

# Drexel University College of Medicine



**Continuing Education 2016-2017**  
• Regional Courses • Reserve Courses • Psychiatric Rehabilitation • Case Management • Trauma •

Behavioral  
Healthcare  
Education

[www.drexelmed.edu/bhe](http://www.drexelmed.edu/bhe)



# CREDIT/REGISTRATION INFORMATION

## **BHE HELPS PROFESSIONALS MAINTAIN CREDENTIALS**

Please be sure to identify what type of continuing education credit you desire when you register for our courses. Also please check the times of the trainings carefully as they may vary by course. For courses scheduled for multiple days you **MUST** attend ALL days in order to receive credit.

## **TARGET AUDIENCE**

Practitioners who work in community based mental health and addictions services: interdisciplinary mental health professionals including addiction counselors, counselors, nurses, rehabilitation counselors, social workers, psychologists and other individuals interested in behavioral health topics.

## **OVERALL OBJECTIVE**

At the completion of each course practitioners will be able to identify advances in treatment, methods and scientific approaches.

## **CONTINUING EDUCATION CREDITS**



**APA (Psychology):** Drexel University College of Medicine, Behavioral Healthcare Education is approved by the American Psychological Association to sponsor continuing education for psychologists. This program is offered for 5, 6, 10 or 12 credits. Drexel University College of Medicine maintains responsibility for this program and its content.

**CPRP (Certified Psychiatric Rehabilitation Practitioners):** Behavioral Healthcare Education, Drexel University College of Medicine is approved by the United States Psychiatric Rehabilitation Associations (Provider #107) to sponsor continuing education for Certified Psychiatric Rehabilitation Practitioners. Behavioral Healthcare Education, Drexel University College of Medicine maintains responsibility for the program and its content. This program is being offered for 5, 6, 10 or 12 hours of continuing education.

**LSW/LCSW/LPC/LMFT (PA SBSWE Licensed Social Workers in Pennsylvania):** Drexel University College of Medicine is a preapproved provider of continuing education for Social Workers and Clinical Social Workers. This program is being offered for 5, 6, 10 or 12 hours of continuing education.

NBCC Statement: "Drexel University College of Medicine/BHE is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. We can award a maximum of 5, 6, 10 or 12 Clock hours of CE Credit.

**NBCC Statement:** "Drexel University College of Medicine/BHE is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. We can award a maximum of 5, 6, 10, 12, or 15 CLOCK hours of CE Credit.

**PA Educators Act 48:** Drexel University College of Medicine, Behavioral Healthcare Education is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Drexel University College of Medicine, Behavioral Healthcare Education adheres to Act 48 Continuing Education Guidelines. PA educators will receive a maximum of 5, 6, 10 or 12 Clock hours of credit for attending this program.

**PCB (PA Certified Addictions Counselor):** Drexel University College of Medicine, Behavioral Healthcare Education will award a maximum of 5, 6, 10 or 12 PCB Approved Hours of Education for this program. Our program is certified by the Pennsylvania Certification Board, Provider # 133.

**PSNA (Nursing):** Drexel University College of Medicine, Behavioral Healthcare Education is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants will be awarded a maximum of 5, 6, 10 or 12 contact hours for attending this program.



**CEU (IACET):** Drexel University College of Medicine/Behavioral Healthcare Education has been accredited as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102. In obtaining this approval, Drexel University College of Medicine/Behavioral Healthcare Education has demonstrated that it complies with the ANSI/ IACET Standard which is widely recognized as the Standard of good practice internationally. As a result of their Authorized Provider accreditation status Drexel University College of Medicine/Behavioral Healthcare Education is authorized to offer IACET CEUs for its programs that qualify under the ANSI/ IACET Standard. The Drexel University College of Medicine/Behavioral Healthcare Education is authorized by IACET to offer .5, .6, 1.0, or 1.2 CEU's for this program.

## **COURSE CANCELLATION**

Our registration form will ask you for an after-hours telephone number in case of last-minute changes due to instructor illness or other emergent conditions. For possible weather cancellations, please call toll free at 1-877- BHE-3033 (1-877-243-3033) after 6:30am the day of the training to confirm either cancellation or presentation of the course. If you must cancel your attendance, please call or e-mail as soon as possible.

Keep in mind that attendance will be electronically tracked and if you register for a course that you do not attend and do not cancel prior to the offering, your future registration may be blocked. It is important that those who register use the slot reserved for them. Substitutions may be made for attendees.

## **ADA ACCOMMODATIONS**

Please call the registrar when you register if you have any disability or other special needs so that we can ensure that your needs will be fully met.

## **REGISTRATION INFORMATION**

Registration for BHE courses is now on-line. Please go to the website at [www.drexelmed.edu/bhe](http://www.drexelmed.edu/bhe) and click on the Regional Course Information link.

Before your registration is approved for tuition-paid attendance, we must verify your program affiliation with the PA DPW, OMHSAS.

**Our Regional training year will run on a trimester schedule beginning with the fall semester in September, 2016. You will be able to register for 2 courses per semester. The fall semester will run September through December, winter semester, January through March, and spring semester, April through June. Refer to page 3 for semester schedule.**

You will need to be credentialed the first time you register for a BHE course. After that, you will be able to log-on with your user name and password.

**The most important piece of information you will be asked to provide is your e-mail address, or that of someone close to you.** All further communication from BHE will be electronic and your continuing education certificate will be e-mailed to you after the course within 2-3 weeks.

Should you require an additional or replacement certificate please contact our office and make arrangements for payment of \$35 for each certificate requested. Transcripts may also be purchased for \$50 through our office.

Should any of your registration information change at any time, please give us a call to update your records. **A change in your e-mail address is most important.**

**Disclosure Statement:** BHE receives no commercial support relative to this activity, and our faculty have no conflict of interest to declare.

**Once you have taken a course, you will not be permitted to repeat that course at any future date. So we ask that you please keep track of your courses to be sure you are not requesting a repeat course.**



## Regional Courses

Beginning 2016-2017, there is a slight change to our Behavioral Health Education Regional Course schedule. If you are employed by an approved provider, you are able to pre-register for two scholarship supported courses per trimester. ***If you are NOT employed by an approved agency there will be a fee for these courses.*** The courses will run on the trimester basis as indicated below. Please note that if you are unable to attend a preregistered course, you must notify BHE by e-mail or telephone that you are unable to attend. If you do not cancel in advance, you will not be permitted to attend future regional courses for the remainder of the year. [We will no longer allow walk-in/on-site registration.](#)

## Drexel Reserve Courses

Drexel Reserve is a new product of Behavioral Healthcare Education. These courses are a combination of skills-based, high demand and advanced material. There is a modest fee for all accredited Drexel Reserve Courses. You are able to register for any course throughout the 2016-2017 year. If you are unable to attend a preregistered course, your fee will be put towards a future Drexel Reserve course of your choice within the same training year. ***There will be no refunds for any unused fees at the end of the training year.*** You must pre-register for Drexel Reserve courses and [walk-in/on-site registrations will not be accepted.](#) It is our hope that this system will allow attendees to plan their continuing education training schedule one year in advance and secure space early for desired courses.

### ***IMPORTANT NOTICE!!!***

### ***REGIONAL COURSE INFORMATION***

Our training year will run on a trimester schedule beginning with the fall semester in September, 2016.

