

Winter/Spring 2010 Training Catalog

**Innovative, Accessible & Multicultural
Courses in Behavioral Healthcare**



*Affordable and
Professional Training*



*Dynamic Instructors
with Field Expertise*



*Real World
Application of
Evidence-Based
Practices*



*In the Classroom,
Online or at
Your Location*



**Pacific Clinics
Training Institute**

ADVANCING BEHAVIORAL HEALTHCARE LEARNING



December 1, 2009

Welcome

Welcome to the Pacific Clinics Training Institute!

We are pleased to introduce the Winter and Spring 2010 catalog. Several new trainings have been incorporated to fulfill your behavioral healthcare needs with most of our classes meeting licensure and re-licensure requirements.

Our courses emphasize cultural competency across the lifespan and are founded on real-world evidence based practices – to strengthen your skills in working with your individual consumers. They are taught by dynamic instructors with field expertise and can be offered in a variety of ways including in the classroom, online or at your location.

We are providing a 40% early bird registration discount for the trainings in this catalog to ensure they're affordable in this difficult budget climate. This discount is available until two weeks prior to the start of every training and more details can be found inside the catalog. As an added benefit to Pacific Clinics staff members, interns, consumers and consumers' family members, all courses are free of charge.

In addition, PCTI will also be offering discounts for individuals who refer other attendees, register multiple participants, and take two or more trainings in a single catalog. Please call 626-793-5141 ext. 1-306 for details. These discounts are offered via phone.

PCTI builds on the success of Pacific Clinics, which for more than 80 years has provided leading-edge outpatient behavioral health care services to diverse populations in Los Angeles, Orange, Riverside, San Bernardino and Ventura counties. As a result, PCTI offers a variety of comprehensive courses that provide attendees with the skills and learning tools needed to enhance their behavioral healthcare knowledge.

Please contact us directly if you have any questions, or suggestions for upcoming trainings. Thank you for your continued participation and support of our training program.

Sincerely,

Susan Mandel, Ph.D.
President/CEO
Pacific Clinics

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ONLINE REGISTRATION & INFORMATION

IT'S QUICK! Register in less than 5 minutes

GO TO: www.MyPCTI.org

EARLY BIRD REGISTRATION CODE: Early

LEARNING OBJECTIVES

- Deliver engaging seminars using real-life scenarios and practical evidence-based practices that can be used immediately.
- Be pro-active with learning that meets the needs of our staff, our consumers and their families and non-agency staff.
- Provide attendees the skills and learning tools needed to enhance their behavioral healthcare knowledge.

SEMINAR PRICING

- All Pacific Clinics staff, interns, consumers and consumers' families may attend any seminar free of charge.
- For non-agency attendees, the cost of each seminar is listed in the seminar's information box. Pacific Clinics Training Institute accepts payment by PayPal, purchase order, Debit Card, Visa, MasterCard, or check. Returned checks are subject to a \$25 fee.
- Please note: Cancellation must be received within 72 hours of a scheduled seminar(s) to result in a full refund and/or to be considered an excused absence for PC staff.

» COURSES REQUIRED FOR LICENSURE

PRE-LICENSURE COURSES

Course	Hours of CE	Required For
Human Sexuality	10	Psych, LCSW, LMFT
Child Abuse	7	Psych, LCSW, LMFT
Alcoholism & Chemical Dependency	15	LCSW, LMFT
Aging & Long Term Care (if began school after 1/1/04)	10	Psych, LCSW, LMFT
Spousal Abuse (if began school after 1/1/04)	15	Psych, LCSW

Courses required for initial licensure that must be taken within the initial degree program or from another degree program:

For Psychologists:	Alcoholism & Chemical Dependency	15 hours
For MFTs:	Spousal Abuse	15 hours
	California Law & Ethics	2 semesters or
	Psychological Testing	3 quarter credits
	Psychopharmacology	

RE-LICENSURE COURSES

Course	Hours of CE	Required For	Frequency Required
Ethics	6	LCSW, LMFT	Every 2 years
Spousal Abuse	7	Psych, LCSW, LMFT	One time
Aging	3	Psych, LCSW, LMFT	One time
HIV/AIDS	10	LCSW, LMFT	One time

Psychologists, LCSWs and LMFTs must complete 36 hours of CE within the preceding two years of their license renewal date. Professionals in each discipline must take specific courses as shown above. Up to 27 hours may be distance learning for psychologists; all hours can be distance learning for LCSWs and LMFTs.

PCTI LICENSING INFORMATION

Pacific Clinics is approved by the:

American Psychological Association (APA) Provider # 1460, to sponsor continuing education for psychologists. Pacific Clinics maintains responsibility for the program and its content.

California Board of Behavioral Sciences (BBS) Provider #PCE292, for continuing education credit for MFTs and/or LCSWs.

California Board of Registered Nursing (BRN) Provider #CEP11979, for contact hours.

California Association of Alcoholism and Drug Abuse Counselors (CAADAC) Provider #2N-05-626-0307, for continuing education hours (CEH's).

California Association of Alcohol/Drug Educators (CAADE) Provider #CP20 794 C 1209, for continuing education hours (CEH's).

CONTINUING EDUCATION POLICY

- 1) Arrive on time
- 2) Sign in at the beginning of the training
- 3) Verify your discipline & license number
- 4) Return from lunch on time
- 5) Be present for the entire class
- 6) Sign out at the end of the class
- 7) Complete the participant evaluation form online to receive your CE verification form

Accessibility Statement for PCTI Materials

If you have questions concerning access, wish to request a language interpreter or accommodations for a disability, please contact Kay Milligan at kmilligan@pacificclinics.org or (626) 793-5141 ext. 1-304 two weeks prior to the event.

