

DMHAS
WORKFORCE DEVELOPMENT

**INSTRUCTOR-LED & VIRTUAL
TRAINING**

SPRING 2024

www.ct.gov/dmhas/workforcedevelopment

13 New Trainings

DMHAS WORKFORCE DEVELOPMENT PERSONNEL

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CONTINUING EDUCATION UNITS (CEU) INFORMATION

Many virtual and in-person trainings offer continuing education contact hours. Participants MUST ATTEND 100% of the class to be eligible to receive this certificate. Please retain your certificate of completion for your records.

**The trainings listed in this catalog are open to DMHAS Operated staff and
DMHAS Funded staff.**

REGISTRATION INFORMATION

Please only register for trainings that have been pre-approved by your supervisor. Do not enroll in multiple trainings with plans to cancel them later; this will help us to keep wait lists more manageable.

- To register for training, you must go through our Learning Management System (LMS).
- **State employees** sign in to the LMS here: <https://ctlms-sso.ct.gov>.
- **Non-state employees** access the LMS here: <https://ctlms-dmhas.ct.gov>.
- If you do not have a username, or to update your email or other profile information, fill out and return the [My Profile Information Form](#). You will receive an email with your login information.
- For help navigating the LMS, check out our interactive tutorial, [Introduction to the LMS](#).
- For information on available web-based trainings, please see our Web-based Training Offerings List on our website: www.ct.gov/dmhas/workforcedevelopment.
- Upon registering for a training, you will receive an email from Workforce.Development@ct.gov regarding your enrollment status (confirmed or waitlisted) and session information. Please read your emails completely and mark your calendar!
- Check your SPAM filter to mark Workforce.Development@ct.gov as SAFE. Contact your IT (Information Technology) person if you have questions.
- If you are on a waitlist and a seat becomes available, you will receive an email, offering you the seat. You must ACCEPT the offered seat through the LMS within five calendar days.
- Directions and instructor biographies, as well as other training resources and links, are on our website: www.ct.gov/dmhas/workforcedevelopment.

AMERICANS WITH DISABILITIES ACT (A.D.A.)

If you need an accommodation based on the impact of a disability or medical condition, make the request **immediately upon registering for training** by contacting Workforce.Development@ct.gov.

FREQUENTLY ASKED REGISTRATION QUESTIONS

Q: How do I attend a virtual training?

A: When you register for a virtual training, you will receive an enrollment confirmation email that contains information about launching and attending the training, as well as a link to attend the class. Please read this information carefully and follow the step-by-step instructions attached to the enrollment email. **Note: Virtual classes launch via the learning management system and you must sign in to the LMS to attend the training. If you don't know your username, please email workforce.development@ct.gov immediately.**

Q: What do I do if I forgot my password?

A: State employees should contact their facility administrator. Non-state employees: On the log in page of the LMS, click the “Forgot Password?” link. The system will prompt you to enter the email address that is associated with your LMS account. When you’ve entered the information, the system will send you an email with a temporary password.

Q: How do I get a certificate with Continuing Education Units (CEUs) for a virtual training?

A: Please allow for 3 business days after the completion of virtual trainings before printing certificates of completion. Then, go to your Me tab, then click on Completed Learning in the left-hand menu. Find the training you want, then click the down arrow next to the View Summary button. Click Print Certificate to open the certificate in your browser, or click Export Certificate to download a PDF copy of the certificate. For more detailed instructions, see [Introduction to the LMS](#).

TITLE	PROGRESS	ACTION
 A Brief Introduction to Working with People with Borderline Personality Disorders Instructor-Led Version:FY16	 SUCCESSFUL On:09-17-2015	VIEW SUMMARY  <div data-bbox="1237 185 1428 335" style="border: 1px solid #ccc; padding: 5px; display: none;"> Print Certificate Export Certificate Notes </div>
 Active Shooter Training: Being Prepared Web Based Training	 SUCCESSFUL On:05-18-2016 Score: 100	PRINT CERTIFICATE  <div data-bbox="1237 185 1428 335" style="border: 1px solid #ccc; padding: 5px; display: none;"> Print Certificate Export Certificate Notes </div>

Q: What if I have reviewed the information above and am still having problems?

