Drexel University
College of Medicine

Continuing Education 2017-2018
• Regional Courses • Reserve Courses • Psychiatric Rehabilitation • Trauma •

Behavioral Healthcare Education

www.drexelmed.edu/bhe
BHE HELPS PROFESSIONALS MAINTAIN CREDENTIALS
Please be sure to identify what type of continuing education credit you desire when you register for our courses. Also please check the times of the trainings carefully as they may vary by course. All courses require 100% attendance, as well as a post test score of 80% or greater in order to receive a CE certificate.

TARGET AUDIENCE
Practitioners who work in community based mental health and addictions services: interdisciplinary mental health professionals including addiction counselors, counselors, nurses, rehabilitation counselors, social workers, psychologists and other individuals interested in behavioral health topics.

OVERALL OBJECTIVE
At the completion of each course practitioners will be able to identify advances in treatment, methods and scientific approaches.

CONTINUING EDUCATION CREDITS
APA (Psychology): Drexel University College of Medicine, Behavioral Healthcare Education is approved by the American Psychological Association to sponsor continuing education for psychologists. This program is offered for 5, 6, 10 or 12 credits. Drexel University College of Medicine maintains responsibility for this program and its content. CPRP (Certified Psychiatric Rehabilitation Practitioners): Behavioral Healthcare Education, Drexel University College of Medicine is approved by the United States Psychiatric Rehabilitation Associations (Provider #107) to sponsor continuing education for Certified Psychiatric Rehabilitation Practitioners. Behavioral Healthcare Education, Drexel University College of Medicine maintains responsibility for the program and its content. This program is being offered for 5, 6, 10 or 12 hours of continuing education. LSW/LCSW/LPC/LMFT (PA SBSWE Licensed Social Workers in Pennsylvania): Drexel University College of Medicine is a preapproved provider of continuing education for Social Workers and Clinical Social Workers. This program is being offered for 5, 6, 10 or 12 hours of continuing education. NBCC Statement: “Drexel University College of Medicine/BHE is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. We can award a maximum of 5, 6, 10, or 12 CLOCK hours of CE Credit. PA Educators Act 48: Drexel University College of Medicine, Behavioral Healthcare Education is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Drexel University College of Medicine, Behavioral Healthcare Education adheres to Act 48 Continuing Education Guidelines. PA educators will receive a maximum of 5, 6, 10 or 12 Clock hours of credit for attending this program. PCB (PA Certified Additions Counselor): Drexel University College of Medicine, Behavioral Healthcare Education will award a maximum of 5, 6, 10 or 12 PCB Approved Hours of Education for this program. Our program is certified by the Pennsylvania Certification Board, Provider # 133. PSNA (Nursing): Drexel University College of Medicine, Behavioral Healthcare Education is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Participants will be awarded a maximum of 5, 6, 10 or 12 contact hours for attending this program. CEU (IACET): Drexel University College of Medicine/Behavioral Healthcare Education has been accredited as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 11130 Sunrise Valley Drive, Suite 350, Reston, VA 20191. In obtaining this approval, Drexel University College of Medicine/Behavioral Healthcare Education has demonstrated that it complies with the ANSI/ IACET Standard which is widely recognized as the Standard of good practice internationally. As a result of their Authorized Provider accreditation status Drexel University College of Medicine/Behavioral Healthcare Education is authorized to offer IACET CEUs for its programs that qualify under the ANSI/ IACET Standard. The Drexel University College of Medicine/Behavioral Healthcare Education is authorized by IACET to offer .5, .6, 1.0, or 1.2 CEU's for this program. COURSE CANCELLATION
Our registration form will ask you for an after-hours telephone number in case of last-minute changes due to instructor illness or other emergent conditions. For possible weather cancellations, please call toll free at 1-877-243-3033 after 6:30am the day of the training to confirm either cancellation or presentation of the course. If you must cancel your attendance, please call. Keep in mind that attendance will be electronically tracked and if you register for a course that you do not attend and do not cancel prior to the offering, your future registration may be blocked. It is important that those who register use the slot reserved for them. Substitutions may be made for attendees.

ADA ACCOMMODATIONS
Please call the registrar when you register if you have any disability or other special needs so that we can ensure that your needs will be fully met.

REGISTRATION INFORMATION
Registration for BHE courses is now on-line. Please go to the website at www.drexelmed.edu/bhe and click on the Regional Course Information link. If you have any questions regarding trainings or registration please call 1-877-243-3033, or email us at bheweb@drexel.edu. Before your registration is approved for tuition-paid attendance, we must verify your program affiliation with the PA DPW, OMHSAS. You will need to be credentialed the first time you register for a BHE course. After that, you will be able to log-on with your user name and password. The most important piece of information you will be asked to provide is your e-mail address, or that of someone close to you. All further communication from BHE will be electronic and your continuing education certificate will be e-mailed to you after the course within 2-3 weeks. Should you require an additional or replacement certificate please contact our office and make arrangements for payment of $35 for each certificate requested. Transcripts may also be purchased for $50 through our office. Disclosure Statement: BHE receives no commercial support relative to this activity, and our faculty have no conflict of interest to declare.

Once you have taken a course, you will not be permitted to repeat that course at any future date. So we ask that you please keep track of your courses to be sure you are not requesting a repeat course.
Regional Courses

Beginning 2017-2018, there is a slight change to our Behavioral Health Education Regional Course schedule. If you are employed by an approved provider, you are able to pre-register for two scholarship supported courses per trimester. **If you are NOT employed by an approved agency there will be a fee for these courses.** The courses will run on the trimester basis as indicated below. Please note that if you are unable to attend a preregistered course, you must notify BHE by e-mail or telephone that you are unable to attend. If you do not cancel in advance, you will not be permitted to attend future regional courses for the remainder of the year. **We will no longer allow walk-in/on-site registration.**

Drexel Reserve Courses

Drexel Reserve is a new product of Behavioral Healthcare Education. These courses are a combination of skills-based, high demand and advanced material. There is a modest fee for all accredited Drexel Reserve Courses. You are able to register for any course throughout the 2017-2018 year. If you are unable to attend a preregistered course, your fee will be put towards a future Drexel Reserve course of your choice within the same training year. **There will be no refunds for any unused fees at the end of the training year.** You must pre-register for Drexel Reserve courses and walk-in/on-site registrations will not be accepted. It is our hope that this system will allow attendees to plan their continuing education training schedule one year in advance and secure space early for desired courses.

**IMPORTANT NOTICE!!!**

**REGIONAL COURSE INFORMATION**

Our training year will run on a trimester schedule beginning with the fall semester in September, 2017.

