

2019

COUNSELING, SOCIAL WORK, MARRIAGE and FAMILY THERAPY, CHEMICAL DEPENDENCY, and PSYCHOLOGY CONTINUING EDUCATION WORKSHOPS

For full course descriptions, instructor information and to register, go to:

<http://sites.jcu.edu/ce/pages/counseling-workshops/>

Cost: \$25/hour. \$22.50/hour for alumni. \$25/course for students.

Refunds are given in form of a workshop credit for up to one year.

Each workshop satisfies 3 CE hours or 3 NBCC hours unless otherwise noted.

Workshops are held in the Dolan Science Center Room 202-203 unless otherwise noted.

John Carroll University offers free, convenient, and close parking!

Title	Date(s)	Meeting Time
<p>The Re-Emergence of Crack Cocaine in the Wake of the Opiate Epidemic <i>3 CE hours or 3 NBCC hours</i> OPA: 3 hours OCSWMFT: 3 hours OCDP: (C2 – Counseling Procedures & Strategies with Addicted Populations 2 hours and C6 – Pharmacology 1 hour) OR R1 – Field Related Other 3 hours Martina Moore, Ph.D., LPCC-S, LICDC-CS</p>	Friday 1/25/2019	9:00 a.m. – 12:15 p.m.
<p>Group Supervision: Effective, Efficient and Challenging OPA: 3 hours OCSWMFT: Supervision 3 hours OCDP: S6 – Supervision Specific Other 3 hours OR R1 – Field Related Other 3 hours Paula J. Britton, Ph.D., LPCC-S</p>	Friday 2/15/2019	9:00 a.m. – 12:00 p.m.
<p>Resolving Ethical Questions & Ethical Dilemmas: A Structured Approach OPA: Ethics, Cultural Competency, and Professional Conduct 3 hours OCSWMFT: Ethics 3 hours OCDP: C9 – Legal & Ethical Issues in Counseling 3 hours OR P7 – Ethics for Prevention 3 hours Cecile Brennan, Ph.D., LPCC-S</p>	Friday 3/22/2019	9:00 a.m. – 12:00 p.m.
<p>Fundamentals of Solo Practice OPA: 3 hours OCSWMFT: 3 hours OCDP: S5 – Administration 3 hours OR P3 – Communication 3 hours Scott Zimmerman, J.D., M.B.A. Tom Rogat, Psy.D., M.B.A.</p>	Friday 5/3/2019	1:00 p.m. – 4:00 p.m. Dolan Science Center Room Dolan East 241

John Carroll University Office of Continuing Education is an approved provider for the Ohio Counselor, Social Worker, and Marriage and Family Therapists Board (Provider #RCS030604 and #RTX091802.) John Carroll University is approved by NBCC as an Approved Continuing Education Provider (ACEP Number 4064.) John Carroll University is approved by the Ohio Psychological Association Office of Mandatory Continuing Education to offer continuing education for psychologists. John Carroll University [tax id: 00PO-340714681] maintains responsibility for the program. Participating Ohio psychologists' signatures are required on the day of the class. John Carroll University is an approved course provider for the Ohio Chemical Dependency Professionals Board (50-21692.)



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The Re-Emergence of Crack Cocaine in the Wake of the Opiate Epidemic

In the wake of the opioid epidemic we have begun to see a re-surge of crack cocaine. Some experts are predicting that we will encounter a catastrophic collision between opiates and cocaine. This workshop will review both drugs, opiates which is a central nervous system depressant and cocaine which is a central nervous system stimulant. We will review the chemical makeup of both drugs, and how these drugs affect the body, physiologically and psychologically. We will also cover the increase in combining these two drugs and the introduction of fentanyl upon both. Best treatment practices for both substances will be introduced and treatment methods for ongoing recovery.

- 9:00 Review of cocaine, opiates and how the body responds both physically and psychologically
- 10:00 Break
- 10:15 The recovery process for opiates and cocaine and the interaction complications
- 11:00 Evidence-based treatment approaches and levels of care appropriate for cocaine and opiate users

By the end of this workshop, attendees will be able to:

1. Understand the chemical makeup of opiates and cocaine and how the body responds to both physically and psychologically.
2. Understand the interaction of both drugs and the effects on the recovery process.
3. Articulate specific, evidence-based treatment methods for both substances.

