

2011-2012

CENTURY
COLLEGE



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Nursing Professionals

Continuing Education & Customized Training

Yearlong Training
Opportunities in:

Perioperative Training

Infection Control

PTSD and Related Diagnoses

Wound Care

Intravenous Therapy

Forensic Science

Intercultural Competencies

Ethics in Healthcare



century.edu

Upgrade your skills, stay current with industry issues, and maintain your credentials!



Perioperative Training for Registered Nurses

Considering a career in the OR as a perioperative nurse? Operating room nursing is an increasingly complex area for patient care, characterized by rapid changes in technology and economic influences. Upgrade your skills and get an introduction to the theory, principles and internal clinical experience in the operating room. **See page 3.**

Etiology, Diagnosis and Treatment of Post-Traumatic Stress Disorder (PTSD)

It's a mad, mad world, and we are facing more and more patients with PTSD symptoms. Join us for this popular one-day workshop to learn more about this complex disorder that involves physiological, cognitive, affective and behavioral alterations in the individual's functioning. **See page 4.**

NEW! Courses in Infection Control

Multi-Drug Resistant Organisms (MDRO's): Prevention and Control, Part I

This class will provide what you need to know about MRSA, VRE, C. diff, and a host of other resistant organisms. **See page 5.**

Multi-Drug Resistant Organisms (MDRO's): Prevention and Control, Part II

Learn about the biofilm world, where it comes from, and what it means. **See page 7.**

Hand Hygiene—Meeting JCAHO Patient Safety Goals

Hand hygiene is considered one of the most critical infection prevention measures to reduce the transmission of healthcare-associated infections.

See page 6.

AND MUCH MORE....SEE DETAILS INSIDE.



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Registration Information

Five Easy Registration Options

- **Online:** century.augusoft.net
- **Phone:** 651.779.3341
- **Fax:** 651.779.5802
- **Mail to:** Century College,
CECT Department
3300 Century Ave N
White Bear Lake, MN
55110
- **In Person:** East Campus,
Rm E2521
Mon–Thu 8 am–7 pm
Fri 8 am–4 pm

Questions?

Contact **Carm Seifert**,
Nursing Professionals Coordinator,
at carm.seifert@century.edu
or **651.779.3948**.

These programs can also be brought to
your business or organization! Call Carm
for more details.

Century College is an affirmative action,
equal opportunity employer and educator.
This document can be available in alternative
formats to individuals with disabilities by calling
651.779.3354, 1.800.228.1978 x3354, 651.773.1715
TTY or through the MN Relay Service at
1.800.627.3529.



Century College is a member of
the Minnesota State Colleges and
Universities system.



Peripheral Venous Access

This course will cover peripheral IV access in the adult and pediatric patient. Lecture topics will include catheter selection, site selection, and tips for improving your technique and success rate. Site care and management will also be discussed. Demonstration and skill practice are included. The class WILL NOT teach patient specific cares pertaining to the use of peripheral intravenous access. That information should be obtained, based on a specific plan of care, via other training opportunities from the actual care provider of the patient. Class is limited to 15 participants. **Three contact hours.**

<p>> 11373 (1 class) Tue, 9:30 am-12:30 pm Wulfing, John</p>	<p>Oct 4 only East Rm 2561 \$75</p>
<p>> 11374 (1 class) Wed, 6:00 pm-9:00pm Wulfing, John</p>	<p>Oct 12 only East Rm 3603 \$75</p>
<p>> 11375 (1 class) Tue, 9:30 am-12:30pm Wulfing, John</p>	<p>Mar 6 only East Rm 2561 \$75</p>
<p>> 11376 (1 class) Thur, 6:00 pm-9:00pm Wulfing, John</p>	<p>Mar 22 only East Rm 2561 \$75</p>

Perioperative Training for Registered Nurses

Operating room nursing is an increasingly complex arena for patient care, characterized by rapid changes in technology and economic influences. This course offers a structured learning opportunity with emphasis on the application of theoretical knowledge to the professional practice of nursing in the OR. The program is based on AORN standards of recommended practice and is designed to give

professional nurses without previous operating room experience an introduction to the basic competencies of the perioperative RN role. You will be provided with the opportunity to develop basic operating room skills through didactic education and clinical application. You will receive 32 hours of classroom didactic and complete 64 hours of hands-on clinical experience under the supervision of a RN preceptor giving a total of 96 contact hours upon course completion. **Ninety-six contact hours.**

REQUIRED TEXTBOOKS: Berry and Kohn's *Operating Room Technique*, approx. \$98 and *Surgical Care Made Incredibly Visual!*, approx. \$45. The online book code is 1NUR 0001.

IMPORTANT NOTE: Prior to the first class, you must complete an immunization form and a background check will be done. **REGISTRATION DEADLINE** is September 27 to ensure these documents are complete before the course begins. For more information, call 651.779.3341.

CLINICALS will be scheduled by the clinical coordinator and will be Monday through Friday, day shift; one day per week for eight weeks. You will need to provide a current CPR card and immunization record before beginning your clinicals.

<p>> 11338 (8 classes) Tues, 5:30 pm- 9:30 pm Oct 4 Oct 11 and 18 Oct 25 Nov 1 Nov 8, 15, and 29 Linhoff, Sarah Pepin, Sue</p>	<p>Oct 4-Nov 29 East Rm 2561 East Rm 2273 East Rm 2312 East Rm 2273 East Rm 2561 \$875</p>
<p>> 11378 (8 classes) Tue, 5:30 pm- 9:30 pm Linhoff, Sarah Pepin, Sue</p>	<p>Mar 27-May 22 East Rm 2561 \$875</p>



Nursing Professionals



Pressure Ulcer Management

Pressure ulcers are a significant healthcare problem and can occur in a variety of settings and situations. You will learn: how to identify multifactorial etiologies; assessment, including staging of ulcers; barriers to healing such as infection and underlying osteomyelitis; and treatment options, including dressings, positioning and pressure redistribution devices. A review of the Centers for Medicare and Medicaid Services (CMS) prevention guidelines will be included. **Two contact hours.**

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|---|---|
| <p>> 11342 (1 class)
Thur, 6:00 pm- 8:00 pm
Chevrette, Janice</p> | <p>Oct 6 only
East Rm 2312
\$49</p> |
| <p>> 11343 (1 class)
Thur, 6:00 pm- 8:00 pm
Chevrette, Janice</p> | <p>Jan 26 only
East Rm 2561
\$49</p> |

Etiology, Diagnosis and Treatment of Post-Traumatic Stress Disorder (PTSD)

Post-traumatic stress disorder or PTSD is recognized as a collection of specific symptoms that can occur following an individual's exposure to or witnessing a life-threatening event, such as military combat, natural disasters, terrorist incidents, serious accidents or violent personal assaults. PTSD involves physiological, cognitive, affective and behavioral alterations in the individual's functioning. It is a complex disorder which frequently involves other psychiatric

difficulties, i.e., depression, substance abuse and panic symptoms. The rationale, administration and scoring of the CAPS and SCID instruments used in the diagnosis of PTSD will also be provided. NOTE: lunch is included in the cost of the class. **Seven and a half contact hours.**

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| <p>> 11344 (1 class)
Sat, 8:00 am- 4:30 pm
Boswell, Ernest
Dossa, Daniel</p> | <p>Oct 8 only
East Rm 2561
\$125</p> |
| <p>> 11345 (1 class)
Sat, 8:00 am- 4:30 pm
Boswell, Ernest
Dossa, Daniel</p> | <p>Apr 28 only
East Rm 2313
\$125</p> |

NEW! Beyond Behaviors: Challenges in the Changing World of Health Care

Explore the changes we are experiencing in the world of health care today. This includes behavioral challenges related to mental health and dementia, changes in funding sources, the diverse population of care recipients, and "how to do more with less." This will be an interactive session. Join us as we develop a tool kit and create a vision for the future! **Three contact hours.**