Please note: credit cannot be given for partial attendance.

COURSE INSTRUCTORS

PCTI FACULTY CHAIRS

Chris Amenson, Ph.D., has been with Pacific Clinics for more than 25 years in a number of increasingly responsible clinical, management and administrative positions. In his work with the Pacific Clinics Training Institute, he provides training on treatment, supervision, and management of psychiatric rehabilitation programs. Dr. Amenson focuses on real world implementation of evidence-based treatments. He was one of the first to implement programs of psychosocial rehabilitation and family psycho-education in a non-research setting. He is the author of *Schizophrenia: A Family Education Curriculum*, a series of training manuals that teach mental health professionals how to educate and inform consumers and family members about schizophrenia. This series has been taught in several languages and is published in English, Spanish and Japanese. Dr. Amenson is a well-known speaker on behavioral healthcare topics across California, the U.S. and abroad. He is a recipient, among his other honors, of the National Alliance for Mental Illness (NAMI)'s highest professional award — "Psychologist of the Year."

Gordon A. St. Mary Jr., Psy.D., has served as a Senior Vice President at Pacific Clinics since 2007. He is a licensed clinical psychologist who received his doctoral degree in clinical psychology from Ryokan College. Dr. St. Mary began his mental health career with Portals in 1994 as a Mental Health Rehabilitation Specialist at the agency's Mariposa Clubhouse, gaining experience in psychosocial rehabilitation while completing his doctoral studies. He has provided oversight in a variety of outpatient settings, including day treatment, group homes, foster family, EPSDT, family preservation, probation, juvenile hall, Multi-Systemic Therapy (MST), dual diagnosis. Most recently, he directed Mental Health Services Act Full Service Partnership wraparound programs serving Transitional Age Youth (16-25 years) and children (0-18) and their families. Among his other accomplishments in training and teaching, Dr. St. Mary has developed and implemented cultural competency training to improve cultural awareness and provide more effective treatment to persons of various ethnic backgrounds and cultures. He has been a board member of several programs including New Directions for Women in Costa Mesa, the Multi-Ethnic Task Force of Orange County and the Mental Health Board Housing Forum.

COURSE INSTRUCTORS

PCTI COURSE INSTRUCTORS

John S. Brekke, Ph.D., is the Frances G. Larson Professor of Social Work Research and Associate Dean of Research at the University of Southern California School of Social Work. He teaches research and clinical courses on treatment outcome research and research grant writing. Dr. Brekke has been the principal investigator on five longitudinal studies funded by the National Institute of Mental Health (NIMH) and one funded by the Substance Abuse and Mental Health Services Administration. Dr. Brekke publishes widely in mental health journals, serves on the editorial boards of *Social Service Review*, *Psychiatric Rehabilitation Journal* and *Research on Social Work Practice*, and is a consulting editor for *Social Work Research*. He received the Armin Loeb Achievement in Research Award from the International Association of Psychosocial Rehabilitation Services and the Excellence in Research Award from the Society for Social Work and Research.

Charles N. Chege, Psy.D., is a California Licensed Clinical Psychologist. He has great commitment, interest, and experience in teaching, clinical supervision, and providing psychological/mental health services in settings in the Los Angeles area and surrounding counties. He has significant experience in administration and clinical work with over ten years supervising clinical psychology practicum and internship students in doctoral programs, social work and marriage and family therapy interns. He was supervisor of post-doctoral registered psychologists and been involved in International and cross-cultural delivery of psychological services. Dr. Chege has research interests in HIV-AIDS and has designed and implemented psycho-social rehabilitation models for treating severe and persistent mental illness in Kenya. He has involvement in missions and mental health, as evidenced by his annual ministry, consultation and training trips to Kenya.

Rocco Cheng, Ph.D., received his doctoral degree from the California School of Professional Psychology, specializing in Multicultural Community Clinical Psychology. Currently, he is the Corporate Director of Pacific Clinics Prevention & Early Intervention Services. He is also a consultant for the U.S. Substance Abuse and Mental Health Services Agency Grant Review Committee.

Michael Corcoran, Ph.D., was in law enforcement for more than 34 years beginning in 1968 and entered the threat assessment field when he joined the United States Secret Service in 1970. He completed post-doctoral work in Stress Management through UCLA's School of Medicine in 1979 and, also utilizing his law enforcement experience, specializes in identifying and handling potentially violent persons as well as the stressors involved. He does threat assessments and determination of violence risk, identifying behavioral clues to determine stressors in environments that may contribute to these problems for governmental agencies, law enforcement, Fortune 500 companies, school districts and healthcare providers around the world. He has spoken internationally on all these topics, co-authored the text: "Violence Assessment & Intervention, The Practitioners Guide," and been called to court as an expert witness on identifying violent individuals. Dr. Corcoran was appointed as President of Henley-Putnam University in 2004, the only accredited school of its kind in the world granting degrees in Protection Management, Intelligence Management and Terrorism/Counterterrorism Studies.

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Elaine Hsia Der, Pharm.D., is a clinical and consultant pharmacist applying pharmacy practice research into community practice through its various medications management projects. She continues to work in other arenas of pharmacy, including clinics, hospitals, managed care, and retail. Dr. Der trained in geriatric pharmacotherapy and currently serves as a consultant pharmacist for the Partners In Care Foundation, Senior Care Network, and Pacific Clinics. She is actively involved with community education programs concerning older adults and pharmaceuticals.

