



2020 Professional Education Series

CE Seminars for Clinicians

Special discount offer: details inside.

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

2020 CE Seminars for Clinicians

JANUARY 16, 2020

Teepa Snow, MS, OTR/L, FAOTA
Best Practices in Dementia Care

FEBRUARY 7, 2020

Howard Gold, JD, MSW
Legal and Ethical Issues Impacting Clinical Practice

MARCH 6, 2020

William Doverspike, PhD
Professional Ethics and Clinical Practice: Common Case Scenarios

APRIL 17, 2020

Laura Louis, PhD
A Blueprint on How to Work with a Couple

MAY 8, 2020

Laura Searcy, MN, ARN, PPCNP-BC, FAANP
Clearing the Air about E-Cigarettes: The Youth Use Epidemic

JUNE 5, 2020

Katie Leikam, LCSW, LISW-CP, BC-TMH
LGBTQ Community and Religious Trauma, Ethical Considerations

AUGUST 21, 2020

Bethany Blanco Booth, LPC
Exploring Post-Traumatic Growth and Human Resilience

SEPTEMBER 18, 2020

Weston Robins, LPC
Existential Psychotherapy Approaches to Working with Youth

OCTOBER 9, 2020

Davine Ricks, PhD
Domestic Violence Training: What Do I Need to Know?

NOVEMBER 6, 2020

Charlie Safford, LCSW
Mental Health Ethics and Provision of Telemental Services

DECEMBER 4, 2020

Shatavia Alexander Thomas, PhD
Know Thyself: Cultural Competence with Clients

Best Practices in Dementia Care: Learning to Give Care, Without the Fight

6 ethics hours

Teepa Snow, MS, OTR/L, FAOTA
Thursday, January 16, 2020, 9:30 am–4:30 pm

\$100 registration fee

This in-depth intensive workshop will help learners use effective strategies to help people with dementia during interactions, care delivery and daily engagement. The goal is to help reduce resistance to care and foster participation and use of preserved skills. The workshop will guide learners to develop better observational skills to recognize and intervene effectively when behavioral challenges occur. It will emphasize the value of matching helping behaviors to the person's needs and retained abilities to promote a sense of control and self-direction. Modifying the task demands, the environment and the caregiver's approach are three key elements to improving the situation. These elements combined with knowledge of the individual's background and life story, medical, psychological and sensory conditions and level of cognitive function will form the base for problem solving and personalized care planning.

LEARNING OBJECTIVES

- Describe the six key components that contribute to the behaviors seen throughout the progression of dementia
- Compare and contrast the cues that indicate the 10 most common unmet needs that lead to distress or challenging behaviors as the disease progresses
- Describe effective combinations of multi-modal helping techniques when presented with someone with dementia at various levels of impairment, emphasizing use of their abilities that are preserved.
- Recognize the value of consistent positive reinforcement and active programming to promote well-being in reducing challenging behaviors throughout the disease process.
- Use a structured and organized approach to recognizing and coping with challenging behaviors by meeting needs and intervening early and often with at-risk individuals on a regular basis.

Teepa Snow has developed a dementia care philosophy that reflects her experiences. She is a graduate of Duke University, and received her MS degree from the University of North Carolina in Chapel Hill. As an occupational therapist with over 38 years of experience in geriatrics, she has worked as the OT director in a head injury facility, a clinical specialist in geriatrics for a Veteran's Administration medical center, and a restorative care coordinator for a long-term care facility. Her hands-on caregiving experiences include providing direct care in home health, assisted living, long-term care and rehabilitation settings. Teepa also served as the director of education and lead trainer for the eastern NC chapter of the Alzheimer's Association, and as a clinical associate professor at UNC's School of Medicine, Program on Aging.

Legal and Ethical Issues Impacting Clinical Practice

3 ethics hours

Howard Gold, JD, MSW

Friday, February 7, 2020, 9:30am–12:45pm

\$50 registration fee

This workshop will review the range of legal issues confronting all therapists in their practice involving confidentiality, privilege, duty to warn/control, legal suicide ideation responsibilities, institutionalization of clients to psychiatric facilities, standard care of practice, family violence, subpoenas, depositions, testifying in court as well as therapist involvement in divorce and custody issues. Other issues to be discussed in this workshop are record keeping, informed consent, board complaints and possible lawsuits against the therapist. This workshop for therapists applies to people of all races, cultural backgrounds, religions and ethnicities.

