The University of Pittsburgh has announced the new Dean for our School of Social Work. Dr. Elizabeth “Betsy” Farmer will be joining the School August 1st. She becomes our first woman dean. Stay tuned for other announcements and opportunities to meet our new Dean and welcome her to Pittsburgh and Pitt., including at our Distinguished Alumni Awards event on October 3, 2018.

Dr. Farmer comes to us from Virginia Commonwealth University (VCU) where she was a Professor and Associate Dean for Research Before joining VCU in 2012, Farmer was on the faculty at Case Western Reserve University, Duke University and Pennsylvania State University. Since 2011, she has served as co-editor of the Journal of Emotional and Behavioral Disorders. She earned a Ph.D. in sociology from Duke. Dean Farmer is a native of Carlisle, Pennsylvania.

Prior to entering academia, Farmer worked in community-based settings, including serving as a treatment foster parent, respite care provider and group home parent. Her experience drove her research interest in improving treatment and care for youth with mental health problems, and she has received significant funding from the National Institute of Mental Health to carry out her work. Her success in improving treatment foster care resulted in an evidence-based model, “Together Facing the Challenge,” which is now being implemented in programs in more than 20 states.

In announcing her deanship, Chancellor Patrick Gallagher noted, “Betsy has the vision and experience to take the University’s top-ranked School of Social Work and elevate it in prominence, practice and impact.” In accepting the deanship, Dr. Farmer said, “I love being in social work because the core values and the wide range of critical problems the discipline tackles provide ongoing motivation to work collectively, consistently and creatively to figure out how to improve the world around us.”

SSW Anniversary celebrations continue this Fall with the 60th Anniversary of the Community Organizing program - the first and longest-standing CO program in any school in the country. See pp. 4 & 5 for details on 60th Anniversary events.
The following are continuing education providers in the University/School network for whom the School of Social Work regularly co-sponsors social work continuing education.

**Child Welfare Competency-Based Training Program** is the statewide training component of the School of Social Work’s Child Welfare for Education and Leadership initiative. www.pacwcbt.pitt.edu

**Western Psychiatric Institute & Clinic (WPIC) Office of Educational and Regional Programming**
www.wpic.pitt.edu/oerp

**PA/Mid-Atlantic AIDS Education & Training Center (School of Public Health)**
www.pamaaetc.org

**Pittsburgh Pastoral Institute**
Pastoral Counseling, Spirituality & More
www.ppi-online.org 412-661-1239

- **Western Pennsylvania Family Center**
  Bowen Theory, Family Therapy, and more
  www.wpfc.net 412-362-2295
- **IRETA (Institute for Research, Education & Training in Addiction)**
  www.ireta.org 412-391-4449
- **Community Care Behavioral Health**
  Mental Health, Managed Behavioral Health, and other training for clinical practice and recovery
  www.ccbh.com 412-454-2120
- **Greenbriar Treatment Center - Training**
  Ken Montrose, kmontrose@greenbriar.net

**SEE OUR ONLINE CO-SPONSORSHIP LINK**
WWW.SOCIALWORK.PITT.EDU

If you conduct regular training or have major conferences and programs that we may co-sponsor, we can post those to our co-sponsorship link.

**NASW & NASW-PA News**
Southwest Division Updates

**NASW has revise the Social Work Code of Ethics** (see page 5) and visit NASW at:
www.socialworkers.org

**NASW-PA LSW/LCSW Exam Prep Workshop**
Saturday, November 3, 2018
2017 Cathedral of Learning
University of Pittsburgh SSW
Register: www.nasw-pa.org

**2018 NASW-PA ANNUAL STATE CONFERENCE**
September 12-15, 2018
Kalahari Resort,
Pocono Manor, PA
For More Information:
www.nasw-pa.org
The School of Social Work’s Center on Race and Social Problems offers twice yearly lecture series to provide an opportunity for faculty, students, and members of the public to engage in race-related discussions on timely topics. Each event in the series is held 12:00–1:30 pm in the School’s conference center, 2017 Cathedral of Learning. Lunch is provided, and registration is not required. Join us at these important lectures for Fall2018:

Thursday, September 20
“Title to Be Announced”
Douglas Massey, Henry G. Bryant Professor of Sociology and Public Affairs at Woodrow Wilson School of Public Affairs, Princeton University

Wednesday, October 24
“Title to Be Announced”
Danyelle Solomon, Senior Director, Progress 2050, Center for American Progress

Wednesday, November 14
“Title to Be Announced”
Howard Hogan, Associate Director for Demographic Programs (retired as August 2018)

Wednesday, December 12
“Title to Be Announced“
Ekow Yankah, Professor of Law, Cardozo School of Law at Yeshiva University

SSW 60th Anniversary for Community Organizing
Join the School of Social Work as we recognize our 60th Anniversary for America’s First CO program & our first class of Master Organizers
CO Anniversary Lecture/Luncheon September , 2018
60 Years of CO Celebration & CO Program/Reunion December 3 , 2018
When the Commonwealth of Pennsylvania enacted a new legislation (Act 31) around child abuse prevention and intervention in the wake of the Sandusky scandal, the state promulgated a series of new regulations that affected the work of helping professionals. The Department of Human Services enacted regulations under this law that requires training for all licensed health-related professionals in Pennsylvania - including LSW/LCSWs, LPCs, and LMFTs - each license renewal period on recognizing and reporting child abuse.

