



THE BRIDGE TRAINING INSTITUTE
www.TheBridgeTrainingInstitute.org

2023-2024

PROFESSIONAL DEVELOPMENT SERIES

In-Person Training Location:

Best Western Royal Plaza Hotel & Trade Center
181 Boston Post Rd W, Marlborough, MA 01752

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

2023-2024 Trainings

VIRTUAL-Thursday, October 12, 2023-9:00 AM-12:00 PM-\$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 26, 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.

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
- Cognitive-behavioral treatment
- The biology of NSSI

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
- Discuss the topic of self-care in working with persons who self-injure

IN-PERSON-Friday, October 27, 2023, 9:00 AM—4:00 PM-\$219 including CEUs
Introduction to Motivational Interviewing: Spirit & Skills
Suzy Langevin, LICSW, LADC I

There are two things that are true about change: It's hard, and it's inevitable. And as clinicians and human service providers, we are often tasked with supporting people through many different changes and the challenges and rewards that come with it. In this day long workshop, providers will receive an introduction to the practice of Motivational Interviewing, a collaborative style of conversation designed to uncover and strengthen and individual's own desire and confidence in their ability to make changes that will impact their safety, health, and sense of well-being.

Following this training the participants will understand:

- The reasoning for using MI as an intervention for individuals who are ambivalent about behavior change.
- 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 use reflective listening skills used to move conversations about change forward.

VIRTUAL-Thursday, November 2, 2023, 1:00 PM-4:00 PM-\$109 including CEUs
Intertwined Issues Series-Trauma & Substance Use
Suzy Langevin, LICSW, LADC I & Jean Brickman, LADC I

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 trauma. The overlap between those who are in treatment for substance use disorder and those who have experienced trauma is considerable, with estimates ranging from 60-97%. Because of this, substance use treatment providers need both a working knowledge of the impacts of trauma both generally and on recovery, and interventions to address these two interconnected issues. This training will provide background information and a review of the evidence-based modalities that can address these two issues in concert for more effective treatment.

Following this training the participants will understand:

- Reactions to trauma and ways in which substance use and trauma reactivity impact one another.
- Identify strategies to improve engagement for individuals who experience co-occurring substance use and trauma.
- Identify clinical strategies for treating substance use and trauma simultaneously for the best efficacy, including Seeking Safety, CPT and other trauma-informed treatment approaches.

VIRTUAL-Thursday, November 16, 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.

Following this presentation, participants will be able to:

- 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.

VIRTUAL-Thursday, November 30, 2023-9:00 AM-12:00 PM-\$109 including CEUs
Cultural Humility in Supervision
Jenise Katalina, LICSW

Research evidence suggests that processing cultural issues in supervision is related to an effective supervisory relationship, yet power and privilege are often an unexplored characteristic that can drastically impact the supervisory relationship. Supervisees are more likely to report having a positive supervisory relationship and feeling personally validated when supervisors explore privilege, culture and race in supervision. Though people may shy away from discussions about privilege in these leadership roles, becoming an effective supervisor means being able to navigate those responsibilities and conversations even when uncomfortable. This training supports supervisors in examining privilege and engaging in discussions around culture and race in supervision to contribute towards a parallel promise of deeper self-understanding, awareness of complex cultural issues and trust building.

Following this training the participants will understand:

- Define and examine different definitions and aspects of culture.
- Differentiate between prejudice, stereotyping, discrimination, and bias.
- Explain the importance of Cultural Humility and exploring bias in supervision.
- Build self-awareness to reflect on personal bias.
- Utilize strategies to unlearn bias.
- Utilize reflective questions to support supervisees in unlearning bias.

IN-PERSON-Friday, December 1, 2023, 9:00 AM-4:00 PM-\$219 including CEUs
Motivational Interviewing: The Power of Change Talk
Suzy Langevin, LICSW, LADC I

This training will provide an in-depth exploration of the power of change talk, including listening for it, strategies for drawing it out and reflecting it, and using it to translate into action between conversations. Using MI fidelity tools as a framework, practitioners will learn the importance of reflecting change talk to get more change talk that leads to behavior change and will have the opportunity to practice multiple strategies to do it. This intermediate level training assumes practitioners have a good working knowledge of MI spirit and basic OARS skills. Time will be allotted for case consultation to work through challenging scenarios.

