

Treatment Trends Training Institute
www.treatmenttrends.org



**Spring 2017
Training
Track**

March 31—June 9, 2017



Spring 2017 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

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



March 31, 2017
9 AM to 4 PM

Clinical Applications of the 12 Steps: A Practical Exploration

Eric Webber, MA, CADC, ASAT, CCPG

This workshop will explore the principles and practicalities of 12 Step Programs and how these can be integrated into the clinical setting. Each of the 12 Steps will be reviewed and clinical issues that arise will be discussed. Specific interventions for clinical issues will be presented and discussed. As a group we'll examine and practice relevant clinical tools. Participants are encouraged to share their professional experience working with clients using the 12 Steps, and interventions that have been helpful in their work.

Objectives:

Participants will:

1. Will be able to identify various clinical issues that occur in and around each step.
2. Will be able to identify and employ various clinical activities (Group Juggle, Karpman Triangle) appropriate for each issue and step
3. Will be able to use specific step work (e.g. lists, meditations/prayers) in the clinical setting to help mitigate issues that arise at each step.

Biography

Eric Webber is the Clinical Supervisor for the Relapse Unit at Car on Foundation. He oversees the daily clinical programming and care of patients for the unit, as well as providing direct care through relapse specific lectures and counseling sessions. Mr. Webber is a Certified Alcohol and Drug Counselor and holds a Certificate of Competency in Problem Gambling, both through the Pennsylvania Certification Board; he is also certified as an Associate Sex Addiction Therapist through the International Institute for Trauma and Addiction Professionals. He holds a Bachelor's Degree from Kutztown University and a Master's Degree from Alvernia University.



Courses

April 21, 2017
9 AM to 4 PM

Co-dependence: From “Less Than” to Enough Marilyn Stein, MEd

What is co-dependency? It is the tradition of doing more for others than you would do for yourself. Dysfunctional family members don't feel, don't share, don't trust and learn to ignore what is going on in their own lives and focus on somebody else instead. This is the recipe for co-dependence.

Dysfunctional families are the genesis of co-dependent adults who enter into co-dependent relationships. The cycle continues from one generation to the next. While there is no real cure, this workshop will look at co-dependence and consider the family dysfunction that caused it. We will look at individual characteristics and consequences of co-dependency including addiction and low self-esteem. Finally, we will examine methods that help people break free of co-dependence so that they live full, independent lives within healthy families.

Objectives

Participants in this workshop will be able to:

- Define co-dependence
- Understand the family dysfunction that creates it
- Consider the characteristics that support co-dependence
- Discuss methods that free individuals from the unhealthy cycle of co-dependence
- Help individuals form healthy relationships and families

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



April 28, 2017
9 AM to 4 PM

Personal Safety **Ed Bachert, MS**

This course will provide an understanding of aggression and inter-personal violence. It will discuss situational awareness and how to recognize dangerous places and dangerous individuals. It will focus on violence avoidance by examining the aspects of aggression that occur before an assault, concentrating on verbal and non-verbal clues that can predict violent attacks. The course will examine criminal tools of the trade and how they are hidden, carried and used. Methods will be offered to stay safe at home, in your vehicle and at work, identifying numerous ways to stay safe.

Objectives

By the end of this training participants will:

- Understand aggression and inter-personal violence
- Be aware of current trends in violence
- Recognize danger and pre-attack posture
- Learn to identify mental and physical aspects of a violent encounter
- Understand methods to enhance their personal safety

Biography

Ed Bachert has served over 28 years in the Criminal Justice field. He is currently Chief of Police for the Fountain Hill Police Department. He has worked as a corrections officer in a maximum security prison, a corporate security officer for a Fortune 500 company and as a police officer with a large metropolitan police department. Ed retired from the Allentown (PA) Police Department as the Assistant to the Chief of Police and Assistant Commander of the Emergency Response Team Hostage Negotiation Unit, and is currently a professor at St. Joseph's University in Philadelphia.

He has trained thousands of teachers, health care workers and police officers from across the country. He speaks regularly at many high profile state and national conferences on a wide variety of topics.

Ed has attended over 300 police related schools. He is a graduate of the PA State Corrections Academy and the Allentown Police Academy. He has a BS in Business Administration, an MPA from Kutztown University and a Master's Degree in Criminal Justice from St. Joseph's University.



Courses

May 12, 2017
9 AM to 4 PM

The Clinical Application of Neuroscience

Craig Strickland, PhD

Winden Rowe, MS

This workshop will present material regarding the impact of traumatic exposure on the human nervous system and how to apply this research in a clinical setting. Research relating to the biological impact of trauma will be presented and translated into a language that clinicians can comfortably share with their clients. Specific clinical interventions based on altered biology will be discussed. Finally, trainees will be given the opportunity to share case studies with the instructors and each other in order to identify interventions that match the clients' symptoms.

Objectives

Upon completion of this workshop, the participant will be able to:

- Summarize how the nervous system affected by traumatic exposure
- Describe key biological outcomes of traumatic exposure in “user-friendly” language
- List three levels of clinical intervention based on presenting symptomology
- Recommend clinical interventions and strategies based on neurological changes that occur as a result of traumatic events or psychiatric diagnoses unrelated to trauma

Biographies

Dr. Strickland graduated from Bryn Mawr College in 1993 with a Doctorate in Psychology and a focus on experimental research and neuroscience. He currently enjoys guest lecturer privileges at Arcadia and the Bryn Mawr Graduate School of Social Work and Social Research and he is Adjunct Faculty at Philadelphia University in the Community and Trauma Counseling program. He has lectured on such topics as psychopharmacology for people recovering from dual-diagnoses, medication adherence, attention deficit disorder, herbal treatments, the biology of the co-occurring diagnoses and the neurobiology and pharmacological treatment of PTSD. Currently, he is the owner of Biobehavioral Education and Consultation.