The School of Social Work at the University of Pittsburgh, through its Child Welfare Resource Center and Continuing Education Program, has established a free Act 31 Online Training that meets all PA requirements for health-related professions that has been in place since Fall 2014.

This free online training has now been made available to all health-related professionals in Pennsylvania, and the School is pleased to note that over 1,000,000 licensed professionals have now taken this free online course.

Our online Act 31 training was updated for the current license renewal period, (March 1, 2017 - February 28, 2019) and with Department of Human Service guidance, we hope to continue to revise the online training as needed to meet future needs or requirements for licensed professionals in PA.

If you have questions or problems with online reporting of your certificate of completion to your licensing board, please contact our Child Welfare Resource Center help desk at: HelpCPSL@pitt.edu or call them at 717-795-9048

Online training is available at: www.reportabusepa.pitt.edu

The 100th Anniversary Celebration Continues

Join the School of Social Work as we continue our 100th Anniversary
In recognizing our 2018 Distinguished and Outstanding Alumni and celebrate our 60th year of Community Organizing

60 YEARS OF CO LECTURE
Professor Emeritus Morton “Moe” Coleman
University of Pittsburgh School of Social Work
September, 2018 12 Noon - 1:30 pm (lunch)
2017 Cathedral of Learning

2018 DISTINGUISHED ALUMNI AWARDS Awardee Panel and Reception
Wednesday, October 3, 2018 from 3:00 - 7:00 pm
University Club, Ballroom A
Awards and Panel (3– 5 pm) Reception 5– 7 pm

60TH CO CELEBRATION/REUNION & INAUGURAL MASTER ORGANIZER AWARDS
Monday, December, 3 2018 from 3:00 - 8:00 pm
University Club, Ballroom B
Featuring Master Organizer Awardee Panel Session
Panel ( 3 - 6 pm) & Reception (6 - 8 pm)
There are three approved avenues for social work continuing education in Pennsylvania:

**Pre-Approved Providers:** Six pre-approved providers are noted in Pennsylvania’s enabling legislation for social work licensing, including the Council on Social Work Education - accredited schools of social work, NASW Chapters and their divisions.

**Provider Approval:** Other providers can provide CE certificates for their programs, and these must show the PA licensing board approval number for the approved provider.

**Individual Approval:** Any social worker may request an individual continuing education approval for attending an event on your own, e.g., national or state conference. However, you must submit an application (it can be faxed) at least 24 hours prior to attending the continuing education event. Forms can be requested from the state board or online (See URL above).

Current PA regulations for social work continuing education are available online, as are the regulations for licensed marriage and family therapists and professional counselors.

**New Regulations:** The PA Board of Examiners will now approve social work continuing education programs for one (1) hour - previously the minimal allowance was 2 hours of CE. In addition, with the licensing period starting March 1, 2017, LSW/LCSW, LPC, and LMFT licensees must complete one (1) hour in Suicide Awareness and Prevention, as well as the long-standing 3-hour ethics continuing education requirement for license renewal.
RESTORATIVE JUSTICE: A Framework for Community Building

Restorative Justice (RJ) is a relational way of responding to crime and wrong-doing, which supports offenders to hear and repair the harm that their actions have caused to individual victims and communities. In contrast to traditional systems’ focus on punishment, Restorative Justice facilitates empowering conversations in which the people directly involved have the opportunity to speak for themselves and choose the best responses. This interactive workshop will introduce the principles of restorative justice, explore the experience of RJ dialogue participants, overview a range of RJ practice, and consider the potential applications of RJ frameworks in community settings. Through this workshop, participants will be able to:

- Name the key principles of restorative justice
- Describe a restorative justice process
- Identify a range of applications for restorative justice principles
- Apply an element of restorative justice practice in their life

Faculty: Faculty: Dawn Lehman, BASW, MA

Dates: September 28, 2018

Time: 9:00 AM - 12:00 PM

Place: 2017 Cathedral of Learning

Fee: $75

To register use the following link: www.reportabusepa.pitt.edu
### SOCIAL WORK ETHICS UPDATE

(Two Dates in the Fall and Winter Schedule)

Licensed Social Workers and Licensed Clinical Social Workers in Pennsylvania are required to complete at least three hours of continuing education on ethics content each license renewal period as part of their 30 hours of continuing education. This workshop is our final opportunity this licensing period to address this requirement. In this workshop you will:

- Use the Social Work Code of Ethics as a guideline, you will review common ethical principles that impact everyday practice
- Learn ethical decision-making frameworks and tools that you can apply in your practice
- Work on cases to help strengthen your understanding of issues, guidelines and tools for effective and ethical social work practice.

**Faculty:** Virginia Vayda, LCSW, ACSW, CCM  
**Date:** October 20, 2018 and February; 2, 2019  
**Time:** 9:00 AM – 12:00 Noon (each workshop)  
**Place:** 2017 Cathedral of Learning  
**Fee:** $75  
**CE:** 3 hours (L/LCSW, LPC, LMFT) for Ethics

### TECHNOLOGY & MENTAL HEALTH:

**ETHICAL AND CLINICAL DECISIONS FOR SOCIAL WORKERS**

This workshop will discuss, review, and experience the latest technology solutions for the social work profession in the mental health field. The program explores ethical dilemmas and clinical challenges that exist when considering the use of technology in the delivery of social work clinical interventions and documentation with a focus on the updated *Code of Ethics* and the *NASW, ASWB, CSWE, & CSWA Standards for Standards for Technology in Social Work Practice.*

