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## General Information

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[Click here to register for courses](#)
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### ON THE COVER: CONNECTICUT STATE FLOWER

The Mountain Laurel (Kalmia Latifolia) is Connecticut's State Flower. Aside from their striking beauty, these wild flowers are notable for their unusual method for dispensing pollen. As the flower grows, the filaments of its stamens are bent and brought into tension. When an insect lands on the flower, the tension is released, catapulting the pollen forcefully onto the insect.


CLICK HERE TO REGISTER FOR COURSES
The mission of the Connecticut Women’s Consortium is to ensure that the behavioral health system responds to the needs of women and the people and organizations that affect them.

We envision that behavioral health care systems serving women will be accessible, effective, and practice holistic, trauma-informed and gender-responsive care. To achieve this vision we strive to eliminate discrimination and promote excellence in the care for women through education, training, advocacy, and policy development.

We’re expanding our “series” schedule. Courses in a given series will be tagged in the catalog. Below is a brief description of each series.

**INTRODUCTORY SERIES**
These trainings provide foundational information on a variety of behavioral health topics. Trainings include Biology of Addiction and Understanding Psychological Trauma Parts 1 and 2.

**TWO DAY TRAINING!**
12 CEU courses offer a more in-depth coverage of clinical topics and usually include case studies, breakouts and group participation opportunities.

**NASW CULTURAL COMPETENCE COURSE**
These training topics meet the NASW requirements for Cultural Competence CEU’s. Learning is integrated with or focuses on diversity, culture, and oppression of marginalized populations and groups.

**TRAUMA SERIES**
The Trauma Series offers a variety of trauma-informed system change trainings and evidence based trauma treatment models to support the State of Connecticut Department of Mental Health and Addiction Services’ (DMHAS) Trauma Initiative. In 2010, DMHAS established the Trauma Services Policy to foster a health care system that employs and practices principles that are trauma sensitive and trauma-informed for individuals served by state run and state funded agencies. The Women’s Consortium supports the integration of trauma-informed services and trauma treatment interventions in behavioral health systems.

Effective January 1, 2016, LMSW’s and LCSW’s will be required to obtain two hours of continuing education on veterans’ services. This requirement must be met after licensure renewal in 2016, and must be met every six years.

These series offers learning on community mental health issues with integrated discussion on available supports, impact of policy, culture, barriers to services and resources. Topics include domestic violence, restorative justice, re-entry from incarceration and community readjustment for Veterans.
Please visit our website at: www.womensconsortium.org for instructions on how to register for trainings online. You can make payments using a credit or debit card.

Sign-in begins 1/2 hour before the start of each training session. It is each participant’s responsibility to sign in at the beginning of the session and to sign out at the end of the session. The CT Women’s Consortium is a provider of continuing education units (CEU's) from the National Association of Social Workers (NASW), and CT Certification Board (CCB). The NASW CEU’s we offer are also accepted in MA, RI, VT and NJ. (Note: NASW CEU’s are applicable for LCSW, LMSW, LPC, LMFT and licensed psychologists credentialing).

NEW: If you are a physician or advanced practice nurse and would like continuing medical education (CME’s) for one of our trainings please contact us at: 203-909-6888 ext. 33.

If you are put on a waiting list for a training and a spot becomes available, we will notify you by phone or e-mail and assist you with online registration. If you are notified of space within 3 days of the training you may bring payment with you the day of the training in the form of cash, credit card, or check.

If you are registering through an agency with a purchase order: Please fax your registration form and the approved purchase order document to us at: 203-909-6894. This will ensure your space in the training.

To register by mail: Complete the paper registration form in the back of this catalog and mail it to the address below with a check or money order. (Registrations received without payment will not be processed). Your paid registration will be confirmed by e-mail. Make checks payable to The Connecticut Women’s Consortium (CWC). There is a $15 handling fee for all returned checks. Failure to reimburse the CWC for a returned check will prevent registration for future trainings.

The Connecticut Women’s Consortium
Training Department
2321 Whitney Avenue, Suite 401
Hamden, CT 06518

If you are not able to attend a session for which you have registered, please contact our Training Department at: 203-909-6888, option 2. You must call at least two days prior to the training either to transfer your registration to someone else in your agency or to request a partial refund (75% of cost). Refunds will not be given for cancellations made less than two days prior to the training, or for no-shows. Please keep in mind that last minute, non-emergency cancellations prevent others from attending.

For your protection, The CT Women’s Consortium is no longer able to accept credit card payments by phone. If you are having difficulty with our online registration, you can submit payment by mail using our registration form on pg 31.

If we have to cancel:
In the event of inclement weather, please call 203-909-6888 or visit our website at www.womensconsortium.org for updated information on training delays or cancellations. We do not post delays and cancellations on television stations or radio. If there is a training cancellation we will contact you with the rescheduled training date. If you cannot attend the new date, we will offer a credit for a future training or refund your payment.

If you have to cancel:
If you are not able to attend a session for which you have registered, please contact our Training Department at: 203-909-6888, option 2. You must call at least two days prior to the training either to transfer your registration to someone else in your agency or to request a partial refund (75% of cost). Refunds will not be given for cancellations made less than two days prior to the training, or for no-shows. Please keep in mind that last minute, non-emergency cancellations prevent others from attending.

Please consider bringing one non-perishable food item to each training session you attend. The CWC donates the food to local food pantries such as Saint Anne’s Soup Kitchen in Hamden, New Reach, Christian Community Action, Keefe Community Center, Hamden Food Bank, and the Cheshire Food Pantry.

For questions please contact our Training Department 203-909-6888, option 2, or email: training@womensconsortium.org
Coping with Post-Traumatic Stress Disorder in the Geriatric Population

Tuesday, January 12th | 9am to 12:15pm

Older individuals who were exposed to significant trauma in their younger years are at risk for Post-Traumatic Stress Disorder (PTSD). Symptoms such as flashbacks, delusions, agitation, food rituals, and aversions to bathing or personal care can emerge at any time and can worsen years after the initial trauma. Understanding the early context helps caregivers avoid triggering or worsening PTSD symptoms in older adults, and highlights opportunities to enhance comfort. Participants will view Prisoner of Her Past, a film that depicts intense emotional content about the Holocaust and offers practical strategies that apply to victims of various kinds of trauma.

TRAINERS

Donna Fedus, MA, earned her master’s degree in Social Gerontology in 1991 from the University of Pennsylvania. As a gerontologist in hospital settings, university settings, and with private clients, she has spent the past twenty-five years working with and on behalf of older adults and caregivers.

Joan Blumenfeld, MS, LPC, is a highly regarded geriatric care manager with twenty years of experience in the field. She is a licensed and board-certified counselor.

Code: CL100  |  CEUs: 3  |  Fee: $45

Staff Care and Support

Thursday, January 7th | 9am to 4pm

The emotional strain of working in the addiction/mental health field can cause burnout, staff turnover, and can impact individuals’ professional and personal lives. Without effective coping mechanisms, caregivers can become frustrated, overwhelmed, and immobilized. This experiential workshop on staff care takes a three-layered approach—organizational, professional and personal. In addition to receiving information on topics such as vicarious trauma and compassion fatigue, participants will engage in exercises related to reconnection, spirituality and mindfulness practice.

TRAINERS

Eileen Russo, MA, LADC, is a licensed addiction counselor, certified clinical supervisor and certified co-occurring disorder professional. She has worked in the addiction and mental health field for over twenty-six years.

Alicia Davis, LMT, President of Centerpoint Wellness, believes that individuals inherently have the capacity to live with passion, energy, and balance. She brings over eighteen years of experience in the health and wellness field to her presentations.

Code: IN100  |  CEUs: 6  |  Fee: $45
In October of 2015, the United States made the transition from the World Health Organization's ICD-9 to ICD-10. For most behavioral health and substance use clinicians this came with the additional transition to the American Psychiatric Association's DSM-5™. Fourteen years in the making, the DSM-5™ replaced the DSM-IV™ as the standard diagnostic manual for psychiatric disorders in the U.S. Differences between the two manuals are substantial and the elimination of the five-axes system places increased responsibility on providers to better qualify and quantify the severity of diagnoses. While the new manual offers guidance on how to do this, there are no absolute directives, other than to use the criteria and clinical judgment.

This day-long training provides clinicians with both an overview of the DSM-5™ and practical strategies for enhancing diagnostic accuracy and treatment efficacy, through the strategic application of public domain metrics. To provide participants with a “hands on” practicum, there will be multiple opportunities to formulate DSM-5™ diagnoses through the use of case studies. Implications related to billing, compliance, and treatment planning will be reviewed and discussed.

TRAINER

Charles Atkins, MD, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT, working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

Code: CL120 | CEUs: 6 | Fee: $75

Based on an open exploration and a flexible interpretation of The Twelve Steps, Dr. Covington’s book, A Woman’s Way through The Twelve Steps, takes into account the psychological development of women as it relates to addiction and recovery.

