

2011-2012



651.779.3341

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Helping Professionals & Social Workers

Continuing Education & Customized Training

Yearlong Training
Opportunities in:

Adoption Competency

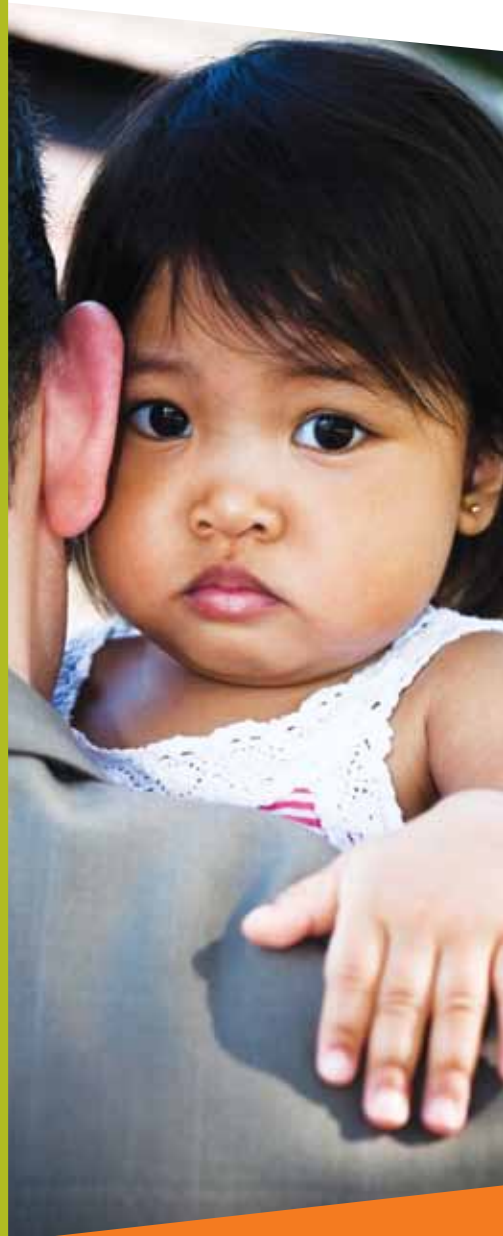
Intercultural Competency

Ethics

Chemical Dependency

Healthcare & Eldercare

Mental Health Disorders



century.edu

NEW! Adoption Competency Certificate (ACC)

It's all about the people. Foster and adoptive children and families have long expressed a frustration with a lack of adoption-competent professionals. They feel their issues are not understood, solutions are not tailored to their specific needs, and underlying problems are exacerbated. To fulfill this unmet need, Century College has created a new Adoption Competency Certificate, designed ultimately to better serve the people who adopt and are adopted by training those who work and support them.

Certificate Requirements: Take one each of the following 16 courses:

- Getting Started with Attachment and the Developing Brain
- Child Development
- Developmental Repair
- Interventions: Assessing and Treating Trauma/Attachment Disruption
- Childhood Sexual Abuse
- Adolescents and Attachment
- Children's Mental Health: Managing Multiple Diagnoses
- The Mosaic—When FASD Meets RAD
- Who Adopts and Why: Making Good Matches
- It's Nice to Meet You—Now When Are You Leaving?
- Ambiguous Loss
- The Disappointed Parent
- Cultural Competence (online spring 2012)
- Human Sexuality—Competent Adoption Practice
- Practice Challenges from the Legal Perspective (online spring 2012)
- Redefining Success for the Family, Child, and Professional
- Attend at least two Lunch and Connect clinical case consultations (beginning in December 2012)

Total CEUs = 46

The Adoption Competency Certificate is a cafeteria style model where you can pick and choose when you take each module. We welcome participants that are not interested in completing the full certificate to enroll in individual courses as needed for their area of specialty.

For more information, contact Anne E. Turnbull, MSW, at 651.773.1785 or anne.turnbull@century.edu.



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 E2420
Mon–Thu 8 am–7 pm
Fri 8 am–4 pm

Questions?

Contact **Anne Turnbull, MSW**
Helping Professionals Manager,
at anne.turnbull@century.edu
or **651.773.1785**.

These programs can also be brought to your business or organization! Call Anne 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 or through the MN Relay Service at 1.800.627.3529 (voice/TTY).



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



Helping Professionals

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. Qualifies for the Intercultural Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12009** (1 class) **Oct 20 only**
Thu, 6:00 pm- 9:00 pm East Rm 3603
Neuman, Margaret \$59

> **12010** (1 class) **Jan 26 only**
Thu, 6:00 pm- 9:00 pm East Rm 2312
Neuman, Margaret \$59

> **12011** (1 class) **Mar 22 only**
Thu, 9:00 am- 12:00 pm East Rm 2311
Neuman, Margaret \$59

> **12012** (1 class) **Jun 21 only**
Thu, 6:00 pm- 9:00 pm East Rm 2312
Neuman, Margaret \$59

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. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12129** (1 class) **Oct 21 only**
Fri, 9:00 am- 12:00 pm East Rm 2561
Como, Cheryl \$59

> **12130** (1 class) **Jul 27 only**
Fri, 9:00 am- 12:00 pm East Rm 2561
Como, Cheryl \$59

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! *The Board of Social Work has approved this training for three hours of continuing education.*

> **12013** (1 class) **Oct 25 only**
Tue, 9:00 am-12:00 pm East Rm 2561
McQuillan, Janine \$55

NEW! Electronica in Families: Benefit or Liability?