Martina Moore, Ph.D., LPCC-S, LICDC-CS holds a Ph.D. in counseling, education, and supervision. She is the President and CEO of Moore Counseling & Mediation Services, Inc., (MCMS). This organization has seven outpatient alcohol and drug treatment centers in Northeast, Ohio. MCMS is also an employee assistance provider (EAP) for many local and national organizations. Dr. Moore and her team started along with Judge Marilyn Cassidy, the first Human Trafficking court in Northeast, Ohio. This program has successfully touched the lives of over 100 human trafficking victims. Her agency is also the provider for four City of Cleveland specialized dockets. Including drug court, mental health court, veterans court, and human trafficking.

Dr. Moore is faculty at John Carroll University and an instructor at The Gestalt Institute of Cleveland. Dr. Moore is on the board of directors for Serving and Learning Together (SALT), a non-profit organization where she works on philanthropic activities to provide services such as building dispensaries, schools, and libraries in under developed countries. In August of 2017 and 2018, Dr. Moore traveled to Ho Chi Minh City, Vietnam where she taught students and psychology professionals treatment methods for the substance use disorder population.

Group Supervision: Effective, Efficient and Challenging

This workshop will provide an overview of the group supervision process. Several different models will be introduced, and participants will apply different approaches, including an adaptation of reflecting team supervision. The ethical issues involved in group supervision and group supervision contracts will be addressed. In a small group format a "game" will be played, which encourages participants to consider how they would handle different group supervision scenarios, and case studies that highlight ethical issues will be discussed, including possible ways to manage the challenges. Cases include ethical issues in the supervision of family therapy and addiction professionals. The workshop is both didactic and experiential.

- 9:00 Introduction to Group Supervision (lecture)
- 10:00 Application of group supervision technique
- 10:30 Supervision Game
- 11:00 Case discussions

Workshop Objectives:

1. Participants will learn about the specific types of supervision groups; their benefits and challenges.
2. Participants will be given an opportunity to practice different group supervision models with emphasis on multiple perspectives.
3. Participants will learn and discuss complexities of providing group supervision and apply this learning to case examples.

Paula J. Britton, Ph.D., LPCC-S has been a professor of Clinical Mental Health Counseling at John Carroll University (JCU.) for 26 years. She is a licensed psychologist and a PCC-S, with over twenty years of diverse clinical experience including an administrator and supervisor in a family service agency, a project director of a large research grant and maintains a small private practice. She has given over 100 local, state, and national professional presentations and workshops in the areas of supervision and ethics as well as numerous publications. Currently, she is a supervisor of: Master level therapists in private practice, Doctoral Interns for Clinical Mental Health Counseling, and Practicum/Internship students in Clinical Mental Health Counseling Program at JCU.

Resolving Ethical Questions & Ethical Dilemmas: A Structured Approach

This workshop will present a template to be used when confronted with an ethical question or ethical dilemma. Participants will first be guided through the use of the template. Then they will be presented with the opportunity to implement the template in response to a number of cases. Finally, participants will use the template to resolve questions or concerns that have arisen in their own clinical practice.

- 9:00 Review of common ethical questions and ethical dilemmas
- 9:45 Description of the ethical decision-making process
- 10:00 Application of ethical decision-making template
- 11:30 Summary and Q & A

Upon completion of the workshop participants will be able to:

1. Distinguish between an ethical question and an ethical dilemma.
2. Consult relevant sources in order to gather data which will inform the decision-making process.
3. Apply a decision-making model in order to resolve ethical dilemmas.
4. 9:00-10:00 Review the ethical codes of mental health professions with special attention to the code for addiction counselors. Particular attention will be placed on the role of personal values and the importance of considering cultural issues.