DR. COVINGTON’S CURRICULA WILL BE AVAILABLE FOR PURCHASE AT THE TRAINING

Click here to register for courses.
Hopeful Conversations: Inspiring Change and Recovery with Motivational Interviewing

**Friday, January 22nd | 9am to 4pm**  
**Friday, January 29th | 9am to 4pm**

This training will provide an introduction and overview of techniques for Motivational Interviewing that can guide helpers to assess and engage clients in therapeutic conversations that decrease adversarial power struggles and enhance integration of services for challenging clients with co-occurring disorders and other complex problems. Participants will receive a training packet to enable them to apply and practice Motivational Interviewing in a variety of relationships and settings.

**TRAINER**  
Donald Scherling, PsyD, LADC, CCS, is a clinical consultant in the Department of Psychiatry and Behavioral Sciences at Berkshire Medical Center and a member of the faculty in the psychiatric residency program.

**Code: CL121 | CEUs: 12 | Fee: $150**

Diversity in the Workplace: One Agency, Many Cultures

**Friday, February 12th | 9am to 4pm**

This highly interactive, experiential workshop will address the concepts of diversity and multiculturalism in their broadest sense, to include identities of race, ethnicity, gender, religion, sexual orientation, ability, body size, and more. Participants will have the opportunity to: reflect on and share their own identity “landscape;” address the pitfalls of “passing” or identity invisibility; learn about authentic self-expression for better work outcomes; talk about how to create a work environment in which it is safe to ask and answer questions; discuss the nature and impact of microaggressions, and additional topics proposed by the group. This training will be an opportunity to learn more about oneself, one’s colleagues, and ultimately to form professional relationships based in authenticity and respect.

**TRAINER**  
Mara Gottlieb, PhD, LMSW, is an adjunct faculty member at the NYU Silver School of Social Work, teaching at both graduate and undergraduate levels. Dr. Gottlieb is also the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge, self-awareness, and insight can be cultivated.

**Code: CC102 | CEUs: 6 | Fee: $75**

*Note: This course meets the NASW requirements for Cultural Competence CEU’s.*
Women, Opiate Dependence, and The Conundrum of Complex Co-Occurring Disorders

Wednesday, February 17th | 9am to 4pm

This program opens with the basics of opiate dependence-recognition, diagnosis, and treatment. From there it explores gender-specific issues of the opiate dependent woman throughout the life cycle. This first part of the program includes specifics related to pregnancy and post-partum, as well as psychosocial risks and protective factors. The second half of the training focuses on opiate-dependent women who have one or more co-occurring mental health disorders and other substance abuse disorders. The program presents strategies for teasing out multiple diagnoses and constructing treatment that insures all active issues are addressed. The content will include the use of standard diagnostic criteria, screening tools, current psychopharmacological interventions and a broad range of therapeutic and theoretical strategies (CBT, DBT, Twelve-Step, Motivational Enhancement, Stage of Change Theory, Harm Reduction, Recovery, Peer Support, etc.).

**TRAINER**

Charles Atkins, MD, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT, working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

**Code:** CL102 | **CEUs:** 6 | **Fee:** $75

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The Resilient Practitioner: A Clinician’s Guide to Emotional Well-Being

Friday, February 26th | 9am to 4pm

Ever had one of those days when you were happy when you started your day, but within ten minutes of being in the office you were inundated with problems and your mood went from good to bad to worse? Ever observe your team members in a state of frustration or anger lashing out at others, playing the blame game, or having emotional meltdowns? Is fear getting in the way of taking important action? Does worry keep you going in circles? Your emotions are powerful influences of behavior, and strong emotions physiologically override the rational, thinking and reasoning mind within three seconds. Your thoughts create your reality either negatively or positively. Being able to cultivate self-awareness, practice self-regulation, and effectively respond to potentially overpowering thoughts (worry, negativity, criticism) and feelings (anger, fear and grief) are critical skills in a clinical environment. This workshop combines Core Energy™ Coaching techniques, mindfulness and learned optimism practices, and brain science to provide practical and effective ways of calming down, addressing core issues, maintaining an internal sense of calm, and contributing to a peaceful environment in which to work and live.

**TRAINER**

Alicia Davis, LMT, President of Centerpoint Wellness, believes that individuals inherently have the capacity to live with passion, energy, and balance. She brings over eighteen years of experience in the health and wellness field to her presentations.

**Code:** HA111 | **CEUs:** 6 | **Fee:** $75

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**TRAINER-RECOMMENDED READINGS**


**NASW CULTURAL COMPETENCE COURSE**

*LGBTQIA... SOS! Sexuality and Gender, Differentiated and Demystified (*DATE HAS CHANGED)

**Friday, March 11th | 8:30am to 12:45pm**
**Wednesday, June 15th | 8:30am to 12:45pm**

We are witnessing the dawn of a new civil rights movement, and the question is no longer whether we will have LGBTQIA clients, but when, and whether we will be adequately prepared to serve these populations respectfully. So let’s talk about sex and gender and what—if anything—the two have to do with one another.

This workshop will provide participants with a clear understanding of sexual orientation, sexual identity, and gender identity. It is appropriate for participants with any level of knowledge regarding these identities and will be a straightforward, accessible, open discussion, with opportunities for questions. Accurate terminology, myths/facts, and other information will help practitioners in addressing sexual and gender identity with clients.

**TRAINER**

Mara Gottlieb, PhD, LMSW, is an adjunct faculty member at the NYU Silver School of Social Work, teaching at both graduate and undergraduate levels. Dr. Gottlieb is also the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge, self-awareness, and insight can be cultivated.

**Code: CC100  |  CEUs: 4  |  Fee: $45**

*Note: This course meets the NASW requirements for Cultural Competence CEU’s.

**HEALING ARTS SERIES**

**De-stress Using Your Mind, Body, and Breath: Wellness Techniques for the Practitioner**

**Tuesday, March 15th | 8:30am to 12:45pm**

As staff members become the change they desire to see, they translate into powerful and inspirational models for their clients. In this experiential workshop, participants will learn chair yoga poses and deep breathing exercises to de-stress and restore themselves. When participants can model and share these benefits with their clients, they can have a lasting, positive effect. Participants will experience a shift in their physiology through deep-breathing exercises, chair yoga poses, and guided visualization. The benefits of chair yoga will also be discussed—including overall quality of life, depression, tension, mood, physical functioning, and general health.

**TRAINER**

Kathleen Fisher, BS, is the Founder and President of Wellness Insights, LLC, Mind Body Spirit for Health. As an energy medicine practitioner and yoga training facilitator, Kathleen has created several health management programs that produce long lasting behavioral change.

**Code: HA101  |  CEUs: 4  |  Fee: $45**

**FIND OUT MORE ONLINE!**

Visit Dr. Gottlieb’s website Talking Changes, an anti-oppression focused training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge and insight can be cultivated. www.talkingchanges.org

**CLICK HERE TO REGISTER FOR COURSES**

**TRAUMA MATTERS: OUR BI-ANNUAL PUBLICATION ON TRAUMA**

Since 2002, the Trauma Matters newsletter has provided information about trauma and trauma-informed care by examining best practices and efforts in behavioral health in the state of Connecticut. Sign up for our mailing list and get notified when new issues of Trauma Matters are available. To suggest an event or topic for our newsletter, please contact Aili Cordova Arisco, LCSW, at aarisco@womensconsortium.org. To see the most recent issue as well as past issues and to sign up, visit us online at http://www.womensconsortium.org/newsletter.cfm
Bipolar Disorder: From Diagnosis, through Treatment, and into Recovery

Wednesday, March 16th | 9am to 4pm

This program presents the basics of diagnosis and treatment, as well as more in-depth exploration of co-occurring substance abuse and how to structure treatment for a person with multiple co-morbidities (psychiatric, substance abuse, medical, psychosocial). The program relies heavily on established paradigms and diagnostic criteria and also incorporates emerging approaches to working with complex individuals. Because the rate of suicide in people with bipolar disorder is the highest among all mental disorders, a module on suicide assessment is included in this training. Specific attention will be paid to: complex diagnostic dilemmas and gender-specific topics. Because the lifetime prevalence of substance use disorders (SUDs) is between 50-70 percent in bipolar disorder, a portion of the program focuses on how to approach and effectively implement dual-diagnosis treatment.

TRAINER

Charles Atkins, MD, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT, working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

Code: CL103 | CEUs: 6 | Fee: $75

* Biology of Addiction I

(*DATE HAS CHANGED)

Monday, March 21st | 9am to 4pm

Monday, April 11th | 9am to 4pm

Participants are introduced to the fundamental processes of neurotransmission and the central nervous system. This training assumes that participants have not revisited the study of human biology since high school. The information is presented in an accessible format with the purpose of having participants develop an appreciation for the effects of substances on brain function that lead to clients continued use, despite tragic consequences. The material is approached from a counselor perspective (not a medical or research perspective) with the objective of providing participants with the basic information that they need to educate and empower clients. “Biology of Addiction I” introduces participants to an overview of the effect of alcohol, opiates, and stimulants on the body and brain. Participants will learn about the risk factors to various organs and systems of the body that result from the use of alcohol, opiates, and stimulants. A variety of resources suitable for clients engagement and education on the biology of addiction will be presented.

