Drexel University
College of Medicine

Continuing Education 2018-2019
• 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 3, 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 3, 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 3, 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 3, 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 3, 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 3, 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 Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Participants will be awarded a maximum of 3, 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 .3, .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

If you are employed by an approved provider, you are able to pre-register for two scholarship supported courses per trimester from our Regional Course schedule. 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 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 2018-2019 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, 2018.

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

Semesters are scheduled as follows:

Fall Semester: September through December, 2018
Winter Semester: January through March, 2019
Spring Semester: April through June, 2019
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Important Notice!

Training Hours:
5 Hour courses
9:00AM - 3:30PM
6 Hour courses
9:00AM - 4:30PM
CENTRAL REGION

Holiday Inn Grantville
604 Station Road
Grantville, PA 17028
717-469-0661

NORTHEAST REGION

Lehigh Valley
Best Western Hotel
300 Gateway Drive
(At Routes 22 and 512)
Bethlehem, PA. 18017
610-866-5800

Radisson Lackawanna
Station Hotel
700 Lackawanna Avenue
Scranton, PA 18503
570-342-8300

SOUTHEAST REGION

Friends Hospital
Scattergood Building
4641 Roosevelt Boulevard
Philadelphia, PA. 19124
215-831-4055

Community Partners Center
2506 N. Broad Street
Colmar, PA 18915
215-716-9001
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### Course Number & Description

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<td>TR164: DSM 5: Developmental Perspectives and Young Persons</td>
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TR057:
Borderline Personality Disorder: Issues and Interventions - (5 hours)
9:00am – 3:30pm

Borderline Personality Disorder (BPD) is a serious mental illness generally characterized by instability in affect, relationships, self-image, and behavior. This course will provide a general overview of BPD including information on: DSM-5 criteria, etiology, suicidality and para suicidality, therapeutic approaches, and theoretical orientations. Treatment challenges are discussed; of primary importance is the need to maintain empathy and rapport.

Course Objectives: Participants will be able to:
• Summarize basic diagnostic criteria for BPD, including recognizing common COD’s;
• Describe the role of trauma and abuse in the development of BPD;
• Discuss the role of self-injury and suicide in BPD;
• Review basic therapeutic approaches, as well as specific theoretical orientations, notably DBT;
• Recognize the importance of counter-transference issues in treating a person with BPD.

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
Holiday Inn, Grantville, PA

DATES
September 20, 2018
January 15, 2019

TR083:
LGBTQI Issues in Therapeutic Settings: Some Pointers – (5 Hours)
9:00am – 3:30pm

Persons who are identify as lesbian, gay, bisexual, transgender, questioning, or intersex, LGBTQI, appear in clinical and supportive settings in behavioral healthcare. These identities (as well as others) may or may not be a concern to the person seeking help. However, service providers need to be aware of our own attitudes and perceptions when others have sexual and/or gender differences that have resulted in “minority” status. This five-hour course reviews some concerns of individuals represented by the above letters. It also examines ways of being affirming and helpful in our attempts to help the person recover from whatever disorders they may have. Additional sources of information will be suggested, and questions are welcomed.

Course Objectives: Participants will be able to:
• Identify one’s own knowledge and questions regarding any of the groups referenced by letter (LGBTQI);
• Explore the differences inherent in these groups;
• Discuss ways in which personal identity interacts with any mental and/or substance use issues for which a person seeks treatment;
• Review means of asking questions and exploring sensitive areas that are clear, gentle, respectful, and relevant to the person;
• Seek additional in-depth information referenced in the course materials and related to questions that are raised in this seminar.

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

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

DATES
February 13, 2019
March 13, 2019
April 3, 2019
May 16, 2019
TR164:
**DSM 5 Disorders: Developmental Perspectives and Young Persons (5 hours)**

9:00am to 3:30pm

This seminar is designed for practitioners who work primarily with children, adolescents, and/or their family members. It examines the neurodevelopmental effects of specific categories of diagnoses as well as the potential psychosocial ramifications of being diagnosed with one or more of these disorders. Ways of working with both young persons and their primary caregivers to help them better understand, cope, and manage symptoms of specific disorders are discussed. Questions and discussion are welcomed.

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

- Examine diagnostic categories presented in the DSM 5 from a developmental perspective;
- Identify factors that affect diagnosis, including prevalence rates, age and gender distribution, hereditary factors, and other risks;
- Explore means of partnering with young people and their families to learn ways of more effectively minimizing the negative effects of symptoms and promoting recovery and resilience;
- Use the DSM 5 with increased knowledge and familiarity.

