



SERNA SOLUTIONS

Counseling • Coaching • Consulting

LIST OF CEU WORKSHOPS OFFERED BY SERNA SOLUTIONS WITH DESCRIPTIONS

Evidence Based Practices:

Community Reinforcement Approach (CRA): is a comprehensive behavioral program for treating substance-abuse problems. It is based on the belief that environmental contingencies can play a powerful role in encouraging or discouraging drinking or drug use. Consequently, it utilizes social, recreational, familial, and vocational reinforcers to assist consumers in the recovery process. Its goal is to make a sober lifestyle more rewarding than the use of substances. (12 CEUs)

Adolescent Community Reinforcement Approach/Assertive Continuing Care (A-CRA/ACC) is an outpatient program for youths and young adults between the ages of 12 and 24 who have substance use and co-occurring mental health disorders. A-CRA uses both behavioral and cognitive-behavioral techniques to replace environmental settings and cues that have supported alcohol or drug use with prosocial activities and new social skills that support recovery. A-CRA skills training involves coaching, practice, and feedback, particularly to support the acquisition of better family relationship skills, anger management, and relapse prevention skills. Homework is assigned between sessions and consists of practicing skills learned during sessions and participating in prosocial leisure activities. The A-CRA intervention is typically delivered over 12 to 14 weeks and generally includes 10, 1-hour individual sessions; two, 1-hour sessions with parents/caregivers; and two, 1-hour sessions with both adolescents and parents/caregivers together. (12 CEUs)

Community Reinforcement and Family Training (CRAFT): Is the only evidence based program to assist families that are challenged by addiction. It uses an overall positive approach and steers clear of any confrontation. CRAFT is a culturally sensitive program that works with families to positively influence the behavior of the person with an active addiction. The program emphasizes learning new skills to cope with old problems. Some of the components include how to stay safe, understand the function of the addiction, and teach caregivers how to use positive reinforcers (rewards) and how to let the substance user suffer the natural consequences for their using behavior. CRAFT research has shown that almost 7 out of 10 people who use the program get their substance user to attend treatment. CRAFT has been shown to be equally effective with Hispanic and Anglo families. (12 CEUs)

Contingency Management (CM) Training: CM is an evidence based practice in the treatment of alcohol and other drug (AOD) use disorders. It is the systematic reinforcement of desired behaviors and the withholding of reinforcement or punishment of undesired behaviors. It is a behavioral intervention grounded in the principles of operant conditioning, a method of learning in which

desired behaviors are reinforced with prizes, privileges, or cash. Simply stated “when I do a good thing, I get a good thing.” CM studies have demonstrated the effectiveness of CM interventions in reducing AOD use; improving treatment attendance; and reinforcing other treatment goals, such as complying with a medication regimen or obtaining employment. This training will provide participants with an overview of the model and practical tools to help them with implementation. (6 CEUs)

Cognitive Behavioral Therapy (CBT) is one of the most widely used approaches and has been demonstrated to be effective for a wide-range of problems and diagnosis. Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life. CBT is based on several core principles including that challenges are based, in part, on learned patterns of unhelpful behavior. CBT can facilitate learning of better ways of coping and involves efforts to change thinking patterns. This workshop will be highly interactive and will provide participants with many opportunities to exercise CBT tools. (6 CEUs)

Motivational Interviewing (MI) Level 1

Motivational Interviewing is one of the most heavily researched interventions in the fields of addiction, behavioral health and medicine. Study after study has reliably demonstrated that implementing this practice with proficiency and consistency will improve outcomes for consumers of behavioral healthcare. MI is an approach that attempts to move an individual away from a state of indecision or uncertainty and towards finding motivation to making positive decisions and accomplishing established goals. MI as a directional, consumer-centered style of interacting with the goal of eliciting behavior change by helping individuals explore and resolve ambivalence. Rather than acting in an antagonistic or combative way, the helper engages with the consumer to explore his/her feelings, including ambivalence about changing, and help clients find their own motivations. This workshop provides participants with an overview of the research and theoretical base for the model. Participants will also practice MI strategies and skills in small groups throughout the day. A working camera and microphone is required to register for this event. (12 CEUs)

Motivational Interviewing (MI) Level 2

Motivational Interviewing (MI) This workshop is designed for persons who have completed an introductory training and have begun to utilize the model in their practice. This training will help participants to further develop MI skills and strategies beyond the basics in a supportive and challenging environment. Advanced strategies for eliciting change talk and advance OARS will be provided. Participants will hone their skills by participating in experiential exercises with other MI practitioners who will provide strength-based feedback. (12 CEUs)

