2024
VIRTUAL CLINICAL SOCIAL WORK INSTITUTE
May 6-7, 2024
NATIONAL ASSOCIATION OF SOCIAL WORKERS
EMPOWERING SOCIAL WORKERS!
Inspiring Action, Leading Change
NATIONAL ASSOCIATION OF SOCIAL WORKERS
NORTH CAROLINA CHAPTER
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>About NASW &amp; Clinical Institute</td>
<td>3</td>
</tr>
<tr>
<td>Conference Agenda At A Glance</td>
<td>4</td>
</tr>
<tr>
<td>Conference Registration and CE Information</td>
<td>5</td>
</tr>
<tr>
<td>Virtual Code of Conduct</td>
<td>6</td>
</tr>
<tr>
<td>Conference Sessions Descriptions</td>
<td>7</td>
</tr>
<tr>
<td>Mail In Registration Form</td>
<td>14</td>
</tr>
<tr>
<td>Conference Sponsors</td>
<td>15</td>
</tr>
</tbody>
</table>
ABOUT NASW

The National Association of Social Workers (NASW) is a membership organization that promotes, develops, and protects the practice of social work and social workers. NASW also seeks to enhance the effective functioning and well-being of individuals, families, and communities through its work and advocacy. The North Carolina Chapter (NASW-NC) is an administrative unit of the National Association of Social Workers which is headquartered in Washington DC. NASW-NC was developed in 1955 and the NC Chapter currently has 6 staff and over 5,000 members.

ABOUT THE CONFERENCE

The virtual NASW-NC Clinical Social Work Institute offers two days of 1.5-hour workshops for both advanced and beginning clinical social workers via Zoom. 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. 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. This year, we will feature a conference track on social work leadership and business development.
MONDAY, MAY 6, 2024

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

8:30am-10:30am: Opening Keynote Address (2 CE Hours)
*What Is Going On With Our World: A Social Work Perspective On The Ongoing Crisis That Mental Health Professionals Face Every Day*

10:30am-11:00am: Break

11:00am-12:30pm: Breakout Sessions (1.5 CE Hours)
- M1: A New Frontier: Social Work & Library Partnerships in North Carolina
- M2: How To Open & Market a Successful Private Practice
- M3: Shattering the Silence: Confronting Racism’s Impact on Mental Health and Advancing Diversity, Equity & Inclusion

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: Social Work In The Space Between - An Imago Perspective
- M5: Integrating AI in Social Work: Extending Services Beyond the Therapy Office
- M6: People, Power, and Change: Informing social work practice through a distributive model of leadership

3:00pm-3:30pm: Break

3:30pm-5:00pm Breakout Sessions (1.5 CE Hours)
- M7: Connecting Hearts: Novel Approaches for Fostering Meaningful Connection in Aging Individuals
- M8: Do No Harm: Navigate Weight Stigma and Build an All Body Practice
- M9: Exploring the Impact of Trauma on Business Performance and Success

TUESDAY, MAY 7, 2024

8:30am-10:00am Breakout Sessions (1.5 CE Hours)
- T1: Veterans and Mental Health: Helping Those Who Served
- T2: Increasing Access to Care for People Living with Chronic Illness
- T3: Using Narrative Therapy When Treating African American Clients Experiencing Workplace Bullying

10:00am-10:30am: Break

10:30am-12:00pm Breakout Sessions (1.5 CE Hours)
- T4: Belonging to Belong: Why Emotional Courage is Required to Support People and Change Systems
- T5: Pivoting Group Practice - Collaborative Community Model
- T6: Electronic and Online Sexual Behavior: But, Wait, The Kids Know More Than We Do!

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: Seeing the Invisible: Supporting Clients in Mixed Orientation Relationships
- T8: Introducing Medical Trauma: When Those Who Treat Traumatize
- T9: Responding to Neighbors with HEART

2:30pm-3:00pm: Break

3:00pm-5:00pm: Closing Keynote Address (2 CE Hours)
*Self-Compassion Amidst Chaos: Balancing Our Internal Pleasers, Critics, and Egos*

Times in Eastern Time Zone
REGISTRATION INFORMATION

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 debit/credit card. Payment for registration via check or money order should be made to NASW-NC. Registration will close on April 30, 2024. Conference log-in instructions will be sent by email the Thursday before the conference.