We will evaluate teletherapy solutions as additional care paths for all age groups and mental health issues. Participants will also learn to critically analyze technology solutions that replace, augment, and serve as step down levels of care for their clients. By the end of this program, participants will

- Be familiar with changes in the *Code of Ethics* and the new *Standards for Technology in Social Work Practice.*
- Be familiar with technologies already present in the health care (telehealth / tele-therapy, health apps, e-on-line health forums, etc.) and potential ethical issues related to using them - boundaries, confidentiality/privacy, informed consent, and competence.
- Articulate privacy challenges related to using video technology/health apps with clients & families.
- Become familiar with practice management software and be able to critically evaluate features, functions, and documentation requirements.
- Articulate benefits and challenges related to using practice management software for new-to-the-field, established, and senior social workers in the employment space.
- Explore the role of health care professionals in helping children and families understand how to safely use and navigate the on-line world.
- Explore the need to create inter-professional relationships with technology professionals as a part of competent, ethical practice.

**Faculty:** Elizabeth Mulvaney, MSW, LCSW, and Jody Bechtold, LCSW, ICGC-II, BACC  
**Date:** November 9, 2018  
**Time:** 9:00 AM – 4:00 PM  
**Place:** 2017 Cathedral of Learning  
**Fee:** $125  
**CE:** 6 hours (L/LCSW, LPC, LMFT) (3 hrs Ethics)
BULLYING PREVENTION AND INTERVENTION

This informative workshop will teach staff who work directly with children, foster parents, parents, adopted parents or caregivers how to teach their children to deal with “bullies.” Our certified trainer will use materials from the Otweus Bullying Prevention Program that have been designed to give participants a better awareness and understanding of their responsibility to provide safety to and for the youth they serve. Trainees will learn what and how to present this bullying information to school personnel, camp counselors, afterschool staff and other children/youth workers. Through this training you will learn to:

- Help children deal with bullies and what they can and must do.
- Empower your staff, parents, foster parents, or adoptive parents to help children deal with bullies
- Talk, share, inspire, and deal with problematic issues regarding bullying

Faculty: Sr. Madeleine Rybicki, CSFN, MA
Date: October 5, 2018
Time: 9:00 am – 4:00 pm
Place: 2017 (CL)
CE: 6 hours (L/LCSW, LPC, LMFT)
Fee: $125

WORKING WITH ADOLESCENT SELF-INJURERS

Social Workers and other Helping professionals working with adolescent in many youth services settings are often confronted by the many challenging behaviors, and self-injury is reflective of both biological and psychological harm. Understanding and intervening with this adolescent behavior requires helping professionals and youth care workers to:

- Gain an understanding of the multiple perspectives on the etiology of self-injury, including addiction, trauma, and bio-psychiatric theories;
- Identify common misperceptions regarding self-injury
- Become familiar with the many meanings and motivations associated with the act of self-inflicted violence

Faculty: Sr. Madeleine Rybicki, CSFN, MA
Date: January 11, 2019
Time: 9:00 am – 4:00 pm
Place: 2017 (CL)
CE: 6 hours (L/LCSW, LPC, LMFT)
Fee: $125

DISTINGUISHED ALUMNI AWARDS

Awards/Panel Session & Reception

Join the School of Social Work to recognize & celebrate our DISTINGUISHED ALUMNI IN SOCIAL WORK EDUCATION AND PRACTICE OUTSTANDING ALUMNUS, OUTSTANDING FIELD INSTRUCTOR, & RISING STAR

Wednesday, October 3, 2018
University Club - Ballroom B
3:00–5:00 for Awards & Alumni Panel
Reception follow (CE: 1.5 hours for panel session)
SUCIDE AND RISK IN TRANSGENDER & GENDER DIVERSE POPULATIONS

As helping professionals, we need to acknowledge quickly-changing understanding of Transgender and Gender Diverse Populations and their personal identity disclosure and that this had direct and indirect clinical impacts for our work with these populations. Understanding prevalence and statistics of suicidal ideation and the risk factors are increasingly important if we are to be effective helpers. We also need to be able to assess the risks, as well as the resiliency factors, both intervenable and protective, that can guide us in our working with Transgender and Gender Diverse Populations. We must also understand and discuss the types of transitions and develop affirming practices to be supportive in working with these populations, including with adolescents and young adults who are at risk. Through this workshop, you will gain:

- Understanding of Suicidal Prevalence and relevant Suicide Risk Theory
- Knowledge of Transition and how it is defined and impacts these lives
- Ability to effectively assess both risks and resiliency factors
- Awareness of the themes of and threats to Resilience that can inform and affirm your clinical practice

EMPATHY FOR PSYCHIATRIC DISABILITY: HEARING DISTRESSING VOICES

Hearing ‘Distressing Voices” is a ground breaking training developed by Pat Deegan, Ph.D., that helps mental health professionals understand the challenges that face people with psychiatric disabilities. During the three-hour training participants listen to distressing voices through headphones while completing a series of tasks such as taking a mental status exam in a mock psychiatric emergency room. Afterwards, during the debriefing, even veteran mental health practitioners say that they have gleaned new insights into the strength and resilience of those of us with psychiatric disabilities. Through this half-day workshop you will learn:

- The types and varieties of voice hearing experiences.
- To increase empathy and understanding of the experience of hearing distressing voices.
- Effective ways of helping people who hear distressing voices