Following this training the participants will understand:

- The diversity and range of OARS responses that can elicit change talk
- Strategies for cultivating change talk, including the opportunity to practice
- The elements of MI coding and coaching to enhance their practice

VIRTUAL-Thursday, December 7, 2023, 1:00 PM-4:00 PM-\$109 including CEUs
Intertwined Issues Series- Suicide & Substance Use
Suzy Langevin, LICSW, LADC I & Jean Brickman, LADC I

This training will provide clinicians with strategies and supports for managing two interconnected high-risk challenges of suicide and substance use, including strategies for managing our own reactions to this work.

The relationship between substance use and suicide is complex and challenging. This has been compounded in recent years with the opiate crisis, with the continual risk of overdose. This training aims to make connections between suicide and substance use and provide clinicians with actionable ways to talk about these two complex subjects in ways that encourage hope and recovery, paired with harm reduction interventions to keep individuals who are using safe. Secondary trauma and preventing provider burnout from working with these high-risk issues will also be addressed.

Following this training the participants will understand:

- The relationship between substance use and suicide, including the risk of overdose with passive suicidality.
- Identify strategies to address suicide and substance use with shared language and interventions.
- Recognize the signs of vicarious trauma and provider burnout that can result from working with high-risk issues and have 1-2 strategies for combatting that stress.

IN-PERSON-Friday, December 15, 2023, 9:00 AM-4:00 PM-\$219 including CEUs
Cognitive Behavioral Therapy: CBT Theory and Core Treatments Skills
Stefanie Gregware, LMHC & Andrea Wolloff, LMHC

This training will go through the fundamental components that drive cognitive behavioral therapy with an emphasis on application to practice in a variety of treatment settings. Participants will have the opportunity to consider the theory and core strategies of CBT via case examples, videos, and skills application opportunities. This training will help people apply the CBT theory and structure to their current cases as well as to have a general understanding of how the structure of treatment and specific treatment strategies will support positive outcomes for those they are treating. Participants do not need to have any previous experience or training in Cognitive Behavioral Therapy to benefit from this training.

Following this training the participants will understand:

- A basic overview of the Cognitive Behavioral Therapy Model including the theory behind the treatment structure.
- Strategies for assessment and monitoring of treatment progress and outcomes.
- The rationale for completing a case conceptualization and an understanding of how to apply assessment information to a CBT case conceptualization.
- The general structure for a CBT session and strategies for maintaining use of this structure throughout the course of treatment.

VIRTUAL-Thursday, January 11, 2024, 1:00 PM-4:00 PM-\$109 including CEUs
Intertwined Issues Series-Housing Issues & Substance Use
Suzy Langevin, LICSW, LADC I & William Nall, LMHC

This training will provide clinicians with an understanding of the issues individuals face with maintaining safe and appropriate housing with substance use disorder, as well as an overview of the Housing First model to address these concerns.

Massachusetts is in the midst of an affordable housing crisis, making serving individuals in need of safe and secure housing more challenging than ever. This training will provide an overview of the Housing First model, along with practical guidance for clinicians and case managers navigating the complex and often opaque world of housing assistance and supports.

Following this training the participants will understand:

- The rationale, principles and practical supports provided in a Housing First model
- Strategies for addressing common barriers in maintaining housing
- The relationship between harm reduction and housing, and practical strategies to reduce both individual and community harms.

VIRTUAL-Thursday, January 18, 2024, 9:00 AM-1:00 PM-\$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-Wednesday, January 24 & February 7, 2024-9:00 AM-12:00 PM

\$200 including CEUs

Hoarding Interventions 2 Day 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
- Assessment protocols for home and office

Day Two:

- Effective Communication with the client, collateral providers, and others
- 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

****NEW DATE** VIRTUAL-Thursday, February 29, 2024, 9:00 AM-12:00 PM**

-\$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 8, 2024, 1:00 PM-4:00 PM-\$109 including CEUs
Intertwined Issues Series-Substance Use and Psychosis
Suzy Langevin, LICSW, LADC I

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, February 9, 2024, 9:00AM-4:00 PM-\$219 including CEUs
Treating Eating Disorders: Integrating Psychotherapy and Nutrition
Karen Chinca, LICSW & Sandra Klemmer

Eating disorders (EDs) are collection of psychological diagnoses, characterized by eating behaviors and psychological disturbances, that can negatively impact health, quality of life, and psycho-social function and development. Moreover, research suggests that both prevalence and severity have spiked in recent years, so it is increasingly likely that professionals with a role in human welfare will encounter individuals affected by an eating disorder.

