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Space is limited, you **must** pre-register!
We will not be able to accommodate walk-in registration.
Workshops are designed for **professional audiences only.**

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Authentic Forgiveness

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DSM-5 and ICD-10 Updates for Mental Health Professionals

William Doverspike, Ph.D., P.C.

Friday, January 27, 2017, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by January 20; \$115 late registration

The seminar will consist of an overview of the major sections and special attention to several specific disorders in the DSM-5. There will be a specific focus on some of the new disorders as well as changes to some existing disorders, including some of the 20 changes and updates that became effective in 2016. There will be a commentary of the relationship, including contrasts, comparisons, and cross-walking between the DSM-5 and the International Classification of Diseases–10th Revision (ICD-10). The U.S. Department of Health and Human Services required implementation of the ICD-10-CM on October 1, 2015. Approximately 220 labels have been added to ICD-10-CM for use after October 1, 2016. These labels are the result of harmonization efforts by the American Psychiatric Association. Workshop participants are encouraged to bring their DSM-5 texts, because there will be some time devoted to updating some codes.

Legal update: This seminar will also briefly address the implications of the Georgia statutory legal definition of diagnosis and some of the administrative rules and regulations governing diagnosis. SB 319 was enacted into Georgia law during the 2015–2016 Regular Session of the Georgia General Assembly, and it became effective April 26, 2015. This legislation resulted in a revision of OCGA §43-10A-3 (Definitions), §43-10-A-16 (Continuing Education), and §43-10A-22 (Restrictions on scope of chapter).

Disclaimer: DSM and DSM-5™ are registered trademarks of the American Psychiatric Association. The American Psychiatric Association is not affiliated with nor endorses this seminar. ICD-10 and ICD-11 are copyrighted by the World Health Organization, which is neither affiliated with nor endorses this seminar.

LEARNING OBJECTIVES

- Describe the relationships among DSM-5, ICD-10, and ICD-11 (Draft)
- Outline major differences between organization of DSM-IV and DSM-5
- List disorders that have been added to, removed from, or changed in DSM-5
- Summarize changes in conceptual and operational definitions of disorders
- Answer questions related to general organization and specific application

William F. Doverspike, Ph.D. teaches several diagnostic classification systems, including the DSM-5, ICD-10, and ICD-11 (Draft). He is an Adjunct Professor of Psychology at Emory University, and he also teaches Psychopathology at Richmond Graduate University in Atlanta. He is the author of the Multiaxial Diagnostic Inventory, a criterion-referenced diagnostic screening instrument that evolved out of his work with differential diagnostic assessment. He holds board certification Diplomates in Clinical Psychology (ABPP) and Neuropsychology (ABPN).

I Can't Trust You and I Don't Know Me: The Confusing Reality of Trauma and Eating Disorders

Bethany Blanco, LMFT

Friday, February 24, 2017, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by February 17; \$60 late registration

Unless a practitioner is familiar with eating disorders, the concept of treating a client with an eating disorder can seem foreign and almost frightening. What many practitioners don't realize, though, is that they might already be treating clients with eating disordered symptoms, especially if that practitioner works with trauma. Accordingly, it is important that practitioners understand that eating disorders are not as uncommon as one might think, and that, actually, eating disordered behavior makes a lot of sense in light of a traumatic background. The focus of this presentation will be on the psychophysiological impacts of trauma, and how they can contribute to the development and maintenance of eating disorder symptoms, due to the disconnection from body and emotions faced by both trauma and eating disorder clients. Additionally, difficulties with attachment and self-regulation among both trauma and eating disordered populations will be addressed. Concrete strategies will be given for hospital settings and outpatient settings, and the presenter will use case examples as a means of illustrating how those particular strategies have worked in the lives of various clients.

LEARNING OBJECTIVES

- Explain the psychophysiological impacts of trauma, and how they can contribute to the development and maintenance of eating disordered behaviors
- Explain how eating disordered behaviors serve as self-regulation strategies for some eating disorder patients with comorbid trauma histories
- Utilize concrete strategies given to help trauma and eating disorder patients self-regulate and re-connect with their bodies and emotions

Bethany Blanco, LMFT obtained her master's degree in Marriage and Family Therapy from Richmond Graduate University. While pursuing her master's, she completed a thesis regarding the parallels between modern slavery and intimate partner violence, which led her to a deep interest in trauma treatment. For the past four years Bethany has led trauma groups and body acceptance groups at the Women's Center for Trauma and Eating Disorders, located at Ridgeview Institute. Additionally, Bethany sees outpatient clients at her own practice, Better Story Counseling, in Marietta, GA.

