

14th ANNUAL CLINICAL CONFERENCE
#2440

September 26 – 27, 2019
The Conference Center
Maritime Institute of Technology
692 Maritime Boulevard
Linthicum Heights, MD 21090

Exhibitor Information is available on our website at www.nasw-md.org

DAY ONE SCHEDULE

(7CEUs)

Thursday, September 26, 2019

7:30 a.m. – 8:30 a.m.

Registration, Continental breakfast, and networking

8:30 a.m. – 8:45 a.m.

Welcome to the 14th Annual Clinical Conference

Daphne McClellan, Ph.D., MSW

Anthony EStreet, Ph.D., MSW

8:45 a.m. – 9:35 a.m.

Keynote Address: *Stigma as a Barrier to Recovery*



Keynote Speaker: Jennifer Brown

Director of Training and Communications; On Our Own of Maryland, Inc.

Synopsis: In this presentation we will examine the issue of stigma ---what it is, where it comes from, what it looks like, and its consequences, which are often devastating. Participants will learn how stigmatizing attitudes and behaviors impact all stakeholders in the behavioral health system, and hear about some ways to reduce it, including an introduction to the work of the Anti-Stigma Project and the Distorted Perceptions campaign.

Learning Objectives: After this presentation participants will:

1. Identify stigmatizing behaviors and attitudes within the behavioral health system
2. Understand their impact on the design, delivery, and receipt of services and supports
3. Appreciate the impact of stigma on the lives of all stakeholders within the behavioral health arena, including interdisciplinary and double stigma
4. Learn about the work of the Anti-Stigma Project and the Distorted Perceptions campaign

THURSDAY MORNING WORKSHOPS

9:50 a.m. – 1:00 p.m.

Workshop A-1

Clinical Supervision: Enhancing the Ethical Practice of Those you Supervise



Gisele Ferretto, LCSW-C

Clinical Instructor, University of MD School of Social Work

Synopsis: New BSWE Regulations (10.42.06.03) require that “Board-approved supervisors complete a minimum of 3 of the required continuing education units in a content area focusing on supervision.

Supervisors have an essential role in teaching social workers professional ethics and strategies for addressing ethical issues in their practice. The purpose of this workshop is to enhance supervisory skills to help social workers understand their legal and ethical professional responsibilities. This

workshop includes practice activities to apply the content covered and examples of strategies for enhanced supervision. This six-hour workshop will satisfy the three Supervision CEU requirements. (New BSWE Regulations [10.42.06.03] require that “Board-approved supervisors complete a minimum of 3 of the required continuing education units in a content area focusing on supervision.”) In addition, the recent legislative changes to the child maltreatment definitions will be covered.

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

1. Explore the functions and role of clinical supervision
2. Distinguish basic elements and terms associated with ethical decision making and the regulatory code of ethics;
3. Demonstrate an understanding to instruct on the legal and ethical authorities which govern behavioral health practice;
4. Incorporate strategies for developing professional identity of their social workers to fulfill their ethical and legal responsibilities.

****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. However, if attendee completes all 12 hours of this workshop (AI, II, III, and IV), both the Supervision certification hours and the Maryland BSWE’s 3 hour ethics requirement for license renewal will be met.***

Workshop B

Believe it or Not: Developing Religious Competency in Mental Health Treatment



Peter Wolff, LGPC, NCC

Vital Source Psychological Services, Frederick

Synopsis: What do you do when a devoutly spiritual client wants to include their spirituality in their treatment in their treatment plan and you are not very familiar with their religion? Have you ever felt confused as to whether or not a client's religion or spirituality was hurting them or helping them? Multicultural competency in the mental health profession includes knowledge of religious diversity. "Spirituality continues to be a salient aspect of human psychological functioning..." (Peidmont, 2004). Learning the basics of many religions and

some foundational cross-cultural concepts and principles will equip attendees with a more thorough religious competency. This interactive training will help participants understand the basic teachings and practices of major world religions. Participants will learn how to address a

client's religion and spirituality, determine if and when to incorporate it into treatment, and understand common issues pertinent to treating clients from different religions.

Learning Objectives: After attending this workshop participants will be able to:

1. Understand why religious competency is important in the mental health field.
2. Increase their ability to establish a therapeutic environment that is safe and affirming for religious clients.
3. Access and use religious/spiritual assessments.
4. Use interventions to help religious clients access the resources of their faith and religious community.

