



**THE BRIDGE TRAINING INSTITUTE**  
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**2022-2023**

**PROFESSIONAL DEVELOPMENT SERIES**

**In-Person Training Location:**  
**The Courtyard Marriott, 75 Felton Street, Marlborough, MA**

*Purchase 3 or more FULL-DAY trainings & receive \$50 off! \*Use the code BUY3*

**ZOOM for VIRTUAL EVENTS**

Virtual trainings will be held on the ZOOM platform, the meeting link, slides and all handouts will be emailed 48 hours prior to the start of the virtual training

**Continuing Education Applied For:**  
**Psychologists, Social Workers, MA Marriage and Family Therapists,**  
**MA Licensed Mental Health Counselors,**  
**MA Licensed Alcohol and Drug Counselors**

## 2022-2023 Trainings

**IN-PERSON-Friday, October 7, 2022, 9:00 AM—4:00 PM-\$219 including CEUs**  
**Introduction to Motivational Interviewing: Foundational Skills**  
*Suzy Langevin, LICSW, LADC I*

Motivational Interviewing normalizes ambivalence and reflects the many elements that can impact the ability of individuals to make changes to improve individual health and safety. It provides practitioners a framework for what to do when individuals are not yet committed to making behavior change and empowers both practitioners and individuals to take responsibility for the change process in a non-hierarchical, non-coercive relationship.

This one-day training will provide an introduction to the concepts and skills of Motivational Interviewing. We will focus on an overview of the practice as a whole, including practice considerations and a phased approach to the model. We will review the underlying spirit of MI, and practice basic reflective listening skills.

Motivational Interviewing is considered a key competency for working with substance use disorder to elicit and strengthen commitment to change. This training will touch on some specific applications for substance use disorder, including smoking cessation.

Following this training the participants will understand:

- The reasoning for using MI as an intervention for individuals who are ambivalent about behavior change.
- How to list and describe the phases of MI treatment and the skills needed for each phase.
- The basic principles of MI Spirit that underpin the entire practice.
- How to demonstrate the reflective listening skills used to move conversations about change forward.

**VIRTUAL-Thursday, October 13, 2022-9:00am-12:00pm-\$109 including CEUs**  
**An Overview of the Cultural Humility Framework**  
*Jenise Katalina, LICSW*

Cultural Humility is a philosophy that empowers individuals to effectively engage in interpersonal relationships that are dynamically diverse and mutually respectful. Unlike Cultural Competence, cultural humility is a life-long and ongoing process of self-reflection and self-critique in which individuals expand their capacity for learning, listening, and understanding, regardless of their experiences with cultures other than their own. Incorporating cultural humility as part of one's lifestyle empowers the individual to recognize and redress power-imbalances that exist within their immediate social and organizational structures. This training will provide attendees with the opportunity to be introduced to each of the tenets and start their journey toward Cultural Humility.

Following this training the participants will understand:

- Each of the four tenets of Cultural Humility.
- Their personal beliefs and values and how these factors influence their own behaviors when working with clients and colleagues
- The potential influence of power, privilege, the -isms and their own history on relationships with clients and colleagues

**VIRTUAL-Thursday, October 20, 2022, 1:00 PM-4:00 PM-\$109 including CEUs**  
Provider Wellness  
*Kerrin Westerlind, LICSW & Stefanie Gregware, LMHC*

Participants in this training will receive an overview of the challenges associated with wellness for providers in the human service field. We will review some of the impact of the work we do on people working in the field in the context of long term versus short term effects. The training will also provide an understanding of self-care beyond the application of simply being good to oneself and takes a deeper look at ways each person can create an individualized routine for maintaining wellness in the context of both personal and professional life. Participants will have an opportunity to practice some specific strategies they may take away from the training and will also begin creating a wellness plan for themselves. This training will also talk about creating a culture of wellness within one's work environment.

Following this training the participants will understand:

- The impact of stress and compassion fatigue on those working in caregiving roles.
- Strategies and skills most effective for maintaining wellness as human service providers.
- How to create and maintain a wellness plan for yourself.

**IN-PERSON-Friday, October 21, 2022, 9:00 AM-4:00 PM-\$219 including CEUs**  
Working with Co-Occurring Disorders: Supporting Substance  
Use Disorder in Mental Health Treatment  
*Suzy Langevin, LICSW, LADC I and Eric Roldan, LICSW*

Traditionally, mental health and substance use disorder treatment occurred in silos, making it challenging for individuals to receive integrated treatment for these interrelated issues. At the same time, we know that the co-occurrence of these diagnoses is incredibly, and increasingly, common. This training will provide clinicians with a background in understanding co-occurring disorders, as well as providing tools and strategies for assessment and treatment.

Following this training the participants will understand:

- The prevalence of co-occurring disorders and the need for specific integrated treatment strategies.
- Strategies for assessing substance use, both in initial assessment and ongoing throughout treatment.
- Treatment strategies for co-occurring disorders, including selecting and using an appropriate evidence-based model.

**IN-PERSON-Friday, October 28, 2022, 9:00 AM-4:00 PM-\$219 including CEUs**  
**Confident and Curious: How to Help Neurodiverse Children**  
**and Teens Thrive in an Age of Anxiety**  
*Sharon Saline, Psy.D.*

In the wake of two years of uncertainty wrought by the COVID pandemic, the mental health needs of neurodivergent children and adolescents have intensified in ways that we have not previously seen. Young people are now living with increased rates of anxiety that are interfering with their social, educational and emotional development. Previous strategies for emotional control and self-soothing seem to have stopped working effectively in this new landscape of extended uncertainty and persistent loneliness. Worry and fear have increased the natural biological agitation, distractedness and impulsivity that so often accompanies living with ADHD, ASD, LD and twice exceptionality. Daily apprehension, social anxiety, and unrealistic performance expectations along with the rates of self-harm and suicidality have escalated. Craving a sense of security that is often unattainable, these outside-the-box thinkers require additional support from clinicians, educators and parents to reduce the powerful influence anxiety exerts on their lives, how it can easily morph into depression and the ways it holds them back. They not only need assistance in learning key executive functioning skills (self-regulation, metacognition, initiation and working memory) but also in applying practical and mindful techniques to reduce stress and improve the quality of their daily lives.

In this day-long training, Dr. Saline, author of *What your ADHD child wishes you knew: Working together to empower kids in school and life* and *The ADHD Solution Deck*, discusses how anxiety works and what professionals and caring adults can do to assist neurodivergent children and teens in reducing their worries and improving their resiliency. After discussing the characteristics of neurodivergency and the issues of stress, identity and pressure on kids today, she will examine the physiology and psychology of anxiety while also discussing the effect of personal and educational trauma. She will show you how to change an individual's relationship to worry, reduce negative thinking, address stress reactions and uncover the core limited beliefs that fuel persistent social anxiety, perfectionism and procrastination. Participants will learn how to help young people evaluate their strengths, try new behaviors, reduce harmful comparisons and develop self-soothing techniques in both familiar and novel situations. Using cognitive behavioral, insight-oriented and mindfulness interventions as well as case discussions and small group discussions, Dr. Saline will share practical, research-based strategies for enhancing self-regulation, social confidence and self-compassion in anxious children and adolescents with ADHD, ASD, LD and twice exceptionality. Armed with a variety of useful tools, you will leave better equipped to help these young people develop the confidence and coping skills they need to move forward bravely in today's unpredictable world.