A: Check out our tutorial, [Introduction to the LMS](#), then email Workforce.Development@ct.gov.

CANCELLATION INFORMATION

Rarely, a course may be cancelled. We strongly encourage you to [check your email](#) for cancellation notices. Participants may call (860) 262-5071 after 7:00 a.m. to listen to a recorded announcement stating whether classes will be cancelled or delayed.

If you are unable to attend a class for which you have been enrolled, **please drop your registration within ten (10) days of the training**, if possible. This will allow us to contact other participants to offer them a seat.

To drop/cancel a class, log onto the LMS and go to your Me tab. Find the training you want to drop, then click the down arrow next to the View Summary button and click Drop. A window will pop up, asking you to confirm the cancellation. Click the Yes button. For more detailed instructions, see [Introduction to the LMS](#).

Failure to cancel your enrollment for classes you are unable to attend may affect your ability to register for future classes.

Spring 2024 Training Schedule

Directions to our training facilities are on our website:
www.ct.gov/dmhas/workforcedevelopment.

Date(s)	Time	Title	Facility	CEUs
4/2/2024	9:00am-12:00pm	<p>Working with Street Gangs in New England and Building Health Equity</p> <p>This training will focus on working with street gangs in the New England region. Participants will learn about the structural determinants of health and other factors that contribute to becoming gang members and maintaining gang affiliation including Substance Use Disorders (SUDs) and Mental Health. Moreover, the training will focus on strategies and techniques for working with potential and current gang members on ending gang participation/affiliation, connecting them to behavioral health, training and employment, and other social services.</p>	Virtual Class	3 CCB, NASW, PSY
4/3/2024	9:00am-3:30pm	<p>Advanced Ethics: Navigating the Shades of Grey (NEW)</p> <p>This training will focus on complex ethical cases in both individual and group treatment modalities. The goal will be to "think ethically" using the principles of professional codes of ethics in more complicated situations. The training will focus on approaching and resolving complex ethical dilemmas, addressing ethical challenges in group and individual work settings, reviewing "shades of grey" solutions that may include boundary crossings as opposed to boundary violations, and overviewing how countertransference can impact ethical decision making.</p>	Connecticut Valley Hospital, Page Hall	5.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
4/4/2024	9:00am-3:30pm	<p>A Forensic CBT Primer: Interventions for Antisocial and Criminal Behavior</p> <p>Practitioners across numerous settings will encounter adolescents and adults whose antisocial thinking puts them at risk for significant loss because of reckless decision-making, destructive behaviors, and deeper involvement in the criminal justice system. CBT has been shown to be effective with antisocial and forensic clientele, although modifications of CBT practices are required for this client group. Two critical adaptations are necessary to make CBT effective for reducing antisocial and criminal conduct. First, successful intervention requires a focus on a set of specific risk domains that facilitate criminal/antisocial behavior (beyond mental health symptoms). A detailed overview of these key intervention targets will be provided. Second, traditional automatic thoughts and irrational beliefs are not as broadly applicable to antisocial and forensic clients as they are for those suffering from mental health disorders. An alternative constellation of criminogenic thinking patterns that drive criminal and self-destructive behaviors will be reviewed, as well as specific techniques for altering criminogenic thinking. This workshop is highly interactive, incorporating structured learning activities including case examples, audio/video-recorded work samples, small group exercises, and “real”-plays.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY
4/9/2024	9:00am-3:30pm	<p>Critical Concepts in Substance Use Disorders: Staff Training (NEW)</p> <p>In this interactive training course designed for clinicians of all levels, basic clinical concepts will be taught. These concepts include the disease model of addiction, alcohol, opioid and stimulant use, and various treatment approaches. These concepts will be taught in an interactive setting using a discussion-based model. These concepts will be reinforced using clinical case examples. At the end of the training, participants should feel more knowledgeable and confident when working with patient with substance use disorders.</p> <p>Participants will be asked to share case specific examples prior to the session.</p>	Connecticut Valley Hospital, Page Hall	5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
4/16/2024	9:00am-3:30pm	<p>Clinical Application of Yoga Therapy for Anxiety (NEW)</p> <p>Introduction to a yoga therapy approach to the application of yoga techniques for treatment of generalized anxiety and anxiety-related disorders. Learn to apply yoga therapy frameworks to assess and resolve areas of systemic dysregulation for the client. Understand how to appropriately select safe and effective practices, review the empirical evidence, and screen for contraindications. The experiential portion of the training includes movement, evidence-based breathwork, chanting, and specialized meditation practices. Acquire practical skills for delivery of prescribed practices and learn to track efficacy for desired outcomes. Practice clinical skills for using yoga therapy techniques in telehealth or office settings and apply your learning through case study examinations.</p>	Connecticut Valley Hospital, Page Hall	5.5 CCB, NASW, PSY