Professional Ethics and Clinical Practice: Common Case Scenarios

William Doverspike, Ph.D., P.C.

Friday, March 10, 2017, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by March 3; \$115 late registration

Dr. Doverspike will present several models to ethical decision-making and discuss how these models can be applied to clinical practice. He will facilitate an interactive discussion of ethical dilemmas encountered by licensed professional counselors (LPCs), licensed clinical social workers (LCSWs), marriage and family therapists (LMFTs), and Clinical Addiction Counselors (CACs). He will outline how a systematic, multiple-stage decision-making model can be applied to ethical dilemmas. He will share practical experiences and a simple approach to ethics acquired from providing advisory consultations and adjudicating ethics complaints on a state ethics committee.

Disclaimer: Dr. Doverspike will not be discussing any rules, requirements, or matters related to the state licensing board for psychologists.

Ethics Code: This workshop will include discussion of aspirational principles and enforceable standards of the ACA (2014) ACA Code of Ethics and the APA (2010) Ethical Principles of Psychologists and Code of Conduct. Case scenarios will illustrate the application of various ACA and APA Standards.

LEARNING OBJECTIVES

- Describe five models of ethical decision making.
- List three reasons to consult with colleagues.
- Name two common ethics case scenarios.
- Apply one model to a case scenario.

William F. Doverspike, Ph.D. is an Adjunct Professor at Emory University. He also teaches Ethical, Legal, and Professional Standards at Richmond Graduate University. He is author of Risk Management (2015), the first edition of which evolved out of his 12 years of experience as a member of the Ethics Committee of the Georgia Psychological Association (GPA). Dr. Doverspike is a former President of GPA and he is currently a member of the state licensing board for psychologists. He holds board certification Diplomates in Clinical Psychology (ABPP) and Neuropsychology (ABPN). He maintains a private practice at the Atlanta Counseling Center.

Diagnosing and Treating Mood Disorders in Adolescents

Ashraf Attalla, M.D.

Friday, March 24, 2017, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by March 17; \$60 late registration

Today's clinician is faced with the challenge of treating a growing number of adolescents suffering from mood disorders. The National Institute of Mental Health reports that approximately 14% of adolescents ages 13 to 18 suffer from a mood disorder. In this workshop Dr. Ashraf Attalla will draw from his many years' experience as Director of Youth Services at Ridgeview Institute to present on diagnosing and treating mood disorders in adolescents. Dr. Attalla will explore current treatment options (both psychological interventions and psychopharmacological) along with typical outcomes.

LEARNING OBJECTIVES

- Identify and discuss various mood disorders and their prevalence in adolescents
- Diagnose mood disorders in adolescents
- Determine effective psychotherapeutic and psychopharmacological interventions used to treat mood disorders in adolescents

Ashraf Attalla, M.D. is the Program Director of Youth Services at Ridgeview Institute, Clinical Assistant Professor of Psychiatry & Psychology at Emory University and Morehouse School of Medicine and the Director of Clinical Trials at the Institute of Behavioral Medicine. Dr. Attalla completed his child and adolescent psychiatry training at Massachusetts General Hospital, Harvard Medical School and his adult training at UMKC in Kansas City. His current research interests are in the fields of adolescent addiction and the use of Dialectical Behavioral Therapy (DBT) for treatment of mood disorders in children and adolescents. Outside the field of psychiatry, Dr. Attalla is an accomplished musician, and served as principal clarinetist with the Cairo National Opera Orchestra. He speaks multiple languages fluently including Russian, Arabic and Ukrainian and is an avid scuba diver. His practice is located on the campus of Ridgeview Institute. Phone: (770) 319-8013.

The Art of Encouragement: Positive Psychology and Creative Arts to Motivate and Encourage

Janet Burr, MS, LPC

Friday, April 21, 2017, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by April 14; \$115 late registration

This experiential seminar will discuss the history and science of positive psychology, demonstrate the importance of positivity and strength-based techniques in therapy, and identify creative ways to incorporate positive psychology into one's practice. Participants will learn key concepts from the field of positive psychology, ways to evaluate their clients' level of happiness and life satisfaction, and the implications of one's perspective on wellbeing. In addition, participants will experiment with art and expressive techniques to use in the therapeutic environment in order to promote growth and facilitate change.

