



2020 Continuing Education

Friday, January 31, 2020

Creative Ways to Incorporate Play in the Therapeutic Process

Presenter: Terri Lancaster, LCPC, NCC, RPT-S
8:30 am – 11:45 am
(8:00 am check-in & continental breakfast) (3 hours)
Location: Beaver Creek Country Club Fee: \$ 79.00

This hands-on workshop will explore numerous ways in which play therapy strategies can be incorporated in the therapeutic process, providing children with the opportunity to present and resolve psychosocial difficulties. Terri Lancaster is a registered play therapist supervisor and has over 25 years of experience in the field. She will share strategies and techniques for using play with children and families in a variety of settings.

Friday, February 28, 2020

Incorporating Complementary and Alternative Medicine in Mental Health Treatment

Presenter: Angela Dumitrache, MD, CMHIMP
Certified Mental Health Integrative Medicine Provider
8:30 am – 11:45 am
(8:00 am check-in & continental breakfast) (3 hours)
Location: Beaver Creek Country Club Fee: \$ 79.00

This seminar will discuss the benefits of incorporating complementary and alternative approaches with traditional psychotherapy and medication treatment for a variety of mental conditions. Discussion will include life-style modifications, physical activity, relaxation and stress reduction techniques, diet, supplemental vitamins and minerals, and how these approaches can play a significant role in healing and recovery. Specific supplemental vitamins and minerals and their beneficial nature will be covered in detail.

In Recognition of Social Work Month

Friday, March 13, 2020

Frederick

The Trauma of Sexual Abuse

Presenter: Veronica Cruz, LCSW-C, clinical and forensic social worker specializing in trauma, crisis intervention, addiction and working with diverse ethnic groups
8:30 am – 3:45 pm (6 hours)
(8:00 am check-in & continental breakfast, lunch provided)
Location: The ARC at Market Street in Frederick Fee: \$ 119.00

This seminar will explore the trauma of sexual abuse from a systems and clinical perspective. Issues to be covered include victim and offender typologies, cultural differences and competency, mental health effects, addictions, gender differences and treatment modalities. Participants will learn the importance of exploring sexual trauma and the diverse components that are integral for effective treatment delivery. The presenter is a bi-cultural forensic social worker specialized in criminal defense mitigation, dual diagnosis, crisis intervention, addictions, trauma, and working with diverse ethnic groups. This is an interactive workshop where case vignettes will be presented and participants will work in a group setting.

Friday, March 27, 2020

DBT Skills for Working with Parents: Helping Parents Learn to Structure a Healthy Environment

Presenter: Pat Harvey, LCSW-C, ACSW
8:00 am – 12:15 pm
(7:30 am check-in & continental breakfast) (4 hours)
Location: Beaver Creek Country Club Fee: \$ 89.00

Parenting children with emotional difficulties or mental illness can be very challenging. This clinical workshop is focused on parents and is designed to provide clinicians with effective tools and skills to engage parents and teach them how to emotionally regulate their own reactions within the cycle of parent-child interactions while also parenting strategically and effectively. Topics include recognizing, understanding, and managing emotions and behaviors, developing effective responses, parenting decision making, mindfulness and other skills and helping parents to establish a healthy environment.

Wednesday, April 1, 2020

32nd Annual Child Welfare Workshop

Our Children, Our Community
8:00 am – 3:15 pm
(7:15 am check-in & continental breakfast) (5 hours)
Location: Historic Maryland Theater Fee: \$69.00

This collaborative event will provide a variety of topics designed to provide current, practical and meaningful information for individuals who work with Our Children in Our Community. Collaborating agencies: Big Brothers Big Sisters of Washington County; Brook Lane; Cedar Ridge Children's Home & School, Inc; Meritus Behavioral Health Services; Potomac Case Management; The Mental Health Center of Western Maryland; Washington County Dept. of Social Services; Washington County Health Dept.; Washington County Mental Health Authority and Washington County Public Schools.

In Recognition of Mental Health Awareness Month

Friday, May 22, 2020

Effective Interventions for First Episode Psychosis

Presenters: Katy Rinehimer, LCPC, Maxwell Wolcott, LCSW-C, Early Psychosis Intervention Clinic (EPIC), Johns Hopkins; Peter Phalen, PsyD, Pamela Rakhshan Rouhakhtar, MA, UMBC

8:30 am – 3:45 pm (6 hours)
(8:00 am check-in & continental breakfast, lunch provided)
Location: Beaver Creek Country Club Fee: \$119.00

Early intervention in psychosis is a clinical approach for treating individuals experiencing symptoms for the first time. This seminar will discuss the importance of recognizing the early signs of psychoses to be able to determine the most appropriate treatment in the shortest amount of time. Assessment, intervention and comprehensive, immediate treatment to stabilize and reduce psychotic symptoms will be covered. Several evidence-based treatment options will be presented. The importance of involving family/caregivers in treatment will also be discussed.

