

California State University Northridge

COLLEGE OF EDUCATION
DEPARTMENT OF EDUCATIONAL PSYCHOLOGY & COUNSELING
CENTERS IN EDUCATIONAL PSYCHOLOGY & COUNSELING
WORKSHOPS PROGRAM
DIANA CASTLE, M.S. & HEIDI KWOK, M.S., MFT
18111 NORDHOFF STREET
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(818) 677-2549

<http://www.csun.edu/~epcwksnp>

TO:

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California State University Northridge

CONTINUING EDUCATION SEMINARS

PRESENTING SEMINARS SINCE 1980

COLLEGE OF EDUCATION

EDUCATIONAL PSYCHOLOGY & COUNSELING

WORKSHOPS PROGRAM

SPRING 2005 WORKSHOPS

- * Aging & Long Term Care
- * Child Abuse: Identification, Assessment, Intervention & TX
 - * Clinician's Workshop in Child Therapy
 - * Domestic Violence Counseling Strategies: From Resistance to Real Change
 - * Keeping Clients with Multiple Problems Motivated & Engaged in Brief Therapy
- * New Solutions to Depression and Anxiety: Incorporating Relationship & Somatic Perspectives
 - * Psychopharmacology for Therapists
- * Psychotherapy, Mindfulness & the Contemplative Path
 - * Success & Abundance with Emotional Freedom Technique (EFT)
- * The Story Wants Healing: Writer's Tools for Therapists
- * What's So Good About Bad Feelings? A Mindful Journey into the Depths of Your Body

****CONTINUING EDUCATION IS APPROVED BY****

We provide affordable quality continuing education and training to the professional community of licensed MFTs, LCSWs, Teachers, Interns, Trainees & other mental health professionals. We are an approved provider (#PCE 306) for mandatory continuing education credits for MFTs & LCSWs requiring CEUs for license renewals by the Board of Behavioral Sciences. Conference attendees who complete all required evaluations and attendance documentation are eligible to receive the number of contact hours for workshop(s) attended. This program is open to professionals and advanced students in health-related fields and is not suitable for the general public.

Spring 2005

REGISTRATION FORM

	<i>AMOUNT</i>
Aging & Long Term Care	\$ _____
Child Abuse: Identification, Assessment, Intervention & Treatment	\$ _____
Clinician's Workshop in Child Therapy	\$ _____
Domestic Violence Counseling Strategies: From Resistance to...	\$ _____
Keeping Clients with Multiple Problems Motivated & Engaged in Brief...	\$ _____
New Solutions to Depression and Anxiety: Incorporating Relationship...	\$ _____
Psychopharmacology for Therapists	\$ _____
Psychotherapy, Mindfulness & the Contemplative Path	\$ _____
Success & Abundance with Emotional Freedom Technique (EFT)	\$ _____
The Story Wants Healing: Writer's Tools for Therapists	\$ _____
What's So Good About Bad Feelings? A Mindful Journey into the...	\$ _____
\$ _____ PAYMENT ENCLOSED CHECK NUMBER _____	

MAKE CHECKS PAYABLE TO: UNIVERSITY CORPORATION

COMPLETE REGISTRATION, INCLUDE FEES AND MAIL TO:

California State University, Northridge
C/O Workshops Program – College of Education (EPC Dept.)
18111 Nordhoff Street Northridge, CA. 91330-8265

Name: _____

CSUN Student ID#: _____ Lic/Reg # _____

Street: _____

City: _____ State: _____ Zip: _____

Tel: (days) _____ (evenings) _____

REGISTRATION INFORMATION:

Category	Ω 4-hour session postmarked 14 days prior to event	There After	Ψ 6-hour or 7-hour session postmarked 14 days prior to event	There After
CSUN STUDENTS WITH LD.	\$55	\$65	\$75	\$85
CSUN-MFT A/SN *	\$60	\$70	\$80	\$90
ALL OTHERS	\$65	\$75	\$85	\$95

* Current paid CSUN-MFT A/SN members only.

Ψ 6-hour or 7-hour Workshops only.

Ω The cost of two 4-hour workshops does not equal one 6-hour or 7-hour workshop price.