Workshop C

Understanding the Complexities of Clinical Testimony in Civil and Criminal Cases



Veronica Cruz, LCSW-C

CEO, Cruz and Associates, LLC

Synopsis: Clinical social workers often work with an array of individuals with complex and generational trauma narratives. Because of these factors, professionals in this arena are more likely to be called to testify and must quickly tell their client's story and advocate for the most appropriate recommendation. Testifying can be a difficult and daunting task, and for many public speaking evokes a sense of anxiety and uncertainty. Legal proceedings can have a profound effect on the client and the systems we serve; therefore it is imperative that social workers be prepared to professionally articulate and advocate for their client during the testimony phase of a case. This workshop will explore the language of testifying and the various techniques and tips to enhance and promote effective and powerful testimony. Additional topics presented in this workshop will be: tips for testifying in clinical and civil matters, preparing clinical data, understanding the various laws and regulations for testifying, writing in preparation for testifying, and cross examination. This is an interactive workshop where case vignettes and group activities will be used to further enhance the learning experience. Participants will practice their "elevator speech" and deliver quick case summaries and recommendations in an engaging and comprehensive manner.

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

1. Articulate an understanding of key testifying techniques and practice methods to enhance and promote a social worker's case recommendation.
2. Coherently and effectively explain clinical data in writing and on the stand.
3. Understand the various laws and regulations involved in testifying and effectively prepare for a voir dire.
4. Defend their clinical findings and recommendations during mock cross examinations.

Workshop D

The Psychology of Oppression



Dionne Brown Bushrod, LCSW-C

Owner, Prosperity Redefined, LLC

Synopsis: In his book The Psychology of Oppression, E.J.R. David writes "... it is very likely that all of us have witnessed oppression, experienced oppression, inflicted oppression, felt the negative consequences of

oppression, or all of the above." Considering oppression and its forms (stereotypes, prejudice, and discrimination) are pervasive and inherent in people, oppression would show up in clients' interactions, relationships, and view of self that shapes clients' politics. Just like any other psychosocial factor, politics informs clients' world view, which informs their behavior. This workshop offers a look at how politics and oppression influence clinical practice and intervention.

Learning Objectives: At the end of this workshop attendees will have:

1. Working knowledge of forms of oppression and "clinical" politics.
2. An understanding of how political views affect treatment goals.
3. An overview of the emotional life cycle of oppression and clinical intervention

Workshop E

Social Work with Service Members, Veterans, and African Americans: Evidenced-Based Treatment and Innovative Community Wellness Interventions



Dwayne L. Buckingham, Ph.D., LCSW-C, BCD

President & CEO, R.E.A.L. Horizons Consulting Solutions, LLC

Synopsis: History has shown that service members, veterans, and African Americans have not utilized behavioral health services as often as other vulnerable populations despite the fact that research shows they are at a higher risk of suffering from trauma and stress related disorders such as Adjustment Disorder and Posttraumatic Stress Disorder. These vulnerable populations typically do not seek help or receive preventive mental health treatment in a timely manner due to stigma concerns and little or no access to culturally sensitive clinicians. The military culture and African American culture is distinct in that both are defined by core values and beliefs that makes help-seeking behavior challenging. Therefore, it is imperative that social workers develop the knowledge and skillset needed to deliver evidence-based treatments and innovative community interventions to vulnerable populations.

Dr. Buckingham will discuss clinical therapies and community wellness interventions that have made a difference in the lives of service members, veterans, and African Americans. He will showcase practical examples of innovative community health care and demonstrate how it translates into practice.

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

1. Gain a basic understanding of post-traumatic stress disorder (PTSD) and other mental health issues.
2. Identify reintegration difficulties.
3. Develop knowledge of evidenced-based PTSD interventions that are designed to address the unique needs of this high-risk population and their family members.
4. Identify cultural and economic biases that inhibit African Americans from utilizing needed health and wellness interventions.
5. Understand how disparities in healthcare for African Americans threaten the advancement of health equity in the U.S.
6. Describe practical and evidence-based community interventions that empower

Workshop F

Assessment of Families in Family Therapy: Making Sense of What We See and Hear

Art Rosenbaum, MS. Ed., LCSW-C



Adjunct Clinical Instructor, University of Maryland School of Social Work; Private Practitioner

Synopsis: Beginning therapy with a family client can seem overwhelming; even for seasoned clinician. This treatment modality calls on us to understand the presenting problem within a family context. This course will present three vital elements of family assessment that will assist us in understanding what we see and hear from our client system and inform our treatment decisions. The elements discussed are: the *structure elements* of the family, the *communication style* of the family, and the *developmental phases* of the family.