Following this training the participants will understand:

- Understand and recognize how neurodivergence affects development and learning
- Describe how anxiety works in the brain and body and how trauma affects the development of neurodivergent children and teens
- Explain the role of executive functioning skills in managing anxiety
- Create interventions that address the core limiting beliefs that perpetuate anxiety and collaborate on strategies to reduce daily stress
- Develop practical tools to address general anxiety, social concerns, perfectionism, and procrastination through insight-oriented, cognitive and mindful interventions
- Identify strength-based approaches to nurturing resilience and building self-esteem

**VIRTUAL-Wednesday, November 2 ,16, 30, 2022-9:00-1:00pm-\$299 including CEUs**  
**Hoarding Interventions Series**  
***Jesse Edsell-Vetter***

Attendees will leave this training series feeling confident in identifying hoarding, assessing risk, and with the skills necessary to effectively begin the intervention process.

Day One:

- Hoarding defined
- Demographics and prevalence
- Risk assessment
- Understanding key factors in intervention
- Stektee and Frost conceptual model for hoarding

Day Two:

- Revisit the conceptual model
- Assessment protocols for home and office
- Effective Communication with the client, collateral providers, and others

Day Three:

- Intervention Planning
- Intervention Methods (Sorting/Discarding, Harm Reduction)
- Using a Team-based Approach

Each day will use a combination of lecture, case studies in small groups, and 3-D models of cluttered environments. Participants will have access to key assessment tools to take forward in their practice.

Following this training the participants will understand:

- How to properly define hoarding
- Key elements in successful intervention
- Practice tools for risk assessment
- Strategies for engaging the client in intervention
- How to use a team-based approach for intervention

**IN-PERSON-Friday, November 4, 2022, 9:00 AM-4:00 PM-\$219 including CEUs**  
**Motivational Interviewing: Building on the Basics**  
***Suzy Langevin, LICSW, LADC I***

This is an intermediate level training for practitioners with some knowledge and experience using Motivational Interviewing interventions. The focus of this workshop will be on hands on practice of MI skills, including advanced OARS application, strategies for increasing change talk, and a introduction to MI fidelity coding skills. All of these areas will be taught primarily through participants engaging in practice activities and learning by doing. This is an opportunity to deepen individual MI practice and begin to look at systemic applications for coaching MI practice with others.

This workshop assumes a basic understanding of the underlying theory and spirit of MI, allowing participants to work on applying those to real conversations about change they may encounter in clinical practice.

Following this training the participants will be able to:

- List and describe the diversity and range of OARS responses
- List and describe strategies for cultivating change talk to solidify commitment to change.
- Demonstrate the elements of MI coding and coaching.

**VIRTUAL-Thursday, December 1, 2022, 1:00 PM-4:00 PM-\$109 including CEUs**  
**Substance Use & Psychosis: Interventions for Intertwined Issues**  
*Suzy Langevin, LICSW, LADC I and Stefanie Gregware, LMHC*

This is an intermediate level training that is designed to provide context and interventions based in CBT treatment model for practitioners working with individuals who experience co-occurring substance use and psychosis. This training is designed for practitioners with a foundational knowledge of CBT individual therapy. The training will provide attendees with the opportunity to think about the impact and intersections of the experiences of psychosis and substance use with considerations to specific substances of misuse. Participants will learn about specific strategies to improve engagement as well as to collaboratively identify and address symptoms and challenges commonly reported by individuals who use substances and experience symptoms of psychosis. This training will incorporate role plays and real plays to help attendees solidify concepts reviewed in the training and to clarify anything they are unsure about.

Following this training the participants will understand:

- The symptoms of psychosis and ways in which substance use and the symptoms of psychosis impact one another.
- Identify strategies to improve engagement for individuals who experience co-occurring substance use and psychosis.
- Identify strategies for responding to the experiences of psychosis when substance use is also present.

**IN-PERSON-Friday, December 9, 2022, 9:00 AM-4:00 PM-\$219 including CEUs**  
**Cognitive Behavioral Therapy: CBT Theory and Core Treatments Skills**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*

Aaron Beck is considered to be the father of Cognitive-Behavior Therapy. In the last half-century, his research into this ground-breaking treatment has transformed psychotherapy and has established a new standard of care.

Cognitive-Behavioral Therapy (CBT) is increasingly recognized as the treatment of choice for many disorders. It is also rapidly becoming an essential component of every clinician's toolkit. This 4-part series is intended to provide a complete examination of the most current techniques. The newcomer to CBT will get a comprehensive set of skills to bring their practice into the 21<sup>st</sup> century. Experienced CBT practitioners will learn the latest developments based on the most current research.

Initially developed as a treatment for depression, CBT is now known to be effective with the anxiety disorders, personality disorders, non-suicidal self-injury, eating disorders, post-traumatic stress disorder, substance abuse and, most recently, as a key component in the treatment of psychotic disorders. CBT is fully effective with children, adolescents, and adults.

CBT is an evidence-based treatment that focuses on understanding and changing problematic thoughts, feelings and behaviors and thus has a sustained and positive impact on the person's emotional wellbeing.

You will learn the theoretical foundation of CBT, how to conceptualize cases within a CBT framework, conduct assessments and develop specific treatment plans and strategies. You will learn how to structure a CBT session, and how to work flexibly within this structure. You will also learn how to employ cognitive restructuring, behavioral strategies, exposure, and behavioral experiments.

This foundational training will provide the practitioner with an understanding of the theoretical structure of CBT and the essential clinical skills you can apply in your practice.

Following this training the participants will be able to:

- Describe the CBT theory of the relationship between thoughts, feelings, and behaviors
- List and describe the essential measuring tools to assess therapeutic progress
- Demonstrate how to tailor the CBT treatment plan to the specific presentation of the client.
- Describe CBT case conceptualization that drives the treatment
- Describe how to transition an individual in supportive therapy into CBT therapy
- List and describe the elements of a standard CBT session, including the structure of the session, how to assign and review homework/action plans, and addressing problems that arise within the structure of the session

**VIRTUAL-Thursday, January 12, 2023, 9:00 AM-12:00 PM-\$109 including CEUs**  
**Understanding and Treating the Complex Puzzle of Non-Suicidal Self-Injury**  
*Barent Walsh, Ph.D.*

One of the most challenging problems for clinicians and other professionals is dealing effectively with non-suicidal self-injury (NSSI). Of special concern is that self-injury has moved from clinical populations such as those served in hospitals and group homes to the general population including middle, high school and college students.

This presentation will focus on understanding, managing, and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, excoriation of wounds, and other more serious examples such as NSSI requiring medical attention and foreign body ingestion.

Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics but will also be discussed as a major risk factor for suicide attempts. The topic of social contagion of self-injury will also be addressed.

A "Stepped Care Approach" regarding the management and treatment of self-injury will be reviewed, including:

Step I:

- The informal response
- Crisis assessment (when needed)
- Detailed cognitive-behavioral assessment

Step II:

- Replacement skills training
- The biology of NSSI
- Managing and preventing social contagion

A stepped care approach is used so that clients and families receive only as much support and targeted treatment as they need. Very practical suggestions in dealing with self-injury will be provided.

Following this presentation, participants will be able to:

- Differentiate self-injury from suicide, while also recognizing that ongoing self-injury is a risk factor for suicide attempts
- Review two steps in a stepped care approach in assessing, managing, and treating self-injury
- Understand, manage, and prevent social contagion of self-injury
- Discuss the topic of self-care in working with person who self-injure

**VIRTUAL-Thursday, January 19, 2023, 9:00AM-1:00PM-\$109 including CEUs**  
**Cognitive Behavioral Therapy for Generalized Anxiety Disorder**  
*Stefanie Gregware, LMHC Andrea Wolloff, LMHC*

This training is an intermediate level training that will focus on the different interventions used in Cognitive Behavioral Therapy for symptoms of generalized anxiety disorder. This training is best for practitioners with a foundational understanding of Cognitive Behavioral Therapy including the theory and structure of practice in adherent CBT. This training will focus on the interventions used in Cognitive behavioral therapy for symptoms of generalized anxiety disorder and will provide participants with an overview of the CBT model of generalized anxiety disorder and general assessment, case conceptualization, and treatment strategies. Participants will be oriented to, observe demonstrations of, and practice specific cognitive and behavioral strategies traditionally used in the treatment of generalized anxiety disorder.