4/18/2024	9:00am-12:00pm	<p>Introduction to LGBTQ+ Communities from a Clinician's Perspective *</p> <p>This training will explore the LGBTQ+ community, this will be an introductory training but can also serve as a review or a refresher for some individuals who would like a fresh perspective. We will discuss the components of gender and sexuality identity, as well as some of the challenges that the communities and sub-communities experience. We will also talk about current legislation and the political landscape and how these factors impact the LGBTQ+ community. We will also identify how to honor and talk about pronouns. We will discuss risk and protective factors, and how to support the LGBTQ+ community. We will discuss clinical interventions and ways to support the LGBT community, as well as some of the ways that folk's identity and some key terms and concepts to be aware. There will be time to ask questions and to look at some case studies/clinical issues. This training also takes an intersectionality approach to working with the LGBTQ+ community and talks about the specific challenges related to LGBTQ+ people of color.</p>	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY
4/18/2024	1:00pm-4:00pm	<p>The Intersection Between ADHD, Autism, and the LGBTQ Community (NEW) *</p> <p>This interactive training will allow participants to deepen the understanding of individuals who are neuro-divergent, how it impacts their lives, as well as the intersection between neuro-divergency and the LGBTQ identity. This training will also provide insight the high prevalence in both identities, as well as a review of both identities, risk factors, and how to best support this population. The content of this session will include lectures, activities, media presentations, and case studies.</p>	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
4/23/2024	9:00am-4:00pm	<p>Conflict Resolution- Learning to Help Clients Manage in Life and Resolve Stress (NEW)</p> <p>Our profession leads us to work with clients who have substance use issues, mental health issues, co-occurring disorders, addictions and in many cases suffer from personal tension, stress and anxiety. Our clients are plagued with deficits in tolerating distress or other strong feelings which leads to personal impairment, feelings of being overwhelmed, detachment with treatment motivation, increased pressures for stability, disconnection with relationships and a hesitancy to complete life's tasks. During this workshop, the participant will explore the process and outcomes of helping clients decrease conflict and manage life's stressful situations as they improve coping skills and strategies to alleviate conflicts and stress. In addition, attention is given to helping the participant understand their role in handling the clients conflict with a problem-solving oriented approach.</p>	Connecticut Clearinghouse	6 CCB, NASW, PSY
4/25/2024	9:00am-3:30pm	<p>Intervention Strategies for Domestic and Intimate Partner Violence</p> <p>Successful intervention for perpetrators of domestic and intimate partner violence and abuse (IPVA) requires a focus on a set of risk domains and thinking patterns that facilitate aggressive, coercive, and abusive behavior (beyond mental health symptoms). In this workshop, common abuse patterns and perpetrator subtypes will be reviewed, as well as step-by-step guidelines for identifying relevant risk factors and treatment targets. Interventions are then tailored to the particular person and situational context in which violence and abuse occur. This workshop provides an efficient way to update your knowledge and skills in this challenging area.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY
4/26/2024	9:00am-3:30pm	<p>Best Practices in the Treatment of Co-Occurring Depression and Substance Use</p> <p>Depression is the most common condition with Substance Use Disorders. This course will explore the complex co-relationship between these two common illnesses in both active addiction and recovery. Participants will be encouraged to enhance their assessment and intervention skills, including suicide prevention, with clients in their current practice settings.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
4/29/2024 & 4/30/2024	9:00am-4:30pm	Motivational Interviewing Basic and Intermediate Motivational interviewing (MI) is a client-centered, evidence-based, goal-oriented method for enhancing intrinsic motivation to change by exploring and resolving ambivalence with the individual. This active, skill-building workshop provides participants with knowledge of the spirit, micro skills, and strategies of the model, and provides opportunities to practice the approach. Day 2 will help participants develop proficiency in this method. Participants will integrate the spirit, skills, and strategies in practice conversations, and are encouraged to attend the "Advanced Motivational Interviewing" training to develop proficiency in this method.	Connecticut Valley Hospital, Page Hall	12 CCB, NASW, PSY