Please note that you may only register for **2 courses per semester**

Semesters are scheduled as follows:

- **Fall Semester:** September through December, 2017
- **Winter Semester:** January through March, 2018
- **Spring Semester:** April through June, 2018
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Important Notice!

Training Hours:
5 Hour courses will now be
9:00AM - 3:30PM
6 Hour courses
9:00AM - 4:30PM
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<td>610-866-5800</td>
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<tr>
<td>Radisson Lackawanna</td>
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<td>Scattergood Building 4641 Roosevelt Boulevard Philadelphia, PA 19124</td>
<td>215-831-4055</td>
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<tr>
<td>Community Partners Center</td>
<td>2506 N. Broad Street Colmar, PA 18915</td>
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<td>TR094 - Beyond Psychosis Emerging Priorities in Serious Mental Illness</td>
<td>Holiday Inn Grantville</td>
<td>Lehigh Valley Best Western</td>
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<td>TR300 - CBT: An Overview of Practice Principles</td>
<td>11/7/17</td>
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<td>TR302 - Motivational Interviewing: Embracing the Spirit, Introducing Core Skills</td>
<td>1/17/18</td>
<td>2/7/18</td>
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<td>TR386 - Co-Occurring Disorders: Crisis Prevention, Intervention and Postvention</td>
<td>10/18/17</td>
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<td>TR387 - Co-Occurring Disorders: Groups and Group Skills</td>
<td>2/14/18</td>
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<td>TR413 - Teaching is More Than Telling: Skills for Providing Psychoeducation</td>
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<td>TR427 - DSM 5: Substance Use Disorders - Symptoms and Diagnostic Features</td>
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<td>TR594 - And Now for Something Completely Different: The BHE Triple Play</td>
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TR094: Beyond Psychosis: Emerging Priorities in Serious Mental Illness – (5 Hours)
9:00am - 3:30pm

In today’s behavioral health services, there is a pressing need for practitioners to place greater emphasis on working with service recipients using skills that have a sound theoretical/evidence basis. This training intends to facilitate the translation of these theoretical aspects of service delivery in a manner that recognizes that the best evidence is the personal experience of each individual. As such, this is not an in-depth analysis of specific clinical interventions but an opportunity to guide, plan and suggest down-to-earth treatment ideas for individuals living with serious mental illness on a day-to-day basis.

Course Objectives: Participants will be able to:

• Discuss the manifestations of serious mental illness;
• Review the impact of Stress Vulnerability Model of Serious Mental Illness;
• Identify practitioner capabilities for effectively engaging, assessing and formulating Care;
• Examine the necessity for working with Families and Informal Carers;
• Develop strategies for working with people with SMI who are angry and at risk for offending.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITE
Holiday Inn, Grantville, PA

DATE
June 20, 2018

TR190: * This course’s credits can be applied to the BHE Trauma Certificate.
Addressing the Effects of Shame on the Individual’s Core Sense of Self (5 Hours)
9:00am - 3:30pm

As behavioral healthcare providers, it is important for us to understand the role shame plays in many psychiatric and substance use disorders including depression, anxiety, addiction and trauma. In this course, we examine the impact of shame on people’s lives and how to help develop “shame resilience”. Much of the material is derived from research on women; however, we will also discuss shame as it relates to men.

Course Objectives: Participants will be able to:

• Define shame and distinguish it from other emotions;
• Examine the differences and similarities between the experience of shame for men and women;
• Understand shame’s role in psychiatric and substance use disorders;
• Discuss the components and strategies that contribute to “shame resilience” and;
• Identify barriers to the development of “shame resistance” and how to overcome them.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
Holiday Inn, Grantville, PA

DATES
May 17, 2018
TR300: Cognitive Behavioral Therapy: An Overview of Practice Principles (5 Hours)
9:00am – 3:30pm
This seminar reviews the basic theory of CBT, describes some of its components and applications, and explores its use with various populations and formats. This course is focused mainly on the use of CBT with adults who have varying diagnoses and functional capacities (although references are given for its use and application for children and adolescents). Examples will be provided. Uses with both individuals and in group formats will be discussed.

Course Objectives: Participants will be able to:
• describe the basis for Cognitive Behavioral Therapy – how and why it works;
• identify several major components and applications of CBT principles;
• explore the uses of CBT for persons with different diagnoses;
• discuss means of using both principles and specific models for individual and group work with persons you serve;
• access reference materials/manuals to assist you in your own practice setting.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
Holiday Inn, Grantville, PA
CPG, Colmar, PA
Friends Hospital, Philadelphia, PA

DATES
November 7, 2017
January 18, 2018
March 2, 2018

TR302: The Spirit of Motivational Interviewing (5 Hours)
9:00am – 3:30pm
This course examines the basis, definition, goals and key elements of Motivational Interviewing (MI) as an approach to help people decide to make behavioral changes. Participants will be able to experience and contrast traditional approaches to behavior change to those proposed by MI. They will review the underlying spirit that drives MI interventions and observe examples of MI in practice. Finally, participants will have an opportunity to apply perform some of the basic strategies of MI and discuss how these could be useful in their interactions with people receiving behavioral healthcare services.

Course Objectives: Participants will be able to:
• Discuss the rationale for using MI with people who are ambivalent about making behavioral changes;
• Examine the process of behavior change and what contributes to successful verses unsuccessful outcomes;
• Directly experience the MI approach and contrast it to traditional methods used to encourage behavior change;
• Describe the four elements of the spirit of MI and learn practical guidelines for their application;
• Use a basic MI strategy to engage a person in a discussion of a behavior they are considering changing.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
Holiday Inn, Grantville, PA
Lehigh Valley Best Western, Bethlehem, PA
Friends Hospital, Philadelphia, PA
Radisson Lackawanna, Scranton, PA

DATES
January 17, 2018
February 7, 2018
April 4, 2018
May 22, 2018
TR386: Co-occurring Disorders: Crisis Prevention, Intervention and Postvention (5 hours)
9:00am – 3:30pm

This seminar briefly reviews crisis in terms of the cycle of vulnerability, crisis state, and resolution phases and distinguishes crises from emergent situations. It examines the types of crises that frequently occur with persons having CODs and their family members and means of assessing "whose crisis is it?" We review ways to reduce crisis-creating situations and means of using opportunities for new learning in the aftermath of a crisis. The use of Wellness Recovery Action Planning and relapse prevention strategies as personal tools for crisis prevention is discussed.

