



knowledge

learning

experience



*Committed to providing New England
Mental Health and Substance Abuse
professionals with quality training*





ABOUT SWEETSER

Mission

Sweetser's mission is to provide quality treatment, support and hope to children, adults and families through a network of mental health, behavioral health and educational services.

Vision

Helping people create promising futures.

As Maine's most comprehensive mental health and substance abuse network of care, Sweetser promises to do whatever it takes to connect adults and children to the treatment and related support that they need and deserve. Nationally recognized and accredited, Sweetser has nearly 200 years of experience caring for adults and children who are living with mental illness, behavioral disorders, or substance abuse problems.

Sweetser is a nonprofit organization serving approximately 16,000 adults and children throughout Maine. For more information about Sweetser, visit www.sweetser.org.

For access to mental health services call the Sweetser PromiseLine at 1.800.434.3000



About the Sweetser Training Institute

The Sweetser Training Institute is one of New England's foremost resources for high quality professional training in the areas of mental health and substance abuse. We are committed to bringing professional development training that is recovery focused, trauma informed, compassionate, ethical, honors diversity and inclusivity, and is well grounded in evidence-based best practice. The Sweetser Training Institute also offers training and workshops specially designed and tailored to meet the needs of your organization.

We hope you find the training offerings for the 2011-2012 academic year meet your professional development needs.

CONTACT US

If you have questions about our trainings, please call the Sweetser Training Institute at 207.294.4414 or send an e-mail to training@sweetser.org.

TABLE OF CONTENTS

CLINICAL WORKSHOPS.....	1-7
SUBSTANCE ABUSE.....	1
ETHICS.....	2
PLAY THERAPY.....	3
SELF-CARE.....	4
TRAUMA.....	4
CHILDREN/FAMILY.....	5-6
ADVANCED CLINICAL.....	6
SPECIALITY.....	7
ADVENTURE-BASED LEARNING.....	8
VIDEOS.....	8
FREQUENTLY ASKED QUESTIONS.....	9
CONTINUING EDUCATION CREDITS.....	9
CUSTOMIZED TRAINING.....	9
TRAINING INSTITUTE FACULTY.....	10-11
CALENDAR.....	12
REGISTRATION FORM.....	13

CLINICAL WORKSHOPS

SUBSTANCE ABUSE WORKSHOPS

The Road Signs & Perspectives of Multi-Generational Addiction & Patterns of Co-Dependency

November 17

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

This workshop will explore how people develop chemical addiction, the role of genetics, issues in recovery, as well as the impact on family and loved ones.

(Minimum of 5 participants required to hold this workshop)

Nancy Kelly

\$95

The Substance Abuser in Therapy: A Primer for the Non-Specialist

December 2

9 a.m. to noon, Sweetser, 43 Industrial Park Road, Saco

Therapists may be unaware, when working with someone, that the person abuses substances. Or, if they are aware of the issue, they may be uncertain of how to assess and treat. At the very least, substance abuse muddies the therapeutic waters. At worst, it completely blocks successful treatment. The Centers for Disease Control and Prevention says one in three Americans drink too much, and alcohol is just one of the many substances of abuse. This training will cover effective assessment and clinical considerations which arise when substance abusers walk through the clinician's door.

(Minimum of 4 participants required to hold workshop)

Mary Lyons

\$50

Adolescent Substance Abuse, Biological & Clinical Issues

December 8

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

Adolescence marks a time of major changes in brain function; pathways are strengthened or pruned according to their use or lack of use. The use of alcohol and /or other mind-altering drugs affects these pathways and can contribute to the emergence of other mental health and behavioral problems. This workshop will examine adolescent brain function, what is normal and what is not, the effects of substance abuse, common co-occurring disorders and medications used to treat them. We will also examine strategies for prevention and early intervention.

(Minimum of 5 participants required to hold workshop)

Nicholas Ruf

\$100

Understanding Substance Abuse Prevention & Intervention

March 30

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

This training relates stages of substance abuse, addiction, treatment, and recovery in a tangible arena for understanding how to meet the person where they are. Participants will explore various treatment objectives in order to fine tune the course of action that will be in the best interest of overall recovery for all parties involved in the process.

(Minimum of 5 participants required to hold workshop)

Kara Morton

\$95

Co-Dependency is Not a Mental Illness

April 12

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

This workshop will focus on the effects of substance abuse on family members and significant others. As we discover or re-discover the impact of addiction on family members we will explore whether the "symptoms" of co-dependency, ACOA issues and the distress of children of addicts constitutes mental illness.

(Minimum of 6 participants required to hold workshop)

Kelli Star Fox

\$100

The Recovering Family

May 10 & 11

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

Recovery from addiction is the focus of much mental health treatment in Maine. Less is generally said about the needs of the children and families of those in recovery. This two day workshop will be done in consultation with AdCare, a Maine organization that works extensively with issues of addiction. It is designed to help experienced therapists learn more about the particular needs of "families in recovery", with an emphasis on a thorough assessment of needs and choosing therapeutic approaches that rebuild family strength and support those family members whose lives have been seriously impacted by the addiction.