5/1/2024	9:00am-4:30pm	Advanced Motivational Interviewing Prerequisite: You must have attended a 2-day Motivational Interviewing training to attend this training. Motivational Interviewing is a client-centered, evidence based, goal-oriented method for enhancing intrinsic motivation to change by exploring and resolving ambivalence with the individual. This active, skill-building workshop provides participants with an understanding of the benchmarks for competent MI practice, as well as opportunities to build skills toward those benchmarks in practice conversations. participants will also learn to integrate Brief action Planning into their use of MI and are encouraged to consider ongoing training and coached practice to continue to develop their skills.	Connecticut Valley Hospital, Page Hall	6.5 CCB, NASW, PSY
5/2/2024	9:00am-12:15pm	Working with Muslim Clients * This course is designed to provide an overview about Islam and Muslims. It is intended for clinicians, mental health assistants, social workers, and anyone else who may be working directly with clients who identify as Muslim. You will learn about the context of mental health in the religion, stigma of mental health among the Muslim community, and how to best provide support during treatment and recovery.	Connecticut Clearinghouse	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
5/3/2024	9:00am-3:30pm	<p>Behavioral Epigenetics: Intergenerational Story of Hope for Living Well in Recovery</p> <p>While genetics (Nature - Inheritance) plays a key role in one's risk and prognosis of chronic conditions (substance use/addictions, cancer, metabolic disorders, mental illness), our environment (Nurture - Experience) including how we eat, sleep, move, interpret and respond to stress, manage toxic exposures, cultivate meaning, and connect with others in relationships play a vital role as well. In the emerging field of epigenetics, we are coming to see that a healthy lifestyle, focused on wellness practices and positive relationships, can potentially redirect our inherited genetic predispositions and legacy of trauma, to transform our lives and the lives of those we love.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY
5/6/2024	9:00am-1:00pm	<p>An Introduction to Recovery-Oriented Care</p> <p>Adopting Recovery Oriented approaches is crucial in clinical practice, rehabilitation support programs and in service delivery systems. Expectations for Recovery Oriented services now appear in grant requirements, public policy and regulations. What does "Recovery" mean in practical terms and how can it be implemented in practice? Recovery 101 is an introduction to the attitudes, core concepts and approaches that are transforming services, systems and lives. Person centered, strength-based approaches rely on collaborative relationships, active participation and empowerment of the person receiving services. An attitude of optimism and hopefulness guides recovery programs that focus on life plans rather than exclusively managing symptoms. In this experiential and interactive program trainees work to incorporate the concepts and apply them in developing meaningful recovery plans.</p>	Connecticut Valley Hospital, Page Hall	4 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
5/7/2024	10:00am-4:00pm	<p>Fundamentals of Emotional Freedom Technique</p> <p>Emotional Freedom Technique is a form of Energy Psychology, combining psychotherapy and energy healing techniques. It is based on the understanding of the human body as an electrical system and the recognition of the systems of subtle energy that surround and interface with the physical body. When that energy system is disrupted, a person experiences mental, emotional or physical imbalance. EFT has application across a broad range of issues, including stress and anxiety related disorders, PTSD, physical pain, self-sabotage, cravings and addictions and performance. It draws from a variety of proven modalities, including Thought Field Therapy, acupuncture, biofeedback, EMDR, hypnosis, cognitive behavioral therapy and applied kinesiology. Various forms of Energy Psychology have been practiced since the early 1980s. In recent years, EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals. In this engaging workshop, participants will learn how to use Emotional Freedom Technique both for their own self-care and for working with their clients, students, colleagues and families.</p>	Connecticut Valley Hospital, Page Hall	4.5 CCB, NASW, PSY
5/8/2024	9:00am-12:00pm	<p>Community Mapping for Mental Health Providers</p> <p>More and more, meaningful connection to community is being identified as an important part of mental health and substance use recovery. Citizenship is a well-established theory and set of practices that center the five R's – relationships, rights, responsibilities, roles, and resources – as the building blocks for true belonging in community. This community mapping workshop will introduce practical citizenship tools that mental health and substance use providers can use to better understand community resources and ways to develop stronger community relationships. It will focus on using community mapping to better understand the communities in which people who receive mental health and substance use services live. Then, it will review some practical strategies and tools that service providers can use to be effective partners with people in recovery and other community members in promoting community connections. Technical assistance will be offered to participants after completion of the workshop, so they can implement community connection supports in their organizations.</p>	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