Please note that you may only register for

***2 courses per semester***

**Semesters are scheduled as follows:**

**Fall Semester:** September through December, 2016

**Winter Semester:** January through March, 2017

**Spring Semester:** April through June, 2017



# TABLE OF CONTENTS

Credit/Registration Information .....	2
Regional Courses / Drexel Reserve .....	3
Training Sites .....	5
Regional Course Schedule Grid .....	6
Regional Course Descriptions .....	7-11
Reserved Course Schedule Grid .....	12
Reserved Course Descriptions .....	13-19
Trauma-Informed Series Information .....	20
Trauma-Informed Course Descriptions .....	21-25
Case Management Course Descriptions .....	26-27
Psychiatric Rehabilitation Course Descriptions .....	28
Veteran Specific Training .....	29
COD Series Information .....	30
Behavioral Healthcare Education Online Opportunities .....	31

## ***Important Notice!***

### **Training Hours:**

5 Hour courses will now be

9:00AM - 3:30PM

6 Hour courses

9:00AM - 4:30PM

# TRAINING SITES

## **CENTRAL REGION**

**NEW  
LOCATION**

**Best Western  
Country Cupboard Inn**  
7701 Westbranch Highway  
Lewisburg, PA 17837  
570-524-5500

**Holiday Inn Grantville**  
604 Station Road  
Grantville, PA 17028  
717-469-0661

**Days Inn Penn State**  
240 South Pugh Street  
State College, PA 16801  
814-238-8454

## **NORTHEAST REGION**

**Lehigh Valley  
Best Western Hotel**  
300 Gateway Drive  
(At Routes 22 and 512)  
Bethlehem, PA. 18017  
610-866-5800

**Radisson Lackawanna  
Station Hotel**  
700 Lackawanna Avenue  
Scranton, PA 18503  
570-342-8300

## **SOUTHEAST REGION**

**Friends Hospital  
Scattergood Building**  
4641 Roosevelt Boulevard  
Philadelphia, PA. 19124  
215-831-4055

**NHS Training Center**  
350 Sentry Parkway, Bldg. 640  
2nd Floor  
Blue Bell, PA. 19422  
610-260-4600



# REGIONAL COURSE SCHEDULE

Location	Central	Central	Northeast	Northeast	Southeast	Southeast
Course Number & Description	Best Western Lewisburg**	Holiday Inn Grantville	Best Western Lehigh Valley	Radisson Lackawanna Station	Friends Hospital	NHS Blue Bell
TR094 - Beyond Psychosis Emerging Priorities in Serious Mental Illness	11/15/16			10/19/16	10/4/16	9/22/16
TR111 - Skills Teaching Methods			11/17/16		3/2/17	
TR173 - Addictions and Women: Perceptions and Needs		12/7/16			2/7/17	
*TR190 -Addressing the Effects of Shame on the Individual’s Core Sense of Self	10/27/16		9/21/16		12/6/16	3/23/17
TR297 - Choices in Healing: Approaches and Methods that Support Recovery		1/18/17	2/22/17	4/11/17	4/6/17	
TR298 - The Fidelity of WRAP®: Strengthening the Core Values and Practices		2/9/17	10/26/16	6/21/17	5/4/17	4/20/17
TR368 - Managing Workplace Diversity: Benefits, Challenges and Tools	5/16/17	3/9/17			6/1/17	
TR383 - COD: Planning, Treatment and Documentation Issues		4/13/17	1/18/17	11/9/16	11/1/16	6/15/17
TR400 - DSM 5 Disorders: An Overview of Psychiatric and Substance Use Disorders in Adults (6 hrs)		5/11/17			1/5/17	5/18/17
TR413 - Teaching is More Than Telling: Skills for Providing Psychoeducation	4/18/17	6/8/17	5/24/17		1/17/17	10/20/16
* This courses’ credits can be applied to the BHE Trauma Certificate.						
** NEW LOCATION, replaces Danville Elks						



## TR094:

### **Beyond Psychosis: Emerging Priorities in Serious Mental Illness – (5 Hours)**

**9:00am - 3:30pm**

In today's behavioral health services, there is a pressing need for practitioners to place greater emphasis on working with service recipients using skills that have a sound theoretical/evidence basis. This training intends to facilitate the translation of these theoretical aspects of service delivery in a manner that recognizes that the best evidence is the personal experience of each individual. As such, this is not an in-depth analysis of specific clinical interventions but an opportunity to guide, plan and suggest down-to-earth treatment ideas for individuals living with serious mental illness on a day-to-day basis.

**Course Objectives:** Participants will be able to:

- Discuss the manifestations of serious mental illness;
- Review the impact of Stress Vulnerability Model of Serious Mental Illness;
- Identify practitioner capabilities for effectively engaging, assessing and formulating Care;
- Examine the necessity for working with Families and Informal Carers;
- Develop strategies for working with people with SMI who are angry and at risk for offending.

#### **TRAINING SITES**

NHS Blue Bell

Friends Hospital, Philadelphia

Radisson Lackawanna Station, Scranton

Best Western, Lewisburg

#### **DATES**

September 22, 2016

October 4, 2016

October 19, 2016

November 15, 2016

## TR111:

### **Skills Teaching Methods - (5 Hours)**

**9:00am - 3:30pm**

This course reviews methods of teaching specific skills and examines the acquisition, development and maintenance of such skills. Use of small groups for teaching and practicing skills will be described and illustrated. Transfer of skills into natural environment is discussed.

**Course Objectives:** Participants will be able to:

- Define what a skill is and describe key attributes;
- Delineate when to use skills teaching as an intervention;
- Identify special issues in skill teaching with learners having serious mental disorders;
- Subdivide a skill into teachable steps;
- Practice teaching a skill in a simulation exercise.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem

Friends Hospital, Philadelphia

#### **DATES**

November 17, 2016

March 2, 2017



# REGIONAL COURSE DESCRIPTIONS

## TR173:

### Addictions and Women: Perceptions and Needs (5 Hours)

9:00am - 3:30pm

This seminar is focused on the ways that being a woman interacts with her addiction to behaviors and substances that may threaten her sanity and life. We will examine the differences in biology, cultural messages, and internal identity that may affect addictive processes and functions. We will also discuss means of responding to these differences while exploring common elements that help to build cohesion and support in recovery-focused communities. This course may serve as a general base for anyone working with women having specific addictive behaviors (e.g., alcohol, drugs, food, sex, gambling, shopping, etc.).

**Course Objectives:** Participants will be able to:

- Explore differences in women's biology and cultural learning (nature and nurture) that affect their addictive behaviors;
- Describe what is meant by "abuse" "dependence" and "addiction";
- Identify common co-occurring psychiatric disorders that may interact with addictive process and behaviors;
- Discuss challenges that can disrupt or delay her considering any form of treatment for her disorder(s);
- Examine means of engaging women in discussing the possibility of recovery and life alternatives.

#### TRAINING SITES

Holiday Inn, Grantville, PA  
Friends Hospital, Philadelphia

#### DATES

December 7, 2016  
February 7, 2017

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## TR190: \* This courses credits can be applied to the BHE Trauma Certificate.

### Addressing the Effects of Shame on the Individual's Core Sense of Self (5 Hours)

9:00am - 3:30pm

As behavioral healthcare providers, it is important for us to understand the role shame plays in many psychiatric and substance use disorders including depression, anxiety, addiction and trauma. In this course, we examine the impact of shame on people's lives and how to help develop "shame resilience". Much of the material is derived from research on women; however, we will also discuss shame as it relates to men.

**Course Objectives:** Participants will be able to:

- Define shame and distinguish it from other emotions;
- Examine the differences and similarities between the experience of shame for men and women;
- Understand shame's role in psychiatric and substance use disorders;
- Discuss the components and strategies that contribute to "shame resilience" and;
- Identify barriers to the development of "shame resistance" and how to overcome them.