LEARNING OBJECTIVES

- Describe potential ethical issues that may lead to legal exposure
- Explain an ethical approach to family law issues including participation in the legal process
- Describe ethical limits with clients to minimize adverse legal consequences

Atlanta attorney Howard A. Gold is a former psychotherapist who has led a dedicated Georgia family law practice for more than 35 years. His unique credentials and compassionate, assertive approach are optimal for clients seeking to resolve divorce and other family problems as favorably as possible. Over the years, hundreds of Mr. Gold's clients have emerged with renewed confidence and ability to transition into a productive, happy future.

Professional Ethics and Clinical Practice: Common Case Scenarios

5 ethics hours

William Doverspike, PhD

Friday, March 6, 2020, 9:30 am–4:00 pm

\$100 registration fee

Dr. Doverspike will present several models of 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, regulations, adjudications or other 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 (2017) 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, PhD 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.

A Blueprint on How to Work with a Couple

5 core hours

Laura Louis, PhD
Friday April 17, 2020, 9:30am–4:00pm

\$100 registration fee

Love brings couples together, but conflict, intimacy challenges and betrayal can divide couples.

Couple therapy can be really challenging if you don't have a road map. Have you ever seen a couple that is living like roommates, distant and taken over with resentment? Sometimes when bitterness has grown in the relationship you may not know how to get them moving forward from this impasse.

After more than 15 years of counseling couples, I want to share with you the behind-the-scenes of how to help couples heal. Since facilitating hundreds of workshops, writing the book *Marital Peace*, and starting the practice Atlanta Couple Therapy, I decided to share what I know about effective couple therapy. When you attend this workshop you will receive the blueprint for how to work with couples struggling and stuck by communication challenges that won't let up. You will leave this workshop empowered with easy-to-implement tools to help couples discover how to heal, reconnect and hit the reset after betrayal.

LEARNING OBJECTIVES

- Conduct an initial couples assessment
- Learn effective couple therapy treatment techniques
- Identify three theories in couples therapy: Imago, Gottman, emotional-focused couples therapy
- Discover how to address special issues in counseling: infidelity, finances, communication, trust

Laura Louis, PhD, owns Gifted Counseling in Atlanta, where she works solely with couples. She has more than 10 years of experience in helping distant couples heal after infidelity. Dr. Louis has conducted many seminars helping couples build trust, cultivate intimacy and enhance communication. Currently, her national seminar contract allows her to provide full-day CEU seminars to clinicians on how to facilitate healing after infidelity. Her therapeutic approach has been influenced through worldwide training in Brazil, Mexico, London, and Haiti. She presented on the topic of mending broken fences: a blueprint of effective strategies for working effectively with infidelity couples at the 2018 American Psychological Association Vermont conference. Dr. Louis's book, Marital Peace, is a valuable resource intended to support couples through the challenges of marriage.

Clearing the Air about E-Cigarettes: Latest Evidence and Emerging Challenges of the Youth Use Epidemic

3 core hours

Laura Searcy, MN, ARN, PPCNP-BC, FAANP
Friday, May 8, 2020, 9:30am – 4:30pm

\$50 registration fee

E-cigarettes entered the U.S. marketplace around 2007, and since 2014, they have been the most-used tobacco product among U.S. youth. Results from the 2019 National Youth Tobacco Survey show tobacco use at the highest rate in 19 years. More than 53% of high-school students and 24% of middle-school students reported ever using a tobacco product, and 31% of high-school students and 13% of middle-school students had used a tobacco product in the last 30 days. E-cigarettes were by far the most common tobacco product used by youth. In addition, a growing percentage of youth are using vaping devices to vaporize THC oils at concentrations that range from 40 to 90% THC (*Monitoring the Future*, 2017). The rapid evolution of nicotine-containing products presents new prevention challenges. This seminar will review the rapidly evolving e-cigarette and tobacco product landscape as well as nicotine's toxic and addictive effects on youth brain development. We will discuss evidence-based prevention, education, policy, and quit resources as well as the growing public health problem of primary youth nicotine addiction.

LEARNING OBJECTIVES

- Recognize the growing variety of high-nicotine-content delivery devices currently marketed and sold in the United States
- Differentiate between risks and benefits of e-cigarette use for current smokers vs current non-smokers
- Examine how nicotine and other addictive substances effect normal youth brain development
- Discuss policy and regulatory strategies to reduce youth access to tobacco products
- Discuss strategies for screening, referral and treatment of nicotine-dependent youth

Laura Searcy is a pediatric nurse practitioner and a passionate advocate for child health. She is a past president of the National Association of Pediatric Nurse Practitioners. Ms. Searcy is recognized as a national expert and highly-rated speaker and trainer about youth tobacco and nicotine use and the current youth vaping crisis. She has presented at many national, state and local conferences and has worked with students, faculty, health care professionals, parents and community groups. Ms. Searcy is the program director of the state-grant-funded Georgia Tobacco Free Youth Project. She provides newborn care at the mother-baby unit at WellStar Kennestone Regional Medical Center. She was a charter board member and former chair of the Cobb Community Alliance to Prevent Substance Abuse. She was inducted as a fellow of the American Association of Nurse Practitioners in 2018.