TRAINER

Lauren Doninger, EdD, LADC, LP, has been in the field of mental health and addiction services since 1983. She is on the faculty at Gateway Community College in New Haven with primary teaching responsibility in the Drug and Alcohol Recovery Counselor Program.

Code: CL104 | CEUs: 6 | Fee: $45

**Dr. Atkins’ Book Will Be Available for Purchase at the Training**

Dr. Atkins’ *The Bipolar Disorder Answer Book* is an authoritative guide to this complex disorder, and is a recommended read for clinicians.
The Impact of Attachment Trauma and the Development of Dissociative Disorders

Wednesday, March 30th | 9am to 4pm

In this training participants will explore the complex consequences of attachment trauma. Attachment trauma refers to development in the early years of life that is characterized by significant neglect or impingements, often in the form of physical, sexual, and verbal abuse. This workshop will review the multiple consequences of attachment trauma, with specific focus on the development of disorganized attachment and its manifestation in adult dissociative disorders. Dissociation will be explored as a biopsychosocial adaptation to attachment trauma. The effect of dissociation on other interpersonal capacities—specifically mentalization, the ability to understand one’s own and others’ minds—will be discussed. Finally, participants will explore various treatment that address aspects of attachment trauma. Because of the complexity of the impact of attachment trauma, the contribution of multiple treatment perspectives will be highlighted.

TRAINER
Ellen Nasper, PhD, is a clinical psychologist and private practitioner in New Haven, Connecticut, and is an assistant clinical professor in the Yale School of Medicine Department of Psychiatry. She worked for the Connecticut Department of Mental Health and Addiction Services for over twenty-five years, providing leadership in the development of trauma-focused treatment.

Code: CL106 | CEUs: 6 | Fee: $75

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Understanding Psychological Trauma and Trauma-Informed Care, Parts 1 and 2

Part 1: Tuesday, March 22nd | 9am to 4pm
Part 2: Wednesday, March 23rd | 9am to 4pm

*Note: This training can either be taken as a one-day course (Part 1) or a two-day course (Parts 1 and 2). Part 2 may not be taken without completing Part 1.

Part 1: Traumatic experience in the history of addiction and mental-health clients is extremely common. However, the impact of trauma can be difficult for service providers to recognize. This introductory workshop will provide an understanding of psychological trauma and will help attendees to identify simple and practical ways to provide trauma-informed care to clients.

Part 2: This experiential training is a supplement to Understanding Trauma and Trauma-Informed Care, Part 1 and will provide clinicians and case managers with an overview of coaching on grounding, emotional/physical safety planning, and the importance of educating clients on the possible impact of traumatic experience. Discussion will provide a closer look at diagnostic criteria, screening, assessment, treatment models, and a review of psychological first aid. This training is most appropriate for those who are beginning their understanding of psychological trauma and would like to learn some basic, effective skills for working with those whose lived experience includes trauma.

TRAINER
Eileen Russo, MA, LADC, is a licensed addiction counselor, certified clinical supervisor and certified co-occurring disorder professional. She has worked in the addiction and mental health field for over twenty-six years.

Part 1 – Code: TR804 | CEUs: 6 | Fee: $45
Part 2 – Code: TR820 | CEUs: 6 | Fee: $45

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CLICK HERE TO REGISTER FOR COURSES
Responding to Intimate Partner Violence through Screening Intervention

*Thursday, March 31st | 8:30am to 12:45pm*

Intimate Partner Violence (IPV) is a public-health issue that affects millions of Americans. Intimate partner violence is associated with significant health problems for victims—“anxiety, depression, diabetes, hypertension, sexually transmitted diseases, serious injury, and substance use—all of which have long-term physical and emotional repercussions.” Often referred to as domestic violence, IPV impacts both physical and emotional health for individuals and even creates stress-related responses for children and families who are exposed to it. Healthcare professionals can play a critical role in responding to this issue through knowledge, screening efforts, and interventions that lead to appropriate supports and services. Responding to IPV through screening intervention training offers participants tools to identify individuals at risk, and to recognize health consequences that impact physical and emotional health, strategies for screening, and resources to support individuals at risk.

**TRAINER**

**Natacha Kerelejza, LCSW,** has been engaged in anti-violence work through local sexual assault and domestic violence services since 1998. She is the Clinical Director of the Health Professional Outreach Project at the Connecticut Coalition Against Domestic Violence.

**Code:** CO100 | **CEUs:** 4 | **Fee:** $45

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Becoming Your Best Self: Strategies for Creating a High-Energy Life

*Friday, April 1st | 8:30am to 12:45pm*

Every individual has an internal Results System™ that determines their levels of energy and success in business and life. If we aren’t getting the results we want, we need to change some part of the system. Most often we focus on goals and external actions, but what is really driving us is more internal and hidden—our perceptions, beliefs, assumptions and expectations that lead to habits and behaviors. These behaviors are what drive results—negative or positive, low energy or high. By focusing first on the results, this unique coaching process enables participants to quickly identify what’s draining their energy and keeping them from making progress, and to determine what’s supporting them in moving forward and how to follow a critical path to success.

In this fun and creative group-coaching experience, participants will create a personalized Results Roadmap™ about a desired real-life result. Each person will leave with a tangible map and a specific ninety-day action plan with a clear focus on how best to achieve high energy and satisfaction in their work and life.

**TRAINER**

**Alicia Davis, LMT,** President of Centerpoint Wellness, believes that individuals inherently have the capacity to live with passion, energy, and balance. She brings over eighteen years of experience in the health and wellness field to her presentations.

**Code:** HA112 | **CEUs:** 4 | **Fee:** $75

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*Note: Part of the cost for this training is a $25 fee for workshop materials.*

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To find out more about domestic violence-related issues and services, visit the Connecticut Coalition Against Domestic Violence’s website: [www.ctadv.org](http://www.ctadv.org)

**cca|DV**

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CLICK HERE TO REGISTER FOR COURSES
The Relationship of Adverse Childhood Experiences to Adult Well-Being, Disease, and Premature Death

Wednesday, April 6th | 9am to 4pm

The Adverse Childhood Experiences (ACE) Study is an in-depth, retrospective, and prospective analysis of over 17,000 adult members of Kaiser Permanente, which matched their current health status against ten categories of adverse childhood experiences that occurred on average a half-century earlier. It was found that:

- Adverse childhood experiences are surprisingly common although typically concealed and unrecognized because of time, shame, secrecy, and social taboo.
- Adverse childhood experiences still exert a profound effect fifty years later, transformed from life experience into organic disease, mental illness, and social dysfunction.
- Adverse childhood experiences are the main determinant of the health and social well-being of the nation and of adult medical costs.
- Integrating these findings into primary-care medical practice appears to produce a significant reduction in medical care costs—and is surprisingly resisted.

**TRAINER**

Vincent Felitti, MD, is a Physician and Partner Emeritus at Kaiser Permanente Medical Care Program in San Diego, CA. From 1990 to present he has served as co-principal investigator for The Adverse Childhood Experiences (ACE) Study. He wears many hats in the field of medicine, among them Founder and Chairman of the Department of Preventive Medicine at Kaiser Permanente, Clinical Professor of Medicine at the University of California, and Senior Editor of the Permanente Journal.

**Code: CL116 | CEUs: 6 | Fee: $100**

*IMPORTANT NOTE*

This training will be held at Quinnipiac University’s North Haven campus: 370 Bassett Rd, North Haven, CT 06473

**CLICK HERE TO REGISTER FOR COURSES**
Mindful Writing: From Practice to Publication

Thursday, April 7th | 9am to 4pm
Friday, April 8th | 9am to 4pm

This is a two-day immersive training that employs creative writing to synthesize principles and practices of mindfulness and cognitive training. It provides a blueprint for clinicians to develop their own writing skills and to apply them to their practices and as tools for self-care and personal growth.

The course relies heavily on exercises that develop mindfulness-based listening, nonjudgmental evaluation, and emotional excavation. Participants will produce essays, personal narratives, and/or short stories and have the opportunity for a one-to-one review/session with a professional editor. For attendees interested in writing for publication, both professional/clinical and mainstream, those topics will be explored as well.

TRAINERS
Charles Atkins, MD, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT, working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

Elizabeth Fitzgerald, BA, is an editor and publishing consultant with more than thirty years of experience in the trade fiction/non-fiction area of the publishing industry. She has worked with literary agents, publishers, individuals, groups, and organizations to develop and refine fiction and nonfiction projects and to guide them toward publication.