Electronica—cell phones, text messaging, laptops, big screen digital TVs, video games and other electronic devices—rule our families. Their benefits are so intense that few of us could imagine living without them. And many of us are unaware of how such technology is having a downside on our family lives, particularly when these devices become more important than our relationships. In this workshop, you will examine: the benefits and liabilities of the digital revolution; how electronica impacts brain development in children and the emotional connections in families; and how parents can stay in charge—knowing how much is just too much. Using lecture material, research development, and class discussion of family cases, a thorough examination of this hot topic is presented. Inevitably the problem is not the things we have in our lives but in our discernment of how we use them. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12014** (1 class) **Oct 26 only**
Wed, 9:00 am-12:00 pm East Rm 2561
Driggs, John \$55

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

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when and how to report on elder financial exploitation. *The Board of Social Work has approved this training for two hours of continuing education.*

- > **12015** (1 class) **Nov 2 only**
Wed, 10:00 am-12:00 pm East Rm 2313
Kaur, Harbir \$45

NEW! Deflating the Frustration/Resistance Cycle

Frustration is a hallmark emotion of stressed parents with high demand careers and busy family lives. It is commonly experienced in the home during times of transition and routine expectations such as school, bedtime and homework. We will diagram, explain and discuss the simple and vexing family dynamic called the frustration/resistance cycle, and how, if unchecked, it can begin to drain family life of the cooperation and vitality once imagined. You will leave with an understanding of the frustration/resistance cycle and, most importantly, three parenting techniques known to deflate this troublesome cycle. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12016** (1 class) **Nov 4 only**
Fri, 9:00 am-12:00 pm East Rm 2312
Buckley, Paul \$62

- > **12017** (1 class) **Feb 24 only**
Fri, 9:00 am-12:00 pm East Rm 2561
Buckley, Paul \$62

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. *The Board of Social Work has approved this training for four hours of continuing education.*

- > **12018** (1 class) **Nov 5 only**
Sat, 9:00 am-1:00 pm East Rm 2273
Boswell, Ernest \$69

- > **12019** (1 class) **Feb 11 only**
Sat, 9:00 am-1:00 pm East Rm 2312
Boswell, Ernest \$69

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. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **11997** (1 class) **Nov 5 only**
Sat, 9:00 am-12:00 pm East Rm 2271
Xiong, Lee Pao \$59

- > **12020** (1 class) **Jan 28 only**
Sat, 9:00 am-12:00 pm East Rm 2561
Xiong, Lee Pao \$59

- > **12021** (1 class) **Apr 7 only**
Sat, 9:00 am-12:00 pm East Rm 2561
Xiong, Lee Pao \$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 your work and practice settings. Qualifies for the Intercultural Competency Certificate. *The Board of Social Work has approved this training for three and a half hours of continuing education.*

- > **11998** (1 class) **Nov 7 only**
Mon, 1:00 pm-4:30 pm East Rm 2561
O'Connor, Robert \$65

- > **12022** (1 class) **Feb 22 only**
Wed, 1:00 pm-4:30 pm East Rm 2561
O'Connor, Robert \$65

- > **12023** (1 class) **Apr 24 only**
Tue, 1:00 pm-4:30pm East Rm 2561
O'Connor, Robert \$65

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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. *The Board of Social Work has approved this training for three hours of continuing education.*

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| > 11999 (1 class) | Nov 8 only |
| Tue, 6:00 pm–9:00 pm | East Rm 2312 |
| Danforth, Pauline | \$59 |
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| > 12024 (1 class) | Feb 6 only |
| Mon, 1:00 pm–4:00 pm | East Rm 2561 |
| Danforth, Pauline | \$59 |
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| > 12025 (1 class) | May 24 only |
| Thu, 6:00 pm–9:00 pm | East Rm 2561 |
| Danforth, Pauline | \$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. *The Board of Social Work has approved this training for three hours of continuing education.*

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| > 12000 (1 class) | Nov 9 only |
| Wed, 9:00 am–12:00 pm | East Rm 2561 |
| Rezek, Elizabeth | \$55 |

Transforming the Challenging Child: Present Moment Parenting

Ever wonder why typical parenting, therapy, and teaching techniques are ineffective with some children? Learn ways to bring about real change with proven, positive, esteem-building techniques. The approach applies to all children, ages 2-18, but is especially helpful for children with ADHD, ODD, autism, or any child whose behavior does not improve with typical methods. Arguments, tantrums, time-outs, bad language, trouble

at school, problems with peers, refusal to cooperate, difficult mornings, challenging transitions ... learn ways to resolve them all through powerful parenting techniques! *The Board of Social Work has approved this training for two hours of continuing education.*

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| > 12026 (1 class) | Nov 9 only |
| Wed, 6:30 pm–8:30 pm | East Rm 2561 |
| Feigal, Tina | \$49 |
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| > 12027 (1 class) | Jan 19 only |
| Thu, 6:30 pm–8:30 pm | East Rm 2561 |
| Feigal, Tina | \$49 |

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. *The Board of Social Work has approved this training for three hours of continuing education.*

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| > 12001 (1 class) | Nov 10 only |
| Thu, 9:00 am–12:00 pm | East Rm 2311 |
| Pelton, Don | \$59 |

Looking for Love in all the Wrong Places

Despite a myriad of positive ways of connecting—computer dating, meet-up groups, dance clubs, speed dating—inevitably too many of us make bad choices when it comes to choosing a life partner. Like a moth drawn to the flame, we choose people who are particularly bad for us even when at first they seem right. This workshop examines the psychoneurology of falling in love, why some of us are prone to repeatedly making bad choices in finding a mate, and how each of us can fine tune our skills in avoiding dangerous partners. Focusing on the shadow side of ourselves rather than the apparent potential of another person is crucial for getting love right. Research material, case examples and presentations all make this subject come alive and get us up front and personal with the most important decision we'll ever make in our lives—finding a mate. *The Board of Social Work has approved this training for three*

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hours of continuing education.