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

**TRAINING SITES**

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TR173:
**Addictions and Women: Perceptions and Needs (5 hours)**

9:00am to 3:30pm

This seminar will examine the differences in biology, cultural messages, and internal identity specific to women, that may affect addictive processes and functions. We will discuss means of responding to these differences while exploring common elements that help to build cohesion and support in recovery-focused communities. This course may serve as a general base for anyone working with women having specific addictive behaviors (e.g., alcohol, drugs, food, sex, gambling, shopping, etc.).

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

- Explore differences in women’s biology and cultural learning (nature and nurture) that affect their addictive behaviors;
- Describe what is meant by “abuse” “dependence” and “addiction”;
- Identify common co-occurring psychiatric disorders that may interact with addictive process and behaviors;
- Discuss challenges that can disrupt or delay her considering any form of treatment for her disorder(s);
- Examine means of engaging women in discussing the possibility of recovery and life alternatives.

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

**TRAINING SITES**

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### TR302:
**Motivational Interviewing: Embracing the Spirit, Introducing Core Skills – (5 Hours)**

**9:00am – 3:30pm**

**Description:** 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 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:**
- 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

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### TR320:
**Aging, Dementia and Long-Term Services and Supports – (5 Hours)**

**9:00am – 3:30pm**

The course examines those DSM5 diagnoses, including substance use disorders, seen most often in elderly individuals. There are common overlaps that make assessment difficult. One major focus is on means of observing, reassessing and sorting out “normal” changes of aging from pathological changes. Long term services and supports will be the foundation upon which cross-system collaboration is critical.

**Course Objectives:** Participants will be able to:
- Cite most common DSM 5 diagnoses seen in aging individuals;
- Discuss progressive symptoms of dementia;
- Name components of comprehensive assessment strategies;
- Differentiate among overlapping symptoms;
- Review methods for cross-system collaboration.

**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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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. Strategies for crisis prevention will be 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
CPC - Colmar, PA
Lehigh Valley Best Western, Bethlehem, PA
Radisson Lackawanna Station, Scranton, PA

DATES
November 7, 2018
May 22, 2019
June 5, 2019

TR398:
Co-occurring Disorders: Recovery-Oriented Clinical Interventions (5 hours)
9:00am – 3:30pm
This seminar reviews the unique challenges that individuals with CODs face and highlights clinical strategies useful in addressing them. The content includes an overview of clinical approaches generally accepted as most promising for working with persons having CODs. Group discussion is combined with didactic lecture to illustrate practical application of these approaches.

Course Objectives: Participants will be able to:
• Identify specific treatment needs of persons with CODs;
• Review clinical guidelines for maintaining a therapeutic relationship;
• Match treatment interventions to a person’s stage-of-change readiness;
• Describe recommended clinical approaches for working with persons in different stages of treatment;
• Develop relapse prevention strategies with the person in 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
Holiday Inn, Grantville, PA
Friends Hospital, Philadelphia, PA

DATES
October 23, 2018
March 21, 2019
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
TRAINING SITES DATES
Lehigh Valley Best Western, Bethlehem, PA January 23, 2019
Radisson Lackawanna Stations, Scranton, PA April 10, 2019
Holiday Inn, Grantville, PA June 25, 2019

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 DATES
Friends Hospital, Philadelphia, PA October 18, 2018
Holiday Inn, Grantville, PA April 23, 2019
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.

1. 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.

2. 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?”

3. 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 states of change, CBT and operant conditions;
• 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
Radisson Lackawanna Station, Scranton, PA
CPC – Colmar, PA
DATES
October 10, 2018
March 5, 2019
TR595:
Mindfulness: In Life and Practice (5 Hours) – 9:00am – 3:30pm

Mindfulness, rooted in Eastern tradition, is increasingly accepted and employed in personal and professional practice. Empirically supported for diverse application to many physical and psychological conditions, mindfulness is a welcomed addition to the practitioner’s “toolkit.” In this course, the history, core concepts, and practices of mindfulness will be outlined. Participants will actively engage in mindfulness exercises and will be encouraged to incorporate these practices into their personal and professional lives.