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

CE CREDIT INFORMATION

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

Bonus CE! Receive up to 31 Hours of CE Total!
Sessions from the virtual 2024 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 7, 2024. 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.

Registrants will receive an email after the conference with instructions on how to access your final CE transcript for the live hours as well as accessing recording sessions for the bonus CE credits.
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 conference are those of the speaker/s and do not necessarily reflect the views or positions of NASW-NC.
This presentation addresses the inherent challenges social workers face in balancing their empathetic nature with improving the relationship with themselves and maintaining healthy boundaries. Participants will explore how their strong desire to help and create space for others can sometimes lead to neglecting their own well-being. By understanding and aligning with their internal drivers, attendees will learn to prioritize self-care practices and set boundaries effectively. Emphasizing the importance of internal validation over external approval, this session aims to empower social workers to create a healthier balance between giving to others and preserving space for themselves.

Anjanette Young, LCSW

This session addresses the persistent crises worldwide, spanning wars, migrant issues, homelessness, mental health, educational challenges, and political upheavals affecting the populations we serve. Social Workers and other helping professionals grapple with navigating this unending cycle, seeking ways to provide optimal support within broken systems. We will discuss and reflect on personal experiences and envision a constructive future for our profession amid these challenges.

Leah Marone, LCSW
Monday, May 6, 2024
11:00AM-12:30PM ET BREAKOUT SESSIONS

M1: A New Frontier: Social Work & Library Partnerships in NC
Breeana Taylor, MSW & Nashe Marshall MSW, LCSWA

Why are more and more libraries hiring social workers? What is a social worker doing in the library? Libraries are radical institutions of free learning and resources, and it is the perfect place to meet people where they are at. In this workshop we will explore the overlap between social work and librarianship, survey current library social work programs across the country, and explore ways to advocate for and engage in social work-library partnerships.

M2: How To Open & Market a Successful Private Practice
Janessa Borges, LCSW

Ever wish someone explained the business basics for therapists who want to start a private practice? When I first opened my practice I had no idea where to start and I had no one to lead me along the way. After 12 years in private practice I have created a system that teaches you how to open, genuinely connect with potential clients, create community and market ethically and effectively without wasting time or money. This presentation was designed for you if you're an overachieving powerhouse, a dreamer and change maker that wants to change the world one person at a time, starting with your own little corner of the world.

M3: Shattering the Silence: Confronting Racisms Impact on Mental Health and Advancing Diversity, Equity & Inclusion
Natalie Gidney-Cole, MSW, LCSW, & Duke Certified Wellness Coach

In this transformative workshop, "Shattering the Silence," join an experienced licensed clinical social worker and racial trauma survivor as we delve into the profound impact of racism on mental health. Gain a deeper awareness and understanding of this critical issue while exploring effective strategies for advancing diversity, equity, and inclusion within the field of social work. Prepare to be inspired and equipped with practical tools to promote healing and create positive change. Don't miss this empowering opportunity for personal and professional growth.
M4: Social Work In The Space Between - An Imago Perspective
Megan Szczepanik, LCSW

In this workshop, we will delve into the core principles of Imago Therapy. Attendees will learn how early childhood experiences shape our expectations of relationships and how unconscious patterns can lead to conflict. This presentation is ideal for social workers who are looking to deepen their understanding of relationship dynamics, enhance their therapeutic toolkit, and support clients in cultivating lasting and fulfilling connections. Whether you work with individuals, couples, or families, the insights gained from Imago Relationship Theory can revolutionize the way you approach relationship counseling and intervention.

M5: Integrating AI in Social Work: Extending Services Beyond the Therapy Office
Renetta Weaver, LCSW, Certified AI Consultant

This workshop explores the intersection of AI and social work, highlighting AI's role in providing comprehensive wraparound services. Attendees will learn about AI's transformative potential in extending care beyond the therapy office, ensuring holistic mental health support. The session includes case studies, ethical considerations, and practical tools for AI integration in social work.

