

SOCIAL WORK

BREAKS BARRIERS

2023

**NATIONAL ASSOCIATION OF SOCIAL WORKERS
NORTH CAROLINA**

**VIRTUAL
CLINICAL
SOCIAL WORK
INSTITUTE**

**MAY 8-9, 2023
CONFERENCE
BROCHURE**

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REGISTRATION INFORMATION

The Clinical Social Work Institute offers 1.5-hour workshops for both advanced and beginning clinical social workers. After the conference, attendees will take away valuable knowledge and the skills to implement them. Past attendees have shared that the workshops offered are an enhancement to their practice and areas of specialization.

We will be exploring many new topics and including a track on LGBTQ+ Issues and Gender Affirming Care. The attendees of this conference will be Licensed Clinical Social Workers (LCSWs) from across North Carolina, with others joining in from other states and a few from other countries.



Because NASW-NC staff is working remotely, there may be a delay in processing registrations that are mailed. NASW-NC is not responsible for lost or delayed registrations by mail. For quicker registration and to be sure you meet all deadlines, please register online at www.naswnc.org and pay with a credit card. Payment for registration via check or money order should be made to NASW-NC. Registration will close on May 1, 2023. Conference log-in instructions will be sent by email the week of the conference.

Refunds are NOT available for this conference! As the conference proceedings will be recorded and available to all registrants until June 9 2023, NASW-NC will not be issuing refunds of any kind.



CE CREDIT

Each attendee who participates in the entire live event will receive a transcript of CE reflecting 13 live contact hours of Continuing Education. Of these hours, up to 4 hours are Ethics Continuing Education.

Bonus CE! Receive up to 31 Hours of CE Total!

Sessions from the 2023 NASW-NC Clinical Social Work Institute will be recorded. If you missed a session due to internet outages, etc, or would like to watch additional breakouts, the recorded sessions will be available until June 9, 2023. For these sessions attendees can receive up to 18 additional hours of asynchronous CE. You will receive CE credit for the sessions you attend. The conference platform will track your attendance.

CE TRANSCRIPT ACCESS

Registrants will receive an email on Wednesday, May 10, 2023 with instructions on how to access your final CE transcript for the live hours. For the bonus CE Hours access, instructions will be sent 1 week after the conference. After June 9, 2023, access to the sessions AND transcript will no longer be available. We cannot issue transcripts for this conference after this date. Please print your CE transcript along with saving it on your computer and in a cloud-based service such as OneDrive, Google Drive, or Dropbox.

The North Carolina Social Work Certification and Licensure Board administrative code (<https://ncswboard.org/page/administrative-code.html#.0401>) that governs social work licenses indicates that "Live synchronous audio-video broadcasts allowing for real time interaction between the instructor and participants attending through electronic means shall not be considered distance learning activities";, this means that our event WILL count as in person CE.

VIRTUAL CODE OF CONDUCT

NASW-NC is dedicated to providing a harassment-free experience for everyone, regardless of gender, gender identity and expression, age, sexual orientation, disability, physical appearance, body size, race, ethnicity, religion (or lack thereof), nationality, level of experience or technology choices. We do not tolerate harassment of program participants in any form, nor do we tolerate behavior that would reasonably lead to another participant being made to feel unsafe, insecure, or frightened for their physical or emotional well-being. All communication should be appropriate for a professional audience. Program participants, including stakeholders, violating these rules may be expelled from the program without a refund at the discretion of the conference organizers. By registering for the conference, you are agreeing to follow the code of conduct.



The views and opinions expressed in this program are those of the speaker/s and do not necessarily reflect the views or positions of NASW-NC.

MAIL IN REGISTRATION FORM

First Name: _____ Last Name: _____

Credentials: _____ NASW Membership # _____

Address: _____

**required in order to receive member-only discount.

City: _____ State: _____ Zip: _____

Daytime Phone: (____) _____

Email: _____

** Please include a valid email address as registration confirmations will be sent via email only.

**Because NASW-NC staff is working remotely, there may be a delay in processing registrations that are mailed in. NASW-NC is not responsible for lost or delayed registrations by mail.

**For immediate registration,
please register online at
www.naswnc.org**

If paying by check or money
order, please complete a
registration form and mail it to:

NASW-NC
Attn: NASWNC Conference
PO Box 27582
Raleigh, NC 27611

NASW Members

_____ \$125.00 Full Conference

Not Yet a Member?

