



BROOK LANE

2022 Continuing Education

Friday, January 28, 2022

Psychopharmacology Update for the Non-prescriber - ZOOM

Presenter: Angela Dumitrache, MD, CMHIMP
8:00 am – 12:15 pm (4 hours)
(8:00 - 8:30 am check-in/log on)
ZOOM Seminar Fee: \$89.00

This 4-hour ZOOM seminar will provide a comprehensive review and update of commonly prescribed medications for the treatment of various mental health disorders to include ADHD, depression, anxiety, mood disorders, psychosis and others. Emphasis will be placed on providing a framework for understanding psychiatric medication from the non-prescribers point of view. Discussion will include the importance of a collaborative relationship between the therapist/non-prescriber and prescriber for optimal patient outcomes.

Thursday, February 24, 2022

Treating Treatment-Resistant Depression with Ketamine

Presenter: Adam Kaplin, MD, PhD, Clinical Director, Johns Hopkins Psychiatric Esketamine Clinic
8:30 am – 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)
Beaver Creek Country Club Fee: \$79.00

Esketamine, a drug made from ketamine, has been approved by the FDA and proven to be effective for patients who do not respond to traditional antidepressant treatment. Dr. Adam Kaplin, founder and initial clinical director of the Johns Hopkins Psychiatric Esketamine Clinic, will discuss esketamine therapy and its potential to provide relief from treatment resistant major depression with or without acute suicidal ideation or behavior. Discussion will include: history and development, current research, mechanisms of action, risks and benefits of esketamine therapy, how to assess patients for potential esketamine therapy, and future directions for esketamine treatment.

Friday, March 25, 2022

Creative Ways to Incorporate Music in the Therapeutic Process

Presenter: Bronwen Landless, MMT, MT-BC
8:00 am – 12:15 pm (4 hours)
(7:30 am check-in & continental breakfast)
Location: Beaver Creek Country Club Fee: \$89.00

We use music in our everyday lives – to motivate us while we exercise, calm our nerves, express our feelings, and connect with others. While music therapists are trained to facilitate transformation through music in specific ways, music therapy principles can be carefully applied by other healthcare professionals to facilitate therapeutic outcomes. During this training, participants will learn about music therapy and how to use music to augment clinical practice, specifically with people experiencing mental illness. We will also discuss the music therapy scope of practice, and ethical and cultural considerations for using music in the therapeutic process.

Tuesday, April 12, 2022

32nd Annual Child Welfare Workshop

Our Children, Our Community
8:00 am – 3:15 pm (5 hours)
(7:15 am check-in & continental breakfast)
Location: Historic Maryland Theatre 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 Department of Social Services; Washington County Health Department; Washington County Mental Health Authority and Washington County Public Schools.

*In Recognition of Mental Health Awareness Month
Wednesday, May 18, 2022*

The Connection Between Attachment and Substance Use Disorder

Presenter: John Houton, LCPC, CAADC
8:00 am – 12:15 pm (4 hours)
(7:30 am check-in)
Beaver Creek Country Club Fee: \$89.00

This seminar will discuss attachment theory and how unhealthy attachment can influence substance use. Discussion will include how difficulty in developing and maintaining meaningful interpersonal relations and self-regulating emotions can lead individuals to seek meaningful relationships through the use of substances. Treatment modalities and approaches will be presented to help clients address deficits in interpersonal relationships, emotional regulation, trust-building and vulnerability, while addressing substance use disorders.

*In Recognition of PTSD Awareness Month
Wednesday, June 8, 2022*

EMDR Therapy

Presenter: Stacy Lane Stoddard, LCMFT, Certified EMDR provider, Approved EMDR Consultant/Trainer
8:30 am – 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)
Location: Beaver Creek Country Club Fee: \$79.00

This workshop will provide an overview of Eye Movement Desensitization and Reprocessing (EMDR) therapy and treatment protocols. Discussion will include how EMDR therapy works, EMDR best practices, how to identify client readiness for EMDR treatment, what clients can expect, and when to refer a client for EMDR treatment. This presentation is designed to provide an understanding of EMDR therapy and will not certify participants to provide EMDR therapy. Information regarding the requirements to become fully trained/certified to provide EMDR therapy will also be shared.