M6: People, Power, and Change: Informing social work practice through a distributive model of leadership
Sarah Chambers, LCSW

Marshall Ganz’s Framework for People, Power, and Change defines leadership as a practice based on accepting responsibility for enabling others to achieve purpose under conditions of uncertainty: identifying, recruiting and developing leadership, building a constituency around that leadership, and transforming the resources of that constituency into the power they need to achieve their purposes. Participants will learn the following 5 objectives to transform their leadership approach in social work practice.
M7: Connecting Hearts: Novel Approaches for Fostering Meaningful Connection in Aging Individuals
Doris Curry, LCSW

This presentation explores innovative strategies to address the pervasive issue of loneliness among aging individuals. Grounded in ethical principles, we’ll delve into the relevance and need of fostering meaningful connections in this population. How to address loneliness with our aging clients using Acceptance and Commitment Therapy, creativity, playfulness, and spirituality will be explained. This will be an experiential workshop, and participants will have the opportunity to participate in an interactive creative activity. Supplies needed: paper and any of the following: crayons, pastels, markers, colored pencils, gel pens. No worries if you don’t have these on hand. You can still participate!

M8: Do No Harm: Navigate Weight Stigma and Build an All body Practice
Julie Fanning DSW, LCSW

Participants will learn about the myths of weight and health and the implicit and unconscious bias individuals have toward people of size. Information on size inclusiveness in practices, harmful interactions with clients and the framework of anti-oppression size advocacy. Learners will be provided ideas and tools to fight fat stigma and discrimination and personal weight bias. Weight stigma leads to health inequity, poor mental health and physical health outcomes. Weight stigma is a social justice issue with vulnerable and minority populations being even more adversely impacted.

M9: Exploring the Impact of Trauma on Business Performance and Success
Nikiki Stovall, LCSWA

This workshop will delve into the often overlooked intersection of trauma and its effects on professional environments. The workshop aims to create awareness and understanding among participants regarding the profound influence trauma can have on individuals within the workplace and, consequently, on overall business performance.
T1: Veterans and Mental Health: Helping Those Who Served

Fred Stone PhD, LCSW & Rachel Foster PhD, LCSW

This presentation will provide attendees with a comprehensive understanding of military culture and its impact on veterans' mental health and help-seeking attitudes. It will explore the underlying causes of these mental health issues and the barriers to help-seeking. The presentation will conclude with potential solutions to veterans' mental health challenges and provide a model to better understand the steps to help-seeking.

T2: Increasing Access to Care for People Living with Chronic Illness

Luke Hirst, LCSWA

This workshop will focus on equipping clinical social workers with the knowledge and skills necessary to create a more inclusive and supportive healthcare environment for clients with chronic illnesses. With a focus on cultural humility and collaborative care, we will explore practical strategies to effect change through the physical spaces we inhabit, the emotional spaces we create, and the advocacy we engage in. The workshop will also address social workers' self-care, recognizing the emotional impact of this work.

T3: Using Narrative Therapy When Treating African American Clients Experiencing Workplace Bullying

Shanika Wilson, DSW & Quincy Dinnerson, DSW

This presentation will examine the prevalence of workplace bullying, detail forms of bullying many African Americans face within different arenas, and examine how clinicians can utilize narrative therapy when working with their African American clients who are grappling with such experiences.
T4: Belonging to Belong: Why Emotional Courage is Required to Support People and Change Systems

Tre Cabrera MRP, MSW

This interactive experience is built exclusively for leaders and professionals, across sectors and industries, who care deeply about revolutionizing their influence in organizational culture-building. People want cultures that prioritize belonging; and leaders have a core responsibility to champion the workplace culture and amplify how the organization empowers its people to thrive through values.

T5: Pivoting Group Practice - Collaborative Community Model

Jennifer Cobb, LCSW

You’re a private practice owner who values giving back, balance, wellness, and nurturing others. You’ve been practicing in your own practice for a couple of years and you’re feeling the pull to create a group private practice. You strongly value a collaborative team approach, seeing your employees as equals who bring value to the whole and desire to nurture them for the long haul. You despise hierarchical systems, a discipline-based style of leadership, and a scarcity mindset. You value diversity, different voices, and perspectives, and creating an environment where folks feel safe, supported, and able to learn from each other all with the larger goal of being able to provide high-quality clinical services to the larger community. You know what you DON’T want in a group practice but you’re not sure what you DO want. Let me share my model and guide you through some exploration to begin to create a values-based group practice.

T6: Electronic and Online Sexual Behavior: But, Wait, The Kids Know More Than We Do!