Motivational Interviewing: Advanced Practice

This workshop provides persons who have had extensive training and practice with motivational interviewing to stretch their skills and creativity. In this session we will explore applications of Motivational Interviewing with visual art making and empty chair exercises. (6 CEUs)

Promoting Awareness of Motivational Incentives (PAMI)

Motivation Incentives or Contingency Management strategies have become an increasingly important part of the continuum of care in the treatment of substance abuse problems. Promoting Awareness of Motivational Incentives (PAMI) is based on the positive research outcomes and lessons

learned from the National Institute on Drug Abuse (NIDA) Clinical Trials Network (CTN) study, titled Motivational Incentives for Enhanced Drug Abuse Recovery (MIEDAR) along with feedback from the Fishbowl Method. This training discusses the positive impact motivational incentives have on retention, attendance in group sessions, submission of clean drug screens and prolonged periods of abstinence. (6 CEUs)

Evidence Based Practices (EBPs) in the Treatment of Co-Occurring Disorders

This course will provide students with skills that allow them to assess and treat addiction and co-occurring issues. Students will be provided with an overview of current approaches to initiating changes in thought, behavior and relationship that support recovery. Students will take a deep dive into the Community Reinforcement Approach (CRA) and Cognitive Behavioral Therapy (CBT). (12 CEUs)

American Society of Addiction Medicine (ASAM)

This course is designed to equip participants with the understanding and skills necessary to provide an ASAM assessment and place consumers into the most appropriate level of care for substance use disorder treatment. Included in this workshop will be the rationale for utilizing this model, recognized as a Best Practice across the industry. (6 CEUs)

American Society of Addiction Medicine (ASAM) Train the Trainer (TOT)

This course is designed to equip participants with skills necessary to train others in the ASAM assessment criteria. A review of the six dimensions of ASAM and best practices for adult learning will be covered. A prerequisite of successful completion of ASAM and experience utilizing the criteria is required. (12 CEUs)

Dialectical Behavioral Therapy Level 1

Dialectical Behavioral Therapy or 'DBT' is a therapy that was originally created for difficulty to manage mood and personality disorders. It is now an evidenced based practice that assists clients with mood, personality, anxiety, addictive and trauma related disorders. DBT provides clients with skills that promote emotional regulation, distress tolerance and interpersonal effectiveness. This training will provide participants with an overview to this approach and its different applications. (12 CEUs)

Dialectical Behavioral Therapy Level 2

Dialectical Behavioral Therapy or 'DBT' is an evidenced based practice that assists clients with mood, personality, anxiety, addictive and trauma related disorders. DBT provides clients with skills that promote emotional regulation, distress tolerance and interpersonal effectiveness. This training will provide participants with an in-depth explanation and practice of teaching DBT skills to your clients. (12 CEUs)

Magic of Solution-Focused Brief Therapy, Part I:

Ever wondered how some therapists achieve magical results with their clients and make it look that has been found to be as effective as other evidence-based practices. Get ready to have fun while learning SFBT through the lens of close-up magic, and deeply anchor your Solution-Focused knowledge! No prior experience of magic or SFBT is necessary. (6 CEUs)

PROPS: (recommended, but not required) This workshop included the opportunity for practice and participation. If you would like to have even more fun practicing the magic you learn, please bring as many of the following props to the workshop as possible: a spoon, a fork, and a napkin; a pack of cards (full-deck not required), a few coins, a napkin or paper towel, and a rubber band.

The Magic of Solution-Focused Brief Therapy, Part II:

Following up on the popular workshop, The Magic of SFBT – Part I, The Magic of SFBT – Part II empowers participants to take their Solution-Focused Brief Therapy (SFBT) knowledge and practice to the next level. Participants will deepen their understanding of SFBT principles and techniques while exploring a Solution-Focused approach in various clinical scenarios including addiction, trauma-recovery, and navigating relationships. SFBT is an evidence-based, rapid-results approach that has proven as effective as other evidence-based practices. Get ready to have fun while learning SFBT through the lens of close-up magic, and deeply anchor your Solution-Focused knowledge! Some prior experience with SFBT is required, but no prior experience of magic is necessary. (6 CEUs)

PROPS: (recommended, but not required) This workshop included the opportunity for practice and participation. If you would like to have even more fun practicing the magic you learn, please bring as many of the following props to the workshop as possible: a spoon, a fork, and a napkin; a pack of cards (full-deck not required), a few coins, a napkin or paper towel, and a rubber band.

