovered. Laura has shared the healing power of laughter in various different settings, including hospitals, school, workplaces, health conferences, and retreats. She has been interviewed on radio and public TV shows and has been featured in the Hartford Courant.

# TRAINER BIOGRAPHIES

## Linda Lentini

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**Linda Lentini** is employed by Advocacy Unlimited and serves as Director of Recovery University, the only state-wide peer certification program in Connecticut. Linda is a person with lived experience regarding both the mental health and criminal justice systems. Linda is a member of the trauma guide team facilitated by both the Connecticut Women's Consortium and the Department of Mental Health and Addiction Services. Ms. Lentini is trained in curricula written by Dr. Stephanie Covington: Beyond Trauma, Beyond Violence, and Healing Trauma. Linda is currently co-facilitating a group with women at York Correctional Institution titled, 'Intimate Partner Violence,' applying Dr. Covington's curriculum, Healing Trauma. Linda lectures statewide fostering hope, wellness, recovery, and healing from trauma.

## Doris Troth Lippman, Ph.D.

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**Doris Troth Lippman, Ph.D.**, is a Professor Emeritus at Fairfield University's School of Nursing where she has taught for 33 years. She received a BSN from Cornell University, a Master of Education and Doctorate of Education from Columbia University and a Master of Arts with a specialty in Marriage and Family Therapy at Fairfield University. From 1967-1968, during the Vietnam War, she served as a Captain in the Army Nurse Corps at a Japanese evacuation hospital. She was instrumental in the creation of a Vietnam Women's memorial, erected on the mall in Washington, D.C. in 1993. She is on the board of Homes for the Brave, an organization that provides transitional housing for homeless veterans. In 2007, The School of Nursing, in partnership with the West Haven VA hospital, received a \$40 million, five-year grant from the U.S. Department of Veterans Affairs in an initiative to educate more nurses to care for the veteran population. Dr. Lippman was co-director of the program. Dr. Lippman has been awarded an honorary Military Order of the Purple Heart for her service to veterans, and the Carol Daisy Award for her support and service to the Connecticut Nurses Association. In 2005 she received what is considered one of nursing's highest honors when she was inducted as a Fellow into the American Academy of Nursing. Five years later, she was inducted into the Connecticut Veterans Hall of Fame by then-Governor Jodi Rell. Dr. Lippman has spent her nursing career serving Veterans by educating university students, healthcare professionals and members of the broader community about Veterans and their unique healthcare needs.

## Amy B. Otzel, M.A., LPC

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**Amy B. Otzel, M.A., LPC**, is a warrior of wellness who moves with a purpose! After serving as a U.S. Army behavioral health sergeant in both the garrison and combat theater, Amy went on to earn an M.A. in Psychology, an M.S. in Professional Counseling, licensing as a professional counselor, and teacher certifications in Breath~Body~Mind™ and Holistic Stress Management. She continues to march on in pursuit of an M.A. in Integrative Health & Healing and board certification as a Health & Wellness Coach. Following 6 years of service as a readjustment counseling therapist with the U.S. Department of Veterans Affairs, she range-walked into a new area of operations. Partnered with her husband as co-owner of Nature's Resource Wellness Market, she is an advocate of dietary and supplemental nutrition as well as naturopathic methods for balancing wellness. In private practice, Amy is the owner of Inner Resource Psychotherapy, committed to holistically-minded clinical and integrative mental health counseling considering mind, body, spirit, and all layers and aspects of one's life with multicultural adult male and female populations. A specialist in conditions of trauma and stress, Amy regularly presents at educational and informational engagements, including annual invitations at Yale University School of Medicine Department of Psychiatry. She is currently collaborating with renowned homeopath Dr. Lauri Grossman, researching the potential benefits of remedies tailored to support combat-related post-traumatic stress. Her endeavors and accomplishments have been complimented by the valued relationships she shares with her husband, Nicholas, and son, Nicholas.

## Hope Payson, LCSW, LADC

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**Hope Payson, LCSW, LADC**, is a licensed clinical social worker, alcohol and drug counselor, and an EMDRIA Approved Consultant who specializes in the treatment of addiction and trauma. She has over 20 years of experience working in community mental health in the following capacities: director of a supportive housing program for domestic violence survivors, coordinator of an assertive community treatment team, and originator of a homeless outreach program that included on-site assessment, treatment placement, and long-term follow-up for clients with histories of addiction and trauma. She was the Clinical Director for EMDR HAP for 7 years and remains an active HAP volunteer. She currently coordinates a group private practice in Winsted, CT. She provides EMDR consultations to clinicians working in private and community settings.



