

*Treatment Trends Training Institute*  
[www.treatmenttrends.org](http://www.treatmenttrends.org)



**Fall 2020  
Training  
Track**

**October 2, 2020—November 13, 2020**



# Fall 2020 Schedule

*All classes are held in the auditorium at the Halfway Home of the LV,  
24 South Fifth Street, Allentown, PA*

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## Accreditation

Unless otherwise indicated: All courses in this catalog are submitted for approval for accreditation from the Pennsylvania Certification Board (PCB) and the State Board of Licensed Social Workers, Professional Counselors, & Marriage/Family Therapists.

Workshop fees include CEU's.

# Courses



**October 2, 2020  
9 AM to 4 PM**

**Clinical Supervision:  
Finding the Space to Lead**  
Kate Appleman, MA, CAADC, CSAT, CMAT, CCS

**This training is appropriate for supervisors and supervisees.** It can be challenging to find the space for in-depth clinical supervision and leadership whatever your role: clinician, counselor, supervisor or administrator. This training will review elements of the Powell Model of Supervision and explore creative strategies for purposeful implementation of meaningful supervision. Assessments and tools for staff development that can aide in reduction of ethical concerns, burn out and turn over will be explored. This training includes didactic and experiential exercises in individual, large and small group formats.

## Course Objectives

Participants will:

1. Review method and content of Powell's model of clinical supervision
2. Increase awareness of the barriers to providing and receiving clinical supervision and associated risks
3. Explore assessment and tools for staff development that can aid in reduction of ethical concerns, burn out and staff turnover
4. Examine the role mindfulness and conscious leadership can play in clinical supervision

## Biography

**Kate Appleman** is the Senior Clinical Director of Men's Treatment Services at Caron Treatment Centers. Since 2005, Kate has been a clinician at Caron working specifically in the adult men's and women's primary treatment programs and the relapse program. In addition, since 2013, she has been working with and developing programs for executives, healthcare professionals, and opioid addiction.

Kate's areas of expertise include a focus on men's addiction treatment and recovery, as well as relapse treatment and prevention, motivational interviewing, and working with family systems impacted by addiction. Her tenure at Caron has allowed her to receive training in addiction interaction disorder (AID) and professional development. Kate is a certified clinical supervisor and a certified advanced alcohol and drug counselor and holds ASAT and CMAT certifications. Kate has also been an adjunct professor at Alvernia University in its Behavioral Health Department since 2013. Kate holds a Bachelor of Science in social work from Alvernia University and a Master of Arts in counseling psychology from Rosemont College.



# Courses

October 16, 2020  
9 AM to 4 PM

**Trauma-Informed Care for  
Non-Clinical Staff**  
Marilyn Stein, MEd

Clients seeking services are often trauma survivors. The very behavior for which they are seeking treatment may be symptoms of their trauma histories. Staff members themselves may also have trauma histories that are triggered on the job. Therefore, trauma informed care demonstrates an understanding of the impact of trauma through every aspect of service delivery. Information about trauma is critical for all staff at every level of an organization. Trauma Informed Care offers knowledge and skill to all staff and takes steps to protect everyone from being triggered and re-traumatized.

## Course Objectives

Participants will

1. Have a definition of trauma and PTSD
2. Understand the symptoms of trauma as behaviors that bring people to treatment
3. Discuss research including the Adverse Childhood Experience study
4. Consider self-care methods to avoid secondary or vicarious trauma

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## Biography

**Marilyn Stein** has been a parole officer working with DUI offenders for more than 20 years. In that time, she became an Allied Certified Addiction Practitioner, Certified Court Reporting Network Evaluator and an Alcohol Highway Safety School Master Trainer. She completed her Master's Degree in Training and Development from Penn State University.

In 2002 she retired from the County of Lancaster and established MDS Consulting, a training and consulting business. Her goal is to empower people so that they perform better on the job and transform their organizations from "what is" to "what could be". Ms. Stein is on the Board of Directors for the Pennsylvania DUI Association and she is currently the President of the Lancaster Women's Alliance. She resides in Lancaster with her husband.