LGBTQ Community and Religious Trauma, Ethical Considerations

5 ethics hours

Katie Leikam, LCSW, LISW-CP, BC-TMH

Friday, June 5, 2020, 9:30 am–4:00 pm

\$100 registration fee

This one-day ethics training will teach special considerations when working with both secular and spiritual clients including religious trauma, shame and reconciliation of beliefs with a system that can be oppressive to them. This course will teach ethical considerations of clients who are both spiritual, religious and secular and allow clinicians to be aware of their own spiritual or religious clients when working with clients who are part of the LGBTQ community and transgender and non-binary.

LEARNING OBJECTIVES

- Increase clinical knowledge of religious trauma within the LGBTQ community
- Implement ethical clinical practices when working with the LGBTQ community members of faith
- Implement ethical clinical practices when working with LGBTQ communities that are not religious
- Challenge bias in the therapy room when working with spirituality

Katie Leikam is a gender-affirming therapist with eight years of experience working with the LGBTQIA community. She is the owner of True You Southeast, a mental health group practice located in Decatur, GA. She serves the LGBTQIA, transgender, non-binary and genderqueer community with mental health wellness. She works with her clients on gender identity, anxiety, depression, relationship stress, family and religious conflict and coming out to others.

Katie is also a speaker and educator, speaking at Gender Odyssey Los Angeles, The Philadelphia Trans Wellness Conference and The National Trans Health Conference. She provides continuing education for therapists about topics of gender identity and LGBTQIA mental wellness through her in-person and online CEU courses and The Clinician's LGBTQ Learning Platform (lgbtqi-learning.thinkific.com/). Katie is in the process of obtaining WPATH GEI certification and fully supports informed consent.

Remembering Why We Do What We Do: Exploring the Realms of Post-Traumatic Growth and Human Resilience

3 core hours

Bethany Blanco Booth, LPC

Friday, August 21, 2020, 9:30 am–12:45 pm

\$50 registration fee

As therapists, we are constantly exposed to some of the most painful elements of the human experience. By choice, we have entered a profession that requires us to be present to the suffering of others, so as to help them through it. But in the midst of all the suffering, it can, at times, be easy to lose sight of the good that is possible, and of the immense transformation and new birth that can occur in the aftermath of traumatic experiences. This presentation will explore the realm of post-traumatic growth, both as it pertains to the client who experienced the trauma, as well as the therapist who walks with the client through the healing process. Participants will be informed of the research pertaining to post-traumatic growth as well as the components of the grief/healing process that seem to spur on post-traumatic growth. Finally, the concepts of vicarious trauma and vicarious post-traumatic growth will be explored, and research pertaining to those two topics will be discussed.

LEARNING OBJECTIVES

- Explain the concept of post-traumatic growth
- Name various components of the grief/healing process that help to facilitate post-traumatic growth
- Explain the concepts of vicarious trauma and vicarious post-traumatic growth

Bethany Blanco Booth 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. Bethany worked as a PRN case manager leading Trauma and Body Acceptance groups on the Women's Unit at Ridgeview institute for five years, and now sees outpatient clients at her own practice, Better Story Counseling, in Atlanta, GA.

Life and Death, In-Between is only Breath: Existential Psychotherapy Approaches to Working with Youth

3 core hours

Weston Robins, LPC

Friday, September 18, 2020, 9:30 am–12:45 pm

\$50 registration fee

As we move through adolescent and youth growth and development we often begin to ask questions such as: *What is the point? What is the meaning? Why are we here? Who am I? What does it all mean? Where am I going? What matters?* Wes explores and examines adolescent and young adult growth and specifically focuses on existential therapeutic modalities to use when working with youth dealing with ego and identity development and meaning/purpose-seeking. Drawing on theorists, psychologists, artists, poets and musicians, Wes explores unique and creative ways for broaching existential quandaries in adolescent and young adult growth and development.