The aim of this training is to educate on eating disorder treatment, as well as to share practical skills that facilitate embodiment, reduce body shame, and promote health across the care of all individuals. Participants will learn about eating disorder etiology, the various diagnoses, assessment/screening, complications, interventions, the many co-occurring issues that can accompany eating disorders, and intersectional topics around body image and social justice. Different modalities of treatment including cognitive behavioral therapy, acceptance and commitment therapy, and mindfulness will be addressed. Additionally, participants will learn about the role of a Registered Dietitian in the nutritional therapy of an ED from assessment and common behaviors to meal planning and goals. You will gain an appreciation for the complexity and uniqueness of each individual's ED experience, and thus the benefit of a multidisciplinary team.

Following this training the participants will:

- Increase knowledge of ED assessment and diagnosis
- Better understand therapeutic and nutritional treatment of EDs
- Learn practical tools to support those struggling with body image
- Walk away with new non-shaming, health-promoting perspective and language to integrate into your work

VIRTUAL-Thursday, February 15, 2024, 9:00 AM-1:00 PM-\$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 7, 2024, 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, March 14, 2024, 9:00 AM-1:00 PM-\$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 29, 2024-9:00AM-4:00 PM-\$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

VIRTUAL-Thursday, April 11, 2024, 9:00 AM-1:00 PM-\$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.

IN-PERSON-Thursday, May 2, 2024, 9:00 AM-4:00 PM-\$219 including CEUs
Using Motivational Interviewing with Teens: I Don't Wanna and You Can't Make Me!
Suzy Langevin, LICSW, LADC I

This training will focus on engaging reluctant adolescents in talking about change using Motivational Interviewing Strategies. Adolescence has a reputation for being a turbulent time, when teens are working to figure out who they are independent of their families and adults in their life. This can lead to challenges when teens are engaging in behaviors with a negative impact on their health, safety, or development... and they definitely don't want to hear about it! This training will help practitioners tailor Motivational Interviewing strategies to this particular age, and find ways to have conversations that have the potential to lead to behavior change, and increasing practitioners sense of effectiveness and connection with their teen clients.

Following this training the participants will understand:

- MI skills to promote engagement and ownership
- Ways to adapt MI strategies for the adolescent population
- The importance of self-care and expectation management for practitioners

VIRTUAL-Tuesday, May 7, 2024, 1:00 PM-5:00 PM-\$109 including CEUs
The Adherent DBT Consultation Team
Elizabeth Plante, LMHC, DBT-C

In this half-day training, participants will gain a fuller understanding of what an adherently run DBT Consultation team looks like. The functions of this team meeting will be fully explored. Discussions on how to create a DBT team culture will include the topics of DBT Team Agreements as well as DBT Assumption about individuals served and the treatment itself. Participants will learn how to effectively participate in and even lead their own DBT Consultation teams and will walk away from this training with a full understanding of the DBT team tasks, roles, and structure of the meeting.

Following this training the participants will understand:

- The functions of a DBT consultation team
- How to create a DBT team culture utilizing
 - DBT Team Agreements
 - DBT Assumptions about Client
 - DBT Assumptions about Treatment
- How to participate as members of a DBT consultation team
- DBT team tasks and roles
- How to structure a DBT team meeting

IN-PERSON-Thursday, May 16, 2024, 9:00 AM-4:00 PM-\$219 including CEUs
Cognitive Behavioral Therapy Skills Application
Stefanie Gregware, LMHC & Andrea Wolloff, LMHC

This training will focus on the key interventions used in Cognitive behavioral therapy and will provide participants with a brief overview of each intervention and the opportunity to try out using these interventions with feedback from peers and trainers. This training will provide participants with an opportunity to observe and practice key strategies and interventions learned throughout the CBT training series using real plays and role plays with other training participants and the trainers.