# Courses



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## **Disabling Enabling and Building Good Fences (Boundaries)**

**Beth Bitler, MSA, CAAP, CFRS**

**October 30, 2020  
9 AM to 4 PM**

The first segment of this workshop will provide information on how enabling behaviors develop to cope with active addiction and fears of relapse in recovery. It will help participants understand the relationship between addiction, recovery and enabling behaviors. The second segment will examine how healthy boundaries aid in family recovery, how to identify healthy/unhealthy boundaries and how to communicate boundaries to recovering family members. Participants will receive relevant handout material; for example: questionnaires to help identify enabling and boundary issues; what people in early recovery say about their families' enabling; sample formats for communicating boundaries; do's and don'ts for helping your loved one.

### **Course Objectives**

At the completion of this training, participants will be able to:

1. Define “enabling” in the context of both active addiction and recovery
2. Identify at least three coping skills developed in response to the addiction of a loved one and three unhealthy behaviors that inhibit a loved one’s recovery
3. Describe the origins of enabling behaviors and their connection to the disease of addiction
4. Define “boundaries” in the context of both active addiction and recovery
5. Provide examples of how healthy and unhealthy boundaries can help or hinder family recovery

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### **Biography**

**Beth Bitler** has more than twenty years’ experience in the fields of family recovery and parent education. Her background includes development of a curriculum for parents in recovery from Substance Use Disorder, oversight of a statewide network of child abuse prevention programs and administration of a community-based nonprofit. She currently provides psychoeducational groups to patients in a treatment facility and their families and facilitates weekly groups for parents in recovery.

Beth holds a Master’s in Nonprofit Administration from West Chester University. Her certifications include Family Life Educator, Allied Addictions Practitioner and Family Recovery Specialist



# Courses

**November 13, 2020  
9 AM to 4 PM**

## **Understanding Cultural Competence In Substance Abuse Treatment: Hispanic/Latino Population** Cindy Bello, BA, CADC

An understanding of culture is necessary to work effectively with clients. Incorporating cultural competence into treatment practice will define treatment and recovery goals. Patterns of substance use and abuse vary based on Hispanic/Latinos' specific cultural backgrounds. Patterns of substance use are also linked to gender, age, socioeconomic status, and acculturation in complex ways. Hispanic/Latino clients' responsiveness to therapy is influenced not only by counselor and program characteristics, but also by individual characteristics, including worldview, degree of acculturation, gender orientation, religious beliefs, and personality.

### **Course Objectives**

Participants will be able to:

1. Understand the importance of cultural identity
2. Understand the core cultural competencies for counselors
3. Understand treatment issues and considerations
4. Understand the Latino/ Hispanic beliefs and attitude about treatment
5. Have a better awareness of the relationship between criminality and substance abuse in the Hispanic/ Latino Culture
6. Gain a better understanding on how to integrate culturally relevant information into treatment
7. Have a better awareness of limitations in treatment and possible solutions.

### **Biography**

**Cindy Bello** is an Hispanic Program Supervisor, Mid-Atlantic Rehabilitation in Bethlehem, since 2017. Previously, she was a counselor at Treatment Trends and at other programs in New Jersey. Cindy has over 18 years experience in working with individuals with Substance Use Disorder.

As a bi-cultural, bi-lingual professional, Cindy is pleased to offer this training to enhance our collective work.

Cindy is currently completing her Master's Degree in Addiction Studies

# Registration Information

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## Ways to Register

**Mail** with payment to:

Treatment Trends Training Institute

Attn: Diana Heckman

PO Box 685

Allentown, PA 18105

**Phone:** 610-432-7690 (x1212)

**Fax:** 610-439-0315

**Online:** [www.treatmenttrends.org](http://www.treatmenttrends.org)  
**Select TTI Training Institute**

## Payment

Payment should be made in advance of class start date, however walk-ins or late registration payment at the door is acceptable in cash, check or money order made payable to Treatment Trends, Inc. We do not accept debit or credit cards for payment at the door.