Course Objectives: Participants will be able to:
• Define “crisis” and “emergency” and identify major symptoms and stressors that contribute to higher risk potential for a crisis;
• Identify means of quickly assessing the person, the environment and oneself in order to promote safety and limit the duration and severity of the crisis situation;
• List stages of a crisis and some specific interventions most useful at each stage;
• Use tools to help persons recognize their own risks and to create crisis prevention plans;
• Discuss ways in which crises can be learning and growth-producing experiences for person with CODs and how practitioners can facilitate this process.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
Holiday Inn, Grantville, PA
Friends Hospital, Philadelphia, PA
CPC, Colmar, PA
Radisson Lackawanna Station, Scranton, PA

DATES
October 18, 2017
February 2, 2018
April 10, 2018
June 26, 2018

TR387: Co-occurring Disorders : Groups and Group Skills (5 hours)
9:00am – 3:30pm

This seminar reviews basic principles and skills for group leadership. It then examines the specific structure and purpose of several types of groups that support the recovery of persons with CODs at different stages of change readiness. A number of evidence-based and promising group practices for persons with differing characteristics are discussed. Individual factors that may preclude the use of a group format are also explored.

Course Objectives: Participants will be able to:
• Identify the multiple uses of group approaches and the potential benefits and risks of group membership;
• Discuss differences between traditional group psychotherapy and other more structured formats;
• Examine group membership criteria and selection of members;
• Define the components and uses of specific types of groups, including: psychoeducational; skills-based; motivational enhancement; and CBT groups;
• Outline leadership skills needed for conducting various groups and their rationale.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
CPC, Colmar, PA
Friends Hospital, Philadelphia, PA
Holiday Inn, Grantville, PA
Lehigh Valley Best Western, Bethlehem, PA

DATES
October 26, 2017
January 3, 2018
February 14, 2018
June 13, 2018
TR413:
Teaching is More Than Telling: Skills for Providing Psychoeducation (5 Hours)
9:00am – 3:30pm

Practitioners in the behavioral healthcare field are also educators. When we provide information about disorders, resources, and other matters, we are performing a useful function that helps the other person(s) better order and manage parts of their lives. This course examines the ways in which we use ourselves to provide psychoeducation and presents tools to enrich our skills in doing so. It also provides specific resources to help structure formal approaches to psychoeducation.

Course Objectives: Participants will be able to:
• identify ways psychoeducation is supportive within the helping role;
• examine the uses of psychoeducation in supporting people in their recovery journeys;
• explore efficient and effective means of providing psychoeducation;
• review some specific evidence-based models of psychoeducation;
• discuss resource materials and references provided to enrich your own practice

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

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TR427:
DSM 5: Substance Use Disorders – Symptoms and Diagnostic Features (5 hours)
9:00am – 3:30pm

This course provides an overview of substance use disorders as described in the DSM-5. The use of the DSM-5 is briefly reviewed in terms of examining substance-related disorders. Included in this course will be: a description of various classes of substances, including intoxication and withdrawal symptoms; substance use disorders on the spectrum of mild, moderate, or severe; general approaches to assessment and treatment; and the need for examining individual factors when working with a person with a history of substance use disorders.

Course Objectives: Participants will be able to:
• Differentiate between intoxication, withdrawal, and a use disorder;
• List major substances by category;
• Describe the effects of various substances;
• Review general approaches to assessment and treatment;
• Recognize the importance of individual factors with people presenting for treatment

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

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TR541: Making Meaning and More: Embracing Recovery (5 Hours)
9:00am – 3:30pm

In the world of behavioral health and managed care services the concept of recovery has become commonplace. However, while we may embrace the concept, supporting recovery oriented processes such as choice, self-determination and personal responsibility may often become encumbered in risk categorizations and unintentionally limit opportunities for success. This training is a continuation of effort to support the call to embrace recovery by revisiting the disabling factors that challenge “quality of life” and cultivating strategies that ascertain a true “person-driven” course toward recovery and wellbeing.

Course Objectives: Participants will be able to:
• Review the themes service recipients identify as contributing to recovery
• Identify “disabling factors” and their impact on the recovery journey
• Clarify the role of services and supports that align the philosophy with lived experience, stages and phases, of recovery
• Discuss techniques to make interventions more interactive and meaningful as people pursue fulfilling and productive lives
• Identify one factor/strategy that can be immediately integrated into day-to-day practice

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-5

TRAINING SITES
Radisson Lackawanna Station, Scranton, PA
Lehigh Valley Best Western, Bethlehem, PA
Friends Hospital, Philadelphia, PA
CPC, Colmar, PA
Holiday Inn, Grantville, PA

DATES
October 24, 2017
November 8, 2017
December 11, 2017
March 6, 2018
March 14, 2018
TR594:
And Now for Something Completely Different: The BHE Triple Play (5 Hours)
9:00am – 3:30pm

This unique training is actually a combination of three seminars; each workshop was previously offered at various behavioral healthcare conferences. These three distinctive offerings come together with a theme of understanding/utilizing recovery philosophy in our efforts to help people. NOTE: CE’s will only be provided for attending the full five hours.

• Pathologizing is Easy! Finding Mental Illness Everywhere
In our field, proper diagnostic decision making requires more than checking off symptoms from a list in the DSM-5. This unique, engaging workshop will explore helper, consumer, and diagnostic variables that often prevent an accurate diagnosis. More specifically, workshop attendees will participate in a large group discussion, examining clusters of mental health symptoms, and applying (mis)diagnosis to famous, fictional characters from pop culture.

• The Pessimist’s Guide to Helping: Why Do We Even Bother?
Let’s face it - what we do doesn’t work nearly as well as we would like. Since nothing (and no one) ever seems to change for the better, what’s the point? The first part of this discussion-oriented workshop will explore multiple variables that lead to our field’s generally low “success” rates, as well as the disdain that helpers often have towards the system as a whole. After this frank conversation, the closing section will aim to inspire by focusing on the empowering and optimistic reasons that answer the pessimistic question, “Why do we even bother?”

• “I Love Hot Wings!” Multiple Pathways to Weight Loss
Whether you are a clinician looking to better understand and facilitate behavior change, or a person who wants to lose weight, this workshop is designed for you. In this fun, story-telling adventure, attendees are encouraged to consider that there are multiple pathways to any behavior change, including weight loss, and that this understanding should translate to helping others clinically. Topics will include: stages of change; cognitive errors; behavioral approaches; harm reduction; self-analyses; and personal stories from the trainer’s own 70-pound weight loss journey.

