Friday, January 25, 2013
Geriatric Mental Health Tool Box: Legal Aspects of Providing Geriatric Care
Presenters: Andrea Elliott, RN, BSN; Dawn Johns, MS; Catherine Drummond, JD
8:30 am – 11:45 am
(8:00 am Check-in & Continental Breakfast) Fee: $49.00
Location: Brook Lane Community Room

Legal knowledge is an important component of providing optimal care for the geriatric population. This seminar will address various legal concerns for both the professional care provider and the older individual. The influence of mental health disorders, aging issues, family dynamics and other complicating factors on the decision-making process will be discussed. Program will conclude with a “self-audit” of the clinician’s tool box of effective strategies and interventions for ensuring quality geriatric mental health care.

Friday, February 22, 2013
Working with Children and Adolescents to Manage Anger Effectively
Presenter: Dr. David Leaman
8:30 am – 11:45 am
(8:00 am Check-in & Continental Breakfast) Fee: $49.00
Location: Brook Lane Community Room

This seminar will examine the rising occurrence of violent outbursts among today’s youth. The program will present a systematic approach to the management of anger using a variety of cognitive-behavioral strategies. Attendees will have an opportunity to learn about their own anger and develop practical skills for helping youth express anger constructively.

Friday, March 8, 2013
Inside the Mind of the Predator/Psychopath: Personality, Assessment, Treatment
Presenter: Fred Nastri, MA, LPC, LCPC
8:30 am - 4:00 pm
(8:00 am Check-in & Continental Breakfast) Fee: $99.00
Location: Mount St. Mary’s, Frederick Conference Center

If you missed the 2012 *Inside the Mind of a Predator* series, this is your chance to get both seminars in one day. Discussion will include predatory personality traits, diagnostic criteria, assessment of the risk of violence, intervention techniques and treatment options. Case studies of infamous predators will be presented.

Friday, March 22, 2013
Anxiety Disorders in Children & Adults
Presenters: Angela Dumitrache, MD; Lynn Dutrow, LCPC
8:30 am – 11:45 am
(8:00 am Check-in & Continental Breakfast) Fee: $49.00
Location: Brook Lane Community Room

Anxiety disorders are the most common mental illnesses among children and adolescents. NIMH reports that about 8% of teens ages 13-18 have an anxiety disorder. Lifetime prevalence is over 25% for ages 13 to 18 with nearly 6% having severe anxiety disorder. This three hour seminar will discuss signs and symptoms, diagnostic criteria and evidence-based treatment options.

Friday, April 12, 2013
Clinical and Pastoral Counseling Seminar:
Helping Survivors of Rape and Sexual Trauma
Presenters: Dr. David Leaman; Barbara J. Rundle, MBA; Pastor George Rundle
8:30 am – 4:00 pm
(8:00 am Check-in & Continental Breakfast)
Location: Grace Community Church, Frederick, MD Fee: $89.00
Clinical Mental Health Providers Fee (6 CEUs): $99.00
Pastors Fee (no CEUs): $30.00

This unique spiritually-based seminar is designed to assist clinicians and pastoral counselors in developing therapeutic strategies for victims of rape. The workshop will delineate psychological damages from rape and phases of therapeutic recovery. Information will be presented jointly by the therapist, the client and the client’s husband.

Friday, April 26, 2013
Eating Disorders: Interventions & Treatment
Presenter: Susan Corley, LCSW-C
8:00 am – 12:15 pm
(7:30 am Check-in & Continental Breakfast)
Location: Brook Lane Community Room Fee: $59.00

This four-hour seminar will address the major types of eating disorders, emotional factors that predispose individuals to eating disorders, health concerns, interventions and treatment and provide practical information that clinicians can incorporate in their practice. Discussion will include the impact of co-morbid disorders and their influence on treatment. Practical strategies will be presented to help clinicians develop treatment plans, in conjunction with clients, for optimal outcome.

Friday, May 17, 2013
In Recognition of Mental Health Month
Stuff: Compulsive Hoarding and the Meaning of Things
Held in collaboration with Mental Health Authority
8:30 am – 4:00 pm
(7:30 am Check-in & Continental Breakfast)
Location: Dimensions Fee: $99.00

Seminar fee includes continental breakfast and lunch!