Michael DiPaolo, Ph.D., is a clinical psychologist in private practice in West Los Angeles. He has consulted with several organizations including Step-Up on Second, Didi Hirsch, Pacific Clinics, UCLA, the National Alliance on Mental Illness (NAMI) and St. Monica's Church. Dr. DiPaolo received his education from the University of Notre Dame, Columbia University, and the California School of Professional Psychology. His publications include *The Impact of Multiple Traumas on Homeless & Runaway Adolescents*. For the past 10 years Dr. DiPaolo, who served a psychology internship at Pacific Clinics, has facilitated the annual lecture series originated by Dr. Chris Amenson, "How to Survive & Thrive with a Mentally Ill Relative," which is available on video through NAMI San Gabriel Valley.

Scott Fairhurst, Ph.D., who received his doctorate from University of Houston in 1993, has directed the Pacific Clinics Monrovia Day Treatment and Intensive Outpatient program for the past 10 years. He specializes in the care of children, adolescents and families, particularly involving youngsters with overly intense, explosive behavior.

Carol Falender, Ph.D., is co-author of *Clinical Supervision: A Competency-based Approach* with Edward Shafranske, Ph.D., published by the American Psychological Association in 2004, and co-editor of *Casebook for Supervision: A Competency-based Approach* (APA, 2008), as well as numerous articles on supervision. She has conducted workshops across the United States and Canada on the topic of supervision and directed APA-approved internship programs at child and family guidance clinics for over 20 years. She was a delegate to the 2002 Competencies Conference and to Benchmarks. She has presented plenary sessions to Association of State and Provincial Psychology Boards, Association of Psychology Postdoctoral and Internship Centers, and the College of Psychologists of Ontario. Dr. Falender is a Fellow of American Psychological Association (APA) and was President of Division 37, Society for Child and Family Policy and Practice (APA). She is an Adjunct Professor at Pepperdine University, Clinical Professor in the UCLA Department of Psychology, former Chair of California Psychological Association (CPA) Division II, Education and Training, Chair of the CPA Continuing Education Committee, and Treasurer of the Supervision and Training Section of Division 17 of APA.

Lisa Firestone, Ph.D., is the Director of Research and Education at the Glendon Association. Since 1987, she has been involved in clinical training and applied research in the areas of suicide and violence. These studies resulted in the development of the *Firestone Assessment of Self-Destructive Thoughts* (FAST), the *Firestone Assessment of Violent Thoughts* (FAVT), and the *Firestone Assessment of Suicide Intent* (FASI), all published

COURSE INSTRUCTORS

by PAR. She is a presenter at national and international conferences on the topics of assessment of self-destructive and violent behavior, couple relations, and Voice Therapy. Dr. Firestone's most recent publications include: *Voice Therapy: A Treatment for Depression and Suicide* (in R. Yufit and D. Lester, Eds., *Assessment, Treatment, and Prevention of Suicidal Behavior*); *Suicide and the Inner Voice* (in T. Ellis, Ed., *Cognition and Suicide: Theory, Research and Practice*); and *Separation Theory and Voice Therapy Methodology Applied to the Treatment of Katie: A Diary-based, Retrospective Case Conceptualization and Treatment Approach* (in D. Lester, Ed., *The Secret Diary of Katie: Unlocking the Mystery of a Suicide*). She is also co-author of *Conquer Your Critical Inner Voice*, *Creating a Life of Meaning and Compassion: the Wisdom of Psychotherapy*, and *Sex and Love in Intimate Relationships*. Dr. Firestone is a clinical psychologist in private practice in Santa Barbara, CA.

Luis M. Garcia, Psy.D., is Vice President of Latino Program Development for Pacific Clinics. Dr. Garcia develops culturally competent programs that focus on Latino client and family needs. He has helped create a Clinics school-based program addressing suicide prevention for Latino children and adolescents, including individual, family and group services. He also coordinates the development of trainings, conferences, and educational material for mental health professionals, clients, and families. Dr. Garcia received a Psy.D. degree from Newport University, and previously earned a B.A. in Psychology from the University of Southern California. He was awarded a Ph.D. in Psychology from the University of Guadalajara, Jalisco, Mexico, and a master's and Ph.D. in Gestalt Therapy from the Institute of Gestalt Therapy, Tijuana, B.C., Mexico. His areas of interest and expertise include socio-cultural and psycho-social factors influencing psychopathology, assessment, and interventions for Latinos. He is currently a member of the California Mental Health Planning Council, as well as an active member of the Latino Behavioral Health Institute, Second Vice President of LATCO Latino Mental Health Council, H.O.T. (Hispanic Outreach Taskforce), and N.A.L.E.O. (National Association of Latino Elected/Appointed Officials Educational Foundation). Dr. Garcia is a strong proponent of networking with community leaders to promote mental health awareness among Latinos and throughout the nation. He has conducted presentations on mental health and co-occurring disorders throughout the state of California, nationally and internationally.

Kimberly Guajardo, Psy.D., is the Director of Programs for Pacific Clinics' El Camino program located in Santa Fe Springs. Dr. Guajardo has worked in community mental health care for 10 years with an emphasis in psychosocial rehabilitation. Dr. Guajardo's research interests include spirituality in Mexican-American culture, utilization of mental health services by minority populations, and evidence-based practices with adults diagnosed with severe mental disabilities. Dr. Guajardo co-chairs Pacific Clinics' Career Development Committee and is a member of Pacific Clinics' Psychology Training Program.