_____ \$ 250 Full Conference

Times in Eastern Time Zone

CONFERENCE SESSIONS

MONDAY, MAY 8 SESSIONS

Monday, 8:30am-10:30am, Keynote Address (2 CE Hours)

- ☐ KN1: The Urgency of Affirming Advocacy for Trans and Gender Expansive People

Monday, 11:00am-12:30pm Breakout Sessions (1.5 CE Hours)

Select Only ONE Session from this section.

- ☐ M1: Our voices matter: Upholding the dignity and worth of LGBT older adults through an examination of an interprofessional intervention
- ☐ M2: Supporting the Codependent Client
- ☐ M3: Understanding cultural and generational cycles of domestic violence among Latinos

Monday, 1:30pm -3:00pm Breakout Sessions (1.5 CE Hours)

Select Only ONE Session from this section.

- ☐ M4: Impacts of Spiritual Violence and Religious Abuse on the lives of LGBTQIA+ people: An interdisciplinary reflection
- ☐ M5: A Salve for Burnout: Effects of a Brief Self-Compassion Intervention on Burnout for Behavioral Health Clinicians
- ☐ M6: How To Effectively Manage a Crisis Via Telehealth

Monday 3:30pm-5:00pm, Breakout Sessions (1.5 CE Hours)

Select Only ONE Session from this section.

- ☐ M7: Top 10 Things to Know: LGBTQ+ & School
- ☐ M8: Cognitive Behavioral Therapy Through a Critical Race Lens
- ☐ M9: Let's Talk About Sex (in the Therapy Room)

TUESDAY, MAY 9 SESSIONS

Tuesday, 8:30am-10:00am Breakout Sessions (1.5 CE Hours)

Select Only ONE Session from this section.

- ☐ T1: The Resilience of Connection and Belonging for LGBTQ+ Individuals and Families
- ☐ T2: Cases on Grief Counseling for Mothers Mourning Children Lost To Suicide
- ☐ T3: Psychopharmacology for Social Workers

Tuesday, 10:30am-12:00pm Breakout Sessions (1.5 CE Hours)

Select Only ONE Session from this section.

- ☐ T4: Clinical Social Work Practice Implications on the New Standards of Care by the World Professional Association of Transgender Health [WPATH]
- ☐ T5: Psychotherapeutic Animal Assisted Interventions
- ☐ T6: Avoid Overpathologizing in the Assessment Process

Tuesday, 1:00pm-2:30pm Breakout Sessions (1.5 CE Hours)

Select Only ONE Session from this section.

- ☐ T7: From "outside in" to "inside out": A new, client-centered framework for thinking about gender
- ☐ T8: Assessing and Treating Racial Trauma in Children of Color
- ☐ T9: Nutrition and Mental Health

Tuesday, 3:00pm-5:00pm, Keynote Address (2 CE Hours)

- ☐ KN2: Addressing Social Injustice In Social Work Practice: The Clinical Advocacy Model

NASW-NC CLINICAL SOCIAL WORK INSTITUTE

AGENDA AT A GLANCE

MONDAY, MAY 8, 2023

8:00am-8:30 am: Welcome and Announcements

8:30am-10:30am: Opening Keynote Address (2 CE Hours) **E**

The Urgency of Affirming Advocacy for Trans and Gender Expansive People

10:30am-11:00am: Break

11:00am-12:30pm: Breakout Sessions (1.5 CE Hours)

M1: Our voices matter: Upholding the dignity and worth of LGBT older adults through an examination of an interprofessional intervention

M2: Supporting the Codependent Client

M3: Understanding Cultural and Generational Cycles of Domestic Violence Among Latinos

12:30pm-1:30pm: Lunch Break – Please visit our sponsors & exhibitors in our LIVE Virtual Exhibit Hall!

1:30pm-3:00pm Breakout Sessions (1.5 CE Hours)

M4: Impacts of Spiritual Violence and Religious Abuse on the lives of LGBTQIA+ people: An interdisciplinary reflection

M5: A Salve for Burnout: Effects of a Brief Self-Compassion Intervention on Burnout for Behavioral Health Clinicians

M6: How To Effectively Manage a Crisis Via Telehealth

3:00pm-3:30pm: Break

3:30pm-5:00pm Breakout Sessions (1.5 CE Hours)

M7: Top 10 Things to Know: LGBTQ+ & School

M8: Cognitive Behavioral Therapy Through a Critical Race Lens

M9: Let's Talk About Sex (in the Therapy Room)

TUESDAY, MAY 9, 2023

8:30am-10:00am Breakout Sessions (1.5 CE Hours)

T1: The Resilience of Connection and Belonging for LGBTQ+ Individuals and Families

T2: Cases on Grief Counseling for Mothers Mourning Children Lost To Suicide

T3: Psychopharmacology for Social Workers

10:00am-10:30am: Break

10:30am-12:00pm Breakout Sessions (1.5 CE Hours)

T4: Clinical Social Work Practice Implications on the New Standards of Care by the World Professional Association of Transgender Health [WPATH]

T5: Psychotherapeutic Animal Assisted Interventions

T6: Avoid Overpathologizing in the Assessment Process

12:00pm-1:00pm: Lunch Break – Please visit our sponsors & exhibitors in our LIVE Virtual Exhibit Hall!

