

Drexel University College of Medicine

Continuing Education 2019-2020
• Regional Courses • Reserve Courses • Psychiatric Rehabilitation • Trauma •

Behavioral
Healthcare
Education

www.drexelmed.edu/bhe



CREDIT/REGISTRATION INFORMATION

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 Addictions 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 bhweb@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 2019-2020 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, 2019.

Please note that you may only register for

[2 courses per semester](#)

Semesters are scheduled as follows:

Fall Semester: September through December, 2019

Winter Semester: January through March, 2020

Spring Semester: April through June, 2020



TABLE OF CONTENTS

Credit/Registration Information 2

Regional Courses / Drexel Reserve 3

Training Sites 5

Regional Course Schedule Grid 6

Regional Course Descriptions 7-11

Reserved Course Schedule Grid 12

Reserved Course Descriptions 13-18

Trauma-Informed Series Information 19

Trauma-Informed Course Descriptions 20-25

COD Series Information 26

Behavioral Healthcare Education Online Opportunities 27

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 Hotel
Conference Center**
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

Norristown State Hospital
Building #33, Multi-Purpose Room
1001 Sterigere Street
Norristown, PA 19401
610-313-1020

**NEW
LOCATION**



REGIONAL COURSE SCHEDULE

Location		Central	Northeast	Northeast	Southeast	Southeast
		Holiday Inn	Lehigh Valley	Radisson	Friends	Norristown
Course Number & Description		Grantville	Best Western	Lackawanna	Hospital	State Hospital
TR020: The Art of De-Escalation (New)		-	4/21/2020	6/3/2020	5/19/2020	2/12/2020
TR094: Beyond Psychosis :Emerging Priorities in Serious Mental Illness		3/18/2020	5/19/2020	10/17/2019	2/20/2020	4/14/2020
TR164: DSM 5: Developmental Perspectives and Young Persons		2/19/2020	9/18/2019	-	6/11/2020	11/20/2019
TR173: Addictions and Women - Perceptions and Needs		11/13/2019	3/25/2020	-	1/21/2020	10/24/2019
TR302: MI: Embracing the Spirit, Introducing Core Skills		12/11/2019	2/25/2020	-	9/20/2019	3/11/2020
TR320: Aging, Dementia and Long-Term Services and Supports		-	6/16/2020	-	4/21/2020	12/17/2019
TR400: An Overview of DSM-5 Psychiatric and Substance Use Disorders in Adults		1/15/2020	12/17/2019	-	10/22/2019	5/13/2020
TR536: Engagement Skills and Healing Alliances - (New)		5/13/2020	10/15/2019	4/1/2020	11/14/2019	1/15/2020
TR565: BHE Toolkit: Specific Practices for the Art of Helping		9/25/2019	1/22/2020	11/7/2019	12/12/2019	9/24/2019
TR597: Be Well: Self Care for the Practitioner		4/15/2020	11/19/2019	5/6/2020	3/17/2020	6/10/2020



TR020:

The Art of De-escalation: Working with Agitated and Aggressive Behaviors (5 Hours)

9:00am – 3:30PM (NEW)

There are growing concerns about the prevalence of aggression and violence perpetrated by clients against behavioral healthcare workers. Verbal de-escalation is the recommended first-line response, comprising a range of short-term psychosocial interventions aimed at reducing harm. In this course, participants will evaluate their personal reactions to stressful encounters while learning to better manage individuals presenting with agitation and aggression. The use of video and role play will complement the learning process.

Course Objectives: By the end of the course, participants will be able to:

- Identify strategies for personal emotion and physiologic regulation when under stress;
- Discuss the signs, symptoms, and causes of psychomotor agitation;
- Describe the process of psychological escalation and de-escalation;
- Demonstrate a compassionate interpersonal style when managing agitated individuals;
- Apply effective interventions to prevent escalation and to de-escalate a person in crisis.