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Pamela Harmell, Ph.D., is a national lecturer specializing in legal and ethical issues in clinical practice. She is a Professor at the Pepperdine University Graduate School of Education and Psychology and has written extensively in professional publications on ethical practice. A past President of the Board of Psychology, Dr. Harmell is Vice-Chair of the California State Ethics Committee, and is currently President of the Los Angeles County Psychological Association.

Rose Lopez, Ph.D., has more than 15 years experience working with adults with psychiatric disorders in outpatient and day rehabilitation programs. She received her doctorate in multicultural community psychology from the California School of Professional Psychology, Los Angeles, and has received extensive training from the California Institute of Mental Health (CIMH) on the person-centered, recovery-oriented model of treatment. Dr. Lopez previously held the position of Assistant Director of Pacific Clinics' Quality Improvement & Compliance Department (QIC), training staff on Medi-Cal documentation and preparing for state/county audits. She is currently the Director of Wellness & Recovery for the Pacific Clinics Institute. She also serves as the staff liaison to the Pacific Clinics Anti-Stigma group, training consumers in public speaking skills and coordinating community presentations with consumers to educate the public about recovery from mental illness.

Gregory Manning, Psy.D., holds a doctorate in clinical psychology from the California School of Professional Psychology and is a licensed clinical psychologist in the State of California. He consults and trains professionals of multiple specialties and lay persons regarding their work with children and families, both in the community and within the foster care system. Dr. Manning has extensive clinical experience working in both government-run and private non-profit mental health as well as in residential placement agencies. He also serves as the mental health liaison on a number of local and regional committees and taskforces. Dr. Manning has experience in the area of developing and implementing innovative community mental health programs. He is a member of the Board of Directors for *Youth In Mind* — a California based non-profit agency that supports and inspires youth leadership and advocacy within the mental health system. Dr. Manning also is a faculty member at the University of Phoenix in the College of Social and Behavioral Sciences.

Glenn Masuda, Ph.D., received his undergraduate degree in psychology at the University of Southern California. His master's and doctorate degrees were earned at the University of Washington in Seattle, Washington. He is currently the Associate Divisional Director at the Asian Pacific Family Center in Rosemead, California, a division of Pacific Clinics where he has been working since its opening in 1986. He was formerly the Program Director of the Child, Youth and Family Services. His specialty areas are in adolescent psychology, family therapy, community interventions, as well as diversity competency training. Dr. Masuda is also a founding faculty member of the Pacific Clinics Institute.

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Emma P. Oshagan, Ph.D., has more than 20 years of clinical practice working with children, adults, the elderly, and the chronically ill in different settings such as hospitals, private practice, and mental health agencies. Dr. Oshagan founded Pacific Clinics' first school-based mental health programs, serving Armenian students in Glendale and North Hollywood schools. Presently, Dr. Oshagan is a stakeholder alternate delegate to the Workforce Education and Training Ad Hoc Committee, co-chair of the Underrepresented Ethnic Populations Committee for the Mental Health Services Act planning process for Los Angeles County Department of Mental Health representing Armenians and other ethnic populations in Los Angeles County.

Betsy Phillips, LCSW, Ph.D., has worked at Pacific Clinics Portals since 1998 as a program manager, clinical supervisor, and outpatient coordinator. During that time she earned her Ph.D. in social work at USC, specializing in the psychosocial rehabilitation of individuals with schizophrenia. Her primary focus at Portals now is managing an NIMH research project headed by Dr. John Brekke. Part of this experience includes facilitating a year-long seminar which teaches students how to apply evidence-based interventions, including motivational interviewing, to their daily practice.

Ann-Marie Stephenson, Ph.D., is the Vice President and Chief Clinical Officer at Pacific Clinics. Over the last 30 years she has served a diverse population of individuals who suffer from a variety of mental illnesses. She has taught at the California School of Professional Psychology and other institutions in Southern California, and has delivered presentations at Professional Conferences throughout the country. Dr. Stephenson has served on the board of the Los Angeles County Psychological Association and is a past President of the Southern California Association of Black Psychologists.

Faye Ashby, MSW, holds a master's degree in social work and has 30 years experience in providing, developing and managing services for older adults. As Corporate Director of the Pacific Clinics' Older Adult Program, she manages outpatient and field-based mental health services for older adults with serious mental health disorders. She is leading the development of Pacific Clinics' Older Adult Full Service Partnerships and Field Capable Clinical Services.

Matt Harwood, LCSW, has been working with HIV/AIDS care in various settings for 20 years. He currently is the training coordinator for mental health services at AIDS Project Los Angeles (APLA). He has been training licensed clinicians for more than 10 years on the topics of HIV/AIDS and Human Sexuality.

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Sandra Henriquez, MBA, is an independent consultant, currently working with numerous social service agencies on management, leadership and fund development. She has 20 years experience working in social service, of which 16 years were in non-profit management. As the former Associate Director for all Intervention Programs at the Los Angeles Commission on Assaults Against Women, she supervised a staff of 25 professionals. Additionally, in her capacity as a board member for the California Coalition Against Sexual Assault (CalCASA), Ms. Henriquez was active in the development of personnel policies and procedures for the organization. She has been published in the Hasting Women's Law Journal and has been a contributor to numerous publications on issues pertaining to violence against women and children.

Maria R. Martin, M.A., LMFT, is an experienced Child Abuse Forensic Interviewer at Harbor UCLA, Child Crisis Center; for about 18 years. She has also worked at the Los Angeles County Department of Children and Family Services and the Department of Public Social Services, conducting child abuse evaluations and dependency investigations for the Children's Court and the Department of Children and Family Services. Currently, Dr. Martin is a program director at Pacific Clinics Sierra Family Center and oversees the day-to-day operations of the outpatient clinic.