- | | |
|---|---|
| <p>> 11379 (1 class)
Tue, 9:00 am- 12:00 pm
McQuillan, Janine</p> | <p>Oct 18 only
East Rm 2561
\$55</p> |
|---|---|

NEW! Multi-Drug Resistant Organisms (MDRO's): Prevention and Control-Part I

This class will provide what you need to know about MRSA, VRE, C. diff, and a host of other resistant organisms. Content includes where these organisms are found, how they cause infection, and what can be done to stop them. You will also learn about the make-up and meaning of the antibiogram. Content will include case studies involving MDRO's and what future infection prevention and control looks like related to MDRO's. **Two contact hours.**

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|---|--|
| > 11346 (1 class)
Wed, 6:00 pm- 8:00 pm
Twenge, Dawn | Oct 19 only
East Rm 2561
\$49 |
| > 11347 (1 class)
Wed, 6:00 pm- 8:00 pm
Twenge, Dawn | Feb 8 only
East Rm 2313
\$49 |

NEW! Cultural Diversity and Substance Use Issues

Learn how substance use disorders can be impacted by cultural diversity. We will discuss how identity and culture may impact your clients as well as the work of the helping profession. You will also get a chance to explore your own cultural biases and how this might influence your practice. **Three contact hours.**

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|--|--|
| > 11380 (1 class)
Thur, 6:00 pm-9 pm
Neuman, Margaret | Oct 20 only
East Rm 3603
\$59 |
| > 11381 (1 class)
Thur, 6:00 pm – 9:00 pm
Neuman, Margaret | Jan 26 only
East Rm 2312
\$59 |
| > 11382 (1 class)
Thur, 9:00 am – 12:00 pm
Neuman, Margaret | Mar 22 only
East Rm 2311
\$59 |
| > 11383 (1 class)
Thur, 6:00 pm – 9:00 pm
Neuman, Margaret | Jun 21 only
East Rm 2312
\$59 |

Lower Extremity Ulcers Management

Lower extremity ulcers develop for various reasons. Venous stasis ulcers account for 70 to 90 percent of chronic ulcers of the lower extremities. This course will include etiology, prevention, the components of a thorough evaluation, documentation, treatment options

related to the underlying etiology, dressing choices, and compression as the gold standard of treatment. Lifelong management is key to preventing recurrence and discussion will include compression stocking options and demonstration on how to apply the Unna's boot and other forms of compression therapy including three-layer compression. **Three contact hours.**

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|---|--|
| > 11348 (1 class)
Thur, 6:00 pm- 9:00 pm
Chevrette, Janice | Oct 20 only
East Rm 2561
\$69 |
| > 11349 (1 class)
Thur, 6:00 pm- 9:00 pm
Chevrette, Janice | Feb 9 only
East Rm 2561
\$69 |

NEW! Creating a New Normal with Chronic Disease: Helping Your Client through Transition

Chronic disease can represent living with loss. Helping clients manage the fear, grief, loss and stigma associated with being "the sick one" is essential for those suffering with the unpredictable nature of chronic illness and its impact on everyday life. This workshop is based on a support program focused on knowledge and empowerment through a cognitive approach. **Three contact hours.**

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|--|--|
| > 11384 (1 class)
Fri, 9:00 am- 12:00 pm
Como, Cheryl | Oct 21 only
East Rm 2561
\$59 |
| > 11442 (1 class)
Fri 9:00 am-12:00 pm
Como, Cheryl | Jul 27 only
East Rm 2561
\$59 |



Nursing Professionals

NEW! Hand Hygiene—Meeting JCAHO Patient Safety Goals

Hand hygiene is considered one of the most critical infection prevention measures to reduce the transmission of healthcare-associated infections. Nationally, hand hygiene rates have been estimated at 40 percent. One of The Joint Commission's National Patient Safety Goals for 2011 states that healthcare facilities are to implement guidelines from either the Centers for Disease Control or the World Health Organization—goals are to be set and used to improve hand hygiene. Hospital patients in the United States acquire approximately two million infections annually, resulting in 98,000 deaths in 2002. In long-term care facilities, infections may account for up to 70,000 deaths per year in the United States. There have been suggestions by researchers that the organizational culture may have an impact on hand hygiene adherence. **Two contact hours.**

> **11385** (1 class) **Oct 25 only**
Tue, 6:00 pm- 8:00 pm West Rm 2010
Howard, Trudy \$49

> **11862** (1 class) **Mar 27 only**
Tue, 6:00 pm- 8:00 pm East Rm 2312
Howard, Trudy \$49

NEW! Behavioral Challenges: Working with Care Recipients and their Families

Is the increase in behavioral challenges throughout long-term care environments creating more risk for healthcare professionals and care recipients? Are we dealing with more family challenges? This session will not

only identify the challenges, we will explore strategies for assessment and provide tools for management and intervention. Join us as we develop a plan that will increase the quality of life for care recipients! **Three contact hours.**

> **11387** (1 class) **Oct 25 only**
Tue, 9:00 am- 12:00 pm East Rm 2561
McQuillan, Janine \$55

BLS Instructor Renewal Course—American Heart Association

This class provides a skills refresher for participants with a current Basic Life Support (BLS) CPR Instructor Certification. This class will enable you to renew your certification with the American Heart Association and your Training Center. Please provide proof of current BLS CPR Instructor status (a copy). Please note: A new instructor card is provided from the Training Center the participant is aligned with at the time of the skills class at Century. **Five contact hours.**

OPTIONAL TEXTBOOK: *BLS for the Healthcare Provider*, approximately \$18. The online book code is 1EMC 0007. Textbooks should be purchased before the first class and are available at the Century College Bookstore located on the West Campus, 651.779.3281 or online at centurycollegebookstore.com.

> **11350** (1 class) **Oct 27 only**
Thu, 5:00 pm- 10:00 pm East Rm 1243
Howard, Denise \$100

> **11351** (1 class) **Feb 24 only**
Friday, 10:00 pm- 3:00 pm East Rm 1243
Howard, Denise \$100



NEW! Multi-Drug Resistant Organisms (MDRO's): Prevention and Control- Part II

Learn about the biofilm world, where it comes from, and what it means. Content will include what the practitioner needs to know about colonization versus infection and virulence of MDRO's; Extended-spectrum β -lactamase (ESBL)-producing gram negative bacteria; carbapenem-resistance in enterobacteriaceae (CRE); and klebsiella pneumoniae carapenemase (KPC). Content includes where these organisms are found, how they cause infection, and what can be done to stop them. You will also learn about the make-up and meaning of the antibiogram. Content will include case studies involving MDRO's and what future infection prevention and control looks like related to MDRO's. **Two contact hours.**

- | | |
|---|--|
| > 11388 (1 class)
Wed, 6:00 pm- 8:00 pm
Twenge, Dawn | Nov 2 only
East Rm 2561
\$49 |
| > 11389 (1 class)
Wed, 6:00 pm- 8:00 pm
Twenge, Dawn | Feb 22 only
East Rm 2313
\$49 |

NEW! The Basics of Forensic Science

Are you curious but too busy with your day-to-day responsibilities to give time and energy to gaining a better understanding of what forensic science is all about? This course offers you a chance to get a comprehensive overview of the basics of forensic science and offers tips for how to get into the field of forensic nursing. **Four contact hours.**

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| > 11390 (1 class)
Wed, 8:00 am- 12:00 pm
Thinesen, Pamela | Nov 2 only
East Rm 2311
\$79 |
| > 11391 (1 class)
Wed, 8:00 am-12:00 pm
Thinesen, Pamela | Jun 27 only
East Rm 2312
\$79 |