# TRAINER BIOGRAPHIES

## Kathryn Patrick, LCSW

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**Kathryn Patrick, LCSW**, has been learning and practicing DBT for nearly 8 years. She completed her DBT Foundational Training in 2010, and participated in an Advanced Intensive Training with Marsha M. Linehan, PhD in 2013. Kathryn has been directly supervised by DBT expert, Linda Dimeff, PhD. Kathryn has been a member of the Portland DBT Institute team for the last 5 years, serving as a clinician, supervisor, and clinic manager. She has provided trainings and consultation to treatment providers in various settings, including residential/forensic and community/outpatient, throughout Oregon and Washington. In addition to consulting on difficult clinical issues, Kathryn applied her knowledge and experience as a DBT program administrator to assist other team leaders and program administrators struggling with the task of maintaining a real-world DBT program that meets all the necessary functions of the treatment model.

## Eileen Russo, M.A., LADC

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**Eileen Russo, M.A., 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 over 30 years. Ms. Russo is an Assistant Professor for the Drug and Alcohol Recovery Counselor program with Gateway Community College and for the past 10 years has served as a trainer/consultant with the CT Women's Consortium for the Connecticut Department of Mental Health and Addiction Services' Trauma Initiative. In addition to teaching and training, she has specialized in treating co-occurring post-traumatic stress disorder in mental health and substance abuse populations and has assisted agencies with developing trauma-informed mental health/substance abuse treatment programs across the state for men, women, and children. Ms. Russo has co-authored articles on the integration of trauma-specific services into substance abuse treatment and was a key contributor to the curriculum *Healing Trauma: Strategies for Abused Women*, authored by Stephanie Covington. She is the principal consultant for the implementation of *Healing Trauma* in York Correctional Institute and other treatment programs in Connecticut. Ms. Russo is also an adjunct faculty member at the University of Bridgeport. Sometimes criticized for being too idealistic, she has managed to maintain her passion for her work and the belief that the best possible and most ethical treatment, care, and support is what everyone deserves.

## David F. Tolin, Ph.D., ABPP

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**David Tolin, Ph.D., ABPP**, is the founder and Director of the Anxiety Disorders Center at the Institute of Living and an adjunct professor of psychiatry at Yale University School of Medicine. He is President of the Clinical Psychology Division of the American Psychological Association for 2014 and a principal investigator for the National Institutes of Health. Dr. Tolin is the author of over 150 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 he has been a recurrent guest on *The Oprah Winfrey Show*, *The Dr. Oz Show*, and *Anderson Live*!

## Donald Scherling, Psy.D, LADC, CCS

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**Donald Scherling, Psy.D, LADC, CCS**, is a senior clinician with over 30 years of experience in both inpatient and outpatient addictions and mental health settings. He is currently an internal clinical consultant in the Department of Psychiatry and Behavioral Sciences at Berkshire Medical Center in Pittsfield, MA and faculty in the psychiatric residency program. Scherling has published works on substance abuse, co-occurring disorders, domestic violence, and group treatment. He is also a frequent consultant, speaker, and workshop trainer for SAMHSA/CSAT; the Connecticut DMHAS, DCF & DOC; public and private substance abuse, mental health, criminal justice, and employee assistance programs; and statewide mental health and addiction departments in the Northeast and Midwest. He is a certified trainer of Question, Persuade and Refer (QPR), for the Massachusetts DPH and *Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals* for the Suicide Prevention Resource Center in Washington, D.C.