Course Objectives: Participants will be able to:
• Discuss the need for full assessment data to guide the diagnostic and treatment process.
• Examine factors which can interfere with diagnosis, including symptom overlap, clinician bias, individual/cultural factors, and information variables.
• Examine the frustrating aspects of working in the helping professions, including barriers to therapeutic success.
• Discuss the need for therapeutic optimism that helpers must have in order to continue to make the effort to help others.
• Regarding behavior change, describe relevant aspects of various psychological theories, including stages of change, CBT, and operant conditioning.
• Discuss the importance of tailoring interventions to the strengths and needs of the individual.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-5

TRAINING SITES
CPC, Colmar, PA
Holiday Inn, Grantville, PA
Lehigh Valley Best Western, Bethlehem, PA

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<td>A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision</td>
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<td>4/11/18</td>
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<td>TR382</td>
<td>COD: Ethics and Boundaries</td>
<td>$75</td>
<td>9/14/17</td>
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<td>TR428</td>
<td>More Than Dope: Opioid Use in PA</td>
<td>$30</td>
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<td>10/27/17</td>
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<tr>
<td>TR540</td>
<td>Getting What I Want: Mastering Social Skills</td>
<td>$30</td>
<td>3/15/18</td>
<td>3/7/18</td>
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<td>TR567</td>
<td>BHE Toolkit 3: Specific Practices for the Art of Helping People with Histories of Trauma</td>
<td>$30</td>
<td>12/20/17</td>
<td>4/11/18</td>
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2-Day Trainings

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<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Fee</th>
<th>Start Dates</th>
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<tbody>
<tr>
<td>PR137</td>
<td>Orientation to Psychiatric Rehabilitation</td>
<td>$95</td>
<td>5/15-16/2018</td>
<td>2/6-7/2018</td>
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TR050: DSM-5: People, Personality, and Pathos: An Overview of Personality Disorders (5 Hours)
9:00am - 3:30pm – Training Fee - $30
This survey course provides an introduction to the nature of pervasive and enduring patterns of maladaptive behaviors and responses presented by persons with personality disorders. The three clusters of PDs will be discussed, with each disorder described in terms of features, course, biopsychosocial nature, possible causation, and co-morbid conditions. Case scenarios will also be provided and explored. Additionally, general treatment principles and approaches will be addressed.

Course Objectives: Participants will be able to:
• Identify the major features of current personality disorders;
• Discuss the developmental nature of these disorders;
• Examine potential relationship between personality disorders and other more frequent co-occurring disorders;
• Explore the DSM-5 alternative model of personality disorders;
• Describe some general treatment principles and approaches for PDs.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
| Holiday Inn, Grantville, PA |
| CPC, Colmar, PA |
| DATES |
| October 19, 2017 |
| May 9, 2018 |

TR087: * This courses credits can be applied to the BHE Trauma Certificate.*
A Treatment for Our Time: Mindfulness-Based Cognitive Therapy – (5 Hours)
9:00am - 3:30pm – Training Fee - $30
Mindfulness-Based Cognitive Therapy (MBCT) is an empirically supported treatment (EST) designed for helping people who suffer repeated bouts of depression and chronic unhappiness. It combines cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this seminar lies in becoming acquainted with the modes of mind that can characterize mood disorders while simultaneously learning how a person can develop a new relationship to them through mindful awareness practice. It also explores how MBCT has been used to relieve the physical symptoms of stress such as chronic pain, hypertension, and gastrointestinal disorders, as well as psychological problems such as anxiety, panic disorders, and PTSD. *MBCT was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

Course Objectives: Participants will be able to:
• Describe how cognitive therapy views the development of the whole pattern of depression, including thoughts, physical sensations, and behaviors;
• Define awareness as an alternative strategy to critical thinking for handling the negative mood, memories and thinking patterns of chronic unhappiness and depression;
• Practice a few key mindfulness skills including: bringing awareness to routine activities; mindful breathing; and, intentionally focusing and refocusing attention;
• Discuss the importance of the body scan to mindfulness training and meditation, practicing it as a way of experiencing it;
• Specify ways that MBCT approaches can be applied to stress-based physical and psychological disorders such as hypertension and PTSD.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
| Holiday Inn, Grantville, PA |
| Radsion Lackawanna Station, Scranton, PA |
| DATES |
| May 18, 2018 |
| June 27, 2018 |
TR167:
An Introduction to Dialectical Behavioral Therapy (5 hours)
9am - 3:30pm – Training Fee - $30

Working effectively with persons who are diagnosed with Borderline Personality Disorder (BPD) presents serious challenges for behavioral health practitioners. Marsha Linehan has developed a research-based treatment approach called Dialectical Behavioral Therapy (DBT) which has been used in a variety of settings in working with persons having serious impulse control and emotional dysregulation disorders such as BPD. This course introduces participants to this model and identifies core skills applicable in practice settings.

Course Objectives: Participants will be able to:
• Cite DSM 5 criteria for BPD;
• Present an overview of the DBT treatment model;
• Identify stages of recovery in the DBT model to use in individual treatment planning;
• Distinguish those DBT skills that are effective in dealing with emotional dysregulation;
• Describe how to apply DBT psychosocial skills training in a group program designed for teaching symptom management.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
Holiday Inn, Grantville, PA
Radison Lackawanna Station, Scranton, PA

DATES
November 8, 2017
May 23, 2018

TR196:
The Neurobiological Basis of Mental Illness (5 hours)
9:00am – 3:30pm – Training Fee - $30

This course provides a basic introduction to the current understanding of how the brain works and how it becomes “broken” in mental illness, using a synthetic model. Information presented includes: stages of neurodevelopment, including “neuroplasticity” (how the brain teaches itself to learn); neuroanatomy (regions and functions of the brain); neurocommunication (how nerve cells talk to each other and the role of common neurotransmitters); and molecular biology (the role of genes). The role of each of these factors in the development of mental disorders is reviewed.

Course Objectives: Participants will be able to:
• explain the meaning and use of a “synthetic model” in the development of mental disorders;
• summarize the relevance of “brain plasticity” to the treatment of mental disorders;
• identify the location and functions of major regions of the brain;
• describe the role of common neurotransmitters relevant to mental disorders;
• discuss genetic, neurodevelopmental and neurochemical contributions to schizophrenia, mood, and anxiety disorders.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
CPC, Colmar, PA
Lehigh Valley Best Western, Bethlehem, PA
Holiday Inn, Grantville, PA

DATES
January 17, 2018
May 16, 2018
June 21, 2018
TR210:
Beyond a Contract: Managing Suicide Risks in Adults – (5 Hours)
9:00am – 3:30pm – Training Fee - $30
The rate of suicide in the United States has surged to the highest levels in decades with increases in nearly every age group. Unfortunately, suicide is still somewhat uncomfortable to discuss in our society and even, at times, in our professional practice. This course focuses on strategies for screening and assessing adults who may be at risk. We also examine recommended approaches for working with people who are suicidal. Additionally, suggestions are provided regarding ways that we, as helpers, can practice self-care while meeting the challenges of this aspect of our work.