(Minimum of 8 participants required to hold workshop)

Miranda Phelps

\$175

Co-Occurring Disorders

June 7

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

Individuals with co-occurring disorders, in addition to their substance abuse issues, face complex challenges. The very nature of the cluster of symptoms may be in question because of the existence of substance induced affective disorders, which may or may not clear with abstinence. This workshop will cover the mechanisms underlying the acquisition of substance use disorders, describe the substance induced disorders and the most commonly co-occurring disorders. We will then go on to discuss effective treatment strategies for those afflicted with these disorders.


(Minimum of 5 participants required to hold workshop)


Nicholas Ruf

\$100

CLINICAL WORKSHOPS

ETHICS WORKSHOPS

Basic Ethics & Ethical Decision Making for the Mental Health Professional *Pat McKenzie* 
October 14
9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick
\$100
This workshop will assist clinicians with a basic understanding of the role of ethics within their professional practice. Participants will practice using decision-making models and have an opportunity to experience developing a meaningful dialogue within a “community of consultation”.
(Minimum of 5 participants required to hold workshop)

Spirituality, Values and Ethical Principles in Clinical Practice *Patricia Burke* 
November 9
9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco
\$100
Our values have a tremendous influence over our actions in the world and our relationships with others. This workshop will explore our spiritual values and how to allow those values to inform our clinical work in an ethically responsible and spiritually sensitive manner, while maintaining respect for our clients’ dignity, diversity of religious beliefs, and self-determination. Clinical demonstrations and experiential exercises will give participants ample opportunity to integrate and practice this spiritually sensitive approach to clinical practice.
(Minimum of 8 participants required to hold workshop)

Ethical Fitness® Seminar *Cheryl LeBlond*
December 1
9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick
\$100
Ethical Fitness® Seminars help you resolve ethical issues that you face daily, both at work and at home. You will take part in a thought process that can save you time, help gain self-confidence and sharpen your responses to ethical challenges. Participants will follow the dynamic four-step seminar which helps you become ethically aware, define values, analyze ethics, and resolve dilemmas. This workshop requires active participation and a small amount of pre-work for participants to make the most of the day and for a basic understanding of the material being presented. Participants will receive *How Good People Make Tough Choices: Resolving the Dilemmas of Ethical Thinking*, (Second Edition) by Rush Kidder, an Ethical Fitness® Workbook.
(Minimum of 5 participants required to hold workshop)

Ethics of Multiple Relationships *Dana Bontatibus*
March 15
9 a.m. to 1 p.m., Sweetser, 329 Bath Road, Brunswick
\$65
This workshop will update participants with current ethical guidelines regarding multiple relationships. A framework for decision-making will be covered as well as discussions on potential problems that may emerge.
(Minimum of 5 participants required to hold workshop)



CLINICAL WORKSHOPS

PLAY THERAPY WORKSHOPS

- Blended Play Therapy with Anxious & Traumatized Children** **DeeDee Nold**
October 21
9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco \$100
This course will utilize didactic and experiential materials to explore the neuroscience of anxiety and trauma. Participants will learn how children store and process negative and frightening experiences. Blended Play Therapy Interventions using non directive and directive methodology will be explored and demonstrated. Participants will learn specific techniques and strategies for treating this population. *(Minimum of 6 participants required to hold workshop)*
- Play Therapy & Trauma: An Introduction** **Grace Brace**
November 11
9 a.m. to 4 p.m., 329 Bath Road, Brunswick \$100
This introductory workshop about the effective use of play therapy with children and families who have experienced trauma will provide participants with an understanding of trauma, brain responses, tools and techniques to help clients successfully cope with difficult experiences. The workshop will provide practical and strength-based “hands on” techniques as well as specific tools that can enhance a clinician’s practice. *(Minimum of 5 participants required to hold workshop)*
- Play Therapy in a Mental Health World** **Gretchen Fall**
March 23
9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco \$100
You’ve got your training, you have some experience - maybe even a lot of both! Why then, is it so hard to educate, market and bill for Play Therapy? Those of you who are interested in having your staff, parents, administrators and insurances take you seriously will benefit from this workshop. Topics addressed will include professional play therapist struggles, choosing the appropriate theoretical approach, treatment planning, legal and ethical considerations, collecting data about progress, and how to market your practice. *(Minimum of 5 participants required to hold workshop)*
- Developing Your Own Play Therapy Techniques - A Practicum** **Sue Carroll Duffy** 
May 4
9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick \$100
This is an advanced play therapy practicum that will provide therapists with an opportunity to develop and publish their own play therapy technique. The workshop will first provide a theoretical basis for the use of play therapy techniques from a systemic play therapy perspective, followed by guidance on how and when to use these techniques based upon the developmental needs of the child, the stage of therapy and therapeutic problem that will be addressed. Several play therapy techniques will be used to illustrate how to develop and write-up a play therapy technique. The second half of the workshop will provide participants with time to create their own play therapy techniques and obtain feedback from peers. For those interested in publishing, participants will be invited to submit their play therapy technique to the Maine Play Therapy Association for possible publication in an e-book. *(Minimum of 8 participants required to hold workshop)*
- Restorative Retelling: An Innovative Approach to Helping Bereaved Children After Traumatic Loss** **Christine Linnehan**
May 11
9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco \$100
Children bereaved by traumatic loss are at risk for developing a combination of trauma and separation distress. This workshop will focus on a dynamic “restorative retelling” model of bereavement that is designed to safely and effectively address the specific treatment needs of children and adolescents coping with traumatic grief and loss. Through case presentations, discussion, and experiential activities we will explore how this creative approach can provide bereaved children a safe way to tell their stories of loss, to diminish their emotional distress, to promote resilience, and to encourage reconnections with the life and the living memories of the deceased. Particular consideration will be given to the safe, judicious use of these treatment methods and the importance of tailoring each intervention to the client’s interests, needs, and stage of treatment. Participants will be encouraged to reflect on their own restorative images as a means of professional self-care. *(Minimum of 5 participants required to hold workshop)*