Following this training the participants will be able to:

- Describe the CBT model of generalized anxiety disorder.
- Describe assessment, conceptualization, and general CBT treatment planning for generalized anxiety disorder.
- Identify specific behavioral and cognitive strategies for generalized anxiety disorder.

**VIRTUAL-Thursday, January 26, 2023, 1:00pm-4:00pm-\$109 including CEUs**  
**Illness Management & Recovery (IMR) Training Overview**  
*Kerrin Westerlind, LICSW*

The trainer will walk participants through an overview of the Illness Management and Recovery practice including the importance of integrating a recovery-oriented philosophy into their practice.

IMR is an Evidence-Based Practice, with numerous adaptations, that has been around for almost twenty years. It was created for people who experience symptoms related to Schizophrenia, Bipolar, Schizoaffective, and Depression. IMR is a manualized treatment that supports people in setting personalized goals, and application of various skills learned in the eleven topic areas covered in the treatment. Practitioners use a variety of best practices that support this process in IMR, including Psychiatric Rehabilitation, CBT, Motivational Enhancement and Educational strategies.



IMR is a model based on empowerment, as the materials and structure help people envision their future with hope and possibility. IMR teaches participants skills in problem solving, goal setting, and self-management strategies.

Open Sky Community Services uses a model of IMR in which practitioners also develop and work on their own IMR goal. With over 15 years of applying IMR in this manner, trainers can walk you through this adaptation and structures to support it. Our trainer emphasizes a balance between personalized, creative interventions and fidelity to the practice and aims to help all participants develop their unique style as an IMR practitioner.

Following this training the participants will understand:

- The core ingredients of the IMR practice.
- The main take-home messages of the practice.
- Key elements of fidelity to the IMR model.
- Examples of what the IMR looks like in practice.
- Ideas on providing this treatment in various settings.

**VIRTUAL-Thursday, February 2, 2023, 9:00 AM-12:00 PM-\$109 including CEUs**  
Understanding, Managing, and Treating Suicidal Behavior  
*Barent Walsh, Ph.D.*

The field of suicide prevention is evolving with important new empirically supported theories and interventions. This workshop will review major recent innovations including:

- Theories to explain suicide
- Safety plans to assist individuals in managing suicide urges
- Treatments to resolve or at least neutralize suicidality

At the outset, Joiner's Acute Suicidal Affective Disturbance (ASAD; 2015) will be discussed. The ASAD identifies four key dimensions which have been empirically validated to predict imminent risk of suicide. The ASAD will be explicated in detail with illustrative case examples.

Next, Stanley and Brown's important Safety Plan will be discussed (Brown, 2015). This empirically supported method for dealing with suicide thoughts and urges is the best currently available. The phone app version will also be addressed. This part of the discussion will also review accommodations related to the pandemic and social isolation.

The presentation will move to discussing more long-term trajectories for suicidality. Joiner's "Interpersonal Theory of Suicide," (ITP) will be emphasized (Joiner, 2005, Chu, 2017). The theory identifies: 1) acquired fearlessness, 2) perceived burdensomeness, and 3) thwarted belongingness as the three necessary and sufficient conditions for a suicide to occur. Joiner's ITP is arguably the most influential, empirically validated theory of suicide in the world.

In addition, Klonsky's Three Step Theory of Suicide (2015; 2021) will be explicated. This empirically supported theory includes useful enhancements to Joiner's Interpersonal Theory.

This workshop will also review Jobes' Collaboration Assessment and Management of Suicidality (CAMS; 2016). This evidence-based approach will be discussed with an emphasis on Jobes' pragmatic guidelines including the use of crisis response plans, coping cards, and survival kits.

Finally, the workshop will conclude with a focus on what it takes for caregivers to “sit with misery,” and the self-care required to do so.

- To understand the entire spectrum of self-destructive behavior
- To be able to distinguish suicide from NSSI
- To be able to employ the ASAD in real world situations
- To understand and be able to use Stanley and Brown’s Safety Plan.
- To understand Joiner and Klonsky’s theories of suicide
- To be able to employ basic aspects of Jobes’ CAMS
- To understand how to use the Five Steps in addressing unhelpful, irrational thoughts that support self-destructive behavior.

**IN-PERSON-Friday, February 10, 2023, 9:00 AM-4:00 PM-\$219 including CEUs**  
**Introduction to Clinical Supervision: Structures and Skills**  
*Suzy Langevin, LICSW, LADC I and Stefanie Gregware, LMHC*

Participants will learn the basics of providing effective, competent clinical supervision that will help to support the retention and development of clinical staff. Participants will be oriented to the purpose and modes of clinical supervision as well as the structures that support effective supervision. The training will provide an overview of the best practices in providing clinical supervision to meet the standard of practice in the field. Trainers will review and train on necessary skills for a clinical supervisor and teach participants how assess and enhance the skills of the clinicians they supervise. Lastly, the training will touch on supporting supervisor and supervisee wellness. This training will include opportunities to observe and apply skills being taught in real plays and role plays.

Following this training the participants will understand:

- The purpose and structure of effective clinical supervision.
- Assessment and goal planning for enhancing supervisee skill and supporting professional development.
- Interventions used in effective supervision to manage challenges that arise.

**VIRTUAL-Thursday, February 16, 2023, 9:00AM-1:00PM-\$109 including CEUs**  
**Cognitive Behavioral Therapy for Symptoms of Depression**  
*Stephanie Gregware, LMHC and Andrea Wolloff, LMHC*

This training is an intermediate level training that will focus on the different interventions used in Cognitive Behavioral Therapy for symptoms of depression. This training is best for practitioners with a foundational understanding of Cognitive Behavioral Therapy including the theory and structure of practice in adherent CBT. This training will focus on the interventions used in Cognitive Behavioral Therapy for symptoms of depression and will provide participants with an overview of the CBT model of Depression and general assessment, case conceptualization, and treatment strategies. Participants will be oriented to, observe demonstrations of, and practice specific cognitive and behavioral strategies traditionally used in the treatment of depression.

Following this training the participants will be able to:

- Describe the CBT model of depression.
- Describe assessment, conceptualization, and general CBT treatment planning for depression.
- Identify specific behavioral and cognitive strategies for depression.

**VIRTUAL-Thursday, March 16, 2023, 9:00AM-1:00PM-\$109 including CEUs**  
**Cognitive Behavioral Therapy for Psychosis**  
*Stephanie Gregware, LMHC and Andrea Wolloff, LMHC*

This training is an intermediate level training that will focus on the different interventions used in Cognitive Behavioral Therapy for symptoms psychosis. This training is best for practitioners with a foundational understanding of Cognitive Behavioral Therapy including the theory and structure of practice in adherent CBT. This training will focus on the interventions used in Cognitive behavioral therapy for symptoms of psychosis and will provide participants with an overview of the CBT model of psychosis and general assessment, case conceptualization, and treatment strategies. Participants will be oriented to, observe demonstrations of, and practice specific cognitive and behavioral strategies traditionally used in the treatment of psychosis.

Following this training the participants will be able to:

- Describe the CBT model of psychosis.
- Describe assessment, conceptualization, and general CBT treatment planning for psychosis.
- Identify specific behavioral and cognitive strategies for psychosis.