Faculty: Paul Wittman, LSW, MPA
Dates: October 12, 2018
Time: 9:00 AM - 12:00 PM
Place: 2017 Cathedral of Learning
Fee: $75
CE: 3 hrs (L/LCSW. LPC, LMFT, Psych)*
THE ART & SCIENCE OF
EMOTIONAL FREEDOM
TECHNIQUES (AKA: TAPPING)

Gary Craig, the creator of Emotional Freedom Technique (EFT), coined the phrase “The cause of all negative emotions is a disruption in the body’s energy system.” In this workshop you will learn the basics behind the art and science of EFT theory and practice. Demonstrations and experiential learning are critical methods of learning that are employed along with the presented material. This workshop goes beyond whatever you already know about EFT or the perfect place to begin learning EFT. Bring your curiosity and food addictions. The best way to learn EFT is to experience it as you:

- Learn the basis art and science of EFT in theory and practice
- See demonstrations of “tapping” and experience the effects of EFT
- Discovery application to food addictions and other problematic behaviors

Faculty: Joan Kaylor, MSEd NCC, LPC, LLC. DCEP
Dates: October 19, 2018
Time: 9:00 AM - 4:00 PM
Place: 2017 Cathedral of Learning
Fee: $125
CE: 6 hrs (L/LCSW. LPC, LMFT, Psych*)

UNDERSTANDING AND TREATING
EATING DISORDERS

This training aims to heighten awareness of both the nature and prevalence of eating disorders (ED), as well as increase awareness of clinician’s knowledge of eating disorders and the therapeutic skills to assess individuals with ED. You will learn basic clinical techniques in working with individuals with ED and gain resources for sharing with clients. In this training participant will learn:

- About disordered eating, including facts, research and recognition.
- What is an eating disorder using a continuum to identify particular behaviors, thoughts and emotions.
- To implement a formal assessment
- Various therapeutic stances to take in working with individuals with and ED.

Faculty: Gina M Goth M.Ed., CAC, LPC
Dates: October 26, 2018
Time: 9:00 AM - 4:00 PM
Place: 2017 Cathedral of Learning
Fee: $125
CE: 6 hrs (L/LCSW. LPC, LMFT, Psych*)

THE DELIGHTFUL COMPLEXITY OF
COUPLES THERAPY

This workshop will teach proven techniques for dealing with couples in your practice and offer specific approaches to couples therapy that allow both partners to leave your office more respectful of each other, more thoughtful about the way they communicate with each other and more likely to see how they each have a share of responsibility for their problems. Through this workshop you will learn to:

- Learn REVIVE: a formula to build relationship longevity
- Be able to assess clients as either Too Little or Too Much; a new practical approach that can transform frustrations into understanding
- Identify The Karpman Drama Triangle & how it applies to couples
### WORKING WITH VETERANS AND VA RESOURCES - MILITARY CULTURE, SUICIDE ASSESSMENT, TRAUMATIC STRESS, & VA RESOURCES

Social workers and other helping professionals in the Southwestern Pennsylvania region are sure to work with many active military, veterans, and their families, as this region continues to have one of the largest veteran populations in the country. Hence, we need to better understand the cultural context, military experiences, and veteran issues and resources of and for this population and their families, including issues of suicide, post-traumatic stress, military sexual trauma, and other challenges that veterans face. This workshop will better prepare you to be a more effective helping professional in relating to and intervening with veterans and their families, notably:

- **Overview social work with veterans and understanding the military cultural and context (9:00-10:30)**
- **Suicide prevalence and its risk assessment and intervention with veterans (10:30 – 12:30)**
- **Working with post-traumatic stress and military sexual trauma (1:00 – 3:00pm)**
- **information on Veterans Administration service scope and resources, both VA health centers and community-based Vet Centers. (3:00 - 4:30)**

We hope you will join us for learning, lunch, and networking at this important continuing education program in conjunction with Veterans Day.

**Faculty:** VA Social Workers/LCSWs

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### PRACTICAL TIPS FOR ASSESSING AND WORKING WITH SUICIDAL TEENS

This program will focus on the assessment and intervention of suicidal thoughts in young adults. The first hour will cover methods of assessment, focusing on specific questions to ask and understanding barriers to reporting suicidal thoughts. We will discuss cultural influences on reporting suicidal thoughts and how to address them. The second hour will focus on the resulting interventions, including safety planning, involving family and other supports, and means restriction. We will discuss the critical importance of developing an onsite consultation team when treating suicidal teens. Throughout the workshop, you will be encouraged to actively develop your own templates for assessing suicidal thoughts and for safety planning. Through this workshop, you will learn:

- Specific questions to use/techniques to use when assessing suicidal thoughts in teens
- How to Assess the role that cultural and religious beliefs may play on reporting suicidal thoughts
- The basic elements of a robust safety plan and when to modify this plan for a client

**Faculty:** Holly Harmon, LCSW

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### CE PROGRAMS & EVENTS

(Psychology CE Co-Sponsored by Western Psychiatric Institute and Clinic)