 (Denotes nationally recognized speakers)

CLINICAL WORKSHOPS

SELF-CARE WORKSHOPS

Vicarious Trauma & the Use of Energy Psychology in Self-Care

October 28

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

This workshop will take participants through an understanding of vicarious trauma and the impact on clinicians and clinical work. Participants will be supported in looking at their own levels of symptoms through the use of a variety of self assessment tools and be supported in creating a “self-care circle” identifying resources present and resources to work towards. Participants will explore the use of TAT® as both a protective and a preventative practice.

(Minimum of 5 participants required to hold workshop)

Deb Dana

\$100

The Ethic of Self-Care

March 2

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

Ethical codes require professionals to maintain strength that supports healthy practice boundaries and focus. We are responsible for our own self-care in that respect and accountable to our colleagues to support them in ethical practice. This workshop will explore how self-care may be an ethical requirement in our conversations.

(Minimum of 5 participants required to hold workshop)

Pat McKenzie

\$100

Therapist Self-Care: An Ethical Responsibility

April 13

9 a.m. to 1 p.m., Sweetser, 43 Industrial Park Road, Saco

Self-Care is finally becoming a popular topic among therapists, possibly because of the high degree of burnout encountered by clinicians in today's stressful therapeutic environment. The reason self-care is an ethical responsibility is that without it we cannot do our jobs as well as we can with it. When we shortchange our own nurturance, we shortchange our clients, too. This class will include setting limits, finding a way to take care of ourselves physically and mentally, and learning how to refresh ourselves and our abilities.

(Minimum of 5 participants required to hold workshop)

Mary Lyons

\$65

TRAUMA WORKSHOPS

Foundations of Trauma - A Series

9/30, 10/28, 11/18, 12/16, 1/20, 2/17, 3/23, 4/27, 5/18, 6/15

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

This series of workshops will offer a comprehensive understanding for clinicians of both the impact of traumatic experiences (including complex trauma) on children and teens and the essential phases of therapy. These building blocks include: assessment, case formulation/treatment contracting, psycho-education, building safety and support, strengthening the individual, trauma integration and consolidation/relapse prevention. The format spans ten months (September through June) and includes daylong sessions once a month. The sessions will include didactic material, discussions, case presentations by the instructor and participants and various ways of thinking through treatment dilemmas.

(Minimum of 10 participants required to hold workshop)

Miranda Phelps

\$750

Moving Toward Wellness: Enhancing Body Image & Self-Care

March 16

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

Women with a history of sexual abuse often experience a battle with their bodies, sometimes to the point of seeing the body as an enemy rather than as a source of pleasure and spontaneity. In this workshop we will explore how the therapeutic use of creative arts modalities (music, movement, art, writing, and drama) can help these clients build a more realistic, healthier relationship with their bodies as well as develop creative, self-soothing strategies for coping.

(Minimum of 5 participants required to hold workshop)

Christine Linnehan

\$100

DBT Skills Training

March 22

9 a.m. to noon, Sweetser, 329 Bath Road, Brunswick

This course will provide a basic introduction to Dialectical Behavioral Therapy (DBT) as developed by Marsha Linehan. It is designed to teach you the necessary skills for dealing with clients who have a trauma history.

(Minimum of 5 participants required to hold workshop)

Andrea Brewster

\$50

Minding our Brains: Brain Biology & the Impact of Trauma

April 6

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

As clinicians, the great majority of clients with whom we work come to us with problems embedded in underlying issues of trauma. Developments in the neurosciences have provided information on brain structure and how neural networks are mobilized in response to both traumatic and neutral stimuli. This workshop will give clinicians a familiarity with brain biology, with exploration of the triune brain, the bi-lateral brain, growth and pruning of neural networks, and basic understanding of implicit and explicit memory. From this foundation of awareness of neurophysiology, we will then move to exploration of the brain's response to trauma. Clinicians will be given structure for using this knowledge in clinical work as well as psycho-education with clients.

(Minimum of 5 participants required to hold workshop)

Deb Dana

\$100

CLINICAL WORKSHOPS

CHILDREN/FAMILY WORKSHOPS

Creative Coping Interventions for Children

Bonnie Thomas

October 19

9 a.m. to noon, Sweetser, 329 Bath Road, Brunswick

\$50

This 3-hour workshop is focused on creative interventions that can be used with children to foster their self expression and coping skills. Arts and crafts activities, play therapy, expressive therapy and art therapy combine in this course to offer any professional working with children new tools to help them express and manage their feelings.