Following this training the participants will understand:

- Participants will practice using strategies designed to improve engagement in CBT.
- Participants will practice using key cognitive interventions and strategies.
- Participants will practice using key behavioral interventions and strategies.

IN-PERSON-Friday, May 17, 2024, 9:00 AM-4:00 PM-\$219 including CEUs
Trauma Informed Interventions in Schools
Fran Kuehn, LICSW

This training will include exposure to the latest research findings regarding the impact of acute and developmental trauma on the developing brain and how this impacts the learning experience in school. Participants will then learn about and practice a variety of interventions that are designed to mitigate the impact of trauma and promote post-traumatic growth. Issues of social justice and the outsized impact of trauma in marginalized communities will be discussed as well as methods to advocate for services and support for school-children impacted by trauma.

Following this training the participants will understand:

- The impact of traumatic life events on the developing brain
- How trauma impacts learning in school settings
- Interventions designed for Tier 1, Tier 2 and Tier 3 level impact
- How to utilize these interventions most effectively in their particular setting

IN-PERSON-Monday, May 20, 2024, 9:00 AM-4:00 PM-\$219 including CEUs
Motivational Interviewing Strategies for Supervision
Suzy Langevin, LICSW, LADC I

Supervision is, in essence, about behavior change, helping employees integrate new skills and do things differently. This workshop will help supervisors leverage skills in Motivational Interviewing to guide employees to make changes to improve performance and service quality.

Following this training the participants will be able to:

- Participants will develop a rationale for using MI strategies and skills in supervision.
- Participants will practice MI skills in the context of providing individual supervision.
- Participants will practice MI skills in the context of leading group and team meetings.

IN-PERSON-Thursday, May 23, 2024, 9:00 AM—4:00 PM-\$219 including CEUs
Motivational Interviewing Skills Lab: Practice Makes Perfect
Suzy Langevin, LICSW, LADC I

This training will give practitioners who are learning Motivational Interviewing the opportunity to engage in a day long practice session to develop their skills using role play, real play, and other practical practice opportunities. Motivational Interviewing is SIMPLE, but not EASY. The only way to really become fluid in the practice is to use it! This workshop will provide participants with the opportunity to do just that, engaging in small group practice activities with real time feedback from instructor-coaches and their peers.

Following this training the participants will understand:

- The importance of practicing MI skills in order to use them fluidly
- Strategies for using MI in assessment and treatment planning
- Strategies in using MI across other clinical interventions

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.

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 a 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 12, 2023, 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, September 26, 2023, 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 10, 2023, 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, October 24, 2023, 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 7, 2023, 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, November 21, 2023, 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 or 508-755-0333 if you have questions about your readiness for this training.

DBT Individual Therapy Trainings:

Part 1: Tuesday, February 13, 2024, 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, February 27, 2024, 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 12, 2024, 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, March 26, 2024, 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 9, 2024, 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, April 23, 2024, 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

ADDITIONAL DBT TRAINING OPPORTUNITIES

VIRTUAL-Tuesday, May 7, 2024, 1:00 PM-5:00 PM-\$109 including CEUs

The Adherent DBT Consultation Team

Elizabeth Plante, LMHC, DBT-C

In this half-day training, participants will gain a fuller understanding of what an adherently run DBT Consultation team looks like. The functions of this team meeting will be fully explored. Discussions on how to create a DBT team culture will include the topics of DBT Team Agreements as well as DBT Assumption about individuals served and the treatment itself. Participants will learn how to effectively participate in and even lead their own DBT Consultation teams and will walk away from this training with a full understanding of the DBT team tasks, roles, and structure of the meeting.

Following this training the participants will understand:

- The functions of a DBT consultation team
- How to create a DBT team culture utilizing
 - DBT Team Agreements
 - DBT Assumptions about Client
 - DBT Assumptions about Treatment
- How to participate as members of a DBT consultation team
- DBT team tasks and roles
- How to structure a DBT team meeting

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.



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. She has 20 years of experience in providing CBT to a variety of populations and different settings.

Ms. Wolloff is a Private Practitioner who provides CBT based counseling, consultation, training, and supervision. Her specialties include PTSD and trauma, anxiety disorders, depression, and perinatal mental health. She holds a certification in Perinatal Mood and Anxiety Disorders.