Learning Objectives: Upon completion of this training, participants will learn:

1. How the elements of a family's structure impacts its functioning.
2. How the communication style of a family impacts its functioning.
3. How identifying a family's 'developmental phase' assists the clinician in creating assessment inferences.

THURSDAY LUNCH (PROVIDED)

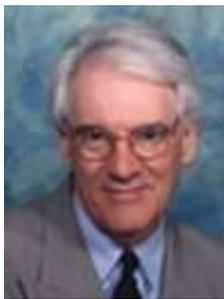
1:00 p.m. – 1:45 p.m.

THURSDAY AFTERNOON WORKSHOPS

1:50 p.m. – 5:00 p.m.

Workshop A- Part II

The Ethics of Supervision of Social Workers Licensed or Seeking Licensure in Maryland: A Mentoring and Monitoring Model



Carlton Munson, PhD, LCSW-C

Professor, University of Maryland-Baltimore

Synopsis: The seminar is designed for but not limited to social workers desiring to meet the Maryland Board of Social Work Examiners' Standards to become an *Approved Supervisor* of licensed social workers or practitioners who are seeking licensure. The presenter will cover basic and advanced clinical, legal, and administrative aspects of ethical supervision practice and the supervisor's monitoring and mentoring roles in relation to intervention provided by agency and private practitioners. Changes in the Maryland social

work practice statutes and regulations implemented in July 2018 and July 2019 (proposed) will be reviewed. Dr. Munson has published more articles and books on supervision than any other social worker in the history of the profession. He will draw on his extensive knowledge and experience to promote learning and skill development.

Learning Objectives: Upon completion of this course, participants will:

1. Have acquired knowledge of the MBSWE requirements for becoming an "Approved Supervisor."
2. Learn about changes in the Maryland licensure statutes and regulations implemented in 2018 and 2019 (proposed), and the 2018 changes in the NASW Code of Ethics that are relevant to supervision.
3. Be able to implement guidelines for initiating a supervision relationship.
4. Learn the requirements for performing all aspects of the mandated supervision for licensure in Maryland.
5. Master core concepts of the supervision process.
6. Acquire knowledge of the Clinical Supervisor Code of Ethics.

7. Know the methods for evaluating supervisee performance.

***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. However, if attendee completes all 12 hours of this workshop (AI, II, III, and IV), both the Supervision certification hours and the Maryland BSWE's 3 hour ethics requirement for license renewal will be met.**

Workshop G

The Ethical Dimensions of Vicarious Trauma and the Plight of the Wounded Healer



Susan C. Westgate, MBA, MSW, LCSW-C

Clinical Instructor, UMSSW and

National Director of Behavioral Health, AbsouteCARE

Synopsis: As social workers, we carry many individuals and families through the traumas of life. It is through this provision of care and support that we simultaneously collect the stories of countless people. Preservation of the painful elements of these stories within our own memories can be equally traumatizing. We bear witness to a vision of humanity that is both unique and psychologically isolating. Additionally, many of us who are called into

this field have our own stories and our own past traumas that collide with these pain points of our work. It is often our own history that propels us so powerfully into this work because we have personal insights and experiences with a broken system. Carl Jung once said, "The doctor is effective only when he himself is affected. Only the wounded physician heals." There is a place for the wounded healer, but there is also a place for unpacking the ethical dimensions of the convergence of these two worlds. This training seeks to give voice to the role of the wounded healer; to illustrate the impact of vicarious trauma; to highlight the ethical components inherent within self-reflection and practice; and to provide insights and tactics for self-stewardship.

Learning Objectives: The goals of this training are to provide attendees with information and insights on:

1. Understanding myths and truths about vicarious trauma as it relates to our service to others
2. How ethical and trauma-informed practice is wrought with endless paradoxes
3. How we are called and primed yet still ill-prepared for vicarious trauma
4. The place of the Wounded Healer within the world of practice
5. How the cascading effect of stigma silences our opportunities to examine the wounds of our work
6. The role of storytelling within a world of forging meaning

Please note: This workshop qualifies for the Maryland Board of Social Work Examiners 3-hour ethics requirement for licensure renewal.