LEARNING OBJECTIVES

- Conceptualize existence and meaning-seeking from a holistic and integral framework
- Explore the use of existential therapeutic work with adolescents and young adults
- Use music, poetry and art as a way to craft and create meaning
- Explore philosophical schools of thought (stoicism/cynicism/romanticism) to normalize existential anxiety

Weston Robins is a creative force in the therapeutic community. As a licensed professional counselor in private practice he works with children, adolescents, adults and families. His unique approach is grounded in humanistic, existential and person-centered psychologies. Wes views the human soul as having the innate capacity to grow and expand and tap into its true potential. Wes has an extensive clinical background working in psychiatric hospitals, experiential therapeutic treatment centers, advocacy centers and substance abuse treatment facilities. In addition to his private practice work he is completing a PhD in consciousness and society at the University of West Georgia where he is researching addiction and youth development.

Domestic Violence Training: What do I Need to Know?

5 core hours

Davine S. Ricks, PhD

Friday, October 9, 2020, 9:30 am – 4:00 pm

\$100 registration fee

Did you know research shows that every year, approximately ten million men and women in the U.S. are subjected to domestic violence? According to the 2010 National Intimate Partner and Sexual Violence Survey Summary Report, more than one in three women and more than one in four men in the U.S. have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime. In addition, according to the National Coalition of Domestic Violence, nearly 20 people per minute are physically abused by an intimate partner in the United States.

In this course participants will learn the definition of domestic violence, learn the prevalence of domestic violence in the United States, identify different types of domestic violence, identify common warning signs of domestic violence, learn how to help prevent domestic violence and learn about available resources to assist persons seeking assistance. Come join us! Become more aware! Become a part of the solution. The choice is yours!

LEARNING OBJECTIVES

- Learn the definition of domestic violence
- Learn the prevalence of domestic violence in the United States
- Identify different types of domestic violence
- Identify common warning signs of domestic violence
- Learn how to help prevent domestic violence
- Learn about resources available to assist persons seeking assistance

Dr. Davine S. Ricks is a dedicated and enthusiastic leader with more than 28 years of experience in developing and implementing behavioral healthcare systems in the public and private sectors as well as faith-based organizations. Dr. Ricks' areas of expertise include providing treatment services in the areas of substance use, mental health, and criminal justice. She is a Licensed Clinical Social Worker (LCSW), Master Addiction Counselor (MAC), and Certified Alcohol and Drug E-Counselor (E-CADC). She has provided direct services and leadership in drug courts, DUI courts, veteran's court, re-entry services and community integration programs. Dr. Ricks is also accomplished as a federal and state grant writer and reviewer, program evaluator, teacher and provider of clinical supervision.

Mental Health Ethics and Provision of Telemental Services: A Detailed Overview for Mental Health Clinicians

6 ethics hours

Charlie Safford, LCSW

Friday, November 6, 2020, 9:30 am – 4:00 pm

\$100 registration fee

This six-hour program will provide the trainee with an overview of the legal, ethical and practical complications associated with telemental health, e-communications and interaction with clients via social media. This training will address the two important updates to HIPAA, addressing what is necessary for protecting client confidentiality when using electronic forms of communication, and will help the trainee remain legally and ethically compliant with this changed landscape of client privacy in the 21st century. This program fulfills the requirements for six hours of telemental health training under GA Composite Board Rule 135-11-.01.

LEARNING OBJECTIVES

- Understand the definitions, provisions, and requirements set forth by GA Composite Board (Rule 135-11-.01, TeleMental Health), and the Office of Health and Human Services, HSS (HIPAA and High-Tech Act of 2010, Final Omnibus Rule of March 2013), and the technical guidelines set forth by NASW, LPCA and EAPA
- Grasp the competencies necessary for providing ethical practice within today's high-tech world including the use of cellular telephones, emails, video conferencing and related technologies
- Comprehend the importance of confidentiality of our client's protected health information, PHI, to insure maximum security while minimizing exposure to litigation for outdated practices and/or "willful neglect"
- Identify specific client groups that may necessitate the use of telemental health services
- Know the indications and contraindications of client selections for possible provision of distance counseling services based on their diagnosis, technical skills and other important factors
- Integrate important improvements in clinical protocols including but not limited to informed consent, client forms, releases of information, use of encrypted and unencrypted emails and other important procedures for an effective and ethical practice

Charlie Safford, LCSW is the founder and president of yourceus.com, a knowledge company that works with professional organizations such as LPCA and NASW GA to provide continuing education curriculum to social workers, professional counselors and other mental health clinicians nationwide. He has over 35 years of experience as a clinician, consultant, and coach, with more than 25 years of experience developing and delivering best practices training programs for business and mental health audiences.