1:00pm-2:30pm Breakout Sessions (1.5 CE Hours)

T7: From “outside in” to “inside out”: A new, client-centered framework for thinking about gender

T8: Assessing and Treating Racial Trauma in Children of Color

T9: Nutrition and Mental Health

2:30pm-3:00pm: Break

3:00pm-5:00pm: Closing Keynote Address (2 CE Hours) **E**

Addressing Social Injustice In Social Work Practice: The Clinical Advocacy Model

KEYNOTE SPEAKERS

**OPENING KEYNOTE
MONDAY, MAY 8, 2023
8:30AM-10:30AM ET**

KN1: THE URGENCY OF AFFIRMING ADVOCACY FOR TRANS AND GENDER EXPANSIVE PEOPLE

Lee Westgate MBA, MSW, LCSW-C

Transgender and Gender Expansive individuals possess the unique experience of finding oneself against all odds. With the widening of awareness and interest in serving Transgender and Gender Expansive individuals, there is a need to develop a greater awareness and sensitivity, of the unique challenges that these populations face as well as the ethics of engaging in related advocacy. Our code of ethics insists that we prioritize equity in care, aspire toward cultural humility, and transcend stigma through the recognition of the inherent worth and dignity of people. Additionally, there is a need to recognize the resilience and nuance that exists within and across Transgender and Gender Expansive populations – especially in light of the onslaught of anti-trans legislation aimed at the erasure of trans identities as well as related access to life-saving care. In this presentation, attendees will be provided with thoughtful and authentic insights about the challenges of being, serving, and advocating on behalf of trans and gender expansive communities (2 Ethics CE).

**CLOSING KEYNOTE
TUESDAY, MAY 9, 2023
3:00PM-5:00PM ET**

KN2: ADDRESSING SOCIAL INJUSTICE IN SOCIAL WORK PRACTICE: THE CLINICAL ADVOCACY MODEL

Edith L. Slater DSW, LCSW

The Clinical Advocacy Model is a clinical advocacy framework that places structural inequality at the forefront as real and problematic to mental healthcare. Accordingly, social workers must be taught that social injustices within systems are not aberrations but are prevalent and account for an alarming rate of mental health concerns, especially among non-majority groups, which is why social workers must be prepared. Thus, sensitizing social workers to the mechanisms that drive social inequities is central to the internal conceptualization and external expression of social justice efforts. The Clinical Advocacy Model helps social workers turn key awareness into an analytical skill in order to identify and address client's dual needs for mental health and social justice (2 Ethics CE).

Monday May 8, 2023

11:00AM-12:30PM ET BREAKOUT SESSIONS

01

M1: Our voices matter: Upholding the dignity and worth of LGBT older adults through an examination of an interprofessional intervention

Noell Rowan Ph.D., LCSW, LCAS, CCS;
Stephanie Duea, Ph.D. R.N. & Tamatha Arms, Ph.D., DNP, PMHNP-BC

This presentation will identify health related knowledge and critical issues of older LGBT communities to understand the importance of addressing future social workers and health care providers to enhance quality care for older LGBT adults. We will also summarize the interprofessional approach with an innovative explicit curriculum design with social work and nursing students.

M2: Supporting the Codependent Client

Hayley Kaplan, LCSW

When a codependent individual enters therapy, they may not yet realize their role in the dysfunction. From self-awareness to self-love, recovering from codependency is a healing journey that often requires professional support. As clinicians, we have a unique opportunity to teach and encourage our clients to practice boundaries, internal-validation, reciprocity in relationships, and self-respect. To properly support the codependent client, we must first understand the essence of codependency. Please join me for this educational presentation that encompasses personal and professional expertise as a licensed counselor experienced with codependency.

02

03

M3: Understanding cultural and generational cycles of domestic violence among Latinos

Oleymis Saco, LCSW & Odelaisys Saco, LCMHC

As providers, social workers can reach various groups of people, including Latino families. This presentation will help social workers understand gender roles from a Latino cultural perspective. We will examine how these roles create a male dominated culture, which sometimes turns into what we recognize as domestic violence. We will also examine the struggle of Latino children and youth raised in the United States but are still affected by the cultural cycle of domestic violence.