LEARNING OBJECTIVES

- Identify main concepts of positive psychology
- Learn specific techniques for positive growth
- Learn strategies to motivate and encourage clients through identifying and supporting strengths
- Recognize how positive psychology and art can promote change in children as well as adults
- Learn creative interventions to implement positive psychology

Janet Burr, MS, LPC is a therapist at Art It Out Therapy Center in Marietta, GA and an Instructor of Psychology at Kennesaw State University. Janet's practice is centered on the principles of positive psychology, which focuses on what is right with a person rather than what is wrong with them. Janet uses encouragement and positive regard, along with creative therapeutic techniques, to foster autonomy, confidence, and self-worth. She also uses expressive therapy to create a fun and dynamic experience, providing healing through the use of imagination and expression. Janet believes that hope and joy are catalysts for change.

How MI Am I? A Reflection on Motivational Interviewing

Alan Lyme, LISW, ICADC, ICCS, MINT
Friday, May 5, 2017, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by April 28; \$115 late registration

The goal of this one-day training will be to introduce the most current information on MI that supports its efficacy as an evidenced-based practice. Grounded in the underlying spirit of MI, the four processes introduced in 2013 will be reviewed and their utility will be explored. Participants will have an opportunity to learn the basic skill set needed for MI, the underlying spirit and basic building blocks, and how it may be utilized in a variety of settings. Role play and practice are a large part of this experience. Participants will be encouraged to actively engage with the material and complete various exercises designed to strengthen awareness and hone skills.

LEARNING OBJECTIVES

- Describe the four processes utilized in Motivational Interviewing
- Explain the contrast of sustain and change talk
- Discuss concrete strategies for addressing discord in the conversation
- Demonstrate through role-play the ability to provide empathic reflective statements

Alan Lyme, LISW, ICADC, ICCS, MINT, brings respected and innovative clinical and program management skills as the Director of Training for the Phoenix Center's Center of Excellence in Greenville, South Carolina. Alan is concurrently the Clinical Supervisor and Motivational Interviewing trainer and coach for the Screening, Brief Intervention, and Referral to Treatment (SBIRT) grant program in South Carolina, following five years of a similar position in Georgia. Alan has provided trainings nationally on Motivational Interviewing, Clinical Supervision, and Skills on Working with Men. He received a bachelor's degree in social work from Florida Atlantic University in 1998 and a master's degree in social work from Barry University in 1999. Alan is a Motivational Interviewing Network of Trainers (MINT) recognized MI trainer, an Internationally Certified Clinical Supervisor, and an Internationally Certified Alcohol and Drug Counselor.

The Ethical Use of 1013s in the State of Georgia

Ruby Blow, M.A., LPC, NCC, BCC, ACS, CPCS, DCC
Friday, June 9, 2017, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by June 2; \$60 late registration

The purpose of this presentation is to inform and address mental health therapists in the state of Georgia about the proper use and intent of the 1013 form (a legal process). This form is used to authorize the involuntary transportation of individuals with mental health emergencies (those who have an intent to harm themselves or others) to emergency receiving facilities. It will also address the ethical dilemmas inherent in the process of assessing individuals including requests from family and other collaterals as well as the challenges involving access to resources for the person who will be re-assessed at the receiving facility.

LEARNING OBJECTIVES

- Review the relevant documents and forms and their language (1013s, 1014s, etc.)
- Review of the legal rights people have as it relates to voluntary and involuntary placement in hospitals for mental health crisis stabilization
- Discuss the ethical pitfalls and challenges involved in the entire process from the client/patient and their family to the assessor/clinician and to the emergency receiving facility

Ruby Blow is a master's level licensed professional counselor in the state of Georgia, a board certified coach, an approved clinical supervisor; a certified professional counselor supervisor; a nationally certified counselor and a distance certified counselor. Her purpose is to create the space and conditions for people to meet their professional potential. She does this via continuing education workshops; licensure supervision and consultation/coaching services for licensed mental health professionals. For the past 19 years she has provided counseling services for individuals, couples and families. She is the recipient of the 2012 Counselor Educator of the Year Award by the Licensed Professional Counselors Association of Georgia. Her specialty topics include ethics, clinical supervision, telemental health and multicultural factors.