- > **12028** (1 class) **Nov 16 only**
Wed, 9:00 am–12:00 pm East Rm 2561
Driggs, John \$55

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. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12002** (1 class) **Nov 17 only**
Thu, 6:00 pm–9:00 pm West Rm 1170
Neuman, Margaret \$59

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. *The Board of Social Work has approved this training for two hours of ethics continuing education.*

- > **12029** (1 class) **Nov 18 only**
Fri, 10:00 am–12:00 pm East Rm 2561
Como, Cheryl \$49
- > **12030** (1 class) **May 14 only**
Mon, 9:00 am–11:00 am East Rm 2561
Como, Cheryl \$49

Working with the Latino Community

This session focuses on cultural competence development through the lens of the Latino experience. You will learn how to better 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 your clients, students, and families. Qualifies for the Intercultural Competency Certificate. *The Board of Social Work has approved this for three hours of continuing education.*

- > **12031** (1 class) **Nov 19 only**
Sat, 9:00 am–12:00 pm East Rm 2561
Castillo-Knuti, Marina \$59
- > **12032** (1 class) **Feb 25 only**
Sat, 9:00 am–12:00 pm East Rm 2561
Castillo-Knuti, Marina \$59
- > **12033** (1 class) **Apr 21 only**
Sat, 9:00 am–12:00 pm East Rm 2561
Castillo-Knuti, Marina \$59

NEW! Child Development

This presentation will outline the tasks of child development from infancy to adulthood. Classic Eriksonian stages are presented: trust versus mistrust, autonomy versus shame, initiative versus guilt, industry versus inferiority, and identity versus diffusion. At each level, profiles of typical and atypical developing children are highlighted, along with strategies to help the child at each stage. Assessing risk factors for each developmental stage will be explored and developmental milestones will be discussed in terms of physical, cognitive, emotional, and social tasks.

The adopted child has been exposed to many adverse experiences which create developmental insults. A positive, attuned caregiver helps the child address these insults, but the hard work required from both parent and child needs increased emphasis in competent adoption practice. Risk and resiliency features will be discussed for each developmental stage, along with suggestions for interventions. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12034** (1 class) **Nov 22 only**
Tue 9:00 am–12:00 pm East Rm 2561
McMahon, Deena \$105
- > **12035** (1 class) **Mar 5 only**
Mon, 9:00 am–12:00 pm East Rm 2311
McMahon, Deena \$105

Helping Professionals

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 care-giver. 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. *The Board of Social Work has approved this training for six hours of continuing education.*

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| > 12036 (1 class) | Nov 30 only |
| Wed, 9:00 am–4:00 pm | East Rm 2561 |
| Edens, Karen | \$99 |
| > 12037 (1 class) | Jun 20 only |
| Wed, 9:00 am–4:00 pm | East Rm 2561 |
| Edens, Karen | \$99 |

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. *The Board of Social Work has approved this training for three hours of continuing education.*

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| > 12038 (1 class) | Dec 2 only |
| Fri 9:00 am–4:00 pm | East Rm 2561 |
| Tift, James | |
| McQuillan, Janine | \$55 |

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. *The Board of Social Work has approved this training for four hours of continuing education.*

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|--------------------------|--------------------|
| > 12039 (1 class) | Dec 3 only |
| Sat, 8:30 am–12:30 pm | East Rm 2313 |
| Ellingboe, Brenda | \$69 |
| > 12040 (1 class) | Apr 28 only |
| Sat, 8:30 am–12:30 pm | East Rm 2313 |
| Ellingboe, Brenda | \$69 |

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 disorders 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. *The Board of Social Work has approved this training for four hours of continuing education.*

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| > 12127 (1 class) | Dec 3 only |
| Sat, 9:00 am–1:00 pm | East Rm 2312 |
| Dossa, Daniel | \$69 |
| > 12128 (1 class) | Jun 9 only |
| Sat, 9:00 am–1:00 pm | East Rm 2561 |
| Dossa, Daniel | \$69 |

NEW! Developmental Repair

Developmental repair is a treatment approach for young children presenting with difficulties with aggression and self-regulation. It is a paradigm shift in how clinicians think about behavior and change. This workshop will introduce you to specifics of this theory of change and explain in very practical ways how to conceptualize and construct interventions using these ideas. While this model is designed for young children; teens, families and adults will be addressed. Qualifies for Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

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| > 12125 (1 class) | Dec 6 only |
| Tue, 1:00 pm–4:00 pm | East Rm 2561 |
| Gearity, Anne | \$105 |
| > 12126 (1 class) | Apr 27 only |
| Fri, 1:30 pm–4:30 pm | East Rm 2311 |
| Gearity, Anne | \$105 |

Helping Professionals

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. *The Board of Social Work has approved this training for three hours of ethics continuing education.*

- > **12041** (1 class) **Dec 7 only**
Wed, 9:00 am–12:00 pm East Rm 2313
Driggs, John \$59

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. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12042** (1 class) **Dec 8 only**
Thu, 9:00 am–12:00 pm East Rm 2311
Pelton, Don \$59

Peace at Home with Your Children at the Holidays

“What will I get? Will it be tomorrow? Does Santa know where I live? Will there be lots of people at Grandma’s? What if I don’t like the food there? Where will I sleep?” The holidays can be filled with anxiety for kids, especially when they have intense personalities. This training will be full of advice on creating peace where chaos could have reigned! Using “present moment parenting,” we’ll explore how to prepare kids for the holidays in advance, practice the



behaviors you want, and reward and grow those behaviors on the spot. If thinking about the holidays gives you anxiety, you’ll want to attend this presentation. *The Board of Social Work has approved this training for two hours of continuing education.*

- > **12043** (1 class) **Dec 8 only**
Thu, 6:30 pm–8:30 pm East Rm 2561
Feigal, Tina \$49

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. *The Board of Social Work has approved this training for six hours of continuing education.*

- > **12044** (1 class) **Dec 9 only**
Fri, 8:30 am– 3:30 pm East Rm 2313
Como, Cheryl \$110
- > **12045** (1 class) **Jun 22 only**
Fri, 8:30 am– 3:30 pm East Rm 2561
Como, Cheryl \$110

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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. *The Board of Social Work has approved this training for four hours of continuing education.*

> 12046 (1 class)	Dec 10 only
Fri, 8:30 am– 12:30 pm	East Rm 2561
Ellingboe, Brenda	
Lynn, Lisa	\$69

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 pre-paid 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. *The Board of Social Work has approved this training for eight hours of continuing education.*

> 12047 (1 class)	Dec 13 only
Tue, 8:00 am–5:00 pm	East Rm 2561
Edens, Karen	\$135

> 12048 (1 class)	Jul 18 only
Wed, 8:00 am– 5:00 pm	East Rm 2561
Edens, Karen	\$135

NEW! Motivational Interviewing I

Motivational Interviewing (MI) is a powerful, evidenced-based approach to behavior change that has proven helpful for practitioners across many professional fields. MI is a person-centered, goal-oriented method of communication that elicits and strengthens intrinsic motivation for positive change. Through MI, professionals can help the persons they serve to increase their confidence and readiness for change. Motivational Interviewing I will provide a general introduction to the theory, science, and technique. *The Board of Social Work has approved this training for seven hours of continuing education.*