**IN-PERSON-Friday, March 17, 2023-9:00am-4:00pm-\$219 including CEUs**  
**Utilizing a Liberation Lens in Treating Racial Trauma**  
*Jenise Katalina, LICSW*

This training will explore the impact of trauma through a racial trauma-informed and social justice lens with applicable interventions focused on a liberation approach. For the many trauma survivors, who have not had the opportunity to fully process and heal from their experiences, it can play out in parenting patterns, substance misuse, difficulty with work or education and even family violence, neglect, and abuse, perpetuating the trauma for the next generation.

This training will explore the effects of racial trauma and how it presents in people's lives: generational, historical, and intersectional cultural perspectives. Attendees will explore how implicit bias and personal experiences can impact the provision of care and offer strategies for providing interventions through a liberation lens and equip them to provide culturally humble and empathetic services.

Following this training the participants will understand:

- Attendees will gain basic information about historical and generational racial trauma.
- Attendees will Identify historically oppressed groups and the systemic implications of care and access.
- Attendees will identify and implement interventions utilizing a liberation approach

**IN-PERSON-Friday, March 31, 2023, 9:00 AM-4:00 PM-\$219 including CEUs**  
**Best Practices for Responding to Trauma and PTSD**  
*Elizabeth Plante, LMHC and Andrea Wolloff, LMHC*

In this training, we will differentiate between the diagnosis of PTSD and Acute Stress Disorder. Participants will learn what leads an individual to develop PTSD and what helps foster resilience. We will discuss common co-occurring diagnoses and how to distinguish these presentations from PTSD. Participants will learn how to complete an assessment for PTSD and will be provided with an overview of the various evidence-based treatment models for treating PTSD. The trainers will teach a variety of “in the moment” strategies that practitioners can use with individuals who are experience active symptoms of PTSD and acute stress. Participants will have opportunities to practice these strategies in the training. Finally, the trainers will address vicarious trauma in the practitioner and the importance of developing and maintaining self- care when working with individuals who have experienced trauma.

Following this training the participants will understand:

- Participants will gain an understanding of the diagnosis and how to provide an assessment for PTSD.
- Participants will gain knowledge of various evidence- based treatment options for PTSD.
- Participants will learn strategies for how to respond effectively with someone who is experience acute traumatic stress and for someone who is experiencing active symptoms of PTSD.
- Participants will gain an understanding of vicarious trauma and develop strategies for self-care.

**VIRTUAL-Thursday, April 13, 2023, 9:00AM-1:00PM-\$109 including CEUs**  
**Cognitive Behavioral Therapy for Social Anxiety**  
*Stephanie Gregware, LMHC and Andrea Wolloff, LMHC*

This training is an intermediate level training that will focus on the different interventions used in Cognitive Behavioral Therapy for symptoms of social anxiety disorder. This training is best for practitioners with a foundational understanding of Cognitive Behavioral Therapy including the theory and structure of practice in adherent CBT. This training will focus on the interventions used in Cognitive behavioral therapy for symptoms of social anxiety disorder and will provide participants with an overview of the CBT model of social anxiety disorder and general assessment, case conceptualization, and treatment strategies. Participants will be oriented to, observe demonstrations of, and practice specific cognitive and behavioral strategies traditionally used in the treatment of social anxiety disorder.

Following this training the participants will be able to:

- Describe the CBT model of social anxiety disorder.
- Describe assessment, conceptualization, and general CBT treatment planning for social anxiety disorder.
- Identify specific behavioral and cognitive strategies for social anxiety disorder.

**VIRTUAL-Thursday, April 27, 2023, 9:00am-12:00pm-\$109 including CEUs**  
**Harm Reduction: Principles and Practices**  
*Suzy Langevin, LICSW, LADC I*

Harm reduction is a set of principles and practices aimed to reduce the impacts of substance use on those who are actively using. Practically, it also gives clinicians a set of strategies to use to connect, engage and support individuals who are not currently interested in stopping their use, which can often lead to frustration and disconnection in treatment where abstinence is the expectation. By broadening our “lens” as to what we can do to support people who are using to include this range of interventions, we can create new opportunities for safety, hope and even change in the work that we do.

Following this training the participants will understand:

- The theory and guiding principles for using a harm reduction framework.
- Specific strategies for harm reduction for specific substances & general substance misuse.
- The importance of policy advocacy to broaden the interventions available to make the use of harm reduction possible.

**VIRTUAL-Thursday, May 4, 2023, 1:00 PM-4:00 PM-\$109 including CEUs**  
**Provider Resiliency**  
*Kerrin Westerlind, LICSW & Stefanie Gregware, LMHC*

In this training, participants will have an opportunity to explore the concept of resiliency with a focus on strategies that promote the cultivation of resiliency. Participants will consider practical applications of these strategies in the context of their own work environment and professional role. We will address some of the specific obstacles that may arise in the effort to make space for resiliency building and sustaining strategies and discuss strategies to manage these obstacles. Participants will be engaged in considering how to take this material back to their work using small group activities and discussion to identify next steps.

Following this training the participants will understand:

- The theory behind resiliency building as an essential skill for all human service workers.
- Strategies for creating environments which support cultivating resiliency.
- Practical strategies for enhancing your own resiliency.

**VIRTUAL-Thursday, May 11, 2023, 1:00 PM-4:00 PM-\$109 including CEUs**  
**Clinical Skills in Non-Clinical Settings**  
*Suzy Langevin, LICSW, LADC I*

The world of human services is simultaneously becoming more inter-disciplinary and more specialized, requiring those in non-clinical roles to use a broad array of skills traditionally thought of as “clinical skills.” This half day training will help both clinical and non-clinical professionals name and use these skills in those non-clinical roles that nonetheless require sophisticated skill use.

Following this training, participants will be able to:

- Use a variety of strategies to engage clients in case management and care coordination, built on a foundation of Motivational Interviewing skills
- Enhance ability to complete a comprehensive assessment of care and case management needs
- Incorporate standardized assessments effectively into an overall case management assessment and plan.

**IN-PERSON-Friday, May 19, 2023, 9:00 AM-4:00 PM-\$219 including CEUs**  
**Blending Motivational Interviewing Strategies with Cognitive Behavioral Therapy**  
*Suzy Langevin, LICSW, LADC I and Stefanie Gregware, LMHC*

This training is intended to help participants to understand the overlap between Motivational Interviewing and Cognitive Behavioral strategies. We will provide a brief overview of the core strategies of both MI and CBT with a particular focus on how they can both be used to support practitioners in meeting individuals where they are at. This training will allow participants to identify how to assess the individual's stage of change throughout treatment and select interventions based on this assessment. Participants will have the opportunity to try these strategies in real plays and role plays in the training.

Following this training the participants will understand:

- The MI and CBT strategies that overlap and are suited for use together.
- The core components to be used when implementing CBT or MI interventions in a therapeutic context.
- How to assess and respond to an individual's stage of change and readiness for change in a particular area as a part of implementing standard CBT in practice.

## The Dialectical Behavior Therapy Series

Dialectical Behavior Therapy (DBT) is a leading example of an evidence-based practice. Originally developed as an outpatient treatment, DBT has more recently been applied in diverse settings such as public schools, community-based group homes, hospitals and outreach treatment settings.

DBT has been proven to be effective with people who are in persistent emotional distress, have chronically unstable relationships, and present with recurrent self-injury and/or suicidal behavior. DBT has been used to treat high performing, but distressed students, seriously disturbed adolescents, people with eating disorders, substance use disorders and people with persistent mental illness and/or developmental disabilities.

DBT is a supportive and collaborative treatment that emphasizes skill-building and highly individualized treatment plans. The treatment is delivered as a package that includes DBT Skills Groups and Individual Therapy along with a Consultation Team for therapists and Coaching for clients in crisis.