Monday May 8, 2023

1:30PM-3:00PM ET BREAKOUT SESSIONS

04

M4: Impacts of Spiritual Violence and Religious Abuse on the lives of LGBTQIA+ people: An interdisciplinary reflection

CasSandra Calin, LCSW; Karina Vargas, M.A. & Reverend Alba Onofrio, M. Div.

We will explore the concepts of Spiritual Violence and Religious Abuse; specifically their impact on the lives of LGBTQIA+ people. We will explore the role of history, society, and culture in constructing religious and spiritual beliefs, and vice versa. These sets of social phenomena reinforce each other, positioning them both as normal or natural and preventing us as social science professionals from recognizing their violent impact. Our workshop facilitators are LGBTQIA+ helping professionals and survivors of Spiritual Violence who believe that a better understanding of this overlooked phenomena is critical to a social worker's ethical and competent practice.

M5: A Salve for Burnout: Effects of a Brief Self-Compassion Intervention on Burnout for Behavioral Health Clinicians

Sean Steele, LCSWA

The purpose of this presentation is to inform social workers of the influence of self-compassion training on burnout among behavioral health clinicians. The presentation will go over the present data on burnout and self-compassion, the tenets of self-compassion, how self-compassion works on burnout, and discuss results from doctoral research.

05

06

M6: How To Effectively Manage a Crisis Via Telehealth

Mona Townes LCSW, LCAS, CCS, MAC & Tatenda Perry, MSW, LCSW

The COVID-19 pandemic has negatively affected the majority of Americans' mental health, while also creating new barriers for people to access mental healthcare. To reduce these barriers, organizations have added telehealth to their service lines. However, many clinicians who are now treating clients via telehealth are concerned with properly responding to crisis situations. This session will teach clinicians to recognize warning signs of an impending crisis and identify effective means of addressing a crisis via telehealth, along with creating an individualized crisis plan for new clients. This session will also review behavioral health crisis resources and when to access them.

Monday May 8, 2023

3:30PM-5:00PM ET BREAKOUT SESSIONS

07

M7: Top 10 Things to Know: LGBTQ+ & School

Carol Rodd, LCSW, M.Ed & John Concelman, Manager of Bullying Prevention and LGBT Supports

This interactive session is designed for therapists who are serving LGBTQ+ students and their families. John Concelman and Principal Carol Rodd, LCSW bring a unique perspective and wealth of experiences in helping students navigate the complexities of school. Walk away with resources, tools and information to best equip you as a therapist in best supporting your client in the local school setting. Participants will leave with resources at the local, state and national level.

M8: Cognitive Behavioral Therapy Through a Critical Race Lens

Constance Perkins, LCSW

The presentation will examine the application of critical race theory (CRT) to cognitive behavioral therapy (CBT) using a case study approach. The presentation will explore how the application of CRT can influence therapeutic relationships, assessments, evaluations, clinical conceptualizations, interventions, and treatment planning. The tenets of CRT will be presented to demonstrate their suitability in clinical practice. Racial injury will be explicated and tools for assessing racism-related challenges will be reviewed. Culturally responsive adaptations to CBT will be discussed with attention to various therapy dyads. Research and practice gaps will be examined and adaptations for other therapy interventions will be introduced.

08

09

M9: Let's Talk About Sex (in the Therapy Room)

Aliya Saulson MSW, LCSW

This presentation will provide an introduction of how to talk about sex with psychotherapy clients. The presentation will address the importance of discussing sex in therapy, recognize the cultural context that impacts views of sex, define sex positivity approaches, and review sexual impacts on mental health--all while incorporating a multicultural lens with considerations of people of color and LGBTQIA+ identities. Particular focus will be given to considering the importance of different identities and intersectionality in sexuality. The training will conclude with practical steps to help clinicians more effectively communicate with their clients about sex.

Tuesday May 9, 2023

8:30AM-10:00AM ET BREAKOUT SESSIONS

01

T1: The Resilience of Connection and Belonging for LGBTQ+ Individuals and Families

David McCorkle, LCSW & Tanya Blackford, LCSW, MPH

This workshop will raise awareness on positive and adverse childhood experiences (PACES) as it relates to LGBTQ+ people. This workshop will focus on the need for social connection and belonging of LGBTQ+ people due to the impact of adverse traumatic social and cultural experiences. Resilient factors associated with affirming communities will be discussed alongside practical tools for establishing trauma resilient communities. Examples and stories of partnerships revolving around a resilience framework, harnessing assets on the micro (individual), mezzo (organizational), and macro (community) levels with a focus on interconnectedness will be presented throughout the workshop.