Code: HA113 | CEUs: 12 | Fee: $200

Racism and the Myth of Colorblindness

Friday, April 15th | 9am to 4pm

This is a courageous workshop to attend. In a safe and respectful manner, participants will have a conversation evaded by many well-meaning individuals—the meaning and impact of race, skin color and racism in both our society at large and within the workplace. The workshop is designed to teach communication and educational tools by practicing them with one another, thus reinforcing new information and creating an opportunity for a cultural transformation that can have a ripple effect in our own social and professional circles.

TRAINER
Mara Gottlieb, PhD, LMSW, is an adjunct faculty member at the NYU Silver School of Social Work, teaching at both graduate and undergraduate levels. Dr. Gottlieb is also the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge, self-awareness, and insight can be cultivated.

Code: CC101 | CEUs: 6 | Fee: $75

*Note: This course meets the NASW requirements for Cultural Competence CEU’s.


White Privilege: Unpacking the Invisible Knapsack, by Peggy McIntosh, originally appeared in the magazine Peace and Freedom in 1989. A version of the article can be viewed as a PDF online at http://ted.coe.wayne.edu/ele3600/mcintosh.html
A Man’s Way through Relationships: Men, Trauma and Intimacy

Wednesday, April 20th | 9am to 4pm

The myth that men do not care about relationships has dominated our culture for decades. Research shows that all human beings are wired for connection—not just women. While our expectations for how men engage in their relationships have changed dramatically in the past several decades, we have spent little time looking at how male socialization—The Man Rules—affects a man’s ability to engage in healthy relationships. Dan Griffin has written A Man’s Way through Relationships: Learning to Love and Be Loved, the first trauma-informed book focused solely on helping men explore the journey toward creating and sustaining healthy relationships.

Relational Cultural Theory (RCT) was created to address the limitations of the traditional psychological paradigm, particularly as it relates to the limited role of relationship and connection. However, RCT was primarily created for women and unintentionally perpetuates the idea that relationships and relational competence are primarily the domains of women. The principles of RCT support the creation of healthy relationships for everyone, and this workshop explores in detail the challenges and joys that men experience in their relationships.

TRAINER

Dan Griffin, MA, is an international speaker, trainer, and consultant for treatment programs, recovery courts, and mental health programs, Dan is focused on developing gender-responsive, trauma-informed services for men.

GRIFFIN’S BOOK WILL BE AVAILABLE FOR PURCHASE AT THE TRAINING

Dan Griffin’s book, A Man’s Way through Relationships, is the first trauma-informed book focused solely on helping men in addiction recovery create and sustain healthy relationships.

The Missing Peace: Understanding Gender and Trauma

Thursday, April 21st | 9am to 4pm

For years we have talked about the importance of gender as it relates to trauma. However, the vast majority of that has been focused on the experience of girls and women. In fact, there remains a myth that trauma is not as common in boys and men. Recently the conversation on gender and trauma has expanded to include those experiences. This presentation is one of the first to offer two national experts—one male, one female—talking about the complexity of gender, gender relations, and how trauma affects our lives individually, our relationships, and our experience of community. We will never make all possible progress if men and women can’t talk together and share our truths. This presentation is a powerful step in that direction.

TRAINER

Dan Griffin, MA, is an international speaker, trainer, and consultant for treatment programs, recovery courts, and mental health programs, Dan is focused on developing gender-responsive, trauma-informed services for men.

Cheryl Sharp, MSW, ALWF, the leader of the National Council’s Trauma-Informed Care Learning Communities, has led many behavioral health organizations in preparing to offer trauma-informed care.

Click here to register for courses
The Energized Practitioner: A Holistic Approach to Stress Reduction in Clinical Practice

Friday, May 6th | 9am to 4pm

At the end of a workday, do you find yourself drained from dealing with needy clients, putting out fires, managing a large caseload, or handling too much paperwork and red-tape? Would you like to learn some practical and holistic approaches to help you manage your energy in the moment so you have more of it for yourself at the end of the day? Your overall energy determines your overall potential in life and work. How much potential you actually have available to use at any particular time is dependent on the situational and internal influences affecting you. Learning to manage and increase your energy in the physical, mental, emotional, spiritual, social, and environmental areas is critical to being able to maintain a balanced sense of well-being and purpose. Drawing on energetic sciences and practices from the healing arts (including mindfulness, chakra balancing, core energy coaching, guided visualization, and aromatherapy), participants will leave the workshop with an understanding of how they are specifically reacting to situations that are draining their energy, and how they can use more effective approaches to conserve and increase their energy throughout their clinical day.

TRAINER
Alicia Davis, LMT, President of Centerpoint Wellness, believes that individuals inherently have the capacity to live with passion, energy, and balance. She brings over eighteen years of experience in the health and wellness field to her presentations.

Code: HA109 | CEUs: 6 | Fee: $75

Restorative Justice 101: A Basic Overview for Communities and Schools

Tuesday, May 3rd | 9am to 4pm

This one-day intensive program is designed to give participants an overview of the principles and types of restorative justice (RJ) in both the community and school setting. The program will give a brief history of the modern RJ movement and an overview of currently used practices. It will look at the successes for RJ practices in both the community and school setting. Through the use of games, activities, role-plays, practice circle, videos, and lecture this workshop will give participants a taste of what RJ is and is not. Participants will explore how our current forms of justice compare to the restorative approach and how we can create more restorative systems.

TRAINER
Joe Brummer, BS, is an experienced trainer, facilitator and mediator with over ten years of experience in teaching nonviolent communication and restorative practice. He is the founder of Joe Brummer Consulting, LLC, which offers workshops, trainings and consultation that promote healthy community and interpsersonal realtionships.

Code: CO101 | CEUs: 6 | Fee: $75

CLICK HERE TO REGISTER FOR COURSES
Understanding Sexual Intimacy: Clinical Application and Self-Care


Thursday, May 12th | 9am to 4pm

Women’s sexuality is integral to the clinical process. It is often a key component of substance abuse, intimate partner violence, compulsive eating, and other self-destructive patterns of living. Clinicians are expected to facilitate healthy sexuality for women with trauma histories, but they often don’t have the benefit of sorting out their own journey and how their values, attitudes, and behaviors may impact the clinical process. This workshop will provide a safe avenue for the professional to look at what healthy sexuality is and how it is defined through personal experience and the outside influence.

Significant events that have shaped the participant’s sexual life will be explored through an exercise—Sexual Journey Through Time. We will examine implications for working with women with substance abuse and trauma histories. In addition attendees will learn about the neurobiological underpinnings that interfere with survivors’ ability to experience pleasure and healthy sexuality. Through a series of exercises, and with the provision of tools and resources, participants will gain an appreciation for duality—a capacity for women to experience and embrace present moments in spite of calamitous and intrusive feelings from their past. We will also explore the effects of trauma on sexual intimacy and strategies to support women and healthy sexuality.

TRAINER
Germayne Boswell Tizzano, PhD, for over twenty-five years has conducted and coordinated more than 400 educational programs, training and conferences involving subject matters such as sexual and physical abuse, women and adolescent sexual health, and communications.

Code: HA114  |  CEUs: 6  |  Fee: $75

Restoring Healthy Sexuality for Women with Trauma Histories

This workshop will examine the importance of addressing women’s sexuality while in treatment. Over 75 percent of women with addiction histories have suffered from childhood sexual abuse and/or intimate partner violence. The focus of this two-day program will be to enhance the clinician’s capacity to understand and address the impact of sexual trauma on a woman’s ability to have healthy sexual relationships and thereby reduce her risk of re-occurrence of substance abuse.

Day I: Participants will gain an appreciation of the value of sexuality as integral to women’s substance abuse recovery. Attendees will learn the whys and hows behind risky sexual behavior, red flag indicators, what we know about women, sexuality, addiction, and recovery, as well as barriers that get in the way of healthy sexual choices for women with trauma histories. We will examine a case example of a woman who was traumatized and subsequently experienced intimate partner violence and substance abuse. Additionally we will discuss the identification of risk factors, the role of trauma in substance abuse, and strategies to support healthy living in sexuality.

Day II: Participation will advance the professional’s ability to work with survivors of sexual trauma. Through a psycho-educational approach, attendees will learn strategies to assess and create a sex-positive approach to serving women impacted by abuse. We will examine the development of a sexual-recovery plan, apply it to case examples, and discuss its application to working with women who have sexual trauma histories.

TRAINER
Germayne Boswell Tizzano, PhD, for over twenty-five years has conducted and coordinated more than 400 educational programs, training and conferences involving subject matters such as sexual and physical abuse, women and adolescent sexual health, and communications.