This rigorous and comprehensive training series will provide the clinician with a full understanding of all aspects of DBT theory and clinical practice. In addition, the content of these trainings will prepare you to meet the education requirement for DBT credentialing developed by the DBT-Linehan Board of Certification. See details at [www.dbt-lbc.org](http://www.dbt-lbc.org).

The training is presented in 2 parts:

- A 6 VIRTUAL Half-Day DBT Skills Training Track
- A 6 VIRTUAL Half-Day Individual Therapy Track

### **DBT Skills Training Series with Elizabeth Plante, LMHC, DBT-C**

*\*This training will be conducted ONLINE in 6 half-day sessions from 1:00pm-5:00pm for \$500 including CEUs. Please note, to receive CEU credit you must attend all 6 sessions in the series.*

The DBT Skills are the heart of the treatment. All aspects of DBT are based on assisting the person to learn and use a set of skills that have been proven to enhance coping and reduce distress. This 6-part series provides a thorough training in all aspects of the DBT skills including mastery of the skills, running skills groups, and teaching the skills to a variety of populations. The presentation will include lecture, video examples and in-vivo practice.

Participants are urged to purchase the DBT Skills Training Manual, 2nd Edition and the DBT Skills Training Handouts and Worksheets, 2nd Edition by Marsha Linehan. Both books will be an integral part of the curriculum and are available on Amazon.com.

### **DBT Skills Trainings:**

#### **Part 1: Tuesday, September 27, 2022, 1:00 PM—5:00 PM**

An Introduction to DBT Skills Training and Orientation Module

In this training, participants will learn what is needed to start a DBT group. This will include the rationale for DBT skills training, planning to conduct a group, how to structure a DBT group, skills training targets and procedures, and how to teach the Orientation Module.

Following this training, participants will be able to:

- Understand the rationale for DBT Skills training
- Begin planning a DBT Skills group
- Structure a DBT skills group
- Understand the DBT Orientation module

**Part 2: Tuesday, October 11, 2022, 1:00 PM—5:00 PM**

The Mindfulness Module-In this training, participants will learn the Mindfulness skills and how to effectively teach these skills in group.

Following this training, participants will be able to:

- Understand the Mindfulness module
- Understand how to effectively teach Mindfulness skills to a group

**Part 3: Tuesday, October 25, 2022, 1:00 PM—5:00 PM**

The Distress Tolerance Module-In this training, participants will learn the Distress Tolerance skills and how to effectively teach these skills in group.

Following this training, participants will be able to:

- Understand the Distress Tolerance module
- Understand how to effectively teach Distress Tolerance skills to a group

**Part 4: Tuesday, November 8, 2022, 1:00 PM—5:00 PM**

The Emotion Regulation Module- In this training, participants will learn the Emotion Regulation skills and how to effectively teach these skills in group.

Following this training, participants will be able to:

- Understand the Emotion Regulation module
- Understand how to effectively teach Emotion Regulation skills to a group

**Part 5: Tuesday, November 22, 2022, 1:00 PM—5:00 PM**

The Interpersonal Effectiveness Module-In this training, participants will learn the Interpersonal Effectiveness skills and how to effectively teach these skills in group.

Following this training, participants will be able to:

- Understand the Interpersonal Effectiveness module
- Understand how to effectively teach Interpersonal Effectiveness skills to a group



## **Part 6: Tuesday, December 6, 2022, 1:00 PM—5:00 PM**

### **Running a DBT Group and Overcoming Group Challenges-**

In this training, participants will learn how to apply some of the fundamental DBT strategies in Behavioral Skills Training as well as how to effectively run a group. Challenges that may arise during group will be discussed and addressed, including homework non-compliance, lack of attendance, and behavior management within group

Following this training, participants will be able to:

- Apply some of the fundamental DBT strategies within skills group
- Understand how to effectively run a DBT skills group
- Manage challenges that may arise in group, such as homework non-compliance, attendance issues, and behavioral challenges.

## **DBT Individual Therapy Series with Elizabeth Plante, LMHC**

*\*This training will be conducted ONLINE in 6 half-day sessions from 1:00pm-5:00pm for \$500 including CEUs. Please note, to receive CEU credit you must attend all 6 sessions in the series.*

DBT Individual Therapy is the modality that tailors the skills learned in group to the individual, while also targeting specific behaviors to reduce, such as self-injury and suicide. This 6-part series provides comprehensive training and will progressively build your skills.

Participants will develop a full understanding of all aspects of DBT individual therapy including treatment planning based on a hierarchy of treatment targets, the use of diary cards, identifying and addressing therapy interfering behaviors (client and therapist), conducting chain analyses, and helping the person to generalize the skills learned in skills training. Treatment strategies specific to DBT will be addressed. Dialectics and balancing DBT strategies will also be discussed.

Participants are urged to purchase and read Cognitive-Behavioral Treatment of Borderline Personality Disorder by Marsha Linehan prior to attending the training. This book will be an integral part of the curriculum and is available on Amazon.com.

Please note: The Individual Therapy Series assumes that participants have a sound understanding of the DBT skills. While the skills will be discussed, they will not be taught during this series. Those new to DBT are strongly encouraged to attend our DBT Skills Training Series or have similar training before registering for this series. Please contact [traininginstitute@openskycs.org](mailto:traininginstitute@openskycs.org) or 508-755-0333 if you have questions about your readiness for this training.

## **DBT Individual Therapy Trainings:**

### **Part 1: Tuesday, February 28, 2023, 1:00 PM-5:00 PM**

#### **Overview of DBT, Orientation and Commitment Strategies-**

This training will help participants gain an understanding of the model of DBT as well as to understand dialectics. Participants will gain an understanding of the Biosocial Theory that drives the treatment and learn how to apply it to a client. Beginning treatment with a client and gaining commitment in treatment will also be covered.

Following this training, participants will be able to:

- Understand the conceptual framework of DBT Individual Therapy
- Understand how to develop the client's commitment to the treatment
- Understand how to structure pre-treatment and the first 4 sessions

**Part 2: Tuesday, March 14, 2023, 1:00 PM-5:00 PM**

Individual Therapy Goals, Targets, and Structure-

In this training, participants will learn to create a foundation for DBT by developing a life worth living goal with clients. Participants will learn how to break this goal down into smaller goals and target behaviors that get in the way or reaching the goals. Participants will learn how to structure sessions and begin discussions of termination early on in therapy.

Following this training, participants will be able to:

- Understand the hierarchy of treatment targets
- Understand therapy interfering behaviors
- Understand the secondary targets

**Part 3: Tuesday, March 28, 2023, 1:00 PM-5:00 PM**

Treatment Strategies Part 1: Dialectical Strategies, Validation Strategies, and Behavior Analysis-

In this training, participants will dive into the basic DBT treatment strategies. They will gain a deeper understanding of the principles of dialectics and how they can be used within a therapy session. Participants will learn validation strategies as well as how to conduct behavioral and solution analyses for target behaviors in treatment.

Following this training, participants will be able to:

- Understand behavioral assessment and the chain analysis
- Understand dialectics and dialectical strategies

**Part 4: Tuesday, April 11, 2023, 1:00 PM-5:00 PM**

DBT Individual Therapy Part Four- Basic Treatment Strategies Part II and Change Procedures

In this training, Participants will continue to focus on basic DBT treatment strategies, including helping clients to gain insight, using contingencies in therapy, as well as how and when to use cognitive modification and exposure in therapy.