> 12062 (1 class)	Jan 6 only
Fri, 8:30 am– 4:30 pm	East Rm 2313
Ellingboe, Brenda	
Anderson, Jason	\$125

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. *The Board of Social Work has approved this training for three hours of continuing education.*

> 12049 (1 class)	Jan 10 only
Tue, 8:30 am– 12:30 pm	East Rm 2561
Lynn, Lisa	\$69

> 12050 (1 class)	Jul 13 only
Tue, 8:30 am– 12:30 pm	East Rm 2561
Lynn, Lisa	\$69

NEW! Veteran Issues and Substance Use Disorders

This course is designed to introduce substance use disorders in the veteran population. You will explore how substance use disorders impact veterans, their families and their communities. You will gain a better understanding of effective interventions and community resources available to veterans.

The Board of Social Work has approved this training for three hours of continuing education.

- > **12051** (1 class) **Jan 12 only**
Thu, 9:00 am– 12:00 pm East Rm 2561
Kneip, Rebecca \$59

NEW! Motivational Interviewing II

Motivational Interviewing II (MI) is designed as a follow-up to MI I. Participants will want to have a basic understanding of MI theory and the approach as presented in the introductory course. MI II will focus on skill building for those who have taken MI I or a similar introductory course. *The Board of Social Work has approved this training for seven hours of continuing education.*

- > **12063** (1 class) **Jan 13 only**
Fri, 8:30 am– 4:30 pm East Rm 2313
Anderson, Jason \$125

NEW! Interventions: Assessing and Treating Trauma/ Attachment Disruptions

Child welfare agencies, mental health professionals, and school systems are struggling like never before to address and treat children with significant trauma stories. These children have impaired learning, social and emotional delays, multiple losses, attachment wounds and, often, insufficient or inadequate parenting relationships. Knowing how to work with kids in crisis has become a must for many professional helpers. For these hurt children and their caregivers, bad or ineffective help can be worse than no help at all. In this workshop, you will learn effective ways to communicate and work with a traumatized child, identifying signs and symptoms of trauma, learning how to provide a safe relationship, and what treatment modalities are most effective and why. Specific strategies will be discussed. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12052** (1 class) **Jan 13 only**
Fri, 9:00 am– 12:00 pm East Rm 2561
McMahon, Deena \$105

- > **12053** (1 class) **May 18 only**
Fri, 9:00 am– 12:00 pm East Rm 2311
McMahon, Deena \$105

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. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12054** (1 class) **Jan 21 only**
Sat, 9:00 am– 12:00 pm East Rm 2561
Ellingboe, Brenda \$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. *The Board of Social Work has approved this training for four hours of continuing education.*

- > **12055** (1 class) **Jan 21 only**
Sat, 9:00 am– 1:00 pm East Rm 2312
Dossa, Daniel \$69

- > **12056** (1 class) **Jun 23 only**
Sat, 9:00 am– 1:00 pm East Rm 2312
Dossa, Daniel \$69

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 make-up, 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. *The Board of Social Work has approved this training for six hours of ethics continuing education.*

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> **12057** (1 class) **Jan 24 only**
Tue, 9:00 am– 4:00 pm East Rm 2561
Edens, Karen \$99

> **12058** (1 class) **May 3 only**
Thu, 9:00 am– 4:00 pm East Rm 2561
Edens, Karen \$99

Materialism and Children: Good Intentions Gone Bad

Many parents impart materialistic values to their children all in the name of love. Children learn to rigidly equate happiness with material wealth, success with school achievement, popularity with being thin, and lovability with being perfect. In the process, selfishness, cutthroat competition, obsession with achievement, and body image and social disengagement are emphasized. Unfortunately such teachings don't make our children happy, successful, connected or fulfilled. This workshop will examine how materialism hurts families, and you will learn ways to offer parents an alternative approach. Empathic competency, one that balances individual growth with social responsibility, is espoused in this presentation. Establishing an emotionally intimate relationship with our children and empowering them to have close relationships with peers is the indispensable basis for all learning and growth in our children. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12059** (1 class) **Jan 25 only**
Wed, 9:00 am– 12:00 pm East Rm 2561
Driggs, John \$55

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. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12060** (1 class) **Jan 27 only**
Fri, 9:00 am– 12:00 pm East Rm 2561
Tift, James \$55

NEW! Childhood Sexual Abuse

As a parent, prospective parent or professional, there are aspects of childhood sexual abuse that must be understood. The professional helper needs to be able to

address these issues to facilitate healing. The impact of sexual abuse on children, parenting strategies, outcomes for youth, and shifting of family dynamics and behaviors will all be explored. Creating sexual safety in the child's home is always a concern. These at-risk children can be difficult to place and difficult to parent. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for two hours of continuing education.*

> **12068** (1 class) **Feb 3 only**
Fri, 10:00 am–12:00 pm East Rm 2561
McMahon, Deena \$70

> **12069** (1 class) **Jun 29 only**
Fri, 10:00 am–12:00 pm East Rm 2311
McMahon, Deena \$70

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 being accepting and respectful of cultural differences as opposed to minimizing those differences. Qualifies for the Intercultural Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12070** (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. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12071** (1 class) **Feb 9 only**
Thu, 9:00 am–12:00 pm East Rm 2561
Kneip, Rebecca \$59

NEW! Disempowering Anxiety: Empowering Adult/Child Relationships

Does anxiety need to “run the show” in the raising of a child who is saddled with it? No. This presentation will discuss the characteristics of anxiety-driven behavior and the physiological effects of anxiety on the child’s body. Techniques to free children of anxiety in order to create a calm, cooperative atmosphere will be identified. Elements of “present moment parenting” will be used to help children and adults decrease anxiety and increase personal empowerment. *The Board of Social Work has approved this training for two hours of continuing education.*

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- > **12072** (1 class) **Feb 9 only**
Thu, 6:30 pm–8:30 pm East Rm 2313
Feigal, Tina \$49