Marcia Mindell, LCSW, completed her undergraduate work at Iowa's Grinnell College and received a master's in social work from University of Michigan. She has been working in the mental health field since 1970. In 1990, while working for the LA County Department of Mental Health (LACDMH), she developed and implemented the Older Adult F.A.C.T.S. program, which was established in the Long Beach area to train MSW interns to provide mobile mental health services to older adults. She continued to manage that program until her retirement from full-time employment in 2005, after more than 35 years of service with LA County. Ms. Mindell has taught social work courses at CSULB and USC, where she remains on faculty; she also provides training and consultation for LACDMH and maintains a small private practice focused on training, supervision, consultation and coaching. She has conducted extensive training, both locally and nationally, in the field of mental health and aging.

Victoria Onwualu, MBA, LCSW, serves as Pacific Clinics Director of Portals' Wilshire Recovery and Wellness Center, which includes Intensive Community Services, Field Capable Clinical Services and Full Service Partnership programs for both adults and Transitional Age Youth. Victoria attended University of Southern California, where she earned her master's degree in social work. She also holds a Master of Business Administration (MBA) degree from University of Nigeria Enugu campus.

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Laura Pancake, LCSW, has more than 17 years of experience in psychosocial rehabilitation, working with adults with psychiatric disorders primarily in the areas of employment and community integration. She earned her Master of Social Work degree at California State University Long Beach. Laura has served progressively in various supervisory and management roles at Pacific Clinics; she is now Corporate Director of Employment Services at Pacific Clinics.

Greg Swift, M.A., LMFT, is the Associate Divisional Director for Portals and manages staff hiring and training, quality assurance and Unit of Service delivery/monitoring across all Portals programs. He has a master's degree in Counseling Psychology and more than 15 years of experience in the mental health field including direct service delivery, clinical supervision, program administration and Pro-ACT training.

Doug Thomas, LCSW, has a private therapy practice in Pasadena and he is also a Program Director for Pacific Clinics in Covina. With over ten years of experience as a practicing therapist, he has also supervised and trained clinicians and presented both beginning and advanced workshops on LGBT issues and dream therapy throughout California. His experience with the LGBT community includes having served as both an intern and volunteer counselor at the Los Angeles Gay and Lesbian Center, and he helped establish SHOUT/USC, a college-based support program for LGBT youth. Currently a doctoral student at Pacific Graduate Institute in Santa Barbara, Mr. Thomas is completing a Ph.D. in Depth Psychology with an emphasis in psychotherapy. He holds a master's degree from the USC School of Social Work.

Constance M. Varney, MA, graduated with honors from Citrus College, Pitzer University, and Loyola Marymount University. Her master's degree is in Clinical Art Psychotherapy, and she is a certified hypnotherapist. Constance has a strong background in chemical dependency treatment. She has worked at American Hospital in Pomona and was program director at a facility in Gardena for five years, treating addicted and violent offenders. She has a private practice treating children, adults, and families who are in substance abuse recovery. She enjoys teaching, training and presenting to interns, as well as other mental health professionals.

Victoria White, LMFT, is a graduate of Fuller Theological Seminary and has worked in the field of community mental health since 1984. She joined Pacific Clinics in 1989 and worked in the Children's Intensive Day Treatment Program. Ms. White is currently the Program Director at Pacific Clinics' SELPA/Cortez School program in West Covina.

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Mariko Yamada, LCSW, is Pacific Clinics' Executive Director of Substance Abuse and Mental Health Services. She oversees and manages the agency-wide substance abuse programs, spanning the continuum of substance abuse care and mental health services and its administration to ensure a "best practice" service delivery. Ms. Yamada has an extensive background in both clinical and management roles addressing addiction, hospital mental health, child abuse, sexual assault, and domestic violence. She has acted as a consultant to other nonprofit agencies seeking to develop programs, including provision of integrated care. She has actively participated as part of the Field Review committee for the SAMHSA's Occurring Disorders Treatment Improvement Protocols (TIP) and Knowledge Application Program (KAP). She is a Licensed Clinical Social Worker with a master's degree in social welfare from UCLA and a bachelor's degree in social ecology (from UC Irvine), specializing in psychology and social behavior.

Leah Aldridge is an accomplished facilitator and trainer on the multi-disciplinary issues of interpersonal violence to diverse populations. Leah has trained domestic/sexual violence prevention advocates, youth service providers, law enforcement and medical professionals, and school-based personnel statewide and nationally.

Roy Ambrose has worked in mental health for more than 16 years, advocating for and empowering members to achieve their dreams and goals. He has worked at both inpatient and outpatient mental health facilities, and currently is an Office Manager for Pacific Clinics' Portals. He has experience and training in the areas of health and safety, HIPAA, security, counseling, member rights, documentation, front office operations and project management.

Martha Chono-Helsley is the Executive Director for REACH LA, a youth-driven community-based organization whose mission is to improve the health and wellbeing of urban youth and help them transition to successful adulthood. She's developed the Sexual Health Education By Youth (SHEY) Program that specializes in educating, counseling and training young men and women of color about sexual and reproductive health. The SHEY program serves 350 young men and women annually through workshops, one-on-one counseling, leadership development, peer advocate/educator training and community organizing. She is a founding member of the HIV YOUTH Coalition of Los Angeles County and has been an active volunteer on the HIV YOUTH Conference Planning committee since 2002.

