

2019 Second Annual Ocean City Conference

(#240705)

Friday and Saturday, May 3-4, 2019

Dunes Manor Hotel
2800 Baltimore Avenue
Ocean City, MD 21842

Please Note: NASW-MD has reserved 25 rooms at the Dunes Manor Hotel that are available for \$109/night from Thursday, May 2, 2019 – Saturday, May 4, 2019 (checkout Sunday morning). For more information and to reserve a room, please call 800-523-2888 and mention that you are with NASW-MD. Make your room reservation by April 2, 2019 to receive the discounted rate.

DAY 1: Friday, May 3

(8 Category I CEUs available)

A Day with the Expert: Kenneth Hardy, Ph.D.



About Dr. Hardy: Kenneth V. Hardy, Ph.D. is a Professor at Drexel University in Philadelphia, Pennsylvania and is the Director of the Eikenberg Institute for Relationships in New York City. He is an internationally recognized clinician, author, educator, and consultant. Dr. Hardy has provided Diversity and Racial Sensitivity training and consultations to an extensive list of Health and Human Services agencies as well as a host of educational institutions. He is a frequent workshop presenter, trainer, and consultant on the topics of cultural and racial diversity, trauma and oppression. He has published prolifically and is the author of numerous articles and book chapters. He has co-authored the following books: **Culturally Sensitive Supervision: Diverse Perspectives and**

Practical Applications; Minorities and Family Therapy; Teens Who Hurt: Clinical Interventions for Breaking the Cycle of Violence; Revisioning Family Therapy: Race, Class, and Culture; and Promoting Culturally Sensitive Supervision: A Manual for Practitioners. He is also featured in several therapy videotapes as well as a documentary devoted to slavery. His videotape “**The Psychological Residuals of Slavery**” has been well received by both the professional and lay communities for serving as a catalyst to promote conversations about race relationships.

Dr. Hardy has received considerable acclaim for the contributions that his publications and videotapes have made toward challenging our field to think critically about issues of diversity, trauma and oppression. He has been a frequent contributor to the popular media and has been featured on Dateline NBC, 20/20, the Discovery Health Channel, and the Oprah Winfrey Show. Dr. Hardy maintains a practice in New York, New York.

PLEASE NOTE: *For day 1 you must register for the full day. For day 2 you may register for the morning workshop, the afternoon workshop, or both workshops.*

8:00 a.m. – 8:45 a.m. – Registration. full breakfast (provided), and networking

9:00 a.m. – 12:15 p.m. - Morning Session

Title: *Children, Families, and Trauma: A Relational Approach*

Presenter: **Kenneth V. Hardy, Ph.D.**

Professor, Drexel University; Director, Eikenberg Institute for Relationships, New York City.

Synopsis: Trauma, all too often, is a predictable event that underpins the everyday life experiences of most children and families involved in therapy. In fact, possessing a good working knowledge of the nuances of trauma is essential to providing intensive therapy with children and families whether *trauma* is indicated as a part of the presenting concern or not.

Unfortunately, most approaches to trauma today—including EMDR, somatic therapies, hypnosis, and most psychodynamic treatments—take the individual as their exclusive focus. However, ignoring the impact of the trauma on the client’s family overlooks powerful dynamics that are crucial to treatment outcome. Participants in this workshop will learn how to involve the trauma sufferer’s partner and other family members as resources

in the healing process. Participants will learn how to better educate clients about the typical symptoms of trauma, the stages of trauma recovery, how to help family members both soothe and set limits with the traumatized person, and the typical pitfalls families encounter—including the depleting response of “enough already”—as a family member tries to heal from a trauma. Special attention will be devoted to examining the critical intersection that often exists between trauma and the dynamics of socio-cultural oppression.