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.



Barent Walsh, Ph.D. 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 2nd 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.”

Dr. Walsh’s most recent publication is: Walsh, B.W., Doerfler, L.A. & Van Hove, L. (2023). Understanding and Treating Atypical, Severe Nonsuicidal Self-Injury. In *The Oxford Handbook of Nonsuicidal Self-Injury*. Lloyd-Richardson, E., Baetens, I. & Whitlock. J. Oxford University Press.



Elizabeth Plante, MA, LMHC, DBTC is a certified Dialectical Behavior Therapy clinician through the DBT-Linehan Board of Certification. Ms. Plante is the Director of DBT & Trauma Services at Open Sky Community Services. In this capacity, she oversees implementation of DBT and trauma services throughout the agency including training, supervision, consultation and oversight of the Trauma Response Team. She has co-developed and facilitated DBT training in multiple settings and has led consultation teams within the agency and the community. Ms. Plante also has experience in providing DBT consultation and training for the Department of Youth Services, school systems, and other non-profit agencies.

Ms. Plante is an adjunct instructor at Assumption University in the Graduate program of Clinical Psychology where she teaches a Special Topics DBT course.

Ms. Plante received her Master’s Degree from Assumption University with concentrations in Cognitive Behavioral Therapy and Children and Families and was awarded a certificate in CBT through the Aaron T. Beck Institute in Cognitive Studies. Ms. Plante has received intensive training in Dialectical Behavior Therapy under Charlie Swenson and advanced intensive training under Marsha Linehan.

Ms. Plante is also trained in CR for PTSD and Prolonged Exposure for PTSD, and she is a trained Level One Mindfulness Based Stress Reduction Teacher through Brown University.



Fran Kuehn, LICSW has worked for 19 years as a School Social Worker at Brookline High School in Brookline, MA. Fran has extensive experience in researching, teaching and implementing trauma-informed practices in school settings. Fran regularly offers consultation to school systems on how to implement evidence-based practices in schools. Fran works collaboratively with school staff, ensuring that interventions from the evidence-base are adapted to create a “best fit” between the intervention, the staff and the setting.



Jean Brickman, LADC I is the Clinical Supervisor of Co-Occurring Disorders at Open Sky Community Services. She is a graduate of CUNY John Jay College of Criminal Justice, where she earned an MA in Forensic Psychology. Jean is a licensed alcohol and drug counselor and licensed social worker. She holds the designation of Recovery Coach Professional Facilitator through Connecticut Community For Addiction Recovery, supporting the training and supervision of Recovery Coaches. She has worked at Open Sky (and previously The Bridge of Central MA) for the past 15 years, specializing in supporting individuals who are experiencing mental health challenges and substance use disorders, providing services across a variety of residential, community-based and outpatient settings.



Jenise Katalina is a Licensed Independent Clinical Social Worker in Massachusetts who serves as the Vice President of the Board of Directors and Executive Leader for the Women of Color Health Equity Collective, a movement building nonprofit organization based out of Western Mass that is focused on building community capacity to support women and girls of color in achieving their optimal health and well-being. In addition to offering anti-oppressive training and consulting and career coaching to women of color through Rise Leadership and Coaching, Jenise is also the founder of Kindred Healing Counseling Services which is a mental health private practice focused on supporting individuals experiencing intergenerational trauma, racial trauma, and perinatal mood disorders utilizing a liberation approach.

Jenise’s experience includes the role of Healthy Families Resource Specialist at the Children’s Trust, a statewide agency focused on stopping child abuse in Massachusetts, where she provided training and technical assistance to program management 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. Within this role, Jenise designed, implemented, and managed multiple home visiting and family support programs serving multigenerational families. Jenise’s prior experience includes management roles within residential programs for latency-age children and 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 from Springfield College. She has studied under the founders of the Culturally Humility Framework and has offered technical assistance and training to multiple institutions striving to incorporate a Racial Equity lens into their work and move towards being anti-racist organizations. She serves on multiple interdisciplinary workgroups and initiatives focused on Racial Equity, Health Equity and Maternal Health at the state and community level. She provides clinical reflective supervision, coaching and mentorship to women navigating their careers. Jenise also serves as an adjunct faculty for multiple Master level Social Work programs.