Course Objectives: Participants will be able to:
• Discuss barriers to talking about suicide
• Examine risk factors for suicide
• Describe general strategies and tools for screening and assessing suicide risk
• Identify recommended approaches for treating people at acute risk for suicide
• Discuss ways to address the impact on helpers of working with people who are suicidal

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
Friends Hospital, Philadelphia, PA  October 10, 2017
CPC, Colmar, PA  December 13, 2017
Lehigh Valley Best Western, Bethlehem, PA  February 8, 2018
Holiday Inn, Grantville, PA  February 15, 2018

TR287:
A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision (5 hours)
9:00am - 3:30pm – Training Fee - $30
This course provides information about vicarious trauma and its impact on practitioners working with persons who themselves have experienced, or are experiencing, physical and/or psychological trauma. Self-assessment instruments and coping strategies are presented for recognizing and dealing with vicarious traumatization. A model for peer supervision is presented for those working in team setting within treatment programs.

Course Objectives: By the end of this course, participants will be able to:
• Describe the nature of vicarious traumatization;
• Identify techniques for assessing signs of vicarious traumatization;
• Discuss strategies for coping with vicarious traumatization;
• Define and practice a model of peer supervision for addressing vicarious traumatization;
• Use the tools and process presented in their own practice settings.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITE  DATE
Holiday Inn, Grantville, PA  April 11, 2018
TR382:
Co-occurring Disorders: Ethics and Boundaries for Effective Practice (6 hours)
9am - 4:30pm – Training Fee - $75
This seminar reviews the universal ethical principles of medical and human services and explores their usefulness in addressing the dilemmas that arise in working with persons having CODs. The use of Psychiatric Advance Directives is briefly reviewed, as are specific confidentiality concerns raised by differing regulations, including HIV status, use of recovering peers as staff, cultural expectations, and stigma. Major boundary areas are discussed, and participants grapple with specific ethical issues.

Course Objectives: Participants will be able to:
• List the ethical principles of all behavioral health services;
• Examine some differences in law and regulations governing psychiatric and substance use services and their relationship to integrated practices;
• Discuss specific areas of concern related to advance directives and peer relationships (both voluntary and as paid staff);
• Explore issues related to role and practice boundaries;
• Explain the use of ethical codes as guidelines but not recipes for practice.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-5

TRAINING SITES
Holiday Inn, Grantville
Friends Hospital, Philadelphia

DATES
September 14, 2017
September 22, 2017

TR428:
More than Dope: Opioid Use in PA (5 Hours)
9:00am – 3:30pm – Training Fee - $30
Opioid use has been increasing in Pennsylvania in recent years, and has expanded beyond heroin. This course will outline diagnostic aspects of opioid use, as well as provide an overview of the effects on the brain. Along with these factors, a wide array of data will be presented further examining the impact of opioids in PA. Information regarding Naloxone will be presented, including routes of administration. In closing, general treatment approaches will be outlined, including basic details about Medication Assisted Treatment.

Course Objectives: Participants will be able to:
• Define Opioid Use Disorder as outlined in the DSM-5.
• Describe the basic actions of opioid use in the brain.
• Explore a collection of data regarding opioid use.
• Examine information regarding Naloxone, an opioid overdose reversal medication.
• Summarize general treatment strategies, including Medication Assisted Treatment.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-5

TRAINING SITES
CPC, Colmar, PA
Holiday Inn, Grantville, PA
Lehigh Valley Best Western, Bethlehem, PA

DATES
October 27, 2017
January 18, 2018
June 12, 2018
TR540:
Getting What I Want: Mastering Social Skills (5 Hours)
9:00am – 3:30pm – Training Fee - $30

Think about successfully connecting and communicating with others. Now, imagine what it feels like to experience disorganized thinking, flat affect or difficulty conversing or responding empathically. We are talking about social competency, an often overlooked and disabling challenge related to serious mental illness. Building upon the large and growing body of research that supports the efficacy and effectiveness of social skills training, this training introduces specific techniques designed to help individuals overcome cognitive deficits and negative symptoms in order to develop the skills needed to get along with other people in daily life, at work or school, and to interact with the world in meaningful and socially competent ways.

Course Objectives: Participants will be able to:
• Discuss key social skill areas (conversational, community living and awareness of personal emotions)
• Describe the evidence and structured approach to address social skill challenges
• Develop strategies to compensate for attention difficulties within this service population
• Identify the steps involved in teaching social skills
• Demonstrate application of a social skills training component

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
Radisson Lackawanna Station, Scranton, PA
Friends Hospital, Philadelphia, PA
Lehigh Valley Best Western, Bethlehem, PA
CPC, Colmar, PA
Holiday Inn, Grantville, PA

DATES
October 25, 2017
November 1, 2017
November 9, 2017
March 7, 2018
March 15, 2018

TR567:
The BHE Toolkit 3: Specific Practices for the Art of Helping People with Histories of Trauma (5 Hours)
9:00am – 3:30pm – Training Fee - $30

This course focuses on specific interventions of use to the professional helper when providing therapeutic services in behavioral healthcare. The aim of this workshop is to add to the helper’s “bag of tricks” or “toolkit” pertaining to assisting people with histories of trauma. Participants engage in didactic and experiential learning related to several specific interventions geared towards managing and moving beyond trauma. Participants also dialogue in small groups to share creative and effective interventions they have used in their various practice settings.

Course Objectives: Participants will be able to:
• Summarize the general purposes of interventions;
• Discuss having a sound rationale for using various techniques;
• Describe the benefits associated with each strategy;
• Outline the drawbacks and barriers to using selected interventions;
• Implement each intervention as relevant to one’s own professional practice

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITES
Holiday Inn, Grantville, PA
Radisson Lackawanna Station, Scranton, PA
CPC, Colmar, PA
Lehigh Valley Best Western, Bethlehem, PA

DATES
December 20, 2017
March 21, 2018
April 11, 2018
April 26, 2018
2-DAY TRAININGS

TR301:
Motivational Interviewing: Introductory Concepts and Recent Updates *(Mandatory 2 days - 10 Hours)*
9:00am - 3:30pm – Training Fee - $95

Motivational Interviewing (MI) is a live, evidence based practice for helping people who are resistant to change. In 2013, Miller and Rollnick released the third edition of their seminal work, Motivational Interviewing: Helping People Change, which contains new wording and some fundamental changes in technique. Therefore this course is useful for people who already have some pre-existing knowledge of MI as well as those learning it for the first time. This two-day training will be an interactive blend of didactic information and opportunities for experiential learning.