Jessica Hubbard MSW, LCSW & Nikki Croteau-Johnson MA, LPA

Electronic and online sexual behavior has become increasingly more critical to understand and address in children and adolescents. Our society’s reliance on and 24-hour access to social networking and media means that children are regularly exposed to mature content and sexual themes. This presentation will explore the pathways by which youth encounter sexual media online and the subsequent effects on their social and emotional health. The presenters will also introduce various therapeutic techniques to address online problematic sexual behavior.
T7: Seeing the Invisible: Supporting Clients in Mixed Orientation Relationships

Ceara Corry MPA, MSW, LCSW

Defined by the presence of different sexual orientations between partners, e.g. one heterosexual partner and one bisexual partner, Mixed orientation relationships (MOR) may experience unique challenges that impact relationship satisfaction, family dynamics, and individual well-being. Social workers practice in a variety of settings where they may encounter MOR including as therapists, in medical settings, or in family-serving organizations. This presentation will introduce participants to ways they can improve inclusivity and support for mixed orientation relationships.

T8: Introducing Medical Trauma: When Those Who Treat Traumatize

Bre Crisp, MSW, LCSW, CCTP, MTIP

It’s more important to recognize that from our earliest years of childhood of going to a pediatrician, dentist, or any other provider we were taught to comply. We are conditioned that the patient is not the expert in the room. Through this presentation audience members will be able to engage in self-reflection, learn and apply new terms, and most importantly begin to recognize medical trauma in their own lives and the lives of their patients/clients and their agencies.

T9: Responding to Neighbors with HEART

Abena Bediako, LCSW & Jessica Laube, LCSW

In 2021, the City of Durham, North Carolina created a new department, Community Safety (HEART), which launched 4 new crisis response pilots in 2022. These programs include a clinician who is embedded in a 911 call center, an unarmed response team, a co-response team, and a follow-up unit. This department aims to connect people experiencing mental health crises or quality of life concerns with the right care by sending new responses that better match residents’ needs. This workshop will discuss the steps taken to develop and implement a new alternative response program in your city. We will also assess Durham’s 4 programs, with a specific focus on the role of mental health providers in the first responder role.
CONFERENCE SESSIONS

MONDAY, MAY 6 SESSIONS

Monday, 8:30am-10:30am, Keynote Address (2 CE Hours)
☐ KN1: What Is Going On With Our World: A Social Work Perspective On The Ongoing Crisis That Mental Health Professionals Face Every Day

Monday, 11:00am-12:30pm Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
☐ M1: A New Frontier: Social Work & Library Partnerships in North Carolina
☐ M2: How To Open & Market a Successful Private Practice
☐ M3: Shattering the Silence: Confronting Racism’s Impact on Mental Health and Advancing Diversity, Equity & Inclusion

Monday, 1:30pm -3:00pm Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
☐ M4: Social Work In The Space Between - An Imago Perspective
☐ M5: Integrating AI in Social Work: Extending Services Beyond the Therapy Office
☐ M6: People, Power, and Change: Informing social work practice through a distributive model of leadership

Monday 3:30pm-5:00pm, Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
☐ M7: Connecting Hearts: Novel Approaches for Fostering Meaningful Connection in Aging Individuals
☐ M8: Do No Harm: Navigate Weight Stigma and Build an All Body Practice
☐ M9: Exploring the Impact of Trauma on Business Performance and Success

TUESDAY, MAY 7 SESSIONS

Tuesday, 8:30am-10:00am Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
☐ T1: Veterans and Mental Health: Helping Those Who Served
☐ T2: Increasing Access to Care for People Living with Chronic Illness
☐ T3: Using Narrative Therapy When Treating African American Clients Experiencing Workplace Bullying

Tuesday, 10:30am-12:00pm Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
☐ T4: Belonging to Belong: Why Emotional Courage is Required to Support People and Change Systems
☐ T5: Pivoting Group Practice - Collaborative Community Model
☐ T6: Electronic and Online Sexual Behavior: But, Wait, The Kids Know More Than We Do!

Tuesday, 1:00pm-2:30pm Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
☐ T7: Seeing the Invisible: Supporting Clients in Mixed Orientation Relationships
☐ T8: Introducing Medical Trauma: When Those Who Treat Traumatize
☐ T9: Responding to Neighbors with HEART

Tuesday, 3:00pm-5:00pm, Keynote Address (2 CE Hours)
☐ KN2: Self-Compassion Amidst Chaos: Balancing Our Internal Pleasers, Critics, and Egos
2024 CONFERENCE SPONSORS

SILVER SPONSORS

Holly Hill Hospital

UNC School of Social Work

EXHIBITORS

Relay

North Carolina Therapy Professionals

Magellan Federal