 - > **12073** (1 class) **Jul 12 only**
Thu, 6:30 pm–8:30 pm East Rm 2561
Feigal, Tina \$49

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 Program. *The Board of Social Work has approved this training for three hours of continuing education.*

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- > **12078** (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, it highlights research from Joel Barker’s DVD: “Wealth, Innovation, and Diversity,” as well as other

activities that demonstrate the need for a more inclusive organization that leverages diversity as a strength. Qualifies for the Intercultural Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

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- > **12079** (1 class) **Feb 11 only**
Sat, 9:00 am–12:00 pm East Rm 2313
Ellingboe, Brenda \$59

NEW! Getting Started with Attachment and the Developing Brain

The world of adoption is closely intertwined with the concept of early attachment formations. How the child perceives the adult caregiver and the impact of early experiences in the child’s development are critical for any understanding of adoption dynamics. The early years are golden, and when the child does not receive positive caregiving, the implications for the child, family and parents are profound. This workshop will cover how the brain is affected by trauma. The concepts of emotional regulation, co-regulation, chronological versus emotional age, and attachment disorder as a developmental trauma will also be discussed. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

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- > **12007** (1 class) **Feb 17 only**
Fri 1:30 pm–4:30 pm East Rm 2311
McMahon, Deena \$105

It’s All About Me: Couples Therapy

Counseling couples where at least one partner has a personality disorder requires specialized skills. Not only are you expected to lessen presenting symptoms, but you’re also challenged to help partners have a distinct and differentiated sense of self. In fact, many personality disordered couples have relational symptoms as a cry for help to facilitate the character development of the individual partners. Relevant skills include: secure attachment building, affect regulation, empathic attunement, cognitive-behavioral constructs, and the use of the therapeutic alliance as a corrective emotional experience. *The Board of Social Work has approved this training for three hours of continuing education.*

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- > **12080** (1 class) **Feb 29 only**
Wed, 6:00 pm–9:00 pm East Rm 2561
Driggs, John \$55

NEW! Adolescents and Attachment

Adolescence often presents challenges to an adoptive child and his or her parents. Issues of identity, competence, authority and attachment present themselves in new and often dramatic ways. Prior trauma experiences need reworking, all while this young person is practicing to leave the family and find an adult sense-of-self. This hands-on workshop will challenge mental health and child welfare professionals who want to increase their effectiveness with adopted clients. You will gain an understanding of the core issues of adopted teens and learn to design treatment or services that help them continue on their developmental path. Assessment tools, individual and family treatment techniques and community resource plans will be illustrated and implemented through case consultation and role-play. Phases of intervention for teens struggling with how to safely explore their own independence while maintaining connection to others will be actively demonstrated. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12081** (1 class) **Mar 2 only**
Fri, 9:00 am–12:00 pm East Rm 2561
Nelson, Krista \$105
- > **12082** (1 class) **Jul 23 only**
Mon, 9:00 am–12:00 pm East Rm 2311
Nelson, Krista \$105

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. *The Board of Social Work has approved this training for three hours of*

continuing education.

- > **12083** (1 class) **Mar 3 only**
Sat, 9:00 am–12:00 pm East Rm 2313
Ellingboe, Brenda \$59

NEW! Working with the Somali Community

This course is an interactive session for professionals who work with Somali individuals and families. Professionals will get an overview of Somali cultural values and communication style, along with a brief history of events and issues that impacts the Somali community in Minnesota. You will receive practical recommendations to work more effectively and have better outcomes when working with Somali individuals, families and the community at large. Qualifies for the Intercultural Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12084** (1 class) **Nov 17 only**
Thu, 9:00 am–12:00 pm East Rm 2312
Farah, Huda \$59
- > **12085** (1 class) **Mar 3 only**
Sat, 9:00 am–12:00 pm East Rm 2312
Farah, Huda \$59
- > **12086** (1 class) **May 7 only**
Mon, 5:30 pm–8:30 pm East Rm 2312
Farah, Huda \$59

NEW! Understanding Family Dynamics and Cross Cultures in Elder Abuse

Learn how race, culture, socio-economic 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. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12087** (1 class) **Mar 7 only**
Wed, 9:00 am–12:00 pm East Rm 2561
Kaur, Harbir \$55

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schizoaffective disorder, delusional disorder and psychosis not otherwise specified. *The Board of Social Work has approved this training for four hours of continuing education.*

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- > **12090** (1 class) **Mar 24 only**
Sat, 9:00 am–1:00 pm East Rm 2561
Dossa, Daniel \$69

 - > **12091** (1 class) **Jul 21 only**
Sat, 9:00 am–1:00 pm East Rm 2561
Dossa, Daniel \$69

NEW! Bedtimes, Mealtimes, Homework: Help!

These are the three biggest areas of concern for parents of kids with challenging behaviors, so we'll focus specifically on resolving them, one by one. Using "present moment parenting" techniques, participants will be able to take control of bedtime, mealtime and homework by giving appropriate control to the children and supporting their success. You'll leave the session with specific tools to apply immediately. *The Board of Social Work has approved this training for two hours of continuing education.*

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- > **12088** (1 class) **Mar 8 only**
Thu, 6:30 pm–8:30 pm East Rm 2561
Feigal, Tina \$49

NEW! Homelessness and Substance Use Issues

Obtain an introduction to homelessness and substance use issues. You will learn more about the challenges faced by the population that faces both homelessness and a substance use disorder. Gain knowledge of strength-based interventions to address these issues as well as useful resources available in the metro community. *The Board of Social Work has approved this training for three hours of continuing education.*

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- > **12089** (1 class) **Mar 9 only**
Fri, 9:00 am–12:00 pm East Rm 2561
Kneip, Rebecca \$59

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, schizophreniform,

Media, Tweens and Family: The Perfect Storm

Raising children in the age of media is like trying to teach a dog to fetch the newspaper in a yard full of squirrels. No matter what you do, you are reduced to yelling, chasing and pulling. Social networking, mobile technology and television have emerged as a massive resource to and intrusion in the lives of our children. Become familiar with media's detrimental effects on the family emotional environment and its potential negative impact on childhood development. Media use as a problem will be discussed in terms of its mimicry of addictive/compulsive behaviors as the associated degradation of social virtues such as cooperation, delayed gratification and frustration tolerance. *The Board of Social Work has approved this training for three hours of continuing education.*