**Course Objectives:** Participants will be able to:

- Understand the overall style of Motivational Interviewing and how it helps people consider change;
- Identify MI strategies for engaging a person in a collaborative, working relationship;
- Describe the core MI interviewing skills;
- Help people determine a specific change goal;
- Evoke talk that increases the person’s motivation to the point of being ready to make a plan for change.

CE Credits: APA-10; CPRP-10; LSW/LCSW/LPC/LMFT-10; NBCC-10; PA Act48-10; PCB-10; PSNA-10; IACET-1.0

**TRAINING SITES**

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<tr>
<td>Holiday Inn, Grantville, PA</td>
<td>April 26-27, 2018</td>
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<td>CPC, Colmar, PA</td>
<td>June 27-28, 2018</td>
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PR 137®:
Orientation to Psychiatric Rehabilitation Principles and Practices *(Mandatory 2 days - 12 Hours)*
9:00am - 4:30pm – Training Fee - $95

Psychiatric rehabilitation services and concepts have become a major component of helping people living with serious mental illnesses regain valued and desired roles. This training is an overview of current psychiatric rehabilitation technology that offers participants a theoretical and practical knowledge base that establishes why rehabilitation is a key service component, introduces a selection of current, evidence-based/promising, approaches and provides opportunities to identify and discuss needed practitioner skills/capabilities that brings into focus the core principles of recovery choice and empowerment.

**Note:** This training has been revised to satisfy the guidelines of the PRS Regulations [Section 5230.56, (1)] for 12 Hour PRS Orientation Training as well as the mandatory requirements identified by DPW/OMHSAS Standards for licensing Psychiatric Rehabilitation Services [Standard III, B, (2)].

**Educational Objectives:** It is our expectation that by the end of this training, participant will be able to:

- Define the rationale for psychiatric rehabilitation;
- Distinguish how behavioral healthcare services facilitate a personal recovery process;
- Identify the philosophy, values, guiding principles and practice approaches as defined by USPRA and the Commonwealth of PA;
- Discuss Title 55-Chapter 5230 - Standards for determining eligibility, ensuring access, assessment, planning and intervention process;
- Demonstrate the application of psychiatric rehabilitation process and required documentation along the way.

CE Credits: APA-12; CPRP-12; LSW/LCSW/LPC/LMFT-12; NBCC-12; PA Act48-12; PCB-12; PSNA-12; IACET-1.2

**TRAINING SITES**

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<td>CPC, Colmar, PA</td>
<td>February 6-7, 2018</td>
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<tr>
<td>Friends Hospital, Philadelphia, PA</td>
<td>April 10-11, 2018</td>
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<tr>
<td>Holiday Inn, Grantville, PA</td>
<td>May 15-16, 2018</td>
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Rooted in the understanding that trauma is the fundamental issue for many people seeking mental health and other public health services, trauma-informed care is recognized as essential to the delivery of services that promote recovery and resilience. Behavioral Healthcare Education offers training to assist practitioners in engaging people with histories of trauma and understanding the role that trauma has played in their lives. This series provides an array of courses that support the development of trauma-informed care, assessment, and treatment planning for children, adolescents and adults. The goal is to assist providers in integrating trauma-informed and trauma-specific treatment practices into all aspects of behavioral health and related services they provide.

This series is only being offered in one location at Friends Hospital, Philadelphia, PA.

BHE offers a Certificate of Completion for those who successfully complete 50 hours of trauma-informed training. Interested individuals have 3 years to complete the ten courses worth 5 credit hours each – 15 hours for three required core courses and 35 hours for seven reserved courses. Elective courses in the series may change over time. The rationale is to offer a selection of courses that are current and meet the interests and needs of providers. To enhance the selection, BHE also offers courses that can be applied toward the trauma certificate among its regional trainings.

**NOTE:** COURSES THAT CAN BE APPLIED TOWARD THE TRAUMA CERTIFICATE ARE DESIGNATED WITH AN ASTERISK (*) IN THE COURSE CATALOG.

Please register online as soon as possible as space is limited and walk-ins will not be accepted.

When you have completed the 50 hours of training, you will receive your Certificate of Completion through the mail.
TR350:  
Trauma-Informed Services for Trauma- and Stressor- Related Disorders (5 Hours) Core Course  
9:00am - 3:30pm – No Fee  
This course examines the definition, components and principles of trauma-informed care and distinguishes them from practices that are re-traumatizing. To assist with our understanding of individuals who have experienced trauma, we identify how it influences brain development and consequent function. We review symptoms that are common to all stressor-related disorders and some ideas for how to manage them. We also explain the distinction between trauma-informed and trauma-specific treatment services, giving examples of each. Finally, we begin exploring the impact of this work on practitioners.  

Course Objectives: By the end of this seminar, participants will be able to:  
• Differentiate stress, trauma, PTSD and complex PTSD;  
• Discuss the impact of trauma on brain development and function;  
• Compare traditional and trauma-informed paradigms for behavioral healthcare;  
• Identify steps towards a trauma-informed approach to care;  
• Demonstrate awareness of the impact of trauma work on practitioners.  

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5  
TRAINING SITE  
Friends Hospital, Philadelphia, PA  
DATE  
September 7, 2017  

TR351:  
Impact of Trauma Across the Lifespan (5 Hours) Core Course  
9:00am - 3:30pm – No Fee  
This course examines the multi-dimensional impact of trauma on individuals at different ages and stages of development across the lifespan. We review the diagnoses of PTSD and other Stressor-Related Disorders as they occur in children and adults along with risk and protective factors. Special attention is given to the brain's response to trauma and changes that can occur. Suggested methods for screening and assessing for trauma are reviewed.  

Course Objectives: By the end of this seminar, participants will be able to:  
• Review the DSM-5 Diagnoses for Trauma- and Stressor-Related Disorders;  
• Cite the prevalence of trauma within specific populations;  
• Explain the effects of trauma on bio-psychosocial development, including brain changes;  
• Discuss how PTSD and complex PTSD symptoms are assessed differently in children, adolescents and adults;  
• Explore differing adaptations to threat based on age, gender and other factors.  

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5  
TRAINING SITE  
Friends Hospital, Philadelphia, PA  
DATE  
October 11, 2017
TR352: Core Components of Trauma-Informed Care (5 Hours) Core Course
9:00am - 3:30pm – No Fee
This seminar is recommended for those who have already taken TR351, Impact of Trauma Across the Lifespan, (formerly, Understanding Trauma and PTSD: A Developmental Perspective). It delineates the core components of trauma-informed evidence-based treatment and the expert consensus guidelines for treating complex PTSD in adults. Particular attention is given to the stages of recovery from trauma along with the tasks and goals for each sequence of treatment. Typical challenges in working with individuals with histories of trauma are explored. Participants have an opportunity to practice some of the basic practitioner skills that target PTSD symptoms.