NEW! Preventing and Detecting Elder Financial Exploitation

The population over 65 is the fastest growing age group in the United States and often has accumulated assets that have become an increasing target for financial exploitation. The primary aim of this class is to become aware of financial abuse and exploitation indicators of elders, how they manifest and change

behavior in elders. Participants will also learn various ways to plan ahead to prevent financial abuse and exploitation. In addition, you will learn when and how to report on elder financial exploitation. **Two contact hours.**

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|--|---|
| > 11392 (1 class)
Wed, 10:00 am – 12:00 pm
Kaur, Harbir | Nov 2 only
East Rm 2313
\$45 |
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Current Advancements in Wound Healing

This course will cover principles and practices relevant to acute and chronic wound healing. Content will include a review of skin anatomy and physiolog, and provide an overview of wound healing physiology. Topics will include underlying surgical wound management, barriers to healing, how to obtain a meaningful culture, debridement, and dressing choices. **Two contact hours.**

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|---|--|
| > 11352 (1 class)
Thur, 6:00 pm- 8:00 pm
Chevrette, Janice | Nov 3 only
East Rm 2273
\$49 |
| > 11353 (1 class)
Thur, 6:00 pm- 8:00 pm
Chevrette, Janice | Feb 23 only
East Rm 2561
\$49 |

NEW! Anxiety Disorders

Anxiety disorder represents a growing diagnosis within the United States. The course will examine a wide range of anxiety disorders such as panic disorder, specific phobia, generalized anxiety, social phobia, and obsessive-compulsive disorder. A brief overview of PTSD versus acute stress disorder will also be included. You will learn what specific symptoms are associated with particular anxiety diagnoses and what types of treatment have proven efficacy. **Four contact hours.**

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|--|--|
| > 11354 (1 class)
Sat, 9:00 am- 1:00 pm
Boswell, Ernest | Nov 5 only
East Rm 2273
\$69 |
| > 11355 (1 class)
Sat, 9:00 am- 1:00 pm
Boswell, Ernest | Feb 11 only
East Rm 2312
\$69 |

Nursing Professionals



NEW! Working with the Hmong Community

Culturally competent practice with members of the Hmong community requires a broad knowledge base on the part of helping professionals. This session will augment your cross-cultural expertise of a community with strategic and global importance. You will leave with an overview of Hmong culture and society including information on Hmong history, Hmong cosmology and belief, and Hmong issues that impact their daily lives. (Qualifies for the Intercultural Competency Certificate.)

Three contact hours.

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|--|--|
| > 11393 (1 class)
Sat, 9:00 am- 12:00 pm
Xiong, Lee Pao | Nov 5 only
East Rm 2271
\$59 |
| > 11394 (1 class)
Sat, 9:00 am- 12:00 pm
Xiong, Lee Pao | Jan 28 only
East Rm 2561
\$59 |
| > 11395 (1 class)
Sat, 9:00 am- 12:00 pm
Xiong, Lee Pao | Apr 7 only
East Rm 2561
\$59 |

NEW! Working with the African American Community

This session focuses on cultural development through the lens of the African American cultural experience. You will learn models, theories, and skills that increase effective interpersonal working relationships and insights for successful community engagement. You will identify direct transfer of learning

content to apply to their work and practice settings. (Qualifies for the Intercultural Competency Certificate.) **Three and a half contact hours.**

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|--|--|
| > 11396 (1 class)
Mon, 1 pm – 4:30 pm
O'Connor, Robert | Nov 7 only
East Rm 2561
\$65 |
| > 11397 (1 class)
Wed, 1:00 pm – 4:30 pm
O'Connor, Robert | Feb 22 only
East Rm 2561
\$65 |

NEW! Working with the American Indian Community

This session focuses on cultural competence development through the lens of the American Indian cultural experience. You will learn about: Indian lands and people in Minnesota; health and social issues in the American Indian community; and cultural and contemporary issues. (Qualifies for the Intercultural Competency Certificate.) **Three contact hours.**

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|--|--|
| > 11398 (1 class)
Tues, 6:00 pm – 9:00 pm
Danforth, Pauline | Nov 8 only
East Rm 2312
\$59 |
| > 11399 (1 class)
Mon, 1:00 pm – 4:00 pm
Danforth, Pauline | Feb 6 only
East Rm 2561
\$59 |
| > 11400 (1 class)
Thur, 6:00 pm – 9:00 pm
Danforth, Pauline | May 24 only
East Rm 2561
\$59 |

Suicide Prevention

This course is designed to educate participants about suicide prevention and how to address this issue with someone who may be at risk. You will learn evidenced-based techniques to help those who may be struggling with "suicidality." You will also explore the impact on families and communities, and learn strategies to use if they are confronted with this issue. **Three contact hours.**

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| > 11356 (1 class)
Wed, 9:00 am- 12:00 pm
Rezek, Elizabeth | Nov 9 only
East Rm 2561
\$55 |
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NEW! Domestic Violence and Substance Use Disorders

Learn how substance use disorders are correlated with domestic violence. You will discuss the concurrence of substance abuse disorders and domestic violence. Lecture includes information regarding the incidence of domestic violence, definitions of abuse and neglect that relate to domestic violence, and a discussion of domestic violence strategies that promote healthy functioning. **Three contact hours.**

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| > 11401 (1 class)
Thur, 9:00 am-12:00 pm
Pelton, Don | Nov 10 only
East Rm 2311
\$59 |
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CPR Refresher for the Healthcare Provider–American Heart Association

Refresh your CPR skills in basic life support of the cardiac and/or respiratory arrest victim. Training includes recognition of the early warning signs of a heart attack and prompt entry into the emergency medical system. Also includes adult, pediatric, and infant CPR and



the use of automatic external defibrillators (AEDs). This course, also called Basic Life Support, meets the prerequisite for EMT course. **Four contact hours.**

Note: You must have an unexpired AHA BLS for Healthcare Provider CPR card to partake in this class. If your card is expired or from another source, you will need to register for the regular CPR class (five-hour course).

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| > 11357 (1 class)
Thur, 5:00 pm- 9:00 pm
Howard, Denise | Nov 17 only
East Rm 1243
\$65 |
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|--|--|
| > 11358 (1 class)
Thur, 5:00 pm- 9:00 pm
Howard, Denise | Mar 29 only
East Rm 1243
\$65 |
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NEW! Working with the Homeless Population

Gain a better understanding about the homeless population, including demographics, the history of therapeutic philosophies, and strength-based interventions for homeless clients. You will also get a chance to explore how perceptions of homelessness can influence policy as well as your own practice. (Qualifies for the Intercultural Competency Certificate.) **Three contact hours.**

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|---|---|
| > 11402 (1 class)
Th, 6:00 pm-9:00 pm
Neuman, Margaret | Nov 17 only
West Rm1170
\$59 |
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NEW! Ethics and Working with Chronic Disease

As chronic disease rapidly spreads through the American society, living with and managing chronic illness is paved with grief, fear, loss and triumph. Service providers find themselves facing ever-changing dilemmas and conflicts between the psychosocial impact on the client and family and on-going medical complications. Establishing communication paths and decision making techniques that empower clients will aid in an ethical working relationship grounded in shared purpose while reducing the burn-out factor for the service provider. **Two contact hours.**

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| > 11403 (1 class)
Fri, 10:00 am- 12:00 pm
Como, Cheryl | Nov 18 only
East Rm 2561
\$49 |
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| > 11404 (1 class)
Mon, 9:00 am- 11:00 am
Como, Cheryl | May 14 only
East Rm 2561
\$49 |
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Nursing Professionals

NEW! Working with the Latino Community

This session focuses on cultural competence development through the lens of the Latino experience. You will learn how to work with the Latino Community to strengthen your skills that increase effective interpersonal working relationships and insights for successful outcomes. You will also learn about factors that determine success or failure in working with Latinos, and how to engage their clients, students, and families. (Qualifies for the Intercultural Competency Certificate.) **Three Contact hours.**