Workshop H

Making the Case: Clinical Case Management and In-Home Psychotherapy



Jennifer Klingler, LCSW-C

Psychotherapist in private practice

Synopsis: One of the primary tenants of social work is to "start where the client is". However, much of today's social work practice happens in an

office setting. The presenter will discuss how clinicians can incorporate clinical case management and off site psychotherapy (ie: home visits) into their practice.

Learning Objectives: Upon completion of this course, participants will:

1. Review the history of social work as a profession as it pertains to its roots as ‘friendly visitors’.
2. Define the term Clinical Case Management.
3. Identify the potential benefits to client and clinician of providing services in locations other than the office.
4. Identify guidelines for conducting off site services to minimize potential ethical dilemmas and other problems.

Workshop I

Sexual Behavior and the Dementia Patient: Best Practices



Mary Fridley, RN, BC

Associate Speaker, Generations Health Education, Inc.

Synopsis: Approaching and dealing with senior sexuality can be a challenge for many professionals, particularly when the senior is a dementia patient. Join us for this interactive program which will cover the following topics: inappropriate behaviors; lack of inhibitions; ability to give consent; using redirection and validation; privacy issues; and family feelings about sexuality and dementia.

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

1. Identify normal changes in sexuality as people age.
2. List the numerous effects dementia has on sexuality and sexual impulses.
3. Identify how dementia impacts a person’s ability to give consent.
4. Identify best practices for discussing dementia patient’s sexuality with families.
5. Identify strategies for preventing sexual abuse of dementia patients

Workshop J

An Introduction to Acceptance and Commitment Therapy



Tamara Van Newkirk, LCSW-C

Psychotherapist in Private Practice

Synopsis: This workshop will provide a foundational understanding of Acceptance and Commitment Therapy including the theory behind it and how it fits within the context of Cognitive Behavioral and Mindfulness-Based Therapies. The emphasis will be on understanding and practicing the model of Psychological Flexibility and its core processes using experiential activities and case vignettes.

Learning Objectives: Upon completion of this workshop, participants will:

1. Have a basic understanding of the theory that underlies Acceptance and Commitment Therapy
2. Describe the six processes of the Psychological Flexibility Model.
3. Implement basic ACT skills and techniques into the therapy session.
4. Access further ACT resources for both clinician and client.

Workshop K

How to Touch Lives Through the Use of Telemental Health



Dwayne L. Buckingham, Ph.D., LCSW-C, BCD

President & CEO, R.E.A.L. Horizons Consulting Solutions, LLC

Synopsis: Social workers have developed excellent reputations for helping people overcome life's hurdles. They are found in schools, colleges, hospitals, veteran centers, mental health facilities, local and federal government, and in corporate America. Social workers shed light on and combat social injustices that threaten humanity. However, many are under paid and do not receive financial compensation comparable to other helping professions such as nurses, psychologists, police, psychiatrists, and teachers. This causes some social workers to question their value to society from a financial perspective. Dr. Buckingham will guide attendees in discovering how Telemental Health has made it possible for social workers to help clients reach their full potential while also leveraging time, decreasing operational costs, maximizing profit margins, and getting compensation.

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

1. Define telemental health
2. Describe technological and implementation requirements
3. List safety protocols
4. Articulate legal and ethical considerations
5. Identify strategies for client expansion

THURSDAY HAPPY HOUR EVENT

5:15 p.m. – 7:00 p.m.

*Join fellow social workers for networking and **happy hour**. You'll be able to connect with colleagues from around the state. It's a perfect way to wait out rush hour or spend your time before the evening movie. 5-7 pm. Pre-registration encouraged.*

Free for members/\$10 for non-members/\$10 at door (includes one drink coupon)

OR

SKIP THURSDAY EVENING RUSH HOUR & EARN AN ADDITIONAL 1.5 CAT I CEUs!

5:15 p.m. – 6:45 p.m.

Private Practice Committee Showcase

Join us after the Thursday conference and hear some valuable information from NASW-MD's Private Practice Committee, avoid the rush hour, and network with fellow practitioners. Pizza and sodas will be served.

Title: Financial Goal Setting with Clients



Presenter: Stacey Robinson, LCSW-C

Synopsis: As clinicians we focus on the client's relationship with self and others. Within those relationships, there can be issues with money. Solid client

assessments should include examining the relationship clients have with money. This presentation will focus on how to assist clients in developing a healthy relationship by setting healthy financial goals.

