

**CONTINUING EDUCATION SEMINAR SERIES**  
**April - July 2010**

Continuing Education Seminars are held  
at the **Sepulveda Site Conference Rooms A, B, & C**

**Continuing Education Seminars are available for all staff and volunteers.**

These seminars should be included as part of the regular schedule for all clinical staff. All staff is strongly encouraged to attend.

TO ASSURE ADEQUATE SEATING AND HANDOUTS, ***PLEASE RSVP FOR EACH SEMINAR*** VIA ESSENTIAL LEARNING WEBSITE OR CONTACT GRACIELA MORA x344 or (310) 751-5344.

**Wednesday, April 28, 2010 9:00 a.m. – 11:00 a.m.**

**TOPIC:** Helping People who Hoard through Harm Reduction and Motivational Enhancement

**SPEAKER:** Mark Odom, LCSW

This workshop will provide introductory didactic information on hoarding and specific community and clinical interventions. After providing basic information such as the definition of hoarding, cultural relevance, and associated disorders, the workshop will offer specific treatment interventions for clinicians and family members working with individuals who hoard. The presentation focuses on viable alternatives to “surprise” cleanouts (which is not recommended).

Mark Odom is a licensed clinical social worker who is a founding member and former chair of the Orange County Task Force on hoarding. As the lead behavioral health technician on the task force, Mr. Odom has been instrumental in developing Enforced Harm Reduction as a viable alternative to traditional community approaches to hoarding or “packrat” behaviors. Mr. Odom has spoken at local, state and national venues concerning community responses to hoarding behavior. Mr. Odom maintains a small private practice where he helps people afflicted with compulsive hoarding. He also conducts training and educational workshops for service providers who encounter hoarding conditions.

**Wednesday, May 12, 2010 9:00am – 11:00am**

**TOPIC:** Application of CBT Theory and Techniques in a Community Mental Health Setting

**SPEAKER:** Angela Williams, Psy.D.

Cognitive behavior therapy (CBT) has a significant evidence base for the treatment mood, anxiety, and psychotic disorders. This program provides a theoretical overview of cognitive behavior therapy, provides instruction on formulation of case conceptualizations for individuals suffering from depressive, anxiety, and psychotic disorders. Specific CBT techniques for use with each disorder category will be demonstrated and practiced during the course. Finally, information regarding the integration of CBT with other treatment modalities and groups will be presented.

Dr. Williams has advanced training in the application of cognitive-behavioral therapy in individual and group formats. Specifically, Dr. Williams has completed a one-year specialization track in cognitive-behavioral therapy during the course of her doctoral training. Dr. Williams has applied cognitive-behavioral principles to the treatment of individuals with major depressive disorders, bipolar disorders, anxiety disorders, substance abuse dependence, personality and psychotic disorders. Dr. Williams also teaches the graduate level course, “Theories and Principles of Learning and Behavior,” at Pepperdine University’s Graduate School of Education and Psychology.

**Wednesday, May 26, 2010 9:00 a.m. – 12:00 pm**

**TOPIC:** Personal and Professional Reactions to “Difficult” Elderly and Clients

**SPEAKER:** Judith Shultz, MA, LMFT

Professionals working with “difficult” senior adults, their families and caregivers often have intense professional reactions to client behaviors, losses, psychological problems and environmental challenges. This course utilizes actual case presentations from audience members using a specific countertransference case presentation model to help participants identify how their own feelings can impact their work. The course will also cover specific techniques to manage the challenging behaviors of this population, prevent burnout and compassion fatigue and offer more effective interventions that improve outcomes.

Judith Shultz, MA, LMFT has over 30 years of experience working with senior adults and their families and caregivers in the field of Mental Health and Aging. She has presented on the topic of Countertransference and “Difficult” Aging Clients to Didi Hirsch MHS, Jewish Family and Children’s Service of Long Beach, and at 2 national conferences for ASA (American Society on Aging) and NCOA (National Council on Aging).

**Wednesday, June 9, 2010 9:00 a.m. – 11:00 a.m.**

**TOPIC:** Blending Play Therapy with Cognitive Behavioral Therapy

**SPEAKER:** Janine Shelby, Ph.D.

Cognitive Behavioral Therapy (CBT) has been widely demonstrated to reduce symptoms among a range of disorders found in children and adolescents. Yet, a number of concerns regarding the fit between the demands of this method and childhood development have been raised. Though play therapy has historically been widely used and is developmentally sensitive, there is far less support for its use. This presentation will focus on blending the developmentally sensitive aspects of play-based methods with the goals and objectives of traditional CBTs. Therapists will briefly review what "evidence based treatment (EBT)" means and then hear a discussion of the merits and drawbacks associated with the use of EBT's. Therapists will then briefly review the theoretical underpinning of CBTs and, how they can be blended with play therapy for childhood and adolescent depression, trauma, and anxiety. Specifically therapist will learn dozens of practical techniques designed to carry out CBTs in an engaging, developmentally appropriate manner. Therapists will learn via didactic techniques, role-play activities, media demonstrations, and experiential methods.

Janine Shelby is the Director of Child Psychology Training at Harbor-UCLA Medical Center. A licensed psychologist, she received her Doctoral degree from the University of Miami and currently maintains a private practice in addition to her duties. She has served as the President of the California branch of the Association for Play Therapy. Dr. Shelby has also worked/consulted with the American Red Cross Program for Torture Victims, National Center for Child Traumatic Stress, Operation U.S.A., Earthquake and Hurricane Recovery projects, and Doctors of the Worlds. She has also published and presented talks extensively on crisis intervention, post-earthquake adjustment in children, play therapy with refugees and displaced persons, and posttraumatic stress.