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|--|--|
| > 11405 (1 class)
Sat, 9:00 am –12:00 pm
Castillo-Knuti, Marina | Nov 19 only
East Rm 2561
\$59 |
| > 11406 (1 class)
Sat, 9:00 am –12:00 pm
Castillo-Knuti, Marina | Feb 25 only
East Rm 2561
\$59 |
| > 11407 (1 class)
Sat, 9:00 am –12:00 pm
Castillo-Knuti, Marina | Apr 21 only
East Rm 2561
\$59 |
-

NEW! Compassion Fatigue

Human service professionals work in an extremely challenging environment. Compassion fatigue (an often traumatic state of anxiety and preoccupation with clients) can emerge at any time, simply due to the human service professional's own efforts to be an empathetic and compassionate caregiver. Compassion fatigue often results in poor self-care and extreme self-sacrifice in the helping process. Repeated exposure to unresolved workplace issues such as these can be considered secondary post-traumatic stress. This training provides an overview of compassion fatigue; its causes, manifestations and strategies for resolution. You will explore personal risks for compassion fatigue and will also develop a framework in which to assess others using a compassion stress management plan. **Six contact hours.**

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| > 11408 (1 class)
Wed, 9:00 am- 4:00 pm
Edens, Karen | Nov 30 only
East Rm 2561
\$99 |
| > 11409 (1 class)
Wed, 9:00 am – 4:00 pm
Edens, Karen | Jun 20 only
East Rm 2561
\$99 |
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Bullying in the Nursing Profession

Behavior at work is everyone's issue. Increasing healthy behavior and eliminating harmful workplace behavior happens over time. In this class, you will examine models that can be implemented in your workplace to promote healthy workplace behavior. **Two contact hours.**

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|--|--|
| > 11359 (1 class)
Wed, 6:00 pm- 8:00 pm
Twenge, Dawn | Nov 30 only
East Rm 2561
\$49 |
| > 11360 (1 class)
Tues, 6:00 pm- 8:00 pm
Twenge, Dawn | Mar 20 only
East Rm 2561
\$49 |
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NEW! Coping with Stress and Depression during the Holidays

In this workshop, you will learn ways to cope with "holidaze," the stress many people feel during the holidays, as well as "holidumps," the sense of grief and loss sometimes experienced during this time of year. **Three contact hours.**

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| > 11410 (1 class)
Fri, 9:00 am- 12:00 pm
Tift, James | Dec 2 only
East Rm 2561
\$55 |
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Intercultural Communication Strategies

Learn the concept of culture through self-awareness activities, the iceberg theory, the communication style framework, and high and low context video clips. The focus will be on recognizing different communication patterns. Culturally sensitive strategies will be introduced, along with a knowledge base, mindset, and skill set for intercultural competence. (Qualifies for the Intercultural Competency Certificate.) **Four contact hours.**

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| > 11361 (1 class)
Sat, 8:30 am- 12:30 pm
Ellingboe, Brenda | Dec 3 only
East Rm 2313
\$69 |
| > 11362 (1 class)
Sat, 8:30 am- 12:30 pm
Ellingboe, Brenda | Apr 28 only
East Rm 2561
\$69 |
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Nursing Professionals

NEW! Mood Disorders

The course will explore diagnostic and treatment issues related to the mood spectrum disorders. Diagnostic categories will include major depressive disorder, dysthymic disorder, bipolar disorders, and mood disorder not otherwise specified. In addition, you will learn about “soft” signs of different types of bipolar disorders. The presentation will focus on known etiological factors, criteria for diagnosis and treatment options relevant to mood disorders. **Four contact hours.**

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- > **11363** (1 class) **Dec 3 only**
Sat, 9:00 am- 1:00 pm East Rm 2312
Dossa, Daniel \$69
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- > **11364** (1 class) **Jun 9 only**
Sat, 9:00 am- 1:00 pm East Rm 2561
Dossa, Daniel \$69

NEW! Sexual Issues and Boundaries: Ethics and Efficacy

Professionals are continuously challenged to balance an awareness of sexual feelings as they naturally arise in the therapeutic relationship with a commitment to maintaining safe sexual boundaries with clients. We will examine the continuum of sexuality—erotic feelings, therapeutic touch, and emotional intimacy—in the helping relationship as it impacts both the safety and depth of therapeutic work. Sexual transference and counter transference issues are discussed as grand opportunities for client growth and connection. Through this workshop you will become more comfortable with and open to the heuristic base of sexual feelings in the helping relationship while simultaneously

fortifying clinical skills and internal resources for maintaining safe boundaries with clients.

Three contact hours.

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- > **11411** (1 class) **Dec 7 only**
Wed, 9:00 am- 12:00 pm East Rm 2313
Driggs, John \$59

NEW! Outbreak in the OR

Investigations of acute infectious disease outbreaks are common, challenging, and necessary to maintain patient safety. In this class, you will learn why outbreak investigations are initiated, how these outbreaks are conducted, and how the results of the investigations are used to prevent further outbreaks. **Two contact hours.**

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- > **11412** (1 class) **Dec 7 only**
Wed, 6:00 pm- 8:00 pm East Rm 2561
Twenge, Dawn \$49
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- > **11413** (1 class) **Apr 18 only**
Wed, 6:00 pm- 8:00 pm East Rm 2313
Twenge, Dawn \$49

NEW! Crisis Intervention and Substance Use Disorders

Learn how to deal with crisis intervention as it relates to substance use disorders. Definitions of substance abuse will be provided. You will discuss the family dynamics of substance abuse disorders and how intervention strategies may be used to promote safety and healthy family functioning. **Three contact hours.**

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- > **11414** (1 class) **Dec 8 only**
Thur, 9:00 am- 12:00 pm East Rm 2311
Pelton, Don \$59



Nursing Professionals

Managing Chronic Disease: Professional Partnering with Patients

The patient's experience with a chronic condition is not just one of disease but of illness which can alter perceptions, challenge belief systems and create psychosocial stressors and changes not present prior to disease manifestation. These changes may have a significant impact on the patient's ability to communicate, partner with professionals and engage in healthy management of the disease. We will examine the patient/professional relationship and options in steps for building a collaborative partnership. Techniques and tools help you move patients toward shared purpose and common goals while working together to reduce the impact of chronic disease. **Six contact hours.**

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| > 11365 (1 class)
Fri, 8:30 am- 3:30 pm
Como, Cheryl | Dec 9 only
East Rm 2313
\$110 |
| > 11366 (1 class)
Fri, 8:30 am- 3:30 pm
Como, Cheryl | Jun 22 only
East Rm 2561
\$110 |

Leading Diverse Teams

Facilitating productive, effective, and successful teams in a diverse environment requires a skillful and knowledgeable team leader. You will practice several leadership skills and interactive team activities aiming to build both awareness and skills on maximizing the benefits of differences within teams. The leadership framework for this session is from *The Leadership Challenge* by James Kouzes and Barry Posner. The cross-cultural frameworks come from anthropologists, intercultural leadership and management researchers, organizational theorists, and intercultural communication researchers. Team leaders, team members and interested others are welcome. (Qualifies for the Intercultural Competency Certificate.) **Four contact hours.**

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| > 11367 (1 class)
Sat, 8:30 am- 12:30 pm
Ellingboe, Brenda
Lynn, Lisa | Dec 10 only
East Rm 2561
\$69 |
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NEW! Chemical Use Assessment—Eight Hour Annual Update Training

