

DMHAS
WORKFORCE DEVELOPMENT

INSTRUCTOR-LED & VIRTUAL
TRAINING

WINTER 2025

www.ct.gov/dmhas/workforcedevelopment

6 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-ssso.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?




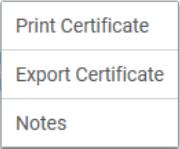
A: When you register for a virtual training, you will receive an enrollment confirmation email that contains information about launching and attending the training, as well as a link to attend the class. Please read this information carefully and follow the step-by-step instructions attached to the enrollment 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 
 Active Shooter Training: Being Prepared Web Based Training	SUCCESSFUL On:05-18-2016 Score: 100	PRINT CE 

Print Certificate

Export Certificate

Notes

- 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.

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.

Winter 2025 Training Schedule

Date(s)	Time	Title	Facility	CEUs
1/7/2025	9:00am-3:00pm	<p style="text-align: center;">Violence in Relationships Effects on the Individual, Family and Community (NEW)</p> <p>The purpose of this course is to review and explore definitions and theories of violence and how individuals are affected by this phenomenon. The participant will evaluate the impact of interpersonal violence, gendered based violence and family violence on the individual, family and community. Theoretical approaches to domestic violence and social factors which perpetuate violence will be discussed.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY @
1/8/2025 & 1/9/2025	8:30am-4:30pm	<p style="text-align: center;">SMART Recovery Self-Management and Recovery Facilitator Training (NEW)</p> <p>This 2-day training will prepare attendees to facilitate SMART Recovery peer support meetings for teens and young adults. 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. 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. 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> <p>This training is the first two days of the previous 3-day training.</p>	Connecticut Clearinghouse	14 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
1/15/2025	12:00pm-4:00pm	<p style="text-align: center;">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, it's most common classification schemes; and leading contemporary ideas on how attachment contributes to our capacities to interpret the social environment and regulate feelings. 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, Rm. 217	4 CCB, NASW, PSY
1/22/2025	9:00am-10:30am	<p style="text-align: center;">The Evolution of CAPTA: Supporting Families Impacted by Substance Use</p> <p>Recent changes to federal legislation around the Child Abuse Prevention and Treatment Act (CAPTA) and Comprehensive Addiction Recovery Act (CARA) have outlined new state mandates requiring data collection around the impact of substance exposed infants and development of Family Care Plans nationwide. In CT, effective March 1, 2019, hospitals began submitting a notification to the Department of Children and Families at the time of the birth event when an infant is believed to have been substance exposed and/or displays withdrawal symptoms. This training will help community providers and health professionals better understand the impact of this legislation on the women and birthing persons we serve and be poised to help provide them with education around this mandate. Information will be provided on developing a comprehensive "Family Care Plan" prior to the time of their delivery.</p>	Virtual Class	1.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
1/23/2025	9:00am-3:30pm	<p style="text-align: center;">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 Valley Hospital, Page Hall, Rm. 217	5 CCB, NASW, PSY
1/24/2025	9:00am-3:30pm	<p style="text-align: center;">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
1/29/2025 & 1/30/2025	9:00am-4:30pm	<p style="text-align: center;">Motivational Interviewing Basic and Intermediate</p> <p>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.</p> <p>Day 1-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. Participants will complete the training with a good understanding of MI and will attend the Intermediate training in June to develop proficiency in this method.</p> <p>Day 2- This active, skill-building training provides participants with a review of the spirit and micro skills of MI and focuses on using the strategies of the model to elicit change talk in conversation. Participants will integrate the spirit, skills, and strategies in practice conversations. Participants will complete the 2-day training with a good understanding of MI.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	12 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