Code: CL108  |  CEUs: 12  |  Fee: $150

FIND OUT MORE ONLINE!
Views From A Tree House, Inc., is a vantage point from which community and public health professionals can gain far-reaching new outlooks on issues of sexual health, wellness, and more. www.viewsfromatreehouse.com

CLICK HERE TO REGISTER FOR COURSES
Solution Focused Approaches with Challenging Clients

**Friday, May 13th | 9am to 4pm**

Solution focused approaches that build on a client’s, family’s, agency’s, or community’s strengths are proving more powerful and hopeful in encouraging change than traditional problem-focused methods of assessment and treatment. This course will provide the basics to the theoretical foundations and treatment methods of a solution-focused approach and encourage participants to adapt and apply the model in their thinking and their work with challenging clients, peers, and organizations.

**TRAINER**

*Donald Scherling, PsyD, LADC, CCS,* is a clinical consultant in the Department of Psychiatry and Behavioral Sciences at Berkshire Medical Center and a member of the faculty in the psychiatric residency program.

**Code: CL109  |  CEUs: 6  |  Fee: $75**

A Review of Eye Movement Desensitization Reprocessing (EMDR) Therapy Protocol: Improving Your Practice*

**Monday, May 16th | 9am to 4pm**

This intermediate-level workshop will review EMDR-therapy standard protocol. We will review Francine Shapiro’s AIP (Adaptive Information Processing) model and the nature of memory as a basis for EMDR, as well as AIP case conceptualization and treatment planning. We will review the protocols so that the participants will understand them, not as a formula, but as an overarching approach to therapy. Common stumbling blocks for each of the phases will be addressed. Highlights include, but are not limited to the following: introducing EMDR to clients, differentiating between simple and complex trauma, mastering when to move into reprocessing, how to ground clients, resourcing and stabilization, cognitive interweaves, fleshing out cognitions and targets, and what to do when a client dissociates during treatment. We will use videos to illustrate some of these concepts and enhance the learning experience. Participants will have an opportunity to present cases and practice some of the skills covered. This workshop will strengthen skills by clarifying basic protocols and enhance the effectiveness of EMDR clinicians.

**TRAINER**

*Judy Cabeceiras, LMFT,* is a licensed marriage and family therapist and an EMDRIA approved consultant. She provides ongoing consultation to EMDR clinicians working in private practice and in community mental-health settings. She is currently in private practice in Canton, CT.

**Code: CL110  |  CEUs: 6  |  Fee: $75**

*DID YOU KNOW?*

The Connecticut Women’s Consortium in collaboration with Trauma Recovery EMDR Humanitarian Assistance Programs (HAP) hosts five EMDR therapy weekend trainings yearly (part 1 and part 2) for clinicians working at non-profit organizations. To register and learn more about EMDR therapy and training go to: [www.emdраХap.org](http://www.emdраХap.org)
The Science and Art of Cognitive Behavioral Therapy (CBT)

Wednesday, May 18th | 9am to 4pm

We will begin by reviewing the central foundations of Cognitive Behavioral Therapy (CBT) and providing a general model of psychopathology that can be used for a broad range of psychiatric patients. We will discuss mechanisms of maladaptive cognition, emotion, and behavior, and the interplay among these mechanisms. We will also discuss factors that are associated with the etiology and maintenance of pathological processes, and we will discuss approaches to intervening at various levels of the pathological process. Event-related concerns will be addressed using strategies such as stimulus control. For cognitive-related concerns, we will describe both cognitive-restructuring approaches and newer strategies based on mindfulness and acceptance. For emotional concerns we will also review mindfulness as an intervention, with additional discussion of emotion-modulation strategies such as relaxation training. Finally we will describe a number of behavioral interventions that can be applied for a range of patients in both outpatient and inpatient settings. Strategies such as operant therapy (e.g., reinforcement strategies), exposure, activity scheduling, and skill building will be reviewed, and we will discuss how these behavioral strategies can be used in conjunction with other interventions.

TRAINER

David Tolin, PhD, is the Founder and Director of the Anxiety Disorders Center and the Center for Cognitive Behavioral Therapy at the Institute of Living, and an Adjunct Professor of Psychiatry in the Yale University School of Medicine.

Code: CL111  |  CEUs: 6  |  Fee: $75

The Co-Occurring Matrix: Substance Use and Mental Disorders, Moving Forward with Integrated Assessment and Treatment

Thursday, May 19th | 9am to 4pm
Friday, May 20th | 9am to 4pm

Over eight million Americans currently meet criteria for having a mental disorder and engaging in some form of substance use. People with co-occurring disorders run the gamut from a top executive with obsessive-compulsive disorder who drinks a fifth of hard liquor a day to a homeless person who smokes cannabis heavily and has been in and out of psychiatric hospitals with a diagnosis of schizoaffective disorder. What is clear is that, of all people who seek treatment for substance use or a mental disorder, 50 percent or more have at least one co-occurring problem. Sadly this often goes unrecognized and unaddressed. This training focuses on the complex matrix of co-occurring disorders and how to think through both the assessment process and the crafting of effective, person-centered, and integrated treatment.

TRAINER

Charles Atkins, MD, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT, working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

Code: CL112  |  CEUs: 12  |  Fee: $150

Dr. Atkins’ book, Co-Occurring Disorders, is a must-have for the clinician and administrators alike. It covers practical assessment and effective treatment approaches for working with any number of co-occurring disorders.
Treating Chemical Dependence and Impulse Control Disorders Using Eye Movement Desensitization Reprocessing (EMDR)*

*Note: This course requires that participants have completed at minimum EMDR Basic Training.

This workshop will explore the use of Eye Movement Desensitization Reprocessing (EMDR) in the treatment of chemical dependency and impulse control disorders—specifically with clients who are not yet abstinent or are new to recovery. We will discuss unique treatment considerations that arise during each phase of the EMDR protocol when treating this population. With literature review, case examples, demonstrations, video clips, and discussion, we will teach and highlight common risk factors and assessment issues, addiction-specific resources and preparation work, how to address and desensitize triggers, urges, cravings, and “positive feeling states,” and the use of the standard EMDR protocol in the treatment of addiction.

TRAINERS
Hope Payson, LCSW, LADC, is a licensed clinical social worker, alcohol and drug counselor, and an EMDRIA Approved Consultant who specializes in the treatment of addiction and trauma.

Kate Becker, LCSW, RYT, is a Licensed Clinical Social Worker, Certified EMDR Therapist, and Registered Yoga Teacher. Kate’s focus is in the treatment of addiction, anxiety disorders and trauma.

Code: CL113 | CEUs: 6 | Fee: $75

Spirituality and Its Effects on Wellness and Behavior

Thursday, June 2nd | 8:30am to 12:45pm

This workshop will provide many practical tips on how to sustain balance, strength, and integration while restoring calm and inner peace. Consistent energy flow is essential for optimal, spiritual health and well-being. The anatomy of the human energy field will be discussed including how spiritual energy flows through the mental and emotional “bodies” through the seven chakras. Participants will discover how to use their thoughts and energy to maintain harmonious flow through the mind, body, and spirit connection. Techniques to strengthen one’s energy field and decrease levels of anxiety, depression and physical pain will be demonstrated. Non-denominational terminology, frequency, and tone of words and phrases that build a bridge to the spiritual self will be discussed. Come and learn about this interactive approach to healing the mind, the body, and the spirit!

TRAINER
Kathleen Fisher, BS, is the Founder and President of Wellness Insights, LLC, Mind Body Spirit for Health. As an energy medicine practitioner and yoga training facilitator, Kathleen has created several health management programs that produce long lasting behavioral change.

*Note: This course meets the NASW requirements for Cultural Competence CEU’s.

Code: HA108 | CEUs: 4 | Fee: $45

CLICK HERE TO REGISTER FOR COURSES
Holistic Healing for Trauma
Tuesday, June 14th | 8:30am to 12:45pm
This workshop will illustrate the importance of addressing the body and spirit as well as the mind through a psychotherapeutic approach involving cross cultural and interdisciplinary modalities. Participants will learn about the philosophy of yoga as an ancient practice for attaining health and balance within the body and spirit. There will be a trauma-informed yoga session while seated in chairs to understand how people can integrate the practice into psychotherapeutic settings. Participants will learn about some traditional healing modalities utilized by people indigenous to the Americas and how they complement current approaches. There will be a discussion about the ways in which the modern psychological paradigm could be expanded to include a deeper consideration of the holistic nature of the human experience. Participants will consider particular populations who could be supported by a holistic approach of treatment and learn how to integrate these principles into daily practice with clients.

TRAINER
Laura (Lolly Be) Berger, LCSW, is a holistic healer specializing in recovering from relational trauma through addressing the mind, body and spirit. She has taught trauma informed yoga in non-traditional settings to people recovering from community violence in Uganda, Colombia and New Haven, CT.