This training will satisfy the eight-hour annual continuing education requirement for Rule 25 assessors. The revisions to Rule 25 have significantly changed the clinical and administrative assessment requirements for placing authorities such as counties, tribal governments and prepaid health plans. This training will explore the concepts and language of the new assessment model, The Minnesota Matrix. Additional discussion will focus on the administrative responsibilities of Rule 25 and how they are put into operation. **Eight contact hours.**

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| > 11415 (1 class)
Tue, 8:00 am- 5:00 pm
Edens, Karen | Dec 13 only
East Rm 2561
\$135 |
| > 11443 (1 class)
Wed, 8:00 am- 5:00 pm
Edens, Karen | Jul 18 only
East Rm 2561
\$135 |





Generational Diversity in the Workplace

Our workplace has become a playing field of competing viewpoints and values as five generations share the same space. In today's fast paced and ever changing environment, it has never been more vital to an organization's success to find ways to maximize the performance of every person. Understanding and appreciating one another's perspective has always been the key to effectiveness and productivity at work, and in today's multi-generational workplace, an organization's success depends on it. (Qualifies for the Intercultural Competency Certificate.) **Four contact hours.**

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- > **11368** (1 class)
Tues, 8:30 am- 12:30 pm
Lynn, Lisa

Jan 10 only
East Rm 2561
\$69
 - > **11448** (1 class)
Fri, 8:30 am – 12:30 pm
Lynn, Lisa

Jul 13 only
East Rm 2561
\$69

Intercultural Communication Tools and Skills

This course includes several interactive skill-building activities and tools designed to increase one's level of intercultural

competence. Individual, pair, and small group work will focus on practicing such skills as deep listening, staying in description, perspective taking, and understanding universal and cultural and personal values. (Qualifies for the Intercultural Competency Certificate.) **Three contact hours.**

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- > **11369** (1 class)
Sat, 9:00 am- 12:00 pm
Ellingboe, Brenda

Jan 21 only
East Rm 2561
\$59

NEW! Personality Disorders

Review all of the major personality disorders including borderline, antisocial, histrionic, narcissistic, avoidant, schizoid, schizotypal, and more. You will learn what constitutes a personality disorder and how to differentiate between the various diagnoses within the personality spectrum. Discussion will include treatment and long-term prognosis of personality disorders. **Four contact hours.**

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- > **11370** (1 class)
Sat, 9:00 am- 1:00 pm
Dossa, Daniel

Jan 21 only
East Rm 2312
\$69
 - > **11371** (1 class)
Sat, 9:00 am- 1:00 pm
Dossa, Daniel

Jan 23 only
East Rm 2561
\$69

Nursing Professionals

NEW! Crossing the Line— Ethics and Boundary Violations

Appropriate professional boundaries are influenced by factors such as the clinician's role, agency services, cultural groups represented in the client population and staff makeup, and the vulnerability level of the client and provider. Due to the complex nature of boundary maintenance, simplistic answers can actually reduce the quality of client care. How, then, do we reach clarity and consistency? This training will focus on dual relationships, self-disclosure, and the knowledge and skill level needed to make ethical choices for boundary maintenance.

Six contact hours.

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- > **11416** (1 class) **Jan 24 only**
Tue, 9:00 am- 4:00 pm East Rm 2561
Edens, Karen \$99
 - > **11417** (1 class) **May 3 only**
Thur, 9:00 am- 4:00 pm East Rm 2561
Edens, Karen \$99

NEW! Chronic Illness and the Candida Connections

Approximately 79 million Americans (one in every three) suffer candida related diseases, also known as systemic fungal infections. Very few are accurately diagnosed, and fewer still are correctly treated. Colet Lahoz led her team at the East West Clinics in Minnesota in the research and study of how to diagnose and treat this illness. You will get the most up-to-date information on how to treat candida-related diseases. These can include conditions such as chronic fatigue syndrome, fibromyalgia, persistent sinus infections, allergies, skin conditions, irritable bowel syndrome, environmental illness, autoimmune diseases, depression and anxiety disorders, colitis, Crohn's disease, etc. This seminar will present research data supporting a three-prong treatment approach using herbal antifungals, special dietary considerations, and acupuncture. **Three contact hours.**

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- > **11418** (1 class) **Jan 26 only**
Thur, 9:00 am- 12:00 pm East Rm 2561
Lahoz, Colet \$59
 - > **11419** (1 class) **May 10 only**
Thur, 9:00 am- 12:00 pm East Rm 2561
Lahoz, Colet \$59

Dealing with Grief, Loss and Death

Learn stages of grief and death, and strategies for working with the grieving and dying. You will also be provided with an overview of resources to support the grieving and dying, and their families. **Three contact hours.**

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- > **11372** (1 class) **Jan 27 only**
Fri, 9:00 am- 12:00 pm East Rm 2561
Tift, James \$55

Developing Intercultural Competence at the Individual Level

This course focuses on understanding Dr. Milton Bennett's *Developmental Model of Intercultural Sensitivity*. There are many ways to improve one's own intercultural competence through skill building activities and intercultural conversations. The focus of the course is on learning to be accepting and respectful of cultural differences as opposed to minimizing those differences. (Qualifies for the Intercultural Competency Certificate.) **Three contact hours.**

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- > **11420** (1 class) **Feb 4 only**
Sat, 9:00 am- 12:00 pm East Rm 2561
Ellingboe, Brenda \$59

NEW! Substance Use Treatment Modalities

This course is designed to introduce you to substance use treatment modalities. You will learn about effective, strength-based treatment modalities for groups and individuals. You will also learn about practical skills and techniques to utilize within specific treatment modalities. **Three contact hours.**

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- > **11421** (1 class) **Feb 9 only**
Thur, 9:00 am- 12:00 pm East Rm 2561
Kneip, Rebecca \$59

Nursing Professionals



NEW! Break the Cultural Barrier

Gain an understanding of socioeconomic, cultural and ethnic differences that may impact the victim of various kinds of abuse and violence. Through video clips and scenarios, you will be able to learn the specific engagement skills when encountering different cultural contexts. You will be able to identify and address the strengths, needs and cultural considerations of families, and describe the reasons why these skills are effective for abuse and violence intervention and prevention. (Qualifies for the Intercultural Competency Certificate.) **Three contact hours.**

> 11422 (1 class)	Feb 10 only
Fri, 9:00 am – 12:00 pm	East Rm 2561
Kaur, Harbir	\$55

Developing Intercultural Competence at the Organizational Level

This course uses an organizational model for assessing organizational-level intercultural competence from the book, *The Inclusion Breakthrough*, then highlights research from Joel Barker's DVD, *Wealth, Innovation, and Diversity*. Other activities will demonstrate the

need for a more inclusive organization that leverages diversity as a strength. (Qualifies for the Intercultural Competency Certificate.)

Three contact hours.

> 11433 (1 class)	Feb 11 only
Sat, 9:00 am – 12:00 pm	East Rm 2313
Ellingboe, Brenda	\$59

BLS Instructor Course—American Heart Association

If you are an active healthcare provider with a current American Heart Association Health Care Provider CPR card, this class will teach you the skills portion of the training needed to become an instructor in Basic Life Support CPR and First Aid classes. **Eight contact hours.** REQUIRED TEXTBOOK: *Core Instructor Course* (required) approx. \$30. RECOMMENDED BUT OPTIONAL TEXTBOOKS: *BLS for the Healthcare Provider*, approx. \$18, *Heartsaver AED*, approx. \$15, *Heartsaver for Family and Friends Instructor Manual*, approx. \$57, *Instructor Manual - BLS for the Healthcare Provider*, approx. \$38. The online book code is 1EMC 0010.