Therapy with the “Nonverbal” Client— Psychosis or Neurologically Impaired

Steven R. Lee, MD, Lori Albert-Walker, LCSW & Cailey Binkley, LPC
Friday, June 23, 2017, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by June 16; \$60 late registration

Clients who have a psychiatric illness that affects their ability to communicate intellectually with the therapist can be a real challenge. These clients and their families can greatly benefit from outpatient therapy to manage their behavior and to deal with the passive-dependent, passive-aggressive dance that can occur because of the client’s disability. Often, several of these diagnoses occur during the young adult and older adult life stage. This presents additional challenges for both clients and families. Approaches other than insight-oriented psychotherapy will be offered to help them deal with their anger, grief, and impaired coping skills, so they can deal with the everyday challenges of life. This seminar covers clients with the following diagnoses: schizophrenia, bipolar disorder, type I not in full remission, traumatic head injury, dementia, intellectually impaired, Asperger’s.

LEARNING OBJECTIVES

- Identify and discuss the difference between the symptoms of the specific psychiatric illness and the acting-out of the client
- Utilize information provided to assist clients and families in developing their own active support systems
- Recognize and discuss counter-transference issues with this population and be able to assess when it is appropriate to refer
- Demonstrate how to collaborate with the psychiatrist, the neurologist, or the general practice physician

Steven R. Lee, MD has over 30 years of experience as a general psychiatrist and addictionologist. He currently holds the following leadership positions at Ridgeview Institute: Program Director, Adult Psychiatric Outpatient Services; Program Director, Young Adult Addiction; and Program Director, Young Adult Psychiatric Program.

Lori Albert-Walker, LCSW is the Family and Referral Coordinator for Young Adult Services at Ridgeview Institute. Lori has been the Clinical Coordinator of Ridgeview Institute’s Young Adult Addiction Program for 20 years and was instrumental in the creation and development of that program. Lori is currently developing the family programming for the YA psychiatric program and serving as a liaison for all interested in the programs.

Cailey Binkley, LPC is the Clinical Coordinator of Young Adult Services at Ridgeview Institute. Cailey received her master’s degree in counseling from The College of William and Mary and is intensively trained in DBT through the Linehan Institute.

Authentic Forgiveness

Pati Beaudoin, Ed.D.

Friday, September 8, 2017, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by September 1; \$115 late registration

This breakthrough workshop will consist of both research into forgiveness and practice of a new protocol. The research will focus on two aspects of forgiveness: 1) psychological and physiological benefits of experiencing forgiveness and 2) two major psychotherapeutic approaches to forgiveness with analysis of why they often don’t work. The practice portion of the workshop will focus on the introduction of Authentic Forgiveness, an approach that incorporates emotional learning and the spiritual orientation of the patient. The protocol combines CBT, imagery, empty chair work and the patient’s cosmological orientation, whether it be religious, spiritual, agnostic or other. (The workshop includes brief therapeutic orienting information on working with people of all spiritual orientations.) The Authentic Forgiveness film will be shown to illustrate how the steps in the Authentic Forgiveness protocol facilitate forgiveness in instances where people have previously been stuck in anger or resentment. Following this demonstration the sequence of the protocol will be reviewed and then workshop participants will apply the protocol. (Participation is optional; those who choose not to participate will observe.) The last part of this workshop will provide review and analysis of the protocol and Q & A.

LEARNING OBJECTIVES

- List three psychological benefits of forgiveness
- List three physiological benefits of forgiveness
- Describe the two major therapeutic approaches to forgiveness in psychotherapy
- Explain why the two major approaches to forgiveness often don’t work
- List the three major steps of the Authentic Forgiveness protocol

Pati Beaudoin, Ed.D., has published articles, a book and produced films on various aspects of psychotherapy, including the couples’ communication series, “Can We Talk About It?” She has most recently produced “Authentic Forgiveness,” a training film for therapists first presented at the Advanced Workshop of the American Society of Clinical Hypnosis (March, 2016). Her book, tentatively titled Authentic Forgiveness, is slated for publication in November 2016. Dr. Beaudoin has been a Board Member of the Georgia Psychological Association (GPA), Chair of GPA’s Division of Independent Practice, has served on GPA’s CE Committee and received GPA’s Award for Outstanding Service. She served as president of the Georgia Hypnosis Society and is currently an approved consultant for the American Society of Clinical Hypnosis. She has trained psychotherapists and spiritual teachers in the USA, Canada, South America and Europe in the incorporation of psychology, trance and spiritual orientation. Dr. Beaudoin has consulted to NYPD’s Internal Affairs Division and served as an expert witness on domestic violence in Fulton and Cobb Counties. She has been a licensed psychologist in Roswell since 1992.

