PROFESSIONAL & COMMUNITY EDUCATION

NEW listings for spring/summer 2016 continuing education course offerings for only $18.33/CEU or lower

SOCWEL.KU.EDU/PCE
Intensive 2-Day Clinical Supervision Training  
Michael Boniello, LSCSW, LCSW  
Explore the critical knowledge and skill base needed to provide competent individual or group clinical supervision. In 2011, the state of Missouri initiated a move to insure that all LCSW supervisors were instructed on the basic principles of supervision and were uniformly aware of the expectations of both LCSW candidates and themselves by the state advisory committee and NASW. As a part of this initiative, it became mandatory that supervisors in the state of Missouri must show they have attended 16 hours of supervisory training in order to become LCSW supervisors (including those who have already been supervising). This training is designed to meet the 16 hour training requirement.

Onsite Course Friday, February 26 & Saturday, February 27  
8 a.m. to 5 p.m. each day • 16 CEUs  
Early Bird Fee: $250 (by February 16)  
Regular Fee: $280 (after February 16)

SESSION #1:  
Exploring How Bad Posture and Physical Aches Limit Your Performance  
Travis Perret, Exercise Therapist  
Long periods of sitting creates chronic issues that limit your workplace performance. Addressing your health will allow you to better improve the lives of the people you influence. Learn how to decrease those aches and pains through better posture awareness and body alignment techniques to eliminate the negative stimulus of chronic stress and sitting.

Onsite Course Friday, February 26 • Noon to 1 p.m. • 1 CEU  
Registration Fee: $5 • Bring your own lunch and learn

TRAUMA & GRIEF  
Complicated Traumatic Grief: Prevention, Diagnosis and Treatment  
Kate Miles, LMSW, CCPT  
Examine current evidence based perspectives of Complicated Traumatic Grief. The content will include, historical and contemporary view of traumatic grief, signs and symptoms and the recent research discoveries in neuroscience findings regarding traumatic memory and the implications of treatment of trauma and grief. In addition, the new categories for diagnostic criteria for trauma and grief related adjustment disorders in the DSM-5 will be discussed and implication for practice reviewed.

Onsite Course Friday, January 29 • 9 a.m. to 4 p.m. • 6 CEUs  
Early Bird Fee: $110 (before January 19)  
Regular Fee: $130 (after January 19)

The Developmental Impact and Long-term Effects of Shame  
Jeff Peterson, LPC, NCC  
This educational workshop is focused on helping social workers and mental health clinicians understand the dynamics of shame within a variety of client populations, particularly Lesbian, Gay, Bisexual, Transgender, & Questioning (LGBTQ). This includes identifying those at greater risk, examining attempts to reduce shame via adaptive/maladaptive responses, exploring how shame works via the compass/cycle of shame, and discussing the connection between trauma, judgment, self-worth, and shame. Together we will discuss best practices and what social workers & healthcare providers can do to help their client’s mitigate the harmful effects of shame.

Onsite Course Friday, March 25 • 9 a.m. to 4 p.m. • 6 CEUs  
Early Bird Fee: $110 (by March 15)  
Regular Fee: $130 (after March 15)

ETHICS  
Ethical and Risk Management Challenges in the Digital Age of Mental Health  
Christina Boyd, LSCSW, LCAC  
This highly enlightening training will offer a more in depth look at ethical dilemmas posed in this modern age of technology and will expand on the recent 3 hour training that was offered in December of last year. However, those who did not attend the prior 3 hour training are still invited to attend and encouraged to deepen your ethical knowledge and skill base. Advances in Technology and the availability/access to the Web are impacting how behavioral health professionals deliver treatment services and what constitutes typical standards for care. In addition, these changes affect ethical issues like therapist self-disclosure, boundary crossing and boundary violations, confidentiality, and informed consent. Behavioral Health providers today face a myriad of new ethical dilemmas, with little perceived guidance from ethical codes that do not seem to address these emerging issues. This training will review the current literature regarding these new ethical issues related to technology and provide guidance and recommendations. This training will address 1) History of technology use in health care 2) Digital types 3) Social Media 4) Self Disclosure 5) Email and texting participants 6) Social Media Policies

Onsite Course Friday, April 29, 2016 • 9 a.m. to 4 p.m. • 6 CEUs  
Early Bird Fee: $110 (by April 19)  
Regular Fee: $130 (after April 19)

Check SOCWEL.KU.EDU/PCE for more information: Instructor bios, course objectives and online

TWO WAYS TO REGISTER:  
WEB: socwel.ku.edu/PCE  
PHONE: (913) 897-8550
MINDFULNESS & REFLECTIVE PRACTICE CERTIFICATE

Complete the two online intro courses and two electives from list below and receive a Mindfulness and Reflective Practice Certificate. All courses are open to anyone even those not interested in certificate.

INTRODUCTORY COURSES (both courses are required to complete certificate)

Mindfulness: The Proven Pathway to Managing Your Stress (Like a PRO)
Sydney Spears, Ph.D., LSCSW, RYT
Enter a place of reflective observation to condition the mind to live more fully. Chronic stressors and stress responses impact your personal life. A mindful relationship with yourself improves awareness, attention and emotional regulation benefiting your personal and professional relationships.

Online Course Available • 2 CEUs • Free

Navigating Life Stressors through the Healing Power of Mindfulness
Sydney Spears, Ph.D., LSCSW, RYT
This 12-hour training is based on the Mindfulness Based Stress Reduction research and practices of Jon Kabat-Zinn. Use these mindfulness components to expand, observe and explore a life of reduced stress activation.