(Minimum of 5 participants required to hold workshop)

Creative Activities for Teens in Therapeutic Settings

Bonnie Thomas

October 19

1 p.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

\$50

This course will provide multiple arts and crafts activities that engage adolescent clients in creative self expression. Treatment plan goals and objectives will be incorporated so that the clinician has an understanding of how to tie these activities into billable treatment.

(Minimum of 5 participants required to hold workshop)

Working with Gender, Non-Conforming Children & Their Families

Bonnie Thomas

November 2

9 a.m. to noon, Sweetser, 43 Industrial Park Road, Saco

\$50

In this workshop we will review current research and statistics on the issues facing children who do not conform to gender stereotypes. Participants will learn clinical approaches and resources for helping families and children cope with issues such as grieving, acceptance, and advocacy.

(Minimum of 5 participants required to hold workshop)

Structural Family Therapy, Part 1

Kristin Hurley

November 10

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

\$95

This workshop provides an overview of the structural family therapy model and includes a two-pronged emphasis on thinking: learning a family systems way of thinking about the problems that children and family's experience, and doing — learning the practical application of this way of thinking to each clinical situation.

(Minimum of 5 participants required to hold workshop)

Structural Family Therapy, Part 2

Kristin Hurley

December 8

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

\$95

Covering the course of treatment from the initial stages to termination, this workshop offers a comprehensive template for a systemic diagnosis of a family, tools for ongoing assessment, and treatment modalities that emphasize individual and family strengths and bring forth the healing energy that exists within family systems.

(Minimum of 5 participants required to hold workshop)

Effective Techniques on How to Deal with Resistant Adolescents

Andy Abbott

December 9

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

\$95

This workshop will provide participants with useful strategies that are grounded in an evidence-based approach as well as clinically sound. This workshop is geared toward case managers and clinicians on how to work with at risk, highly complex adolescents.

(Minimum of 5 participants required to hold workshop)

What people are saying...

"The chairs, the music, the lighting, the snacks all equaled the icing on the cake of a fabulous training - great content, excellent presenter, lots to take back to immediately improve my practice."



(Denotes nationally recognized speakers)

CLINICAL WORKSHOPS

CHILDREN/FAMILY WORKSHOPS (CONTINUED)

Teaching Young Clients How to Calm & Self Soothe *Bonnie Thomas*
March 7

9 a.m. to noon, Sweetser, 43 Industrial Park Road, Saco \$50
In this workshop we will review and practice self soothing techniques designed for young children ages 3-10. Various interventions will be introduced and included for both sensory avoidant and sensory seeking children. (Minimum of 5 participants required to hold workshop)

Working with Highly Conflicted Separated Families *Jeff Levy*
March 9

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco \$95
Many clinicians work with children who have separated parents with cantankerous relationships. Children's behaviors and moods may be adversely affected by this situation. It is often difficult for the clinician to gain good working relationships with both parents, and to be in a position to help the child deal effectively with their difficult situation. This workshop is designed to provide a framework for working with such families and is based on accountability for the child, as well as each parent. The emphasis of the work is to give the child a voice in the situation, while setting the stage for them to be accountable for the messages they express to both parents. (Minimum of 5 participants required to hold workshop)

ADVANCED CLINICAL WORKSHOPS

Advanced Motivational Interviewing in Clinical Practice *Patricia Burke*

10/12, 12/7, 2/8, 4/4 \$195
9 a.m. to noon, Sweetser, 329 Bath Road, Brunswick
This series of four half-day seminars will provide participants an opportunity to apply Motivational Interviewing skills to their clinical work in mental health and substance abuse treatment contexts. Primary emphasis will be on strategies to elicit change talk and commitment to behavioral change within the context of Motivational Interviewing philosophy of a respectful, non-judgmental and client-centered approach to counseling. Learning methods will include experiential processes such as clinical demonstrations, role play, skill-building exercises and evaluation of the application of MI strategies to clinical scenarios. Participants must have attended a minimum of one introductory training in Motivational Interviewing and have a working knowledge of the principles and practices of MI. (Minimum of 8 participants required to hold workshop)

So What's Next? *Kelli Star Fox*
October 27

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick \$100
This workshop is designed for advanced clinical practitioners and/or supervisors to begin to envision the next phases of growth and development for their clinical practice. (Minimum of 6 participants required to hold workshop)

Advanced Clinical Supervision: The Heart & Soul of Change *Kelli Star Fox*
May 24

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick \$100
Research shows us that the only consistent measure of success in the outcomes of therapeutic treatment is the quality of the relationship between client and clinician and the client's perception of the relationship. Given that the counselor / client relationship can be viewed as a parallel process of the clinical supervision relationship, how do we provide for growth and professional development of supervisees and measure the outcomes of success of clinical supervision? This workshop will offer the opportunity to explore your supervision philosophy, your perception of the supervisory relationship, how best to support the professional growth of supervisees at varying stages of counselor development and how you measure success and support change. (Minimum of 5 participants required to hold this workshop)