#### TRAINING SITES

Lehigh Valley Best Western  
Best Western, Lewisburg  
Friends Hospital, Philadelphia, PA  
NHS Blue Bell

#### DATES

September 21, 2016  
October 27, 2016  
December 6, 2016  
March 23, 2017

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## TR297:

### Choices in Healing: Approaches and Methods that Support Recovery (5 Hours)

9:00am - 3:30pm

Recovery is often referred to as a process, outlook, vision, and conceptual framework or guiding principle that aims to help people with psychiatric challenges look beyond mere survival and existence. As a result, people diagnosed with psychiatric disabilities now have choices about how to approach treatment and rehabilitation both within and beyond the behavioral healthcare system. This training is an update of our learning and growth since the Pennsylvania Call to Change in 2002. It explores current understanding of the stages and phases of recovery while matching the practitioner competencies necessary to: discover treatments, facilitate learning, deal with doubts that block the commitment to getting well, and develop ideas about how to get started.

**Course Objectives:** Participants will be able to:

- Identify critical factors that support recovery;
- Dialogue about illness and impact of social attitudes;
- Differentiate the “human” qualities that service recipients want, from the skills and knowledge that service recipients need;
- Address the tension between the compliance factor and choice, a fundamental concept of recovery;
- Practice techniques to inspire service recipients to move forward, set new goals and develop relationships that give their lives meaning.

#### TRAINING SITES

Holiday Inn, Grantville  
Lehigh Valley Best Western, Bethlehem  
Friends Hospital, Philadelphia  
Radisson Lackawanna Station, Scranton

#### DATES

January 18, 2017  
February 22, 2017  
April 6, 2017  
April 11, 2017

## TR298:

### The Fidelity of WRAP®: Strengthening the Core Values and Practices (5 Hours)

9:00am - 3:30pm

The Wellness Recovery Action Plan (WRAP) is a very personal and self-determined approach designed initially to address a variety of mental health challenges. Since its inception in 1997, the utility of this tool has been adopted by many, undergone vigorous research to make it an evidence-based practice and has inspired organizations and systems as a source of healing and transformation. This interactive training will present the guidelines and provide opportunities to dialogue about the purpose, values and practices of WRAP® in an effort to facilitate positive communication and collaboration in service to people seeking to enhance their health and wellbeing. To this end, this training is part of a continuing effort to ensure adherence to the fidelity standards of WRAP®.

**Course Objectives:** Participants will be able to:

- Identify the key standards of the WRAP® model;
- Discuss the history of the development of WRAP®;
- Explain the keys to sustaining quality WRAP® Programs;
- Outline the components of the WRAP® plan.

#### TRAINING SITES

Lehigh Valley Best Western, Bethlehem  
Holiday Inn, Grantville  
NHS Blue Bell  
Friends Hospital, Philadelphia  
Radisson Lackawanna Station, Scranton

#### DATES

October 26, 2016  
February 9, 2017  
April 20, 2017  
May 4, 2017  
June 21, 2017



# REGIONAL COURSE DESCRIPTIONS

**TR368:**

## **Managing Workplace Diversity: Benefits, Challenges and Tools (5 Hours)**

**9:00am - 3:30pm**

Diversity issues are projected to become even more important in the future due to increasing changes in the U.S. population. While managing diversity remains a significant organizational challenge, research suggests that managers and supervisors benefit by learning skills which value multicultural differences and create inclusive work environments that ensure the dignity and respect of each person. This training provides a general definition for “diversity”, examines the impact of generational differences, discussed the benefits and challenges of workplace diversity, and presents strategies for managing a diverse workforce.

**Course Objectives:** Participants will be able to:

- Defined “diversity” and list the primary and secondary influences that shape human differences and work ethics;
- List the benefits of diverse working groups;
- Explain how personal perceptions and responses to change create challenges for diversity in the workplace;
- Recognize instances and discuss guidelines for managing micro-aggressions in the workplace;
- Demonstrate methods (exercises/activities) to enhance awareness, and promote inclusion.

### **TRAINING SITES**

Holiday Inn, Grantville  
Best Western, Lewisburg  
Friends Hospital, Philadelphia

### **DATES**

March 9, 2017  
May 16, 2017  
June 1, 2017

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**TR383:**

## **Co-occurring Disorders: Treatment Planning and Documentation Issues (5 hours)**

**9:00am - 3:30pm**

This seminar examines current evidence-supported principles of collaborative treatment planning. It includes: working from a comprehensive assessment and clinical formulation; using stage-of-change theory; mutually setting long- and short-term goals; identifying steps for goal accomplishment, who is responsible, by when; and revising the plan as needed. Writing clear, concise notes for documenting progress is reviewed. This course builds on recovery-oriented practices discussed in previous seminars. Therefore, it will NOT address details of how to complete your agency’s forms.

**Course Objectives:** Participants will be able to:

- Discuss the major purposes for formal treatment planning and the processes that support it;
- Explore the differences between treatment and service planning as well as similarities in terms of agreement on major goals;
- Examine the steps in effective treatment planning;
- Incorporate other collaborative services and supports into the planning process;
- Identify means of writing brief, useful progress notes.

### **TRAINING SITES**

Friends Hospital, Philadelphia  
Radisson Lackawanna Station, Scranton  
Lehigh Valley Best Western, Bethlehem  
Holiday Inn, Grantville  
NHS Blue Bell

### **DATES**

November 1, 2016  
November 9, 2016  
January 18, 2017  
April 13, 2017  
June 15, 2017



# REGIONAL COURSE DESCRIPTIONS

## TR400:

### An Overview of DSM-5 Psychiatric and Substance Use Disorders in Adults (6 Hours)

9:00am - 4:30pm

This course provides an overview of DSM5 diagnoses in adults. Specific attention will be paid to: 1) Substance-Related Disorders; 2) Major Mental Disorders (Schizophrenia Spectrum/Psychotic Disorders, Bipolar and Related Disorders, Depressive Disorders, Anxiety Disorders, Obsessive Compulsive and Related Disorders, Trauma- and Stressor-Related Disorders); 3) Personality Disorders. The biopsychosocial impact of these disorders is also discussed. An additional emphasis is placed on encouraging practitioners to support the personal recovery of the individuals they serve.

**Course Objectives:** Participants will be able to:

- List major substances of abuse and the symptoms of intoxication/withdrawal for each substance;
- Review associated features of Substance-Related Disorders;
- Describe the features of specific psychotic, mood, and anxiety disorders;
- Distinguish the features of personality disorders;
- Discuss general issues related to supporting personal recovery.

#### TRAINING SITES

Friends Hospital, Philadelphia  
Holiday Inn, Grantville  
NHS Blue Bell

#### DATES

January 5, 2017  
May 11, 2017  
May 18, 2017

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## TR413:

### Teaching is More Than Telling: Skills for Providing Psychoeducation (5 Hours)

9:00am - 3:30pm

Practitioners in the behavioral healthcare field are also educators. When we provide information about disorders, resources, and other matters, we are performing a useful function that helps the other person(s) better order and manage parts of their lives. This course examines the ways in which we use ourselves to provide psychoeducation and presents tools to enrich our skills in doing so. It also provides specific resources to help structure formal approaches to psychoeducation.

**Course Objectives:** Participants will be able to:

- Identify ways psychoeducation is supportive within the helping role;
- Examine the uses of psychoeducation in supporting people in their recovery journeys;
- Explore efficient and effective means of providing psychoeducation;
- Review some specific evidence-based models of psychoeducation;
- Discuss resource materials and references provided to enrich your own practice.