Learning Objectives: will be to provide participants with:

1. A conceptual framework for providing a Relational Approach to trauma based work with children and families;
2. Strategies and techniques for assessing and treating trauma that is embedded within intimate relationships;
3. A thorough examination and critique of the hidden wounds of trauma and oppression;
4. Strategies and techniques for treating the hidden wounds of trauma and oppression; and
5. An examination of relevant self of the therapist issues that may facilitate or impede clinical effectiveness.

CE: 3 Cat I

12:15 p.m. – 1:00 p.m. – Lunch (provided)

1:00 p.m. – 4:15 p.m. – Afternoon Session

Title: Cultural Competence in Social Work Practice: A Multicultural Perspective

Presenter: Kenneth V. Hardy, Ph.D.

Professor, Drexel University; Director, Eikenberg Institute for Relationships, New York City.

Synopsis: As society becomes increasingly more diverse, *the one size fits all* approach to therapy and other human services has outlived its utility. As services are extended across racial, ethnic, and religious boundaries, it has become imperative for providers to develop a strong sense of cultural competence. Service delivery in today’s world requires practitioners to not only master the rudiments of their craft, but also to work sensitively and effectively with a wide array of clients from vastly diverse backgrounds including, the racially oppressed, ethnic minorities, women, gay-lesbians-bisexuals, and immigrant populations. It is virtually impossible to work effectively in today’s world without establishing and integrating cultural competence within all aspects of standard practice.

This workshop will be devoted to assisting participants develop and enhance cultural competence in clinical practice and other service delivery systems. Participants will receive comprehensive strategies and techniques for effectively addressing the nuances and the complexities of cultural diversity in clinical practice. A portion of the workshop will be devoted to the exploration of culturally-based self of the provider issues that may facilitate and/or impede the development of cultural competence.

Learning Objectives: Specific attention will be devoted to the following culturally competent clinical tasks:

1. How to ask systemically-based questions that are informed by culture;
2. How to recognize and effectively address culturally-based micro-aggressions;
3. How to effectively introduce and integrate “context talk” (i.e., gender, race, class, sexual orientation, etc.) into the therapeutic conversation; and
4. How to effectively differentiate culturally sanctioned behavior from dysfunctional behavior.

CE: 3 Cat I

4:30 p.m. - 6:30 p.m. - Optional Afternoon CEU Event:

Title: Cultural Competence Presentation and Q&A Session



Facilitators: Barbie Johnson-Lewis, LCSW-C and Sarah Frazell, LCSW-C

Co-Chairs of Social Workers Unraveling Racism (SWUR) committee, NASW-MD Chapter

Synopsis: Let’s continue the discussion! Please join the NASW-MD committee, Social Workers Unraveling Racism (SWUR) at a facilitated presentation and Q&A about cultural competence in social work practices.

Participants will be able to explore a deeper understanding of the strategies and techniques presented by Dr.

Kenneth Hardy's workshop, *Cultural Competence in Clinical Practice and Beyond: A Multicultural Perspective* and this workshop will provide participants opportunity to develop and enhance cultural competency in their service work and within the profession.

Learning Objectives: Upon completion of this course, participants will be able to:

1. Demonstrate the use of strategies and techniques learned that address the complexities of cultural diversity in social work practice.
2. Gain awareness of cultural self-biases that may influence and hinder participants' development of cultural competency.
3. Enhance racial and cultural awareness and sensitivity through discussion and ethical challenges.

CE: 2 Cat I

DAY 2: Saturday, May 4

(6 Category I CEUs available)

For Day 2 you may register for the morning workshop, the afternoon workshop, or both workshops.

8:00 a.m. – 8:45 a.m. – Registration, full breakfast (provided), and networking

9:00 a.m. – 10:00 a.m. – Keynote Address

Title: *Creating A Caregiver-Inclusive Culture (60 minutes)*



Keynote Speaker: Jennifer Fitzpatrick, MSW, LCSW-C, CSP

Speaker, Author, Instructor

About Jennifer Fitzpatrick: Jennifer L. FitzPatrick, MSW, LCSW-C is the author of *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One* and a gerontology instructor at Johns Hopkins University. The founder of Jenerations Health Education, Inc. is one of less than 800 Certified Speaking Professionals (CSP) worldwide. Jennifer's advice has been featured in *The Washington Post*, *The Chicago Tribune*, *Forbes*, *U.S. News & World Report*, AARP.com, Sirius XM, ABC, and CBS.

