Workshop A:
“The Foundation of Narrative Therapy”
Narrative interviewing therapy is based on ideas that emphasize power relations, meaning-making and the politics of problem construction. In narrative therapy, problems are understood as internalized stories that have become “taken-for-granted” truths about life and relationships. In narrative therapy, the motto is: “the person is not the problem… the problem is the problem.” In this training, participants will learn the philosophical traditions that provide the foundation of narrative therapy. In addition, examples of narrative therapy in practice will be offered to illustrate how we can help our clients “tell their story” as a way to resolve life problems.
Instructor: Stephen R. Gaddis, Ph.D. The Narrative Therapy Institute, Salem, MA
Friday June 17, 2016 | 9:30-12:30 | 3.25 CEUs | Murray Conference Room, Yawkey Center | $50.00

Workshop B:
“Yoga for Healing Trauma: Integrating the Body and Breath Into the Therapeutic Process”
This workshop will explore the impact that trauma has upon the mind, brain & body and develop an understanding of how gentle yoga and mindfulness practices can help heal symptoms of trauma and extreme stress. The workshop will dive into yoga and the nervous system, how yoga can aid in healing trauma as well as mitigate the effects of vicarious trauma for the therapist. The workshop will consist of lecture, discussion & a seated yoga practice. Social workers in all settings can utilize the breath & movement techniques covered in this presentation. In addition to her yoga expertise, the instructor has worked in the field of sexual abuse and domestic violence prevention/intervention for the past twelve years.
Instructor: Alexis Marbach, MPH Boston University School of Public Health
Friday June 17, 2016 | 1:30-4:30 | 3.25 CEUs | Murray Conference Room, Yawkey Center | $50.00

Workshop C:
“Taking Care of You: Compassion Fatigue”
Working in a therapeutic relationship can be a rewarding experience. However, sometimes despite our best intentions we can experience compassion fatigue, a form of burnout that can be toxic for you, your clients and the greater work environment. This training will examine the signs and symptoms of compassion fatigue and introduce participants to an assessment tool that can be used to identify different types of burnout. Participants will also explore their personal burnout patterns, identify the challenges of self-care plans and explore underlying philosophies that really impact your ability to manage compassion fatigue. Participants will leave with strategies and skills to proactively and reactively manage compassion fatigue.
Instructor: Sheri Breen, BA, E-RYT 200 RYT 500 Eliot Community Human Services
Wednesday June 22, 2016 | 9:30-12:30 | 3.25 CEUs | Murray Conference Room, Yawkey Center | $50.00
**Workshop D:**
"A Nation of Nations: Social Work with New Americans"
At present 43 million immigrants claim America as home. Every social service agency has vast challenges in serving this diverse population as they try to take an active role in helping accomplish the work of integrating newcomers. Many newcomers suffer the effects of a traumatic refugee history. Many newcomer families have complex educational needs for their foreign born children. These are but a few of the kinds of difficulties that experienced by this large population. This workshop will provide insight into changing demographics as well as the particularities of sub-groups immigrant populations. We will discuss strategies for providing appropriate & accepted care as well as “toolkit” elements for sustaining families with acculturative stress and delayed aspirations.

**Instructor: Westy Egmont, D.Min.   Director, BCSSW Immigrant Integration Lab**
**Wednesday June 22, 2016 | 1:30-4:30 | 3.25 CEUs | Murray Conference Room, Yawkey Center | $50.00**

**Workshop E:**
"Introduction to Dialectical Behavioral Therapy (DBT)"
DBT is a comprehensive cognitive-behavioral treatment developed for working with chronically suicidal individuals, individuals struggling with injurious behaviors and/or multi-disordered individuals with Borderline Personality Disorder (BPD). This innovative approach developed by Dr. Marsha Linehan. Participants will gain an understanding of the stages of DBT as conceptualized by Linehan. They will also understand how “dialectics” (i.e.- the integration of opposites) are employed in this therapy. These four key skills of DBT will also be discussed in detail: mindfulness, distress tolerance, interpersonal effectiveness and emotion regulation.

**Instructor: Kerry Rivard, LMHC   Eliot Community Human Services**
**Thursday, June 23, 2016 | 9:30-4:30 | 6.50 CEUs | Murray Conference Room, Yawkey Center | $100.00**

**Workshop F:**
"Buddha Mind, Yoga Body, Clinical Setting"
This workshop presents practices from meditation and yoga as well as their clinical applications. We will address how to combine the cognitive approach of meditation with the somatic regulation practices drawn from the yogic traditions. When combined, they create a powerful set of self-regulation skills that can lead clients into states of deep stillness and steadiness. We will briefly discuss the cultural contexts for these methodologies. We will then practice meditation and breath regulation skills and learn how these skills can be applied in work with clients. This didactic and experiential workshop is focused on practical applications and the possibilities for using these practices in various clinical settings. No yoga or meditation experience required.

**Instructor: Douglas Baker, LICSW, RYT   Cambridge Mind Body**
**Friday, June 24, 2016 | 9:30-12:30 | 3.25 CEUs | Murray Conference Room, Yawkey Center | $50.00**

**Workshop G:**
"Trauma Informed Care for Children, Youth and Families"
Trauma Informed Care is a cornerstone of best practice service delivery in all programs that serve children, youth and families, whether in residential care or community-based settings. Trauma and traumatic stress touch the lives of vast number of children, youth and families. Programs that serve these clients need to be aware of the ways in which the impact of trauma affects development, functioning and behavior. We will discuss practical tools for evidence-based trauma screening, assessment and specific interventions that can be applied when working with these client populations. We will also discuss practitioner self-care and vicarious traumatization. Practical examples, case studies, group activities, audio clips, videos, a detailed PowerPoint presentation and other visual tools will be presented.

