

Tools for Your Behavioral Health Toolbox



Earn up to 12 CE Credits over two days.

Choose to attend either day or both days – your choice!

- Numerous experts presenting on various topics including suicide prevention, therapeutic modalities, trauma and much more!

- A full day on behavioral addictions such as cell phone use, gambling, and food just to name a few.

- 5 Ethics Hours over the two Days!

HYBRID EVENT

**(In-Person AND Live Stream Series
Online Synchronous Training)**

choose to attend in-person or via Zoom

**Southern Regional Technical College
800 N Veterans Pkwy
Moultrie, GA 31788**

Choose to attend either day or both!

April 22 & 23, 2022 | 8:30 AM – 3:30 PM ET

\$74.99 for one day (6 credit hours)

\$125.00 for BOTH days! (12 credit hours)

Please scan QR Code or
register online at

www.ceucreationsinc.com



PRESENTERS:



**Christine Landstrom, LCSW
Clinical Supervisor**



**Griffin Smith, LCSW
Founder Totus Intuor
Counseling and
Consulting**



**Kirsten Infinger, LCSW
Clinical Supervisor**



**Victoria Griffin, LPC
Owner of Resiliency
Counseling LLC.**



**Amanda Giordano, PhD, LPC
Author, International
Presenter & UGA Professor**

This event is generously sponsored by:

Turning Point

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Patty Tucker at patty@ceucreationsinc.com or 770-880-9873.

Copyright 2022 – CEU Creations | www.ceucreationsinc.com

Tools for Your Behavioral Health Toolbox: Suicide Prevention, Trauma, Ethics and Much More!



DAY ONE - Friday, April 22, 2022

BY ATTENDING THIS WORKSHOP, YOU WILL BE ABLE TO:

- Identify several trends around suicide in the pandemic and warning signs when assessing clients.
- Name at least 2 best practices around CBT and TeleHealth therapy sessions.
- Summarize 2 facets of MBT.
- Describe potential countertransference and practice exercises that will reduce risk and improve healthy boundaries.
- List ethical tenets around trauma, self-care and why it's important to explore these.
- Recall ways to build personal and professional resilience to create a thriving work/personal balanced lifestyle including ethical perspectives.

AGENDA

8:00 AM - 8:30 AM:	Registration/Log In and Virtual Networking
8:30 AM - 9:30 AM:	Suicide Prevention in a Pandemic - <i>Christine Landstrom, LCSW</i>
9:30 AM - 10:30 AM:	CBT and Telehealth - <i>Christine Landstrom, LCSW</i>
10:30 AM - 10:45 AM:	<i>Break</i>
10:45 AM - 11:45 AM:	An Overview of MBT - <i>Griffin Smith, LCSW</i>
11:45 AM - 12:15 PM:	<i>Lunch</i>
12:15 PM - 1:15 PM:	Treating Trauma In Psychologically Safe Spaces: Tools for Your Toolbox Including Ethical Perspectives - <i>Kirsten Infinger, LCSW</i>
1:15 PM - 2:15 PM:	The Ethics of Self-Care - <i>Kirsten Infinger, LCSW</i>
2:15 PM - 2:30 PM:	<i>Break</i>
2:30 PM - 3:30 PM:	Empowerment, Ethics and Resiliency in the Times of COVID for Mental Health Professionals - <i>Victoria Griffin, LPC</i>

6 CREDIT HOURS APPROVED FOR:

- **Social Workers**
(ASWB ACE - 3 Clinical and 3 Ethics Hours; New York State Education Department's State Board for Social Work - 6 Contact Hours)
- **Case Managers**
(CCMC - 6 Contact Hours)
- **Nurses**
(CA Board of Registered Nursing - 6 Contact Hours)
- **LMFT**
(GAMFT - 6 Core Hours - pending)
- **Counselors**
3 Clinical and 3 Ethics or 6 Contact Hours*
(NBCC ACEP; NY State Education Department's State Board for Mental Health Practitioners - 6 Contact Hours; GACA - 6 Clock Hours - pending)

*For those states requiring/accepting ethics hours for Counselors, 3 Clinical and 3 Ethics Hours will be awarded. Otherwise, 6 Contact Hours will be awarded.

Attendance or applied credit certificate available for other credentials.

Please make sure to check with your own state board to ensure transferability of CE credit.

COVID-19 has changed the landscape of how we practice and provide mental health services. This innovative workshop will provide you with tools for your toolbox to provide services to your clients and patients. To begin our day, we will look at suicide prevention in a pandemic - reviewing warning signs, pandemic trends, and resources. Another challenge the pandemic brought was pivoting overnight from in-person therapy sessions to vastly telehealth sessions. Christie Landstrom, LCSW, will focus on some of the challenges of practicing CBT via Telehealth, and will give us some best practices and resources to help you improve your skills as you continue to conduct telehealth sessions. Adding another unique tool to your toolbox, Griffin Smith, LCSW, will provide an overview of MBT and show its usefulness in behavioral health. The afternoon will include an exploration of trauma, resilience and safe spaces with Kirsten Infinger, LCSW, as well as techniques for individual therapy sessions, "trauma group" exercises, and supporting each other (yes, you!) through macro level times of trauma (e.g. pandemic). Kirsten will review the Ethics of Self-Care and why it's critical to make sure that as helping professionals, we are putting on our oxygen masks first! Ending our day of learning we have Victoria Griffin, LPC, presenting on building professional and personal resiliency to lead a thriving multicontextual lifestyle. The presentation will be infused with ethical perspectives and discussions throughout.

Tools for Your Behavioral Health Toolbox: Recognizing and Responding to Behavioral Addictions: Conceptualization, Assessment, Treatment, and Ethical Considerations



DAY TWO - Saturday, April 23, 2022

BY ATTENDING THIS WORKSHOP, YOU WILL BE ABLE TO:

- Synthesize current research and neuroscience related to the prevalence and nature of behavioral addictions.
- Evaluate behavioral addictions using a public health model.
- Describe two methods for recognizing behavioral addictions in clinical work.
- Give examples of assessment, treatment, and ethical considerations for internet gaming addiction, social media addiction, sex addiction.
- Give examples of assessment, treatment, and ethical considerations for pornography addiction, non-suicidal self-injury, food addiction, and gambling addiction.
- Identify ethical considerations as they pertain to behavioral addictions.

AGENDA

8:00 AM - 8:30 AM:	Registration/Log In and Virtual Networking
8:30 AM - 10:00 AM:	Behavioral Addictions – Session 1 - <i>Amanda Giordano, PhD, LPC</i>
10:00 AM - 10:15 AM:	<i>Break</i>
10:15 AM - 12:15 PM:	Behavioral Addictions – Session 1 cont'd - <i>Amanda Giordano, PhD, LPC</i>
12:15 PM - 12:45 PM:	<i>Lunch</i>
12:45 PM - 2:00 PM:	Behavioral Addictions – Session 2 - <i>Amanda Giordano, PhD, LPC</i>
2:00 PM - 2:15 PM:	<i>Break</i>
2:15 PM - 3:30 PM:	Behavioral Addictions – Session 2 cont'd - <i>Amanda Giordano, PhD, LPC</i>

6 CREDIT HOURS APPROVED FOR:

- **Social Workers**
(ASWB ACE – 4 Clinical and 2 Ethics Hours; New York State Education Department's State Board for Social Work – 6 Contact Hours)
- **Case Managers**
(CCMC – 6 Contact Hours)
- **Nurses**
(CA Board of Registered Nursing – 6 Contact Hours)
- **LMFT**
(GAMFT – 6 Core Hours – pending)
- **Counselors**
4 Clinical and 2 Ethics or 6 Contact Hours*
(NBCC ACEP; NY State Education Department's State Board for Mental Health Practitioners – 6 Contact Hours; GACA – 6 Clock Hours – pending)

*For those states requiring/accepting ethics hours for Counselors, 4 Clinical and 2 Ethics Hours will be awarded. Otherwise, 6 Contact Hours will be awarded.

Attendance or applied credit certificate available for other credentials.

Please make sure to check with your own state board to ensure transferability of CE credit.

The second day of this two-day conference will continue to provide “tools for your behavioral health toolbox”. Our innovative workshop today will be focusing on behavioral addictions. The question is no longer “can you be addicted to behaviors?” but instead, “what is the best way to address behavioral addictions in clinical work?” This presentation will provide an overview of behavioral addictions with a specific focus on seven potentially addictive behaviors: internet gaming, social media, sex, pornography/cybersex, gambling, non-suicidal self-injury, and food. Attendees will learn how to recognize behavioral addictions, become familiar with assessment instruments, and explore ethical issues and treatment considerations. Presented by expert author and associate professor of counseling at the University of Georgia, Amanda Giordano, PhD, LPC, this is an engaging, informative and eye-opening day of learning you won't want to miss!

Tools for Your Behavioral Health Toolbox

DAY ONE - Friday, April 22, 2022

Tools for Your Behavioral Health Toolbox: Suicide Prevention, Trauma, Ethics and Much More!

IN-PERSON: In order to receive credit, you must sign-in and out on attendance log, attend the entire presentation and complete an evaluation. Certificates will be provided on-site.

LIVESTREAM: *Course Interaction and Technical Requirements:* This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals – intermediate content level.

SOCIAL WORKERS: CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/2021-11/22/2024]. Social workers completing this course receive 3 Clinical and 3 Ethics continuing education credits.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 6 contact hours.

NURSES: 6 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 3 Clinical and 3 Ethics Hours or 6 Contact Hours:

 CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 6 contact hours.

Cancellation Policy: Registrants must cancel via email or phone at patty@ceucorationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25- Refunds will not be given for cancellations within five (5) business days prior to the workshop date.

DAY TWO - Saturday, April 23, 2022

Tools for Your Behavioral Health Toolbox: Recognizing and Responding to Behavioral Addictions: Conceptualization, Assessment, Treatment, and Ethical Considerations

IN-PERSON: In order to receive credit, you must sign-in and out on attendance log, attend the entire presentation and complete an evaluation. Certificates will be provided on-site.

LIVESTREAM: *Course Interaction and Technical Requirements:* This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals – intermediate content level.

SOCIAL WORKERS: CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/2021-11/22/2024]. Social workers completing this course receive 4 Clinical and 2 Ethics continuing education credits.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 6 contact hours.

NURSES: 6 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 4 Clinical and 2 Ethics Hours or 6 Contact Hours:

 CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 6 contact hours.

Cancellation Policy: Registrants must cancel via email or phone at patty@ceucorationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25- Refunds will not be given for cancellations within five (5) business days prior to the workshop date.

Tools for Your Behavioral Health Toolbox



PRESENTER BIOS



Christine Landstrom, LCSW, has been a social worker since 2010. Her undergraduate research was in empathy development. Currently, she specializes in suicide prevention, crisis management and schizophrenia. She is also certified in International Critical Stress Foundation Crisis work and QPR suicide prevention. In addition, she has 4-years of experience supervising addiction counselors in a treatment court setting.

Christine Landstrom, LCSW
Clinical Supervisor



Griffin Smith, LCSW
Founder Totus Intuor Counseling and Consulting;

As a psychotherapist, consultant, and coach, Griffin founded Totus Intuor Counseling & Consulting with the aim of helping individuals and organizations discover greater connection to their world, bridging the gaps between what we experience internally to what we experience externally in our environment. He believes that the most profound and transformative experiences in life are driven by our ability to make these connections. As a licensed clinical social worker (LCSW), he specializes in the treatment of interpersonal dysfunction and relational difficulties for adults and adolescents.

Commonly, Griffin treats individuals with a history of personality disorder, complex trauma, and adolescent behavioral disorders. He earned a Master of Social Work degree (MSW) at Kennesaw State University in 2016, and a Bachelor of Science in Psychology and Music minor from Georgia State University in 2013. He trained in psychoanalytic theory and practice at Emory University Psychoanalytic Institute from 2018-2020, certifying in psychoanalytic theory. Griffin receives ongoing training and supervision in mentalization-based treatment (MBT) through the Gunderson Personality Disorders Institute at McLean Hospital, affiliated with Harvard Medical School and the Anna Freud National Centre for Children and Families.

Born in the Midwest and raised in the South (Atlanta, GA), Griffin feels most centered spending time with his wife and family, out in nature, and inside his own head, creating new ideas. Recently, he has been occupying much of his time learning and practicing the art of bonsai, while continuing a lifelong love of writing and playing music.

Tools for Your Behavioral Health Toolbox



PRESENTER BIOS



**Kirsten Infinger, LCSW
Clinical Supervisor**

Kirsten Infinger is a Licensed Clinical Social Worker with an array of experience in social services. She began her career at a Domestic Violence and Sexual Assault safety shelter in St. Augustine, FL. She has since worked with community mental health for nearly a decade starting as an intern and working her way up to a leadership role as a Mental Health Outpatient Director. This experience afforded her the opportunity to work with Inpatient SUD, Mental Health, ACT, Treatment Court, Intensive Residential and general outpatient services. She has since gone on to work with individuals with IDD and moonlights in private practice and as a presenter. She has a passion for learning, sharing, justice, advocacy, her family and true crime podcasts.



**Victoria Griffin, LPC
Owner of Resiliency
Counseling LLC.**

Victoria Griffin is a Licensed Professional Counselor in the state of Georgia. She obtained her Master's Degree in Community Counseling from the University of West Georgia. She has over 10+ years as a therapist working in various clinical settings. She possesses specialized training and/or certifications in EMDR, trauma, crisis intervention stress management, addictions, anger management, and clinical supervision. Presently, she has an established private practice focusing on trauma and resiliency, grief and healing, and interpersonal development and connection.



**Amanda Giordano,
PhD, LPC
Author, International
Presenter & UGA
Professor**

Amanda Giordano, PhD, LPC, is an Associate Professor of Counseling at the University of Georgia. She specializes in addictions counseling and has clinical, instructional, and scholarly experience related to both chemical and behavioral addictions. Dr. Giordano is the sole author of a clinical reference book titled, *A Clinical Guide to Treating Behavioral Addictions* and co-author of an addictions textbook titled, *Addiction Counseling: A Practical Approach*. She works to advance the counseling field with rigorous research and has published over 50 peer-reviewed articles and book chapters. Dr. Giordano serves on the American Counseling Association (ACA) of Georgia Leadership Council, the board of the Association for Assessment and Research in Counseling (AARC), and writes a blog for Psychology Today called *Understanding Addiction*.