Cecile Brennan, Ph.D., LPCC-S is a licensed professional clinical counselor with a supervisory designation, a counselor educator and a clinician in private practice. She is currently an Associate Professor in the Department of Counseling at John Carroll University. During her time at John Carroll, she developed a certificate program in Spiritual Wellness & Counseling. Dr. Brennan's primary areas of scholarly inquiry are counseling ethics, the interface of spirituality and counseling, and the socio-cultural context of mental dysfunction.

Dr. Brennan has been active in a number of professional organizations and regularly presents at local, state and national counseling conferences. In addition, she has written a number of scholarly articles and book chapters. Prior to her present position at John

Carroll University, she taught in the Art Therapy & Counseling Program at Ursuline College and has worked as a high school teacher and counselor.

Fundamentals of Solo Practice

Understanding the basics of starting and operating a successful solo practice is critical before making the decision to go on your own. We will walk through who a solo practice is right for, what to do now to start preparing yourself and your practice, key contract provisions to look out for, how to generate new business, how technology can help you and HIPAA compliance.

- 1:00 Introduction to solo practice – key factors to weigh in deciding what’s right for you; How to get started, including entity formation, basic administrative tasks; Know what service providers to work with and when to engage them
- 2:00 Key clauses to look for in your employment contracts; Developing your Brand and Ways to Market Successfully
- 3:00 How technology can improve your efficiency; How to select the right technology; Understanding the basics of HIPAA compliance in a solo office

Upon completion of the workshop, participants will be able to:

1. Understand how risk, autonomy, and compensation factor in to a decision to pursue a solo vs employed career;
2. Prepare themselves today by establishing and developing their own brand, start asking the right questions from their peers, and work towards a solo career;
3. Know what key clauses to look for in their employment contracts and understand the potential impact they may have when it comes time to leave;
4. Identify and cultivate channels for developing new business once they are independent;
5. Define requirements for technology solutions; and
6. Understand the basics of HIPAA compliance in a solo office.

Scott Zimmerman, J.D., M.B.A. is the Founder & CEO of Nexis Wellness, co-working spaces for health and wellness practitioners and agencies. Prior to launching Nexis, Scott was Head of Real Estate Portfolio Management – Europe, Middle East, and Africa for Thomson Reuters, based in London. He was previously a management consultant at Deloitte Consulting and Alvarez & Marsal, both based in New York. Earlier in his career, Scott spent time at Yahoo!, Progressive Insurance, and Cushman & Wakefield. Scott serves on the Board of Directors at Montefiore, a nonprofit organization that offers healthcare services to seniors, and he co-chairs its Strategic Planning and Shining Star Committees. He is the Treasurer and has a joint appointment for Jewish Family Service Association of Cleveland, Jewish Federation of Cleveland, & Jewish Community Housing – HUD Properties Board of Directors. He is also on the Board of Trustees for Bellefaire JCB, one of the nation’s largest, most experienced child service agencies providing a variety of behavioral health, substance abuse, education and prevention services. He is a member of the Technology Committee for the Jewish Federation of Cleveland. Scott also is on the Advisory Board for mTreatment, a healthcare technology startup based in Denver Colorado.

Scott earned his Juris Doctor and Master of Business Administration from The Ohio State University, and his Bachelor of Business Administration from Ohio University. He is a member of the New York Bar Association, a licensed real estate broker in New York State, and a licensed real estate salesperson in Ohio.

He lives in Cleveland, Ohio, with his wife Sarah, sons Marc and Brad, and their dog Rex.

Tom Rogat, Psy.D., M.B.A. has worked in a variety of clinical settings over the past 15 years, including private practice, residential treatment, and government and community mental health clinics. He has experience helping clients from a wide range of demographic and cultural backgrounds. He fulfilled my pre-doctoral internship at the Berkeley Therapy Institute in Berkeley, California, and his post-doctoral residency at Western Psychological and Counseling Services in Portland, Oregon. He has served as a clinical supervisor to social workers, marriage and family therapists, and pre-doctoral psychology interns. Prior to his career as a psychologist he spent eleven years in sales and marketing and earned an MBA, giving him a direct appreciation for many of the challenges a business career can hold.