Ethics and Cultural Training:

Ethical Principles and Confidentiality Issues in Addiction Work

Participants will explore the ethical issues that are shared with other fields in psychotherapy and those that are unique to the addiction treatment arena. We will begin with a review of the ethical principles of Autonomy, Fidelity, Justice, Beneficence, and Non-Maleficence. Issues such as professional boundaries, confidentiality (HIPAA and 42 CFR), and cultural considerations (colonization, historical trauma and class issues) will also be explored. (6 CEUs)

Ethics: Multicultural Issues in Northern New Mexico

Northern New Mexico has been the confluence of cultural exchange since time immemorial. This workshop will give participants an opportunity to explore how multiple waves of colonization have impacted issues that affect clients today. Experiential exercises will provide participants with insights into historical trauma, applied attachment theory and cross-cultural counseling competencies. (6 CEUs)

Ethics: Cultural Competency, Humility and Fluency Training

The workshop provides participants with an overview of the evolution of ideas relevant to working with culturally diverse clients and communities. Issues around how cultural identity and personal bias can influence behavioral health prevention and treatment programs are explored in depth. Other ideas such as privilege, intersectionality, and micro-aggressions will be defined and used to frame larger discussions. (6 CEUs)

Ethics: Best Practices in Telehealth for Behavioral Health Providers. This training will provide participants with an overview of state and national requirements for providing telehealth and telephonic behavioral health services. Specific areas of focus will include HIPAA and 42 CFR

requirements and legal and ethical concerns including privacy, security, and providing services in rural and remote areas. (6 CEUs)

Diversity, Inclusion and Equity Training. This workshop will provide participants with knowledge of Diversity, Inclusion and Equity concepts to integrate them as part of the your organization's culture through an overview and focused discussions on cancel culture, calling people in vs calling them out, inclusive leadership, addressing unconscious bias, recognizing and responding to microaggressions, allyship and advocacy, and application of strategies to practice cultural competence and humility.

Ethical Issues in Multicultural Environments

Our clients represent various cultures, with each culture having its own set of beliefs surrounding behavioral health. Providers often face ethical issues around therapeutic boundaries, informed consent, confidentiality and respect for autonomy. Participants will explore the intertwined relationship between ethics and culture when it comes to providing behavioral health services in multicultural environments. (6 CEUs)

Clinical Pathways to Preserving Cultural Resilience

A Therapeutic Approach Supporting Tribal People and Community Providers. This training will familiarize attendees with the foundation of values-based treatment coupled with culturally competent treatment planning. Evidence-based treatment methods Acceptance Commitment Therapy, Motivational Interviewing, and Relational Frame Theory inform this treatment approach developed to increase the efficacy of the treatment provider. (6 CEUs)

Boundaries and Self Disclosure

Self-disclosure, when used appropriately, can facilitate client's understanding of their experiences, thoughts, feelings and behaviors and is used to develop strategies and resolve issues. At the same time, if used incorrectly, self-disclosure can change the focus of the discussion from the client's concerns to those of the service provider. We will explore some advantages/disadvantages of self-disclosing and when and how to self-disclose. (6 CEUs)

America on Fire - Contemporary Cultural Issues Nationally & Locally

What responsibilities do we as mental health practitioners have in today's divisive cultural climate? How do we navigate some of the explosive cultural wars that are occurring nationally and locally? More importantly, how can we help our clients navigate a cultural landscape that is often experienced as divisive and painful? This course will revisit and update ethical concepts, terms and practices that can help us whether the storms, remain connected and skillfully interact with others outside of our cultural comfort zones. (6 CEUs)

Supervision, Leadership and Administration Training:

Clinical Supervision and Leadership Training

Supervision is equal parts clinical expertise, administrative oversight and mentoring. This training will provide participants with critical information and hands-on exercises regarding best practices in Clinical Supervision while also exploring models of leadership development. Participants will be provided with outlines for case presentations, clinical supervision documentation and a self-

assessment on strengths and areas of improvement as a clinical supervisor. The leadership portion focuses on connecting with others while guiding them in a particular direction. It honors autonomy and opens the door for your supervisees to use their strengths to provide the highest quality care that they can provide. The result is a clinical team that feels empowered, proactive and even **INSPIRED!** (6 CEUs)