5/9/2024	9:00am-12:00pm	<p>The Face of Today's Veteran and Ways to Maximize Engagement (NEW)*</p> <p>This course is designed for working professionals who provide direct service, case management or other administrative duties that support the engagement and stability of veterans in the community and/or through engagement in behavioral health services.</p>	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY
5/13/2024	9:00am-11:00am	<p>Establishing your Basic Competency in Emotional Support Animal Letter Writing</p> <p>Social Workers are commonly asked to write letters for clients who are seeking emotional support animals as an accommodation. What do you need to know and do to ensure you are practicing within your scope of practice? This question connects with social work ethics as both an issue of competence and education as well as one of supporting access and disability justice.</p>	Virtual Class	2 CCB, NASW, PSY
5/14/2024	9:00am-1:00pm	<p>The Impact of Substance Use on Families (NEW)</p> <p>People use substances for many reasons. Individuals can use substances to help them feel pleasure, relax or cope with life stressors and problems. Continued use of substances can be linked to one's genetics, life events, stress, environment, difficulties in childhood, cultural influences or simply the way a person's brain works. No single answer has been found and many users find it difficult to reduce their use or stop completely. The use of drugs can have a devastating impact on the individual, the family and the community. During this workshop we will explore the signs of substance use and concepts related to substance use and addiction. Participants will also identify why individuals use drugs, the risk factors and causes of addiction and the impact that substance use has on the individual, the family and the community. In addition, we will explore strategies for family support and empowerment.</p>	Connecticut Clearinghouse	4 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
5/15/2024	9:00am-11:00am	<p>Human-Animal Bond: Human-Animal Relationships in Social Work Practitioners</p> <p>This two-hour conversation serves as a primer in veterinary social work - social work at the intersection of the human and animal relationship. Content will include the various roles animals play in our lives for comfort, emotional support, and service. Terminology used to explain the various roles will be unpacked, including the state and national policies and laws that apply to the various roles. Specifically, emotional support animals will be discussed collaboratively, along with conversation about guidelines for social workers' role(s) for advocacy, letter writing, and supporting clients. Finally, local initiatives in our state to support human-animal bond, such as emergency foster care, homelessness and co-sheltering, and veterinary social work at the veterinarian will be shared including ways to continue learning and get involved.</p>	Virtual Class	2 CCB, NASW, PSY
5/16/2024	9:00am-12:00pm	<p>Ethics for Addiction Counselors: Boundaries</p> <p>This three-hour course will review the Connecticut Certification Board (C.C.B.) Code of Ethics with an emphasis on boundaries.</p>	Connecticut Valley Hospital, Page Hall	3 CCB
5/20/2024	9:00am-1:30pm	<p>Managing Diabetes and Mental Health Conditions</p> <p>Diabetes affects a staggering 34,000,000 Americans, with an additional 88,000,000 diagnosed with prediabetes. That number has been steadily rising. People suffering from severe mental health disorders are at an even greater risk for developing this life-threatening metabolic disorder. This training is designed to help direct care staff to recognize when a referral for assessment and treatment may be necessary. Participants will understand the impact of prescribed medications, diet, lifestyle and health care disparities. The basics of diabetes, nutrition, related conditions and medications will be explored. Strategies will be taught to educate and motivate clients to improve their health and wellness. This class is appropriate for both non-medical and nursing staff working with clients with, or at risk for diabetes.</p>	Virtual Class	4.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
5/21/2024, 5/23/2024, & 5/24/2024	9:00am-4:30pm	<p>SMART Recovery Self-Management and Recovery Training</p> <p>This 3-day training will prepare attendees to facilitate SMART Recovery peer support meetings for teens and young adults as well as SMART Recovery Family and Friends meetings. All three days of the training are required to become a nationally approved facilitator of these two programs. Through SMART Recovery's meetings and evidence-informed tools and strategies, the program can help an individual address harmful habits and behaviors, including issues with alcohol and other drugs or harmful behaviors related to relationships, sex, spending, gambling, eating, exercise, and/or self-injury.</p> <p>SMART Recovery's approach empowers participants through the use of a 4-Point Program: 1. Building and Maintaining Motivation 2. Coping with Urges 3. Managing Thoughts, Feelings, and Behaviors 4. Leading a Balanced Life. The SMART Recovery Family and Friends program is based on SMART Recovery tools as well as elements of the CRAFT (Community Reinforcement &Family Training) model. This training is highly interactive and includes multiple role plays of practical meeting scenarios, demonstrations of the use of tools in a SMART meeting, discussions of the content of the SMART Recovery handbooks and manuals, discussions of REBT and Motivational Interviewing, and breakout groups to help you brainstorm ways to incorporate SMART Recovery into your setting.</p>	Connecticut Clearinghouse	21 CCB, NASW, PSY