CANCELLATION POLICY

Requests must be in writing. Refunds are available providing cancellations are received in writing 10 days prior to the scheduled start date of the workshop. A processing fee of \$20.00 will be charged for all refunds. Enrollees who fail to provide 10 days written notice prior to the scheduled start date of the workshop will be assessed the full amount of the registration fee.

WANT A CONFIRMATION? – PLEASE CALL 818-677-2549

PLEASE REGISTER EARLY!

Courses with insufficient enrollment may be cancelled 10 days prior to start date. Enrollees will receive a full refund. When there is limited seating, registration is offered on a first-come-first-serve basis.

FOOD SERVICES:

Brown bag lunch is recommended, as there are no food services available on campus during the weekends, local restaurants also an option.

SPECIAL NEEDS REQUESTS:

The Workshops Program strives to meet the special needs of continuing education attendees. Please submit requests prior to workshop at 818-677-2549 or diana.castle@csun.edu. Please leave a detailed message regarding your request.

PARKING PERMIT REQUIRED

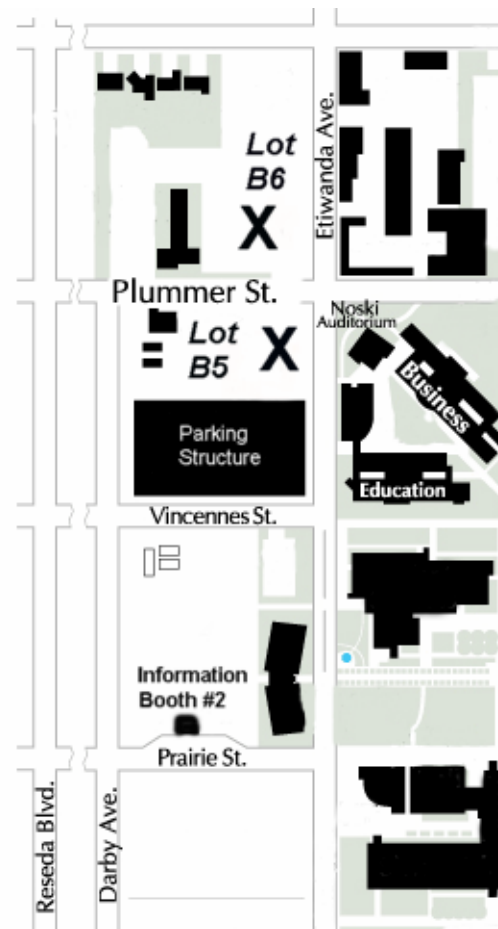
Parking on campus requires a valid CSUN parking permit purchased on day of workshop. The parking permit must be clearly visible from outside of the vehicle at all times while parked on campus.

Please place it on the dashboard at the lower left corner of the windshield (driver side).

Parking information and daily parking permits may be purchased at **Information Booth #2** located on Prairie Street off Darby.

Daily parking permits are only valid in **student parking lots B5 and B6** (entrances located off Plummer St.). Daily Parking Permits cost \$4.00.

Please call 818-677-2549 if you need information.



**DOMESTIC VIOLENCE COUNSELING STRATEGIES:
FROM RESISTANCE TO REAL CHANGE**

Sunday, March 6 9:00 a.m. – 5:00 p.m. Room# Educ. 1214 BBS Approved \ 7 CEUs

This full day workshop will cover the definitions, characteristics and legal aspects of working with domestic violence and anger management cases. The intake procedures, contracts, therapeutic process, and specific counseling strategies will be reviewed in detail. Scott will present a set of vignettes of case examples with proven effective solutions. Participants will take away tips on safety issues, legal and ethical concerns, and counseling strategies. The impact of family violence on partners and children will be addressed. An overview of the exclusive 52-week treatment book used at Cornerstone (approved by Ventura County Probation Department) will be covered. Group dynamics and specific details on how to run groups with mandated adult clients will be explained. Scott will review common challenges, misperceptions and barriers to successful interventions when working with these volatile and deceptive cases. This is vital training for mental health, law enforcement and education professionals. This workshop meets the requirement for MFTs or MFT interns who started their MS degree in 1995. It also meets the requirement for CEUs for Probation Approved treatment providers of Domestic Violence Counseling in California. This training meets the BBS requirements for a one time continuing education course in domestic violence for license renewal (see SB 564 for more information).