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<th>CLINICAL PRACTICE</th>
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<td><strong>Faculty:</strong> Rhoda Mills Sommer, LCSW  &lt;br&gt;Dates: November 2, 2018  &lt;br&gt;Time: 9:00 AM - 4:00 PM  &lt;br&gt;Place: 2017 Cathedral of Learning  &lt;br&gt;Fee: $125  &lt;br&gt;CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)</td>
<td><strong>Dates:</strong> November 16, 2018  &lt;br&gt;<strong>Time:</strong> 9:00 AM - 4:30 PM  &lt;br&gt;<strong>Place:</strong> 2017 Cathedral of Learning  &lt;br&gt;<strong>Fee:</strong> $125 (includes lunch)  &lt;br&gt;<strong>CE:</strong> 6.5 hrs (L/LCSW, LPC, LMFT, Psych*) (2 hours suicide assessment &amp; intervention)</td>
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<td><strong>WORKING WITH VETERANS AND VA RESOURCES - MILITARY CULTURE, SUICIDE ASSESSMENT, TRAUMATIC STRESS, &amp; VA RESOURCES</strong></td>
<td><strong>PRACTICAL TIPS FOR ASSESSING AND WORKING WITH SUICIDAL TEENS</strong></td>
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<td>Faculty: VA Social Workers/LCSWs</td>
<td><strong>Faculty:</strong> Holly Harmon, LCSW  &lt;br&gt;Dates: November 17, 2018  &lt;br&gt;Time: 9:00 AM - 4:00 PM  &lt;br&gt;Place: 2017 Cathedral of Learning  &lt;br&gt;Fee: $125  &lt;br&gt;CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)</td>
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Understanding and Working with Black Males on Their Journey Toward Mental Health

Helping professionals working with Black males, especially young Black males, need particular understanding and sensitivity to the challenges these young men face on their journey in life. Their life experiences impact mental health and well-being, and helping professionals need to have an approach for their work with these young males. This workshop offers you a CREED to guide your work, and through this workshop, you will learn:

- Caring for Black boys and young men - pay attention, watch your words, feed their souls with respect (re-define respect based on child/human development)
- Resilience is an early mandate - daily hassles from ages 0-3 and beyond
- Embodiment and epigenetics - history has not been erased
- Emptiness, esteem, and respect - will someone please put some respect on my name
- Daily threats to well-being can be countered with affirmation, empathy, education, and engagement strategies that heal.

Faculty: Lovie Foster Jackson, PhD, MSW
Dates: November 30, 2018
Time: 9:00 AM - 4:00 PM
Place: 2017 Cathedral of Learning
Fee: $125
CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)

Revitalize Yourself, Your Practice, and Your Clients with Energy-Based & Body-Oriented Techniques and Interventions

Gestalt theory and practice, somatically based interventions, and emerging Energy Therapies offer us a wealth of dynamic resources for grounding and supporting ourselves in the therapeutic relationship. As therapists, we often focus on our clients so much that we neglect to tend to our own embodiment and energy during sessions. The embodied, grounded, and attuned therapist is actually the most powerful and essential intervention in therapeutic work. Through our own presence and embodiment, we influence the resonance of the therapy environment and the nervous systems of our clients.

This workshop is very experiential and structured around Gestalt Theory, neuroscience, Energy Psychology, and Gestalt and somatic psychotherapy. Mini lectures will include these four areas. We will spend time in large and small group exercises and discussions to help you learn and practice effective and evidence-based grounding and centering exercises, attunement techniques, and body-based self-supports. These will help you maintain and enliven your energy (and energy field), as well as provide clarity and effectiveness with your clients so that you can utilize and actively integrate these skills in sessions with your clients. In this lively workshop, you will learn:

- Gestalt theory and field theory apply to the therapeutic relationship
- To Identify the neurological and relational basis for attunement
- Four Energy Psychology techniques to fine-tuning your and your client’s nervous systems and energy fields
- Practice two embodied approaches to grounding
- A simple “centering” exercise for yourself and your clients
CE PROGRAMS & EVENTS
(Psychology CE Co-Sponsored by Western Psychiatric Institute and Clinic)

CLINICAL PRACTICE

- To Describe the therapeutic basis for using somatic interventions with clients

Faculty: Renee Jennings, MA, MSW, LCSW
Dates: December 7, 2018
Time: 9:00 AM - 4:00 PM
Place: 2017 Cathedral of Learning
Fee: $125
CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)

(Back By Popular Demand—Mark Wolynn)
IT DIDN’T START WITH YOU: HOW INHERITED FAMILY TRAUMA SHAPES WHO YOU ARE AND HOW TO END THE CYCLE

Unexplained anxiety, Depression, Chronic pain, Phobias, Obsessive thoughts - The evidence is compelling: Scientific research over the past several years, now making headlines, supports what many have long intuited - that traumatic experiences can be inherited from our parents, grandparents, and even great-grandparents.

Mark Wolynn, author of IT DIDN’T START WITH YOU: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle (Viking, 2016) will share his cutting-edge approach to breaking biologically inherited patterns. In this workshop, you’ll learn how to:

- Become a detective of your family history, uncovering the traumas that could be affecting your health, success, vitality and relationships.
- Interpret the clues in your words, feelings, symptoms and behaviors, and make crucial links to traumatic events in your family history.
- Use dialogue, imagery, ritual and healing sentences as tools for resolution, so that you, your children, and their children, can be free from having to relive the pain of previous generations.
- Identify the Four Unconscious Themes that can hinder our success, health, vitality and relationships.

