

FALL 2019

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

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. Please note that if you register at the student rate of \$25 for a course, no certificate will be issued for continuing education hours

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

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

Title	Date(s)	Meeting Time
Ethical Considerations in Couples and Marital Therapy 4 CE hours or 4 NBCC hours <i>OPA: Ethics, Cultural Competency, and Professional Conduct 4 hours</i> <i>OCSWMFT #20-724556: Ethics 4 hours</i> <i>OCDP #20-724556: (C5 – Relationship Counseling with Addicted Populations 2 hours and C9 – Legal & Ethical Issues in Counseling 2 hours) OR S1 – Counselor Development 4 hours OR P7 – Ethics for Prevention 4 hours</i> Christine Elliott, Ph.D.	Friday 9/6/2019	8:30 a.m. – 12:45 p.m.
Ethical Overview and the Ethics of Counseling Children and Adolescents <i>OPA: Ethics, Cultural Competency, and Professional Conduct 3 hours</i> <i>OCSWMFT #20-724570: Ethics 3 hours</i> <i>OCDP #20-724570: C9 – Legal & Ethical Issues in Counseling 3 hours OR S2 – Professional and Ethical Standards OR P7 – Ethics for Prevention 3 hours</i> Cecile Brennan, Ph.D., LPCC-S	Friday 9/20/2019	9:00 a.m. – 12:00 p.m.
Sex Trafficking 101: What Mental Health Counselors Need To Know <i>OCSWMFT #20-724592: 3 hours</i> Stacey Diane A. Litam, Ph.D., LPCC, CCMHC	Friday 10/25/2019	9:00 a.m. – 12:30 p.m.
The Neurobiology of Storytelling: How Stories Heal <i>OPA: 3 hours</i> <i>OCSWMFT #20-724594: 3 hours</i> <i>OCDP #20-724594: C2 – Counseling Procedures & Strategies with Addicted Populations 3 hours OR R1 – Field Related Other 3 hours</i> Amy Frankel, Ph.D., LPCC-S Paula J. Britton, Ph.D., LPCC-S	Friday 11/1/2019	9:00 a.m. – 12:15 p.m.

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.)

Ethical Considerations in Couples and Marital Therapy

When working with couples, a number of ethical considerations can arise for clinicians. These range from the need for clear informed consent, to confidentiality issues, to being prepared to respond to legal requests. This seminar will address these issues, and will prepare therapists to handle the frequent ethical dilemmas involved in the work of addressing both partners' needs as well as strengthening the relationships.

8:30 Informed Consent, Documentation

9:30 Multiple Relationships, Confidentiality

10:30 Break

10:45 Separation, Divorce, Interaction with Legal System

11:30 Child Custody, Shared Parenting

12:15 Competencies for Couples Therapists, Therapeutic Pitfalls

12:45 Adjourn

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

1. Identify the specific informed consent, confidentiality, and risk management issues involved in couples and marital therapy
2. Address the welfare and best interests of both members of the couple in psychotherapy
3. Apply the ethical obligation to balance safety concerns with those of sustaining and improving the relationship
4. Demonstrate knowledge of best practices in confronting marital separation, divorce, child custody, and shared parenting

Christine Elliott, Ph.D. is a Licensed Psychologist with more than 25 years of experience as a clinician in private practice and public mental health settings. She earned her Ph.D. in Clinical Psychology from Case Western Reserve University. She currently is appointed as a Lecturer in the Department of Counseling at John Carroll University, having taught the "Holiness and Wholeness" course Spring 2016. As an Assistant Adjunct Professor in the Department of Psychological Sciences at Case Western Reserve University, she teaches graduate Clinical Psychology students how to integrate spirituality into clinical practice. Dr. Elliott regularly leads training seminars for counselors at Cleveland State University, EMERGE Counseling, MetroHealth Medical Center, and the Stephen Ministries Training Program. She is a frequent leader for educational support groups which address spiritual and emotional needs, including bereavement, divorce recovery, marital enrichment, and domestic violence. Dr. Elliott is active on the Board of Trustees of The City Mission, at Dress for Success Cleveland, and other agencies which seek to transform compassionate values into service to the community.

Dr. Elliott's clinical expertise focuses on several areas: on bringing the spiritual and religious aspects of clients' lives into active utilization as a resource in psychotherapy, working with clients with backgrounds of trauma and abuse, and couples and marital therapy. Her extensive years of experience in individual, couples and family therapy helps her to blend cutting-edge knowledge of clinical psychology with an embracing of the power that spirituality can add to the process of psychotherapy.

Ethical Overview and the Ethics of Counseling Children and Adolescents

This workshop will present an overview of important ethical concepts and principles. It will then review those concepts with specific attention given to working with children and adolescents. Finally, participants will be provided an opportunity to apply what they have learned by using a decision-making model to resolve difficult cases.

9:00 Review of Core Ethical Concepts and Principles

10:00 Application of Ethical Concepts and Principles to Work with Children and Adolescents

11:00 Use of Decision-Making Strategies with Cases and Ethical Dilemmas

11:45 Questions and Wrap-up

12:00 Adjourn

Workshop Objectives:

1. Participants will review major ethical concepts and principles common to helping professionals.
2. Participants will address the application of these principles to work with children and adolescents.
3. Participants will implement a decision-making process when confronted with a difficult case or ethical dilemma.