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- > **12092** (1 class) **Mar 30 only**
Fri, 9:00 am–12:00 pm East Rm 2561
Buckley, Paul \$62

NEW! Human Sexuality—Competent Adoption Practice

Gay, lesbian, bisexual and transgender (GLBT) adults represent a significant percent of the people who adopt from the foster care system. It is important to have basic competency in understanding the unique perspectives and experiences GLBT adults bring to adoption. In order to provide safe, competent care for all "types" of youth, prospective or current parents and professionals involved in adoption are expected to have an understanding of the components of human sexuality and how those components manifest during childhood and adolescence. This session will include a variety of learning materials, including lecture, videos, group discussion and individual reflection. Qualifies for the

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Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12093** (1 class) **Apr 2 only**
Mon, 9:00 am–12:00 pm East Rm 2561
Chalmers, Michelle \$105

> **12094** (1 class) **Jul 30 only**
Mon, 9:00 am–12:00 pm East Rm 2311
Chalmers, Michelle \$105

NEW! Suicide Awareness, Risk Assessment and Safety Planning

This workshop is designed to increase your level of awareness regarding suicide. You will learn how to assess the level of potential risk and be introduced to safety planning techniques. Current issues that may be contributing to depression and suicide will be discussed, and you will learn new methods of practice as well as resources available to assist those in need. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12095** (1 class) **Apr 4 only**
Wed, 9:00 am–12:00 pm East Rm 2561
Rezek, Elizabeth \$59

NEW! Dually Diagnosed Patients and 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. *The Board of Social Work has approved this training for six hours of continuing education.*

> **12096** (1 class) **Apr 9 only**
Mon, 9:00 am–4:00 pm East Rm 2561
Edens, Karen \$99

NEW! Why Are Teens Like That?

Struggling to understand where that sweet 12-year-old went and who is this monster where h/she once was? This workshop will lead you through the straight facts on teen brain development to help ease the stress of raising an intense adolescent. You'll learn specific ways of interacting that resolve snide comments, lying, disrespect, and refusal to come to dinner. Ready to bring out the best in your child? Or even believe it's in there? Attend this presentation to gain tools to use immediately, and to see results more quickly than you thought possible. *The Board of Social Work has approved this training for two hours of continuing education.*

> **12097** (1 class) **Apr 12 only**
Thu 6:30 pm–8:30 pm East Rm 2561
Feigal, Tina \$49

NEW! Children's Mental Health: Managing Multiple Diagnoses

It is very common for children who are in the foster/adopt arena to have a number of mental health diagnoses. These often change over time and leave the mental health professional and caregiver uncertain as to what is "really wrong." This presentation will cover some of the most common diagnoses, the behaviors, the symptoms and some practical interventions to use. Included in this module will be exploration of medications that are often used, and how to differentiate and prioritize overlapping diagnoses. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12098** (1 class) **Apr 13 only**
Fri, 9:00 am–12:00 pm East Rm 2561
McMahon, Deena \$105

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 and will 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

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Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12099** (1 class) **Apr 14 only**
Sat, 9:00 am–12:00 pm East Rm 2561
Ellingboe, Brenda \$65

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 non-psychological 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.” *The Board of Social Work has approved this training for three hours of ethics continuing education.*

- > **12100** (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. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12101** (1 class) **Apr 19 only**
Thu, 9:00 am–12:00 pm East Rm 2311
Neuman, Margaret \$59

ADHD and the Predictably Maddening Effect on Parents and the Family

Increase your ability to gain cooperation, reduce conflict and develop nurturing with ADHD-affected children. We will focus on parenting practices that recognize and engage two domains of a child’s intrinsic motivational center: self-interest and yearning for attachment. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12102** (1 class) **Apr 20 only**
Fri, 9:00 am–12:00 pm East Rm 2561
Buckley, Paul \$62

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. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12103** (1 class) **Apr 25 only**
Wed, 9:00 am–12:00 pm East Rm 2561
Lynn, Lisa \$55

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

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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. *The Board of Social Work has approved this training for seven and a half hours of continuing education.*

- > **12004** (1 class) **Apr 28 only**
Sat, 8:00 am-4:30 pm East Rm 2313
Boswell, Ernest
Dossa, Daniel \$125

NEW! The Mosaic—When FASD Meets RAD

The number of children in adoption/foster care who have been prenatally exposed to drugs and alcohol is inordinately high. This workshop will discuss the complexities professionals and parents face when working with these children. Fetal alcohol spectrum disorder (FASD) is often misdiagnosed, under diagnosed, or never diagnosed. It requires a specific skill set, as these children do not respond to typical therapeutic modalities or to commonly used parenting techniques. Discussion will include how the brain is affected during different stages of gestation and the impact on the child's development over time, with specific disabilities that manifest. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12104** (1 class) **May 4 only**
Fri, 9:00 am-12:00 pm East Rm 2561
McMahon, Deena \$105

Reintegration Issues for Returning Veterans and their Families

This workshop is designed to introduce you to reintegration issues for returning veterans and their families that include substance use disorders and mental health issues. You will learn about military culture and how combat stress may impact a veteran's sense of self and well-being. Students will learn new methods of practice as well as resources available to assist veterans in need. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12105** (1 class) **May 9 only**
Wed, 9:00 am-12:00 pm East Rm 2561
Rezek, Elizabeth \$59

NEW! Facebook and Middleschoolers: What Power Do Parents Have?