Code: HA115 | CEUs: 4 | Fee: $45

Mindfulness and the Mind-Body Connection 2016: Applications in Medicine, Mental Health, and Daily Living
Thursday, June 16th | 9am to 4pm
Over the past three decades there has been a growing body of experimental and experiential evidence to validate the mind-body connection. This full-day training reviews pioneering work in the field of psychoneuroimmunology, which helps better understand the deleterious effects of stress on the mind and the body and, conversely, how positive emotions could help in the healing process. There will be discussion of recent studies that employ mindfulness meditation and related techniques and show real benefits in a range of medical and behavioral-health conditions. The training’s format includes didactic material and experiential exercises to provide attendees with both intellectual and instinctual understanding of how mindfulness can be incorporated into their clinical work and personal lives.

TRAINER
Charles Atkins, MD, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT, working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

Code: HA116 | CEUs: 6 | Fee: $75

TRAINER-RECOMMENDED READINGS
Overcoming Trauma through Yoga, Emerson, D., and Hopper, E. (2011, North Atlantic Books)
The Body Keeps the Score, van der Kolk, B. (2014, Viking)
A Day of Dialectical Behavioral Therapy (DBT) Skills Trainings

*Friday, June 17th | 9am to 4pm*

In recent years DBT skills training, a core component of this evidence-based therapy, has been studied and found to be effective for a broad array of symptoms and problem behaviors. This holds true when skills training is provided as part of comprehensive DBT or as a stand-alone therapy. The broad range of skills covered and taught, which include Zen-based mindfulness, emotion regulation, distress tolerance/crisis survival skills, and interpersonal effectiveness help clients and clinicians develop targeted strategies to move in the direction of the client's goals and aspirations. Certain skills on their own, such as mindfulness training, are now considered evidence-based practices for targeting a broad array of disorders and symptoms.

This experiential, full-day training focuses on the four core-skills modules in DBT in combination with the important Cognitive-Behavioral Therapy (CBT) skills of behavioral chain analysis and “missing links” analysis. The day is designed to help clinicians thoroughly analyze problem behaviors, emotional dysregulation, and patterns of thought distortion, and then strategically assist clients to develop the skills they need to more effectively handle these in the future. While ideal for clinicians wishing to enhance their DBT skill set, this training is also designed for non-DBT clinicians with an interest in expanding their overall therapeutic armamentarium. A basic understanding of CBT principals is desirable, as these will be covered, but only briefly.

**TRAINER**

Charles Atkins, MD, is the Chief Medical Officer at Community Mental Health Affiliates in New Britain, CT, working with people with serious chemical dependence and co-occurring disorders. He is a national presenter and trainer, published fiction and non-fiction author, and member of the Yale adjunct clinical faculty.

**Code: CL114 | CEUs: 6 | Fee: $75**

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**Beyond Trauma: A Healing Journey for Women**

*Tuesday, June 21st | 9am to 4pm*

*Wednesday, June 22nd | 9am to 4pm*

This two-day training introduces the newly revised evidence-based *Beyond Trauma: A Healing Journey for Women* program materials. The revised edition incorporates the insights of neuroscience with the latest understanding of trauma and PTSD to assist both new and seasoned group leaders. Cognitive-behavioral techniques, mindfulness, expressive arts, and the principles of relational therapy are integrated in this strength-based approach.

The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships, including parenting). The focus of this training is on interactive exercises which demonstrate techniques that counselors can use to help clients develop coping skills, as well as emotional wellness. In addition, the end of each of the twelve sessions has information on adapting for girls. The newly revised six session *Healing Trauma: A Brief Intervention for Women* is also discussed.

**TRAINERS**

Stephanie Covington, PhD, LCSW, is a nationally recognized clinician, consultant, and lecturer who has worked for over thirty years on the creation of gender-responsive and trauma-informed services.

Eileen Russo, MA, LADC, is a licensed addiction counselor, certified clinical supervisor, and certified co-occurring disorder professional. She has worked in the addiction and mental health field for over twenty-six years.

**CODE: TR829 | CEUs: 12 | Fee: $225**

**Stephanie Covington’s book, Beyond Trauma: A Healing Journey for Women, is an evidence-based curriculum for women’s services based on theory, research, and clinical experience, and is included in the cost of the training.**

**CLICK HERE TO REGISTER FOR COURSES**
Exploring Trauma: A Brief Intervention for Men

Thursday, June 23rd | 9am to 4pm

With a deepening understanding of the impact of trauma, clinicians are beginning to recognize specific issues for men. These include men’s silence surrounding abuse and other adverse childhood experiences, the impact of male socialization on men’s response to said experiences, the risk of victims becoming abusers and perpetrators of violence, and the need to understand men’s shame and fear to explore trauma. Currently there is a great deal of interest in effective, brief intervention curricula for men. This program will introduce the new six-session trauma curriculum that is designed for men who have been abused or have experienced trauma associated with adverse childhood experiences (ACEs).

Topics discussed include understanding trauma and its process, trauma’s impact on the inner self (thoughts, feelings, beliefs) and on the outer self (behaviors and relationships), and coping and calming strategies. Participant-led grounding exercises are part of this interactive workshop. Exploring Trauma is an adaptation of the research-based work of Healing Trauma: Strategies for Abused Women by Dr. Stephanie Covington.

TRAINERS

Eileen Russo, MA, LADC, is a licensed addiction counselor, certified clinical supervisor and certified co-occurring disorder professional. She has worked in the addiction and mental-health field for over twenty-six years.

Roberto Rodriguez, MA, has over ten years of experience in the field of addictions treatment. He is the co-author of Exploring Trauma: A Brief Intervention for Men with Dr. Stephanie Covington.

Code: TR838 | CEUs: 6 | Fee: $100

KATE BECKER, LCSW, RYT, is a Licensed Clinical Social Worker, Certified EMDR Therapist, and Registered Yoga Teacher. Kate’s focus is in the treatment of addiction, anxiety disorders and trauma. She has worked in community mental-health and substance-abuse clinics, group homes, and in palliative care. Kate has facilitated a variety of therapy groups including relapse prevention, anger management, co-occurring disorders, and DOVE (domestic violence offenders). Kate is the founder and director of A Room with a New View, Inc., a non-profit that provides renovation and decorating to non-profit group homes and community centers. She is currently an EMDR Consultant-in-Training, and is in private practice in Glastonbury, CT.
LAURA (LOLLY BE) BERGER, LCSW, is a holistic healer who specializes in re-covering from relational trauma through addressing the mind, body and spirit. She has her Masters Degree in clinical social work from New York University where she focused her training on the topic of gender-based violence and PTSD. She is a yoga teacher focused on integrating the physical body and ancient Vedic philosophy as an adjunct to psychological treatment. She has taught trauma-informed yoga in non-traditional settings to people recovering from community violence in Uganda, Colombia and New Haven, CT. She has traveled extensively and integrates influence from traditional healing modalities of indigenous peoples from the Americas into her practice. She last worked for Yale University at the Connecticut Mental Health Center in the Outpatient Hispanic Clinic where she provided individual psychotherapy in Spanish as well as taught a group on activities for wellness. She has been traveling the west coast of North America as well as South America over the last year. She teaches workshops, works with individual clients, and continues to enhance her skill set on modalities of healing. Lauren is focused on helping clients heal from interpersonal abuse and teaching skills for healthy relationships.

JOAN BLUMENFELD, MS, LPC, is a highly regarded geriatric care manager with 20 years of experience in the field. She is a licensed and board-certified counselor. For many years previously she conducted a successful private psychotherapy practice in Westport, working primarily with women with PTSD who were adult survivors of childhood abuse. She earned her BA at Sarah Lawrence College and her MS in Counseling at the University of Bridgeport.

JOE BRUMMER, BS, is an experienced trainer, facilitator and mediator with over ten years of experience in teaching nonviolent communication and restorative practice. He is the founder of Joe Brummer Consulting, LLC, which offers workshops, trainings and consultation that promote healthy community and interpersonal relationships. Joe was trained as a mediator at the Community Mediation Center of Rhode Island and served on their Juvenile Restorative Justice Advisory Board. He was trained at the Institute for the Study and Practice of Nonviolence where he worked with at-risk youth to teach non-violence and peace making. Joe has become well respected for sharing his experiences with Nonviolent Communication.

STEPHANIE S. COVINGTON, PhD, LCSW, is an internationally recognized clinician, organizational consultant, and lecturer. For over thirty years, her work has focused on the creation of gender-responsive and trauma-informed services. Her extensive experience includes designing women’s services at the Betty Ford Center, developing programs for women in criminal justice settings, and being the featured therapist on the Oprah Winfrey Network TV show titled Breaking Down the Bars. She also has served as a consultant to the United Nations Office on Drugs and Crime (UNODC) in Vienna and was selected for the federal Advisory Council on Women’s Services. Educated at Columbia University and the Union Institute, Dr. Covington has conducted seminars for behavioral health professionals, community organizations, criminal justice professionals, and recovery groups in the United States, Canada, Mexico, Europe, Africa, Iceland, the United Kingdom, and New Zealand. She has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology. She has published extensively, including eight gender-responsive, trauma-informed treatment curricula. Dr. Covington is based in La Jolla, California, where she is co-director of the Institute for Relational Development and the Center for Gender and Justice.