# TRAINER BIOGRAPHIES

## Roland Williams, M.A., LAADC

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**Roland Williams, M.A., LAADC**, is an interventionist, author, trainer, counselor, and consultant specializing in addiction-related issues. He is founder and President of Free Life Enterprises, Counseling, Intervention, and Consulting Services in addition to being Director of Clinical Operations at DARA Thailand and Clinical Director at Lionrock Recovery, Online Intensive Outpatient program. He is a co-founder and the former Clinical Director of Alta Mira Recovery Programs and Bayside Marin, located in Marin County, CA, and former Director of Behavioral Health Services at Good Samaritan Hospital in San Jose, CA. As founder and President of VIP Recovery Coaching, Roland has worked all over the world providing individualized treatment and program development consultation. He consulted with the first abstinence-based treatment center in Amsterdam, Holland and has worked in Switzerland, Holland, Thailand, Costa Rica, France, Dominican Republic, and Italy, as well as nationwide in the U.S. He has taught Addiction Studies at the University of California, California State University, the University of Texas, the University of Utah, San Jose State University, and JFK University. Roland has conducted training for The Betty Ford Center; The Lakeview Center, Pensacola, Florida; Florida Intervention Project for Nurses; Physicians Diversion Program; The Other Bar, Attorney Support Program; Ben Franklin Institute, Philadelphia; Acoma Recovery Center, New Mexico; Illinois Alcohol and Drug Counselors Board; and 15 California state correctional programs. He is a frequent keynote speaker at conferences. Roland sat on the oral examination board of CAADAC (California Association of Alcohol and Drug Counselors) and is a member of the NAADAC Trainers Academy, providing technical assistance and training nationwide. He has published three books: *Relapse Prevention Counseling for African Americans* and *Relapse Warning Signs for African Americans* (with Terence T. Gorski) and also the *Relapse Prevention Workbook for African Americans*. Roland has consulted entertainment companies in their portrayal of addiction, including advising the cable network Biography on the development of an episode on Marvin Gaye for their show Final 24 and participating with HBO on development of their special presentation, Addicted.

## Jeanne Zuzel, RN, M.A.

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**Jeanne Zuzel, RN, MA** is a dynamic and exciting international speaker/instructor with many areas of true expertise. She is a regular contributor to local and national public access wellness programming. Jeanne has developed workshops for care givers and health professionals to assist in the reduction of "Compassion Fatigue." Her seminar "Been There, Done That, What's Next?" is a regular feature request for stress management seminars in the healthcare and corporate arenas. Jeanne, a holistic nurse, has a private, wellness-based practice in Norwich, CT. She combines her 30 years of nursing experience with a practical application of holistic care concepts, thus offering clients and students the opportunity for ultimate personal growth, healing, and learning.

## Kelvin Young

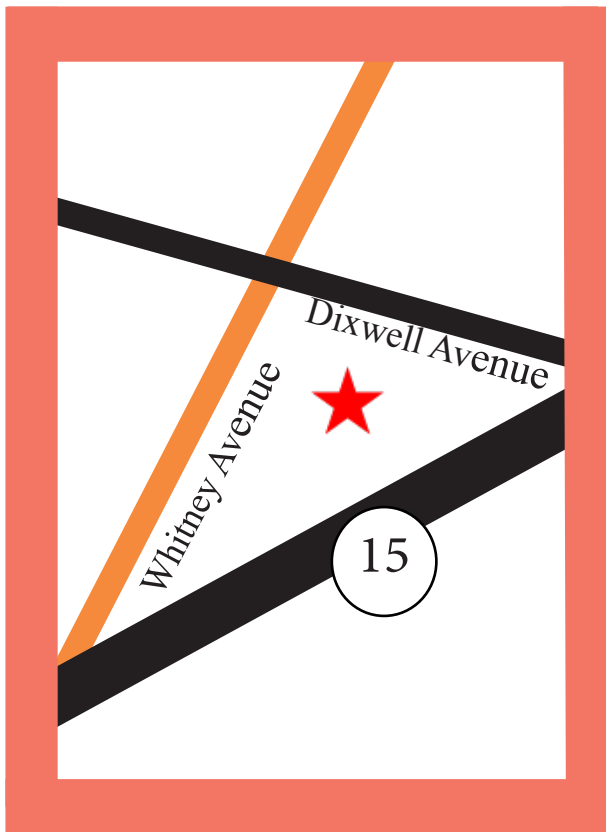
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**Kelvin Young, CARC, RSS** is State Certified Addiction Recovery Coach and Recovery Support Specialist. He is employed by Advocacy Unlimited (AU) as the manager of Toivo, AU's mind-body focus and wellness center in Hartford, CT. He is the co-founder of Change Principles, a web community. Kelvin serves as an Ambassador for the Healthy Lives Campaign for Wisdom In New Dimension, Inc. and serves on the board of directors for CT Turning To Youth and Families. Kelvin believes that healing begins within. After many years battling with drug addiction and depression, he began his healing process in prison. While incarcerated, he learned about the restorative powers of meditation and yoga, looking within to find peace, in a very hostile and restrictive environment. Utilizing tools he learned while incarcerated, he was able to understand and accept the root causes of his emotional pain and suffering which lead to his drug dependency. Kelvin is recipient of numerous awards, including the 2014 Professional of the Year Award, from the Bridgeport Reentry Collaborative, with special recognition from U.S. Senator Richard Blumenthal (D-CT) for being a positive role model. Due to his lived experience, Kelvin has developed a strong passion for supporting others through their process of change and personal development. Kelvin loves speaking about overcoming drug addiction, changing our lives for the better, and taking personal responsibility for our own health and well-being.