T2: Cases on Grief Counseling for Mothers Mourning Children Lost To Suicide

Laura Albee DSW, LCSW, BCBA, LBA & Julie Piepenbring, Ph.D., LCSW

Mothers are not just caregivers, nurturers, and providers – they identify as their child's primary protector. So, when the protector is unable to prevent harm, and in such cases as suicide avert her child's death, mothers become a likely scapegoat for having failed her most principal role: guardian and chief. Given the overwhelming prevalence of suicide participants will explore casework associated with maternal grief and a child's suicide including factors that influence resiliency and posttraumatic growth. The trappings that catalyze compassion fatigue and postsecondary trauma in clinical practice will be discussed. Ethical considerations and cultural competencies will also be emphasized throughout.

02

03

T3: Psychopharmacology for Social Workers

Tamara Idette Thorn LCSW, DCSW, BCD, ACS, CCS, PA-C, CAQ-PSY

This presentation will provide an overview of the types of psychotropic medications routinely prescribed to clients. Psychopharmacology and its provision should be combined with psychotherapy for maximum improvement in our client's level of functioning. Social workers can better empower our clients when there is an understanding of what can and cannot be achieved with psychotropic medications. In addition, common indications, contraindications, off-label use, and side effects will be discussed.

Tuesday May 9, 2023

10:30AM-12:00PM ET BREAKOUT SESSIONS

04

T4: Clinical Social Work Practice Implications on the New Standards of Care by the World Professional Association of Transgender Health [WPATH]

Clover McKinney LCSW, LCAS & Amber Graham, MD

In this session, attendees will gain insight in the professional recommendations of best practices for transgender and gender diverse (TGD) individuals, learning to navigate systems to help identify a multidisciplinary approach to trans health, understand the scope and need for advocacy to support these treatment options, and gain a general understanding of World Professional Association for Transgender Health (WPATH) recommendations.

T5: Psychotherapeutic Animal Assisted Interventions

Darlene Brace, LCSW LAC ACS

This workshop will present basic principles of animal assisted psychotherapy and discussion on ethics of including animals in clinical work. Participants will learn intervention ideas and how to blend them with therapeutic models.

05

06

T6: Avoid Overpathologizing in the Assessment Process

Alicia Tetteh, LCSW

The assessment of a client is the initial step in the therapeutic process. While case conceptualization is important, the ability to be culturally sensitive and intentional around identifying clinician biases is necessary as well. This workshop aims to encourage clinicians to have an increased awareness around the client being the expert, the integration of their culture and mindfulness of intersectionality in the therapeutic process.

Tuesday May 9, 2023

1:00PM-2:30PM ET BREAKOUT SESSIONS

07

T7: From “outside in” to “inside out”: A new, client-centered framework for thinking about gender

Cate Desjardins Ph.D. (Clinical Social Work), LMSW-C

Gender is typically thought of as something assigned to an individual by others. From our earliest moments, humans are taught to assign gender to others based on external markers. To improve competency in working with gender diverse populations, social workers need a new framework for understanding gender. Derived from the presenter's clinical research and practice, this presentation proposes understanding gender as an intensely subjective experience. This framework allows us to shift from a pathologizing, discriminatory paradigm that centers the clinician's knowing to one that is strengths-based, client-centered, and empowers the individual as the ultimate expert of their own gender.

T8: Assessing and Treating Racial Trauma in Children of Color

April Duncan DSW, LCSW, RPT-S

Children of color are dealing with an extra layer of stressors related to their race and ethnicity that contribute to mental health distress. However, these stressors are often overlooked or misunderstood, resulting in misdiagnosis and ineffective treatment plans. This workshop focuses on developing a racial trauma lens to assess and treat the behaviors of children of color. Psychoeducation on the contributing factors of racial trauma and its clinical presentation in children of color is examined, along with fun, interactive play-based activities that can be used to assess and treat the unique needs of these children and their families.

08

09

T9: Nutrition and Mental Health

Cassandra Whitmore RD, LMNT

Many of us struggled with our mental health during the pandemic, as did our Residents, patients, and clients. However, while mental illnesses and the medications used to treat them can often have an effect on weight and appetite, many clinicians do not feel fully knowledgeable to give great recommendations to cope with these illnesses. We will work to learn more about these illnesses, how they can affect nutrition status, and what we can recommend to help our patients and ourselves.

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North Carolina Addictions Specialist
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LCAS and LCAS-A holders can count the hours earned at Fall Conference towards the addictions license renewal.

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