JUDY CABECEIRAS, LMFT, is a licensed marriage and family therapist and an EMDRIA Approved Consultant. She has worked in community mental health, group homes and facilitated groups on domestic violence. She has facilitated at over 20 EMDRIA approved basic trainings. She provides ongoing consultation to EMDR clinicians working in private practice and in community mental health settings. She is currently in private practice in Canton, CT.
ALICIA DAVIS, LMT, President of Centerpoint Wellness, believes that individuals inherently have the capacity to live their lives filled with passion, energy and balance. She brings over eighteen years of experience in the Health and Wellness field to organizations, caregiving teams, and individuals who want to live more fully on how to realize their highest potential by decreasing stress in their work or life.

Alicia is a graduate of the Institute of Professional Excellence in Coaching (iPEC) and is a Certified Professional Coach (CPC) and an Energy Leadership Index™ Master Practitioner (ELI-MP). She is a graduate and senior faculty member of the Connecticut Center for Massage Therapy with over eighteen years of experience as a Connecticut Licensed Massage Therapist with a wide variety of energy-medicine experience including Shiatsu/Acupressure, Quantum-Touch®, Reiki, Chakra Balancing, Polarity Therapy, and ‘M’-Technique®. She also teaches Stress Reduction through Mindfulness and has helped over 2000 individuals greatly improve the quality of their lives through deep relaxation, centering, and rejuvenation practices.

Alicia’s passion is supporting individuals and teams to embody high levels of energy and well-being so they can produce the success they desire in their work and in their lives. She provides coaching and healing in private sessions, supports teams in professional-development programs, and facilitates community workshops and retreats that are life-enhancing. Alicia’s clients and workshop participants consistently describe her style as dynamic, compassionate, creative, intuitive and engaging. As the Founder and ‘voice’ of Sound Bytes for Serenity™, she brings audio messages of relaxation and rejuvenation to listeners worldwide. Alicia is also a published author in the book Strategies for Success.

LAUREN DONINGER, EdD, LADC, LPC, has been in the field of mental health and addiction services since 1983. She has worked in a range of settings, primarily treating those with severe and persistent mental illness and co-occurring substance-use disorders. She is on the faculty at Gateway Community College in New Haven with primary teaching responsibility in the Drug and Alcohol Recovery Counselor Program.

DONNA FEDUS, MA, earned her Master’s degree in Social Gerontology in 1991 from the University of Pennsylvania. She has spent the past twenty-five years working with and on behalf of older adults and caregivers as a gerontologist in hospital settings, university settings, and with private clients. Donna founded the company Borrow My Glasses. The name reflects Donna’s deep belief in the importance of bringing new perspectives to work in aging and caregiving. Donna brings innovative learning strategies and production skills to training for both non-profit and for-profit organizations. She elicits multiple perspectives as she guides family and professional caregivers through interactive training and coaching, and helps to translate the vision of non-profits into grant language to help them secure funding. Donna is also part-time Director of Elder Programs at The Consultation Center, Yale University School of Medicine.

VINCENT J. FELITTI, MD, is a 1962 graduate of the Johns Hopkins Medical School. He is an internist who, subsequent to being Post Surgeon at the US Army Pine Bluff Arsenal, completed his training at Johns Hopkins and the University of Maryland and started as an infectious disease physician in 1968 at Kaiser Permanente in San Diego and then in 1975 founded the Department of Preventive Medicine. He served as the Chief of Preventive Medicine until 2001. In that setting, Dr. Felitti became co-principal investigator, with Robert F. Anda MD at the Centers for Disease Control, of the Adverse Childhood Experiences (ACEs) Study, an ongoing, collaborative research between the Kaiser Permanente Medical Care Program and the CDC.

The ACE Study, with its more than sixty publications, explores prospectively and retrospectively in a 17,000-person cohort the profound relationship of ten categories of adverse life experiences in childhood to health, well-being, disease, and death decades later. Under Dr. Felitti’s leadership, the Department of Preventive Medicine has provided comprehensive, bio-psycho-social medical evaluation to assess the health risks and disease burden of over one million individual adults, developed major health-risk abatement programs for obesity, smoking, and stress, and created a population-based screening for the genetic disease, Hemochromatosis.

He is Clinical Professor of Medicine at the University of California and a Fellow of The American College of Physicians. He is Senior Editor of The Permanente Journal and on the Inter-national Editorial Board of the Swiss medical journal, Trauma und Gewalt. Dr. Felitti has served on advisory committees of the Institute of Medicine, the American Psychiatric Association, and on the Committee of the Secretary of Health and Human Services for Healthy People 2020. Presently he is a member of the Advisory Committee on Women’s Services at SAMHSA.
KATHLEEN FISHER, BS, is the founder and president of Wellness Insights, LLC, Mind Body Spirit for Health. As an energy medicine practitioner and yoga training facilitator, Kathleen has created several health management programs that produce long lasting behavioral change. Her spirituality and wellness training programs are offered at hospitals, corporations, and state health agencies. Kathleen has authored several wellness training manuals which include integrative exercises for optimal self-care, such as De-Stress Using Your Mind, Body and Breath, Energy Medicine, Spirituality and Its Effects on Wellness and Behavior, and The Psychology of Food.

ELIZABETH FITZGERALD, BA, is an editor and publishing consultant with more than thirty years of experience in the trade fiction/nonfiction area of the publishing industry. She has worked with literary agents, publishers, individuals, groups, and organizations to develop and refine fiction and nonfiction projects and to guide them toward publication. She has edited novels, autobiographies, theater scripts, screenplays, film treatments, magazine articles, grant proposals and promotional materials. She has been affiliated with Curtis Brown Literary Agency, Harcourt Brace Jovanovich, Harlequin Books, Donald I Fine, Inc., and has consulted for a variety of theater and independent film production companies, including the Sanford Meisner Theater and Cat Hollow Productions. She is a senior editor for Dreamspinner Press, where she provides editorial oversight from submission to publication. She has a freelance editorial practice in which she works one-to-one with a broad range of authors, most of whom are published.

MARA GOTTLEIB, PhD, LMSW, is fortunate to be an adjunct faculty member at the NYU Silver School of Social Work, teaching at both graduate and undergraduate levels. She earned her Doctorate in Social Work in May, 2014, from NYU. Her MSW is also from NYU, and she earned a BA with honors from Brown University. Dr. Gottlieb’s primary areas of teaching and scholarship are in direct practice, theory, and pedagogy, particularly with an anti-oppression and social justice lens. Her dissertation research measured the impact of self-compassion and self-awareness on the ability to work successfully within a cross-cultural relationship. Her teaching style is collaborative and highly interactive. Dr. Gottlieb is also the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments in which maximal knowledge, self-awareness, and insight can be cultivated. Workshops are largely targeted toward clinicians and social service professionals and address issues ranging from self-care to cultural competence. More information can be found at www.talkingchanges.com.

DAN GRIFFIN, MA, is the author of three groundbreaking publications, A Man’s Way through Relationships: Learning to Love and Be Loved, A Man’s Way through the Twelve Steps, and Helping Men Recover (co-author). As an international speaker, trainer, and consultant for treatment programs, recovery courts, and mental health programs, Dan is focused on developing gender-responsive, trauma-informed services for men. He has a Master’s Degree in Sociology from the University of Kansas and received a certificate in Counseling from Hazelden. Dan has been in recovery since May 1994 and leads retreats and workshops throughout the country to help men deepen their emotional recovery and enhance their relational competence. He is known for cutting-edge interventions for men’s treatment, unique insights into men’s experience of trauma, and leadership in advancing the conversation on men’s issues in addiction and recovery.

NATACHA KERELEJZA, LCSW, has been engaged in anti-violence work through local sexual assault and domestic violence services since 1998. As a clinical social worker in the behavioral health industry, she has supported services and projects with a focus on trauma and factors to support resilience within the community. Natacha joined the CT Coalition Against Domestic Violence in June 2015 as the Health Professional Outreach project was implemented, integrating her advocacy roots and experience in the health industry.
ROBERTO RODRIGUEZ, MA, has over ten years of experience in the field of addictions treatment. He has a Bachelor's degree in psychology and a Master's degree in marriage and family therapy. He has worked in intensive outpatient and residential settings, with a focus on treatment for adolescents, men, couples, and families.

As a licensed alcohol and drug counselor and mental health therapist, he has brought his considerable expertise to the River Ridge Treatment Center in Minneapolis, where he facilitates Helping Men Recover groups (providing co-occurring disorder, gender-responsive, trauma-informed services). He also works with adolescents with legal involvement and provides diversion programming for them and their families. He is the co-author of Exploring Trauma: A Brief Intervention for Men with Dr. Stephanie Covington. This is the only research-based, brief intervention program related to trauma for men and will be published by Hazelden in 2016.