Randy O. Frost, PhD., Professor of Psychology at Smith College, Northampton, MA, and co-author of several books on hoarding, including *Compulsive Hoarding and Acquiring: Therapist Guide*, will present a therapeutic model for the treatment of hoarding behaviors, emotional attachments and distorted beliefs about possessions. Assessment of the severity of the hoarding problem and its associated mood and cognitive features will be covered. Intervention strategies will include ways to enhance motivation for change, establishing goals for treatment, increasing problem-solving and organizing skills, changing beliefs about possessions and emotional parting from possessions. Potential roles for family members and friends as “coaches” will be described, along with strategies for helping to prevent future hoarding behaviors. Discussion will also include the proposed inclusion of hoarding as a distinct disorder in DSM-V.

For a complete program description, visit Brook Lane’s web site - www.brooklane.org
Tuesday, June 18, 2013
Psychological Trauma: Evidence-based Intervention Techniques
Jointly provided with Martinsburg VA Medical Center
8:30 am – 4:00 pm
(8:00 am Check-in & Continental Breakfast) (6 hours)
Location: Shepherdstown Clarion Inn Fee: $ 99.00

This seminar will present evidence-based intervention techniques for the prevention, response and recovery from the psychological impact of a traumatic event. Discussion will include the contribution of the military in the development of early interventions that help prevent the progression from an Acute Stress Reaction to Acute Stress Disorder to Post Traumatic Stress Disorder. Interventions to be discussed include: Cognitive Behavior Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectal Behavior Therapy (DBT), Interpersonal Therapy, Psychodynamic Therapy, Motivational Interviewing (MI) and pharmacological treatment options.

Two Dates to Choose From:
Friday, September 13 or
Friday September 27, 2013
Topics on Ethics, Law, Professional Boundaries and Risk Management
Presenter: J. Emmet Burke, PhD, JD
8:30 am – 11:45 am
(8:00 am Check-in & Continental Breakfast) (3 hours)
Location: Brook Lane Community Room Fee: $ 59.00

This seminar will provide 3 hours of continuing education in ethics, law, professional conduct and risk management to satisfy Maryland licensure requirements for social workers and psychologists. The topic of the seminar will be announced as we get closer to the program date. Periodically visit the Continuing Education Events page on www.brooklane.org for the announcement and promotional flyer.

Friday, October 18, 2013
Mood Disorders & Neurodegenerative Diseases
Jointly provided by Meritus Health and Brook Lane
8:30 am – 4:00 pm
(8:00 am Check-in & Continental Breakfast) (6 hours)
Location: Robinwood Professional Ctr, Rm 142 Fee: $ 89.00
Meritus Health Staff: Fee: $ 69.00

Patients with neurodegenerative diseases often have co-occurring mental health disorders. This seminar will present an overview of several neurodegenerative disorders and provide practical information to help care providers recognize, understand and intervene with the mental health issues that accompany the neurodegenerative diseases.

Friday, November 15, 2013
Suicide: Developmental Aspects Across the Life Span
Presenter: Michael Shea, EdD, LCSW-C
8:30 am – 11:45 am
(8:00 am Check-in & Continental Breakfast) (3 hours)
Location: Brook Lane Community Room Fee: $ 49.00

Suicide is the 10th leading cause of death in the U.S. In 2012, more than 8 million adults reported having serious thoughts of suicide within the past year; 2.5 million reported making a suicide plan. This seminar will address current statistics/trends and examine developmental aspects across the life spans that contribute to suicidal behavior. Discussion will also include the rise of suicide among the military. Emphasis will be placed on recognizing the warning signs and assessment tools for determining suicidal risk factors.

Friday, December 6, 2013
The Holiday Blues Workshop
Co-provided with Hospice of Washington County
8:30 am – 11:45 am
(8:00 am Check-in & Continental Breakfast) (3 hours)
Location: Brook Lane Community Room Fee: $ 49.00

For many, the holidays are a time for gathering with friends and family enjoying festive parties, shopping and laughter. But for some, the holidays bring feelings of sadness and anxiety that can be hard to shake. The holidays can be particularly difficult for those who are already suffering from mental health disorders. This workshop will address the holiday blues and focus on tangible interventions to help clients cope with the added stress the holidays often bring.

Many of our seminars are funded in part by the William B. and Sylvia A. Hunsberger Fund.

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