#### TRAINING SITES

NHS Blue Bell  
Friends Hospital, Philadelphia  
Best Western, Lewisburg  
Lehigh Valley Best Western, Bethlehem  
Holiday Inn, Grantville

#### DATES

October 20, 2016  
January 17, 2017  
April 18, 2017  
May 24, 2017  
June 8, 2017

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RESERVE COURSE SCHEDULE

	Location	Central	Central	Northeast	Northeast	Southeast	Southeast	West
Course Number & Description	FEE	Best Western Lewisburg**	Holiday Inn Grantville	Best Western Lehigh Valley	Radisson Lackawanna Station	Friends Hospital	NHS Blue Bell	State College
TR050 - DSM 5: People, Personality & Pathos: Overview of Personality Disorders	\$30			9/22/16	6/22/17	10/5/16	6/16/17	
TR057 - Borderline Personality Disorder: Issues and Interventions	\$30				11/10/16	3/3/17		10/5/16
* TR087 - A Treatment for Our Time: Mindfulness-Based Cognitive Therapy	\$30			1/19/17		2/8/17	10/21/16	5/3/17
TR167 - An Introduction to Dialectical Behavior Therapy	\$30	11/16/16				1/6/17		
* TR172 - Boy’s Don’t Cry - Examining Trauma in Men	\$30					5/5/17	3/24/17	5/4/17
* TR287 - A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision	\$30	4/19/17	12/6/16	2/23/17	4/12/17	1/18/17	5/19/17	
TR301 - Motivational Interviewing: Introductory Concepts and Recent Updates (2 days)	\$95			6/14-15/2017	5/23-24/2017	11/8-9/2016		
TR365 - Supervisory Essentials: Specific Roles and Functions	\$30		10/13/16	5/25/17		4/7/17	4/21/17	
TR382 - COD: Ethics & Boundaries for Effective Practice	\$75	10/28/16	9/15/16	11/18/16	10/20/16	11/2/16		10/6/16
TR490 - Youth WRAP®: The Wellness Recovery Action Plan for Transitional Age Youth (NEW)	\$30		11/8/16	10/27/16		6/2/17	9/23/16	
TR565 - BHE Toolkit - Specific Practices for the Art of Helping	\$30					12/7/16		
TR566 - BHE Toolkit 2: Specific Practices for the Art of Helping People W/Anxiety	\$30	5/17/17						
* This courses’ credits can be applied to the BHE Trauma Certificate.								
** NEW LOCATION, replaces Danville Elks								



## TR050:

### DSM-5: People, Personality, and Pathos: An Overview of Personality Disorders (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

This survey course provides an introduction to the nature of pervasive and enduring patterns of maladaptive behaviors and responses presented by persons with personality disorders. The three clusters of PDs will be discussed, with each disorder described in terms of features, course, biopsychosocial nature, possible causation, and co-morbid conditions. Case scenarios will also be provided and explored. Additionally, general treatment principles and approaches will be addressed.

**Course Objectives:** Participants will be able to:

- Identify the major features of current personality disorders;
- Discuss the developmental nature of these disorders;
- Examine potential relationship between personality disorders and other more frequent co-occurring disorders;
- Explore the DSM-5 alternative model of personality disorders;
- Describe some general treatment principles and approaches for PDs.

#### TRAINING SITES

Lehigh Valley Best Western, Bethlehem  
Friends Hospital, Philadelphia  
NHS Blue Bell  
Radisson Lackawanna Station, Scranton

#### DATES

September 22, 2016  
October 5, 2016  
June 16, 2017  
June 22, 2017

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## TR057:

### Borderline Personality Disorder: Issues and Intervention (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

Borderline Personality Disorder (BPD) is a serious mental illness generally characterized by instability in affect, relationships, self-image, and behavior. This course will provide a general overview of BPD including information on: DSM-5 criteria, etiology, suicidality and parasuicidality, therapeutic approaches, and theoretical orientations. Treatment challenges are discussed; of primary importance is the need to maintain empathy and rapport.

**Course Objectives:** Participants will be able to:

- Summarize basic diagnostic criteria for BPD, including recognizing common COD's;
- Describe the role of trauma and abuse in the development of BPD;
- Discuss the role of self-injury and suicide in BPD;
- Review basic therapeutic approaches, as well as specific theoretical orientations, notably DBT;
- Recognize the importance of counter-transference issues in treating a person with BPD.

#### TRAINING SITES

Days Inn, State College, PA  
Radisson Lackawanna Station, Scranton  
Friends Hospital, Philadelphia

#### DATES

October 5, 2016  
November 10, 2016  
March 3, 2017

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**TR087: \* This courses credits can be applied to the BHE Trauma Certificate.**

## **A Treatment for Our Time: Mindfulness-Based Cognitive Therapy – (5 Hours)**

**9:00am - 3:30pm – Training Fee - \$30**

Mindfulness-Based Cognitive Therapy (MBCT)\* is an empirically supported treatment (EST) designed for helping people who suffer repeated bouts of depression and chronic unhappiness. It combines cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this seminar lies in becoming acquainted with the modes of mind that can characterize mood disorders while simultaneously learning how a person can develop a new relationship to them through mindful awareness practice. It also explores how MBCT has been used to relieve the physical symptoms of stress such as chronic pain, hypertension, and gastrointestinal disorders, as well as psychological problems such as anxiety, panic disorders, and PTSD. \*MBCT was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

**Course Objectives:** Participants will be able to:

- Describe how cognitive therapy views the development of the whole pattern of depression, including thoughts, physical sensations, and behaviors;
- Define awareness as an alternative strategy to critical thinking for handling the negative mood, memories and thinking patterns of chronic unhappiness and depression;
- Practice a few key mindfulness skills including: bringing awareness to routine activities; mindful breathing; and, intentionally focusing and refocusing attention;
- Discuss the importance of the body scan to mindfulness training and meditation, practicing it as a way of experiencing it;
- Specify ways that MBCT approaches can be applied to stress-based physical and psychological disorders such as hypertension and PTSD.

### **TRAINING SITES**

NHS Blue Bell  
Lehigh Valley Best Western, Bethlehem  
Friends Hospital, Philadelphia  
Days Inn, State College, PA

### **DATES**

October 21, 2016  
January 19, 2017  
February 8, 2017  
May 3, 2017



## TR167:

### An Introduction to Dialectical Behavioral Therapy (5 hours)

9am - 3:30pm – **Training Fee - \$30**

Working effectively with persons who are diagnosed with Borderline Personality Disorder (BPD) presents serious challenges for behavioral health practitioners. Marsha Linehan has developed a research-based treatment approach called Dialectical Behavioral Therapy (DBT) which has been used in a variety of settings in working with persons having serious impulse control and emotional dysregulation disorders such as BPD. This course introduces participants to this model and identifies core skills applicable in practice settings.

**Course Objectives:** Participants will be able to:

- Cite DSM 5 criteria for BPD;
- Present an overview of the DBT treatment model;
- Identify stages of recovery in the DBT model to use in individual treatment planning;
- Distinguish those DBT skills that are effective in dealing with emotional dysregulation;
- Describe how to apply DBT psychosocial skills training in a group program designed for teaching symptom management.

#### TRAINING SITES

Best Western, Lewisburg  
Friends Hospital, Philadelphia

#### DATES

November 16, 2016  
January 6, 2017

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## TR172: \* This courses credits can be applied to the BHE Trauma Certificate.

### Boys Don't Cry: Examining Trauma in Men – (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

Trauma can be viewed as an experience that can sever connections among the family, the community, and the self. Although there are similarities between men and women in their experience of trauma and subsequent recovery processes, there are also substantial differences, in part due to gender role expectations. The very definition of “manhood” is often in direct conflict with the experience of being a victim, leaving males to experience a wide range of conflicting emotions, and uncertainty as to how to manage them effectively. As a result, males who have experienced trauma tend to deal with these emotions with all-or-nothing, maladaptive coping responses, including substance use. This course will explore various aspects of one trauma specific treatment group model for men; messages about manhood, the impact of trauma; and integrating coping skills with acceptance and empowerment will be highlighted

**Course Objectives:** Participants will be able to:

- Examine several components of typical “manhood” schemas in our society;
- Discuss the types of trauma more commonly experienced by men;
- Describe at least five ways in which a traumatic experience may affect men differently than women.;
- List at least five maladaptive coping responses to traumatic events often seen in males;
- Explore the three broad elements of the M-TREM model of group treatment for men with histories of trauma.