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Brian Cwik has been working as a group facilitator and educator in the Chemical Dependency Field for the past 17 years. Prior to his career change he taught high school in the Chicago area for 21 years. He holds a master's degree in education and music with postgraduate hours in education and administration. He obtained his Counseling and Chemical Dependency training and certification in 1991, and worked as a group facilitator and educator in a chemical dependency residential treatment facility in Bournemouth, England, for 3 years. Brian returned to Chicago to work on his Master of Social Work degree at Loyola University. He completed his internships and moved to Southern California in 1999 to work in Chemical Dependency. In 2000, he co-founded an intensive residential treatment program in Newport Beach called New Options. He wrote the treatment program through certification and licensing with the California Dept. of Alcohol and Drugs and Orange County Probation. As a program director, facilitator and educator, Brian has worked in a variety of Chemical Dependency treatment settings including residential, intensive outpatient, and alternative sentencing. He is currently semi-retired and continues to teach and facilitate Chemical Dependency groups. He has been affiliated continuously with 12-step self-help groups for over 32 years.

Terry Tramble has been working in the mental health field for the past 12 years. After a brief career in the National Football League, Terry began working for a mental health agency in the city of Detroit. The population that Terry dealt with during this time was people that were in jail and soon to be reintegrated into the community. After two years in Detroit Terry moved to southern California, where he began working for an intensive case management program called The Village. Currently, he works at Portals as Program Manager.

Michael Van Essen tested positive for HIV in 1985. After eight years of disability, he returned to the workforce as a Benefits Planning and Assistance Outreach counselor for AIDS Project Los Angeles then as a Benefits Specialist at AIDS Service Center in Pasadena, California. He was employed by Pacific Clinics in 2006 and currently serves as a Benefits Establishment Specialist.

DIRECTIONS TO WILSON AUDITORIUM

2471 E. Walnut Street, Pasadena, CA 91107

THERE IS A RESERVED INSTRUCTOR PARKING SPOT IN FRONT OF WILSON AUDITORIUM

From the East (from Arcadia or the 605 freeway)

Go West on 210 freeway.

Pass these exits: Santa Anita, Baldwin, Rosemead, Madre St.

Take the Sierra Madre Blvd/San Marino exit.

As you exit stay in the far left lane.

Turn sharply left on San Gabriel Blvd. Go under the freeway.

Turn right at the second light onto Foothill Blvd.

Go the third small street on the right, which is Del Rey Avenue.

There is no stop light or sign at this intersection.

Turn right on Del Rey Avenue.

Turn left into the second driveway for Pacific Clinics parking lot.

From the West (from West Pasadena, 134 and 110 freeways)

Go east on 210 freeway.

Pass these exits Fair Oaks, Lake, Hill, Allen.

Exit on Sierra Madre Blvd/Altadena Drive.

Stay in the right lane.

Turn right on Altadena Drive.

Turn left at the second stop light onto Foothill Blvd.

Drive one short block to Del Rey Ave. There is no stop light or sign at this intersection.

Turn left on Del Rey Avenue.

Turn left into the second driveway for Pacific Clinics parking lot.

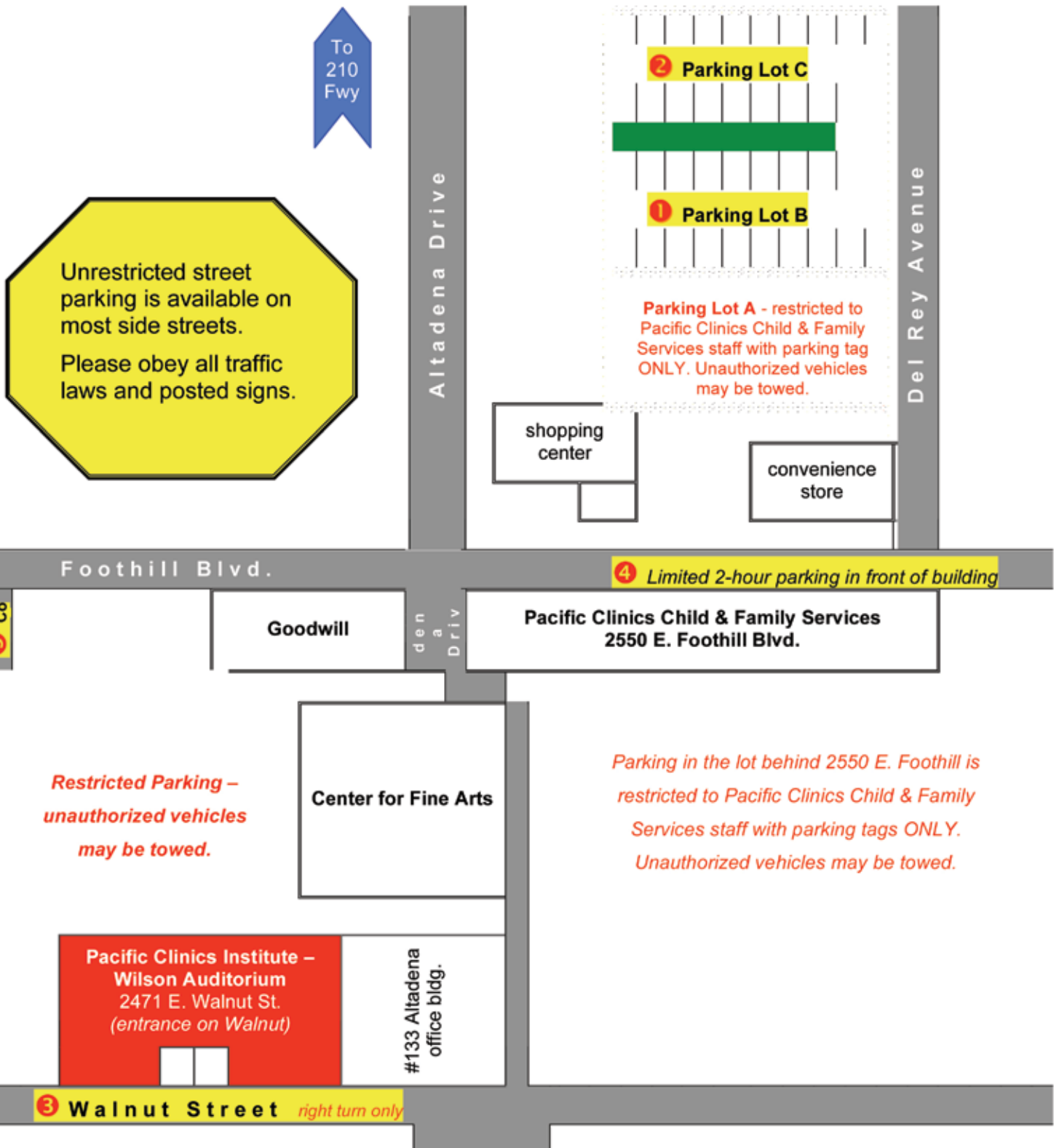
Pacific Clinics Training Institute – Wilson Auditorium Parking