PRESENTER: SCOTT BARRELLA, MS, MFT

Scott Barrella, MS, MFT is a licensed marriage and family therapist, CSUN instructor, and trainer of anger management and family violence courses. He is the Director and Domestic Violence Treatment Specialist at Cornerstone Counseling Center. Cornerstone is approved by the Ventura County Probation Department to offer batterers treatment. Over the past twelve years, he has created three court-approved domestic violence centers and authored a lesson book for counseling batterers. He developed and implemented the first Domestic Violence counseling program for inmates in Ventura County jails. Scott has presented throughout the state to over 2500 participants receiving excellent reviews and has now presented at the past two CAMFT conferences. He has been an expert resource for NBC Dateline, Daily News, Ventura Star, LA Times and the Oprah Winfrey Show.

THE STORY WANTS HEALING: WRITER'S TOOLS FOR THERAPISTS

Saturday, March 12 1:00 p.m. – 5:00 p.m. Room# Educ. 1214 BBS Approved \ 4 CEUs

All stories are based on a very simple foundation: Protagonist – Desire – Conflict. The Protagonist has a desire (goal) and something is thwarting him/her from the attainment of that goal. Clients are the Protagonists in their own lives and they enter therapy with the same dynamic: Something is preventing them from getting where they want to go, from being who they want to be. Great writers have always understood the psychology of the characters they create and they each have a toolkit of techniques to bring those characters to life. Those same techniques that writers utilize to create stories full of meaning and emotional resolution can be used not only to bring greater personal insight to the therapist and his/her work, but also to aid clients in greater self-awareness, emotional growth and conflict resolution.

PRESENTER: KRISTA MICHAELS, MA, MFT

Krista Michaels, M.A., MFT, is a licensed psychotherapist who has worked with screenwriters and novelists for over 25 years. She has a B.A. in Theatre & Film, and attended UCLA's film certificate program before obtaining her M.A. in Marriage & Family Therapy. A writer herself, she was a story editor and script consultant, and she has taught classes for screenwriters and novelists at Learning Tree University and, most recently, at CSUN's College of Extended Learning, including "Psyching Out Your Characters," a course designed to deepen writers' understanding of psychology in creating characters, and "Storying: The Writer & The Work," a class that encouraged the writer's personal growth as well as the story's evolution. She also teaches private seminars and workshops.

CHILD ABUSE: IDENTIFICATION, ASSESSMENT, INTERVENTION & TREATMENT

Sunday, March 13 9:00 a.m. – 5:00 p.m. Room# Noski Auditorium BBS Approved \ 7 CEUs

This course will provide an overview of the subject of child abuse prevention, identification, intervention and treatment as well as a historical perspective of the problem of child abuse and society's response. It will define and describe the different types of abuse, the dynamics involved, and the short and long term effects. It will differentiate between intrafamilial and extrafamilial abuse. It will discuss the process of identification and assessment and provide discussion of effective treatment, including innovative models of intervention as well as specific therapeutic techniques. It will offer information about the child protective services systems response to child abuse and the legal obligations for reporting child abuse by mandated reporters, issues of confidentiality, and privilege. The class will emphasize the need for collaboration between service providers working with families where abuse has occurred and provide information on resources available to families in the community as well as educational and professional resources available to professionals working in the field.

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PRESENTER: MICHELLE LINDEN CHARNOFSKY, Ph.D.

Michelle Linden Charnofsky, Ph.D., MFT is a licensed Psychologist. She obtained her doctorate from UCLA. Additionally, she received her master's degree from California State University, Northridge where she taught courses in Clinical Psychology, Educational Psychology and Counseling as well as Elementary Education. Additionally, she has taught courses at California State University, Dominguez Hills for many years and is Senior Director of the Children's Institute. She is currently working as a Clinical Director for New Horizon Family Center.

PSYCHOPHARMACOLOGY FOR THERAPISTS

Saturday, March 19 9:00 a.m. – 5:00 p.m. Room# Educ 1214 BBS Approved \ 7 CEUs

This course will provide licensed therapists with a working knowledge of psychopharmacological management of mental disorders in order to facilitate the ability, as non-medical psychotherapists, to understand and help monitor client responses to medication. The workshop will provide a brief overview of neurobiology and will include a discussion of how medications are administered, absorbed, distributed, metabolized, and excreted. Participants will be introduced to the different classes of psychopharmaceuticals used to treat psychological disorders: antidepressants, mood stabilizers, anti-anxiety medications, antipsychotics, psychostimulants, and herbal remedies. Side-effect profiles will also be discussed. The workshop will enable professionals to utilize the therapeutic relationship to help educate clients and their families about the medications that have been prescribed and to work as an effective treatment team member with the prescribing physician.