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

TRAINING SITES

Norristown State Hospital, Norristown, PA
 Lehigh Valley Best Western, Bethlehem, PA
 Friends Hospital, Philadelphia, PA
 Radisson Lackawanna Station, Scranton, PA

DATES

February 12, 2020
 April 21, 2020
 May 19, 2020
 June 3, 2020

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: By the end of the course, 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 Caregivers;
- 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 SITES

Radisson Lackawanna Station, Scranton, PA
 Friends Hospital, Philadelphia, PA
 Holiday Inn, Grantville, PA
 Norristown State Hospital, Norristown, PA
 Lehigh Valley Best Western, Bethlehem, PA

DATES

October 17, 2019
 February 20, 2020
 March 18, 2020
 April 14, 2020
 May 19, 2020



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: By the end of the course, participants will be able to:

- Examine diagnostic categories presented in the DSM 5 from a developmental perspective;
- Identify what is currently known about the neurodevelopmental effects of specific disorders and ongoing questions regarding other disorders;
- Identify factors that affect diagnosis, including prevalence rates, age and gender distribution, heritability 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

Lehigh Valley Best Western, Bethlehem, PA
Norristown State Hospital, Norristown, PA
Holiday Inn, Grantville, PA
Friends Hospital, Philadelphia, PA

DATES

September 18, 2019
November 20, 2019
February 19, 2020
June 11, 2020

TR173:

Addictions and Women: Perceptions and Needs (5 hours)

9:00am to 3:30pm

This seminar is focused on the ways that being a woman interacts with her addiction to behaviors and substances that may threaten her sanity and life. We will examine the differences in biology, cultural messages, and internal identity that may affect addictive processes and functions. We will also 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: By the end of the course, 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

Norristown State Hospital, Norristown, PA
Holiday Inn, Grantville, PA
Friends Hospital, Philadelphia, PA
Lehigh Valley Best Western, Bethlehem, PA

DATES

October 24, 2019
November 13, 2019
January 21, 2020
March 25, 2020



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 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: By the end of the course, 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 versus 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

Friends Hospital, Philadelphia, PA
 Holiday Inn, Grantville, PA
 Lehigh Valley Best Western, Bethlehem, PA
 Norristown State Hospital, Norristown, PA

DATES

September 20, 2019
 December 11, 2019
 February 25, 2020
 March 11, 2020

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 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

Course Objectives: By the end of the course, 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

TRAINING SITES

Norristown State Hospital, Norristown, PA
 Friends Hospital, Philadelphia, PA
 Lehigh Valley Best Western, Bethlehem, PA

DATES

December 17, 2019
 April 21, 2020
 June 16, 2020



TR400:

An Overview of DSM 5: Psychiatric and Substance Use Disorders in Adults (6 hours)

9am – 4:30pm

This course provides an overview of DSM5 diagnoses in adults. Specific attention will be paid to: 1) Substance-Related Disorders; 2) Major Mental Disorders (Schizophrenia Spectrum/Psychotic Disorders, Bipolar and Related Disorders, Depressive Disorders, Anxiety Disorders, Obsessive Compulsive and Related Disorders, Trauma- and Stressor-Related Disorders); 3) Personality Disorders. The biopsychosocial impact of these disorders is also discussed. An additional emphasis is placed on encouraging practitioners to support the personal recovery of the individuals they serve.

Course Objectives: By the end of the course, participants will be able to:

- List major substances of abuse and the symptoms of intoxication/withdrawal for each substance;
- Review associated features of Substance-Related Disorders;
- Describe the features of specific psychotic, mood, and anxiety disorders;
- Distinguish the features of personality disorders;
- Discuss general issues related to supporting personal recovery.

CE Credits: APA-6; CPRP-6; LSW/LCSW/LPC/LMFT-6; NBCC-6; PA Act48-6; PCB-6; PSNA-6; IACET-.6

TRAINING SITES

Friends Hospital, Philadelphia, PA
 Lehigh Valley Best Western, Bethlehem, PA
 Holiday Inn, Grantville, PA
 Norristown State Hospital, Norristown, PA

DATES

October 22, 2019
 December 17, 2019
 January 15, 2020
 May 13, 2020

TR536:

Engagement Skills and Healing Alliances (5 Hours)

9am – 3:30pm (NEW)

Engagement is a fluid, strength-based process that forms a healing connection between service providers and recipients. In our work with people, trust, compassion, and understanding is needed. Unfortunately, our treatment services and responses often create mistrust and drive people away. Many seeking mental health care drop out; 70% do so after their first or second visit. In the first moments of every interaction a tone is set which impacts progress. Services in the absence of engagement lead to needless trauma, unnecessary losses and shorter lives. People living with serious mental illness lose 14.5 years of potential life compared to “undiagnosed” individuals. This training takes a deep look at engagement as a service imperative. A framework of evidence- based tools and recovery- oriented techniques is presented to improve connections and make every interaction count.

