

Friday, January 29, 2021

Identifying and Combatting Implicit Bias in the Clinical Setting - ZOOM

Presenter: Jennifer Kelman, PhD, Director of the Child Welfare Academy, University of Maryland School of Social Work and Tara Doaty, PhD, Founder/CEO Sage Wellness Group, LLC.

8:30 am – 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)

ZOOM Seminar Fee: \$79.00

There are many ways that our experiences, attitudes, and biases influence our behavior and how we approach individuals and situations. For those who provide services in a clinical setting, these implicit biases can have an adverse effect on the delivery of quality care. This seminar will help you learn to recognize how your own attitudes and biases may influence your interactions with clients. Specific strategies will be presented to help you mitigate and combat implicit bias in your practice.

Friday, February 26, 2021

Eating Disorders in Persons with Higher Weights: Identification and Treatment - ZOOM

Presenter: Kelley Allison, PhD, Professor of Psychology in Psychiatry, Perleman School of Medicine, Philadelphia, PA.

8:00 am – 12:15 pm (4 hours)
(7:30 am check-in)

ZOOM Seminar Fee: \$89.00

Individuals with higher weights and comorbid eating disorders experience significant physical and mental health concerns that are much greater than those who only have one of these conditions. Disordered eating that most commonly occurs in this population includes binge eating and night eating, but it can also include bulimia nervosa and atypical anorexia nervosa. Individuals with these conditions often feel shame disclosing these issues due to fear of judgement and weight bias. This full-day seminar will discuss how to identify and diagnose disordered eating, the psychiatric comorbidities commonly presented in individuals with higher weights, and how to apply cognitive behavior therapy principles to treat these conditions.

Friday, March 19, 2021

Integrative Psychiatric Treatment Approaches for Neurodevelopmental Disorders - ZOOM

Presenter: Angela Dumitrache, MD, CMHIMP

8:00 am - 12:15 pm (4 hours)
(7:30 am check-in)

ZOOM Seminar Fee: \$89.00

This 4-hour seminar will explore the benefits of incorporating alternative treatment therapies with traditional psychotherapy and psychopharmacology. Complementary and Alternative Medicine (CAM) approaches and dietary and nutritional supports will be examined for several neurodevelopmental disorders including autism and ADHD. Discussion will also include the use of these therapeutic modalities for the management of mood disorders, anxiety disorders and will touch on effective therapies to help with insomnia.

Monday, April 26, 2021

Using a Trauma-Informed Approach when Working with Children & Adolescents - ZOOM

8:00 am – 12:15 pm

(7:30 am check-in)

(4 hours)

ZOOM Seminar

Fee: \$89.00

This seminar will discuss two trauma-informed, evidence-based treatments for children, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Problematic Sexual Behaviors Cognitive Behavioral Therapy (PSB-CBT). Discussion will include how traumatic stress manifests in children/adolescents and ways to include caregivers in supporting youth in developing tools for coping. The workshop will review normal sexual behavior versus problematic sexual behavior, and how to determine when intervention is necessary. The causes of problematic sexual behavior, the trajectory for children who exhibit these behaviors, and best practices for treatment will be covered.

In Recognition of Mental Health Awareness Month

Thursday, May 20, 2021

Treating Panic Disorders Using CBT - ZOOM

Presenter: Lily Brown, PhD, Assistant Director, Center for the Treatment & Study of Anxiety, University of Pennsylvania

9:00 am – 1:00 pm

(4 hours)

(8:30 am check-in)

ZOOM Seminar

Fee: 89.00

This 4-hour ZOOM seminar will introduce advanced skills for optimizing cognitive behavior therapy for the treatment of individuals with panic disorder. The seminar will emphasize strategies to enhance learning during exposure practices for panic disorder. Attendees will be introduced to effective strategies for the management of two common types of negative cognitions in panic disorder. Clinical case examples will be provided to demonstrate learning principles.

In Recognition of PTSD Awareness Month

Thursday, June 3, 2021

Trauma & PTSD: Working with Victims Who Have Become the Accused

Presenter: Veronica Cruz, LCSW-C, Clinical and Forensic Social Worker specializing in trauma and crisis intervention

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

Individuals who have experienced traumatic events often experience symptoms of Posttraumatic Stress Disorder (PTSD). When the traumatic event involves the criminal justice system, the situation can be complex and the mental health effects profoundly more complicated. This seminar is designed to provide clinicians with an understanding of the unique aspects of forensic trauma and how a victim might become the accused. Clinicians will learn effective strategies to help victims more effectively manage stress and move toward recovery. Interactive case scenarios will be presented and discussed during the training.

2021 Brook Lane Continuing Education Seminars

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

Wednesday, September 22, 2021

Annual Clinical, Legal & Ethical Issues Seminar

Ethical Decision Making in Psychology & Counseling

Lead presenters: Dr. J. Emmet Burke, PhD, JD & The Honorable Dana Moylan Wright

8:30 am – 11:45 am
(8:00 am check-in & continental breakfast) (3 hours)
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.

Counselors and therapists are confronted daily with ethical decisions that also often have legal standing. Codes of Ethics exist to protect public health and safety. They define professional practice standards and are the basis of legal statutes and regulations mandated and enforced by the State of Maryland. Compliance with ethical & legal mandates not only constitutes best practice but also is required to maintain a professional license. This seminar will examine the core ethical principles of Autonomy and Justice and practical implications for treatment decision making. Ethical guidelines, social policy issues & legal mandates concerning consent to treatment, confidentiality, HIPAA, mandated reporting, record keeping & termination will be discussed as well as appropriate treatment for children and offenders caught up in the legal system.

Friday, October 8, 2021

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.

*Brook Lane seminars funded
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Hunsberger Fund*

Friday, November 12, 2021 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.

Wednesday, December 1, 2021

The Teenage Mind: Unraveling the Mystery

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

Adolescents are one of the more difficult therapy groups to counsel. Much research has been conducted confirming that the teenage and adult brain are not the same and react differently in many situations. This seminar is designed to help clinicians better understand the unique differences between the teenage and adult brain and provide intervention strategies and techniques to better serve the adolescent population. Discussion will address difficult behaviors such as defensiveness, attention-seeking, risk-taking behaviors and others.

Professional Continuing Education Credits

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Hope • Healing • Recovery

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. 3-29-21