5/30/2024	9:00am-4:30pm	<p>Treating Obsessive-Compulsive and Related Disorders</p> <p>The obsessive-compulsive and related disorders (OCRDs) include obsessive-compulsive disorder, body dysmorphic disorder, hoarding disorder, trichotillomania, and excoriation (skin-picking) disorder. In this workshop we will describe transdiagnostic mechanisms that contribute to the maintenance of these disorders and discuss the principles of treatment. Video examples will be used.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
5/31/2024	9:00am-3:30pm	<p>Buried in Treasures: The Nature and Treatment of Hoarding Disorder</p> <p>The aims of this presentation are to review current understanding of the symptoms, prevalence, and severity of hoarding disorder; to discuss recent advances in understanding of hoarding from a biological and behavioral perspective; to review the efficacy of current treatments; and to provide an overview of cognitive-behavioral strategies for working with hoarding clients. Cognitive restructuring, problem-solving, motivational interviewing, exposure, emotion regulation training, and decision-making training will be highlighted as potential elements of successful intervention.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY
6/3/2024	9:00am-3:30pm	<p>An Overview in the Current Trends in Street Drugs and Illicit Prescription Medication Use</p> <p>The line of distinction between prescription drugs and street drugs has been forever altered. Prescription medications have become the fastest growing classification of drugs being sold illicitly. In addition, there are a wide range of new street drugs being made available to users that are more potent and more dangerous. In this training, participants will: 1) explore the variety of prescription medications that are abused and how they are being used, 2) identify the new street drugs and their effects upon the user, 3) discuss how these new trends will effect the treatment of addiction in the future.</p>	Virtual Class	5 CCB, NASW, PSY
6/4/2024	9:00am-3:30pm	<p>Trauma Survivors as Parents (NEW)</p> <p>Child and family serving organizations have become increasingly aware of the effect of trauma on the children they serve and have revised their programs accordingly. However, there is often a gap in applying this same knowledge to their parents. Many are also trauma survivors, and most have never received trauma informed treatment to help with their symptoms. As they attempt to be the best possible parents for their children, the after-effects of trauma present significant obstacles. Parenting interventions which ignore this dimension can be simplistic and ineffective – giving parents the tools, but not addressing the barriers to their use. Furthermore, it is essential that we understand racism as a trauma, and incorporate an understanding of its effect in our interventions.</p>	Connecticut Valley Hospital, Page Hall	5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
6/6/2024	9:00am-11:00am	<p>Addressing the Link Between Human and Animal Violence</p> <p>Animal abuse and cruelty is a potential indicator and precursor of interpersonal violence (IPV). The Link is a term explaining the concordance of animal abuse and IPV. Similar to IPV, animal abuse is often grounded in power and control dynamics that can range from a very young age (training and grooming) or elder adulthood (elder abuse). Though pets are regarded as property by US law, the majority of people identify pets as part of the family unit. However, documenting cases, bringing charges, and achieving justice is difficult; and, cross-reporting systems are often absent altogether – we seek to change this dynamic.</p>	Virtual Class	2 CCB, NASW, PSY
6/7/2024	9:00am-12:00pm	<p>Ethics for Addiction Counselors: Social Media</p> <p>This three-hour course will review the Connecticut Certification Board (C.C.B.) Code of Ethics with an emphasis on social media.</p>	Connecticut Clearinghouse	3 CCB
6/10/2024	9:00am-3:30pm	<p>Yoga and Meditation Strategies for Professional Burnout and Stress Management (NEW)</p> <p>In 'Neuro-Somatic Strategies for Professional Burnout and Stress Management,' participants will delve deep into understanding the intricacies of professional burnout and chronic stress, particularly in the realm of helping professions. Through a blend of evidence-based approaches, participants will explore the physiological and emotional impacts of chronic stress and its direct link to burnout. With a foundation in yoga, meditation, and contemporary neuro-somatic practices, attendees will engage in experiential techniques geared towards nervous system regulation, rest, the rejuvenating power of pleasure, and personal well-being. The workshop emphasizes the importance of consistent personal practice, drawing from ancient yogic principles tailored for modern professionals. By the end, participants will have a suite of sustainable strategies to balance professional challenges, counteract the health consequences of burnout, and cultivate increased capacity for present-centered awareness in their personal lives.</p>	Connecticut Valley Hospital, Page Hall	5.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