Advanced Couples Counseling *Andy Abbott & Ron Feintech*
June 8

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco \$100
This dynamic seminar will provide participants with a hands-on approach in working with couples that draws from contemporary theorists in the field of couples work. Dr. Feintech and Dr. Abbott will co-present this seminar integrating the theories of established paradigms in couple's therapy with the emerging concepts of theorists such as Terrence Real, David Schnarch and David Deida. Participants will learn skills and techniques that they can apply to this ever changing and challenging specialty. This is a highly participatory seminar which will appeal to those just entering the profession while its focus on contemporary theories will benefit even seasoned professionals. (Minimum of 5 participants required to hold workshop)

CLINICAL WORKSHOPS

SPECIALITY WORKSHOPS

Psychosocial Assessment

September 23

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

This workshop will provide a comprehensive overview of key aspects of psychosocial assessment including interview skills, strategies and alternatives to direct questioning, such as genograms, observations and games. It will focus on whom the assessment is for and writing to that audience in a single document. This workshop fulfills Maine's requirement for psychosocial assessment for newly licensed clinicians. *(Minimum of 4 participants required to hold workshop)*

Amy Simonds

\$95

The Appetite Connection: Using the Six Steps in a Therapeutic Setting

October 7

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

Leading clients through this six-step process enables them to access their internal guidance system, make health-promoting decisions, create their personal, flexible care-plan, eliminate self-destructive behaviors and create the lives of balance, peacefulness and joy they long for. *(Minimum of 8 participants required to hold workshop)*

Denise Lamothe

\$100

Working with Gay, Lesbian, Bi-Sexual Clients

November 4

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

This workshop is designed to help clinicians understand more fully the experience of their GLB clients, beginning with an overview of the American history of the GLB Rights Movements. The instructor will address concerns that are particular to GLB youth, adults and family members. Particular focus will be paid to same sex couples therapy, coming out as bisexual, the GLB lifestyle in rural communities and the changing definition of extended family within the GLB context. Participants are strongly encouraged to bring cases to the workshop for discussion and presentation, which will be the focus of the afternoon section of the course. *(Minimum of 5 participants required to hold workshop)*

Jen Bella

\$95

Clinical Applications of the Laws of Attraction

May 25

9 a.m. to 4 p.m., Sweetser, 329 Bath Road, Brunswick

The Law of Attraction states that like attracts like. This means that you attract into your life that which you have been thinking about. We may think life experiences are haphazard or that things happen to us by accident. The Universal Law of Attraction tells us otherwise. Learn about this law and how to use it (and help your clients use it) to create radiant health, perfect weight, prosperity and well-being. *(Minimum of 8 participants required to hold workshop)*

Denise Lamothe

\$100

Systemic Couples Counseling

May 31

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

In this workshop, participants will have an opportunity to become familiar with major models of couples counseling. The primary focus of this workshop will be on Structural and Systemic Couples Counseling. We will discuss core structural concepts, the marital life cycle, how to conduct an effective assessment when working with couples and important ethical considerations. *(Minimum of 5 participants required to hold workshop)*

Kristin Hurley

\$95

Creating Hopeful Conversations: An Introduction to Narrative Therapy

June 1

9 a.m. to 4 p.m., Sweetser, 43 Industrial Park Road, Saco

Hope can be a powerful antidote to despair and a critical element in the journey of recovery. Being able to create conversations that focus on possibilities and instill hope is a powerful tool within the therapeutic relationship. Narrative therapy has been shown to enhance the client's motivation for change and continued engagement in treatment. This workshop will explore the basic foundations of narrative therapy and its potential in creating more hopeful approaches to the challenges of recovery. *(Minimum of 5 participants required to hold workshop)*

Pat McKenzie

\$100

 *(Denotes nationally recognized speakers)*

ADVENTURE-BASED LEARNING

FOCUS Through Adventure has been providing adventure-based programs to students, educators, mental health agencies and Maine businesses for the past 10 years. **Director Donna Murray** has worked in experiential education for more than 12 years, working as a certified trainer with Project Adventure, an international training association. She will work with you to create a customized program tailored to your needs which can be held at your site or at the Challenge Course on Sweetser's Saco campus. **Please call Donna at 207.294.4929 or e-mail dmurray@sweetser.org for more information.**



VIDEOS

The following programs are available in DVD format as well as in audio format. Each program is eligible for Continuing Education Credits and is available for a two-week rental. Upon return of the rental, along with a completed post assessment, you will receive a certificate of workshop completion. The fee for the two-week video rental and certificate is \$44 (per viewer). The audio rental is \$22 for a two-week rental and certificate. The videos are available to purchase by organizations for multiple viewings. Contact us at 207.294.4414 or training@sweetser.org for more information.

Legal & Ethical Issues in the Mental Health Profession

6-hour video

Andy Abbott, PhD, LCPC

Practitioners are held to high standards, both legally and ethically. This program is designed to give an overview of the legal and ethical issues facing professionals in behavioral health practice. Participants will come away from this program with an understanding of their risks and strategies for effectively dealing with such issues.

Depression: Facing It & Finding a Story of Hope

5-hour video

Christopher Behan, LCSW

Depression is the most prevalent mental disorder, bringing our clients into despair and darkness. Therapists also are vulnerable to the hopelessness and helplessness that depression engenders. This program will assist clinicians in utilizing specific tools to tap into the story of hope that is contained, but often concealed, within the client's description of depression, offering possibilities where none seemed to exist.