Following this training, participants will be able to:

- This workshop helped me to understand insight strategies
- This workshop helped me to understand cognitive modification
- This workshop helped me to understand exposure techniques

**Part 5: Tuesday, April 25, 2023, 1:00 PM-5:00 PM**

Special Treatment Strategies-

In this training, participants will learn the special treatment strategies of suicide and risk assessment within

DBT, utilizing the telephone within DBT for coaching, as well as crisis and coping strategies.

Following this training, participants will be able to:

- This workshop helped me to understand the DBT suicide assessment protocol
- This workshop helped me to understand the coaching call
- This workshop helped me to understand crisis strategies
- This workshop helped me to understand hospital strategies

**Part 6: Tuesday, May 9, 2023, 1:00 PM-5:00 PM**

Balancing Communication in Therapy and Taking Care of Yourself-

In this training, participants will learn how to communicate with other providers about DBT as well as how to help their clients consult with other providers. Participants will learn relationship strategies as well as how to keep balanced in the way they communicate with clients. Participants will learn the theory of burnout in the context of DBT treatment as well as the role of the DBT Consultation team and self-care in the treatment of therapist burnout.

Following this training, participants will be able to:

- This workshop helped me to understand communication strategies
- This workshop helped me to understand relationship strategies
- This workshop helped me to understand case management strategies
- This workshop helped me to understand the role and function of the DBT consultation team

## Meet the Trainers



**Suzy Langevin, LICSW, LADC I**, Director of Training and Professional Development at Open Sky Community Services, is committed to making the best evidence-based tools and supports available to both Open Sky employees and the broader provider community through the Bridge Training Institute. Ms. Langevin has presented regionally and nationally on implementing evidence-based treatment modalities, including the Stephanie Moulton Symposium, NAADAC National Webinar Series, and the Massachusetts Psychiatric Rehabilitation Collaborative Annual Conference. She has extensive training and fidelity coding experience in Motivational Interviewing and is a member of the Motivational Interviewing Network of Trainers (MINT).

She had provided training and consultation in a variety of evidence-based treatment modalities to mental health providers, school systems, community groups and state agencies, where feedback has included, *“Suzy is very knowledgeable and provides practical insight on how to apply the skill learned in real life situations. Her training approach is upbeat, engaging, and informative.”*

In her more than decade long tenure at Open Sky, she served as Director of Dual Diagnosis Services, where she developed a model for services for co-occurring mental health and substance use disorders within the agency’s community mental health programming. She also previously worked to implement and supervise the provision of Illness Management and Recovery (IMR) services across adult and adolescent treatment settings and the development and opening of The Bridge Counseling Center, Open Sky’s outpatient division. In 2014, Ms. Langevin was awarded the ABH Excellence in Outcomes Award as a member of the CR for PTSD group. She was selected to the Worcester Area Chamber of Commerce Leadership Worcester Class of 2021.

In addition to her work at Open Sky, Ms. Langevin has experience in a diverse range of settings, including emergency mental health, juvenile justice, residential treatment, and hospital inpatient care.



Jesse Edsell-Vetter is the Director of Resident Services for Homeowner's Rehab Inc and offers private consulting for community organizations seeking to build community-based hoarding intervention models. Edsell-Vetter previously founded Metro Housing's Center for Hoarding Intervention which offered services to residents in Greater Boston at risk of eviction due to hoarding behavior as well as training and technical assistance in the United States and Canada.

Jesse authored *Effective Hoarding Intervention: Using A Case Management Approach for Reducing Clutter and Changing Behavior* and contributed to *The Hoarding Handbook: A Guide for Human Service Professionals*. He has been a regular speaker throughout in United States and Canada including at the International Obsessive Compulsive Disorders Annual Conference and at the San Francisco Mental Health Association Hoarding Conference. His work has been highlighted by The Boston Globe Magazine, National Public Radio, and the documentary film *Beyond Hoarding*.



**Stefanie Gregware, MA, LMHC** is the Vice President of Clinical Services at Open Sky Community Services. In this capacity, she oversees clinical services agency wide. She is trained in all evidence-based practice models Open Sky provides and supervises each clinical team ensuring fidelity, outcome measurement, training, supervision, and development of self-sufficient practices.

Ms. Gregware received her master's degree from Assumption College with a concentration in Cognitive Behavioral Therapy. She was also awarded a certificate in CBT through the Aaron T. Beck Institute in Cognitive Studies at Assumption College. Ms. Gregware received advanced training and consultation in Recovery Oriented CBT for Schizophrenia through the Beck Institute and the University of Pennsylvania. In addition, she has

received intensive training in Dialectical Behavior Therapy.

Ms. Gregware has provided direct clinical care for the past 10 years with treatments based in a Cognitive Behavioral therapy framework. These treatments include; DBT, CBT for symptoms of psychosis, Cognitive Restructuring for PTSD, and CBT for anxiety and depression. She has received training and supervision from leaders in these practices (Charles Swenson, M.D., Kim Meuser, Ph.D., Jennifer Gottlieb, Ph.D., Corine Cather, Ph.D, Aaron Brinen, Ph.D.) Ms. Gregware is one of two CR for PTSD practitioners at Open Sky who are trained to provide fidelity ratings on audio-taped therapy sessions.

Ms. Gregware has also co-facilitated a 2-day course on Recovery Oriented Cognitive Therapy. This workshop was created under the supervision of Aaron Brinen, Ph.D., at the Beck Institute.



**Jenise Katalina** is the founder and owner of Rise Leadership & Coaching. A firm specializing in building equitable organizations, developing inclusive leadership through training, technical assistance, and career coaching. Through Rise, Jenise supports the career growth of women of color through clinical supervision, career mentoring and coaching. Jenise currently serves as Vice President of the Board of Directors and Co-Executive Director for the Women of Color Health Equity Collect, a movement building nonprofit organization based out of Western Mass that is focused on supporting women and girls of color achieving their optimal health and well-being.

Jenise Katalina is also the Healthy Families Resource Specialist at the Children's Trust, a statewide agency focused on stopping child abuse in Massachusetts. In this role, she provides training and technical assistance to program management in home visiting programs across the state with a focus on implementing policies and practice with a racial equity lens.

Before joining the Children's Trust, Jenise served as the Vice President of Family Services at Square One, a community-based non-profit in Springfield, Massachusetts. She joined the Square One team in September of 2011 as a Healthy Families Home Visitor and quickly excelled through multiple managerial positions. Jenise's prior experience includes management roles within residential programs for latency-age children and developing gang aversion programs for teen youth in Springfield.

Jenise received her Bachelor of Arts degree from Westfield State University and her Master of Social Work degree from Springfield College. She is a Licensed Independent Social Worker in Massachusetts and a certified trainer in multiple trauma focused models, specifically focusing on two generational families. She currently serves on multiple interdisciplinary workgroups and initiatives focused on Racial Equity at the state and community level. She also serves as an adjunct faculty for the Master Social Work programs at Springfield College and Westfield State University.



**Elizabeth Plante, MA, LMHC, DBTC** is a certified Dialectical Behavior Therapy clinician through the DBT-Linehan Board of Certification. Ms. Plante received her master's degree from Assumption College with a concentration in Cognitive Behavioral Therapy and Children and Families. Ms. Plante was also awarded a certificate in CBT through the Aaron T. Beck Institute in Cognitive Studies at Assumption College. Ms. Plante has received intensive training in Dialectical Behavior Therapy under Charlie Swenson and advanced intensive training under Marsha Linehan.

Ms. Plante is the Director of DBT and Trauma Services at Open Sky Community Services. In this capacity, she oversees implementation of DBT and Trauma Services throughout the agency including training, supervision, and consultation.