Course Objectives: Participants will be able to:
• Explain the core concepts of mindfulness;
• Describe how reactivity to stress may impair emotional and physical wellbeing;
• Demonstrate understanding of mindfulness through participation in practice sessions;
• Identify appropriate mindfulness practices for individuals with specific disorders;
• Integrate mindfulness concepts and exercises into life and 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
Friends Hospital, Philadelphia, PA
Lehigh Valley Best Western, Bethlehem, PA

DATES
November 13, 2018
December 6, 2018
April 17, 2019

TR597:
Be Well: Self-Care for the Practitioner (5 Hours) – 9:00am – 3:30pm

Practitioners in the helping professions face specific occupational hazards due to the nature of their work. These hazards, or costs of caring, may manifest in clusters of symptoms identified as compassion fatigue, burnout, and secondary traumatic stress. In this course, the complexities of providing behavioral healthcare services, common stress responses, and personal and professional stressors impacting wellness will be explored. Provider impairment will be analyzed in relation to ethical principles, and self-care strategies to prevent impairment will be examined. This course will provide an opportunity for participants to engage in self-evaluation and the formulation of an individualized plan for self-care and wellness.

Course Objectives: Participants will be able to:
• Discuss the occupational hazards of providing behavioral healthcare services;
• Describe psychological stress responses common to clinical practice;
• Characterize the dimensions of holistic wellness;
• Identify personal and professional stressors impacting wellness and client services;
• Apply self-care strategies for impairment prevention and intervention.

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

DATES
January 10, 2019
January 22, 2019
February 19, 2019
June 19, 2019
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<td>$30</td>
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<td>TR540: Getting What I Want: Mastering Social Skills</td>
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<td>4/24/19</td>
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2-Day Trainings

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<td>TR301 - Motivational Interviewing: Introductory Concepts and Recent Updates</td>
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<td>PR137 - Orientation to Psychiatric Rehabilitation</td>
<td>$95</td>
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TR050:
**DSM 5: People, Personality, and Pathos: An Overview of Personality Disorder (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 | March 14, 2019 |
| Friends Hospital, Philadelphia, PA | June 27, 2019 |

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 25, 2018 |
| CPC – Colmar, PA | April 4, 2019 |
| Holiday Inn, Grantville, PA | June 26, 2019 |
TR285
Current Approaches to Working with Trauma in Families (5 hours)
9:00am – 3:30pm – Training Fee $30
The impact on the entire family when any member experiences trauma and Posttraumatic Stress Disorder (PTSD) is often overlooked. This course examines the range of responses in family members, the concept and reality of secondary trauma, and current approaches for treatment and related interventions for family members.

Course Objectives: Participants will be able to:
• Distinguish between family therapy and family psychoeducation in their efficacy for helping family members;
• Examine cultural factors in a family’s response to trauma;
• Discuss the manifestations of secondary trauma in family members;
• Describe risk factors for co-occurring disorders such as substance-related disorders;
• Use information about current effective intervention approaches with families.

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 15, 2019

TR303
Motivational Interviewing: Skill Building Beyond the Basics (5 Hours)
9:00am – 3:30pm – Training Fee - $30
This is an intensive skill-building training to increase the ability to use Motivational Interviewing (MI) in practice. Participants are expected to bring a working knowledge of the key MI concepts of ambivalence, the Spirit and Readiness for Change as well as experience using OARSI. (*The pre-requisite for attending this is course is “TR301: MI Introductory Concepts and Recent Updates.”).

Course Objectives: Participants will be able to:
• Critique a demonstration of Motivational Interviewing (MI) and identify examples of MI Spirit and methods;
• Identify strengths and challenges in applying Motivational Interviewing to their practice;
• Use a structured approach to observe and provide practical feedback to fellow trainees;
• Demonstrate enhanced MI skills through participation in a variety of exercises;
• Formulate a plan for next steps in continuing to develop MI skills.

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
CPC – Colmar, PA
Radisson Lackawanna Station, Scranton, PA
DATES
September 26, 2018
October 17, 2018
December 13, 2018
January 23, 2019
April 11, 2019
TR331:
Self-Care: An Ethical Imperative for Practitioners (3 Hours)
1:00pm – 4:00pm – Training Fee $30
As helping professionals, caring for others is our primary ethical obligation. However, this obligation is meaningless if separated from the imperative to care for oneself. Due to the nature of our work, we are subject to the many costs of caring, including compassion fatigue, burnout, and secondary traumatic stress. While relevant to our own well-being, the occupational hazards endemic to our profession play a critical role in our ability to help clients. Impaired practitioners are more likely to behave unprofessionally, provide harmful services, and contribute to poor client outcomes. A comprehensive approach to self-care is a vital component in managing our own wellness and offering competent practice. In this workshop, we will explore a variety of strategies and interventions that may support personal wellness and professional competence.