Psychosocial Assessment

6-hour video

Amy Simonds, LCPC

This workshop will provide a comprehensive overview of key aspects of psychosocial assessment including interview skills, strategies and alternatives to direct questioning, such as genograms, observations, and games. It will focus on who the assessment is for and writing to that audience in a single document. This workshop fulfills Maine's requirement for psychosocial assessment.

Trauma, Anxiety, Depression & Self-harming Behaviors:

5-hour video

Living on the Borderline

Karen Ludwig, LCPC

What happens to children who survive severe childhood abuse or neglect? Many have deep wells of resilience and go on to live their lives without apparent impairment. Others, however, face enormous challenges in maintaining well-being. This program explores the ways child abuse can continue to haunt people for years after the abuse has ended, leading people to develop "solutions" to the pain that may allow survival, but can interfere with relationships and personal growth. A narrative approach to understanding trauma histories can open up possibilities for healing and recovery.

Treating Difficult Children and Their Families

6-hour video

Andy Abbott, PhD, LCPC

Approaching treatment from both an individual and family perspective, as well as from a systems perspective, this workshop will provide strategies for building trust and establishing a collaborative relationship with the child and family. Effective interventions for dealing with difficult children and families will be a focus.

FREQUENTLY ASKED QUESTIONS

How do I REGISTER for a program?

You can use the registration form provided for you in this catalog, you can go to our website at www.sweetsertraining.org, or you can call us at 207.294.4414.

How do I get DIRECTIONS to the training site?

Directions will be included with your registration confirmation. Please register early. If you have questions on the day of the training, call us at 207.294.4414. You can also access directions to all locations from our website, www.sweetser.org.

What is your REFUND POLICY?

A full refund, less a \$20 administrative fee, will be granted for cancellations received one week prior to an event. No refunds or credits will be granted after this period.

What if there is INCLEMENT WEATHER the day of my training?

All programs will generally take place “snow or shine” and generally no weather-related refunds or credits will be granted. Please check our website the morning of the workshop to confirm that the workshop is still being held or call 207.294.4414 for weather-related cancellations.

Will I receive CONTINUING EDUCATION CREDITS for the workshops I am attending?

Yes, you will. Each clinical workshop is eligible for continuing education credits. Generally all-day workshops are eligible for 6 hours, half-day workshops are eligible for 3 hours.

CONTINUING EDUCATION CREDITS

Each clinical workshop is eligible for continuing education credits by the following groups:

Maine LCSWs, LADCs, LMFTs, LCPCs and LPCs

The Sweetser Training Institute is an ongoing provider of continuing education and generally all Sweetser Training Institute programs can be used for continuing education and relicensure credit.

One of the many benefits Sweetser employees enjoy are generous discounts on Sweetser Training Institute programs.

Contact us: If you have questions about our trainings please call the Sweetser Training Institute at 207.294.4414 or email us at training@sweetser.org.



CUSTOMIZED TRAINING

Does your organization need high quality training at a reasonable price?

The Sweetser Training Institute will bring our training programs on the road and to your door.

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For additional information, contact the Training Institute Director, Kelli Star Fox at 207.294.4454 or kfox@sweetser.org.

SWEETSER TRAINING INSTITUTE FACULTY

Andy Abbott, PhD, LCPC, holds his PhD in Psychology. He has been working in the mental health profession for the past 12 years. He is also an adjunct professor for both SMCC and Capella University. Andy currently has his own private practice in Portland. His passion and research interests center in existential psychology.

Jennifer Bella, LCSW, has over 20 years of counseling experience in both New Hampshire and Maine and currently maintains a private practice in North Conway. She has extensive experience working with gay, lesbian, bisexual and transgendered clients including a variety of group work.

Dana Bontatibus, LCPC, LMFT, has provided clinical services in Connecticut and crisis services in Maine. He currently serves as the supervisor of Sweetser's Adult Crisis Stabilization Unit and Supported Housing program.

Grace Brace, LCSW, has over 20 years of experience in the social work field. The last 15 years have been in the adoption field and prior to that she worked with families in a clinical setting and within their homes. Grace utilizes evidence-based practice in her counseling work with children, individuals, couples and families. She has training in Cognitive Behavior Therapy, Motivational Interviewing and Play Therapy. Grace is in the process of obtaining her certifications as a Registered Play Therapist and as a Trauma Therapist.

Andrea Brewster, LCPC, LCMHC, is currently a Clinical Supervisor with Sweetser. She has specialized in treating Learning Disabled Adults and Children using DBT, CBT and expressive arts therapies in individual and group settings.

Patricia Burke, MSW, LCSW, is a Board Certified Diplomat in Clinical Social Work, a Certified Clinical Alcohol, Tobacco, and Other Drugs Social Worker, a qualified member of MINT (Motivational Interviewing Network of Trainers), and a Certified Clinical Supervisor. She has been on the faculty of the Rutgers University Summer School of Alcohol and Drug Studies since 1989 and is currently on the faculty of the Brown University Center of Alcohol Studies: Addiction Technology Transfer Center of New England and the Union Institute & University Vermont Academic Center Adult Degree Program where she teaches in the concentrations of Psychology and Spirituality & Holistic Studies. She maintains a private clinical and consultation practice in Maine.