EILEEN RUSSO, MA, LADC, is a licensed addiction counselor, a certified clinical supervisor, and a certified co-occurring disorders professional who has worked in the addiction and mental health field for the past thirty years. Ms. Russo is an Associate Professor for the Drug and Alcohol Recovery Counselor program with Gateway Community College and for the past ten years has served as a trainer/consultant with the Connecticut Women’s Consortium for the Connecticut Department of Mental Health and Addiction Services’ Trauma Initiative.

In addition to teaching and training, she has specialized in treating co-occurring PTSD in mental health and substance abuse populations and has assisted agencies with developing trauma-informed mental health/substance abuse treatment programs across the state for men, women, and children. Ms. Russo has coauthored articles on the integration of trauma-specific services into substance abuse treatment and was a key contributor to the curriculum Healing Trauma: Strategies for Abused Women, authored by Stephanie Covington.

She is the principal consultant for the implementation of Healing Trauma in York Correctional Institute and treatment programs in Connecticut. Ms. Russo is also an adjunct faculty member at the University of Bridgeport. Sometimes criticized for being too idealistic, she has managed to maintain her passion for her work and the belief that the best possible and most ethical treatment, care, and support is what everyone deserves.

ELLEN NASPER, PhD, is a clinical psychologist working in New Haven, Connecticut. She currently has a private practice, works part time at the Clifford Beers Child Guidance Clinic, and is an Assistant Clinical Professor in the Yale School of Medicine Department of Psychiatry.

Dr. Nasper worked for twenty-six years for the Connecticut Department of Mental Health and Addiction Services, where she provided leadership in the development of trauma-focused treatment and where she led the DMHAS Dialectical Behavior Therapy project from 1995 until 2000. She was also the leader of the DBT project at the Southwest Community Mental Health Center from 1994-2012 when she retired from DMHAS.

Dr. Nasper’s clinical work at Southwest Community Mental Health Center alerted her to the prevalence of chronic childhood trauma within the DMHAS population, and the need to recognize and treat people for the consequences of their early trauma experiences. Over time she became aware of attachment theory, and has found it a useful way of conceptualizing her work with traumatized people.

Since the mid-2000’s, Dr. Nasper has taught an elective course at the Yale School of Medicine Department of Psychiatry Department on the Consequences of Childhood Attachment Trauma, for which she was given a Distinguished Faculty Award for 2008-2009. She has lectured widely on this topic.

HOPE PAYSON, LCSW, LADC, is a licensed clinical social worker, alcohol and drug counselor and an EMDRIA Approved Consultant who specializes in the treatment of addiction and trauma. She has over 20 years of experience working in community mental health in the following capacities: director of a supportive housing program for domestic violence survivors, coordinator of an assertive community treatment team and originator of a homeless outreach program that included on-site assessment, treatment placement and long term follow up for clients with histories of addiction and trauma. She was the Clinical Director for EMDR HAP for seven years and remains an active HAP volunteer. She currently coordinates a group private practice in Winsted, Ct. She provides EMDR consultations to clinicians working in private and community settings.
DONALD SCHERLING, PsyD, LADC, CCS, is a senior clinician with over thirty years of experience in both inpatient and outpatient addictions and mental health settings. He is currently an internal clinical consultant in the Department of Psychiatry and Behavioral Sciences at Berkshire Medical Center in Pittsfield, MA and faculty in the psychiatric residency program. Scherling has published works on substance abuse, co-occurring disorders, domestic violence, and group treatment. He is also a frequent consultant, speaker, and workshop trainer for SAMHSA/CSAT, the Connecticut DMHAS, DCF & DOC, public and private substance-abuse, mental-health, criminal-justice, and employee assistance programs; and statewide mental health and addiction departments in the Northeast and Midwest. He is a certified trainer of QPR for the Massachusetts DPH and Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals for the Suicide Prevention Resource Center in Washington, DC.

CHERYL SHARP, MSW, ALWF, holds the unique perspective of a person who has recovered from significant mental health challenges, a trauma survivor, a family member of a loved one who died as a result of mental illness, and a provider of substance abuse and mental health services. Sharp has worked with adult trauma survivors for over 28 years and trains and speaks nationally on trauma-informed care. She is a Master WRAP Trainer, Mental Health First Aid USA instructor, and trainer of Intentional Peer Support. Sharp is also an ordained minister. She has worked as a hospice/medical social worker and as a director of social services for a skilled nursing facility. She received a Substance Abuse and Mental Health Services (SAMHSA) Voice Award for her work and personal stories educating the public about behavioral health and the Lou Ann Townsend Courage Award for her contributions to persons with psychiatric disabilities. As the leader of the National Council’s Trauma-Informed Care Learning Communities, Sharp has led many behavioral health organizations in preparing to offer trauma-informed care.

GERMAYNE BOSWELL TIZZANO, PhD, has established expertise in the areas of sexual health and wellness. For over twenty-five years, Dr. Tizzano has conducted and coordinated over 400 educational programs, trainings, and conferences involving subject matters such as sexual and physical abuse, women and adolescent sexual health, body image, alcohol and drug abuse, mental health issues, professional development, health promotion and prevention, behavioral-change interventions, wellness, stress management, and communications.

As President and Founder of Views From a Tree House, Inc., Dr. Tizzano offers training and consulting in comprehensive sexual health to agencies that serve women impacted by trauma, sexual violence, and substance abuse. Ms. Tizzano’s most recent publications include a Participant Workbook and Facilitator Guide, Sanctuary for Change, designed to provide women with histories of substance abuse and trauma with the tools to prevent high-risk transmission of HIV and sexually transmitted infections. In addition, she has co-authored and implemented an innovative, skill-focused curriculum, Seeds of Inspiration, Discovery and Hope: A Training Curriculum for Community Support Specialists, aimed at providing training to professionals on educational technologies to improve quality of services to persons with mental-health disabilities. She currently serves on Ohio’s Project Connect Leadership Team. Dr. Tizzano has a PhD in Health Education with a specialty in Preventive Medicine from The Ohio State University. She resides in Westerville, a suburb outside of Columbus, Ohio.

DAVID F. TOLIN, PhD, ABPP, is the Founder and Director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Associate Professor of Psychiatry at Yale University School of Medicine. He is President-Elect of the Clinical Psychology Division of the American Psychological Association, and a principal investigator for the National Institutes of Health. Dr. Tolin is the author of over 100 scientific journal articles, as well as the books Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding and Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions. Dr. Tolin has been featured on the reality TV series Hoarders, The OCD Project, and My Shopping Addiction, and has been a recurrent guest on The Oprah Winfrey Show, The Dr. Oz Show, and Anderson Live!
PARKING: All visitors must park in the free parking garage. Handicap parking is provided in front of the building.
**PARTICIPANT INFORMATION:**  (Applications must be legible and complete to be processed.)

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*Your Consortium Username (If you do not already have a Consortium account, one will be created for you.)*

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Do you have accessibility needs? (Please list services needed, this includes dietary restrictions):

**CHECK CERTIFICATE DESIRED:**

- [ ] Certificate of Attendance
- [ ] NASW/CT – National Association of Social Workers: Note - NASW CEU’s are applicable for LCSW, LMSW, LPC, LMFT and licensed psychologists credentialing.
- [ ] CCB – CT Certification Board
- [ ] CME – Continuing Medical Education (for MDs and advanced practice nurses)

(The Connecticut CEU’s we offer are also accepted in New Jersey, Massachusetts, New Hampshire, Rhode Island, and Vermont.)

**SESSION INFORMATION:**

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If you’re registering with an agency purchase order or check request form, please fax this form along with a copy of the purchase order to The CT Women’s Consortium to reserve your spot.

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The CT Women’s Consortium
Training Department
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This event is sponsored by the CT Women’s Consortium.

Please contact our Training Department with any questions at 203-909-6888 ext. 2 or at training@womensconsortium.org

For more information about trainings at the Connecticut Women’s Consortium visit our website at www.womensconsortium.org or like us on Facebook!
Program Suggestions?
The Connecticut Women’s Consortium Education and Training team welcomes the opportunity to work with professionals and agencies to develop trainings that meet their learning goals. Please contact our Director of Education and Training, Aili Cordova Arisco, LCSW, at 203-909-6888, ext. 17, or aarisco@womensconsortium.org to discuss how we can create programming to further your agency’s service delivery capacity.

Training Department
Sharon Reynolds, Administrative Training Coordinator
Rebecca Sanchez, Administrative Training Specialist
Lincoln Bostian, Administrative Training Specialist
Claudia O’Connell, Administrative Training Specialist

For more information about The Connecticut Women’s Consortium and to view this catalog online please visit us online at www.womensconsortium.org