Winden Rowe has an MS in Community and Trauma Counseling from Philadelphia University. She is co-owner and therapist of Hess & Rowe consulting, specializing in the treatment of trauma-related disorders and substance use issues in adults, adolescents, couples and families. Ms. Rowe facilitates community and clinical trainings with Dr. Strickland about stress and its impact and to elicit change and increase wellness among professionals and recovering individuals. She also presents on trauma affecting veterans, children and families.



Courses

May 19, 2017
9 AM to 4 PM

Integrated Treatment for Co-occurring Disorders

Victoria E. Lahey, MS Ed, NCC

This workshop is an introduction to integrated treatment for co-occurring disorders. It has been designed for counselors who want to learn the benefits and principles of integrated treatment, as well as, those who want to become more familiar with CBT and MI integrated treatment models. Participants will have an opportunity to develop a CBT case formulation, identify appropriate Stage-Wise interventions, and will learn and practice CBT and MI techniques and strategies that can be utilized in integrated treatment. Incorporating integrated treatment into groups, family treatment and case management will be examined as well.

Upon completion of this workshop, participants will:

- Be able to identify the advantages and principles of integrated treatment for co-occurring disorders
- Learn how integrated treatment is incorporated into CBT and MI treatment models
- Be able to develop a CBT case formulation utilizing a case study of a client with a co-occurring disorder
- Be able to identify stage specific interventions
- Learn and practice how to utilize specific CBT and MI techniques in treating both mental health and substance abuse disorders
- Become familiar with how to develop groups integrating both mental health and substance abuse counseling
- Learn models for integrated approaches to family counseling, as well as case management

Biography

Victoria E. Lahey, MSED, NCC, is currently a therapist in private practice providing group and individual therapy as well as training and clinical consultation. Ms. Lahey is an independent contractor with the state of PA supplying training and staff development for the Department of Drug and Alcohol Programs, the Division of HIV/AIDS and the Office of Vocational Rehabilitation and is a member of the Pennsylvania State HIV and Substance Abuse Training Team. In addition Ms. Lahey is a consultant with the Institute for Research, Education, and Training in Addictions (IRETA) whose mission is to assist health and human service providers in applying addiction research to practice. Currently Ms. Lahey is an adjunct professor in the master's level counseling programs at both Seton Hill and Waynesburg Universities.



Courses

**June 9, 2016
9 AM to 4 PM**

Trauma is a Thief, Addiction is a Liar **Heidi O'Toole MS, ML, C-EH-P, EMDR-T** **Michelle Christy LICSW, CAC, C-EMDR-T**

This course will provide a general overview of the connection between addiction and trauma, and adverse effects on the community and family systems. It will demonstrate effective interventions that can be used to disrupt the insidious cycle and stabilize those affected. This course's high-energy format is interactive and applicable for all those who have an alliance with human services.

Objectives

During this training, attendees should be able to:

- Identify and explain the correlations between trauma and addiction
- Diagram the triune brain and explain it's information processing system
- Discuss how the body responds to traumatic/threatening information and events
- Demonstrate multi-sensory approach interventions that provide bi-lateral stimulation to the brain to assist with processing

Biographies

Heidi O'Toole is the Co-founder of the WV Therapy & Wellness Center. She is a therapist, energetic healing practitioner and educator, bringing both a holistic and neuro-psychology approach to her practice. Her clinical areas of expertise are trauma & addiction and family & relationship counseling. Heidi holds adjunct teaching positions for both WVU's and Marshall's graduate counseling departments and presents workshops nationally on numerous mental health and healing topics.

Michelle Christy has 20 years of experience in the Human Relations field, including community mental health, community corrections, residential care, crisis services, disability inclusion, employee assistance programs and private practice. Her clinical expertise is the area of co-occurring disorders, trauma and addiction. She is the co-founder and operator of WV Therapy and Wellness Center, in Morgantown, WV. She is an adjunct instructor in the counseling department for Marshall University Graduate College and a certified trainer for the PA Department of Drug and Alcohol (DDAP).

Registration Information

Ways to Register

Mail with payment to:

Treatment Trends Training Institute

Attn: Diana Heckman

PO Box 685

Allentown, PA 18105

Phone: 610-432-7690 (x212)

Fax: 610-439-0315

Online: 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. Check our web site for official confirmation of credit approval.

Directions and Parking Info

Contact : 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 2017 Registration Form

Name: _____

Program/Agency: _____

Address: _____

Phone: _____ City: _____

State: _____ Zip: _____ Email: _____

**Clinical Applications of the Twelve Steps:
A Practical Exploration** \$60.00 _____
March 31, 9 AM to 4 PM

Co-dependence: From “Less Than” to Enough \$60.00 _____
April 21, 2017, 9 AM to 4 PM

Personal Safety \$60.00 _____
April 28, 2017, 9 AM to 4 PM

The Clinical Application of Neuroscience \$60.00 _____
May 12, 2017, 9 AM to 4 PM

**Integrated Treatment for Co-occurring
Disorders** \$60.00 _____
May 19, 2017, 9 AM to 4 PM

Trauma is a Thief, Addiction is a Liar \$60.00 _____
June 9, 2017, 9 AM to 4 PM

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 (x212) **Fax:** 610-439-0315

Online: www.treatmenttrends.org. Select TTI Training Institute.

Training Facility



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

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 212) or dianaheckman@treatmenttrends.org if you would like to receive the training brochure via email.



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PO Box 685
Allentown, PA 18105

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Here

LOW rates !
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