Neuroplasticity, Hardwiring Recovery, and Ethical Guidelines for Practice

Debra Premashakti Alvis, Ph.D., RYT

Friday, September 22, 2017, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by September 15; \$115 late registration

This seminar provides an understanding of brain maladaptations contributing to and sustaining specific mental health disorders. Easy-to-implement clinical interventions demonstrate how to rewire the brain to support recovery from mood disorders, addiction, and trauma and how to wire in resiliency, good mood, and emotional regulation. Debra's unique program integrates the research findings of renowned neuroscientists, the proven clinical methods of DBT mindfulness-based cognitive therapy, and somatic psychologies. The results are a broad-based integrative framework providing a multi-modal approach for hardwiring clinical change. A focus on applied ethics, supported by brain science, and therapist self-care conclude the seminar day. Through case studies, small group work, and brief lectures, learn how to individualize these strategies and apply them for the treatment of mood disorders, trauma, and addictions. Practice guiding others and be guided through clinical applications for neuroplasticity approaches with Debra's expert supervision. Take home detailed handouts allowing immediate incorporation of these new strategies into clinical work. Join master clinician, international presenter, and consultant, Debra Premashakti Alvis for a day of cutting-edge, brain-based interventions to address a spectrum of clinical disorders. With the seminar's focus on clinician self-care, conclude the day feeling renewed, energized, and ready to apply these new approaches.

LEARNING OBJECTIVES

- Discuss specific brain maladaptations contributing to mood disorders, posttraumatic symptoms, and addictive behaviors.
- Describe how to promote lasting clinical changes through utilizing brain science approaches
- Delineate three steps for hardwiring recovery
- Demonstrate brain booster strategies for addressing anxiety, depression, and limiting lifestyle habits
- Apply 5-step approach for increasing clinician compassion
- Summarize ethical guidelines for multicultural populations

Debra Premashakti Alvis, Ph.D., RYT, is a licensed psychologist, mindfulness teacher, and therapeutic yoga educator practicing in Athens, Georgia. She provides counseling to individuals, couples and families and offers workshops and consultation in the United States and internationally. She teaches at the University of Georgia, integrating neuroscience into psychology courses. Her wealth of knowledge, research experience, and her deep understanding of the brain/mind/body relationship transform into effective, easily applicable skills for mental health professionals.

Treating Young Adults and Their Families

Lori Albert-Walker, LCSW

Friday, October 27, 2017, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by October 20; \$60 late registration

Treating young adults who suffer from psychiatric and substance use disorders can be challenging. Current trends indicate this age group is experiencing major increases in use, especially opioids. This presents clients, families and treaters alike with higher-risk situations which call for specific treatment modalities. Lori Albert-Walker, LCSW has over 30 years of experience treating adolescents and young adults with co-occurring disorders. Through Power Point and case examples, this workshop explores the specific treatment needs of young adults with psychiatric and substance use disorders. Consideration of developmental and neurological differences as well as societal pressures will be discussed. Family dynamics will be explored and several interventions which prove helpful to the entire system will be offered. In addition, counter-transference issues for treaters will be touched on both regarding this age group as well as the higher risk for overdose.

LEARNING OBJECTIVES

- Learn about developmental and neurological differences in the young adult which need to be considered when treating this age group for substance use, co-occurring, and primary psychiatric disorders
- Become familiar with trends over the past 10 years related to young adult stressors and issues which influence their choice of specific drugs
- Become better able to identify family dynamics specific to the young adult suffering from substance use and/or psychiatric disorders and treatment approaches which are helpful
- Be able to identify and discuss counter-transference issues regarding this population

Lori Albert-Walker, LCSW is the Family and Referral Coordinator for Young Adult Services at Ridgeview Institute. Lori has been the Clinical Coordinator of Ridgeview Institute's Young Adult Addiction Program for 20 years and was instrumental in the creation and development of that program. Lori is currently developing the family programming for the YA psychiatric program and serving as a liaison all interested in the programs. Lori has worked closely with the Center for Addiction and Recovery at Kennesaw State University since its inception, often collaborating to provide hope for patients early in treatment. Lori has worked with severely emotionally disturbed adolescents and children and their families since 1979. She has presented nationally at conferences on topics centered around the treatment of young adults who suffer from co-occurring disorders as well as eating disorders. She is a singer-songwriter and musician, often displaying this talent for the pleasure of staff and patients alike. Lori also holds a black belt in Okinawan Karate.