# D I R E C T I O N S

## THE CONNECTICUT WOMEN'S CONSORTIUM

2321 Whitney Avenue, Suite 401  
Hamden, CT 06518  
203.909.6888 option. 2



### From the shoreline and I-95

Take I-95 to I-91 northbound to Exit 10. Exit 10 puts you on a “connector.” Get off Exit 1. At the end of exit 1 arrive at the stop light and turn left onto Devine St. Turn left at the next stoplight on to Hartford Turnpike. At the next stoplight take a right to Dixwell Avenue. Go approximately  $\frac{3}{4}$  mile to the third stoplight and turn left into the KinderCare driveway. Go to stop sign. The parking garage is on your left. Bear left and proceed to the parking garage entrance.

Proceed to Hamden Centre Building II (2321 Whitney Avenue). The Connecticut Women's Consortium is located on the 4th floor, Suite 401.

***All visitors must park in the free parking garage. Handicap parking is provided in front of the building.***

### From the north

Take I-91 southbound to exit 17, Route-15/Wilbur Cross Pkwy South/E. Main St. Take the ramp on the right for Route 15/Wilbur Cross Pkwy South toward E. Main St. Stay left on the ramp and continue on to Route-15/Wilbur Cross Pkwy South. Take Exit 62 (Whitney Ave., Hamden). At the end of the ramp, turn right on to Whitney Avenue. About half way up the block on your right is a sign for Hamden Centre. Just before the sign, turn right. Keep straight and take a right, parking garage will be in front of you.

Proceed to Hamden Centre Building II (2321 Whitney Avenue). The Connecticut Women's Consortium is located on the 4th floor, Suite 401.

***All visitors must park in the free parking garage. Handicap parking is provided in front of the building.***

# CT Women's Consortium Training Registration Form

**Please print clearly: Applications must be legible and complete to be processed.**

### Participant Information:

Last Name	First Name	Middle Name	

■ ■ ■ - ■ ■ - □ □ □ □

Last 4 digits of your social security #: (This is your Consortium ID #).

Job Title \_\_\_\_\_ Department \_\_\_\_\_

Agency Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 Street City State Zip Code

Prefer mail sent to home address: ☐

Street	City	State	Zip Code
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Work Phone: \_\_\_\_\_ Work Fax: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Check certificate desired:

Certificate of Attendance NASW/CT - National Association of  
Social Workers, Recognized by VT, NH, RI, MA

CCB -CT Certification Board

MFT - Marriage and Family  
Therapist

CME -Continuing Medical Education

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## Session Information

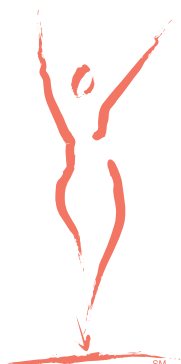
Code	Session Title	Date(s)	Course Fee

Do you have accessibility needs? (Please list services needed)\_\_\_\_\_

If your registering with an agency purchase order, please fax this form, along with a copy of the purchase order to The CT Women's Consortium. Fax: 203-909-6894. If you are paying by check, please mail this form to: Training Department, The CT Women's Consortium, 2321 Whitney Ave, Suite 401, Hamden, CT 06518.

**Questions? Please call our Training Department at 203-909-6888, option 2.**

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

2321 Whitney Avenue  
Suite 401  
Hamden, CT 06518

## Training Calendar January - June 2015

### Program suggestions?

The Connecticut Women's Consortium Education and Training team welcomes the opportunity to work with professionals and agencies to develop trainings that meet their learning goals. Please contact our Director of Education and Training, Aili Cordova Arisco at 203-909-6888, ext.17 or [aarisco@womensconsortium.org](mailto:aarisco@womensconsortium.org) to discuss how we can create programming to further your agency's service delivery capacity.

### Training Staff

Sharon Reynolds, *Administrative Training Coordinator* or Rebecca Sanchez, *Administrative Training Specialist*  
Phone: 203-909-6888, option 2

For more information about The Connecticut Women's Consortium and to view this catalog online, please visit: <http://www.womensconsortium.org>