Course Objectives: Participants will be able to:
• Discuss salient symptoms and functional challenges for individuals exposed to prolonged and repeated trauma;
• Cite tools for screening and assessing trauma;
• Differentiate the therapeutic tasks and goals of the stages of trauma treatment;
• Specify the core components of evidence-based trauma treatment approaches;
• Recommend treatment options for individuals who experience PTSD and complex PTSD.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITE
Friends Hospital, Philadelphia, PA

DATE
November 2, 2017

TR286: Trauma and Children (5 hours)
9:00am - 3:30pm – Training Fee - $30
Children often present complex arrays of symptoms and behaviors that are challenging both for accurate diagnosis and effective treatment. This course examines the potential biopsychosocial impact of trauma on children, including attachment disorders, and Posttraumatic Stress Disorder (PTSD). It also examines empirically supported treatments and interventions designed to address the impact of abuse and trauma at different developmental stages within childhood.

Target Audience:
Practitioners who work in community based mental health and addictions services; Interdisciplinary mental health professionals including addiction counselors, nurses, counselors, rehabilitation counselors, social workers, psychologists and other adjunct behavioral health therapists.

Course Objectives: Participants will be able to:
• Examine the impact of trauma and abuse on a child’s development;
• Explore the effects of family, age, gender, and sociocultural factors on the traumatic experience;
• Review symptoms and assessment criteria for disorders related to childhood trauma, including the DSM-5 developmental subtype of PTSD called Posttraumatic Stress Disorder for Children 6 Years and Younger;
• Describe alternate ways of viewing and labeling “difficult” behaviors, using the domains of attachment, emotional dysregulation, and sense of self;
• Discuss empirically supported treatment options currently considered to be most effective.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITE
Friends Hospital, Philadelphia, PA

DATE
December 12, 2017
TR172:
Boys Don't Cry: Examining Trauma in Men (5 Hours)
9:00am - 3:30pm – Training Fee - $30
Trauma can be viewed as an experience that can sever connections among the family, the community, and the self. Although there are similarities between men and women in their experience of trauma and subsequent recovery processes, there are also substantial differences, in part due to gender role expectations. The very definition of “manhood” is often in direct conflict with the experience of being a victim, leaving males to experience a wide range of conflicting emotions, and uncertainty as to how to manage them effectively. As a result, males who have experienced trauma tend to deal with these emotions with all-or-nothing, maladaptive coping responses, including substance use. This course will explore various aspects of one trauma specific treatment group model for men; messages about manhood, the impact of trauma; and integrating coping skills with acceptance and empowerment will be highlighted.

Course Objectives: Participants will be able to:
• Examine several components of typical “manhood” schemas in our society;
• Discuss the types of trauma more commonly experienced by men;
• Describe at least five ways in which a traumatic experience may affect men differently than women;
• List at least five maladaptive coping responses to traumatic events often seen in males;
• Explore the three broad elements of the M-TREM model of group treatment for men with histories of trauma.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITE  DATE
Friends Hospital, Philadelphia, PA  January 4, 2018

TR168:
Groups: A Path To Hope In Trauma Recovery (5 Hours)
9:00am - 3:30pm – Training Fee - $30
The experience of trauma in an individual’s life often leaves one vulnerable and isolated in relationships. Group approaches provide an opportunity to gain information and skills about the trauma experience and to safely explore reconnecting with themselves and others. Three overarching group therapy orientations for trauma treatment are discussed. We review trauma recovery stages that need to be integrated into effective group approaches. Effective group leadership skills are examined.

Course Objectives: Participants will be able to:
• Describe inclusion and exclusion criteria, including co-morbidity risk factors;
• Identify positive outcomes and risks of using groups as a trauma treatment approach;
• Compare two evidence-based group models for trauma recovery;
• Review assessment strategies for matching group members to appropriate treatment based on acute and chronic trauma histories;
• Discuss specific leadership skills needed in running trauma groups.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITE  DATE
Friends Hospital, Philadelphia, PA  February 1, 2018
TR087: 
A Treatment for Our Time: Mindfulness-Based Cognitive Therapy – (5 Hours) 
9:00am - 3:30pm – Training Fee - $30

Mindfulness-Based Cognitive Therapy (MBCT)* is an empirically supported treatment (EST) designed for helping people who suffer repeated bouts of depression and chronic unhappiness. It combines cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this seminar lies in becoming acquainted with the modes of mind that can characterize mood disorders while simultaneously learning how a person can develop a new relationship to them through mindful awareness practice. It also explores how MBCT has been used to relieve the physical symptoms of stress such as chronic pain, hypertension, and gastrointestinal disorders, as well as psychological problems such as anxiety, panic disorders, and PTSD. *MBCT was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

Course Objectives: 
Participants will be able to:
- Describe how cognitive therapy views the development of the whole pattern of depression, including thoughts, physical sensations, and behaviors;
- Define awareness as an alternative strategy to critical thinking for handling the negative mood, memories and thinking patterns of chronic unhappiness and depression;
- Practice a few key mindfulness skills including: bringing awareness to routine activities; mindful breathing; and, intentionally focusing and refocusing attention;
- Discuss the importance of the body scan to mindfulness training and meditation, practicing it as a way of experiencing it;
- Specify ways that MBCT approaches can be applied to stress-based physical and psychological disorders such as hypertension and PTSD.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-5

TRAINING SITE
Friends Hospital, Philadelphia, PA

DATE
March 1, 2018

TR567:
The BHE Toolkit 3: Specific Practices for the Art of Helping People with Histories of Trauma (5 Hours) 
9:00am – 3:30pm – Training Fee - $30

This course focuses on specific interventions of use to the professional helper when providing therapeutic services in behavioral healthcare. The aim of this workshop is to add to the helper’s “bag of tricks” or “toolkit” pertaining to assisting people with histories of trauma. Participants engage in didactic and experiential learning related to several specific interventions geared towards managing and moving beyond trauma. Participants also dialogue in small groups to share creative and effective interventions they have used in their various practice settings.

Course Objectives: Participants will be able to:
- Summarize the general purposes of interventions;
- Discuss having a sound rationale for using various techniques;
- Describe the benefits associated with each strategy;
- Outline the drawbacks and barriers to using selected interventions;
- Implement each intervention as relevant to one’s own professional practice

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-5

TRAINING SITE
Friends Hospital, Philadelphia, PA

DATE
April 5, 2018
TR287:
A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision (5 hours)
9:00am - 3:30pm – Training Fee - $30
This course provides information about vicarious trauma and its impact on practitioners working with persons who themselves have experienced, or are experiencing, physical and/or psychological trauma. Self-assessment instruments and coping strategies are presented for recognizing and dealing with vicarious traumatization. A model for peer supervision is presented for those working in team setting within treatment programs.