Working across Racial Lines

Warren Spielberg, Ph.D. & Kirkland Vaughans, Ph.D.

Friday, November 10, 2017, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by November 3; \$115 late registration

This talk will focus on how clinicians from different backgrounds can come together to address national health and mental health issues. We will discuss how we approach working with individuals from different backgrounds. In particular we will discuss the concept of racial enactments, internal racist organizations, how the intergenerational transmission of racial trauma effects treatment, and the mutual experience of clinician and patient. This workshop will be both didactic and experiential. Drawing from our book, we will present specific case material and information about the mental health and health of black boys and young men. We will introduce specific approaches to working with this population. We will present various clinical vignettes and group exercises that will help attendees achieve competence in working across the racial divide. We will emphasize transference and counter-transference issues.

LEARNING OBJECTIVES

- Learn vital information about the psychological development, educational and health issues affecting black males
- Learn about psychoanalytic approaches to understanding race and racial difference
- Learn how to work with racial enactments in treatment
- Learn about the intergenerational impact of trauma
- Learn how institutional racism and issues of unresolved mourning undermine efforts to resolve intergenerational trauma

Warren Spielberg, Ph.D. is an associate teaching professor at the New School for Public Engagement and a visiting fellow at the Child Institute, Al Quds University, West Bank. He also currently teaches at the William Alanson White Child and Adolescent Training Program. He is an acknowledged authority on the problems of boys and men and is a member of the American Psychological (APA) task force on treatment guidelines for boys and men. He maintains a private practice in Brooklyn Heights, where he works with children, families and adults. He can be contacted through his website: warrenspielberg.com

Kirkland C. Vaughans, Ph.D. is a licensed clinical psychologist and a psychoanalyst with a private practice in New York City. He is the founding editor of the Journal of Infant, Child, and Adolescent Psychotherapy and co-editor, with Warren Spielberg, of the two-volume book, The Psychology of Black Boys and Adolescents. He is a senior adjunct professor of psychology at the Derner Institute of Advanced Psychological Studies at Adelphi University and a faculty member of their postgraduate program in child and adolescent psychotherapy, a clinical supervisor at the National Institute for Psychotherapies, and visiting faculty member at the Institute for Psychoanalytic Training and Research. He has published articles on the intergenerational transmission of trauma among African Americans and presented widely on topics effecting black male youth.

Gifts for Mind, Body, and Spiritual Healing for Clinicians and Their Clients

Annie Prescott, PhD, CCS, CAC II

Friday, December 8, 2017, 9:30 a.m. – 12:45 p.m.

\$35 charitable donation

This seminar will explore the field of psychoneuroimmunology and introduce the science of energy healing. Working in mental health can be stressful. Finding the time for self-care and personal healing can be challenging as clinicians juggle busy work schedules and family obligations, especially during the holidays. Integrating energy psychology techniques with traditional psychotherapy approaches will heighten a therapist's effectiveness with clients. This will be an experiential workshop, offering quick, easy, and effective techniques to improve overall energy by promoting mind, body, and spiritual healing.

LEARNING OBJECTIVES

- Understand three concepts of psychoneuroimmunology and the science of energy healing
- Learn how trauma impacts the brain and the human energy field
- Learn three techniques to balance and strengthen the human energy field
- Learn three strategies to energize the mind, body, and spirit

Dr. Annie Prescott is a licensed clinical psychologist and integrative experiential psychotherapist with over 36 years of experience. She lives in the Atlanta metro area at a small country farm-based psychotherapy practice: Douglasville Psychotherapy Center at Oakhill. In this sacred space, she provides equine-facilitated psychotherapy (EFP) and animal-assisted therapy, integrating an extensive background with mindfulness/meditation, psychomotor, gestalt, TA, and energy psychology practice. Dr. Prescott treats children, adolescents, and adults who have been impacted by trauma and challenged with anxiety, mood, behavior, and substance abuse disorders.