Faculty: Mark Wolynn
Dates: December 14, 2018
Time: 9:00 AM - 4:00 PM
Place: 2017 Cathedral of Learning
Fee: $125
CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)

SUICIDE, VIOLENCE, MENTAL HEALTH, AND ADDICTION

Helping professionals must now continually update their knowledge of suicide risk assessment, as well as prevention and intervention around this difficult issue. The purpose of this workshop is to teach professionals to recognize signs of suicidal intent, intervene, and help consumers help themselves. This workshop will focus on difficulties people coping with both mental illness and substance abuse face, and how these problems can lead to suicide.

Through didactic presentation and exercises, you will assess your own plans for when and how you would intervene with a consumer, including the possibility of involuntary commitment. Through this workshop you will be able to:

- Spot the signs of suicidal intention.
- Recognize ways mental illness and substance abuse make these intentions more lethal.
- Plan suicide prevention strategies for dually diagnosed consumers.
- Deal with suicide and attempted suicide, including helping family members cope with their feelings.

Faculty: Ken Montrose, LPC, CAC
Dates: January 18, 2019
Time: 9:00 AM - 4:00 PM
Place: 2017 Cathedral of Learning
Fee: $125
CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)
(fulfills requirement for Act 78 suicide assessment)
EMPOWERING CLIENTS TO BE CHANGE AGENTS: Transformative Skills to Strengthen Adult-to-Adult Relationships (Families Turning™)

As our clients grow older they change and mature emotionally, but this does not automatically translate into functional and harmonious adult family relationships between parents, adult children and siblings. When these adults in their families come back together emotionally and/or physically, they may want more fulfilling relationships or they may need to attend to important business. However, they find themselves confounded by old patterns that will not shift, even as they work for these changes. This workshop gives new and transforming skills for clients that have any of these relational goals.

Nancy Wood (Hey Nance) combines options from many therapeutic modalities to provide practical skills and transformative ideas to help family members turn toward one another and empower clients to become an effective Change Agent in their relationships. Through this workshop you will learn:

- Effective and easily accessible tools for self-awareness and understanding family relationships
- A framework for personal transformation in family relationships
- Applications of usual and new communication tools in a transformed relationship.

Faculty: Nancy Wood (Hey Nance), LSW, RSN
Dates: February 15, 2019
Time: 9:00 AM - 4:00 PM
Place: 2017 Cathedral of Learning
Fee: $125
CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)
UNDERSTANDING AND USING THE DSM-5

The new Diagnostic Statistical Manual- Fifth Edition is out after a long period of debate and discussion to significantly revised some aspects of mental and behavioral health classification and diagnosis. As the most important guide and reference in mental health diagnosis for intervention and treatment, the DSM-5 is an essential tool in clinical practice. This workshop will help you in understanding and using this tool. Through this workshop you will:

- Gain an understanding and appreciation for the major and more subtle revisions of the DSM-5;
- Learn how to use this diagnosis manual in your agency and/or private practice;
- Work on and discuss case applications to aid understanding and application of this clinical diagnosis and treatment tool.

Faculty: Christina Newhill, LCSW, PhD  
Dates: February 1, 2019  
Time: 9:00 AM - 4:00 PM  
Place: 2017 Cathedral of Learning  
Fee: $125  
CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)

MINDFULNESS: FINDING ONE’S PLACE IN THE FAMILY OF THINGS

Life is all about relationship, with ourselves, with one another, and with the world we share. Social work with Mindfulness couldn’t be more natural as both embrace of the value of people, our responsibility for mutuality of support, and the quest for humane, effective problem-solving. The contribution of Mindfulness, as a reminder of a sensible way of life and as encouragement toward specific practices that are effectively therapeutic in cognitive, emotional, social, and behavioral realms, is well established and soundly documented in studies that include settings of schools, businesses, hospitals, clinics, sports, and prisons. Mindfulness adds the significant benefits of increased stress-hardiness and self-regulatory skills-deployment that reduce impairment with issues of anxiety, depression, pain, trauma, and addictions. This workshop will concentrate upon the recognition and refinement of some of those effective therapeutic practices in the contexts of application that are the very places and concerns of attending participants. Through this workshop you will be able to:

- Identify the three essential components of Mindfulness Meditation.
- Identify at least three Mindfulness daily activities of one-minute or less that enhance and generalize benefits of a meditative practice and are easily teachable to clients.
- Identify the components of the RAIN intervention.
- Consider and discuss possibilities of benefit and/or challenge in teaching one client a concrete Mindfulness practice.

Faculty: Kevin Henry, LCSW  
Dates: February 22, 2019  
Time: 9:00 AM - 4:00 PM  
Place: 2017 Cathedral of Learning  
Fee: $125  
CE: 6 hrs (L/LCSW, LPC, LMFT, Psych*)
GERIATRIC CARE MANAGEMENT: QUALITY AND ETHICAL CONSIDERATIONS

This continuing education workshop provides knowledge and skills to enhance the helping professional’s understanding of the unique care requirements and ethical dilemmas and decision-making issues facing older adults. The aging of the burgeoning “Boomer Generation,” commands that their caregivers understand their personal values and the ways in which those inform decision making on opportunities, issues and dilemmas facing them as they age. End-of-life issues present a unique challenge as emotion and necessity meet in sometimes unforeseen ways, which determine outcomes at a particularly vulnerable time. This workshop will enhance practitioner’s competency to better manage this tenuous time. You will be able to:

- Develop a working understanding of autonomy vs. safety and find creative ways to assist older adults with identifying personal values that inform decision making.
- Identify common areas requiring competent, ethical decision making by healthcare professionals coordinating care for persons with dementia.
- Better understand the NASW Code of Ethics and Review specific ethical quandaries that caregivers of people with dementia encounter, specifically regarding end of life care.
- Best utilize advanced directives and understand pertinent EOL (end of life) issues including capacity for decision making, guardianship services and power of attorney options.