Course Objectives: By the end of this course, participants will be able to:
- Describe the nature of vicarious traumatization;
- Identify techniques for assessing signs of vicarious traumatization;
- Discuss strategies for coping with vicarious traumatization;
- Define and practice a model of peer supervision for addressing vicarious traumatization;
- Use the tools and process presented in their own practice settings.

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITE
Friends Hospital, Philadelphia, PA

DATE
May 3, 2018

TR353:
Evidence-Based Treatments for Adults with PTSD (5 Hours)
9:00am - 3:30pm – Training Fee - $30
Adults often present a complicated array of symptoms and difficulties in daily living related to their histories of trauma. This course furthers the information provided in TR352: Core Components of Trauma Informed Care (formerly, Trauma-Specific Treatments for Adults: Bridging the Gap Between Research and Practice) by examining specific evidence based trauma treatment and less conventional approaches. We will explore elements of cognitive-behavioral models and Dialectical Behavioral Therapy (DBT) that can be utilized in treating problem behaviors associated with trauma. Participants will get an opportunity to discuss the components of a case formulation.

Course Objectives: Participants will be able to:
- Define the criteria for choosing recommended trauma treatment approaches;
- Examine the components of Cognitive Behavioral Therapy (CBT) for PTSD;
- Describe how Exposure Therapy (ET) works;
- Discuss how different evidenced-based treatments as well as less conventional therapeutic approaches address trauma symptoms and behaviors;
- Identify the elements of constructing a case formulation for individuals with trauma and behavioral health diagnoses;

CE Credits: APA-5; CPRP-5; LSW/LCSW/LPC/LMFT-5; NBCC-5; PA Act48-5; PCB-5; PSNA-5; IACET-.5

TRAINING SITE
Friends Hospital, Philadelphia, PA

DATE
June 7, 2018
CO-OCCURRING MENTAL AND SUBSTANCE USE DISORDERS SERIES

BHE provides research-based, state-of-the-art, clinical continuing education for interdisciplinary practitioners across Pennsylvania. Among its many areas of concentration and expertise, BHE was one of the original architects of the state curricula for Co-occurring Disorders. The 11 course series, initially developed in 1999, has been updated and offered annually throughout the Commonwealth by BHE faculty members who provide expert consultation, skills teaching, and supervision to clinicians desiring to update/improve their skills.

BHE is now offering the 11 course COD Series as private contracts to agencies who wish to increase their practitioners’ ability to serve their community and have specific concerns related to their location and population. The series includes:

- TR400  An Overview of DSM-5 Psychiatric and Substance Use Disorders in Adults
- TR381  Co-occurring Disorders: Integrated Concepts and Approaches
- TR393  Co-occurring Disorders: Beginnings – First Impressions
- TR385  Co-occurring Disorders: Recovery, Rehabilitation, Self-Help and Supports
- TR398  Co-occurring Disorders: Recovery-Oriented Clinical Interventions
- TR390  Co-occurring Disorders: Trauma-Informed Practices
- TR387  Co-occurring Disorders: Groups and Group Skills.
- TR389  Co-occurring Disorders: An Overview of Psychopharmacology
- TR386  Co-occurring Disorders: Crisis Prevention, Intervention, and Postvention
- TR383  Co-occurring Disorders: Treatment Planning and Documentation Issues
- TR382  Co-occurring Disorders: Ethics and Boundaries for Effective Practice

BHE offers a Certificate of Completion for those who successfully complete 57 hours of Co-Occurring Disorders training.

For more information on this offering, please call our office at 1-877-243-3033 and ask for Anna Auch.
We are proud to offer online courses that are timely and convenient, and can be accessed from your office or home. These courses include several important topics that are usually booked to capacity in our live training series. All BHE courses, live and online, offer continuing education credits. Remember to check back often since our list of online courses is always expanding.

Registration and Continuing Education Credits
You must register first in order to access these online trainings. Once you have registered and completed your payment, you will receive a confirmation email with the course link to view online.

PLEASE NOTE: Upon completion of these online trainings, you need to take the post-test and pass it with a score of at least 80% in order to receive continuing education credits.

Co-Occurring Disorders (COD) Courses
OL620 Integrating Treatment for Persons with COD and SUD: 2 Hours - $20

Therapy/Intervention Courses
OL616 Contingency Management: Principles and Uses: 2 Hours - $20
OL630 Cognitive Behavioral Therapy: An Overview of Practice and Principles: 2 Hours - $20
OL635 Motivational Interviewing: The Principles: 4 Hours - $40

Trauma Course
OL640 BPD (Borderline Personality Disorder)—Lacking an Emotional Skin: 1 Hour - $10
OL641 Pain Don’t Hurt: Examining Trauma in Men: 2 Hours – $20

Ethics Course
OL621 Exploring Ethical Issues in Substance Use Treatment: Abstinence-Only vs. Harm Reduction

Special Topics
OL631 DSM 5: Overview, Understanding and Use: 2.5 Hours - $25
OL670 Welcoming and Affirming Practice: LGBTQI and Cultural Competency: 1.5 Hours - $35
OL671 Heroin: Beyond the Counseling Session: 1 Hour - $10

LGBTQI Online Training
Welcoming and Affirming Practice: LGBTQI and Cultural Competency is an online course sponsored by a grant from SAMHSA.

Diversity education is broadening to include not only competencies pertaining to sexual orientation but also fundamental issues of gender identity and biological variation. Creating a non-judgmental and affirming environment for all persons enhances provider’s service delivery and the individual’s care seeking behavior. The focus of this course is on helping you and your program respect and support diversity both in your colleagues and those to whom you provide services. This training can serve as an overview for newer practitioners and programs or as a review for those already practicing these principles.

The LGBTQI training course consists of five parts:

1. Reviewing cultural competency standards and appreciating diversity;
2. Citing terminology and the persons behind the descriptive words;
3. Exploring coming out, and the benefits of and barriers to this process;
4. Examining our own issues regarding sexuality and gender differences – our beliefs and values;
5. Discussing what we can do to be truly welcoming and affirming.
Drexel University, Behavioral Healthcare Education is developing an online Intensive Case Management training which we anticipate being available January 2018.

However, should an organization be interested in offering the live face-to-face training on-site, BHE would be pleased to contract with the agency.

For more information please call 1-877-243-3033