



## **CONTINUING EDUCATION SEMINAR SERIES** **February – April 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, February 24, 2010 9:00 a.m. – 11:00 a.m.**

#### Part 1

**TOPIC:** Acceptance and Commitment Therapy (ACT): An Experiential Approach to Behavior Change (Part 1)

**SPEAKER:** Wendy Chan, Ph.D.

**\* You must attend both sessions in order to receive 4 CE Units.**

This workshop will teach therapists the fundamentals of the ACT Model, including its theoretical basis as well as many interventions. The focus will be on practicing the techniques throughout the workshop rather than mere didactics. The workshop will cover the fundamentals and six core processes, how to conduct ACT treatment, and how to conceptualize cases based on the model.

Dr. Wendy Chan is currently a postdoctoral fellow in Forensic Psychology at Patton State Hospital. She has extensive experience with a forensic population as well as providing Dialectical Behavior Therapy and Cognitive Behavioral Therapy.

### **Wednesday, March 10, 2010 9:00am – 11:00am**

#### Part 2

**TOPIC:** Acceptance and Commitment Therapy (ACT): An Experiential Workshop to Behavior Change (Part 2)

**SPEAKER:** Wendy Chan, Ph.D.

**\* You must attend both sessions in order to receive 4 CE Units.**

This workshop is the second of a two part series focused on the basic fundamentals of ACT. The course will begin with a review of the core processes of ACT discussed in the first workshop. The focus of this second part is on willingness and acceptance, the role of fusion, getting in the moment, and taking action. As is typical of ACT training, this course will be experiential in nature and participants will be expected to practice and role-play the techniques.

Dr. Wendy Chan is currently a postdoctoral fellow in Forensic Psychology at Patton State Hospital. She has extensive experience with a forensic population as well as providing Dialectical Behavior Therapy and Cognitive Behavioral Therapy.

### **Wednesday, March 24, 2010 9:00 a.m. – 11:00 a.m.**

**TOPIC:** Breakthrough Parenting: Moving Your Family from Struggle to Cooperation

**SPEAKER:** Jayne A. Major, Ph.D.

This seminar will teach mental health clinicians how to use advanced and psychologically sophisticated parenting strategies that encourage healthy families. Three parenting styles are explored with emphasis on modern win/win methods using the principle of participation to solve problems with children. Emphasis is on goals of healthy parenting and the best methods to achieve those goals. The seminar is experiential; participants will practice with role play the breakthrough methods.

Dr. Mayor is the author of six books on family relationships and has taught parenting classes for over 25 years. She specializes in divorce and child custody disputes. Her doctorate is in Philosophy of Education.

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

**TOPIC:** Adult Psychopharmacology 101

**SPEAKER:** Nick Gutierrez, MD

This presentation will cover the major classes of medications used in the treatment of mood, anxiety and psychotic disorders in adults. Both older standard and newer drugs will be covered, along with symptom targets and side-effect profiles. His talk will include medication strategies used by psychiatrists and the rationale for drug combinations. New drug uses will be reviewed, including drugs coming on to the market.

Dr. Gutierrez, Senior Staff Psychiatrist in the Adult Division at Didi Hirsch Mental Health Services, has a specialty in geriatric psychiatry after completing a fellowship at the UCLA-Neuropsychiatric Institute. He has made presentations throughout California on psychotropic medication for adults as well as lectured to medical residents and fellow regarding the use of medication in geriatric patients.

## **CONTINUING EDUCATION SEMINAR SERIES 2010**

### **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.**