Know Thyself: How Self-awareness and Diversity Experiences Inform Our Cultural Competence with Clients

5 core hours

Shatavia Alexander Thomas, PhD

Friday, December 4, 2020, 9:30 am – 4:00 pm

\$100 registration fee

Various modes of therapy and professional associations highlight self-awareness as a factor in offering ethical decision making and effective service. The purpose of this session is to underscore that knowledge of self, including personal triggers and scope of practice, facilitates cultural competence. Moreover, the aim is to emphasize that minimizing or ignoring diversity factors and the potential for social justice can impede quality care. The presenter will review related literature on cultural competence, diversity factors, ethics and social justice. Participants will reflect upon case scenarios and ponder strengths and opportunities for growth.

LEARNING OBJECTIVES

- Examine diversity factors relevant to personal and professional development
- Discuss cultural competence and social justice, including application to work with clients
- Demonstrate how self-awareness applies to cultural sensitivity, rapport building, and ethical decision-making

Shatavia Alexander Thomas (Dr. Shay), is a licensed marriage and family therapist (LMFT), AAMFT-approved clinical supervisor and national certified counselor (NCC). She offers private practice and consulting services to individuals, couples, businesses, and families through her company, Dr. Shay Speaks (drshayspeaks.com). Her experience includes serving as an outpatient substance abuse and mental health counselor, family therapist for juvenile court, middle school guidance instructor, executive director for the state division of her national professional association and contracted consultant for colleges/universities and nonprofit agencies. Her roles in higher education include staff/crisis counselor for residential college students, assistant academic dean/assistant professor for a graduate university, and director of clinical training/associate faculty for a marriage and family therapy graduate program. Working from a strengths-based perspective, her therapeutic interests include spirituality, grief, self esteem, self care, work-life balance, diversity, and couple/family concerns (including premarital, infidelity, communication and conflict, separation and divorce, blended families, childhood behavior problems, family businesses, as well as sports and entertainment families).

REGISTRATION

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

- January 16** Best Practices in Dementia Care
\$100 if postmarked or paid by January 9; \$115 late registration
- February 7** Legal and Ethical Issues Impacting Clinical Practice
\$50 if postmarked or paid by January 31; \$60 late registration
- March 6** Professional Ethics and Clinical Practice: Common Case Scenarios
\$100 if postmarked or paid by February 28; \$115 late registration
- April 17** A Blueprint on How to Work with a Couple
\$100 if postmarked or paid by April 10; \$115 late registration
- May 8** Clearing the Air about E-Cigarettes: The Youth Use Epidemic
\$50 if postmarked or paid by May 1; \$60 late registration
- June 5** LBG7Q Community and Religious Trauma, Ethical Considerations
\$100 if postmarked or paid by May 29; \$115 late registration
- August 21** Exploring Post-Traumatic Growth and Human Resilience
\$50 if postmarked or paid by August 14; \$60 late registration
- September 18** Existential Psychotherapy Approaches to Working with Youth
\$50 if postmarked or paid by September 11; \$60 late registration
- October 9** Domestic Violence Training: What Do I Need to Know?
\$100 if postmarked or paid by October 2; \$115 late registration
- November 6** Mental Health Ethics and Provision of Telemental Services
\$100 if postmarked or paid by October 30; \$115 late registration
- December 4** Know Thyself: Cultural Competence With Clients
\$100 if postmarked or paid by November 27; \$115 late registration

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

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, Latosha Lawler, Business Development Department, 3995 South Cobb Drive, Smyrna, GA 30080. Fax: (770) 431-7025. Requests may also be e-mailed to LLawler@ridgeviewinstitute.com.

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Mail completed form to: Ridgeview Institute, 3995 S. Cobb Dr., Smyrna GA 30080-6397, attn: Latosha Lawler. 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.

Registration is not confirmed until payment is received. If you have any questions or concerns, please call Latosha Lawler at 770-434-4568 ext 3001.

SPECIAL DISCOUNT OFFER

- Register for 2 seminars at once and receive \$15 off the total price — use promo code **2SEMINAR**
- Register for 3 seminars at once and receive \$25 off the total price — use promo code **3SEMINAR**
- Register for 6 seminars at once and receive \$50 off the total price — use promo code **6SEMINAR**

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.



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**FOR FULL DETAILS ABOUT
EACH SEMINAR**

Please visit our website at www.ridgeviewinstitute.com or call (770) 434-4568, extension 3001. Please note that continental breakfast is provided for all seminars, but lunch is not included.