6/11/2024	9:00am-4:00pm	<p>Motivational Interviewing in Groups (NEW)</p> <p>Motivational Interviewing is a client-centered, evidence based, goal-oriented method for enhancing intrinsic motivation to change by exploring and resolving ambivalence with the individual. This active, skill-building workshop will provide strategy and practice utilizing Motivational Interviewing (MI) when working with groups. The training will consist of a combination of discussion, experiential exercises, and role/real plays. In this highly-interactive training, participants will explore the different types of groups, identify effective strategies for different group problems, learn the process of change in a group dynamic, and understand consumer's reaction to groups and the impact on the group as a whole</p>	Connecticut Clearinghouse	6 CCB, NASW, PSY
6/13/2024	9:00am-12:00pm	<p>Radical Self-Care: Sustaining and Celebrating Ourselves in the Midst of Trauma</p> <p>Radical Self-Care: Sustaining and celebrating ourselves in the midst of trauma will explore the challenges that often arise when working in the field of trauma. While self-care is often suggested to providers it can be challenging to explore in depth. This workshop is intended to promote reflection and creativity on this topic for individuals as well as institutions.</p>	Virtual Class	3 CCB, NASW, PSY
6/14/2024	9:00am-3:30pm	<p>Face Your Fears: Conducting Good Exposure Therapy for Anxiety</p> <p>The goal of this workshop is to help clinicians design and implement exposure therapy protocols for a range of anxiety, trauma, and OCD-related disorders. We will review the rationale and mechanisms of exposure, and describe multiple applications of exposure for anxiety-related problems. Video examples will be used.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY
6/18/2024	1:00pm-4:00pm	<p>Advanced Practices: Understanding Gender from a Clinical Perspective (NEW) *</p> <p>This is an interactive, dynamic training that takes a deeper look at the basic concepts of gender identity, the components of identity and what other intersectional factors impact these individuals. This training will look deeper at how to navigate difficult situations related to working with this population, as well as a depth look at how individuals identify and the complexity of the transgender and non-binary experience. This training will have individuals look at their own biases and experiences and how this could impact the client experience. This training will look at the interventions and support that best helps this population.</p>	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
6/18/2024	9:00am-12:00pm	<p>Understanding Gender: From a Clinical Perspective *</p> <p>Much of our society and the systems within it operate as if the world exists in binary form. This engaging half day workshop is designed to address the issues that arise from binary thinking. Participants will be able to differentiate between orientation, sex, gender, gender identity, gender expression; identify the critical concerns and obstacles unique to transgender, gender fluid, and non-binary people; understand the expectations of CT's non-discrimination statutes regarding sexual and gender minority people; develop a working understanding of gender identity and its impact on clients; and identify helping strategies and tools</p>	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY
6/25/2024	12:00pm-4:00pm	<p>Trauma Through the Lens of Attachment Theory</p> <p>Attachment theory can inform clinical work with people suffering from traumatic stress, especially for those who suffer from trauma rooted in the actions of other people. Attachment dynamics are implicated in social perception and the capacity to manage intense emotional states. These in turn have implications for immediate and long-term coping. This presentation will review the basic concepts of attachment theory, its most common classification schemes; and leading contemporary ideas on how attachment contributes to our capacities to interpret the social environment and regulate feelings.</p> <p>We will discuss how traumatic stress can disrupt normative attachment dynamics and present in ways which resemble mood, anxiety and personality disturbance. Finally, we will discuss ways to engage and sustain a treatment alliance with traumatized clients using approaches derived from attachment theory.</p>	Connecticut Valley Hospital, Page Hall	4 CCB, NASW, PSY
6/26/2024	9:00am-3:30pm	<p>Self-Care and Resiliency for Behavioral Health Workers (NEW)</p> <p>Working in behavioral health is well-documented to present challenges in occupational stress, which has substantially increased with the onset of the COVID-19 pandemic. Behavioral healthcare professionals have an ethical responsibility to maintain competence, both through ongoing education and maintenance of self-care. This presentation aims to differentiate between levels of distress, burnout, vicarious traumatization and impaired competence; demonstrate and practice a variety of self-care tools and techniques; and support behavioral healthcare professionals in recognizing and overcoming barriers to the practice of self-care as a means of maintaining high-quality, effective client care.</p>	Connecticut Valley Hospital, Page Hall	5 CCB, NASW, PSY @