Clinical Supervision Implementation Training

This training will provide participants with critical information and hands-on exercises regarding best practices in Clinical Supervision, based off of the *Clinical Supervision Implementation Guide* published in Dec of 2018. It begins with a review of the State of New Mexico requirements for supervision of non-independently licensed behavioral health professionals followed by a survey of researched and validated supervision models. Participants will be provided with outlines for case presentations, clinical supervision documentation and a self-assessment on strengths and areas of improvement as a clinical supervisor. (6 CEUs)

Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency (MIA:STEP):

Presents a system for program-based supervisors to supervise clinicians in MI using methods to directly observe clinicians' use of MI and provide them with feedback and coaching from a simple tape rating system. (12 CEUs)

Supporting Safer Environments Training

This course is designed to examine **Sexual Harassment** through multiple lenses, including the view of the potential harasser and the harassed. The intent of the workshop is to look at cultural factors at the societal and organizational level that contribute to workers feeling unsafe or even uncomfortable about reporting and confronting inappropriate behavior. (3 CEUs)

The Golden Thread: Clinical Documentation Training

This training examines best practices in clinical documentation training utilizing the Golden Thread approach. The Golden Thread is the coherence in a client/patient's record that ties it all together from assessment to treatment plan to progress note to discharge summary. This training is hands on and will provide participants with opportunities to practice the Golden Thread strategy of documentation. (3 CEUs)

Introduction to Value Based Contracting (3 CEUs)

Participants will be provided with an overview of integrated care models, which will set the foundation to explore Value Based Purchasing initiatives that are occurring nationally and within the State of New Mexico. Exercises are designed to prepare participants for the transition from fee for service to value based payments in ways that are meaningful for their clients. (3 CEUs)

Trauma Training:

Trauma 101-Understanding How Trauma Impacts The Brain/Body And Its Links To Mental Health, Addiction And Other Issues.

The workshop is designed for anyone who is interested in learning how trauma and Adverse Childhood Experiences (ACEs). In this workshop, we will explore the link between trauma, stress, and

chronic health conditions. The training will also cover ways of adapting, coping and healing from stress and trauma. (6 CEUs)

Trauma Informed Practice

This workshop will provide participants with a solid understanding regarding how trauma impacts the developing nervous system, interlinks with addictions, mental health and attachment issues, and strategies for nervous system regulation that can assist clients/patients in managing symptoms. Newer perspectives on preparing clinicians and organizations for the shift from Trauma Informed Care to Healing Centered Engagement. (6 CEUs)

Trauma Informed Care Viewed Through a Historical Trauma Lens

This workshop will provide participants with a solid understanding regarding how trauma impacts the developing nervous system, interlinks with addictions, mental health and attachment issues, and strategies for nervous system regulation that can assist clients/patients in managing symptoms. Viewed through a historical trauma lens and the lasting effects of multigenerational trauma.

Embodied Perspectives on Treating Trauma

Our clients experience routine exposure to trauma leaving the body in disarray and unable to remain in the present moment. This routine exposure then continuously activates the body's stress response and inevitably does not allow our clients to reach a state of balance and "okayness". In this training, we will learn about various ways to view trauma—including Somatic Experiencing and Indigenous ways of healing—and how to assist our clients in their own journey. (6 CEUs)

A Closer Look at the Neurobiology of Trauma and Recovery

The workshop will provide participants with a deeper look at how trauma impacts the nervous system. This training will explore different techniques for Trauma treatment including Memory Reconsolidation, Poly-Vagal Theory and how they relate to approaches like EMDR, Brainspotting, and/or Mindfulness Based Emotional Processing. (6 CEUs)

The Neurobiology of Trauma and Recovery

Interoceptive awareness, the capacity to witness, engage, and report the condition of the body, is a skill that, when developed, can foster a direct and powerful form of psychophysiological recovery. It can form the foundation for a common language of self-expression; one less susceptible to the pitfalls of misaligned interpretation. It can improve our capacity to connect with our own experience with compassion, while fostering our capability to do the same with others. Most importantly, this skill can assist us in achieving these aims beneath thought and words alone. This training will include an exploration of neurobiological research, experiential exercises, and practical applications meant to support our clients and ourselves in the development of such interoceptive skills. (12 CEUs)

Drug Specific Training

Psychopharmacology: Part 1 Drugs of Abuse

This workshop will provide participants with an overview of the different classes of drugs of abuse. All of the most common drugs of abuse will be covered at length (alcohol, opioids,

amphetamines, and cannabis) and there will be time dedicated to address any new trends in substance use (kratom, synthetic cathinones, etc.). (6 CEUs)

Included in this class will be:

- The history and cultural/political issues around drugs
- Mechanisms of Action (methods of administration, metabolism, etc.)
- Signs and symptoms of intoxication, withdrawal and overdose.