Prerequisites for Prospective Instructors:

- Must be aligned with an AHA Training Center (for information on the Century College-sponsored AHA Training Center, email denise.howard@century.edu before registering for this class).
 - Purchase *Core Instructor Course* textbook, see above. On the inside cover is a link to the online course.
 - Must have completed the online portion of the "Core Instructor Course" training prior to the start of the skills class. At the completion of the online course, a certificate will be available to print. This certificate must be brought to the BLS instructor class or you will not be allowed to participate.
 - Must have a current AHA Healthcare Provider Card.
- Note: Please bring to class a current AHA Healthcare Provider Card and current Heartsaver First Aid card if not a healthcare provider.

> 11424 (1 class)	Feb 16 only
Thur, 8:00 pm- 5:00 pm	East Rm 1221
Howard, Denise	\$125

> 11444 (1 class)	Jul 27 only
Fri, 8:00 pm- 5:00 pm	East Rm 1221
Howard, Denise	\$125

Nursing Professionals

CPR for the Healthcare Provider—American Heart Association

Learn basic life support of the cardiac and/or respiratory arrest victim. Training includes recognition of the early warning signs of a heart attack and prompt entry into the emergency medical system. Also includes adult, pediatric, and infant CPR and the use of automatic external defibrillators (AEDs). This course, also called Basic Life Support, meets the prerequisite for EMT course. The textbook is included in the course fee. **Five contact hours.**

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| > 11425 (1 class)
Thur, 4:45 pm- 9:45 pm
Howard, Denise | Feb 23 only
East Rm 1243
\$85 |
| > 11426 (1 class)
Fri, 10:00 am- 3:00 pm
Howard, Denise | Apr 27 only
East Rm 1221
\$85 |
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Becoming an Effective Intercultural Trainer

This course focuses on ways to design, develop, and deliver effective intercultural training and workplace orientation and learning sessions for a diverse workforce. You will self-score a Learning Styles Inventory to find out your own preferred learning style. Then, you will focus on developing a workplace training session that includes an intercultural perspective. The workbook *Finding Common Understanding* will provide helpful hints and valuable fact sheets on specific cultures in Minnesota. (Qualifies for the Intercultural Competency Certificate.)

Three contact hours.

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| > 11427 (1 class)
Sat, 9:00 am–12:00 pm
Ellingboe, Brenda | Mar 3 only
East Rm 2313
\$59 |
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NEW! Understanding Family Dynamics and Cross Cultures in Elder Abuse

Learn how race, culture, socioeconomic class, gender, family structure, and sexual preference may impact dynamics when dealing with elder abuse situations. You will learn how to assess and engage families in elder abuse stages, and how cultural issues may affect the detection and reporting of elder abuse. **Three contact hours.**

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| > 11428 (1 class)
Wed, 9:00 am – 12:00 pm
Kaur, Harbir | Mar 7 only
East Rm 2561
\$55 |
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NEW! Homelessness and Substance Use Issues

The course includes an introduction to, and an examination of, homelessness and substance use, and the challenges faced by the population troubled by these paired issues. Gain knowledge of strength-based interventions to address these issues as well as useful resources available in the metro community. **Three contact hours.**

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| > 11429 (1 class)
Fri, 9:00 am – 12:00 pm
Kneip, Rebecca | Mar 9 only
East Rm 2561
\$59 |
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NEW! Thought Disorders

Thought disorders represent serious and persistent mental health problems. Learn how to better understand the nature of psychotic disorders. This course will review the causes, diagnosis and treatment of schizophrenia, schizopreniform, schizoaffective disorder, delusional disorder and psychosis not otherwise specified. **Four contact hours.**

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| > 11430 (1 class)
Sat, 9:00 am- 1:00 pm
Boswell, Ernest | Mar 24 only
East Rm 2561
\$69 |
| > 11445 (1 class)
Sat, 9:00 am- 1:00 pm
Boswell, Ernest | Jul 21 only
East Rm 2561
\$69 |
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NEW! Dually Diagnosed Patients & Chemical Dependency Issues

Co-occurring mental health and substance abuse disorders constitute one of the most pressing problems facing behavioral health professionals today. It is estimated that close to 10 million people in this country experience at least one mental health disorder in combination with substance abuse. Encountering a client with such coexisting disorders often leaves the provider in a quandary as to appropriate service plans. This training will assist you in addressing the needs of clients with co-occurring diagnoses and thus increase the likelihood of improved service outcomes. **Six contact hours.**

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- > **11431** (1 class) **Apr 9 only**
Mon, 9:00 am – 4:00 pm East Rm 2561
Edens, Karen \$99

Intercultural Conflict Style Assessment

The Intercultural Conflict Style Inventory by Dr. Mitch Hammer is the main focus of this course. You will take and self-score this assessment tool, learn about your own conflict style, and correlate cultural factors that influence a person's conflict style. The two main dimensions are directness and emotional attachment or detachment. Several video clips will demonstrate differences in conflict style. Course fee includes the assessment tool. (Qualifies for the Intercultural Competency Certificate.) **Three contact hours.**

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- > **11434** (1 class) **Apr 14 only**
Sat, 9:00 am – 12:00 pm East Rm 2561
Ellingboe, Brenda \$59

NEW! I Never Saw it Coming: Anticipating and Managing Unforeseen Ethical Crises

Well-intentioned professionals may harm their clients through inattention to the nuances of the therapeutic alliance. We may inaccurately assess client functioning, cross-therapeutic boundaries, treat nonpsychological impairment with psychological methods, and fail to recognize dissociative phenomena. This workshop attends to those areas of inattention through the use of case examples, research material, and group exercises. Critical emphasis is paid to the self of the therapist and the intimate dance between helper and "helpee." While there is no crystal ball to predict client behaviors, we can better attune ourselves to hidden aspects of the healing alliance and less frequently say, "I never saw it coming." **Three contact hours.**

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- > **11432** (1 class) **Apr 18 only**
Wed, 9:00 am- 12:00 pm East Rm 2561
Driggs, John \$55

NEW! Substance Abuse and the Addicted Brain

Gain a better understanding of the impact of substance use on the brain and its functioning. You will be introduced to the basics of brain chemistry as well as learn how scientists are exploring new methods in studying the relationship between substance use and brain functioning. Finally, you will gain tools in working with substance use disorder clients with cognitive impairments. **Three contact hours.**

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- > **11435** (1 class) **Apr 19 only**
Thur, 9:00 am – 12:00 pm East Rm 2311
Neuman, Margaret \$59



Nursing Professionals



NEW! Anger Management 101

In today's fast-paced environment with ever increasing demands, people need tools to manage reactions to mounting stress. Anger and stress are a normal part of modern day life but how we choose to deal with these emotions is important. Signals for potential anger issues at work include: inappropriate outbursts, low morale, interpersonal conflicts, poor performance, not following through with commitments, ineffective communication, change, and increased productivity demands. Some studies indicate more than 30,000 heart attacks are caused by momentary anger each year. This training will give you the power and practical tools to manage your own stress and anger in productive and appropriate ways as well as provide tips and techniques when trying to assist others to manage their stress and anger. **Three contact hours.**

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- > **11436** (1 class) **Apr 25 only**
Wed, 9:00 am- 12:00 pm East Rm 2561
Lynn, Lisa \$55

NEW! Acupuncture: Energy Medicine that is Direct to the Point

Integrative medicine has evolved over the last decade as a modern and more holistic approach to healthcare. In light of that concept, nurses need to understand alternative methods

of healing that are currently integrated with western medicine. This workshop will focus on acupuncture as part of traditional Chinese medicine. It is now commonly used in many clinics in Minnesota and around the country. The instructor uses her background in nursing and 26 years of practicing acupuncture to explain how it works and its many applications. **Three contact hours.**

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- > **11437** (1 class) **May 3 only**
Thur, 9:00 am- 12:00 pm East Rm 2311
Lahoz, Colet \$59
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- > **11446** (1 class) **Jul 26 only**
Thur, 9:00 am- 12:00 pm East Rm 2561
Lahoz, Colet \$59