PRESENTER: BARBARA FARBER, Ph.D.

Barbara Farber, Ph.D. has been a specialist in the treatment of trauma-based disorders for the past 24 years. A member of the Associate Faculty at CSUN, Dr. Farber also served as Clinical Director of the Rape and Sexual Abuse Center of Ventura County and the Dissociative Disorders Treatment Program at Charter Hospital, Thousand Oaks. She is a CAMFT Certified Supervisor and has experience supervising in agency, hospital, private practice and academic settings. A frequent lecturer and provider of professional training, Dr. Farber offers consultation and supervision to professionals nationwide and is the author of numerous papers. Psychodynamically trained, Dr. Farber is currently serving as a Subject Matter Expert for the Board of Behavioral Sciences and has maintained a private practice in Westlake Village since 1979.

**NEW SOLUTIONS TO DEPRESSION AND ANXIETY: INCORPORATING
RELATIONSHIP, EVOLUTIONARY AND SOMATIC PERSPECTIVES**

Saturday, April 2 9:00 p.m. – 5:00 p.m. Room# Educ. 1214 BBS Approved \ 7 CEUs

Depression—and related disorders including anxiety, PTSD and chronic pain—make up a significant part of most therapists' case load. This 8-hour symposium presents a revolutionary theoretical and practical framework for enabling clients to obtain lasting relief from depression. It is based on the presenters' highly-acclaimed new book *Creating Optimism: A Seven-Step Program for Overcoming Depression* (McGraw-Hill, Feb 04) and their successful international Uplift Program (www.upliftprogram.com) sponsored by the University of South Florida. Discover the real social, neurological and familial causes of the depression spectrum and unique and proven techniques for helping clients create supportive, healing connections to other people, nature, their bodies and spirituality. Topics include: practical applications of evolutionary psychology; new and effective methods for identifying and overcoming childhood trauma and negative programming; unique needs-based relationship tools; Feldenkrais-type movement lessons, and foolproof strategies for preventing and healing practitioner burnout.

PRESENTERS: BOB MURRAY, Ph.D., AND ALICIA FORTINBERRY, M.S.

Dr. Bob Murray, psychologist, and Alicia Fortinberry, psychotherapist and Feldenkrais Practitioner, are internationally recognized experts in depression and relationships. As originators of the Fortinberry Murray Method and the Uplift Program (www.upliftprogram.com), they have trained health professionals at major universities and teaching hospitals, including Duke University Medical Center, Tufts University Medical Center and JFK University. Best-selling authors and dynamic speakers, they appear on national television and consult for Fortune 500 companies.

**KEEPING CLIENTS WITH MULTIPLE PROBLEMS
MOTIVATED & ENGAGED IN BRIEF THERAPY**

Saturday, April 9 1:00 p.m. – 5:00 p.m. Room# Educ. 1214 BBS/APT Approved \ 4 CEUs

Lynne Azpeitia, M.A., Licensed Marriage & Family Therapist and AAMFT Approved Supervisor has been sharing her secrets for success with therapists, businesses and clients for more than 15 years. A popular speaker and workshop presenter she is known for her practical and useful therapeutic advice as well as for her ground-breaking coaching and psychotherapy work with Gifted, Talented and Creative Persons. A frequent consultant to business and industry, Lynne enjoys providing innovative approaches, smart strategies and strategic solutions to the challenges, demands and negotiating stances that organizational life presents today.

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PRESENTER: LYNNE AZPEITIA, MA, MFT

Helping clients who have multiple problems, struggles and crises to improve their lives and thrive despite difficulties and lack of resources is one of the most challenging situations a therapist can face in today's world. This 4 hour workshop will provide practical tools and useful interventions for successfully engaging and motivating multi-problem individuals, couples and families in brief therapy. Learn the skills, strategies and solutions you can use to motivate clients to show up, maintain attendance and consistently pay attention in session. Find out how you can manage countertransference, avoid burnout and prevent premature termination. Participants will leave with practical tips and techniques for creating and maintaining an effective therapeutic environment as well as how to deal with resistance, family conflicts, acting out behaviors and keeping order in session. Join us as we explore how to skillfully guide multi-problem clients to improve their lives and accomplish their goals through learning and practice. Case scenarios, group discussion and interactive exercises included.