Course Objectives: By the end of the course, participants will be able to:

- Define engagement, the concept, process and basis for recovery support
- Discuss methods to establish and sustain healing relationships
- Identify common barriers/obstacles to engaging interactions
- Outline a “promising” engagement framework (elements of motivational, strength-based, share decision making, person-centered evidence-based practices)
- Practice an approach that leads to supportive connections and collaborations.

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
 Friends Hospital, Philadelphia, PA
 Norristown State Hospital, Norristown, PA
 Radisson Lackawanna Station, Scranton, PA
 Holiday Inn, Grantville, PA

DATES

October 15, 2019
 November 14, 2019
 January 15, 2020
 April 1, 2020
 May 13, 2020



TR565:

The BHE Toolkit: Specific Practices for the Art of Helping (5 Hours)

9am – 3:30pm

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.” Participants engage in didactic and experiential learning related to the following interventions; the three-column technique, progressive muscle relaxation; tower of feelings; lyrically speaking; and creating a family (or group) sculpture. Participants also dialogue in small groups to share creative interventions they have used in their various practice settings.

Course Objectives: By the end of the course, 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

Norristown State Hospital, Norristown, PA
 Holiday Inn, Grantville, PA
 Radisson Lackawanna Station, Scranton, PA
 Friends Hospital, Philadelphia, PA
 Lehigh Valley Best Western, Bethlehem, PA

DATES

September 24, 2019
 September 25, 2019
 November 7, 2019
 December 12, 2019
 January 22, 2020

TR597:

Be Well: Self-Care for the Practitioner (5 Hours)

9am – 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: By the end of the course, 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

Lehigh Valley Best Western, Bethlehem, PA
 Friends Hospital, Philadelphia, PA
 Holiday Inn, Grantville, PA
 Radisson Lackawanna Station, Scranton, PA
 Norristown State Hospital, Norristown, PA

DATES

November 19, 2019
 March 17, 2020
 April 15, 2020
 May 6, 2020
 June 10, 2020



RESERVE COURSE SCHEDULE

Location	Training	Central	Northeast	Northeast	Southeast	Southeast
Course Number & Description	Fee	Holiday Inn	Lehigh Valley	Radisson	Friends	Norristown
		Grantville	Best Western	Lackawanna	Hospital	State Hospital
TR251 - Suicide Among Teens Today: A Changing Landscape (New)	\$30	6/24/2020	2/26/2020	6/4/2020	5/21/2020	12/18/2019
TR331: Selfcare: An Ethical Imperative for Practitioners (3 Hours)	\$30	10/29/2019	9/17/2019	11/6/2019	9/19/2019	10/23/2019
TR332: Ethics: Are There Limits to Recovery (3 Hours)	\$30	10/29/2019	9/17/2019	11/6/2019	9/19/2019	10/23/2019
TR355: The Fundamentals: Trauma Definitions and Diagnosis	\$30	-	12/18/2019	10/16/2019	10/29/2019	11/21/2019
TR356: The Fundamentals: Trauma Informed Care Diagnosis	\$30	-	1/23/2020	-	2/21/2020	2/13/2020
TR426 : Marijuana,: Past, Present and Future	\$30	-	4/22/2020	-	12/13/2019	4/15/2020
TR428: More Than Dope: Opioid Use in PA	\$30	-	3/26/2020	-	4/2/2020	9/25/2019
TR540: Getting What I Want: Mastering Social Skills	\$30	-	5/20/2020	-	6/12/2020	5/14/2020
TR546: The Dark Triad: Narcissistic, Antisocial and Psychopathic Personality Structure (New)	\$30	-	6/17/2020	5/7/2020	3/24/2020	3/12/2020
TR590: WHAT'S UP! Engaging Transitional Age Youth (TAY)	\$30	-	10/16/2019	4/2/2020	11/15/2019	1/16/2020
TR595: Mindfulness: In Life and Practice	\$30	-	11/20/2019	-	1/9/2020	6/11/2020
2-Day Trainings						
TR301: Motivational Interviewing: Introduction	\$95	-	11/12-13/2019	-	6/4-5/2020	-
PR137:Orientation to Psychiatric Rehabilitation	\$95	12/18-19/2019	-	-	10/10-11/2019	3/25-26/2020
PR137:Orientation to Psychiatric Rehabilitation	\$95	-	-	-	5/7-8/2020	-