Learning Objectives:

1. Develop an understanding of the client's relationship with money.
2. Strategize on helping clients identify financial goals and assess client's behavioral response to money.
3. Help clients recognize behaviors that support a healthy financial relationship to develop a strategy for success.
4. Assist clients with replacing sabotaging financial behaviors

This event earns 1.5 hours Category I CEUS

THURSDAY EVENING MOVIE AND DISCUSSION

7:00 p.m. – 9:00 p.m.

Bound for Glory: The Life and Times of Woody Guthrie



Facilitator: Carlton Munson, PhD, LCSW-C

Professor, UMSSW

Synopsis: Woodrow Wilson Guthrie was an American singer, songwriter, and one of the most significant figures in American folk music history. His music, including songs such as *This Land is Your Land*, has inspired several generations both politically and musically. The film, “Bound for Glory,” captures the talent, tales, and life experiences of a man who was thought to be mentally ill and was repeatedly psychiatrically hospitalized, but unknowingly suffered from a heritable medical disorder, “Huntington’s Chorea,” just as his mother did.

Learning Objectives: Attendees will:

1. Learn about the contributions Guthrie’s music has made to promotion of human welfare.
2. Become aware of Guthrie’s life perspectives that apply to modern social work practice.
3. Learn current information about the origins, symptoms, effects, research, and treatment of Huntington’s Disease (HD) and the symptoms of HD that also occur in mental disorders.

CE: 2 Category II CEUs

DAY TWO SCHEDULE

(6 CEUs)

Friday, September 27, 2019

8:00 a.m. – 9:00 a.m.

Registration, continental breakfast, visit exhibits

9:00 a.m. – 12:15 p.m.

Morning Workshops

Workshop A- Part III

The Successful Supervisor (morning)



Maxwell Manning, MSW, Ph.D.

Clinical Supervisor Consultant, Licensed Clinician, Life and Executive Coach and CEO International Leadership, Coaching and Mentoring, Inc.

Synopsis: Within the social work profession, social workers are being promoted to supervisor without the appropriate skill set necessary to succeed in their promoted position. Once in the promoted role, they may struggle to find the training to continue their career success. Usually their graduate training is inadequate and their experiences not particularly relevant. In many cases, the organization or management structure struggles with properly preparing supervisors for the challenges of their position. This workshop will focus on three areas of skill development that are essential to be successful in the role of a supervisor: people skills, organizational skills and solution focused/problem solving skills. Each area can produce a sound foundation for successful supervision.

Learning Objectives: After attending this workshop, the skills learned will:

1. Increase the participant's awareness of three core supervision knowledge areas: people, organizational, and solution focused/problem solving skills
2. Improve the participant's understanding of Emotional Intelligence
3. Teach the participant introductory principles about having a growth mind set and being solution focused
4. Enable the participant to understand the importance of being organized, results driven, and process oriented
5. Help participants understand the importance of mentorship and coaching

***Please Note:** *This is a full day workshop. You must register for both AIII and A IV*

***Please Note:** *Upon completing all 12 hours of the workshops (AI, II, III, and IV), both the Supervision certification hours and the BSWE's 3- hour ethics requirement for license renewal will be met.*

Workshop L

Adolescent Mental Health: Fostering Wellbeing through a Positive Lens



Theda Rose, Ph.D.

Assistant Professor, University of Maryland School of Social Work

Synopsis: This session will explore newer trends toward applying strength-based approaches to fostering mental wellbeing among youth. The presenter will also discuss the shift towards a more strength-based approach towards defining mental including youth perspectives on what mental health means to them. Further, the presentation will engage participants in discussing mental wellbeing approaches and how these approaches may complement existing strategies being applied in mental health, social work, and other youth development settings.

Learning Objectives: By the end of this workshop, participants will be able to:

1. Understand common adolescent challenges and factors related to better mental health outcomes

2. Describe how changing definitions and research on mental health inform social work practice approaches and youth engagement in services
3. Discuss mental wellbeing approaches and implications for administering these strength-based approaches in school and community settings

Workshop M

Ethical Challenges with Clients in Recovery



Diana Rein, M.Ed., MSW, LGSW

Consultant, Choice Consulting and Training, Easton

Synopsis: Social workers face ethical challenges in relation to clients recovering from behavioral issues including drugs, alcohol, overeating, gambling, and sexual behaviors, in relation to clients' families and friends (and in relation to other health care professionals) as well as in their own personal lives. This interactive continuing education program prompts consideration of these challenges in light of the ethical standards promulgated

by the Annotated Code of Maryland and the National Association of Social Workers. As such, it is appropriate for any social worker in Maryland.