2471 E. Walnut Street, Pasadena, CA 91107

Telephone: (626) 793 - 5141

Parking Locations:

- 1 Del Rey Parking Lot B: located across the street from Pacific Clinics Child & Family Services. Go one block east of Foothill/Altadena intersection, turn north onto Del Rey Ave. Enter through Parking Lot C.
- 2 Del Rey Parking Lot C: located adjacent to Lot B. Enter from Del Rey Avenue.
- 3 Surface street parking may be available along Cook Avenue and Walnut Street.
- 4 Limited 2-hour parking may be available in front of the Child & Family Services building on Foothill Blvd.



LIST OF COURSES



Winter/Spring 2010 Training Catalog

January 11 & 25, February 8 & 22, March 1 & 15

Management I

This seminar will focus on the core elements of managing mental health staff and treatment teams, including the role of the manager, collaborative goal-setting, effective feedback, and rewarding good performance. It is designed for new supervisors and managers of treatment staff. Managers, who wish to sharpen their skills, are welcome. Staff who expect to become supervisors may attend upon recommendation of their program director.

After attending this seminar, you should be able to:

- Describe the roles and tasks of a manager
- Recognize and intervene effectively with elements that they can control
- Set goals that inspire staff
- Provide effective written and verbal feedback
- Tailor coaching to individual staff
- Design remedies for performance problems

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 18 (BBS, BRN, CAADE, CAADAC)

Seminar: 066-C

Instructor: Leah Aldridge, Sandra Henriquez, MBA

Cost: PC Staff only

Note: must attend all sessions to receive CE credit

January 12 & 26, February 9 & 23, March 2 & 16

Management II

This seminar will focus on the core elements of managing mental health programs, including the managing multiple priorities, recruiting and hiring staff, leading meetings and teams, promoting change, preventing and resolving conflicts, and stewardship delegation. Senior managers, who wish to sharpen their skills, are welcome. Team leaders, who expect to become program managers, may attend upon recommendation of their program director.

Management II assumes managers have the foundational Management I skills and focuses on advanced skills involved in directing a program. At the division director's discretion team leaders, who have mastered and regularly practice the Management I skills and/or who show promise for promotion, can attend Management II.

After attending this seminar, you should be able to:

- Manage multiple priorities
- Recruit and hire staff, who succeed
- Lead productive meetings
- Promote positive change
- Prevent and resolve conflicts
- Delegate tasks effectively

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 18 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Note: must attend all sessions to receive CE credit

Seminar: 067-C

Instructor: Chris Amenson, Ph.D.

Cost: PC Staff only

January 20 & 27

Child Abuse

This seminar is designed to examine how child abuse affects children and the best practices for treatment. The different types of abuse—physical, sexual, emotional, as well as neglect—will be examined in terms of presentation in the family and the manner in which children integrate their experiences. We will examine the current best practices for treatment of effects resulting from each of the different types of abuse. We will also address clinician self-care in terms of concrete, intentional steps that have proven effective at reducing the risk for burnout.

After attending this seminar, you should be able to:

- Identify 3 short term and 3 long term effects of abuse
- Recognize at least 3 behavior patterns that are found in children who have been abused
- Define 2 best practices for treatment of PTSD and PTS
- Describe self-care strategies at work and during off-hours

Times: 8:30 a.m. to 12:30 p.m.

Location: Pacific Clinics Training Institute

CEs: 8 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 071-I

Instructor: Scott Fairhurst, Ph.D.

Cost: \$160

Early Bird Registration: \$96

Early Bird Deadline Date: January 6

Note: must attend both days to receive CE credit

January 22

Recovery Oriented Skills for Case Managers

This seminar is designed for case manager/mental health worker staff as an introduction to the person-centered recovery model of treatment. Participants will learn engagement and relationship building skills that will be helpful in working with consumers. Participants will learn the stages of change model and motivational interviewing skills. We will discuss case formulation and how to develop interventions for case management and rehab services. The issues of cultural and diversity in working with consumers and their families will be discussed. Participants will be introduced to psycho-educational groups and group facilitation skills. Integration of services and medical documentation will be reviewed.