Are you concerned your child is staying up too late on Facebook, talking to friends about things you may not approve? Or worse, do you think your child might be bullied or bullying others on Facebook? It's time to tame the Internet behemoth. This presentation will inform you about the controls you can put on Internet access, the ways to talk to your kids and let them talk to you, and how to make family decisions that stay made around the use of Facebook. *The Board of Social Work has approved this training for two hours of continuing education.*

- > **12106** (1 class) **May 10 only**
Thu, 6:30 pm-8:30 pm East Rm 2561
Feigal, Tina \$49

NEW! Tough Talk: Strategies for Difficult Discussions

If you manage or influence people, chances are you will need to facilitate a difficult discussion. This session is based on a simple and practical model for preparing for and engaging in these talks with the intent of maintaining ongoing working relationships. You will leave with strategies and techniques to use in those tough but necessary conversations with employees to positively influence the message and the relationship. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12107** (1 class) **May 11 only**
Fri, 9:00 am-12:00 pm East Rm 2561
Lynn, Lisa \$55

NEW! Managing Emotions Before They Manage You

Emotions have been described as "the glue" that connects people to one another of 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

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creatively; manage stress and challenges; communicate well with others; 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. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12108** (1 class) **May 23 only**
Wed, 9:00 am–12:00 pm East Rm 2561
Lynn, Lisa \$55

The Dynamic Diagram of Family Functioning: Parents, Marriages, and Stress... OH MY!

Learn about a model that offers descriptive power on how to improve family life including examining what isn't working. With an "at-a-glance interpretation" of the family diagram, you will be guided to provide skills and habits that contribute to an environment of improved tranquility and healing. Attachment-focused parenting practices, therapeutic approaches, parenting skills, and family habits will be explored. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12109** (1 class) **May 25 only**
Fri, 9:00 am–12:00 pm East Rm 2561
Buckley, Paul \$62

NEW! Who Adopts and Why: Making Good Matches

Join us as we discuss the journey of adoption from the initial decision to post-finalization. Why do people adopt and who they are has a great deal to do with the hopes, expectations and motivations behind their decision. Making good placements is an exceedingly difficult task, and the matching process will be discussed in terms of characteristics of a family and how to assess. We will also explore how to evaluate the strength of the adult relationships in terms of partnership resiliency. Parenting a special needs child takes a toll on every aspect of the adults' life. There are also differences in preparing foster families who move into adoption compared to preparing adults who have not fostered the



child. Kinship placements have their own challenges as well. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12110** (1 class) **Jun 1 only**
Fri, 9:00 am–12:00 pm East Rm 2561
McMahon, Deena \$105

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, non-judgmental environment for residents with memory issues, Alzheimer's or identified dementias. You will recognize ways to diffuse situations through increased awareness of communication techniques. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12111** (1 class) **Jun 5 only**
Tue, 9:00 am–12:00 pm East Rm 2561
McQuillan, Janine \$55

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. *The Board of Social Work has approved this training for three*

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hours of continuing education.

- > **12112** (1 class) **May 17 only**
Thu, 6:00 pm–9:00 pm East Rm 2311
Neuman, Margaret \$59

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. *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12113** (1 class) **Jun 15 only**
Fri, 9:00 am–12:00 pm East Rm 2561
Lynn, Lisa \$55

NEW! Taming the Media: Who's in Charge of Our Family?

Just wait 'til I finish this game! I'm not done yet! One more level! Are you tired of "screens" taking control of your family life? Is it time to restructure how they are used in your home, so you can regain the connection with your children? Attend this session to learn how to discuss media with your kids when there's no issue at hand, and how to get them to enforce the rules they set up! You'll find a lot more conversation, less resistance to helping with dinner, and a lot less crabbiness will be the results. Are you in? *The Board of Social Work has approved this training for two hours of continuing education.*

- > **12114** (1 class) **Jun 21 only**
Thu, 6:30pm–8:30 pm East Rm 2561
Feigal, Tina \$49



Assertive Parenting in an Age of Overindulgence

These days, good parents often don't know how to stay in charge of their families, either being too strict or too lax with their kids. Personal roadblocks, parental mismatching and excessive societal pressures all put parents at the bottom of the heap in terms of who runs the family, especially in this age of over-the-top expectations. Research tells us that children in such families may grow up entitled, disconnected, emotionally dysregulated and lacking a sense of self despite how loving their parents are. We will explore how caregivers can say "no" and really mean it, while simultaneously maintaining a warm and authentic connection to their children. Class discussion, case examples, presentations and videos bring this subject alive and make it user-friendly and hands-on. It's no surprise when children themselves say that parents are the most important people in their lives and they need their parents to be in charge. If only it were so easy! *The Board of Social Work has approved this training for three hours of continuing education.*

- > **12115** (1 class) **Jun 27 only**
Wed, 9:00 am–12:00 pm East Rm 2561
Driggs, John \$55

NEW! Patient Safety & 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. *The Board of Social Work has approved this training for two hours of continuing education.*

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- > **12116** (1 class) **Jul 11 only**
Wed, 10:00 am–12:00 pm East Rm 2561
Kaur, Narbir \$45

Correlation between PTSD, Trauma and Substance Use Disorders

This workshop is designed to introduce the impact of post-traumatic stress disorder (PTSD) and trauma, and its correlation to substance abuse and addiction. You will learn how these co-occurring disorders may impact a client's life. You will also gain knowledge about evidence-based methods and practices that may assist clients with addressing these issues while improving their quality of life. *The Board of Social Work has approved this training for three hours of continuing education.*

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- > **12117** (1 class) **Jul 19 only**
Thu, 9:00 am–12:00 pm East Rm 2561
Rezek, Elizabeth \$59

NEW! It's Nice to Meet You— Now When Are You Leaving?

This presentation will discuss some of the more difficult dilemmas facing adoptive families. It includes knowing how to help the child say goodbye to their previous parents and cope with loyalties to birth family. It will offer a plan for moving and transitioning children into new placements based on their developmental age. You will engage in conversation about sibling contact, the child who is unable to launch from the family home, early grand parenting, and the fantasy to disrupt from both the parent's and child's perspective. When the family becomes ambivalent and finds themselves at a crisis point, ways to support the placement and work through ambivalence will be addressed. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

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- > **12118** (1 class) **Jul 20 only**
Fri, 9:00 am–12:00 pm East Rm 2561
McMahon, Deena \$105

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. *The Board of Social Work has approved this training for six hours of continuing education.*

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- > **12119** (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. *The Board of Social Work has approved this training for three hours of ethics continuing education.*

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- > **12120** (1 class) **Jul 25 only**
Wed, 9:00 am–12:00 pm East Rm 2561
Driggs, John \$55