Psychopharmacology: Part 2 Medications Used to Treat Mental Health and Addiction

This workshop will provide participants with an overview of the medications that behavioral health practitioners are likely to encounter to treat mental health and addiction issues. Included in this class will be: (6 CEUs)

- Antidepressants.
- Anti-anxiety agents.
- Mood stabilizers.
- Antipsychotic medications
- Medications used to treat addiction (Suboxone, Methadone, Naltrexone, etc.).
- Psychedelics showing promise as viable treatments.

Alcohol: The Undisputed Champion

Every decade public health officials focus efforts on a new “epidemic”, during which funding, training and other resources are mobilized. The current Opioid Epidemic is following a Methamphetamine Epidemic, which followed cocaine and so on it goes. What professionals and the public often forget is that even during the height of each “epidemic” alcohol is still the number one in all categories including number of deaths, incarcerations, domestic violence incidents, vehicle crashes, etc. This training will provide participants with a comprehensive overview of the drug that has the greatest impact on New Mexico families and communities. Participants will examine how alcohol works in and impacts the body; both immediately and through long term abuse. Different types of alcoholic beverages will be examined and discussed as well. Participants will also review data specific to New Mexico to see what the numbers tell us about alcohol both use and consequences. Participants will leave with a firm understanding of the many facets of alcohol. (3 CEUs)

Breaking Bad...Assumptions About Meth and Other Stimulants

Can stimulants make you lose weight? Have more energy? Be more productive? Make you smarter? Although amphetamines are commonly associated with criminal behavior *a la Breaking Bad*, these drugs have been used and abused by soldiers, college students, executives, even doctors. In this workshop participants will learn about the history of amphetamines (including methamphetamines) and the role they play in our culture today. The psychological and physiological factors of addiction to stimulants will be explored. Other stimulants such as cocaine, Adderall, Ritalin, and Provigil will also be covered. (3 CEUs)

The Opioid Epidemic: How We Got Here and Where are We Going?

Participants will be provided with an overview of the history of Opiate use from 3000BC to present day. Participants will examine their own beliefs about pain, pain management, and addiction. Participants will also be provided with an overview of the types of opiates used commonly today, as well as medications used to treat opiate addiction. (6 CEUs)

Marijuana Madness

Marijuana is one of the most challenging drugs for professionals to discuss and address in their communities. It is the most commonly used illicit drug and there is a widespread belief that it is not harmful. Marijuana use has become normalized in many communities and is now legal for recreational use in states as close as Colorado. This training goes beyond the general drug information and will explore issues related to the decriminalization of marijuana as it has been categorized as medicine for some conditions in our state. Special attention to how these conflicting messages can impact prevention efforts will help participants identify ways they can approach marijuana use and abuse in their community. (6 CEUs)

Psychopharmacology: Current Trends with Psychedelics

The workshop will provide participants with an overview of the history and current perspectives on psychedelic compounds including potential therapeutic applications. Specific targets of exploration will be Ayahuasca, Ketamine, Psilocybin and Ibogaine. (3 CEUs)

The Three Waves of the Opioid Crisis: This workshop will examine the data behind the three waves of the opioid crisis since the early 1990's. Looking at the historical contexts internationally, nationally and locally we will see how our relationship to opioids has evolved over time. Special attention will be focused on the current wave of fentanyl analogs (e.g. Fentanyl) and Tranq (Xylazine). The current trends around adaptations using Naltrexone, Methadone and Suboxone will also be reviewed (e.g. micro-dosing). (6 CEUs)

Other Trainings

De-Escalation Training for First Responders

This training will provide law enforcement, fire and rescue and other professionals with the knowledge of how to recognize and respond to the most common mental health crises situations that they may encounter. Starting with an understanding of trauma and its effects, participants will be provided with an overview of strategies that increase safety for officers and persons struggling with a mental health disorder. Focused skill building will be on utilizing Motivational Interviewing to increase understanding and safety/trust between the officer and the community member. (3 hours)