Deb Dana, LCSW, is part of a group practice in Saco, Maine - The Island Institute for Trauma Recovery, specializing in working with complex traumatic stress. She is a certified TAT® (Tapas Acupressure Technique) trainer, a certified Internal Family Systems therapist, has trained in Sensorimotor psychotherapy and EMDR, and completed a certificate program in traumatic stress studies at the Trauma Center in Boston. In addition to her clinical work she teaches a trauma theory and practice class in the School of Social Work at the University of Southern Maine.

Sue Carroll Duffy, PsyD, RPT-S, Dr. Duffy developed the Moving Stories play therapy method, Wonder Room and a growing number of therapeutic stories for the sandtray. She has many years of experience utilizing play therapy, sandtray therapy and bibliotherapy. Dr. Duffy works in rural coastal Maine where she serves as a psychologist at the Pleasant Point Health Center on the Passamaquoddy Reservation. Dr. Duffy served on the Maine Play Therapy Association board and taught for Chesapeake Beach Professional Seminars. She has experience working in outpatient setting, with schools and with Head Start.

Gretchen Fall, CAS, LPCP, RPT-S, has worked in the mental health field for 12 years in schools, mental health agencies, crisis units and day treatment. She currently has a small private practice with play therapy, clinical counseling and supervision.

Ron Feintech, PhD, holds his PhD in Clinical Psychology. He began his career as a professional psychologist, sex educator and psychotherapist following his post-doctoral fellowship at Harvard Medical School. He and his wife operate The Couple's Center in Portland.

Kelli Star Fox, LCSW, LADC, CCS, holds an MSW from the University of New England's School of Social Work and a BA in Psychology from Rutgers University. Kelli has been practicing as a substance abuse and family counselor since 1987 and as a clinical social worker since 1991. She has provided clinical and administrative supervision to students, master and bachelor level clinicians and supervisors for 20 years. Kelli is Director of the Training Institute and Co-Occurring Disorders Program at Sweetser. Kelli has taught as an adjunct faculty at the University of New England's School of Social Work and the Marriage and Family Therapy Certificate Program, as well as at Southern Maine Community College.

Kristin Hurley, LCPC, NCC, has trained at the Minuchin Center for the Family and has served as a clinical supervisor for Sweetser's MST program. Kristin completed her post-master's in clinical community counseling at Johns Hopkins University, and co-authored Development and Validation of the Self-Awareness and Management Strategies (SAMS) Scales for Therapists.

Nancy Kelly, LADC, has 26 years in the fields of mental health and addiction. She is currently a counselor in Sweetser's Outpatient Clinic with the ACT Team.

SWEETSER TRAINING INSTITUTE FACULTY

Denise Lamothe, PhD, is an international professional speaker, emotional eating expert, Clinical Psychologist and Doctor of Holistic Health. She is the author of the popular books, *The Taming of the Chew: A Holistic Guide to Stopping Compulsive Eating*, and *The Appetite Connection: Six Steps to Your Delicious Life and The Body You Long For*. Dr. Denise has a private practice in Exeter, NH offering individual and group therapy with a special focus on helping people to stop emotional eating and create lives of balance, zest and joy.

Cheryl LeBlond, LCSW, is an Ethical Fitness® Seminar (EFS) certified trainer for the Institute for Global Ethics. She has been delivering EFS since 2002 to non-profit behavioral health agencies. Cheryl has a certificate of Graduate Studies in Substance Abuse Counseling from the University of New England, a MSW from the University of Maine and a BA in Psychology from Curry College in Milton, MA. Cheryl's professional work began in 1993 providing mental health emergency services for inner-city children in Boston. She has since provided direct care for both children and adults, program development, clinical and administrative oversight for Acute Services (crisis, jail case management, youth suicide prevention, access to services) and has held administrator positions for mental health agencies. She was a consultant for Maine's DHHS Office of Adult Mental Health Services and most recently was a clinical supervisor for Sweetser's Community-based Services in Knox and Waldo Counties.

Jeff Levy, LCSW, GAL, received his MSW from the University of New England and BS from the University of Maine. Jeff has been operating his private practice for more than 10 years and has been serving the Maine courts as a Guardian ad Litem for more than 5 years. Additionally, Jeff has been an adoption social worker, and serving as the Director of the Maine branch for China Adoption With Love. Jeff previously worked as the director of the Camp Waban program for 5 years, and was a crisis worker at Crisis Response Services for 5 years.

Christine Linnehan, BC-DMT, LCPC, has a private practice, Riverview Counseling in Scarborough, and is a consultant at the Center for Grieving Children in Portland. She has worked in both inpatient and outpatient clinical settings for over 15 years specializing in trauma, grief, and bereavement.

Mary Lyons, LCPC, CADC, began her career in the counseling field at Evodia House, precursor to Crossroads, treating women with substance abuse issues. She is a certified trainer for the Driver Education and Evaluation Program (DEEP).

Pat McKenzie, LCSW, is a Vice President of Programs for Youth Alternatives Ingraham. She has previously served as the Senior Director of Crisis Services for Sweetser and as Operations Manager of Northeast Crisis Services. Pat has an advanced certificate in family therapy with a concentration in post-structural models of practice.