Ambiguous Loss

This workshop will explore the many complex losses a child in foster care experiences as a result of placement. Aside from the obvious and visible changes, there are daily reminders for the child that they are not like everybody else. We will discuss this from the child's perspective and will include suggestions and recommendations for professional helpers. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

-
- > **12121** (1 class) **Jul 27 only**
Fri, 9:00 am–12:00 pm East Rm 2312
McMahon, Deena \$105

Helping Professionals

NEW! The Disappointed Parent

Parental grief/disappointment is often the unidentified reason parents of foster and adopted children seek professional services. Parents report being disappointed in their experiences, in their children, in their families, in the system and in them. The prolonged and intense emotional impact on these families ranges from anger, sadness, depression, and even relinquishment of the child. Parenting a child with mental health problems is not unique to children in the foster care system. Families describe being unprepared. Parents and helpers then become exhausted making excuses or trying to 'fix' the child who has problematic behaviors. Claiming the child as their own is essential for parents and children in a successful adoption. This will be discussed from the parent perspective. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for three hours of continuing education.*

> **12122** (1 class) **Aug 3 only**
Fri, 9:00 am–12:00 pm East Rm 2561
McMahon, Deena \$105

NEW! Redefining Success for the Family, Child, and Professional

This module will offer a summary of the adoption competency certificate courses and offer suggestions about how we define

successful outcomes, how we view our role in family building, and how we manage the heartache and grief that is part of the everyday work in the world of adoption. Self-care for the professional, mindfulness as a self-care strategy, and ways to keep perspective are all explored. Qualifies for the Adoption Competency Certificate. *The Board of Social Work has approved this training for two hours of Continuing education.*

> **12123** (1 class) **Aug 17 only**
Fri, 10:00 am–12:00 pm East Rm 2561
McMahon, Deena \$70

Fall 2012 Courses

Registration available in August 2012 at century.augusoft.net or call 651.779.3341.

- Children's Mental Health: Managing Multiple Diagnoses
- The Mosaic—When FASD Meets RAD
- Who Adopts and Why: Making Good Matches
- It's Nice to Meet You—Now When Are You Leaving?
- Ambiguous Loss
- The Disappointed Parent
- Redefining Success for the Family, Child, and Professional



Instructor Biographies

Jason Anderson obtained his BA in Criminal Justice with a minor in Psychology at Moorhead State University. He began his career with the Minnesota Department of Corrections working with adult felons. In that capacity, he became a trainer of various evidenced-based practice tools. In October 2007, Jason was trained as a member of the Motivational Interviewing Network of Trainers (MINT). He serves as a liaison and resource to numerous state and county departments in the use of evidenced-based practices and conducts Motivational Interviewing trainings across Minnesota. Since 2009, Jason has served as a Regional Training Coordinator for the National Institute of Corrections.

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.

Paul Buckley has been helping at-risk children and the thoughtful adults who care for them over the past 25 years. He incorporates concepts of attachment and narrative theory into an emotionally warm and playful manner to help clients deepen relationships and solve problems. Areas of expertise overlap between traditional, GLBT, adoptive, and foster families.

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.

Michelle Chalmers, MSW, LISW has worked with youth in out-of-home care since 1989. In 2008, Michelle co-founded Ampersand Families, a child-placing agency with the mission to recruit and support permanent families for older youth and to champion practices in adoption and

permanency that restore belonging, dignity and hope.

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

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 co-author 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

Instructor Biographies

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, Ph.D., is an intercultural trainer and consultant. She received her Ph.D. 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.

Huda Farah, MA, is the executive director of HEAL Institute and has an MA in Molecular Biology of Infectious Disease. She is a researcher, public health educator, cultural competency trainer, mentor, coach and a leader in public health and early childhood. Huda is a recent graduate of the Emerging Leaders Network, sponsored by Minnesota Department of Health and the University of Minnesota.

Tina Feigal, M.S., Ed. is a former school psychologist and mother of three sons. Her passion is bringing peace to homes and schools by helping adults to bring out the best in challenging children with “present moment parenting,” specific, effective techniques. Since 2000, she has operated her business, the Center for the Challenging Child, LLC, as a coach and trainer, helping adults apply the techniques in her books *The Pocket Coach for Parents* and *The Pocket Teacher Coach*. Tina has been featured as the Minneapolis Star Tribune and KARE 11 Extra’s “Supernanny.” She also certifies parent coaches at Adler Graduate School in Richfield, Minnesota, and through her own business. Learn more at parentingmojo.com.

Anne R. Gearity, PhD, LICSW is a clinical social worker in independent practice. She is also on the community faculty at

the University of Minnesota departments of social work and psychiatry and teaches in the Infant and Early Childhood Mental Health Certificate program. For the past 15 years she has been actively participating with Washburn Center for Children to develop and support new interventions for very at-risk children. Developmental repair is the result of a Bush Foundation grant that supported this work.

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.

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.

Deena McMahan, MSW, LICSW, is a family and attachment therapist. She has been working with families and children for more than 25 years and has developed expertise in the areas of childhood trauma, childhood sexual abuse, grief and loss, family violence, adoption, and attachment.

Instructor Biographies

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.

Krista Nelson, LISW is the project coordinator of the Wilder Foundation Center for Children with Reactive Attachment Disorder. She has twenty five years of experience working with children and parents who are coping with abuse, trauma and family changes due to out-of-home placement or adoption. Krista has specific training in Theraplay, EMDR and Developmental Dyadic Therapy. Her prior experience includes supervising Whole Family Foster Care, other innovative foster care programs and developing culturally specific school-based groups.

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 and 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 MN 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.

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.

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.

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.

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2011-12 Helping Professionals & Social Workers 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.

Name _____

Date of Birth _____ Phone _____

Address _____

City _____ State _____ Zip _____

Soc Sec # _____ - _____ - _____ Male _____ Female _____

Email Address _____

Cell Phone/Alternate Phone Number _____

Business Address _____

City _____ State _____ Zip _____

Business Phone _____

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

PAYMENT INFORMATION

- Check(s) Enclosed. (Please write a separate check for the exact amount of each course, payable to Century College.)
- Business purchase order attached
- Please charge my _____ VISA _____ MasterCard _____ Discover

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