Differential Diagnosis of Co-Occurring Disorders

This workshop will focus on the knowledge and skills necessary to provide an accurate assessment for persons with mental health, substance use or co-occurring challenges. Tips and strategies to differentiate between substance use and mental health diagnosis will be covered. Participants will have opportunities to practice differential diagnosis through this interactive 2-day online workshop. (12 CEUs)

Working with Adolescent Substance Abuse

This presentation is designed for those working with youth ages 13-24 who might be struggling with substance use or abuse. This course will provide an overview of adolescent development from a social, emotional and neurological perspective. Participants will be introduced to the evidence based

practices of Adolescent- Community Reinforcement Approach (A-CRA) and Mult-Systemic Therapy (MST). (6 CEUs)

Holistic Models & Biological Aspects of Addiction & Recovery

This course is designed to equip students with an overview of the biological basis of addiction. Topics will include drug classifications, drug history, pharmacokinetics/pharmacodynamics, and basic neurochemistry. The biological, social, and spiritual dynamics of pleasure and reinforcement will also be explored. Pharmacotherapies will also be covered, providing students with an overview of medications that are currently being used and those in development to treat addiction. (12 CEUs)

Get Out of the Box: Using Gestalt Exercises in Your Clinical Practice

This workshop will present participants with the theoretical overview of Gestalt therapy with a mix of lecture and awareness building exercises. Then participants will get an opportunity to participate in demonstrations of Dreamwork and Empty Chair exercises applied to mental health and addiction treatment. (6 CEUs)

Understanding Loss from an Existential Perspective

This presentation is designed for anyone wanting to explore Logotherapy as a way to understand grieving and loss. Humans experience multiple impactful losses that can impair one's quality of life if unaddressed. One's orientation to death, illness, change in social status or self-image can affect one's life in multiple ways. Too often we are expected to "get over" these experiences but have few tools to do so. This presentation will provide a basic understanding of logotherapy and intervention strategies to support individuals working through grief and loss. (6 CEUs)

Grief and Loss

This presentation is designed for anyone wanting to understand grieving and loss. Humans experience multiple impactful losses that can impair one's quality of life if unaddressed. One's orientation to death, illness, change in social status or self-image can affect one's life in multiple ways. Too often we are expected to "get over" these experiences but have few tools to do so. This presentation will provide a basic understanding of intervention strategies to support individuals working through grief and loss. (6 CEUs)

Social Determinants of Health

"Social determinants of health are 'the structural determinants and conditions in which people are born, grow, live, work and age.' They include factors like socioeconomic status, education, the physical environment, employment, and social support networks, as well as access to health care." (Heiman, H., and Artiga, S., 2015). Health behaviors are one of the most important determinants to a person's life span. This concept can seem really overwhelming and ambiguous, yet more and more funders are asking substance abuse prevention efforts to address such issues in their communities. This training will explore specific examples of social determinants we can find in our New Mexico communities. Participants will also review barriers to health equity and examples of opportunities that can be created in the community to increase health and wellness. Time will be taken to identify health equity solutions coalitions can incorporate into their missions to decrease alcohol and drug misuse and abuse. (6 CEUs)

S.A.D. for the Holidays? Client-care and Self-care to Navigate the Season

This presentation will take a look at all of the many, many reasons that holidays can be the roughest time of year. Issues around grief/loss, Seasonal Affective Disorder, stress from reconnecting with dysfunctional family systems and the list goes on and on. All of these issues will be explored with honesty and humor while participants support each other and their clients through the Holiday Season. (6 CEUs)

Self-Care for Providers

Providers teach clients about self care and how imperative it is to both the stability and transformation of one's self. We know this as providers but, do we practice it within ourselves? Participants will assess their level of self care and create a thoughtful and intentional plan for caring for one's self to be even more present to their clients. (6 CEUs)

Social Media Impact on Gen Z

Gen Z, those born in mid-1990's through late 2010s, are the first true generation to be shaped by social media. The amount of content and the rate it's disseminated greatly impacts one's social, neurological, and emotional development. Sometimes this impact is negative causing our young people to feel anxious, depressed, and alone. Participants will learn how to work with this population, and explore therapeutic interventions to address anxiety and depression.