#### TRAINING SITES

NHS Blue Bell  
Days Inn, State College, PA  
Friends Hospital, Philadelphia

#### DATES

March 24, 2017  
May 4, 2017  
May 5, 2017

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**TR287: \* This courses credits can be applied to the BHE Trauma Certificate.**

## **A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision (5 hours)**

**9am - 3:30pm – Training Fee - \$30**

This course provides information about vicarious trauma and its impact on practitioners who work with persons who themselves have experienced, or are experiencing, physical and/or psychological trauma. Self-assessment instruments and coping strategies are presented for recognizing and dealing with vicarious traumatization. A model for peer supervision is presented for use by those working in team settings within treatment programs.

**Course Objectives:** Participants will be able to:

- Describe the nature of vicarious traumatization;
- Identify techniques for assessing signs of vicarious traumatization;
- Discuss strategies for coping with vicarious traumatization;
- Define and practice a model of peer supervision for addressing vicarious traumatization;
- Use the tools and processes presented in their own practice settings.

### **TRAINING SITES**

Holiday Inn, Grantville  
Friends Hospital, Philadelphia  
Lehigh Valley Best Western, Bethlehem  
Radisson Lackawanna Station, Scranton  
Best Western, Lewisburg  
NHS Blue Bell

### **DATES**

December 6, 2016  
January 18, 2017  
February 23, 2017  
April 12, 2017  
April 19, 2017  
May 19, 2017

**TR301:**

## **Motivational Interviewing: Introductory Concepts and Recent Updates (Mandatory 2 days) (10 Hours)**

**9:00am - 3:30pm – Training Fee - \$95**

Motivational Interviewing (MI) is a live, evidence based practice for helping people who are resistant to change. In 2013, Miller and Rollnick released the third edition of their seminal work, *Motivational Interviewing: Helping People Change*, which contains new wording and some fundamental changes in technique. Therefore this course is useful for people who already have some pre-existing knowledge of MI as well as those learning it for the first time. This two-day training will be an interactive blend of didactic information and opportunities for experiential learning.

**Course Objectives:** Participants will be able to:

- Understand the overall style of Motivational Interviewing and how it helps people consider change;
- Identify MI strategies for engaging a person in a collaborative, working relationship;
- Describe the core MI interviewing skills;
- Help people determine a specific change goal;
- Evoke talk that increases the person's motivation to the point of being ready to make a plan for change.

### **TRAINING SITES**

Friends Hospital, Philadelphia  
Radisson Lackawanna Station, Scranton  
Lehigh Valley Best Western, Bethlehem

### **DATES**

November 8-9, 2016  
May 23-24, 2017  
June 14-15, 2017



## TR365:

### Supervisory Essentials: Specific Roles and Functions (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

Supervising direct service staff in a recovery-focused practice environment requires modeling behaviors that are useful and respectful. In addition, supervisors wear a number of “hats” in terms of their responsibilities, both to those they directly supervise and to their employer. This seminar reviews major supervisory roles, ways that organizations can support effective supervision, and provides some tools that may be helpful to both new and seasoned supervisors.

**Course Objectives:** Participants will be able to:

- Discuss personal experiences of supervision and what has been learned through them;
- List major roles of supervisors and the functions within each role;
- Describe a useful evaluation process and organizational supports for using it;
- Examine “personal styles” and means of using strengths and supporting growth;
- Explore ways to keep a focus on recovery-oriented principles and practices

#### TRAINING SITES

Holiday Inn, Grantville

Friends Hospital, Philadelphia

NHS Blue Bell

Lehigh Valley Best Western, Bethlehem

#### DATES

October 13, 2016

April 7, 2017

April 21, 2017

May 25, 2017

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## TR382:

### Co-occurring Disorders: Ethics and Boundaries for Effective Practice (6 hours)

9am - 4:30pm – **Training Fee - \$75**

This seminar reviews the universal ethical principles of medical and human services and explores their usefulness in addressing the dilemmas that arise in working with persons having CODs. The use of Psychiatric Advance Directives is briefly reviewed, as are specific confidentiality concerns raised by differing regulations, including HIV status, use of recovering peers as staff, cultural expectations, and stigma. Major boundary areas are discussed, and participants grapple with specific ethical issues.

**Course Objectives:** Participants will be able to:

- List the ethical principles of all behavioral health services;
- Examine some differences in law and regulations governing psychiatric and substance use services and their relationship to integrated practices;
- Discuss specific areas of concern related to advance directives and peer relationships (both voluntary and as paid staff);
- Explore issues related to role and practice boundaries;
- Explain the use of ethical codes as guidelines but not recipes for practice.

#### TRAINING SITES

Holiday Inn, Grantville

Days Inn, State College, PA

Radisson Lackawanna Station, Scranton

Best Western, Lewisburg

Friends Hospital, Philadelphia

Lehigh Valley Best Western, Bethlehem

#### DATES

September 15, 2016

October 6, 2016

October 20, 2016

October 28, 2016

November 2, 2016

November 18, 2017



## TR490:

### Youth WRAP®: The Wellness Recovery Action Plan for Transitional Age Youth\* (5 Hours)

9am - 3:30pm – **Training Fee - \$30**

The transition from adolescence to adulthood is a time when development, functioning and service needs are different from children and mature adults. It is a time when the emerging adult is called upon to make complex decisions about their life regarding personal relationships, employment, health care, housing, education and finances. For young adults (ages 14-27) diagnosed with serious mental health conditions this phase of life poses even greater challenges and changes for which they are often unprepared and if unaddressed, complicates successful transition. This interactive workshop/training is designed to engage in a dialogue regarding this potentially challenging period of discovery for individuals with extraordinary needs and introduces the Wellness Recovery Action Plan, W.R.A.P. model\* as a self-determined, evidence based approach that encourages self-management of personal wellness and discovery in a manner that is strength-based, supportive and intended to enhance the successful transition to adulthood.

**\* This is NOT a Wraparound approach! The Wellness Recovery Action Plan or WRAP model, designed by Mary Ellen Copeland, is an evidence-based practice, consisting of a personalized wellness and crisis plan development program that is included on the SAMHSA National Registry for Evidence-Based Programs and Practices.**

**Course Objectives:** Participants will be able to:

- List the transitional challenges and changes confronting youth living with serious mental health conditions;
- Discuss the supportive factors inherent in the key concepts of hope, personal responsibility, education, self-advocacy and support;
- List the components of a Wellness Recovery Action Plan (WRAP model);
- Develop a Wellness Recovery Action Plan that supports wellness and responds to stressful and distressing events or circumstances as one moves toward a well-adult lifestyle;
- Identify topics and strategies that can support the transition and improve desired outcomes.

#### **TRAINING SITES**

NHS Blue Bell

Lehigh Valley Best Western, Bethlehem

Holiday Inn, Grantville

Friends Hospital, Philadelphia

#### **DATES**

September 23, 2016

October 27, 2016

November 8, 2016

June 2, 2017



## TR565:

### The BHE Toolkit: Specific Practices for the Art of Helping (5 Hours)

9am - 3:30pm – **Training Fee - \$30**

This course focuses on specific interventions of use to the professional helper when providing therapeutic services in behavioral healthcare. The aim of this workshop is to add to the helper's "bag of tricks" or "toolkit." Participants engage in didactic and experiential learning related to the following interventions; the three column technique, progressive muscle relaxation; tower of feelings; lyrically speaking; and creating a family (or group) sculpture. Participants also dialogue in small groups to share creative interventions they have used in their various practice settings.