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

1. Review ethical standards for the provision of services.
2. Consider implications of ethical requirements in communications, relationships and legally mandated reporting.
3. Discuss ethical standards in relation to professional competence and research.
4. Review potential sanctions for ethical standards transgressions.

Please note: This workshop qualifies for the Maryland Board of Social Work Examiners 3-hour ethics requirement for licensure renewal.

Workshop N

How Trauma Informed is Your Practice?



Laura Reagan, LCSW-C, CDWF

Owner, Baltimore Annapolis Center for Integrative Healing

Synopsis: Although most helping professionals are familiar with the diagnosis of Post-traumatic Stress Disorder, clinical social workers tend to underestimate just how common trauma exposure is in clinical populations. Clinicians who state that they "do not work with trauma" are often unaware of their clients' trauma histories because they lack proper assessment training for trauma exposure. The truth is that according to the Adverse Childhood Experiences Study, two thirds of adults in the United States have experienced at least one traumatic event in childhood. Of those, a majority have experienced multiple traumatic events. Traumatic events occurring in childhood can impact the mental and physical health of individuals throughout the lifespan and contributes to decreased life expectancy and immense healthcare costs. Among consumers of mental health treatment, trauma is commonplace - whether or not it is expressed as a presenting issue when individuals seek services. In this workshop, participants will learn about the prevalence of trauma in mental health treatment populations; gain understanding of the principles of trauma-informed practice; and learn to implement the principles of trauma-informed practice into their clinical work.

Learning Objectives: Upon completion of this course participants will:

1. Be able to name at least two examples of the principles of trauma-informed practice.

2. Identify how the concept of trauma-informed practice applies to their work environments.
3. Be able to name one concrete change they can make in the immediate-term to implement trauma informed practice in their workplace.
4. Gain increased awareness of the prevalence of trauma in their current client populations.
5. Gain increased understanding of the importance of trauma informed care in social work environments.

Workshop O

Mental Health Promotion for Suicide Prevention and Postvention



Amanda Ganoë, MS, MSW

Suicide Pre/Postvention Coordinator, Survivor of Suicide Group Facilitator, Suicide Prevention Trainer

Synopsis: According to the American Association of Suicidology (2014) suicide loss survivors represent “*the largest mental health casualties related to suicide*”. Suicide creates a great deal of ambiguity and devastation for those directly and indirectly exposed to the death. It can increase the risk for mental health symptoms and can place those exposed to be at risk for suicide. To

counteract this problem, it is important to use best practices within the field of suicide prevention, proper intervention tactics, and circle in postvention work to promote healing while counteracting future suicides. This work is also important to reduce the stigma associated with mental health and suicide while promoting resiliency, positive coping, and recovery.

Learning Objectives:

Upon completion of this workshop participants will:

1. Understand common mental health disorders related to suicidal ideation and death by suicide
2. Increase knowledge of suicide prevention strategies; including warning signs, risk factors and protective factors
3. Enhance communication, identification, and intervention skills when in contact with someone who is suicidal and other postvention resources.
4. Understand what the best practices are for working with survivors of suicide and other postvention resources.
5. Identify community resources to promote healing
6. Recognize role play opportunities

Workshop P

Fighting the Blues with the Greens



Stacey Robinson, LCSW-C

Psychological Health Outreach Consultant; Clinical Supervisor, Advanced Behavioral Health

Synopsis: This presentation will focus on the diagnosis and treatment of mental health disorders with nutrition. The body wants to heal itself all the time. In order to do this, it needs rest, exercise, and nutrients. When the body is depleted of nutrients and flooded with chemicals, excessive saturated fat, sugar, and empty calories it suffers from a chronic inflammation state. The body is trying to heal, but not getting the required nutrients and consistently being flooded with toxins. As a result, people began to suffer from chronic pain, overwhelming sadness, irritability, fatigue, stress, sleep deprivation, stomach aches, constipation, poor concentration, variable weight gain/loss,

impulsivity, and apathy. Therapists can educate themselves and their clients on the importance of nutrient dense foods and the positive effects on overall health, especially mental health.