Course Objectives: By the end of this course, participants will be able to:
- Define psychological stress responses common in clinical practice;
- Explain ethical principles and codes of conduct pertinent to practitioner self-care;
- Discuss self-care strategies for impairment prevention and intervention.

CE Credits: APA-3; CPRP-3; LSW/LCSW/LPC/LMFT-3; NBCC-3; PA Act48-3; PCB-3; PSNA-3; IACET-.3

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

DATES
September 27, 2018
October 11, 2018
October 24, 2018
November 8, 2018
December 19, 2018

TR332:
Ethics: Are There Limits to Recovery Philosophy? (3 hours)
9:00am – 12:00pm – Training Fee $30
This interactive workshop will describe some of our field’s guiding ethical principles, as well as explore the spirit of recovery philosophy. In our day-to-day practice, we attempt to adhere to basic ethical codes, while also firmly embracing recovery-oriented ideals. However, at times, these two constructs can conflict with each other - leaving us unsure of how to proceed. Using brief case scenarios and open discussion, participants will explore the grey areas between ethical standards, recovery principles, personal values, and “doing the right thing.” Lastly, a general approach to resolving ethical dilemmas will be examined.

Course Objectives: Participants will be able to:
- Explain at least three ethical principles involved in behavioral healthcare;
- Summarize at least five aspects of the spirit of recovery philosophy;
- Examine recovery ideals and personal values that can contribute to specific dilemmas;
- Implement at least three strategies to use when faced with ethical situations.

CE Credits: APA-3; CPRP-3; LSW/LCSW/LPC/LMFT-3; NBCC-3; PA Act48-3; PCB-3; PSNA-3; IACET-.3

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

DATES
September 27, 2018
October 11, 2018
October 24, 2018
November 8, 2018
December 19, 2018
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
Friends Hospital, Philadelphia, PA

DATES
October 10, 2018
December 12, 2018
May 23, 2019
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**  
Holiday Inn, Grantville, PA  
Friends Hospital, Philadelphia, PA  
CPC – Colmar, PA  
**DATES**  
February 20, 2019  
March 26, 2019  
May 9, 2019

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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  
Friends Hospital, Philadelphia, PA  
**DATES**  
January 16, 2019  
February 22, 2019
TR590: WHAT’S UP! Engaging Transitional Age Youth (5 Hours)
9:00am – 3:30pm – Training Fee $30
Engagement involves an organized method of services, supports and activities that are welcoming, facilitate connections between programs, services and supports, and build relationships between staff and youth, family, and other informal and formal key players. This training focuses on engagement of TAY as a critical first step in providing services and supports that facilitate a young persons’ competencies toward achieving greater self-sufficiency, confidence and growth.

Course Objectives: Participants will be able to:
• Discuss factors, across relevant domains, that facilitate greater self-sufficiency on the road to adulthood;
• Identify methods, relationship development and youth-centered planning, that focus on young people futures;
• Examine characteristics of services and supports that are accessible, coordinated, appealing, non-stigmatizing, and developmentally appropriate;
• Review methods to ensure a safety net of support that involves a young person’s parents, family members, and other informal and formal key players.

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
Holiday Inn, Grantville, PA

DATES
January 17, 2019
April 24, 2019
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

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<td>Friends Hospital, Philadelphia, PA</td>
<td>November 15-16, 2018</td>
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<td>Raddisson Lackawanna Station, Scranton, PA</td>
<td>March 6-7, 2019</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

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<td>Friends Hospital, Philadelphia, PA</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 Best Western, Lehigh Valley, 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 – 10 hours for two required core courses and 40 hours for eight reserved courses. The rationale is to offer a selection of courses that are current and meet the interests and needs of providers.

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.
TR355:
The Fundamentals: Trauma Definitions and Diagnosis (5 Hours)
9:00am – 3:30pm – Core Course – No Fee
Trauma is ever-present in the lives of many people who seek professional help. This training will provide a foundational overview necessary to understand the impact of traumatic experiences. Areas that will be explored include definitions, diagnostic criteria, prevalence data, and brain changes. Participants will engage in discussions regarding their professional experiences in working with people with trauma histories. A vignette will be provided highlighting the lasting impact trauma can have on a person, as well as the healing journey towards recovery. Lastly, the importance of becoming trauma-informed practitioners will also be introduced.

Course Objectives: Participants will be able to:
• Define stress and trauma;
• Differentiate between each of the DSM-5 trauma and stressor-related disorders;
• Discuss data regarding the prevalence of trauma;
• Examine the impact of trauma on the brain;
• Explore the importance of creating trauma-informed awareness in professional helpers.