All proceeds from the December seminar will be given as tax-deductible donations to your choice of *one* of the following charitable organizations. Thank you!

The Atlanta Community Food Bank provides food and other donated products to nearly 700 not-for-profit member agencies serving 38 counties in metro Atlanta and North Georgia. The Food Bank is an IRS 501(c)(3) organization (EIN #58-1376648).

MUST Smyrna (Ministries United for Service and Training) is a faith-based organization dedicated to providing services to persons in crisis while maintaining their dignity. MUST Ministries is an IRS 501(c)(3) organization (EIN #58-2034725).

The mission of **NAMI Georgia (National Alliance for the Mentally Ill)** is to improve the quality of life for persons and families who struggle with mental illness through support, education, advocacy and research. NAMI is an IRS 501(c)(3) organization (EIN # 48-1201653).

Center for Trauma and Eating Disorders at Ridgeview Institute

The Women's Center for Trauma and Eating Disorders at Ridgeview Institute is a clinically integrated treatment program for women suffering from unresolved trauma, eating disorders, addiction, and related conditions. Treatment at the Women's Center emphasizes core dynamics within stabilization, and encourages clients to engage in therapeutic interventions associated with affective neuroscience and attachment, DBT, acceptance and commitment therapy, family dynamics, and experiential groups.

We offer free and confidential initial clinical assessments. For more information, please call 770.434.4567, and ask to speak to one of our licensed master level clinicians, specializing in trauma and eating disorders.

Our Philosophy in Treating Disordered Eating and Trauma

Our viewpoint is based on the belief that validation and connection with others is the primary force in the healing process. Women in our program are provided with empathic, evidenced-based treatment in which to begin the stabilization of eating disorders, trauma and associated conditions.

Patient Population: Eating Disorders

Our program is for adolescent, young adult and adult women struggling with severe eating disorders, trauma related disorders, mood disorders, substance use disorders and anxiety. Patient ages range from 13 to 75 years old. We intentionally keep our program small with 12 inpatient beds and a total client population of 40 women in order to ensure quality of care and individualized treatment.

Patient Population: Trauma

Our program is for young adult and adult women struggling with trauma-related disorders, mood disorders, substance use disorders and anxiety. Patient ages range from 18 to 75 years old.

Levels of Care

We offer three levels of care. Levels of care are inpatient, partial hospitalization and intensive outpatient.

Length of Stay

The average length of stay in our program across all levels of care is 4 to 8 weeks.

Family Therapy

Family therapy is an integral part of the stabilization process. Patients and their families have family therapy sessions with their primary therapist. We also offer nutritional family sessions with the dietician.

For more information, contact our Clinical Coordinator, Amber Spezzano, LMSW at 770.434.4568 x4120 or aspezzano@ridgeviewinstitute.com.

CONTINUING EDUCATION CREDIT

Psychologists Application for continuing education credit in Area IV has been made to the Georgia Psychological Association for the following seminars:

- January 27, September 8, November 10 — 5 hours
- March 10, September 22 — 5 *ethics* hours
- March 24, June 23, December 8 — 3 hours

Social Workers, Licensed Professional Counselors, and Marriage and Family Therapists Application has been made for core professional education hours for each seminar in accordance with the guidelines established by the Georgia Composite Board.

- January 27, April 21, May 5, September 8, November 10 — 5 core hours
- March 10, September 22 — 5 *ethics* hours
- February 24, March 24, June 23, October 27, December 8 — 3 core hours
- June 9 — 3 *ethics* hours

Certified Addiction Counselors Application has been made to the Georgia Addiction Counselors Association for continuing education hours.

- January 27, April 21, May 5, September 8, November 10 — 5 core hours
- March 10, September 22 — 5 *ethics* hours
- February 24, March 24, June 23, October 27, December 8 — 3 core hours
- June 9 — 3 *ethics* hours

LOCATION

All programs are held in Ridgeview's Professional Building North. Ridgeview is located off I-285 at Exit 15 (South Cobb Drive). From Exit 15, travel north on South Cobb Drive approximately 2.5 miles. Ridgeview is on the right. Turn left at the stop sign after you enter the Ridgeview campus. If you need further directions, please call (770) 434-4567.