## Refunds and Cancellation Fees

The training coordinator Diana Heckman must be notified at least 24 hours in advance if an individual cannot attend a training. Substitutions are permissible. Individuals who cancel will be given the choice of a refund or credit towards another course in the current track. **There are no refunds or credits issued for no-shows.** Cancellations made after the 24-hour window will be subject to a \$25 processing fee. If Treatment Trends would need to cancel a training, participants may choose either a full refund or credit towards another course in the current or next available track.

## Accreditation

All courses in this catalog are submitted for approval for accreditation from the Pennsylvania Certification Board (PCB) and the State Board of Licensed Social Workers, Marriage and Family Therapists and Professional Counselors (unless otherwise indicated.) Check our web site for official confirmation of credit approval.

## Directions and Parking Info

Contact : [dianaheckman@treatmenttrends.org](mailto:dianaheckman@treatmenttrends.org)/ 610-432-4690

**Group Discounts!** We currently offer a group discount program. For 3-5 people, the discount is 5%; For 6-10 people, the discount is 10%; For groups over 10 the discount is 15%.

# Spring 2020 Registration Form

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Name: \_\_\_\_\_

Program/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

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|--------------------------|---|---------|
| <input type="checkbox"/> | <b>Clinical Supervision:<br/>Finding the Space to Lead</b>  | \$60.00 |
|                          | Kate Appleman MA, CAADC, CSAT, CMAT, CCS  | _____   |
|                          | Friday, October 2, 2020   |         |
| <input type="checkbox"/> | <b>Trauma-Informed Care for<br/>Non-Clinical Staff</b>  | \$60.00 |
|                          | Marilyn Stein, MEd  | _____   |
|                          | Friday, October 16, 2020  |         |
| <input type="checkbox"/> | <b>Disabling Enabling and<br/>Building Good Fences (Boundaries)</b>                                       | \$60.00 |
|                          | Beth Bitler, MSA, CAAP, CFRS  | _____   |
|                          | Friday, October 30, 2020  |         |
| <input type="checkbox"/> | <b>Understanding Cultural Competence in<br/>Substance Abuse Treatment:<br/>Hispanic/Latino Population</b> | \$60.00 |
|                          | Cindy Bello, BA, CADC   | _____   |
|                          | Friday, November 13, 2020   |         |
| <input type="checkbox"/> | <b>What's Personality Got to Do with It?</b>  | \$60.00 |
|                          | Sharon Mast, MS   | _____   |
|                          | Friday, November 20, 2020   |         |
|                          | Less Discount (if applicable):  | _____   |

**Total :** \_\_\_\_\_

To register, mail with payment to: Treatment Trends Training Institute,  
Attn: Diana Heckman, PO Box 685, Allentown, PA 18105  
**Phone:** 610-432-7690 (x1212) **Fax:** 610-439-0315

# Training Facility

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## **Training Facility**

All classes are held in the auditorium of the Halfway Home of the Lehigh Valley/Administrative Offices of Treatment Trends building at 24 S. 5th Street in Allentown.

## **Refreshments**

Light morning refreshments are provided. For full day trainings, lunch is on your own.

## **Parking**

There is a 7-story paid public parking deck on South 6th Street directly behind our building! It can be accessed from Walnut Street or from 6th Street.

Other public lots operated by the Allentown Parking Authority can be found on the website:

[https://www.allentownparking.com/lots\\_decks.php](https://www.allentownparking.com/lots_decks.php)

On-street meter and non-meter parking available, but limited in close proximity to the training site.

## **Mailing List**

Contact Diana Heckman at (610) 432-7690

(x 1212) or [dianaheckman@treatmenttrends.org](mailto:dianaheckman@treatmenttrends.org) if you would like to receive the training brochure via email.



**Treatment Trends,  
Inc.  
PO Box 685  
Allentown, PA 18105**

Place  
Stamp  
Here

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**LOW rates !  
Pay by Credit Card!**