AGING AND LONG TERM CARE

Saturday, April 9 8:30 a.m. – 12:30 p.m. Room# Educ. 1214 BBS Approved \ 4 CEUs

As our lifespan continues to increase we have more opportunity to assume different roles and responsibilities that we may not be prepared for. Seniors find themselves caring for handicapped children, children without parents in the home, or even caretaking their own aged parents. Therapists and professionals find themselves increasingly challenged by the needs of seniors today. In order to provide appropriate service to seniors, therapists are mandated to become aware of this population's special needs. Who are "the aged?" What makes coping with their needs unique from the coping strategies used with other younger clients? What barriers must we, as therapists, overcome to establish a good transference relationship with these aged clients who may have never before experienced a therapeutic alliance? These are some of the questions that we will address as we include the following topics in our exploration:

Unique considerations and demographics of the aged; Multi-variant loss, a pervasive theme throughout the aging process, and how individual and group therapy can counteract the many losses encountered during aging; Seniors at risk and common cognitive disorders; Therapeutic themes and interventions; Long-term care options, case management services, and referrals.

PRESENTER: ELAINE SEGAL, LCSW

Elaine Segal has provided in-service training, supervision, and case presentations for professionals, interns, and volunteers. Most recently she presented a class that satisfied the requirements for L.C.S.W. licensure, entitled: "Older Adults and Groups; Special Considerations". Ms. Segal was also a presenter at Mission College. She facilitates a mothers' and fathers' group as well as provides individual and family psychotherapy in her clinical position at a senior center. She received both B.A. and M.S.W. degrees from UCLA.

CLINICIAN'S WORKSHOP IN CHILD THERAPY

Sunday, April 10 1:00 p.m. – 5:00 p.m. Room# Educ. 1214 BBS/APT Approved \ 4 CEUs

This entertaining hands-on workshop will present a practical theoretical rationale combined with methods and techniques that will help therapists meet the emotional and growth needs of children. You will finish the day with an effective way to treat children regardless of their diagnosis. Topics will include: play therapy and art therapy techniques, whether or not to interpret behavior, using a developmental perspective to create a therapeutic environment, three characteristics of children in treatment that will help focus your therapeutic goals, two ways to quickly put parents back in control and three universal treatment goals for children.

PRESENTER: ROBIN SCOTT WALKER, MS, MFT

Robin Scott Walker is President of the L.A. chapter of the CA. Association for Play Therapy. He has been providing psychotherapy to children, adolescents & their families since 1985. He brings to his work a comprehensive understanding of the developmental stages that comprise not only childhood, but also the entire lifespan. Also an artist, Robin brings his knowledge of the creative process to his therapeutic techniques. Additionally he has provided art therapy to "at-risk" children & adult men in recovery as part of the Art Education Program at the Union Rescue Mission in L.A., "and provided art therapy training for the UCLA Hammer Museum. His notable collectors include Composer Danny Elfman, singer/songwriter Tom Waits, and Charter Hospital.

PSYCHOTHERAPY, MINDFULNESS AND THE CONTEMPLATIVE PATH

Saturday, April 16 1:00 p.m. – 5:00 p.m. Room# Educ. 1214 BBS Approved \ 4 CEUs

This experiential and didactic workshop draws on Eastern & Western Contemplative Perspectives as well as Mind-Body Medicine innovations. Topics include: 1) How Mindfulness and Contemplative methods and can cultivate essential clinical qualities in a therapist; 2) The healing relationship as "Deep Practice"; 3) Applications for meditative awareness with: mood disorders, OCD, compulsions/addictions, chronic pain, stress, etc; 4) Integrating mindfulness with systems theory, psychodynamic, cognitive-behavioral & transpersonal perspectives. Methods include guided meditations, experiential practicing, text readings and discussion.

PRESENTER: JEROME J. FRONT, MA, MFT

Jerome J. Front is in private practice in Studio City. He is an experienced leader of innovative training workshops and retreats, and teaches meditation. He is an Adjunct Faculty member in the Graduate School of Clinical Psychology at Pepperdine University, and is also a consultant to major corporations on using meditative perspectives for wellness. Jerome leads a CEU Weekend Retreat each May at the Esalen Institute in Big Sur called the "Eating, Food and Body/Self" Retreat.