2020 Brook Lane Continuing Education Seminars

For a complete program description (when available) visit: www.brooklane.org

Wednesday, June 10, 2020

Youth Suicide Intervention Strategies

Presenter: Mary R. Cwik, PhD, Johns Hopkins Bloomberg School of Public Health

8:30 am – 11:45 am (3 hours)
(8:00 am check-in & continental breakfast, lunch provided)
Location: Beaver Creek Country Club Fee: \$79.00

This training will focus on a multi-tiered approach to suicide prevention, ranging from early identification to interventions for youth. Discussion will include an overview of current data and empirical literature on prevention strategies and assessment tools. Attendees will learn how to effectively implement safety planning and other techniques specific to suicidal clients.

Friday, September 11, 2020

Annual Clinical, Legal & Ethical Issues Seminar

Lead presenter: Dr. J. Emmet Burke, PhD, JD

8:30 am – 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)
Location: Beaver Creek Country Club Fee: \$ 79.00

This annual seminar will provide three hours of continuing education in ethics, law, professional conduct and risk management to satisfy Maryland licensure requirements.

Friday, October 2, 2020

Positive Behavioral Approaches to Reducing Childhood Noncompliance and Defiance

Presenter: Carisa Parrish, PhD, Johns Hopkins, Division of Child and Adolescent Psychiatry

8:30 am – 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)
Location: Beaver Creek Country Club Fee: \$ 79.00

Behavioral interventions for managing and reducing defiance and noncompliance in children will be the focus of this course. Evidence-based approaches to disruptive behavior disorders, including oppositional defiant disorder, will be discussed. Participants will receive a tour of the major treatment manuals as well as a focused overview of the behavioral principles that are theorized to reinforce and sustain children's noncompliance.

Friday, October 16, 2020 *Frederick*

Working with Couples: The Relationship Enhancement® (RE) Model

Presenter: Robert Scuka, PhD, MSW, LCSW-C
8:30 am – 3:45 pm (6 hours)
(8:00 am check-in & continental breakfast, lunch provided)
Location: The ARC at Market Street in Frederick Fee: \$119.00

This skills-based program will teach clinicians concrete and practical skills for working with couples and families. The Relationship Enhancement® (RE) Model is a psychoeducational program and brief therapy model that employs a skills-training methodology for empowering distressed couples and families. The seminar will focus on ten RE skills: Empathic, Expressive, Discussion/Negotiation, Problem/Conflict Resolution, Facilitation, Conflict Management, Self-Change, Helping-Others Change, Generalization and Maintenance. How RE therapy equalizes power within relationships, both between genders and across generations will be discussed.

10/1/19

Friday, November 13, 2020

Pornography and Sexual Addiction

Presenter: Jennifer Weeks, PhD, LPC, CAADC, CSAT-S, CMAT
Founder/Director Sexual Addiction Treatment Services (SATS)
8:30 am – 3:45 pm (6 hours)
(8:00 am check-in & continental breakfast, lunch provided)
Location: Beaver Creek Country Club Fee: \$119.00

Attendees will learn the diagnostic criteria for sexual addiction, common behaviors and problems encountered by sex addicts, strategies for eliminating problem sexual behavior and how to identify and understand Addiction Interaction Disorder. The relationship between sexual addiction and early trauma survival will be reviewed along with managing and pacing recovery in multiple related areas such as behavioral (addictions) and emotional/relationship (intimacy problems). Discussion will include a gender based model of healing that is most commonly utilized in treatment settings, both outpatient and residential.

Friday, December 4, 2020

Substance Use Among Baby Boomers

Presenters: Amanda Barnhart, LCSW-C & Donna Fogle, LCSW-C, LCADC
8:30 am – 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)
Location: Beaver Creek Country Club Fee: \$ 79.00

The baby boomer generation's reduced stigma regarding the use of illicit substances and misuse of prescription medications and alcohol, coupled with changes in drug disposition, metabolism with aging, and prevalence of co-occurring mental health disorders is increasing the need for geriatric mental health services. This training will examine the complexities of working with this population and present concrete interventions to help clinicians engage older clients in substance use treatment.

Professional Continuing Education Credits



CEU Policy: Partial credit is not permitted for any seminar. To receive any CEUs, attendees must be on time and attend 100% of a Brook Lane sponsored seminar.

Maryland Social Workers: Brook Lane Health Services, Inc. is an approved sponsor of the Maryland Board of Social Work Examiners for Category 1 continuing education credits for licensed social workers in Maryland. **Maryland Psychologists:** The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the Maryland State Board of Social Worker Examiners.

Counselors/Therapists: Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the programs.

Other Professionals: A certificate of completion noting the number of educational/contact hours will be provided to allow attendees to apply for CE credit as an individual.

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