Kara Morton, BSED, LCDC, was originally an elementary school teacher who followed a growing passion to help loved ones struggling with addiction. Kara has worked as an addiction recovery counselor for the past five years and considers herself blessed to aide in helping society understand addiction and recovery.

Donna Murray, MEd, is a local leader in the field of adventure-based and experiential learning. She coordinates and facilitates programs for youth and adult groups throughout the state. She has also served as a certified trainer for Project Adventure.

DeeDee Nold, LICSW, RPT-S, is a Licensed Independent Clinical Social Worker and a Registered Play Therapist Supervisor. She has a private practice in New Hampshire and Florida. Ms. Nold has a MA degree in Special Education from the University of Tulsa and a MSW from Barry University. She specializes in young children 18 months and older and works with special populations, including those with Aspergers, Sensory Integration Disorder, Non Verbal Learning Disabilities, Acute Anxiety and children of high conflict divorce. Ms. Nold is assisted in therapy by her therapy dog, Benny.

Miranda Phelps, Psy.D., is a clinical psychologist with fifteen years of experience as a therapist for individual adults, children and families. Work settings have included mental health centers, schools, hospitals and neighborhood clinics. She holds a doctorate from the Massachusetts School of Professional Psychology and has done extensive specialized training in the areas of trauma, attachment, eating disorders, women's issues and family therapy. Miranda has a private practice in Waterville where she sees clients and offers supervision for clinicians.

Nicholas Ruf, MA, LADC, worked for Maine's impaired driver countermeasures programs (DEEP) for 23 years. He has taught graduate and undergraduate courses and workshops in aspects of substance abuse and co-occurring disorders to professional, medical, educational, civic and other interested groups.

Amy Simonds, LCPC, is Sweetser's Director of Child & Adult Community Services. She has a wide range of experience working with children and adolescents and as a clinical supervisor.

Bonnie Thomas, LCSW, is a school-based clinician with Sweetser. She has worked with children ages 3 -18 in a variety of clinical and social service agencies. Bonnie is the author and illustrator of *Creative Coping Skills for Children: Emotional Support Through Arts and Crafts Activities*.

2011-2012 CALENDAR

SEPTEMBER	9/23	Psychosocial Assessment
	9/30	Foundations of Trauma Series
OCTOBER	10/7	The Appetite Connection
	10/12	Advanced Motivational Interviewing in Clinical Practice Series
	10/14	Basic Ethics & Ethical Decision Making for the Mental Health Professional
	10/19	Creative Coping Interventions for Children
	10/19	Creative Activities for Teens in Therapeutic Settings
	10/21	Blended Play Therapy with Anxious & Traumatized Children
	10/27	So What's Next?
	10/28	Foundations of Trauma Series
	10/28	Vicarious Trauma & the Use of Energy Psychology in Self-Care
NOVEMBER	11/2	Working with Gender Non-Conforming Children & Their Families
	11/4	Working with Gay, Lesbian, Bi-Sexual Clients
	11/9	Spirituality, Values & Ethical Principles in Clinical Practice
	11/10	Structural Family Therapy, Part 1
	11/11	Play Therapy & Trauma
	11/17	The Road Signs & Perspective of Multi-Generational Addiction
	11/18	Foundation of Trauma Series
DECEMBER	12/1	Ethical Fitness® Seminar
	12/2	The Substance Abuser in Therapy: A Primer for the Non-Specialist
	12/7	Advanced Motivational Interviewing in Clinical Practice Series
	12/8	Adolescent Substance Abuse, Biological and Clinical Issues
	12/8	Structural Family Therapy, Part 2
	12/9	Effective Techniques on How to Deal with Resistant Adolescents
	12/16	Foundations of Trauma Series
JANUARY	1/20	Foundations of Trauma Series
FEBRUARY	2/8	Advanced Motivational Interviewing in Clinical Practice Series
	2/17	Foundation of Trauma Series
MARCH	3/2	The Ethic of Self-Care
	3/7	Teaching Young Clients How to Calm & Self Soothe
	3/9	Working With Highly Conflicted Separated Families
	3/15	Ethics of Multiple Relationships
	3/16	Moving Toward Wellness: Enhancing Body Image & Self-Care
	3/22	DBT Skills Training
	3/23	Foundations of Trauma Series
	3/23	Play Therapy in a Mental Health World
	3/30	Understanding Substance Abuse, Prevention & Intervention
APRIL	4/4	Advanced Motivational Interviewing in Clinical Practice Series
	4/6	Minding Our Brains: Brain Biology & The Impact of Trauma
	4/12	Co-Dependency is Not a Mental Illness
	4/13	Therapist Self-Care: An Ethical Responsibility
	4/27	Foundations of Trauma Series
MAY	5/4	Developing Your Own Play Therapy Techniques - A Practicum
	5/10	The Recovering Family, Day 1
	5/11	The Recovering Family, Day 2
	5/11	Restorative Retelling
	5/18	Foundations of Trauma Series
	5/24	Advanced Clinical Supervision: The Heart & Soul of Change
	5/25	Clinical Applications of the Laws of Attraction
5/31	Systemic Couples Counseling	
JUNE	6/1	Creating Hopeful Conversations: An Introduction to Narrative Therapy
	6/7	Co-Occurring Disorders
	6/8	Advanced Couples Counseling
	6/15	Foundations of Trauma Series



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