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*.



Karen Chinca is a psychotherapist and owner of Nourished Minds Counseling + Wellness, LLC., as well as a founding member of The Greater Boston Wellness Collaborative. Karen has extensive experience treating anxiety disorders, eating disorders, OCD, and trauma. Karen is a Certified Eating Disorders Specialist-Supervisor (CEDS-S) through the International Association of Eating Disorders Professionals (IAEDP), a graduate of the International OCD Foundation's Behavior Therapy Training Institute (BTTI), and a Certified Diplomate of the Academy of Cognitive Therapy. Karen earned her MSW from Boston College in 2004.



Kerrin Westerlind, 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.



Sandra Klemmer, Sandy (pronouns she/her) is a licensed Registered Dietitian (RD) and holds a Masters degree in Nutrition. She has served on the Board of Directors for the Massachusetts Dietetic Association, and is a member of both the MEDA Provider Network and the Association for Size Diversity and Health (ASDAH). After 10 years of clinical nutrition experience at Massachusetts General Hospital Sandy recognized the value of redirecting her skills to support individuals with healing their relationship to food & their body. Based in Boston, MA, Sandy's private nutrition practice is specialized in eating disorders, body image, and intuitive eating, and her approach promotes a paradigm shift from the dispirited model of dieting and health materialism to an empowering model premised on reclaiming body wisdom and self-compassion. She also teaches yoga philosophy and vinyasa yoga classes and is personally devoted to exploring consciousness.



Stefanie Gregware, MA, LMHC is the Vice President of Resilience and Recovery at Open Sky Community Services. In this capacity, she oversees the implementation of clinical and peer services organization-wide. Stefanie, alongside a team of practice experts, works with teams across the organization to ensure that services are delivered with an emphasis on evidence-based and best practices. Stefanie's focus has been on practices that are designed to enhance autonomy and emphasize many pathways to achieving one's goals. 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 Cognitive Restructuring for PTSD and Recovery Oriented CBT for Schizophrenia. In addition, she has

received intensive training in Dialectical Behavior Therapy. Ms. Gregware has provided direct clinical care, training, supervision, and consultation for the past 18 years with treatments based in a Cognitive Behavioral therapy framework.



William Nall, LMHC, Clinical Director of Homeless Services at Open Sky Community Services, is driven to eliminate the stigma of homelessness, advocate for greater housing opportunities, and provide equitable care to all people experiencing homelessness. William has been with Open Sky Community Services for over 5 years and has worked with a variety of populations with different challenges. He has worked directly with people experiencing homelessness over the past 3 years. Through his work at Open Sky, William has trained staff and other community providers in community safety, trauma informed care, harm reduction, and multiple evidence-based practices.

The Bridge Training Institute 2023-2024 Mail-In Registration

*\$219 per full day **IN-PERSON** workshop including CEUs 9:00am-4:00pm at Best Western Royal Plaza Hotel & Trade Center, 181 Boston Post Rd W, Marlborough, MA 01752

- October 27, 2023 **Introduction to Motivational Interviewing: Spirit & Skills**
Suzy Langevin, LICSW, LADC I
- December 1, 2023 **Motivational Interviewing: The Power of Change Talk**
Suzy Langevin, LICSW, LADC I
- December 15, 2023 **Cognitive Behavioral Therapy: CBT Theory and Core Treatment Skills**
Stefanie Gregware, LMHC & Andrea Wolloff, LMHC
- February 9, 2024 **Treating Eating Disorders: Integrating Psychotherapy and Nutrition**
Karen Chinca, LICSW & Sandra Klemmer
- March 29, 2024 **Utilizing a Liberation Lens in Treating Racial Trauma**
Jenise Katalina, LICSW
- May 2, 2024 **Motivational Interviewing with Teens: I Don't Wanna & You Can't Make Me!**
Suzy Langevin, LICSW, LADC I
- May 16, 2024 **Cognitive Behavioral Therapy Skills Application**
Stefanie Gregware, LMHC & Andrea Wolloff, LMHC
- May 17, 2024 **Trauma Informed Interventions in Schools**
Fran Kuehn, LICSW
- May 20, 2024 **Motivational Interviewing Strategies for Supervision**
Suzy Langevin, LICSW, LADC I
- May 23, 2024 **Motivational Interviewing Skills Lab: Practice Makes Perfect**
Suzy Langevin, LICSW, LADC I