**Course Objectives:** Participants will be able to:

- Summarize the general purposes of interventions;
- Discuss having a sound rationale for using various techniques;
- Describe the benefits associated with each strategy;
- Outline the drawbacks and barriers to using selected interventions;
- Implement each intervention as relevant to one's own professional practice.

#### TRAINING SITE

Friends Hospital, Philadelphia

#### DATE

December 7, 2016

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## TR566:

### The BHE Toolkit 2: Specific Practices for the Art of Helping People with Anxiety (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

This course focuses on specific interventions of use to the professional helper when providing therapeutic services in behavioral healthcare. The aim of this workshop is to add to the helper's "bag of tricks" or "toolkit" pertaining to assisting people with anxiety. Participants engage in didactic and experiential learning related to several anxiety-specific interventions. Participants also dialogue in small groups to share creative and effective interventions they have used in their various practice settings.

**Course Objectives:** Participants will be able to:

- Summarize the general purposes of interventions;
- Discuss having a sound rationale for using various techniques;
- Describe the benefits associated with each strategy;
- Outline the drawbacks and barriers to using selected interventions;
- Implement each intervention as relevant to one's own professional practice.

#### TRAINING SITES

Best Western, Lewisburg

#### DATES

May 17, 2017

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# TRAUMA-INFORMED COURSES

Rooted in the understanding that trauma is the fundamental issue for many people seeking mental health and other public health services, trauma-informed care is recognized as essential to the delivery of services that promote recovery and resilience. Behavioral Healthcare Education offers training to assist practitioners in engaging people with histories of trauma and understanding the role that trauma has played in their lives. This series provides an array of courses that support the development of trauma-informed care, assessment, and treatment planning for children, adolescents and adults. The goal is to assist providers in integrating trauma-informed and trauma-specific treatment practices into all aspects of behavioral health and related services they provide.

**This series is only being offered in one location at Holiday Inn, Grantville, PA.**

BHE offers a **Certificate of Completion** for those who successfully complete **50 hours** of trauma-informed training. Interested individuals have **3 years** to complete the **ten courses** worth 5 credit hours each – 15 hours for **three required core** courses and 35 hours for **seven reserved** courses. Elective courses in the series may change over time. The rationale is to offer a selection of courses that are current and meet the interests and needs of providers. To enhance the selection, BHE also offers courses that can be applied toward the trauma certificate among its regional trainings.

**NOTE: COURSES THAT CAN BE APPLIED TOWARD THE TRAUMA CERTIFICATE ARE DESIGNATED WITH AN ASTERISK (\*) IN THE COURSE CATALOG.**

Please register online as soon as possible as space is limited and **walk-ins will not be accepted.**

When you have completed the 50 hours of training, you will receive your Certificate of Completion through the mail.



## TR350:

### Trauma-Informed Services for Trauma- and Stressor- Related Disorders (5 Hours) **Core Course**

9:00am - 3:30pm – **No Fee**

This course examines the definition, components and principles of trauma-informed care and distinguishes them from practices that are re-traumatizing. To assist with our understanding of individuals who have experienced trauma, we identify how it influences brain development and consequent function. We review symptoms that are common to all stressor-related disorders and some ideas for how to manage them. We also explain the distinction between trauma-informed and trauma-specific treatment services, giving examples of each. Finally, we begin exploring the impact of this work on practitioners.

**Course Objectives:** By the end of this seminar, participants will be able to:

- Differentiate stress, trauma, PTSD and complex PTSD;
- Discuss the impact of trauma on brain development and function;
- Compare traditional and trauma-informed paradigms for behavioral healthcare;
- Identify steps towards a trauma-informed approach to care;
- Demonstrate awareness of the impact of trauma work on practitioners.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

September 14, 2016

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## TR351:

### Impact of Trauma Across the Lifespan (5 Hours) **Core Course**

9:00am - 3:30pm – **No Fee**

This course examines the multi-dimensional impact of trauma on individuals at different ages and stages of development across the lifespan. We review the diagnoses of PTSD and other Stressor-Related Disorders as they occur in children and adults along with risk and protective factors. Special attention is given to the brain's response to trauma and changes that can occur. Suggested methods for screening and assessing for trauma are reviewed.

**Course Objectives:** By the end of this seminar, participants will be able to:

- Review the DSM-5 Diagnoses for Trauma- and Stressor-Related Disorders;
- Cite the prevalence of trauma within specific populations;
- Explain the effects of trauma on bio-psychosocial development, including brain changes;
- Discuss how PTSD and complex PTSD symptoms are assessed differently in children, adolescents and adults;
- Explore differing adaptations to threat based on age, gender and other factors.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

October 12, 2016

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## TR352:

### Core Components of Trauma-Informed Care (5 Hours) **Core Course**

9:00am - 3:30pm – **No Fee**

This seminar is recommended for those who have already taken TR351, Impact of Trauma Across the Lifespan, (formerly, Understanding Trauma and PTSD: A Developmental Perspective). It delineates the core components of trauma-informed evidence-based treatment and the expert consensus guidelines for treating complex PTSD in adults. Particular attention is given to the stages of recovery from trauma along with the tasks and goals for each sequence of treatment. Typical challenges in working with individuals with histories of trauma are explored. Participants have an opportunity to practice some of the basic practitioner skills that target PTSD symptoms.

**Course Objectives:** Participants will be able to:

- Discuss salient symptoms and functional challenges for individuals exposed to prolonged and repeated trauma;
- Cite tools for screening and assessing trauma;
- Differentiate the therapeutic tasks and goals of the stages of trauma treatment;
- Specify the core components of evidence-based trauma treatment approaches;
- Recommend treatment options for individuals who experience PTSD and complex PTSD.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

November 7, 2016

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## TR287:

### A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision (5 hours)

9:00am - 3:30pm – **Training Fee - \$30**

This course provides information about vicarious trauma and its impact on practitioners working with persons who themselves have experienced, or are experiencing, physical and/or psychological trauma. Self-assessment instruments and coping strategies are presented for recognizing and dealing with vicarious traumatization. A model for peer supervision is presented for those working in team setting within treatment programs.

**Course Objectives:** By the end of this course, participants will be able to:

- Describe the nature of vicarious traumatization;
- Identify techniques for assessing signs of vicarious traumatization;
- Discuss strategies for coping with vicarious traumatization;
- Define and practice a model of peer supervision for addressing vicarious traumatization;
- Use the tools and process presented in their own practice settings.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

December 6, 2016

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## TR285:

### Current Approaches to Working with Trauma in Families (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

The impact on the entire family when any member experiences trauma and Posttraumatic Stress Disorder (PTSD) is often overlooked. This course examines the range of responses in family members, the concept and reality of secondary trauma, and current approaches for treatment and related interventions for family members.

**Course Objectives:** By the end of this training, participants will be able to:

- Distinguish between family therapy and family psychoeducation in their efficacy for helping family members;
- Examine cultural factors in a family's response to trauma;
- Discuss the manifestations of secondary trauma in family members;
- Describe risk factors for co-occurring disorders such as substance-related disorders;
- Use information about current effective intervention approaches with families.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

January 17, 2017

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## TR286:

### Trauma and Children (5 hours)

9:00am - 3:30pm – **Training Fee - \$30**

Children often present complex arrays of symptoms and behaviors that are challenging both for accurate diagnosis and effective treatment. This course examines the potential biopsychosocial impact of trauma on children, including attachment disorders, and Posttraumatic Stress Disorder (PTSD). It also examines empirically supported treatments and interventions designed to address the impact of abuse and trauma at different developmental stages within childhood.

#### **Target Audience:**

Practitioners who work in community based mental health and addictions services; Interdisciplinary mental health professionals including addiction counselors, nurses, counselors, rehabilitation counselors, social workers, psychologists and other adjunct behavioral health therapists.