SUCCESS AND ABUNDANCE WITH EMOTIONAL FREEDOM TECHNIQUE (EFT)

Saturday, April 23 1:00 p.m. – 5:00 p.m. Room# Educ. 1214 BBS Approved \ 4 CEUs

If you are tired of not having enough money, time, love or success, then this is the workshop for you. Learn to use the new energy tapping psychotherapy, Emotional Freedom Technique, based on acupuncture meridians. Results often are achieved much more rapidly than was previously possible and are long lasting. Then apply EFT to every area of your life so you can attract the abundance and success you want by vibrating magnetically to reach your goals. Anyone can use EFT effectively and immediately. Learn how to attract financial abundance, claim personal and professional success, and live a prosperous life full of love, passion, joy and gratitude. There is enough for everyone and you, as well as your clients, deserve to have all that you want while you enjoy every minute of your life. In this exciting energy tapping class you will:

Learn a short form of EFT, Explore the 4 Step Success Process, Practice EFT on your limiting beliefs, Practice the basic protocol with pain and addictive cravings, Learn to apply EFT with your clients, Understand how to use EFT with any issue

PRESENTER: HELAINE HARRIS, MA, MFT

Helaine Harris has practiced psychotherapy and led seminars since 1980. Creator of An Awakening Process™- a blending of traditional and alternative psychotherapies including Reichian breathing and bodywork, hypnosis, Gestalt, meditation, EMDR, TFT, EFT, and shamanism. She specializes in relationship issues, empowerment, addictions, and survivors of physical and sexual abuse. She is an award-winning poet and author of *Are You in Love with a Vampire? Healing the Relationship Drain Game*. She is a part of the Red Cross Disaster Mental Health Team since 1995. Helaine has been the Educational Director for the Association of Comprehensive Energy Psychology (ACEP) and has appeared on NBC, ABC and KCBS Special Assignment

**WHAT'S SO GOOD ABOUT BAD FEELINGS?
A MINDFUL JOURNEY INTO THE DEPTHS OF YOUR BODY**

Saturday, April 23 8:30 a.m. – 12:30 p.m. Room# Educ. 1214 BBS Approved \ 4 CEUs

We label our emotions as "good" or "bad." Yet, we don't say other parts of us are "good" or "bad". Is my arm "bad" when it hurts? Making the judgment that emotions are "bad" puts us in a vulnerable position. We want to minimize, deny, explain, or somehow distance ourselves from them. In the face of feeling endangered by our feelings human beings have an automatic response to fight, flee, or freeze. But, emotions themselves are not dangerous. They are energy in motion. This energy provides an opportunity for us to transform our past false beliefs or "landmines" into "goldmines". All we have to do is "listen" in a "compassionate" way to what we have been trained to turn away from. Accepting everything about ourselves provides an opportunity for personal growth and compassion for ourselves and others that is profound. There is a Wisdom inside each of us that is unique. It provides information that is different than making a logical decision based on past learning. And, it is in everyone, all the time. All we have to do is learn to "listen" mindfully.

PRESENTERS: JUDITH MORTON FRASER, MFT, AND JULIE BRAMS PRUDEAUS, MA, MFT

Judith Morton Fraser MFT has been giving workshops and retreats in the Los Angeles Area for the past 20 years. She combines Focusing and other creative processes in a unique way. Judith is also an actress and a writer. She has appeared in over 30 television shows and seven films. Her writing includes therapeutic articles for psychology oriented newsletters and short stories have been published by the Los Angeles Times and Simon and Schuster. As a therapist she works with individuals, couples and families.

Julie Brams Prudeaus, MA, MFT is a therapist and writer currently working in the San Fernando Valley where she has been helping people improve their lives for the past twelve years. In addition to her private practice, she conducts workshops and groups on topics such as creating meaningful work, women and money, healing trauma and loss, and deepening inner wisdom. Her experience in mindfulness meditation and Reiki healing adds to her therapeutic skill and enables her to help clients access their unique inner rhythms. She enjoys being outdoors exploring the natural world with her daughter, her husband and their very energetic dog.

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