REFUND POLICY

Requests must be in writing. Refunds will be given on requests postmarked or faxed no later than 5 business days prior to the seminar. No refunds will be issued for "late arrivals" and "no shows." Address: Ridgeview Institute, Erin Evans, Business Development Department, 3995 South Cobb Drive, Smyrna, GA 30080. Fax: (770) 431-7025. Requests may also be e-mailed to eevans@ridgeviewinstitute.com.

We are pleased to continue serving your professional education needs.

REGISTRATION

Please select the seminar(s) you would like to attend. Space is limited for all seminars.

- January 27** DSM-5 and ICD-10 Updates for Mental Health Professionals
\$100 if postmarked or paid by January 20; \$115 late registration
- February 24** The Confusing Reality of Trauma and Eating Disorders
\$50 if postmarked or paid by February 17; \$60 late registration
- March 10** Professional Ethics and Clinical Practice: Common Case Scenarios
\$100 if postmarked or paid by March 3; \$115 late registration
- March 24** Diagnosing and Treating Mood Disorders in Adolescents
\$50 if postmarked or paid by March 17; \$60 late registration
- April 21** Positive Psychology and Creative Arts To Motivate and Encourage
\$100 if postmarked or paid by April 14; \$115 late registration
- May 5** How MI Am I? A Reflection on Motivational Interviewing
\$100 if postmarked or paid by April 28; \$115 late registration
- June 9** The Ethical Use of 1013s in the State of Georgia
\$50 if postmarked or paid by June 2; \$60 late registration
- June 23** Therapy with the “Nonverbal”—Psychosis or Neurologically Impaired
\$50 if postmarked or paid by June 16; \$60 late registration
- September 8** Authentic Forgiveness
\$100 if postmarked or paid by September 1; \$115 late registration
- September 22** Neuroplasticity, Hardwiring Recovery, and Ethical Guidelines
\$100 if postmarked or paid by September 15, \$115.00 late registration
- October 27** Treating Young Adults and Their Families
\$50 if postmarked or paid by October 20, \$60.00 late registration
- November 10** Working Across Racial Lines
\$100 if postmarked or paid by November 3, \$115 late registration
- December 8** Gifts for Mind, Body, and Spiritual Healing
\$35 charitable donation*

Please note: Continental breakfast is provided for all seminars; lunch is not included.

*Your registration fee for the December 8th seminar will be contributed to one of the following local charities. Please choose **only one** organization.

- Atlanta Community Food Bank
- MUST Smyrna
- NAMI Georgia

NAME		CREDENTIALS	
PROFESSIONAL LICENSE NUMBER OR SOCIAL SECURITY NUMBER (REQUIRED FOR REPORTING TO ALL AGENCIES)			
STREET ADDRESS			
CITY		STATE	ZIP
PHONE NUMBER		E-MAIL ADDRESS	

Accepted Methods of Payment

- Check
- American Express
- Discover
- MasterCard
- Visa

Please make checks payable to Ridgeview Institute.

AMOUNT ENCLOSED		CREDIT CARD ACCOUNT NUMBER	
EXPIRATION DATE	SECURITY CODE	SIGNATURE OF CARDHOLDER	
BILLING ADDRESS (IF DIFFERENT FROM ABOVE)			
CITY		STATE	ZIP

Mail completed form to: Ridgeview Institute, 3995 S. Cobb Dr., Smyrna GA 30080-6397, attn: Erin Evans. To register by fax (credit card only): (770) 431-7025.

Secure online registration is available by clicking on the Professional Education/CEU tab at www.ridgeviewinstitute.com.

If you are unable to register by mail, fax, or online, please call Erin Evans at (770) 434-4568, extension 3001, to register by phone.

Registration is not confirmed until payment is received.

SPECIAL DISCOUNT OFFER

- Register for 2 seminars at once and receive \$15 off the total price
- Register for 3 seminars at once and receive \$25 off the total price
- Register for 6 seminars at once and receive \$50 off the total price

Please note: the Holiday Seminar is excluded from all discount offers.

Group and/or retroactive discounts will not be honored. In order to take advantage of this special offer, registration must be received on one registration form for one individual. When registering online, the discount will not be reflected on your online confirmation. Discount will be taken when your credit card is manually processed in our office and you will receive a written confirmation reflecting the adjusted price.