**Course Objectives:** Participants will be able to:

- Examine the impact of trauma and abuse on a child's development;
- Explore the effects of family, age, gender, and sociocultural factors on the traumatic experience;
- Review symptoms and assessment criteria for disorders related to childhood trauma, including the DSM-5 developmental subtype of PTSD called Posttraumatic Stress Disorder for Children 6 Years and Younger;
- Describe alternate ways of viewing and labeling "difficult" behaviors, using the domains of attachment, emotional dysregulation, and sense of self;
- Discuss empirically supported treatment options currently considered to be most effective.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

February 8, 2017

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## TR291:

### Trauma and Adolescents - (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

Early childhood trauma often has an enduring impact on an adolescent's emotional, social and intellectual development. Posttraumatic Stress Disorder (PTSD) in adolescents does resemble PTSD in adults; however, there are several differences. Research shows that adolescents with PTSD are more likely than other age groups to exhibit impulsive and aggressive behaviors. This seminar focuses on identifying these symptoms and suggests specific strengths-based approaches for effective treatment.

**Course Objectives:** Participants will be able to:

- Review symptoms and assessment criteria for PTSD in adolescents;
- Identify the impact of trauma on adolescent emotional, social, cognitive and psychological development;
- Describe how impulsive behavior and emotional dysregulation are often the language of symptom communication in adolescence;
- Discuss DBT as an empirically supported treatment to teach teens and parents five sets of skills for treating emotional and behavioral problems;
- Examine ways to partner with parents/primary caregivers in assisting the adolescent in learning to better manage trauma-induced symptoms.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

March 8, 2017

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## TR353:

### Evidence-Based Treatments for Adults with PTSD (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

Adults often present a complicated array of symptoms and difficulties in daily living related to their histories of trauma. This course furthers the information provided in TR352: Core Components of Trauma Informed Care (formerly, Trauma-Specific Treatments for Adults: Bridging the Gap Between Research and Practice) by examining specific evidence based trauma treatment and less conventional approaches. We will explore elements of cognitive-behavioral models and Dialectical Behavioral Therapy (DBT) that can be utilized in treating problem behaviors associated with trauma. Participants will get an opportunity to discuss the components of a case formulation.

**Course Objectives:** Participants will be able to:

- Define the criteria for choosing recommended trauma treatment approaches;
- Examine the components of Cognitive Behavioral Therapy (CBT) for PTSD;
- Describe how Exposure Therapy (ET) works;
- Discuss how different evidenced-based treatments as well as less conventional therapeutic approaches address trauma symptoms and behaviors;
- Identify the elements of constructing a case formulation for individuals with trauma and behavioral health diagnoses;

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

April 12, 2017

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## TR168:

### Groups: A Path To Hope In Trauma Recovery (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

The experience of trauma in an individual's life often leaves one vulnerable and isolated in relationships. Group approaches provide an opportunity to gain information and skills about the trauma experience and to safely explore reconnecting with themselves and others. Three overarching group therapy orientations for trauma treatment are discussed. We review trauma recovery stages that need to be integrated into effective group approaches.

Effective group leadership skills are examined.

**Course Objectives:** Participants will be able to:

- Describe inclusion and exclusion criteria, including co-morbidity risk factors;
- Identify positive outcomes and risks of using groups as a trauma treatment approach;
- Compare two evidence-based group models for trauma recovery;
- Review assessment strategies for matching group members to appropriate treatment based on acute and chronic trauma histories;
- Discuss specific leadership skills needed in running trauma groups.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

May 10, 2017

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## TR172:

### Boys Don't Cry: Examining Trauma in Men (5 Hours)

9:00am - 3:30pm – **Training Fee - \$30**

Trauma can be viewed as an experience that can sever connections among the family, the community, and the self. Although there are similarities between men and women in their experience of trauma and subsequent recovery processes, there are also substantial differences, in part due to gender role expectations. The very definition of "manhood" is often in direct conflict with the experience of being a victim, leaving males to experience a wide range of conflicting emotions, and uncertainty as to how to manage them effectively. As a result, males who have experienced trauma tend to deal with these emotions with all-or-nothing, maladaptive coping responses, including substance use. This course will explore various aspects of one trauma specific treatment group model for men; messages about manhood, the impact of trauma; and integrating coping skills with acceptance and empowerment will be highlighted.

**Course Objectives:** Participants will be able to:

- Examine several components of typical "manhood" schemas in our society;
- Discuss the types of trauma more commonly experienced by men;
- Describe at least five ways in which a traumatic experience may affect men differently than women;
- List at least five maladaptive coping responses to traumatic events often seen in males;
- Explore the three broad elements of the M-TREM model of group treatment for men with histories of trauma.

#### TRAINING SITE

Holiday Inn, Grantville, PA

#### DATE

June 7, 2017

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## INTENSIVE CASE MANAGEMENT & RESOURCE COORDINATION TRAININGS (also those approved for Targeted Case Management/Blended)

These courses are conducted for Intensive/Targeted/Blended Case Management services & Resource Coordination programs in order to comply with the specific regulations governing these programs. Registration priority is given to PA identified case management services and programs as well as those supervising them. If there are training slots available two weeks preceding the scheduled training, then registration will open to other OMHSAS-supported case management type programs.

**Supervisors need to register staff prior to the two-week window.**

**Note:** Persons providing Behavioral Health Services (BHRS) and other forms of case or care management, please take advantage of the regional trainings listed in this catalogue rather than attend these “core” targeted case management trainings.

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### TR450 ® - 12 Hours – 2-day Orientation – Training Fee - \$125

**Introduction to Targeted Case Management Services for Adults (a required training for intensive case management, resource coordination, blended case management and recovery coach service providers).**

In compliance with specific state regulations (e.g., PA Code Title 55, Chapter 5221 for TCM services), this 2-day orientation is a first step in building a knowledge base for targeted case management services to adults living with serious mental health disorders. The training focuses on the practical translation of recovery oriented values and principles. Defining roles and responsibilities with emphases of developing critical skills to facilitate engagement and promote effective partnerships to achieve desired outcomes. This training also addresses resource development and methods for promoting working relationships within and beyond our multi-system, multi-agency, multi-disciplinary, person-centered behavioral healthcare environment.

**Course Objectives:** Participants will be able to:

- List key values and principles that guide targeted case management (TCM) services;
- Discuss the experience and impact of serious mental illness from diagnosis to strategies that promote recovery;
- Review the state regulations and process for service necessity;
- Name the essential areas of and how-to facilitate a strengths-based assessment;
- Outline the steps needed to develop an integrated service plan;
- Discuss the importance of viewing assessments, service planning, and the quality of interactions with those served as a continuous process.

#### TRAINING SITE

Holiday Inn, Grantville  
Lehigh Valley Best Western, Bethlehem

#### DATES

November 2-3, 2016  
April 26-27, 2017

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## TR451 ® 12 Hours – 2-day Orientation – **Training Fee - \$125**

**Introduction to Targeted Case Management Services for Children, Youth and Family (*a required training for intensive case management, resource coordination, blended case management and recovery coach service providers*).**

In compliance with specific state regulations (e.g., PA Code Title 55, Chapter 5221 for TCM services), this 2-day orientation is a foundational step in building a knowledge base for targeted case management services to children-youth and their families. Using the CASSP (children and adolescent service system program) framework, the training focuses on the practical translation of these value and principles into role delineation that addresses the challenges of psychiatric disorders and emotional disturbances and promotes resiliency. Emphases are placed on developing critical skills to facilitate engagement, develop partnerships and enhance collaborations across systems and service environments to achieve desired outcomes.