**Instructor: Zane Fitzgerald, LICSW   Eliot Community Human Services**
**Friday, June 24, 2016 | 1:30-4:30 | 3.25 CEUs | Murray Conference Room, Yawkey Center | $50.00**
Workshop H:
“An Introduction to Motivational Interviewing”
Motivational Interviewing (MI) encompasses therapeutic strategies for assisting clients with behavior change that are more collaborative than prescriptive. MI respects the client’s autonomy and beliefs. We will cover basic (and some advanced) principles of MI including detailed strategies for engagement and collaborative practice. We will strengthen empathic skills by focusing on MI’s OARS interviewing model (i.e. - Open-ended questions, Affirmation, Reflective listening, Summarizing). We will use the classroom methods of lecture, discussion, demonstration and practice. Participants will have the opportunity to ask questions, present cases, and learn the ways in which MI can be practiced in other arenas, not only in clinical practice.

Instructors: Russell E. Beebe, MS, LSW, LADC-II; Gregory B. Hallowell; Helen Stojanov-Acford, CAGS, MA, LSW, CADAC, LADC-I
Eliot Community Human Services
Wednesday, June 29, 2016 | 9:30-4:30 | 6.50 CEUs | Murray Conference Room, Yawkey Center | $100.00

Workshop I:
“An Introduction to DSM 5”
Since the release of the DSM 5 manual in May, 2013 clinicians continue to have questions about this new and improved model for psychiatric diagnosis, including questions surrounding how it differs from earlier approaches in these areas: (a) structural changes; (b) new/modified diagnoses; (c) the diagnostic coding process. By the end of this workshop, participants will be able to:
1.) Identify three implications of ICD 10 as they relate to DSM 5 issues;
2.) Develop skills on how to utilize the new diagnostic criteria sets in DSM 5;
3.) Identify three key structural changes made in DSM 5.
Cases will also be discussed that highlight the ways in which this new diagnostic approach can be applied in practice.
Instructor: Jeff Driskell, Ph.D., LICSW Salem State Univ. School of Social Work
Thursday June 30, 2016 | 9:30-12:30 | 3.25 CEUs | Heights Room, Corcoran Commons | $50.00

Workshop J:
“The Worn Path: Understanding the Journey of Suicide”
There are many questions asked when a person commits suicide, but none is more important than “WHY?” Through the examination of diaries, suicide notes and case studies we will do a “psychological autopsy” (an intense psychological analysis) of the suicidal mind. We will study the inner workings of the minds of suicidal persons as they travel through their journey from sadness to despair. We will also look at the multi-dimensional aspects of suicide including biological, psychological, intrapsychic, interpersonal, sociological, cultural and philosophical/existential elements in the suicide event. The instructor will also offer explicit steps that can be used is the assessment and treatment of the suicidal individual.
Instructor: Kenna Sullivan, LICSW Field Faculty, BCSSW
Thursday June 30, 2016 | 1:30-4:30 | 3.25 CEUs | Heights Room, Corcoran Commons | $50.00
PARKING, LOCATIONS FOR WORKSHOPS:
Parking is available at BC Commonwealth Garage. Enter the campus at the entrance adjacent to St. Ignatius Church and continue on until you see the multi-level parking structure. Take a ticket as you enter and park your vehicle. Upon your departure, visit the Pay Station near the main entrance to the Garage before returning to your car.
Fees: $3.00 per hour. Maximum daily rate: $25.00.

Workshops will be held on the Chestnut Hill Lower Campus as follows: All workshops on June 17, 22, 23, 24 and 29 will be conducted at the Murray Family Conference Room, located on the Fourth Floor of the Yawkey Center. The June 30 workshops will be in the Heights Room, located on the second floor of the Corcoran Commons building.
For campus maps/ directions please go to:
http://www.bc.edu/bc-web/about/maps-and-directions.html

Questions? Please email: kellyann.stewart@bc.edu

OTHER GENERAL ISSUES:
Refreshments will be provided; lunches may be purchased in the BC dining halls. We may cancel any session due to insufficient enrollment one week before the event. In such a case we will refund your payment or you may apply it to another session if you wish. If you cancel, refund requests need to be made at least two weeks before an event in order to receive a refund (less a $10 processing fee). If you cancel less than two weeks before an event, we will issue you a full credit you may apply to any future CE workshop.

SAVE THE DATE! Saturday, September 17, 2016, we will hold a day-long conference celebration of the varied social work practice activities carried out by our BCSSW alums. This conference will be organized BY and FOR our alums. This summer we will send you more details as to how you can participate as a presenter or as a general attendee. The conference will award 7.0 CEUs...just in time for the October 1, re-licensing deadline!

Registration Info— BC SSW Continuing Education Workshops for June 2016

If you wish to pay by credit card you need to register online. Please go to: www.bc.edu/swcereg Otherwise, complete this mail-in form below and return (with your check) as directed.

Name ____________________________________________
Mailing Address __________________________________
______________________________________________
E-mail ____________________________________________
Daytime Phone ____________________________________
Social Work License # _____________________________

Please accept my registration for the workshop(s) checked below:
□ A ($50)    □ B ($50)    □ C ($50)    □ D ($50)
□ E ($100)   □ F ($50)    □ G ($50)    □ H ($100)
□ I ($50)    □ J ($50)    □ K ($50)    □ L ($50)

Please send this completed registration form (with check) to:
Boston College SSW
140 Commonwealth Avenue
Chestnut Hill, MA 02467
Attn: Kellyann Stewart, McGuinn Hall #221

Questions? Contact Kellyann Stewart at 617.552.0865 or: <kellyann.stewart@bc.edu>

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