2/3/2025	9:00am-12:00pm	<p>Nicotine Addiction: The Health Effects of Smoking and the Link to Mental Health</p> <p>This presentation is designed to help give Licensed Clinical Social Workers, Psychologists, Registered Nurses and other direct care staff the needed knowledge to discuss and educate smokers on the effects of smoking and vaping. Staff will be better suited to empower clients through a therapeutic approach to want to quit and be successful. Staff will be educated on the benefits of a holistic approach to patient care including collaborating and making proper referrals to other disciplines and treatment.</p>	Virtual Class	3 CCB, NASW, PSY
2/5/2025	9:00am-3:30pm	<p>Critical Concepts in Substance Use Disorders: Staff Training</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>	Connecticut Valley Hospital, Page Hall, Rm. 217	5 CCB, NASW, PSY
2/7/2025	9:00am-3:30pm	<p>Clinical Applications of Yoga Therapy for Trauma</p> <p>Introduction to a yoga therapy approach to the application of yoga techniques for supporting trauma recovery. Learn to apply yoga therapy frameworks, methodologies, and trauma-sensitive protocols to adapt therapeutic somatic practices for individual clients. Acquire strategies for appropriately administering the use of prescribed home practice at a suitable pace for the client's experience. Develop an awareness of the contraindications for using yoga techniques for trauma. Learn to educate and empower clients to take an active role in their own healing. Enhance the therapeutic relationship while engaging in an exploration of how yoga therapy integrates with Western medical healing modalities. Gain experience applying this knowledge through a practical application of skills learned.</p>	Connecticut Valley Hospital, Page Hall, Solarium	5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
2/11/2025	10:00am-4:00pm	<p data-bbox="597 132 1170 163">Fundamentals of Emotional Freedom Technique</p> <p data-bbox="540 205 1227 485">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.</p> <p data-bbox="540 489 1227 737">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.</p> <p data-bbox="540 741 1227 915">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.</p> <p data-bbox="540 919 1227 1052">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, Rm. 217	4.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
2/18/2025	9:00am-3:00pm	<p>Advanced Work with Justice Involved Women (NEW) *</p> <p>The presence of female offenders in the correctional population within the nation’s criminal justice system has been expanding at a rate that far outweighs their male counterparts. Historically, correctional institutes are designed to serve the predominately male offender population and agencies in the community have not addressed the multifaceted problems that form the context for women’s criminal behavior. Women are released from correctional supervision without the tools to help them live responsibly in the community. Like their male counterparts, most female offenders are poor, under-educated, unemployed and unskilled. However, women enter the criminal justice system with unique needs that distinguishes them from male offenders. Addiction, poverty, unemployment, physical abuse, mental illness, sexual abuse and violence often trap women in the cycle of hopelessness and crime. Additionally, the separation caused by incarceration has a damaging effect on children of female prisoners, who often become the innocent victims of the criminal justice system.</p> <p>In this workshop, participants will identify key strategies and emerging issues of female offenders and the family that are useful in developing effective programming to address the unique challenging needs of women offenders. Special emphasis will be placed on the evaluation of management and risk reduction strategies that consider the different characteristics of female offenders.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY @

Date(s)	Time	Title	Facility	CEUs
2/19/2025	9:00am-12:00pm	<p style="text-align: center;">Domestic Violence 101 for Mental Health Treatment Providers</p> <p>The purpose of this presentation is to provide training on domestic violence to mental health and substance use treatment providers in the community. During the training we will discuss the different types of domestic violence, laws associated with such, and specific behaviors that occur. We will explore mental health and substance use factors that increase the chances of entering a domestic violence relationship as well as the mental health outcomes that often are a result of domestic violence. We will address the implications on children. When discussing interventions, participants will learn how to proactively and confidently add questions about domestic violence to their work with clients, recognize warning signs, understand risks associated with DV and ways to respond to domestic violence disclosures. The training will be concluded by reviewing the domestic violence resources across the state and how to connect clients with services.</p>	Connecticut Clearinghouse	3 CCB, NASW, PSY
2/24/2025	9:00am-12:00pm	<p style="text-align: center;">Ethics for Addiction Counselors: Boundaries</p> <p style="text-align: center;">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, Rm. 217	3 CCB
3/4/2025	9:00am-3:30pm	<p style="text-align: center;">Why the DSM-5 Doesn't Acknowledge Sensory Integration Symptom and How that Harms All of Our Clients</p> <p>Sensory Processing Disorder (SPD) is a condition where a person has difficulties regulating their senses within their environment. These are our clients who can experience the world as being “too loud” or “too intense”. They can experience the world as being so sensory over-whelming that their bodies go into a defensive “fight, flight or freeze” stance. For many people with SPD, their constant need to re-regulate their senses to adapt to the stimuli around them, creates symptoms of distractibility, irritability, anxiety, and depression. So where is SPD in the DSM-5? It isn't. Although more than half of all the diagnostic criteria of disorders in the DSM-5 describe symptoms of SPD, the APA refuses to acknowledge SPD as a disorder. Therefore, DSM-5 conditions such as ADHD, PTSD, Tourette's, ASD, ODD, the anxiety disorders as well as Schizophrenia and other psychotic disorders, are never understood or treated through the lens of sensory integration. Yet all of the above disorders are, in large part, sensory-based disorders. Imagine trying to treat a client with ASD or PTSD and not teaching the client about their sensory system reactions?</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
3/7/2025	9:00am-3:30pm	<p style="text-align: center;">Clinical Applications of Yoga Therapy for Depression (NEW)</p> <p>This course is designed for clinicians seeking new tools to help clients manage persistent symptoms of depression, including slowed movements or speech, feelings of worthlessness, indecision, fatigue, sleep issues, lack of motivation, loss of hope or joy, weight gain, restlessness, and frequent relapse, despite conventional treatments like talk therapy, antidepressants, and exercise recommendations.</p> <p>Yoga therapy offers an evidence-based, holistic approach to addressing these symptoms sustainably by targeting autonomic nervous system dysregulation, chronic inflammation, and changes in brain structure and function. The training covers techniques to reduce IL-6 levels and improve client adherence to treatment, along with clinically relevant neuropsychology literature. The course is highly interactive, with experiential practice and simulated technique application. Participants will learn practical, personalized methods to increase efficacy by tailoring techniques to individual client tolerance. By the end, clinicians will be equipped to integrate selected yoga therapy techniques into their practice, assess the benefits, and educate clients with strategies to manage symptoms and prevent relapse.</p>	Connecticut Valley Hospital, Page Hall, Solarium	5.5 CCB, NASW, PSY
3/14/2025	9:00am-3:30pm	<p style="text-align: center;">Supporting Grief-Work in Behavioral Health Treatment</p> <p>Loss, mourning, and grief are an integral and unavoidable experience in human life. Substance use, Post-Traumatic Stress Disorder, Physical & Mental Illnesses greatly increase the risk of unexpected, tragic, and traumatic losses and multiply challenges to engaging in the important “work” of grieving. This course will review theories of bereavement and grief and explore practices for supporting recovery in bereaved people, whose grieving is complicated and compromised by behavioral health conditions and recovery.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY
3/18/2025	9:00am-12:00pm	<p style="text-align: center;">Integrating Tobacco Treatment into Clinical Work (NEW)</p> <p>This training supports clinicians in supporting the people they work with to decrease or stop the use of tobacco products and electronic nicotine delivery systems (ENDS), also known as vapes. This training will provide foundations to integrate tobacco treatment work into clinical sessions and organizations covering considerations at intake, modalities to use during sessions, relapse prevention, and connecting mental health and substance use recovery to this work. This training will also look at ways that integration of this work can be possible within an agency.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
3/19/2025	10:00am-12:00pm	<p>Domestic Violence: Clinical Interventions for Working with Survivors (NEW)</p> <p>The purpose of this presentation is to provide training on domestic violence to mental health and substance use treatment providers in the community. This is a part two to the DV 101 Training designed to provide more in-depth concepts, skills, and tools for ongoing work with DV survivors.</p> <p>During the training we will discuss concepts and frameworks for providing treatment to survivors of domestic violence. We will identify specific tools that should be applied to general practices to increase survivor comfort and safety within seeking behavioral health treatment. We will discuss safety planning and responding to disclosures of domestic violence. Attendees will learn about specific evidence-based practices that have been found effective in treating survivors of domestic violence and the concepts within each of these practices that can be applied to treatment.</p>	Virtual Class	2 CCB, NASW, PSY
3/20/2025	9:00am-4:30pm	<p>The Science and Art of Cognitive-Behavioral Therapy</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 Valley Hospital, Page Hall, Rm. 217	6.5 CCB, NASW, PSY
3/25/2025	9:00am-12:00pm	<p>Self-Directed Violence: Complex Problem, Simple Solutions</p> <p>This training will explore the meaning and purpose of self-injury, a commonly misunderstood aspect of many people's lives. Etiology, diagnostic implications, and treatment strategies will be explored, as well as the special circumstances that arise from working with those who self-injure.</p>	Virtual Class	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
3/28/2025	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.</p> <p>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
3/31/2025	9:00am-12:00pm	<p>Introduction to Child Trafficking</p> <p>This three-hour course will discuss Federal and State Law; define types of trafficking (child labor and child sex trafficking); speak to the prevalence of child trafficking in CT and provide current examples; discuss high risk populations; warning signs; impact; and a brief discussion of interventions and prevention.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	3 CCB, NASW, PSY

@ NASW/CEU application pending.

*Meets the requirements for Cultural Competence Continuing Education

Thanks to the New England Addiction Technology Transfer Center for co-sponsoring trainings



New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration