



**THE BRIDGE TRAINING INSTITUTE**  
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**2025-2026**

**PROFESSIONAL DEVELOPMENT SERIES**

**In-Person Training Location:**  
Courtyard Boston Marlborough  
75 Felton St, Marlborough, MA 01752

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

**ZOOM for VIRTUAL EVENTS**

Virtual training 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:**  
MA Social Workers,  
MA Marriage and Family Therapists,  
MA Licensed Mental Health Counselors,  
MA Licensed Alcohol and Drug Counselors  
MA Community Health Workers

## 2025-2026 Trainings

### **VIRTUAL-Thursday, October 9, 2025, 9:00 AM-12:00 PM-\$119 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**
- **Detailed cognitive-behavioral assessment**

Step II:

- **Replacement skills training**
- **Cognitive-behavioral treatment**
- **The biology of and psychopharmacology for 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 training the participants will understand:

- Differentiate self-injury from suicide, while also recognizing that ongoing self-injury is a risk factor for suicide attempts
- Learn how to provide a detailed pragmatic assessment of self-injury
- Review two steps in a stepped care approach in understanding, managing, and treating self-injury
- Discuss the topic of self-care in working with persons who self-injure

**VIRTUAL-Thursday, October 16, 2025-9:00 AM-12:00 PM-\$119 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-Wednesday, October 22, 2025, 9:00 AM-12:00 PM-\$119 including 3 CEUs**  
**LGBTQ+101**  
*Oscar Oliveira Soens and Suzy Langevin, LICSW, LADC I*

Amidst a rising tide of anti-LGBTQ+ bias, it is more important than ever that everyone is educated in how to best support and serve the LGBTQ+ members of our communities. Learn about factors that influence LGBTQ+ well-being, appropriate and intentional language use, and best practices for engaging LGBTQ+ individuals whether they are colleagues, family members, or individuals served. Get your questions answered and gain the skills and knowledge necessary to address the needs of the LGBTQ+ people in your life and learn about where to look for additional information and resources.

Following this training the participants will understand:

- Terminology and etiquette
- Factors that influence the physical and mental well-being of members of the LGBTQ+ community
- Best practices for serving LGBTQ+ individuals

**VIRTUAL-Thursday, November 6, 2025, 9:00 AM-12:00 PM-\$119 including CEUs**  
**What We Owe to Each Other: Social Medicine and Community Care**  
*Nicole Melissa Morin, LICSW*

Join us for this three-hour learning opportunity to learn about social medicine. We will be examining how social factors impact the health of individuals and communities and the actions we as community members can take to engage each other in social care.

Social medicine is the concept that social factors - such as housing, education access, financial wellness, access to food, and many more - have a quantifiable impact on outcomes of persons served. Social determinants of

health impact all people, learn how to use this knowledge and data to increase equity and accessibility to health in your community. Learn to ecomap, identify community resources, strengths, and intervene using the principles of social medicine to increase individual and community wellness across disciplines.

Following this training the participants will understand:

- Recognize and assess the relationship between social inequities and health disparities within various populations.
- Identify the key social determinants of health and explain how they influence individual and community well-being.
- The role of community members, mental health providers, and local organizations in fostering a more accessible and equitable social care system.
- The structure of healthcare and insurance systems and the ways these systems often reinforce social inequities and increase the impact of social determinants of health.

**IN-PERSON-Friday, November 7, 2025, 9:00 AM—4:00 PM-\$229 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 13, 2025, 9:00 AM-12:00 PM-\$119 including CEUs**  
**Understanding, Managing, and Treating Suicidal Behavior**  
*Barent Walsh, Ph.D.*

The field of suicide prevention is evolving with important empirically supported theories and interventions.

This workshop will review major contributions 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 review will also provide a discussion of a new Safety Plan developed by the National Center for PTSD.

The presentation will move to discussing more long-term trajectories for suicidality. Joiner's "Interpersonal Theory of Suicide," will be emphasized (Joiner, 2005; Joiner, 2024; 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 theory is arguably the most influential, empirically validated theory of suicide in the world. This presentation will also provide a discussion of Joiner's new book-length contribution, "The Varieties of Suicidal Experience" (2024).

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; 2023). 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 training the participants will understand:

- 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 most current 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 20, 2025, 1:00 PM-4:00 PM-\$119 including CEUs**

**Intertwined Issues Series-Trauma & Substance Use**

*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 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, December 4, 2025, 9:00 AM-12:00 PM-\$119 including CEUs**  
**Mental Health of Older Adults: Assessment, Screening, and Interventions**  
*Nicole Melissa Morin, LICSW*

Hone your skills in assessing and screening older adults! Learn about how mental illness and substance use impact this population, screen for suicidality and differentiate accessing from Medical Aid in Dying, and health considerations that impact mental health such as falls, loneliness, polypharmacy, and cognitive decline.

Expand your mindset and enhance your skills for working with this growing population. This training is designed to build your skills in assessing the unique biopsychosocial needs of older adults. You'll gain an understanding of how mental illness and substance use present in this population, as well as learn to screen for suicidality while clearly differentiating it from medical aid in dying (MAiD). The course will also cover how common health considerations like polypharmacy, falls, and cognitive decline can impact mental health.

Following this training the participants will understand:

- Assessment of special biopsychosocial considerations of older adults, attitudes and beliefs around aging.
- Mental Illness and Substance Use presentations in older adults
- Screening for suicidality in older adults and a clear differentiation between suicide and medical aid in dying (MAiD).
- Health considerations in older adults that impact mental health (polypharmacy, falls, cognitive decline, vision changes, hearing changes)
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**IN-PERSON-Friday, December 5, 2025, 9:00 AM-4:00 PM-\$229 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

**IN-PERSON-Friday, December 12, 2025, 9:00 AM-4:00 PM-\$229 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 8, 2026, 9:00 AM-12:00 PM-\$119 including CEUs**  
**Youth Vaping & Tobacco Use: Strategies for Intervention**  
*Suzy Langevin, LICSW, LADC I*

This three-hour training for mental health professionals as well as educational professionals will explore the problem of vaping, both from the public health perspective as well as individual challenges for students who vape. Strategies for intervention at both tier one and tier three levels will be discussed, including a more in-depth look at motivational interviewing interventions. It will also discuss ways to introduce public health campaigns around vaping into the school environment.

Following this training the participants will understand:

- The current landscape of youth nicotine use
- The differences between smoking and vaping and need for different interventions
- Applications of motivational interviewing for individual vaping reduction/cessation
- Availability of public health tools to combat rising vape usage and help current vape users quit

**VIRTUAL-Thursday, January 15, 2026, 9:00 AM-1:00 PM-\$119 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 22, 2026, 1:00 PM-4:00 PM-\$119 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.

**VIRTUAL-Thursday, February 5, 2026, 9:00 AM-12:00 PM-\$119 including CEUs**  
Growing into Ourselves:  
The Aging Process, Ageism, and Aging in Special Populations  
*Nicole Melissa Morin, LICSW*

Join us for this three-hour training to explore aging, impacts of ageism, and gain an understanding of the aging process in special populations.

This training provides mental health professionals with a comprehensive understanding of the aging process, with a strong emphasis on middle and late adulthood. We'll explore the expected trajectory of aging, alongside variations seen in special populations, such as those with developmental disabilities or chronic illnesses.

Participants will gain practical strategies for supporting wellness and community access as clients' abilities

change. The course will also address the profound impacts of ageism on both individuals and communities, equipping professionals to better advocate for and serve their older clients.

Following this training the participants will understand:

- The expected trajectory of aging across the lifespan. Focus will be **STRONGLY** on Middle to Late Adulthood.
- Different trajectories of aging across special populations such as developmental disabilities and chronic illness.
- Ways to support wellness across the aging process.
- The impacts of ageism on individuals and communities.
- How to support access to the community for folks as they age and abilities change.

**IN-PERSON-Friday, February 6, 2026, 9:00AM-4:00 PM-\$229 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 12, 2026, 9:00 AM-1:00 PM-\$119 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 5, 2026, 9:00 AM-12:00 PM-\$119 including CEUs**

**Death and Dying:**

**Exploring and Supporting What is Most Important Across the Lifespan and the Dying Process**

*Nicole Melissa Morin, LICSW*

This training provides an overview of the dying process, covering physical signs, cultural perspectives, disposition, open communication around death and dying, and supporting special populations.

This training will equip you with the skills to confidently support individuals and their families through the dying process. You'll learn to recognize the physical and emotional signs of death, explore diverse cultural beliefs, and discuss death and difficult conversations with empathy. The course also explores various models of care, human disposition, and creative interventions for processing grief. Special attention is given to partnering with specific populations including children, teens, infants, vilomah, and more. This program will provide you the tools to support a person who is dying, their loved ones, and those who did not have the chance to be with their loved one during death.

Content warning: This course contains open discussion of sudden unexpected death, violent death, death by suicide, complicated grief, child and infant death, and the physical aspects and experiences of dying.

Following this training the participants will understand:

- The physical aspects, signs, and indicators of the dying process, and how to increase the comfort and autonomy of the person served and their caregivers.
- Different disposition options for human remains
- Cultural perspectives and how to elicit information from persons served about attitudes, beliefs, and experiences with death
- Models of care and theories that prioritize the values and needs of the dying person.
- Ways to increase confidence around the discussion of death and dying with persons served.
- Creative interventions that allow for the processing of grief.
- How to partner with special populations experiencing death and dying (developmental disabilities, children and teens, spousal death, violent death, explanation of dying process to terminally ill children, pet death, etc.)

**VIRTUAL-Thursday, March 12, 2026, 9:00 AM-1:00 PM-\$119 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, March 19, 2026, 9:00AM-12:00PM-\$119 including CEUs**  
**Harm Reduction: Principles and Practices**  
*Suzy Langevin, LICSW, LADC I*

Harm reduction is a set of principles and practices aimed at reducing 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, April 2, 2026, 9:00 AM-12:00 PM-\$119 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, April 9, 2026, 9:00 AM-1:00 PM-\$119 including CEUs**  
LGBTQIA+ Affirmative Care  
*Nicole Melissa Morin, LICSW*

Join us for this four-hour training to be able to effectively support and care for LGBTQIA+ individuals across many therapeutic settings through this evidence-based and strengths-based model.

Build a strong foundation for your clinical practice in supporting and caring for members of the LGBTQIA+ community! This learning opportunity will give you an introduction to the research and practices of affirmative therapy, sets of skills to use and apply in your clinical practice, an understanding of skills/phrases/practices that are no longer appropriate or acceptable, show how to assess for stressors related to identity and the impact of these stressors on wellness across the lifespan. Additionally, we will touch upon making mistakes, influences of history, and consider brief case studies to expand our mindset around what being ‘affirmative’ really means.

Following this training the participants will understand:

- The research base and benefits of affirmative therapy for clients, providers, and practices
- Ongoing practices, actions, and interventions that can be taken at different levels of care to support people, and which practices are NOT effective in showing support for LGBTQIA+ people
- Assessing for and supporting identity related stressors through an intersectional lens
- How to apply practices and skills to serve LGBTQIA+ community members and allies in conjunction with other models such as trauma informed care
- How to access different legal resources that can keep professionals up to date on requirements around policy.

**IN PERSON-Friday, April 10, 2026, 9:00 AM-4:00 PM-\$229 including CEUs**  
Cognitive-Behavioral Treatment of Panic Disorder and Agoraphobia  
Leonard A. Doerfler, Ph.D.

Cognitive-behavioral therapy is an important strategy for helping individuals who experience panic disorder with agoraphobia. Avoidance behaviors are central features of this disorder because these behaviors reduce anxiety in the short run, but over time they tend to make fear and distress worse. Panic control therapy helps individuals confront their anxiety-provoking situations, activities, and cognitions in a safe environment to reduce fear and anxiety and improve quality of life.

This workshop is designed to increase participants' knowledge of (a) how principles of cognitive-behavioral therapy are used to treat panic disorder and agoraphobic avoidance, (b) different types of CBT interventions (e.g., cognitive restructuring, interoceptive and situational exposure), (c) how to conduct a functional analysis of an individual's panic and agoraphobia, (d) how to implement these strategies with clients, and (e) how to troubleshoot common obstacles.

Following this training the participants will understand:

- The principles of cognitive-behavioral therapy for panic and agoraphobia and how these principles are used to address both panic attacks and agoraphobic avoidance
- The foundational skills of how to conduct a functional analysis that guides decisions about using various intervention techniques to address the client's presenting problems (e.g., psychoeducation, breathing retraining, cognitive restructuring, interoceptive and situational exposure)
- How to implement these cognitive-behavioral therapy skills with clients and to troubleshoot common problems that tend to occur with these interventions

**IN PERSON-Thursday, April 30, 2026, 9:00 AM-4:00 PM-\$229 including CEUs**  
**Group Leadership- Finding your Style, Strengthening your Skills and Confidence**  
**Kerrin Westerlind, LICSW and Jean Brickman, LADC I**

Group is a powerful experience that can have a significant impact on participants and group leaders. Yet, many people shy away from group facilitation. This training will take the mystery out of leading groups with practical information and resources on group facilitation skills and developing your own style as a leader.

Our trainers will share a range of strategies for leading groups that people want to attend. The training will focus on creative means for engagement and incorporating strategies for building an empowering and growth-oriented group culture. Emphasis will be placed on Evidence Based Practice (EBP) curriculum-based groups, as well as ideas for integrating Motivational Interviewing and CBT strategies into any group experience. Additionally, the trainers will use examples, storytelling, and build off their group leadership experiences in addressing common challenges and solutions.

The day will include several practice opportunities and leaders will offer various experiences to help translate concepts into action. The training will be helpful for those newer to leading groups and those with experience who are looking to add to their skill set.

Following this training the participants will understand:

- Participants will have a number of ideas for enhancing engagement for group.
- Participants will have at least one strategy for enhancing an empowering group culture.
- Participants will be able to share one strategy for using Motivational strategies in a group setting.
- Participants will have increased knowledge in group planning, structure, and facilitation strategies.

**VIRTUAL -Thursday, May 7, 2026, 9:00 AM-12:00 PM-\$119 including CEUs**  
**The Art of Attunement in the Therapeutic Relationship**  
*Jenise Katalina, LICSW*

This 3-hour training is designed for mental health providers aiming to enhance attunement in the clinical relationship. Attunement—the therapist's ability to be fully present and responsive to a client's emotional state and needs—is fundamental in fostering a therapeutic environment that promotes self-awareness and growth.

**Training Highlights:**

- **Foundations of Attunement:** Explore the core principles of attunement and its pivotal role in effective clinical work.
- **Attunement and Self-Reflection:** Understand how attuned interactions enhance clients' capacity for self-reflection and emotional regulation.
- **Repairing Misattunements:** Develop strategies to identify and address misattunements, strengthening the therapeutic alliance.
- **Active Listening and Presence:** Refine skills in active listening and cultivating a therapeutic presence that resonates with clients' experiences.
- **Nonverbal Synchrony:** Learn about the significance of nonverbal cues and movement-based attunement in building rapport and trust.

**Following this training the participants will understand:**

- Define attunement and articulate its importance in the therapeutic process.
- Recognize indicators of attunement and misattunement in clinical interactions.
- Implement techniques to enhance relational attunement and responsiveness.
- Utilize attunement practices to support and expand clients' reflective capacities.

**VIRTUAL-Thursday, May 14, 2026, 9:00 AM-12:00 PM-\$119 including CEUs**  
**Intertwined Issues Series- Pain and Substance Use**  
*Jean Brickman, LADC I*

Did you know that between 50-60% of people diagnosed with a substance use disorder also experience chronic pain? Because of this, substance use treatment providers need both a working knowledge of the impact of physical pain, 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, to help decrease stigma, and help people engage in treatment.

**Following this training the participants will:**

- Understand physical pain and the ways in which substance use and pain impact one another.
- Understand the impact of stigma on accessing support for physical pain in individuals with a substance use disorder.
- Identify strategies to improve engagement for individuals who experience co-occurring substance use and chronic pain.
- Identify clinical strategies for addressing substance use and chronic pain simultaneously, including use of MI, Harm Reduction, CBT and other non-medical strategies to navigate management of chronic pain.

**IN-PERSON-Friday, June 5, 2026, 9:00 AM-4:00 PM-\$229 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-Friday, June 19, 2026, 1:00 PM-5:00 PM-\$119 including CEUs**  
**Intro to DBT: Foundation and Framework**  
*Elizabeth Korchari, MA, LMHC, DBTC*

This four-hour virtual training provides clinicians with a comprehensive overview of Dialectical Behavior Therapy (DBT), an evidence-based treatment originally developed by Marsha Linehan for individuals with chronic emotion dysregulation and high-risk behaviors, and now widely applied across diverse clinical populations and treatment settings. Participants will be introduced to the theoretical foundations of DBT, including the biosocial theory of emotion dysregulation and the core dialectical philosophy that underpins the model.

The training will review the essential structure and components of comprehensive DBT, including individual therapy, skills training groups, phone coaching, and the consultation team, as well as the roles and responsibilities of DBT providers within each mode of treatment. Participants will gain an understanding of how DBT balances acceptance and change strategies, and how this balance supports client engagement, motivation, and behavioral change.

In addition, the training will provide an overview of the four core DBT skills modules: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants will learn the purpose and function of each module, how the modules fit together within the overall treatment framework, and how DBT skills support clients in improving emotional stability, behavioral control, and relationship effectiveness.

This training is designed as a foundational overview and orientation to the DBT model. While participants will become familiar with the structure, rationale, and function of the four skills modules, detailed instruction on specific skills and implementation strategies will be covered in subsequent, more advanced trainings. This overview training prepares clinicians to understand the DBT framework, determine its applicability within their clinical setting, and pursue further training in DBT skills implementation.

The training will be delivered live via a virtual platform and will include didactic instruction, clinical examples, and opportunities for participant reflection and discussion.

Following this training the participants will understand:

1. Participants will be able to describe the theoretical foundations of Dialectical Behavior Therapy, including the biosocial theory and the role of dialectics in treatment.
2. Participants will be able to identify and explain the structure and components of comprehensive DBT, including individual therapy, skills training, phone coaching, and the consultation team.
3. Participants will be able to summarize the purpose and function of the four DBT skills modules—Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness—and their role in supporting emotional and behavioral regulation.

## **DBT Skills Training Series with Elizabeth Korchari, MA, LMHC, DBTC**

*\*This training will be conducted ONLINE in 6 half-day sessions from 9:00am-1:00pm for \$569 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: Friday, September 5, 2025, 9:00 AM—1:00 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: Friday, September 19, 2025, 9:00 AM—1:00 PM**

The Mindfulness Module

In this training, participants will learn 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: Friday, October 3, 2025, 9:00 AM—1:00 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: Friday, October 17, 2025, 9:30 AM—1:30 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: Friday, October 31, 2025, 9:30 AM—1:30 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: Friday, November 14, 2025, 9:30 AM—1:30 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.

## 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.** 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. His most recent publication is, “Understanding and Treating Atypical Severe Non-Suicidal Self-Injury,” (2024) in the “Oxford University Press Handbook of Nonsuicidal Self-Injury.”

Dr. Walsh is Executive Director Emeritus and Senior Clinical Consultant at Open Sky Community Services, a human service agency headquartered in Worcester, Massachusetts. Dr. Walsh also was formerly 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.”

An innovative recent presentation by Dr. Walsh was, “How Did Frida Kahlo Not Die By Suicide? A Story of Episodic Physical and Psychological Misery Met with Self-Exploring Exposure.” Mass. DPH Suicide Prevention Conference, April 2025.



**Elizabeth Korchari, MA, LMHC, DBTC** is a certified Dialectical Behavior Therapy clinician through the DBT-Linehan Board of Certification. Elizabeth is the former Director of DBT & Trauma Services at Open Sky Community Services. During her two decades with Open Sky, she oversaw implementation of DBT and trauma services throughout the agency including training, supervision, consultation and oversight of the Trauma Response Team. Elizabeth now owns and operates her own Private Practice, Lotus and Lion: Counseling and Coaching.

Elizabeth has co-developed and facilitated DBT training in multiple settings and has led consultation teams within agency and outpatient settings. Ms. Korchari also has experience in providing DBT consultation and training for the Department of Youth Services, school systems, and other non-profit agencies.

Elizabeth has received intensive training in Dialectical Behavior Therapy under Charlie Swenson and advanced intensive training under Marsha Linehan.

Elizabeth is trained in CR for PTSD and Prolonged Exposure for PTSD and is a trained Level One Mindfulness Based Stress Reduction Teacher through Brown University.

Elizabeth received her master’s degree from Assumption University, where she has enjoyed teaching graduate courses in DBT and Cultural Competency as an adjunct instructor.



**Jean Brickman LADC I, RCPF**, is the Co-Occurring Disorders Clinical Supervisor at Open Sky Community Services. In her role, she oversees the provision of services for supporting individuals with co-occurring mental health and substance use challenges. She also provides supervision, training and consultation organizationally to support staff teams in providing recovery-oriented, person-first care and to enhance the capacity of specialty practitioners in delivering these services.

Ms. Brickman has over 15 years of experience, specializing in supporting individuals who are navigating co-occurring disorders, providing direct care across a variety of residential, community-based and outpatient settings.

Ms. Brickman is passionate about the use of evidence-based practices and has driven agency-wide practice implementations that support multiple pathways to recovery and enhance equitable access to these supports. These practices include: Harm Reduction strategies, Motivational Interviewing and the use of Seeking Safety and Recovery Life Skills groups, to provide care to individuals at any stage of change.

Ms. Brickman is a graduate of City University of New York, 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.



**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.



**Karen Chinca** is a psychotherapist and owner of a group counseling practice, Nourished Minds Counseling + Wellness, LLC. Karen earned her MSW from Boston College School of Social Work in 2004, and has worked in schools, outpatient mental health, and has been in private practice for 15 years. Karen has extensive experience treating anxiety disorders, eating disorders, OCD, and trauma. Karen is a Certified Eating Disorders Specialist-Supervisor (CEDDS-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.



**Kerrin Westerlind, LICSW**, is a Clinical Director at Open Sky Community Services. For over twenty years, 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 provided groups, training, consultation and implementation support to agencies across the United States.

Ms. Westerlind has training, consultative and leadership experience in a wide range of treatment models utilized in community mental health settings. Kerrin's professional interests include working with people who experience psychosis, trauma-related experiences and focusing on the provision of recovery-oriented and empowering group experiences. Additionally, her work extends to using trauma informed care principles in culture transformation, to promote healing, growth, and resilience for those using and providing services. Within this realm she has cultivated training, experiences, and provided consultation for enhancing employee well-being and helping practitioners and caregivers find ways to integrate self-care, joy, and community care into their life within and out of work.

Her experience in the mental health field includes over 25 years of work in a range of settings from residential, supported housing, day treatment, outpatient, community-based services for adults and adolescents and clubhouse models. A shift in her areas of focus this year has led to her overseeing the PBS Implementation within Open Sky Community Services.



**Leonard Doerfler** is a clinical psychologist who has over 40 years' experience conducting cognitive-behavioral therapy and in training mental health professionals how to implement this form of psychotherapy. He was formerly on the faculty of Assumption University and the UMass Chan Medical School where he taught graduate students and psychiatric residents how to conduct CBT. He has extensive experience in providing CBT for anxiety and depressive disorders, substance use disorder, PTSD, and psychosocial problems related to serious medical illness (such as heart attack and other life-threatening illnesses).



**Nicole Melissa Morin, LICSW** (she/her/hers) is currently the clinician for Safe Homes, a community drop-in center for LGBTQIA+ youth 14-23, and The PLACE (Program for Learning, Activities, Care, and Encouragement) for Empowerment young adult access center for young adults ages 16-26. She conducts free drop-in behavioral health support and does not bill through insurance. Nicole does not accept ongoing outpatient clients at this time.

Nicole holds a Master of Social Work and a Graduate Certificate in Trauma Studies from Simmons University. Some of the approaches she uses in her practice with clients include Affirmative Therapy, CBT for Psychosis, ACT (Acceptance and Commitment Therapy), Motivational Interviewing, and holistic approaches (nature, movement) to empower folks on their journeys. She is always seeking new modalities, research, and learning opportunities to find new ways to support those she serves.

As an affirmative practice therapist, Nicole creates spaces that encourage personal exploration and discovery. She thrives on providing education and support to those who haven't yet found the language to express themselves.



**Oscar Oliveira Soens** is the Program Director for Safe Homes, a program of Open Sky Community Services. Safe Homes is a drop-in center for LGBTQ+ youth ages 14 to 23, located primarily in Worcester, with a satellite drop-in in Fitchburg as well as a virtual drop-in hosted via Discord. In addition to working directly with LGBTQ+ youth, Mr. Oliveira Soens also develops and presents trainings designed to empower participants to make positive changes in their communities to support and uplift the LGBTQ+ people in their lives.



**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 Clinical Practice at Open Sky Community Services. In this capacity, she oversees the implementation of clinical practices 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 trauma informed care and 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 has provided direct clinical care, training, supervision, and consultation for the past 18 years with treatments based in a Cognitive Behavioral therapy framework. For the past 5 years, Stefanie has expanded her practice training

to strategies and systems that emphasize well-being for professionals and caregivers, support self and collective care within the workplace and build resilience.

## The Bridge Training Institute 2025-2026 Mail-In Registration

\*\$229 per full day **IN-PERSON** workshop including CEUs 9:00am-4:00pm  
at The Courtyard Marriott Marlborough, 75 Felton Street, Marlborough, MA 01752

- November 7, 2025      **Introduction to Motivational Interviewing: Spirit & Skills**  
*Suzy Langevin, LICSW, LADC I*
- December 5, 2025      **Motivational Interviewing: The Power of Change Talk**  
*Suzy Langevin, LICSW, LADC I*
- December 12, 2025      **Cognitive Behavioral Therapy: CBT Theory and Core Treatment Skills**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- February 6, 2026      **Treating Eating Disorders: Integrating Psychotherapy and Nutrition**  
*Karen Chinca, LICSW & Sandra Klemmer*
- April 10, 2026      **Cognitive-Behavioral Treatment of Panic Disorder and Agoraphobia**  
Leonard A. Doerfler, Ph.D.
- April 30, 2026      **Group Leadership- Finding your Style, Strengthening your Skills and Confidence**  
*Kerrin Westerlind, LICSA & Jean Brickman, LADC I*
- June 5, 2026      **Motivational Interviewing with Teens: I Don't Wanna & You Can't Make Me!**  
*Suzy Langevin, LICSW, LADC I*

\*\$119 per half-day **VIRTUAL** workshop including CEUs. Training 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 9, 2025, 9:00am-12:00pm      **Understanding and Treating the Complex Puzzle of Non-Suicidal Self-Injury**  
*Barent Walsh, Ph.D.*
- October 16, 2025, 9:00am-12:00pm      **An Overview of the Cultural Humility Framework-***Jenise Katalina, LICSW*
- October 22, 2025, 9:00am-12:00pm      **LGBTQ+ 101-***Oscar Oliveira Soens & Suzy Langevin, LICSW, LADC I*
- November 6, 2025, 9:00am-12:00pm      **What We Owe to Each Other: Social Medicine and Community Care**  
*Nicole Melissa Morin, LICSW*
- November 13, 2025, 9:00am-12:00pm      **Understanding, Managing, & Treating Suicidal Behavior**  
*-Barent Walsh, Ph.D.*
- November 20, 2025, 1:00pm-4:00pm      **Intertwined Issues Series: Trauma & Substance Use**  
*Suzy Langevin, LICSW, LADC I, & Jean Brickman, LADC I*
- December 4, 2025, 9:00am-12:00pm      **Mental Health of Older Adults: Assessment, Screening, and Interventions**  
*Nicole Melissa Morin, LICSW*
- January 8, 2026, 9:00am-12:00pm      **Youth Vaping & Tobacco Use: Strategies for Intervention**  
*Suzy Langevin, LICSW, LADC I*

- January 15, 2026, 9:00am-1:00pm     **Cognitive Behavioral Therapy for Generalized Anxiety Disorder**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- January 22, 2026, 1:00pm-4:00pm     **Intertwined Issues Series: Substance Use and Psychosis**  
*Suzy Langevin, LICSW, LADC I & Jean Brickman, LADC I*
- February 5, 2026, 9:00am-12:00pm     **Growing into Ourselves: The Aging Process, Ageism, and Aging in Special Populations**  
*Nicole Melissa Morin, LICSW*
- February 12, 2026, 9:00am-1:00pm     **Cognitive Behavioral Therapy for Symptoms of Depression**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- March 5, 2026, 9:00am-12:00pm     **Death and Dying: Exploring and Supporting What is Most Important Across the Lifespan and the Dying Process**  
*Nicole Melissa Morin, LICSW*
- March 12, 2026, 9:00am-1:00pm     **Cognitive Behavioral Therapy for Social Anxiety**  
*Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
- March 19, 2026, 9:00am-12:00pm     **Harm Reduction: Principles & Practices**  
*Suzy Langevin, LICSW, LADC I*
- April 2, 2026, 9:00am-12:00pm     **Illness Management & Recovery (IMR) Training Overview**  
*Kerrin Westerlind, LICSW*
- April 9, 2026, 9:00am-1:00pm     **LGBTQIA+ Affirmative Care**  
*Nicole Melissa Morin, LICSW*
- May 7, 2026, 9:00am-12:00pm     **The Art of Attunement in the Therapeutic Relationship**  
*Jenise Katalina, LICSW*
- May 14, 2026, 9:00am-12:00pm     **Intertwined Issues Series- Pain and Substance Use**  
*Jean Brickman, LADC I*
- June 19, 2026, 1:00pm-5:00pm     **Intro to DBT: Foundation and Framework**  
*Elizabeth Korchari, LMHC*

□ **The Dialectical Behavior Therapy Skills Training**-Elizabeth Korchari (formerly Plante), MA, LMHC, DBTC  
*\*This training will be conducted ONLINE in 6 half-day sessions from 9:00pm-1:00pm for \$569 including CEUs. Please note, to receive CEU credit you must attend all 6 sessions in the series.*

- |                    |                   |
|--------------------|-------------------|
| September 5, 2025  | DBT Skills Part 1 |
| September 19, 2025 | DBT Skills Part 2 |
| October 3, 2025    | DBT Skills Part 3 |
| October 17, 2025   | DBT Skills Part 4 |
| October 31, 2025   | DBT Skills Part 5 |
| November 14, 2025  | DBT Skills Part 6 |

## The Bridge Training Institute 2025-2026 Mail-In Registration

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

- MA-NASW       LADC     MA-Licensed Mental Health Counselor-LMHC     MA-CHW  
 MA-LMFT       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) 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](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 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](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 508-318-7394. Every effort will be made to remediate the complaint in a satisfactory manner.

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

## **Training CEU Information**

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

- 6 CE credits approved for: MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors, MA Community Health Workers
- 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.

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

- 3 CE credits approved for: MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors, MA Community Health Worker
- 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.

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

- 4 CE credits approved for: MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors, MA Community Health Worker
- 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.

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

- 24 CE credits approved for: 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.

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