Date(s)	Time	Title	Facility	CEUs
6/27/2024	9:00am-4:00pm	<p>Criminal Thinking and Anti-Social Logic</p> <p>Antisocial behavior is exhibited by a lack of conscience for wrong doings by individuals. Some of the antisocial and self-destructive patterns of behavior often are observed in justice involved clients. The impact of the clients criminal thinking behaviors can often frustrate the counselor and affect the counseling and treatment process. What can we do in our work as professionals in addressing individual client behaviors that show a lack of remorse or little regard for others? How have we responded to clients who display patterns of not only resistance to authority but frequent manipulation while violating the rights of others. During this course, participants will be introduced to specific thinking patterns that underline criminal behavior patterns for justice involved clients. The use of evidenced based practices in assessment and treatment planning will be covered in addition to exploring how to deal specifically with these behaviors in various settings.</p>	Connecticut Clearinghouse	6 CCB, NASW, PSY
6/28/2024	9:00am-4:30pm	<p>The Science and Art of Cognitive-Behavioral Therapy (NEW)</p> <p>Cognitive-behavioral therapy (CBT) is the most evidence-based psychological treatment for a range of psychiatric disorders. In this in-depth workshop, we will use a case formulation approach, identifying cognitive, emotional, and behavioral factors that maintain illness. We will review how CBT therapists interact with patients, selecting specific interventions based on the case formulation. We will describe a wide range of CBT interventions and their applications, including exposure, activity scheduling, stimulus control, cognitive restructuring, and acceptance-based approaches.</p>	Connecticut Clearinghouse	6.5 CCB, NASW, PSY @

@ NASW/CEU application pending.

*Meets the requirements for Cultural Competence Continuing Education

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