*\$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 12, 2023, 9:00am-12:00pm **An Overview of the Cultural Humility Framework**-*Jenise Katalina, LICSW*
- October 26, 2023, 9:00am-12:00pm **Understanding and Treating the Complex Puzzle of Non-Suicidal Self-Injury**
-Barent Walsh, Ph.D.
- November 2, 2023, 1:00pm-4:00pm **Intertwined Issues Series: Trauma & Substance Use**
-Suzy Langevin, LICSW, LADC I, & Jean Brickman, LADC I
- November 16, 2023, 9:00am-12:00pm **Understanding, Managing, & Treating Suicidal Behavior**
-Barent Walsh, Ph.D.
- November 30, 2023, 9:00am-12:00pm **Cultural Humility in Supervision**-*Jenise Katalina, LICSW*
- December 7, 2023, 1:00pm-4:00pm **Intertwined Issues Series: Suicide & Substance Use**
-Suzy Langevin, LICSW, LADC I & Jean Brickman, LADC I
- January 11, 2024, 1:00pm-4:00pm **Intertwined Issues Series: Housing Issues & Substance Use**
-Suzy Langevin, LICSW, LADC I & William Nall, LMHC

- January 18, 2024, 9:00am-1:00pm **Cognitive Behavioral Therapy for Generalized Anxiety Disorder**
Stefanie Gregware, LMHC & Andrea Wolloff, LMHC
- Jan. 24 & Feb. 7, 2024, 9:00am-12:00pm, **Hoarding Interventions 2-Part Virtual Series-Jesse Edsell-Vetter**
**Please note, this training series is \$200 and to receive CEU credit you must attend both sessions.*
- February 29, 2024, 9:00am-12:00pm **Illness Management & Recovery (IMR) Training Overview**
Kerrin Westerlind, LICSW
- February 8, 2024, 1:00pm-4:00pm **Intertwined Issues Series: Substance Use and Psychosis**
-Suzy Langevin, LICSW, LADC I
- February 15, 2024, 9:00am-1:00pm **Cognitive Behavioral Therapy for Symptoms of Depression**
Stefanie Gregware, LMHC & Andrea Wolloff, LMHC
- March 7, 2024, 9:00am-12:00pm **Harm Reduction: Principles & Practices**
Suzy Langevin, LICSW, LADC I
- March 14, 2024, 9:00am-1:00pm **Cognitive Behavioral Therapy for Psychosis**
Stefanie Gregware, LMHC & Andrea Wolloff, LMHC
- April 11, 2024, 9:00am-1:00pm **Cognitive Behavioral Therapy for Social Anxiety**
Stefanie Gregware, LMHC & Andrea Wolloff, LMHC
- May 7, 2024, 1:00pm-5:00pm **The Adherent DBT Consultation Team**
Elizabeth Plante, LMHC

□ **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 12, 2023	DBT Skills Part 1
September 26, 2023	DBT Skills Part 2
October 10, 2023	DBT Skills Part 3
October 24, 2023	DBT Skills Part 4
November 7, 2023	DBT Skills Part 5
November 21, 2023	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 13, 2024	Individual Therapy Part 1
February 24, 2024	Individual Therapy Part 2
March 12, 2024	Individual Therapy Part 3
March 26, 2024	Individual Therapy Part 4
April 9, 2024	Individual Therapy Part 5
April 23, 2024	Individual Therapy Part 6

The Bridge Training Institute 2023-2024 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

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

MA Vendor Code: VC6000166455

Federal ID #: 04-2587863

Email to request W9- traininginstitute@openskycs.org

Pay by Credit Card: Please contact Amanda Gibbons at (508) 318-7394

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

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 Best Western Royal Plaza 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 508-318-7394 or 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 508-318-7394. 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
traininginstitute@openskycs.org
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:

- 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.
- PLEASE NOTE: To receive CEU credit for the Hoarding Intervention Training you must attend both 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.