*This course serves as the 1st required training for BHE’s 10-course Trauma Series.

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

TRAINING SITE
Lehigh Valley Best Western, Bethlehem, PA

DATE
September 20, 2018

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TR356:
The Fundamentals: Trauma Informed Care Diagnosis (5 Hours)
9:00am – 3:30pm – Core Course – No Fee
Traumatic events are a near-ubiquitous human experience substantiating the need for a trauma informed system of care. In this course, traumatic responses will be reviewed, including the ways in which these responses may manifest over time. Principles of trauma informed care will be addressed, with an emphasis on increased awareness and universal screening. Trauma informed practices will be summarized, and empirically supported trauma specific modalities will be described. Resiliency factors will be identified in terms of prevention and intervention. Post-traumatic growth will be explored as a means of developing new meaning and insight following traumatic experiences.

Course Objectives: Participants will be able to:
• Discuss trauma related disorders, including developmental trauma disorder and complex post-traumatic stress disorder;
• Explain how trauma impacts the individual;
• Define trauma informed care and its utility in the helping professions;
• Describe trauma informed practices and trauma specific treatment;
• Evaluate the role of resilience and post-traumatic growth in trauma services.

*This course serves as the 2nd required training for BHE’s 10-course Trauma Series.

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

TRAINING SITE
Lehigh Valley Best Western, Bethlehem, PA

DATE
October 16, 2018
TR190:  
Addressing the Effects of Shame on the Individual’s Core Sense of Self (5 hours)  
9:00am – 3:30pm – Training Fee $30  
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 SITE DATE  
Lehigh Valley Best Western, Bethlehem, PA November 27, 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 DATE  
Lehigh Valley Best Western, Bethlehem, PA December 18, 2018
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
Lehigh Valley Best Western, Bethlehem, PA

DATE
January 22, 2019

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.

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
Lehigh Valley Best Western, Bethlehem, PA

DATE
February 12, 2019
TR167:
An Introduction to Dialectical Behavioral Therapy (5 hours)
9:00 am – 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 SITE DATE
Lehigh Valley Best Western, Bethlehem, PA March 19, 2019

TR287:
A Strategy to Address Issues of Vicarious Traumatization: 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
Lehigh Valley Best Western, Bethlehem, PA April 16, 2019
TR285:
Current Approaches to Working with Trauma in Families (5 hours)
9:00am – 3:30pm – Training Fee $30
The impact on the entire family when any member experiences trauma and Posttraumatic Stress Disorder (PTSD) is often overlooked. This course examines the range of responses in family members, the concept and reality of secondary trauma, and current approaches for treatment and related interventions for family members.

Course Objectives: Participants will be able to:
• Distinguish between family therapy and family psychoeducation in their efficacy for helping family members;
• Examine cultural factors in a family’s response to trauma;
• Discuss the manifestations of secondary trauma in family members;
• Describe risk factors for co-occurring disorders such as substance-related disorders;
• Use information about current effective intervention approaches with families.

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
Lehigh Valley Best Western, Bethlehem, PA   May 21, 2019

TR057:
Borderline Personality Disorder: Issues and Interventions (5 hours)
9:00am – 3:30pm – Training Fee $30
Borderline Personality Disorder (BPD) is a serious mental illness generally characterized by instability in affect, relationships, self-image, and behavior. This course will provide a general overview of BPD including information on: DSM-5 criteria, etiology, suicidality and Para suicidality, therapeutic approaches, and theoretical orientations. Treatment challenges are discussed; of primary importance is the need to maintain empathy and rapport.

Course Objectives: Participants will be able to:
• Summarize basic diagnostic criteria for BPD, including recognizing common COD’s;
• Describe the role of trauma and abuse in the development of BPD;
• Discuss the role of self-injury and suicide in BPD;
• Review basic therapeutic approaches, as well as specific theoretical orientations, notably DBT;
• Recognize the importance of counter-transference issues in treating a person with BPD.

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
Lehigh Valley Best Western, Bethlehem, PA   June 18, 2019
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: 1.5 Hours - $35

**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
OL690 The Helper’s Guide to Understanding Misophonia: 2.5 Hours - $25
OL632 Substance Use Disorder: Diagnosis Meets Real-World Presentation: 2.5 Hours - $25

**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.

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

SAVE THE DATE

November 27 – November 29, 2018
26th Annual Forensic Rights and Treatment Conference
Holiday Inn, Harrisburg/Hershey, PA