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 retired from John Carroll University in 2019 as an associate professor. During her time at John Carroll she was the first chair of the newly established Department of Counseling, developed a certificate program in Spiritual Wellness & Counseling and helped establish the substance-use disorder concentration

and certificate program. 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 is 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 position at John Carroll University, she taught in the Art Therapy & Counseling Program at Ursuline College and had earlier worked as a high school teacher and counselor.

Sex Trafficking 101: What Mental Health Counselors Need To Know

Modern day slavery, also known as human sex trafficking, currently occurs at a rate that is 10 times greater than the trans-Atlantic slave trade in the 19th century. The International Labour Organization estimated 4.5 million people are sex trafficked globally, with over 3,000 reported U.S. cases in 2014. A 2010 study conducted by the Ohio Attorney General estimated that more than 1,000 Ohio minors become victims of sex trafficking annually. It is therefore essential that counseling students, professional counselors, and individuals in the helping profession become educated on the prevalence, cycle, and signs of a trafficked individual. What are some indications that a client has been, or is currently being trafficked? Which counseling interventions are trauma-informed and evidence-based? This interactive workshop provides valuable information regarding the history, definition, prevalence, and clinical implications of providing counseling services with sex trafficked survivors. Attendees will also be engaged through active discussions of relevant case studies.

9:00: History, Definition, and Vulnerability Factors

10:30 Break

10:45 Treatment Implications

11:45 Break

12:00 Best Practices for Sex Trafficking Survivors

12:30 Adjourn

Workshop Objectives:

1. Attendees will develop a deeper understanding of the rate and prevalence of human sex trafficking on state, national, and global levels.
2. Attendees will learn to identify signs of a trafficked client.
3. Attendees will process, discuss, and understand the methods through which persons become trafficked.
4. Attendees will obtain helpful resources to better support sex trafficking survivors.
5. Attendees will learn and discuss the clinical implications (i.e., presenting concerns, co-occurring disorders, barriers to treatment, etc.) associated with providing mental health services with sex trafficking survivors.
6. Attendees will develop a stronger conceptualization of how trafficked clients may present within counseling, school, and hospital settings.
7. Attendees will learn evidence-based treatment methods applicable for counseling sex trafficking clients.

Stacey Diane A. Litam, Ph.D., LPCC, CCMHC is a licensed professional clinical counselor (LPCC) in the state of Ohio and a nationally certified clinical mental health counselor (CCMHC). Dr. Litam is an Assistant Professor in Cleveland State University's counselor education program in Cleveland, Ohio.

Dr. Litam has experience providing clinical counseling within agency, college, and community mental health settings. She currently works as an LPCC at a Northeast Ohio agency where she serves survivors of sex trafficking, persons with substance use disorders, and LGBTQ+ clients. She is a researcher, educator, and social justice advocate on topics related to human trafficking, human sexuality, and the phenomenological experiences of individuals with intersecting marginalized identities.

Dr. Litam has facilitated over 50 state, national, and international presentations on topics related to sex trafficking and human sexuality.

The Neurobiology of Storytelling: How Stories Heal

From the time that humans first gathered together they used storytelling to entertain as well as to teach. This workshop, intended for school and clinical counselors, provides participants with an overview of the use of storytelling in clinical work and how stories can help heal. It includes an overview of current brain research that suggests how stories can change the brain. Participants will have an opportunity to both experience the impact of stories as well as "try out" the use of storytelling in a therapeutic manner.

- 9:00 Introduction and Small Group Activity: Why Stories are a Cultural Necessity
- 9:30 The Neurobiology of Stories: PPT and Lecture
- 10:00 Review of Current Research
- 10:15 Break
- 10:30 Specific Brain Changes, Mirror Neurons
- 11:00 Creating Your Own Therapeutic Stories: Group Experiential
- 12:15 Adjourn

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

1. Demonstrate an understanding of the cultural and psychological aspects of stories
2. Verbalize the specific ways in which stories impact the brain
3. Demonstrate the skills to create and to use therapeutic stories with clients

Amy Frankel, Ph.D., LPCC-S has a doctorate in Counselor Education from the University of Akron, is a PCC-S, and has been practicing in private practice at Akron Family Institute for over 30 years as an outpatient therapist. She has experience in treating adolescents, adults and family systems. Her clinical competencies include mindfulness, trauma, emotional regulation, brain functioning and body process. She is an author of a middle grade fantasy designed to be used in both clinical and educational settings. *The Land across the Stream* is the story of 12 year old Emily who learns to use mindfulness and emotional regulation to find her way through a turbulent time. The book will be incorporated into the presentation as an example of how stories help heal.

Paula J. Britton, Ph.D., LPCC-S is a professor in the Clinical Mental Health Counseling Program at John Carroll University. She is a licensed psychologist and a PCC-S, with over twenty years of diverse clinical experience. Along with being a full professor, she works in private practice treating adults and couples. She is an experienced workshop presenter and has given over 100 local, state, and national professional presentations and workshops.

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