Online Course Available • 12 CEUs • $199

ELECTIVES (choose two to complete the certificate)

Starting Small: Integrating Mindfulness Practice with Children
Pamela Wagner, LMSW
Mindfulness is gaining broad acceptance among mental health professionals as an adjunct to treatment as well as parents and educators as a way to help children reduce unwanted behaviors at home and in the classroom. This intro to mindfulness practices will help you incorporate these practices at home or in therapeutic settings for children ages 3-12. These practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

Online Course Anticipated Release Date January 15 • 5 CEUs • $90

The Body Holds the Truth in the Treatment of Trauma
Candy Smith, LCPC, SEP, RPT
This workshop provides you with an interactive overview of the basic concepts of Somatic Experiencing (SE), a profoundly effective trauma prevention and resolution method developed by Peter Levine, Ph.D. Composed of lecture, exercises and discussion, a SE introduction will lend a new perspective on our innate, biological capacity to heal trauma and stress-related conditions. SE supports clients in restoring their nervous system's ability to self-regulate and return to health and resilience.

Online Course Anticipated Release Date February 15 • 5 CEUs • $90

Cultivating the Art of Compassionate Presence in a World of Pain and Suffering
JoEileen Gyulay, Ph.D., RN, LCSW, CT, CHPN
The hectic, frenetic running pace of life disallows time for recognizing our own and others' pain and suffering. Practicing self-compassion deepens our compassion for ourselves and others. Explore how to truly cultivate a deeper sense of “being in the present moment, beyond doing and obsessively over-thinking pain and suffering,” which can create a personal and relational experience of offering our healing gifts with full heartfelt presence in the face of hurting.

Onsite Course Friday, February 19 • 9 a.m. to 4 p.m. • 6 CEUs
Early Bird Fee: $110 (by February 9)
Regular Fee: $130 (after February 9)

Creating Space for the Ultimate in Self-Care through Mindful Self-Compassion (8-week training and 4-hour retreat)
Sydney Spears, Ph.D., LSCSW, RYT
Mindful Self-Compassion (MSC) is an empirically-supported 8-week training designed to cultivate the skill of self-compassion. This training combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. Discover and experience how self-compassion helps us to respond to these difficult thoughts and feelings with understanding, kindness, and self-soothing practices.

Onsite Course Thursdays, March 10, 24, 31, April 7, 14, 21, 28, May 5
6 p.m. to 9 p.m. each Thursday session • May 6 Retreat & Free Lunch • 12 p.m. to 4 p.m.
28 CEUs
Early Bird Fee: $425 (by March 1)
Regular Fee: $475 (after March 1)
No CEU Fee: $399

Exploring Mindfulness Practices in Counseling and Coaching
Sally King, LCSW
Mindfulness interventions such as Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Mindfulness Based Cognitive Behavioral Therapy (MBCT) have universal appeal and access has begun to broaden, many thanks to the Western acceptance of Yoga. Health and mental health clinicians now look to Yoga's present-moment focus techniques as a viable coping skill for clients along with traditional mental health interventions that sync well. This seminar will give an introduction to Yoga and mindfulness-based techniques from DBT, ACT and CBT that have been found to be very effective in the treatment of depression, generalized anxiety disorder, panic disorder, and PTSD.

Onsite Course Friday, March 11 • 9 a.m. to 4 p.m. • 6 CEUs
Early Bird Fee: $110 (by March 1)
Regular Fee: $130 (after March 1)

For details regarding the Mindfulness & Reflective Practice courses and certificate, visit our FAQ web page at socwel.ku.edu/pce certificate
Increasing Individual and Organizational Cultural Competency
Jeff Peterson, LPC, NCC
This workshop will help practitioners and providers better serve their increasingly diverse clients and will provide concrete information on ways that organizations can become more culturally competent.

Onsite Course Friday, April 8 • 1 p.m. to 4 p.m. • 3 CEUs
Early Bird Fee: $55 (by March 28)
Regular Fee: $70 (after March 28)

Modeling Leadership Expectations in Decision-making Across Organizations
Shirley Phenix, MS
Explore and uniquely examine how beliefs, assumptions, inherent biases and societal issues can impact leadership decision-making in the recruitment, selection and hiring process, and how those decisions can affect the quality and delivery of care, services provided, and performance outcomes. This class will also engage participants to challenge their own beliefs, assumptions and biases by increasing awareness, education and understanding of the human factor, and reflect on opportunities to model leadership competencies and expectations across organizations.

Onsite Course Friday, June 10 • 9 a.m. to 4 p.m. • 6 CEUs
Early Bird Fee: $110 (by June 1)
Regular Fee: $130 (after June 1)

SEXUAL HEALTH

Diagnosis and Treatment of Arousal Addictions
Michael Boniello, LSCSW, LCSW
Arousal addictions are motivated by the production and/or experience of accelerated internal stimulation whether it be sexually induced, created by environmental chaos and/or as a result of drug use. Among these addictions are cocaine/amphetamine abuse, gambling, compulsive shopping, and various sexual addictions including internet pornography. Leading biochemical, genetic and psychosocial theories (including trauma-related studies) will be presented with regards to the causes and maintenance of these addictions as well as the leading treatment and management programs utilized to lower the chances of relapse and support sobriety.

Onsite Course Friday, April 15 • 9 a.m. to 4 p.m. • 6 CEUs
Early Bird Fee: $110 (by April 5)
Regular Fee: $130 (after April 5)