TR251:

Suicide Among Teens Today: A Changing Landscape (5 Hours)

9am – 3:30pm (New) Training Fee - \$30

The rates of suicide among teens have risen sharply in recent decades. From 2007 to 2015, the rate for girls ages 15 – 19 doubled, while during that same period, suicide rates for teenage boys increased 30%. In addition, attempted suicide has become the most common reason for acute hospitalization, with the highest rates among females ages 15-19. The reasons behind these increases are varied and complex and include environmental as well as psychiatric factors. This course explores the myriad risk factors for teen suicide and offers evidence-based strategies for assessment, treatment, and prevention.

Course Objectives:

- Examine the building blocks that support healthy development among teens.
- Identify and discuss the principle risk factors that may lead to suicidal behavior among teens.
- Compile useful strategies and tools for screening and assessing suicidal youth.
- Analyze empirically supported treatment approaches tailored to this population.
- Discuss effective prevention programs for children and adolescents.

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

TRAINING SITES

Norristown State Hospital, Norristown, PA
 Lehigh Valley Best Western, Bethlehem, PA
 Friends Hospital, Philadelphia, PA
 Radisson Lackawanna Station, Scranton, PA
 Holiday Inn, Grantville, PA

DATES

December 18, 2019
 February 26, 2020
 May 21, 2020
 June 4, 2020
 June 24, 2020

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 the 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

Lehigh Valley Best Western, Bethlehem, PA
 Friends Hospital, Philadelphia, PA
 Norristown State Hospital, Norristown, PA
 Holiday Inn, Grantville, PA
 Radisson Lackawanna Station, Scranton, PA

DATES

September 17, 2019
 September 19, 2019
 October 23, 2019
 October 29, 2019
 November 6, 2019



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: By the end of the course, 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

Lehigh Valley Best Western, Bethlehem, PA
 Friends Hospital, Philadelphia, PA
 Norristown State Hospital, Norristown, PA
 Holiday Inn, Grantville, PA
 Radisson Lackawanna Station, Scranton, PA

DATES

September 17, 2019
 September 19, 2019
 October 23, 2019
 October 29, 2019
 November 6, 2019

TR355:

The Fundamentals: Trauma Definitions and Diagnosis (5 Hours)

9am – 3:30pm – **Training Fee \$30**

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:

- 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.

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
 Norristown State Hospital, Norristown, PA
 Lehigh Valley Best Western, Bethlehem, PA

DATES

October 16, 2019
 October 29, 2019
 November 21, 2019
 December 18, 2019



TR356:

The Fundamentals: Trauma Informed Care Diagnosis (5 Hours)

9am – 3:30pm – **Training Fee \$30**

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: By the end of the course, 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.

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
Norristown State Hospital, Norristown, PA
Friends Hospital, Philadelphia, PA

DATES

January 23, 2020
February 13, 2020
February 21, 2020

TR426:

Marijuana: Past, Present and Future (5 Hours)

9am – 3:30pm – **Training Fee \$30**

Marijuana has an extensive history in the United States, and worldviews concerning its' use have been dramatically shifting in recent years. Even with evolving societal attitudes and changing governmental legislation, marijuana use can still present clinical problems for many users. This training will address DSM-5 diagnostic presentations as well as the impact of marijuana on the brain. Issues surrounding medicalization in Pennsylvania will also be explored. Lastly, general approaches to treatment will be discussed.

Course Objectives: By the end of the course, participants will be able to:

- Discuss the history and background of marijuana and its use in the United States.
- Examine DSM-5 diagnostic criteria for marijuana intoxication, withdrawal, and use disorder.
- Summarize the effects of marijuana on the brain.
- Describe issues relating to the medicalization of marijuana in Pennsylvania.
- Explore general treatment strategies for helping people struggling with marijuana use.