**Wednesday, June 23, 2010 9:00 a.m. – 11:00 a.m.**

**TOPIC:** Liberation Psychology and Sociopolitical Development: Application and Implications for Community Mental Health

**SPEAKER:** Miguel E. Gallardo, Psy.D.

This presentation will present the concepts and theoretical underpinnings of a Liberation Psychology and Sociopolitical Development within community mental health. A strength-based and empowerment approach to community mental health will be highlighted within the context of working with underserved poor communities. Concepts that will be presented include, oppression, liberation, critical consciousness and culture, all concepts that are traditional underutilized or emphasized within US community psychology perspective. The presenter will include a case presentation that specifically addresses the application of liberatory practices and their implications within a community mental health context.

Miguel E. Gallardo, Psy.D., serves as an Associate Professor of Psychology at Pepperdine University's Graduate School of Education and Psychology, where he teaches courses on multicultural and social justice, intimate/partner violence and professional practice development issues. He is a licensed clinical psychologist and maintains an independent/consultation practice where he conducts therapy with adolescents, families, and couples. His areas of scholarship and research interests include culturally responsive practices with Latina/os and multicultural and social justice issues.

**Wednesday, July 14, 2010 9:00 a.m. – 11:00 a.m.**

**TOPIC:** A Family Therapy Approach to Attention Deficit-Hyperactivity Disorders (ADHD)

**SPEAKER:** Jon Kramer, LCSW

The presenter will discuss the definition and prevalence of ADHD. He will focus on the dynamic interrelationship of primary and secondary ADHD issues, and treatment options will be discussed. This will include a comparison and contrasting of a mainstream approach (i.e. Cognitive Behavioral Therapy with Medication Maintenance) with a Family Systems Therapy approach. This latter approach will be made up of: the Structural Family Therapy Model in conjunction with Psycho-Educational Behavioral Modification input, including the H. Glasser Parenting Paradigm. This treatment approach will be demonstrated by way of video tape review as well as either case presentation involving a client-family with a diagnosis of ADHD, or as a live family consultation using the agency's 1-way consultation mirror.

Jon Kramer, LCSW is an experienced Family Therapist. He received a B.A. Degree from the University of Michigan and a M.S.W. postgraduate degree from the State University of New York. Mr. Kramer worked in London, England on a research team at the Tavistock Clinic and the University College London. He also received postgraduate training in Family Systems Therapy at the Family Studies Training Center in New York. Mr. Kramer is a member of the prestigious American Family Therapy Academy and he teaches family therapy throughout the Los Angeles area. Mr. Kramer has been a practicing psychotherapist for over 12 years with a focus on children, couples and families.

**TOPIC:** Assessment of PTSD in Children

**SPEAKER:** Rebecca Gaba, Ph.D., LMFT

This session features direct exposure to validated trauma assessment tools that clinicians can use in developing treatment goals and evaluate the progression of treatment. The focus of the workshop is to teach clinicians to integrate a child's trauma history with developmental factors in establishing a diagnosis and treatment plan. Also, the presentation will cover risk, resiliency and familial factors as well as the complexity of the trauma as they affect assessment and treatment.

The presenter is currently the Vice President of Clinical Operations at Didi Hirsch MHS. She has an extensive clinical background in working with trauma victims as the director of Domestic Violence Crisis Response Team and Treatment Program, and Child Trauma Center at Children's Institute International. Dr. Gaba has presented at conferences and trainings nationally, published in the area of trauma and violence, and conducted sexual abuse evaluations.

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### **Workshop Fees and CE contact hours:**

<b>1-2 CE contact hours</b>	<b>\$30.00</b>	<b>5 CE contact hours</b>	<b>\$75.00</b>
<b>3 CE contact hours</b>	<b>\$45.00</b>	<b>6 CE contact hours</b>	<b>\$90.00</b>
<b>4 CE contact hours</b>	<b>\$60.00</b>	<b>7 CE contact hours</b>	<b>\$105.00</b>

### **Didi Hirsch waives fees for staff, intern and volunteer attendance**

**Refund & Cancellation Policy:** Full refunds of fees are given if the refund request is received at least one week prior to the workshop. No refunds are given less than a week before the workshop. If a workshop is cancelled or re-scheduled a full refund is given to the registrant upon notification of the change.

Provider approved by the California Board of Registered Nursing, Provider#CEP14799 for 40 Contact Hours.

Didi Hirsch Community Mental Health Center is approved as a provider of continuing education for MFCCs/LCSWs by the Board of Behavioral Sciences (#PCE494) and for Psychologists by the MCEP Accrediting Agency (#DID001).

Didi Hirsch Community Mental Health Center is approved by CAADAC (California Association of Alcoholism and Drug Abuse Counselors), Provider number 2N-01-468-0807.

Each of the courses listed above meets the qualifications for continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

The courses listed above are currently under review by the MCEPAA for mandatory continuing education for Psychologists (MCEP).

**For Psychology Staff:** There have been changes in the MCEP regulations and we are now required to submit a \$7.00 fee each time a licensed psychologist attends a continuing education seminar. We will be collecting the fee at the beginning of each CEU seminar.

**PLEASE ARRIVE BY 8:45 A.M. TO SIGN IN.**  
**LATECOMERS WILL NOT RECEIVE CONTINUING EDUCATION**  
**CREDIT.**  
**PLEASE SIGN-IN AS WELL AS SIGN-OUT.**