Ms. Plante has provided DBT and CBT to individuals for the past 18 years. She leads several consultation teams, both within the agency as well as in the community. She co-developed and facilitated the Training Institute's DBT series as well the agency's internal staff and clinical training series. She has facilitated both day-long trainings as well as shorter trainings individually tailored to meet the needs of specific programs. Ms. Plante has experiencing in doing DBT consultation and training for the Department of Youth Services, school systems, and other non-profit agencies. Ms. Plante is also trained in CR for PTSD and Prolonged Exposure for PTSD. In addition, she is working toward becoming a certified Mindfulness Based Stress Reduction Teacher.



**Eric Roldan, LICSW**, is the Director of Outpatient Services at Open Sky Community Services, is a clinical social worker with a demonstrated commitment to leadership and direct service to underserved and hard to serve populations. At the Bridge Counseling Center at Open Sky, he currently oversees an interdisciplinary team that specializes in using evidence-based treatment modalities in an outpatient setting. Prior to his current role, he has held leadership and clinical roles in opiate treatment, intensive foster care, care coordination and homelessness support. He is a member of the Leadership Worcester Class of 2023 and was named to the Worcester Business Journal 40 Under 40 in 2014. He holds a master's degree in social work from Springfield College, in addition to a Trauma Informed Care certificate.



**Sharon Saline, Psy.D.** has focused her work on ADHD, anxiety, learning differences and mental health challenges and their impact on school and family dynamics for over 30 years. Her unique perspective, a sibling of a child who wrestled with untreated ADHD, combined with decades of academic excellence and clinical experience, assists her in guiding families as they navigate from the confusing maze of diagnoses and conflict to successful interventions and connections. Dr. Saline funnels this expertise into her book, [\*What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life\*](#). Heralded as an invaluable resource, her book is the recipient of two awards: Best Book Awards winner by American Book Fest and the Gold Medal from Moms' Choice Awards. She recently published [\*The ADHD Solution Deck\*](#).

As an international lecturer and workshop facilitator, Dr. Saline combines psychology with her love of theatre to animatedly present on a variety of topics from understanding ADHD, executive functioning and anxiety in children and teens to working with different kinds of learners and raising digital citizens. Dr. Saline is a regular contributor to ADDitudemag.com and PsychologyToday.com, a featured expert on MASS Appeal on WWLP-TV and a part-time lecturer at the Smith School for Social Work.



**Barent Walsh, Ph.D.** has written extensively and presented internationally on the topic of self-destructive behavior. He is the author of three books on non-suicidal self-injury, including *Treating Self-Injury: A Practical Guide 2<sup>nd</sup> edition*, Guilford Press, (2014). This volume has been translated into Japanese, Korean, Dutch and Polish.

Dr. Walsh is Executive Director Emeritus and Senior Clinical Consultant at Open Sky Community Services, a human service agency headquartered in Worcester, MA. Dr. Walsh is also a Lecturer on Psychiatry, Harvard Medical School at Cambridge Health Alliance, Cambridge, MA.

Dr. Walsh received the following recognition in 2021:

“On behalf of the International Society for the Study of Self-Injury (ISSS) Board of Directors, we would like to honour your extensive contributions to the field by inviting you to be an Invited Fellow of ISSS. This invitation reflects the highest recognition of your many contributions to the field, notably your seminal work and publications in the areas of assessment and treatment of self-injury.”



**Kerrin Westerlind, MSW, LICSW**, is the Director of Evidence Based Practices at Open Sky Community Services. For more than a decade, Kerrin has assisted interdisciplinary teams in the implementation of Evidence Based and Best Practices.

Kerrin is an expert in Illness Management and Recovery (IMR) and has been involved in this practice since 2005. She has overseen the implementation of IMR services in residential and supported housing programs with diverse populations, adapted materials for various populations and has provided consultation on using adaptations of IMR with adolescents, those who are justice-involved and individuals who are dually diagnosed with a mental health and a substance use disorder. She has provided training and consultation on IMR and its adaptations to specific populations to various agencies in Massachusetts,

throughout the United States and at National Conferences.

Additionally, Ms. Westerlind has training and leadership experience in implementing multiple modalities for working with people who experience psychosis, including CBT for Psychosis and Recovery Oriented Cognitive Therapy (CT-R).

Kerrin’s interests extend to using trauma informed care principles in culture transformation, to promote healing, growth, and resilience for those using and providing services. She is currently working with others from all around the Open Sky community to advance the agency’s efforts in becoming a fully trauma informed and responsive organization.

Kerrin is passionate about providing person-centered, recovery-oriented practices, and training others in the provision of these treatment models. Her experience in the mental health field includes over 20 years of work in a range of settings from residential, supported housing, day treatment, outpatient, community-based services for adults and adolescents and clubhouse model. Her interests have led her to serve on the MassPRC (Massachusetts Psychiatric Rehabilitation Collaborative) Board of Directors, since 2018.



**Andrea Wolloff, MA, LMHC** received her master's degree in Counseling Psychology from Assumption College. She also received additional certifications in CBT for children and families and general CBT from The Aaron T. Beck Institute for Cognitive Studies at Assumption College.

Ms. Wolloff is a Private Practitioner who provides counseling, consultation, training, and supervision. Her specialties include PTSD and trauma, anxiety disorders, depression, and peri-natal mental health. She uses evidence-based treatment models to treat PTSD, including Cognitive Restructuring for PTSD and Prolonged Exposure.

Ms. Wolloff also delivers consultation and training in Cognitive Restructuring for PTSD.

In this capacity, Ms. Wolloff provides training and direct supervision to clinicians including providing fidelity assessments of audio recorded sessions for newly trained CR clinicians.

Prior to Private Practice, Ms. Wolloff worked at Open Sky Community Services. During this time, she developed a specialty in working with those who experience serious and persistent mental illness. She received intensive training in Recovery Oriented CBT for Schizophrenia, CBT for Psychosis, Dialectical Behavior Therapy, Cognitive Restructuring for PTSD, and Prolonged Exposure for PTSD. She served as a treatment provider, training developer, trainer, consultant, and supervisor in these practices.



**The Bridge Training Institute 2022-2023 Mail-In Registration**

**\*\$219 per full day IN-PERSON workshop including CEUs**

**9:00am-4:00pm at The Courtyard Marriott, 75 Felton St, Marlborough, MA 01752**

- October 7, 2022                    **Introduction to Motivational Interviewing: Foundational Skills**  
*Suzy Langevin, LICSW, LADC I*
- October 21, 2022                    **Working with Co-Occurring Disorders: Supporting Substance Use Disorder in Mental Health Treatment**  
*Suzy Langevin, LICSW, LADC I & Eric Roldan, LICSW*
- October 28, 2022                    **Confident and Curious: How to help neurodiverse children and teens thrive in an age of anxiety-** *Sharon Saline, Psy.D.*
- November 4, 2022                    **Motivational Interviewing: Building on the Basics**  
*Suzy Langevin, LICSW, LADC I*
- December 9, 2022                    **Cognitive Behavioral Therapy: CBT Theory and Core Treatment Skills**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- February 10, 2023                    **Introduction to Clinical Supervision: Structures & Skills**  
*Suzy Langevin, LICSW, LADC I & Stefanie Gregware, LMHC*
- March 17, 2023                    **Utilizing a Liberation Lens in Treating Racial Trauma**  
*Jenise Katalina, LICSW*
- March 31, 2023                    **Best Practices in Responding to Trauma and PTSD**  
*Elizabeth Plante, LMHC & Andrea Wolloff, LMHC*
- May 19, 2023                    **Blending Motivational Interviewing Strategies with CBT**  
*Suzy Langevin, LICSW, LADC I & Stefanie Gregware, LMHC*

**\*\$109 per half-day VIRTUAL workshop including CEUs. Trainings will be held on ZOOM, the meeting link and all handouts will be emailed 48 hours prior to the start of the virtual training**