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
Norristown State Hospital, Norristown, Pa
Lehigh Valley Best Western, Bethlehem, PA

DATES

December 13, 2019
April 15, 2020
April 22, 2020



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: By the end of the course, 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

Norristown State Hospital, Norristown, PA
 Lehigh Valley Best Western, Bethlehem, PA
 Friends Hospital, Philadelphia, PA

DATES

September 25, 2019
 March 26, 2020
 April 2, 2020

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: By the end of the course, 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

Norristown State Hospital, Norristown, PA
 Lehigh Valley Best Western, Bethlehem, PA
 Friends Hospital, Philadelphia, PA

DATES

May 14, 2020
 May 20, 2020
 June 12, 2020



TR546:

The Dark Triad: Narcissistic, Antisocial, and Psychopathic Personality Structures (5 Hours) **(New)**

9am – 3:30pm – **Training Fee \$30**

The dark triad of personality is a constellation of three socially aversive personality traits: narcissism, psychopathy, and Machiavellianism. These personality patterns share commonalities, including grandiosity, self-promotion, entitlement, impulsivity, emotional coldness, and aggression. However, there are vast differences in the etiology, manifestation, and adaptivity of individuals with clinical and sub-clinical presentations. This course explores the malevolent side of human nature and provides strategies to improve assessment, treatment, and work more effectively with those presenting these personality structures.

Course Objectives: By the end of the course, participants will be able to: Participants will be able to:

- Define the clinical and sub-clinical personality structures associated with the dark triad.
- Describe the etiology of narcissistic, psychopathic, and antisocial personalities.
- Identify tools used to assess narcissism, antisocial, and psychopathic personalities.
- Evaluate treatment approaches for narcissistic and antisocial personality disorders.
- Discuss challenges and best practices in working with clients with dark personality structures.

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

TRAINING SITES

Norristown State Hospital, Norristown, PA
 Friends Hospital, Philadelphia, PA
 Radisson Lackawanna Station, Scranton, PA
 Lehigh Valley Best Western, Bethlehem, PA

DATES

March 12, 2020
 March 24, 2020
 May 7, 2020
 June 17, 2020

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: By the end of the course, participants will be able to: 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

Lehigh Valley Best Western, Bethlehem, PA
 Friends Hospital, Philadelphia, PA
 Norristown State Hospital, Norristown, PA
 Radisson Lackawanna Station, Scranton, PA

DATES

October 16, 2019
 November 15, 2019
 January 16, 2020
 April 2, 2020



TR595:

Mindfulness: In Life and Practice (5 Hours)

9am – 3:30pm – **Training Fee \$30**

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: By the end of the course, 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

Lehigh Valley Best Western, Bethlehem, PA
Friends Hospital, Philadelphia, PA
Norristown State Hospital, Norristown, PA

DATES

November 20, 2019
January 9, 2020
June 11, 2020



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 SITE

Lehigh Valley Best Western, Bethlehem, PA
Friends Hospital, Philadelphia, PA

DATE

November 12-13, 2019
June 4-5, 2020

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 SITE

Friends Hospital, Philadelphia, PA
Holiday Inn, Grantville, PA
Norristown State Hospital, Norristown, PA
Friends Hospital, Philadelphia, PA

DATE

October 10-11, 2019
December 18-19, 2019
March 25-26, 2020
May 7-8, 2020



TRAUMA-INFORMED COURSES

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 Holiday Inn, Grantville, 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** – Training Fee \$30

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

Holiday Inn, Grantville, PA

DATE

September 26, 2019

TR356:

The Fundamentals: Trauma Informed Care Diagnosis (5 Hours)

9:00am – 3:30pm – **Core Course** – Training Fee \$30

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

Holiday Inn, Grantville, PA

DATE

October 30, 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

Holiday Inn, Grantville, PA

DATE

November 14, 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

Holiday Inn, Grantville, PA

DATE

December 12, 2019



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

Holiday Inn, Grantville, PA

DATE

January 16, 2020

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

Holiday Inn, Grantville, PA

DATE

February 20, 2020



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

Holiday Inn, Grantville, PA

DATE

March 19, 2020

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

Holiday Inn, Grantville, PA

DATE

April 16, 2020



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

Holiday Inn, Grantville, PA

DATE

May 14, 2020

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

Holiday Inn, Grantville, PA

DATE

June, 25, 2020



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.



BEHAVIORAL HEALTHCARE EDUCATION ONLINE OPPORTUNITIES

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.

Each contact hour equals 1 CE credit. Half hour contact hour equals .5 CE credit.

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**



SAVE THE DATE

December 3 – December 5, 2019

**27th Annual Forensic Rights
and Treatment Conference**

Theme:

Today's Changing Forensic Landscape

Holiday Inn, Harrisburg/Hershey, PA