Synopsis: Engaging the patient or client's caregiver has the potential to improve outcomes, increase patient/client satisfaction and reduce errors. The National RAISE Family Caregiver's Act was passed in 2018 and most states, including Maryland, have a version of this legislation. How do we as social workers create a caregiver-inclusive culture? Join us for this thought-provoking opening session to discuss how to better partner with caregivers in health and mental health.

Learning Objectives: Upon completion of this course attendees will be able to:

1. Describe national and state legislation supporting caregivers.
2. Identify at least 2 ways your organization can become more caregiver-inclusive.

CE: 1 Cat. I

10:15 a.m. - 12:15 p.m. - Morning Session

Title: *Preventing Exploitation: Seven Effective Strategies For Protecting Your Clients*

Presenter: Jennifer Fitzpatrick, MSW, LCSW-C, CSP

Speaker, Author

Synopsis: Financial exploitation of older clients occurs at an alarming rate. Who is most at risk? What can you do to minimize the chance that your client will be taken advantage of by friends, family or other professionals? How can you ensure that you and your organization are taking the proper steps to prevent and report problems? Join us for this interactive program featuring best practices and resources protecting vulnerable older adults.

Learning Objectives: Upon completion of this course attendees will be able to:

1. Identify at least 2 ways to help clients prevent exploitation.
2. Name at least 2 resources that can help clients who have been exploited.
3. List at least 2 characteristics/qualities of clients most at risk for exploitation.

CE: 2 Cat. I

12:15 p.m. – 1:00 p.m. – Lunch (provided)

1:00 p.m. – 4:15 p.m. – Afternoon Session

Title: *Ethical Considerations when Conducting Both Individual and Group Supervision*



Presenter: **Joanna Frankel, LCSW-C**

Owner, Frankel Care Consulting

About Joanna Frankel: Joanna Frankel, MSW, LCSW-C is a graduate of Towson University with her Bachelors in both Psychology and Gerontology. Following, Joanna obtained her MSW from the University of Maryland, School of Social Work with a clinical concentration and a focus in Aging. Since, Joanna has been working in the long-term care setting for over 15 years as a director and a consultant and she has experience in mental health, end of life care, dialysis and ventilator dependent clients, dementia and advance directives. Additionally, Joanna is passionate about supervising social work licensee candidates. She is an adjunct Professor in the Gerontology program at Howard County Community College, teaching both Aging and Mental Health and Social Gerontology. Further, Joanna is an instructor at the Johns Hopkins University Odyssey Program, teaching Ethical Issues for Elder Caregivers. Joanna is the Owner of *Frankel Care Consulting* and her focus is to guide and educate professionals, individuals, and families through senior life transitions.

Synopsis: Conducting supervision can be a challenging yet rewarding experience whether working individually or in a group setting. This interactive course will focus on the social work code of ethics workers are mandated to follow along with the dilemmas that can arise during supervision. Each participant will be encouraged to share their experiences and together, identify any potential dilemmas.

Learning Objectives: Upon completion of this course, participants will be able to:

1. Understand the benefits of group supervision as a complement to individual supervision while recognizing the different ethical dilemmas that can occur.
2. Structure supervision sessions to facilitate discussions that are focused on practice themes, cases, and how the social work code of ethics apply.
3. Identify ethical dilemmas that can arise during supervision.

Please note: *This workshop qualifies for EITHER the Maryland Board of Social Work Examiners' 3-hour ethics requirement OR the 3-hour supervision requirement (for supervisors) needed for license renewal.*

CE: 3 Cat. I

REGISTER NOW