NEW! Co-Occurring Disorders

This workshop is designed to introduce you to co-occurring mental health and chemical dependency disorders. You will explore how each disorder can cause symptoms of the other, leading to slow recovery and a diminished quality of life. You will also learn a variety of evidence-based practice techniques in helping clients with co-occurring disorders. **Three contact hours.**

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- > **11441** (1 class) **May 17 only**
Thur, 6:00 pm – 9:00 pm East Rm 2311
Neuman, Margaret \$59

Nursing Professionals

NEW! Managing Emotions Before They Manage You

Emotions, described as “the glue” that connects people to one another, serve as the foundation of one’s ability to understand and relate to others. To be successful in any environment, it’s important that people know how to manage their emotions, whether positive or negative, effectively. When you are aware and in control of your emotions, you can think clearly and creatively: manage stress and challenges; communicate well with others and display trust, empathy and confidence. But lose control of your emotions, and you’ll spin into confusion, isolation, and doubt. By learning to recognize, manage, and deal with your emotions, you’ll enjoy greater happiness and health, as well as better relationships. This class will present tools and techniques to help read the environment and manage emotions effectively. **Three contact hours.**

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- > **11438** (1 class) **May 23 only**
Wed, 9:00 am- 12:00 pm East Rm 2561
Lynn, Lisa \$55

Communication Techniques for Elders Living with Dementia

This is an intensive workshop intended for memory care unit staff, neighborhood coordinators, directors of nursing, activity staff, social workers, or administrators of nursing homes and assisted living communities with memory care/Alzheimer’s units. This workshop is designed to explore ways to communicate

and validate in a caring, nonjudgmental environment for residents with memory issues, Alzheimer’s or identified dementias. You will recognize ways to diffuse situations through increased awareness of communication techniques. **Three contact hours.**

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- > **11439** (1 class) **Jun 5 only**
Tue, 9:00 am – 12:00 pm East Rm 2561
McQuillian, Jane \$55

Managing Conflict in a Diverse Workplace

Workplace conflict has an impact on more than the individuals involved. It usually creates a ripple effect and repercussions are felt throughout the organization. Recent studies show that managers and supervisors spend on average 25-42 percent of their time dealing with conflict including discord, hostility, competition, incompatibility, clashes, opposition, and struggles. Although there is no appropriate or inappropriate strategy to deal with conflict, detecting initial symptoms and adopting the most effective behavior to resolution is essential in resolving it easily and effectively. This session is intended for anyone who is interested in learning effective ways of dealing with tensions, problems, and conflict in the workplace. (Qualifies for the Intercultural Competency Certificate.) **Three contact hours.**

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- > **11440** (1 class) **Jun 15 only**
Fri, 9:00 am – 12:00 pm East Rm 2561
Lynn, Lisa \$55



Nursing Professionals

NEW! Patient Safety and HIPPA for Long-Term Care

In this session, you will learn about the health information privacy requirements of the federal Health Insurance Portability and Accountability Act (HIPPA). The requirements are known as the HIPPA Privacy Rule and went into effect beginning April 14, 2003. You will learn about the imperative need for staff to understand that they are covered by this act. The session will enable you to understand the necessity to follow policies and procedures, including those concerning health information privacy as enshrined in the HIPPA. **Three contact hours.**

> 11447 (1 class)	Jul 11 only
Wed, 10:00 am – 12:00 pm	East Rm 2561
Kaur, Harbir	\$45

NEW! The Role and Functions of a Clinical Supervisor

Clinical supervision as a unique set of competencies, abilities and job functions, requires specific knowledge that must be obtained and skills that must be mastered. This training will focus on the core competencies required to be able to function as a clinical supervisor while addressing standards of clinical practice within the context of ethical considerations. **Six contact hours.**

> 11449 (1 class)	Jul 24 only
Tue, 9:00 am – 4:00 pm	East Rm 2561
Edens, Karen	\$99

Avoiding the Slippery Slope to Ethical Violations

The most typical client violations by professionals are not done with malice or intent to harm. They are done inadvertently by helpers who become engaged in a slippery slope of misguided judgments, role reversals with clients, and inattention to client and self-harm. Goodhearted helpers can get duped into serious client violations due to mismanagement of the therapeutic alliance, unresolved stressors in the professional's personal life, and a lack of support to handle challenging dynamics in the therapeutic relationship. An ounce of prevention is worth more than a pound of cure. **Three contact hours.**

> 11450 (1 class)	Jul 25 only
Wed, 9:00 am – 12:00 pm	East Rm 2561
Driggs, John	\$55

NEW! Intercultural Competency Certificate

Our world is a melting pot as more and more culturally diverse populations merge and live together. Cultural norms, traditions and viewpoints can vary greatly providing unique challenges to the helping professional or social worker.

Century College's Intercultural Competency Certificate (ICC) is designed to increase and raise cultural self-awareness through understanding cultural factors that influence communication, cognition and behavior.

The certificate includes completion of 30 hours total, 12 hours of required courses and 18 hours of electives. With 19 courses to choose from, you will have ample opportunity to customize the certificate you meet your individual needs.

Required Courses:

- Intercultural Communication Strategies
- Intercultural Communication Tools and Skills
- Developing Intercultural Competence at the Individual Level
- Intercultural Conflict Style Assessment

Electives (choose at least six):

- Leading Diverse Teams
- Developing Intercultural competence at the Organizational Level
- Cultural Diversity and Substance Use Issues
- Becoming an Effective Intercultural Trainer
- Generational Diversity in the Workplace
- Managing Conflict in a Diverse Workplace
- Break the Cultural Barrier
- Understanding Family Dynamics and Cross Cultures in Elder Abuse
- Working with the Homeless Population
- Working with the Hmong Community
- Working with the African American Community
- Working with the American Indian Community
- Working with the Latino Community

For more information, contact Carm Seifert at 651.779.3948.

Instructor Biographies

Ernest Boswell, PhD, LP, has worked for a division of Veterans Affairs for 22 years. His specialization is assessment, diagnosis and treatment of PTSD. He has worked with over 5,000 trauma survivors and is a recognized forensic expert on PTSD in state and federal court. He is on faculty in the Psychology Department at Century College.

Marina Castillo-Knuti, MA, is a bilingual marriage and family therapist at Su Familia Multicultural Counseling. She has worked with many culturally diverse populations with particular expertise in working with Latino youth and families with issues of need. She has worked as a teacher, individual and family therapist, and currently teaches in the MnSCU college system.

Janice F. Chevrette, MSN, RN, FNP-C, CWOCN, worked as a public health nurse for 10 years in the Twin Cities metro area and outlying communities specializing in the management of complex medical care and ventilator dependence. Following her public health experience, she worked at Abbott Northwestern Hospital as a faculty member in the Enterostomal Therapy Nursing Education Program in addition to providing inpatient care, and helping to establish the outpatient wound clinic. She was recruited in 2003 by the Burn Center at Regions Hospital, St. Paul, MN, to open an outpatient wound care center where she currently works.

Cheryl Como, LICSW, has 21 years of program development, facilitation, service delivery and program evaluation experience to a diverse clientele. As vice president of Client Services for the Lupus Foundation of Minnesota, she provides therapeutic services to individuals and families, develops supportive and educational programming for clientele, and conducts trainings, workshops and webinars for individuals and service providers.

Dr. Pauline Danforth, PhD, is writer and lecturer on the historical and contemporary experiences of native people in Minnesota. Her work has been included in anthologies including *Sister Nation*, *North Writers II*, and *Stories Migrating Home*. She currently works at Metropolitan State University as a community faculty member in ethnic studies and as an academic advisor. Ms. Danforth is an enrolled member of the White Earth Reservation.