- October 13, 2022, 9:00am-12:00pm, **An Overview of the Cultural Humility Framework-***Jenise Katalina, LICSW*
- October 20, 2022, 1:00pm-4:00pm, **Provider Wellness-***Kerrin Westerlind, LICSW & Stefanie Gregware, LMHC*
- November 2,16,30, 2022, 9:00am-1:00pm, **Hoarding Interventions 3-Part Virtual Series-***Jesse Edsell-Vetter*  
*\*Please note, this training series is \$299 and to receive CEU credit you must attend all 3 sessions.*
- December 1, 2022, 1:00pm-4:00pm, **Substance Use & Psychosis: Interventions for Intertwined Issues**  
*Suzy Langevin, LICSW, LADC I & Stefanie Gregware, LMHC*
- January 12, 2023, 9:00am-12:00pm, **Understanding and Treating the Complex Puzzle of Non-Suicidal Self-Injury**  
*Barent Walsh, Ph.D.*

- January 19, 2023, 9:00am-1:00pm     **Cognitive Behavioral Therapy for Generalized Anxiety Disorder**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- January 26, 2023, 1:00pm-4:00pm     **Illness Management & Recovery (IMR) Training Overview**  
*Kerrin Westerlind, LICSW*
- February 2, 2023, 9:00am-12:00pm     **Understanding, Managing, & Treating Suicidal Behavior**  
*Barent Walsh, Ph.D.*
- February 16, 2023, 9:00am-1:00pm     **Cognitive Behavioral Therapy for Symptoms of Depression**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- March 16, 2023, 9:00am-1:00pm     **Cognitive Behavioral Therapy for Psychosis**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- April 13, 2023, 9:00am-1:00pm     **Cognitive Behavioral Therapy for Social Anxiety**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- April 27, 2023, 1:00pm-4:00pm     **Harm Reduction: Principles & Practices**  
*Suzy Langevin, LICSW, LADC I*
- May 4, 2023, 1:00pm-4:00pm     **Provider Resiliency**  
*Kerrin Westerlind, LICSW & Stefanie Gregware, LMHC*
- May 11, 2023, 1:00pm-4:00pm     **Clinical Skills in Non-Clinical Settings**  
*Suzy Langevin, LICSW, LADC I*

□ **The Dialectical Behavior Therapy Skills Training Track** – with Elizabeth Plante, LMHC  
*\*This training will be conducted ONLINE in 6 half-day sessions from 1:00pm-5:00pm for \$500 including CEUs. Please note, to receive CEU credit you must attend all 6 sessions in the series.*

September 27, 2022	DBT Skills Part 1
October 11, 2022	DBT Skills Part 2
October 25, 2022	DBT Skills Part 3
November 8, 2022	DBT Skills Part 4
November 22, 2022	DBT Skills Part 5
December 6, 2022	DBT Skills Part 6

□ **The Dialectical Behavior Therapy Individual Therapy Track**–with Elizabeth Plante, LMHC.  
*\*This training will be conducted ONLINE in 6 half-day sessions from 1:00pm-5:00pm for \$500 including CEUs. Please note, to receive CEU credit you must attend all 6 sessions in the series.*

February 28, 2023	Individual Therapy Part 1
March 14, 2023	Individual Therapy Part 2
March 28, 2023	Individual Therapy Part 3
April 11, 2023	Individual Therapy Part 4
April 25, 2023	Individual Therapy Part 5
May 9, 2023	Individual Therapy Part 6

## The Bridge Training Institute 2022-2023 Mail-In Registration

### Please indicate the type of continuing education credit requested:

- |   |                                    |                                |
|---|------------------------------------|--------------------------------|
| <input type="checkbox"/> American Psychological Association-APA     | <input type="checkbox"/> MA – NASW | <input type="checkbox"/> LADC  |
| <input type="checkbox"/> MA - Licensed Mental Health Counselor-LMHC | <input type="checkbox"/> MA - LMFT | <input type="checkbox"/> OTHER |

Registrant Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Organization: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_ Zip Code: \_\_\_\_\_ Email Address: \_\_\_\_\_

Online Registration is available at: [www.thebridgetraininginstitute.org](http://www.thebridgetraininginstitute.org)

### **Pay by Check:**

Mail this form and your check payable to The Bridge Training Institute a program of Open Sky, 4 Mann Street, Worcester, MA 01602

**Pay by Purchase Order:** Please email your purchase order with this completed registration form to: [traininginstitute@openskycs.org](mailto:traininginstitute@openskycs.org)

**MA Vendor Code:** VC6000166455

**Federal ID #:** 04-2587863

**Email to request W9-** [traininginstitute@openskycs.org](mailto:traininginstitute@openskycs.org)

**Pay by Credit Card:** Please contact Amanda Gibbons at 508-356-7423

**Snow Cancellation - Rescheduling Policy:** An In-Person training event will only be cancelled due to extreme inclement weather and will always be rescheduled. Cancellation information will be posted on our website at: [www.thebridgetraininginstitute.org](http://www.thebridgetraininginstitute.org)

**Registrant Cancellation:** If a registrant is unable to attend a workshop, he/she is welcome to send a substitute, or, if notice of cancellation is received at least 5 business days prior to the workshop, the registrant may credit his/her registration fee toward another workshop within the same training season. No refunds will be given.

**Special Accommodations & Nursing Mothers:** The facilities at the Courtyard Marriott are fully accessible. On a space available basis, a private guest room can be provided at no charge for nursing mothers. Please contact Amanda Gibbons at 508-356-7423 or [amanda.gibbons@openskycs.org](mailto:amanda.gibbons@openskycs.org) to request any special accommodations.

**Grievance Policy:** Any registrant who is dissatisfied with any aspect of a training is encouraged to contact Amanda Gibbons at 508-356-7423. Every effort will be made to remediate the complaint in a satisfactory manner.

The Bridge Training Institute a program of Open Sky Community Services, Inc.  
4 Mann Street, Worcester, MA 01602 • (508) 755-0333  
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[www.thebridgetraininginstitute.org](http://www.thebridgetraininginstitute.org)

## **Training CEU Information**

### **Full Day IN-PERSON Workshops:**

- 6 CE credits approved for: Psychologists; MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors
- 5.5 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 6 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 6 contact hours. The American Nurses Credentialing Center accepts CE's from the Massachusetts Psychological Association (APA) for recertification.

### **3 Hour Half-Day Workshops:**

- 3 CE credits approved for: Psychologists; MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors
- 2.5 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 3 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 3 contact hours. The American Nurses Credentialing Center accepts CE's from the Massachusetts Psychological Association (APA) for recertification.

### **4 Hour Half-Day Workshops:**

- 4 CE credits approved for: Psychologists; MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors
- 3.5 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 4 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 4 contact hours. The American Nurses Credentialing Center accepts CE's from the Massachusetts Psychological Association (APA) for recertification.

### **Hoarding Interventions Series:**

- 12 CE credits approved for: Psychologists; MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors
- 10.5 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 12hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 12 contact hours. The American Nurses Credentialing Center accepts CE's from the Massachusetts Psychological Association (APA) for recertification.

PLEASE NOTE: To receive CEU credit for the Hoarding Intervention series, you must attend all 3 sessions.

### **For each DBT Series:**

- 24 CE credits approved for: Psychologists; MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors
- 21 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 24 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 24 contact hours. The American Nurses Credentialing Center accepts CE's from the Massachusetts Psychological Association (APA) for recertification.

PLEASE NOTE: To receive CEU credit for the DBT series, you must attend all 6 sessions.



American Psychological Association: Community Healthlink is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Healthlink maintains responsibility for this program and its content.