



2023 Continuing Education

Friday, February 24, 2023

Contemporary Conceptualization and Treatment of OCD and its Partner GAD

Presenter: Sally M. Winston, PsyD, founder and executive director of the Anxiety and Stress Disorders Institute

8:30 am – 11:45 am

(8:00 - 8:30 am check-in/log on)

(3 hours)

ZOOM Seminar

Fee: \$79.00

Obsessive Compulsive Disorder and Generalized Anxiety Disorder are widely misunderstood both in the popular media and by clinicians who encounter them. They can be silently and shamefully endured, or they can be obviously debilitating. OCD frequently involves unwanted intrusive thoughts that terrify, disgust or bewilder the sufferer, accompanied by attempts to manage the anxiety with behavioral or cognitive compulsions that may seem rational or irrational to the sufferer. GAD involves excessive, uncontrollable worry that interferes with daily functioning or wellbeing. OCD also has many subtle subtypes that can be underdiagnosed as GAD or “issues.” A functional look at the phenomenology of both disorders leads to viewing GAD as “OCD-lite.” The seminar will also focus on a treatment model for these disorders.

Thursday, March 16, 2023

Overview of the Transtheoretical Model & Stages and Process of Change: Recovery from Substance Use & Mental Illness

Presenter: Carlo DiClemente, PhD

8:45 am – 4:15 pm

(8:15 am check-in & continental breakfast)

(6 hours)

Location: Beaver Creek County Club

Fee: \$119.00

This seminar will explore several current challenges to supporting and promoting recovery-oriented change with individuals experiencing mental health and/or substance use disorders, and how these challenges for change are similar and different when working with mental health and substance-using clients. This involves better understanding important tasks of the stages and process of change as well as developing an understanding of disorders beyond DSM-5 symptoms, and how to adapt treatment to the stages and process of change. The course will also emphasize the client contribution to recovery; the difference between change-generating, behavior specific mechanisms described by the Transtheoretical Model, and change-regulating self-control mechanisms. The training will explore how prevention and treatment are connected to the initiation and maintenance of behavior change and how relapse and recycling is often an integral part of successful change.

Tuesday, April 4, 2023

33rd Annual Child Welfare Workshop Our Children, Our Community

8:15am – 3:15 pm

(7:15 am check-in & continental breakfast)

(5 hours)

Location: Historic Maryland Theatre

Fee: \$75.00

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. This year, the workshop will offer 12 different topics for attendees. 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.

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 the seminar.

Maryland Social Workers: Maryland Social Workers: Brook Lane is authorized by the Board of Social Work in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for Category 1 continuing education units.

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. 1-17-23

2023 Continuing Education Seminars

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

Thursday, May 18, 2023

Interventional Psychiatry: Emerging Treatments in Neuromodulation

Presenter: Michael Hann, MD, MBA, CPE, Chief Medical Officer, Brook Lane

8:30 am – 11:45 am (3 hours)

(8:00 - 8:30 am check-in & continental breakfast)

Location: Beaver Creek County Club Fee: \$79.00

This Seminar will explore Interventional Psychiatry, its history and development and how it can help alleviate symptoms from a variety of mental illnesses, including major depressive disorder, anxiety, psychosis and bipolar disorder. Treatments such as ECT and Transcranial Magnetic Stimulation (TMS) as well as emerging modalities like Ketamine, Deep Brain Stimulation and vagal nerve block will be discussed. Participants will learn more about the types of patients that are appropriate for neuromodulation treatment.

Friday, June 16, 2023

Grief Across the Life Span

Presenter: Eileen Stanzione, LCSW-C, PhD

10:00 am–3:10 pm

(9:30 am-10:00 am check-in/log on)

Lunch Break 12:00 pm-1:00 pm (4 hours)

ZOOM Seminar Fee: \$89.00

Grief is experienced differently for children and adolescents versus adults. This seminar will focus on the characteristics of grief at different ages as well as the various types of grief from bereavement to complicated grief. An individual's reaction to grief may be affected by the circumstances of the loss, whether it is expected or sudden, suicide or murder, or related to illness. Co-occurring disorders that compound grief and loss also will be discussed. Attendees will learn treatment strategies for common and complicated grief to help clients move through the grieving process.

Thursday, September 14, 2023

Annual Clinical, Legal & Ethical Issues Seminar

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

8:30 am – 11:45 am (3 hours)

(8:00 - 8:30 am check-in & continental breakfast)

Location: Beaver Creek County 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.

*Brook Lane seminars are
funded in part by the
William B. & Sylvia A. Hunsberger Fund*



BROOK LANE

Hope • Healing • Recovery