Learning Objectives: Upon completion of this workshop participants will:

1. Learn an alternative approach to the concepts of health, disease, diagnosis, and treatment.
2. Identify the effects associated with the lack of nutrition on mental health
3. Learn the nutrient dense foods and how they will assist in improving mental health
4. Learn how to assess clients with nutritional deficiencies and how to incorporate nutrient rich foods into their diet to improve mental health.

FRIDAY LUNCH (PROVIDED)

12:15 p.m. – 1:00 p.m.

FRIDAY AFTERNOON WORKSHOPS

1:15 p.m. – 4:30 p.m.

Workshop A- Part IV

The Successful Supervisor (afternoon)



Maxwell Manning, MSW, Ph.D.

Clinical Supervisor Consultant, Licensed Clinician, Life and Executive Coach and CEO International Leadership, Coaching and Mentoring, Inc.

Synopsis: Within the social work profession, social workers are being promoted to supervisor without the appropriate skill set necessary to succeed in their promoted position. Once in the promoted role, they may struggle to find the training to continue their career success. Usually their graduate training is inadequate and their experiences not particularly relevant. In many cases, the organization or management structure struggles with properly preparing supervisors for the challenges of their position. This workshop will focus on three areas of skill development that are essential to be successful in the role of a supervisor: people skills, organizational skills and solution focused/problem solving skills. Each area can produce a sound foundation for successful supervision.

Learning Objectives: After attending this workshop, the skills learned will:

1. Increase the participant's awareness of three core supervision knowledge areas: people, organizational, and solution focused/problem solving skills
2. Improve the participant's understanding of emotional intelligence
3. Teach the participant introductory principles about having a growth mind set and being solution focused
4. Enable the participant to understand the importance of being organized, results driven, and process oriented
5. Help participants understand the importance of mentorship and coaching

***Please Note: This is a full day workshop. Registrants must sign up for both A III and A IV**

***Please Note: Upon completing all 12 hours of these supervision workshops workshop (AI, II, III, and IV), both the Supervision certification hours and the BSWE's 3- hour ethics requirement for license renewal will be met.**

Workshop Q

Working with Passive Aggressive Clients



Loriann Oberlin, MS, LCPC

Therapist and Author

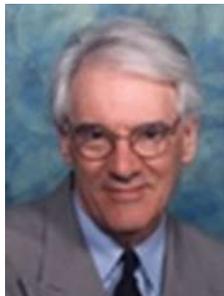
Synopsis: Dealing with difficult people and passive-aggressive relationships often causes clients to seek counseling. They present as anxious, angry, or tongue-tied to respond without inviting more frustration into their lives. In healthcare offices, providers see a myriad of health consequences and administrative hassles. The presenter outlines ten traits of angry people and four types of families that unwittingly create them. She will demonstrate potential remedies of the core behaviors—control, manipulation, immaturity, self-absorption, and depression—so attendees may determine what a client’s behavior may indicate. With fictional and video examples representing relationships, school, workplace, and private practice, the presenter explains concepts using systems theory, positivity, and better communication practices.

Learning Objectives: Upon completion of this workshop, participants will:

1. Define hidden anger and identify behaviors used by people to conceal anger in schools, workplaces, relationships, and therapy/healthcare non-compliance.
2. Recognize the needs, fears, and avoidances of those concealing anger.
3. Explain the negative health consequences of concealing anger and the positive physical health achieved by reducing the stress of anger.
4. Understand the four types of families that contribute to anger mismanagement.
5. Diminish future passive-aggression/reactivity through appropriate communication and assertive stances, two ways to disarm toxic hidden anger.
6. Improve emotional vocabulary and positive self-expression.
7. Learn to spot revenge, redirected aggression, and overcome common administrative hassles with passive-aggressive clients.
8. Add ideas to your toolbox for clients who may be reluctant, hard-to-handle, feel they know-it-all or refuse to pay.

Workshop R

Social Work Ethics for the 21st Century: The 11 “Cs” (Core Content Areas)



Carlton Munson, Ph.D., LCSW-C

Professor, UMB School of Social Work

Synopsis: Approximately 45% of ethics complaints about social workers can be linked directly to social work ethics codes. This workshop is designed to aid social workers in avoiding actions or situations that could lead to a valid or invalid ethics complaint based on the Maryland Board of Social Work Examiners Code of Ethics and/or the National Association of Social Workers (NASW) Code of Ethics. The ethics risks are grouped as the *11 C’s* of social work ethics. The “C” ethics concepts are: Codes, Competencies, Compliance, Clients, Consent, Confidentiality, Colleagues, Consulting, Conflicts, Complaints, and Courts. These 11 “C” concepts will be reviewed as the “Core” origins of social work ethics complaints or law suits.