**Course Objectives:** Participants will be able to:

- Discuss the core values and principles of resiliency focused case management services for children-youth and families;
- Describe the major skill set needed for successful child/youth- parent-practitioner-cross systems partnerships;
- Discuss the impact of major DSM disorders occurring in children and youth;
- Review the state regulations and the process for determining service necessity and planning;
- Define the rational and components of a strengths-based assessment;
- Practice development of and discuss strategies for implementing a unified service plan;

### **TRAINING SITE**

Holiday Inn, Grantville

Lehigh Valley Best Western, Bethlehem

### **DATES**

December 14-15, 2016

May 17-18, 2017



PR 137®:

## Orientation to Psychiatric Rehabilitation Principles and Practices (12 hours)

9:00am - 4:30pm – **Training Fee - \$95**

Psychiatric rehabilitation services and concepts have become a major component of helping people living with serious mental illnesses regain valued and desired roles. This training is an overview of current psychiatric rehabilitation technology that offers participants a theoretical and practical knowledge base that establishes why rehabilitation is a key service component, introduces a selection of current, evidence-based/promising, approaches and provides opportunities to identify and discuss needed practitioner skills/capabilities that brings into focus the core principles of recovery choice and empowerment.

**Note:** *This training has been revised to satisfy the guidelines of the PRS Regulations [Section 5230.56, (1)] for 12 Hour PRS Orientation Training as well as the mandatory requirements identified by DPW/OMHSAS Standards for licensing Psychiatric Rehabilitation Services [Standard III, B, (2)].*

**Educational Objectives:** It is our expectation that by the end of this training, participant will be able to:

- Define the rationale for psychiatric rehabilitation;
- Distinguish how behavioral healthcare services facilitate a personal recovery process;
- Identify the philosophy, values, guiding principles and practice approaches as defined by USPRA and the Commonwealth of PA;
- Discuss Title 55-Chapter 5230 - Standards for determining eligibility, ensuring access, assessment, planning and intervention process;
- Demonstrate the application of psychiatric rehabilitation process and required documentation along the way.

### TRAINING SITES

NHS, Blue Bell  
Holiday Inn, Grantville  
Friends Hospital, Philadelphia

### DATES

November 10-11, 2016  
November 16-17, 2016  
March 7-8, 2017

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**Additional Advanced CE courses can be made available upon request.**



## TR501:

### Supporting Veterans, Family Members and People in the Military – (12 Hours)

9am - 4:30pm – **Training Fee - \$100**

The Pennsylvania Office of Mental Health and Substance Abused Services (OMHSAS) in partnership with Drexel University have developed a continuing education opportunity to enhance knowledge, skill and capability of civilian response to the behavioral healthcare needs of Veterans, Military Personnel and their families. This curriculum, adapted from the Certified Peer Specialist training opportunity, has been developed to fulfill the promise of honoring the military personnel who have served America. Grounded in the philosophy of community support services, this training focuses on the unique needs of Veterans and military service members as they build and transfer their skills, abilities and strengths toward achieving what is important to them as they transition into civilian life.

**Course Objectives:** Participants will be able to:

- Explain the importance of understanding military culture
- Use military values to develop common ground to overcome the complex challenges and other barriers
- Discuss behavioral health issues experienced by service members and impacting families
- Develop strategies to assist a Veteran in navigating service systems (behavioral health, military, forensic, etc.) to get needs met
- Adapt current skills to support Veterans as they identify and achieve personal recovery goals

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
Friends Hospital, Philadelphia

#### **DATES**

March 15-16, 2017  
May 9-10, 2017



## CO-OCCURRING MENTAL AND SUBSTANCE USE DISORDERS SERIES

BHE provides research-based, state-of-the-art, clinical continuing education for interdisciplinary practitioners across Pennsylvania. Among its many areas of concentration and expertise, BHE was one of the original architects of the state curricula for Co-occurring Disorders. The 11 course series, initially developed in 1999, has been updated and offered annually throughout the Commonwealth by BHE faculty members who provide expert consultation, skills teaching, and supervision to clinicians desiring to update/improve their skills.

BHE is now offering the 11 course COD Series as private contracts to agencies who wish to increase their practitioners' ability to serve their community and have specific concerns related to their location and population. The series includes:

- TR400 An Overview of DSM-5 Psychiatric and Substance Use Disorders in Adults
- TR381 Co-occurring Disorders: Integrated Concepts and Approaches
- TR393 Co-occurring Disorders: Beginnings – First Impressions
- TR385 Co-occurring Disorders: Recovery, Rehabilitation, Self-Help and Supports
- TR398 Co-occurring Disorders: Recovery-Oriented Clinical Interventions
- TR390 Co-occurring Disorders: Trauma-Informed Practices
- TR387 Co-occurring Disorders: Groups and Group Skills.
- TR389 Co-occurring Disorders: An Overview of Psychopharmacology
- TR386 Co-occurring Disorders: Crisis Prevention, Intervention, and Postvention
- TR383 Co-occurring Disorders: Treatment Planning and Documentation Issues
- TR382 Co-occurring Disorders: Ethics and Boundaries for Effective Practice

BHE offers a Certificate of Completion for those who successfully complete 57 hours of Co-Occurring Disorders training.

For more information on this offering, please call our office at 1-877-243-3033 and ask for Anna Auch.



We are proud to offer online courses that are timely and convenient, and can be accessed from your office or home. These courses include several important topics that are usually booked to capacity in our live training series.

All BHE courses, live and online, offer continuing education credits.

Remember to check back often since our list of online courses is always expanding.

## Registration and Continuing Education Credits

You must **register** first in order to access these online trainings. Once you have registered and completed your payment, you will receive a confirmation email with the course link to view online.

PLEASE NOTE: Upon completion of these online trainings, you need to take the post-test and pass it with a score of at least 80% in order to receive continuing education credits.

## Co-Occurring Disorders (COD) Courses

OL620 Integrating Treatment for Persons with COD and SUD: **2 Hours - \$20**

## Therapy/Intervention Courses

OL616 Contingency Management: Principles and Uses: **2 Hours - \$20**

OL630 Cognitive Behavioral Therapy: An Overview of Practice and Principles: **2 Hours - \$20**

OL635 Motivational Interviewing: The Principles: **4 Hours - \$40**

## Trauma Course

OL640 BPD (Borderline Personality Disorder)—Lacking an Emotional Skin: **1 Hour - \$10**

## Ethics Course

OL621 Exploring Ethical Issues in Substance Use Treatment: Abstinence-Only vs. Harm Reduction

## Special Topics

OL631 DSM 5: Overview, Understanding and Use: **2.5 Hours - \$25**

OL670 Welcoming and Affirming Practice: LGBTQI and Cultural Competency: **1.5 Hours - \$35**

## LGBTQI Online Training

Welcoming and Affirming Practice: LGBTQI and Cultural Competency is an online course sponsored by a grant from SAMHSA.

Diversity education is broadening to include not only competencies pertaining to sexual orientation but also fundamental issues of gender identity and biological variation. Creating a non-judgmental and affirming environment for all persons enhances provider's service delivery and the individual's care seeking behavior. The focus of this course is on helping you and your program respect and support diversity both in your colleagues and those to whom you provide services. This training can serve as an overview for newer practitioners and programs or as a review for those already practicing these principles.

***The LGBTQI training course consists of five parts:***

1. Reviewing cultural competency standards and appreciating diversity;
2. Citing terminology and the persons behind the descriptive words;
3. Exploring coming out, and the benefits of and barriers to this process;
4. Examining our own issues regarding sexuality and gender differences – our beliefs and values;
5. Discussing what we can do to be truly welcoming and affirming.



**SAVE THE DATE!**

# **SAVE THE DATE**

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**November 30 – December 1, 2016**  
**24th Annual Forensic Rights  
and Treatment Conference**

**Holiday Inn, Harrisburg/Hershey, PA**