Daniel Dossa received his PhD in clinical psychology from Bowling Green State University, Ohio. Dr. Dossa runs a highly successful private practice specializing in diagnostic assessments and neuropsychological assessments. He is a recognized forensic expert on PTSD in civil litigation cases and has extensive experience in presentations on a variety of diagnostic issues. Dr. Dossa has recently co-authored chapters in a book on PTSD in forensic settings.



Instructor Biographies

John Driggs, LICSW, has been a psychotherapist in private practice in the Twin Cities for more than 25 years. He writes a monthly mental health column for the Phoenix newspaper and is coauthor of *Intimacy Between Men* (Dutton Press, 1990).

Karen Edens, president and director of Training -Edens Group, MARRCH Board of Governors Member, has forty years of professional experience in the design and delivery of training, professional development, technical assistance and consultation. Karen delivers ongoing training to a wide range of human service professionals; offers a variety of other professional development seminars, consults with various human service providers and community groups, and provides highly acclaimed services related to creating and maintaining healthy workplaces.

Brenda J. Ellingboe, PhD, is an intercultural trainer and consultant. She received her PhD from the University of Minnesota. She has taught a wide range of intercultural courses at Century College and in 45 workplaces for Century clients, since 2002. She is also a certified intercultural facilitator and holds two intercultural training certificates from the Intercultural Communication Institute.

Denise Howard is the American Heart Association training center coordinator at Century College. She has been teaching CPR/first aid classes for more than 15 years and has been an instructor trainer for more than 10 years.

Trudy Howard, MS, RN, DPN candidate, has had extensive experience as a preceptor and instructor for both nursing theory and skills in acute care and disease management to both undergraduate and graduate level nursing students. She completed her master's degree project on "Hand Hygiene in the Acute Care Setting." She currently serves as a member on the Minnesota Chapter of APIC Public Policy Committee.



Harbir Kaur, MA, director elder Justice Services, ECRA, provides advocacy for elders who are victims of abuse, neglect or financial exploitation. She educates law enforcement, health professionals, and community members on elder abuse and neglect awareness, and prevention and intervention strategies.

Rebecca Kneip, MSW LGSW, attended the University of Minnesota for her master of social work degree. She has experience in providing individual, family and group therapy with diverse populations in both English and Spanish. Rebecca also has experience working at a local crisis nursery. She currently works with homeless veterans and provides intensive case management to help veterans successfully maintain housing.

Colet Lahoz RN, MS, L.Ac., founded the East West Clinic in White Bear Lake, MN, in 1984. The center offers a blending of Eastern and Western concepts and techniques in helping patients toward wellness. The environment provides a unique setting for self-healing, based on the philosophy that by providing the proper conditions, the body has the potential to heal itself. Ms Lahoz is a pioneer in the field of holistic medicine in the U.S. She is also the author of the book, *Conquering The Non-Drug Solution*.

Instructor Biographies

Sarah Linhoff, RN, MSN, is a staff development specialist, Dept. of Practice and Education, at Regions Hospital in St. Paul, MN. Sarah has had experience teaching basics of operating room nursing and using evidence-based practice to develop curriculum for mandatory nursing education.

Lisa Lynn, M.A., LP, is a psychological consultant with more than 25 years of experience. Her work encompasses leadership development, team effectiveness, at-risk performance coaching, supervisory development, performance assessment, communication customer service, time/project management, and conflict resolution. She has a bachelor of arts degree in elementary education, a master of arts degree in counseling psychology and is a licensed psychologist in Minnesota.

Janine McQuillan, B.S., Council Services director, ECRA, has worked in long term care for 21 years. She was a therapeutic recreation coordinator, resident council liaison, and is actively involved with Culture Change as a Neighborhood coordinator. After completing training with the Alzheimer's Association, she hired and trained staff for a secured dementia unit. Janine has utilized validation techniques for 19 years in her professional practice.

Margaret Neuman, LICSW, is a clinical social worker in the Homeless Program at the Veterans Affairs Medical Center, where she has been for the past three years. She received her bachelor's degree in gender studies from Washington University in St. Louis. Before returning to school to earn her master's degree in social work from the University of Minnesota, Margaret served as a counselor for a variety of organizations, including the Rape and Sexual Abuse Center, Tubman Family Alliance, and Normandale Upward Bound.

Robert O'Connor, MSW, is a tenured assistant professor at Metropolitan State University, and a subject matter expert in working with the African American population. Robert is known nationally for his contributions to child welfare and cultural competence and serves on the federal National Resource Center for Adoption. He has presented statewide trainings in MN, and nationally, has appeared on prime time NBC, has been interviewed by ABC News, 20/20, the *Wall Street Journal*, the Barbara Walter's Show and others.

Don Pelton is currently a community services supervisor for Washington County Community Services in the Social Services Intake and Children's Investigation Unit and has more than 35 years of social work experience in child protection. Don has a BA in criminology from the University of Minnesota and a MBA in military leadership from Touro University California. He is a master trainer for the Minnesota Child Welfare Training System. Don is also a veteran having served in the Minnesota National Guard for 39 years and retiring from the Office of the Inspector General as a lieutenant colonel.

Sue Pepin, RN, BA, CNOR, is an operating room nurse at Regions Hospital in St. Paul, MN. Sue has worked in the OR for 22 years. She has experience as team lead for Neuro, ENT, and plastic services.

Elizabeth Rezek, LICSW, LADC, works at the Minneapolis VA Medical Center as a clinical social worker in the Homeless Programs. She has 20 plus years of community organizing experience around issues pertaining to the homeless populations. She is a licensed independent clinical social worker and licensed alcohol and drug counselor, and enjoys teaching social work and substance abuse classes to students throughout the metro area.

Instructor Biographies

Pamela Thinesen, M.S., Century College biology faculty, developed the first online biology courses for Century College and currently teaches online Biology Concepts with a lab; online Human Biology; Introduction to Forensic Biology (online lecture and on campus lab), Human Anatomy and Physiology (on campus), and Continuing Ed Basics of Forensic Science.

Jim Tift, M.A., community services director, ECRA, has been an adjunct faculty member, teaching gerontology, human services, and family studies courses in a number of Minnesota state universities and community colleges for over thirty years. Jim has a bachelor's degree in psychology and a master's degree in gerontology.

Dawn Twenge, RN, BSN, is an infection preventionist at Fairview Southdale Hospital. Dawn has been involved with infection prevention and control since 1998. She was the infection preventionist at Fairview Northland Health Services in Princeton, MN, and at Queen of Peace Hospital in New Prague, MN, before becoming the infection preventionist

at Fairview Southdale. She has been a member of APIC since 2007, is currently involved as a candidate for nominating committee office in APIC, and has attended several national APIC conferences as well as local conferences all focusing on current infection prevention issues and solutions.

John Wulfing is a medical technician who has 20 years of extensive experience in the military and at Gillette Children's hospital. He currently instructs nurses, patient care technicians, and nurse interns in peripheral venous access.

Lee Pao Xiong, MA, is director of the Center for Hmong Studies at Concordia University in St. Paul. Among other positions, he served as president and CEO of the Urban Coalition, director of the State Council on Asian-Pacific Minnesota, executive director of the Hmong American Partnership and Hmong Youth Association of Minnesota. In 2000 he was appointed by President Clinton to serve on the President's Advisory Commission on Asian-Americans and Pacific Islanders. He has received numerous awards for his service to the community.



2011-12 Nursing Professionals Registration Form

Please fill out all information completely. Date of birth **or** social security number are required. This data is for student tracking purposes only and will not be released or used for any other purpose.

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Cell Phone/Alternate Phone Number _____

Business Address _____

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Business Phone _____

Course #	Course Name	Course Fee
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_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
Total Course Fees		\$ _____

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Check(s) Enclosed. (Please write a separate check for the exact amount of each course, payable to Century College.)

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