Learning Objectives: Upon completion of this seminar, participants:

1. Will have acquired knowledge of the 11 *C-core* areas of complaints against social work practitioners
2. Will learn ways to apply the 11 *C-core* concepts to an array of practice situations that commonly occur.
3. Will learn ways to apply the 11 *C-core* concepts to practice situations that rarely occur but can be complex and complicated.
4. Will learn strategies to avoid *C-core* situations.

Please note: This workshop qualifies the Maryland Board of Social Work Examiners' 3-hour ethics requirement for license renewal.

Workshop S

Healing Trauma Through Play



Kristian Owens, LCSW-C, RPT, CTP-C

Owner/Therapist, Resilient Child Therapy Institute, LLC

Synopsis: Almost half of the nation's children have experienced at least one type of serious childhood trauma, according to the *National Survey of Children's Health*. This growing statistic requires that mental health professionals be better informed and skilled at using best practice interventions to serve trauma survivors. Trauma is a sensory experience that affects the mind and body; therefore, treatment must include sensory-based interventions to facilitate the healing process. Participants in this experiential

workshop will receive an overview of the physical and mental effects of trauma, and will have the opportunity to interact and play as they practice and learn sensory-based interventions to use with child and adolescent trauma survivors.

Learning Objectives: Upon completion of this workshop, participants will:

1. Learn three ways trauma impacts the mind and body.
2. Be able to identify three benefits of using sensory based interventions to address trauma symptoms in play therapy.
3. Learn and practice at least three sensory-based play therapy interventions to use with child and adolescent trauma survivors.

Workshop T

Hazardous Intersections, Perilous Paths: Profiling Populations Unjustly at Risk

Presenter and Panelists:



James A. Forte, PhD

Professor, Salisbury University, Salisbury



Christen Barbierri

MSW Candidate, Salisbury University



Alexandra Chinn

MSW Candidate, Salisbury University



Arthur Raine,

MSW Candidate, Salisbury University



Jalissa Worthy

MSW Candidate, Salisbury University

Synopsis: Justice is distributed unequally and many social work populations include politically voiceless members with disrespected identities facing barriers to meeting basic needs. This panel will present a framework for identifying injustices increasing the hazards and perils experienced by our at-risk client groups. Students will report on their profiles of *Baltimore's African American School Children*; *Poor Renters in Somers Cove*; *The Homeless at the Beach*; and *Unemployed Young Adults of Color in Somerset*. Additional focus will be on strengths-oriented advocacy and affirming reframing strategies.

Learning Objectives: Upon completion of this intermediate level workshop, participants will:

1. Use a 'profiling injustice' perspective as a guide to assessment of a specific at-risk population.
2. Analyze critically the influence of cultural, economic, and political structures and policies on life chances of at-risk members.
3. Integrate three knowledge sources – client narratives, casual and descriptive research, macro theories of inequality and systems.
4. Create a digital poster summarizing essential elements of a comprehensive profile of a focal at-risk population.

Workshop U

Stigma: In Our Work, In Our Lives



Michael Madsen,

Training Coordinator, On Our Own of Maryland, Inc.

Synopsis: The flagship workshop that grew out of the foundational meetings of the Anti-Stigma Project, this was specifically designed to replicate the knowledge and insights gained through that process. This interactive workshop is designed to reduce stigmatizing behaviors, attitudes, and practices within the mental health and addiction recovery communities. Participants identify stigmatizing behaviors and attitudes and their impact on the design, delivery, and receipt of services, and develop possible solutions and action steps.

Learning Objectives: Upon completion of this workshop, participants will:

1. Obtain an increased awareness of and sensitivity to the issue of stigma.
2. Identify stigmatizing attitudes and behaviors and discuss their impact on the design, delivery, and receipt of services.
3. Examine the impact of stigma on the lives of behavioral health professionals, family members, and peers.
4. Develop possible solutions and action steps.

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Please Note: You will see the price of the conference when you begin the registration process. Price varies for members, non-

members, students, and retired members. You will not be charged until you press the 'PAY' button.