Faculty: Amy DeGurian, LCSW, and Elizabeth Zimmerman Clayton, LCSW

Dates: February 8, 2019
Time: 9:00 AM - 4:00 PM
Place: 2017 Cathedral of Learning
Fee: $125
CE: 6 hrs (L/LCSW. LPC, LMFT, Psych*)
LSW/LCSW: As a Council on Social Work Education accredited school of social work the School is a Pennsylvania pre-approved provider for social work continuing education. Programs also provide continuing education for Professional Counselors LPC and Marriage and Family Therapists LMFT.

National Board of Certified Counselors (NBCC): The University of Pittsburgh is an approved continuing education provider for counselors; please note your NBCC practitioner number when registering for programs. NBCC can be provide upon request.

Psychologists (Psych*): The noted programs are co-sponsored by Western Psychiatric Institute and Clinic (WPIC) and the University of Pittsburgh School of Social Work. WPIC is approved by the American Psychological Association to offer continuing education for Psychologists. WPIC maintains responsibility for these programs and their content. Each program is being offered for the designated number of continuing education credits.

*WPIC will charge a $35 CE certification process charge for any psychologist seeking CE for these programs.

Other Professional CE: On occasion the School may offer continuing education hours for other professions in co-sponsorship with other schools at the University, including: Nursing, Law, Education, and Medicine and other schools of the Health Sciences. These will be noted for the particular programs in this publication.

Act 78 Suicide Assessment/Prevention/Intervention and Ethics hours are noted in workshop information for meeting continuing education requirements in PA.

Handicapped Access: We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please advise us of any other special accommodation you may need.

Jody Bechtold, LCSW, ICBC-II is a licensed clinical social worker, certified MBTI administrator, and Board Approved Clinical Consultant with nearly 20 years of experience in consulting and clinical practice. She is the CEO & Co-Founder of The Better Institute headquartered in Pittsburgh, PA. She serves as a committee member of the National Council on Problem Gambling (NCPG), Vice President, Board Member for the International Gambling Counselor Certification Board (IGCCB), and various volunteer mentoring positions for professional women and men. Jody holds a Master Degree in Social Work from the University of Pittsburgh’s School of Social Work, a Bachelor’s Degree in Business Administration from the University of Pittsburgh’s College of Business Administration, and is a graduate of the Professional Coaching Certification Program at Duquesne University’s School of Leadership and Professional Advancement. She has conducted research, served as adjunct faculty, and guest lectured on numerous topics including addiction, technology and mental health, and innovative solutions for client engagement.

Amy Ambuske DeGurian, MSW, LSW, is a graduate of the University of Pittsburgh, School of Social Work. In 1994, where she completed her M.S.W. degree along with a certificate in Gerontology. Her work history includes professional social work positions in long term care, home care, hospital and L.T.A.C.H. facilities. She has been a continuing education facilitator for the School of Social Work for over 20 years. She has provided instruction in the areas of gerontology, grief, care management and effective communication. Since 2013, Ms. DeGurian has served as a Field Education Coordinator at the School of Social Work and continuously works to provide quality internship opportunities to the present M.S.W. students in the program. Additionally, Amy functions as an Adjunct Professor for the school, teaching both the Generalist Social Work class and the Grief and Loss class for the M.S.W. program.

Gina M Goth M.Ed., CAC, LPC, is in private practice in a suite shared with her husband Helmut. The office is in the Oakland/Shadyside area. She has a BSW and a Masters of Education from the Pennsylvania State University. She has attended the Cleveland Gestalt Institute for various programs including the physical process track. She has specialized in the treatment of eating disorders, physical and sexual abuse, chemical addictions, and works with family members who have lost someone to suicide. Gina has been in this line of work for over 33 years and provides consultations.

Helmut J Goth, BHSP, is a graduate of the Barbara Brennan School of Healing and holds a certificate of Brennan Healing Science Practitioner. In his private practice, he uses his knowledge and skills on clients who come for medical reasons, to get support with psychological issues, or to address other...
Renee Jennings, MA MSW, LCSW, is a somatic and energy arts practitioner, teacher/trainer and consultant in Pittsburgh, offering an embodied, integrative approach to healing and transformation. Renee is faculty at the Gestalt Institute of Cleveland, a certified EMDR therapist and hypnotherapist, meditation teacher and Reiki master/teacher, and energy psychology practitioner. In addition to working with individuals, couples and groups, Renee has presented workshops and trainings at numerous conferences and organizations, including the Esalen Institute, the Association for the Advancement of Gestalt Therapy, The Ohio State University, and NASW.

Joan Kaylor, MSED, LPC, DCEP, has been teaching Emotional Freedom Techniques since 1996. Joan is certified in the gold standard of EFT from the Association of Comprehensive Energy Psychology, ACEP. Joan teaches EFT in her private practice and teaches and consults around the world. Joan is a sought-after trainer. Joan’s podcast “Life Without Limits” is listened to in 15 countries. Joan received the “Reach Out” award from the Association of Comprehensive Energy Psychology.

Dawn Lehman, BASW, MA, CPC, has worked for well over fifteen years in the fields of Restorative Justice and Conflict Transformation. Dawn developed and piloted a restorative justice program through the Pittsburgh Mediation Center in three area schools. She served as the Restorative Justice Coordinator at Center for Victims, overseeing a victim-sensitive dialogue program, which diverted young people from Allegheny County Juvenile Court. More recently, Dawn has worked with the training center of PA’s Juvenile Court Judges Commission to develop a consistent training format for restorative justice practitioners across the state. Dawn has trained people to facilitate restorative dialogues and provided ongoing mentorship and support to many of these. She has conducted restorative dialogues ranging from minor school infractions to violent felonies. Dawn has also trained countless people in conflict resolution and mediation skills, trauma and victim awareness, cultural diversity, oppression and bias awareness, and healthy relationships. She is also a Certified Professional Coach.

Ken Montrose, LPC, CAC is the Director of Training and Publications for Greenbriar Treatment Center, where he’s worked since 1999. For eight years he worked as an addiction specialist on a schizophrenia unit of a psychiatric hospital. He was the Director of Clinical Services for Greenbriar for two years. A Certified Addictions Counselor, he also holds a Master’s degree in Developmental Psychology. He has been sober since October 2, 1988. Ken has provided training for numerous mental health and chemical dependency treatment agencies regionally and nationally. He is the author or co-author of numerous publications and home-study courses. His life work has focused on incorporating treatment for mental illness and substance abuse.

Beth Mulvaney, MSW, LCSW, is a Lecturer at the University of Pittsburgh’s School of Social Work and was a former coordinato-
Christina Newhill, LCSW, PhD, is a Professor of Social Work and Director of the Doctoral Program at the School of Social Work and, for many years, the Chair of the Direct Practice Concentration at the School. She teaches at the MSW and PhD level in areas of mental health, and in 2008 she received the Chancellor’s Distinguished Teaching Award. Her primary research is on community mental health and persons with serious and persistent mental illness. She is author of two books, Interventions for Serious Mental disorders (pending 2014) and Client Violence in Social Work Practice (Guilford, 2003)

Sr. Madeleine Rybicki, CSFN, MS, is a training specialist with Holy Family Institute who presents regionally, nationally, and internationally on children and youth care. She has also been an adjunct faculty member for the School of Social Work and the University’s Child Development and Child Care Program from which she received the distinguished alumni awardee. Sr. Madeleine has served as coordinator of the Education and Training Committee of the National Organization of Child Care Workers and as president of the Academy of Child & Youth Care Professionals.

Rhoda Mill Sommer, LSW, BCD, ACSW, is a private practice therapist especially with families and couples. You can learn more about Rhoda’s work, approaches, and expertise through her WWW presence at her blog: Relationship Realities | http://relationshiprealities.wordpress.com or on her website: Therapy Ideas | http://www.therapyideas.net

Ginny Vayda, LCSW ACSW, CMC, is Supervisor Social Work, OEF/OIF/OND, Homeless Care Continuum and Veteran Employment Services at the James E. Van Zandt VA Medical Center, Altoona, PA. She was formerly The Victim Advocate Supervisor for MHN Government Services-HealthNet, Inc., working with clinical services to active military members and their families. She is also an adjunct faculty member at several schools of social work. She has more than twenty years of experience in medical social work.

Mark Wolynn is Director of The Family Constellation Institute, The Inherited Family Trauma Center and The Hellinger Institute of Northern California, Mark is North America’s leader in Inherited Family Trauma and leads workshops at hospitals, clinics, conferences, and teaching centers around the world. He has taught at the University of Pittsburgh, the Western Psychiatric Institute and Clinic, Kripalu, The New York Open Center, The Omega Institute, The California Institute of Integral Studies, and is the author of the book IT DIDN’T START WITH YOU: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle (Viking, April 2016).

Nancy Wood (Hey Nance), LSW, BSN, founded Families Turning, LLC to address the needs of adult family members as they come back together emotionally and/or physically in order to live more harmoniously and attend to important business. She writes and provides workshops on the cognitive and behavioral aspects of adult-to-adult family relationships. By developing concrete skills and awareness of how we are woven into the fabric of our family, anyone can become a positive change agent within their families. Nancy combines her decades of work as a home care, spinal cord, head trauma and ALS nurse with a background in direct counseling and passion for the power of intergenerational living to provide practical accessible skills and insights. Her BSN and MSW are from the University of Pittsburgh.

Elizabeth Zimmerman-Clayton, MSW, LSW, is a 2013 graduate of the University of Pittsburgh, Graduate School of Social Work, as well as an alumnus of the Hartford Partnership Program on Aging Education (HPPAE). Since 2014 she has been with Community LIFE McKeesport, a PACE program whose mission is “enabling frail, older adults to remain at home while preserving their dignity, independence and quality of life.” Her role at Community LIFE is to provide care coordination as part of an interdisciplinary medical team serving participants of the program. Additionally, Elizabeth devotes her time at CL to supporting other staff members in developing skills by facilitating a monthly Motivational Interviewing group. She has also completed a year-long training to become a Palliative Care Resource Agent for the team. In collaboration with other members of the team she has developed and launched the “Living Beyond Pain” small group to explore non-psychotherapeutic pain management for participants of CL that suffer from chronic pain. Elizabeth has also been a field instructor for the HPPAE for the last two years. She is currently working toward her LCSW.
For more information on continuing education, SSW network co-sponsorship, and other issues related to licensing and continuing education, please contact the School of Social Work Continuing Education Program office and staff:

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