After attending this seminar, you should be able to:

- Understand the person-centered recovery model
- Understand the importance of the case manager/mental health worker role in community mental health
- Learn relationship building/engagement skills using stages of change model
- Learn and practice motivational interviewing skills
- Understand the importance of culture and diversity in the recovery process
- Learn how to develop and document case management services and mental health services interventions
- Learn group facilitation skills for use in psycho-educational groups

Times: 9:30 a.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 5.5 (BRN, CAADE, CAADAC)

Seminar: 001-C

Instructor: Rose Lopez, Ph.D.

Cost: \$150

Early Bird Registration: \$90

Early Bird Deadline Date: January 8

January 28

Advanced Clinical Supervision

Advanced supervision will include brief review of competency-based supervision, and skill-based approaches to engagement and relationship development, the collaborative relationship within the context of evaluation, and diversity competence and responsiveness. It will also include updates on competency, values of supervisees, approaches to group supervision, and troubleshooting implementation. Emphasis will be on participant involvement, interactive exercises, videos, and analysis of vignettes.

After attending this seminar, you should be able to:

- Define parameters of supervisee competencies for one's respective discipline
- Identify strategies for engagement in supervision while maintaining evaluative role
- Describe strategies for supervisee empowerment in the context of collaboration
- Identify strategies for enhancing diversity competence within the context of engagement and empowerment
- Implement process oriented group supervision responsive to parameters maximizing greatest effectiveness
- Understand importance of behavioral language in describing and developing action plans for students with problematic behavior

Times: 9:00 a.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 6 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 002-C

Instructor: Carol Falender, Ph.D.

Cost: \$150

Early Bird Registration: \$90

Early Bird Deadline Date: January 14

February 1 & 5

ProAct Basic

This seminar is designed to increase people's competence and confidence in preventing and managing overly-intense, unpredictable and dangerous crises. Audience members will have opportunities to practice de-escalation and ways to physically stay safe. This seminar does not include any restraint or "hands-on" techniques.

After attending this seminar, you should be able to:

- Recognize signs that a person is becoming more intense, less predictable and is heading toward dangerous behavior
- Use strategies that protect yourselves, as staff, from the tendency to under- or over-react based on your own responses to stress
- Supply strategies that de-escalate people whose crises may result from the following motives: fear, frustration, intimidation and manipulation

Times: 9:00 a.m. to 5:00 p.m.

Location: Foothill

CEs: 14 (BBS, BRN, CAADE, CAADAC)

Seminar: 003-C

Instructor: Vicki White, LMFT

Cost: PC Staff Only

Note: must attend both days to receive CE credit

February 3 & 17

Substance Abuse

This seminar will provide a basic level training on substance abuse for clinical staff who work in behavioral health.

After attending this seminar, you should be able to:

- Demonstrate how a substance abuse diagnosis is made
- Identify the different classes of substances that are used and/or abused
- Conduct a substance abuse screening

Times: 8:30 a.m. to 12:30 p.m.

Location: Pacific Clinics Training Institute

CEs: 8 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 072-I

Instructor: Mariko Yamada, LCSW

Cost: \$160

Early Bird Registration: \$96

Early Bird Deadline Date: January 20

Note: must attend both days to receive CE credit

February 9, 16 & 23, March 2, 9, 16 & 23

How to Survive & Thrive

When mental illness strikes, it is a trauma for the entire family. Unfortunately, families have often been neglected in the treatment process. Research has clearly indicated the benefits of family education in helping the person in the recovery process. “How to Survive & Thrive with a Mentally Ill Relative” is an educational series designed for families to provide them with the knowledge about mental illness and its treatment. The series will include presentations on bipolar disorder, depression and schizophrenia as well as specific presentations geared toward the helpful roles family members can take with their ill relatives. Presentations by persons and families experiencing the illnesses will augment the lecture.

After attending this seminar, you should be able to:

- Understand the main signs and symptoms of mental illness including schizophrenia, depression and bipolar disorder
- Understand mental illness as a brain illness, linking the deficits in the person to dysfunction in the brain
- Learn the state of the art treatment for mental illness
- Learn specific roles and skills that they can utilize with their relative

Times: 7:00 p.m. to 9:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 0

Seminar: 055-C

Instructor: Michael DiPaolo, Ph.D.,
Christopher Leucht, Ph.D.

Cost: \$25 or \$5 per single lecture

Note: To register call NAMI at (626) 577-6697

February 12

Using the DSM Legally and Ethically

Psychotherapists struggle with the role of the DSM-IV-TR system and the ethical diagnosing of clients. This presentation examines the Five Axial System with a review of major diagnoses, informed consent, proper billing, and multicultural challenges. The popularity of the DSM system along with the potential harm inherent in using diagnostic “labeling” will be addressed, dealing with complex legal and ethical issues such as parity versus non-parity diagnoses, fraudulent insurance practices, evidence-based treatment planning and managed care. Relevant Ethical Principles are used to highlight ethical and legal issues such as assignation of diagnoses to control, involuntarily commit, medicate, and incarcerate clients inappropriately.

After attending this seminar, you should be able to:

- Identify difficult therapist dilemmas and apply ethical and legal principles and codes in various diagnostic situations
- Learn more detailed material about the DSM system and be able to intelligently discuss DSM criteria
- Demonstrate your mastery of the differential diagnosis method as suggested by both insurance companies and the DSM
- Gain confidence handling difficult patient diagnosis dilemmas in real life settings
- Assess multicultural situations with regard to diagnosis

Times: 9:00 a.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 6 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 004-C

Instructor: Pam Harmell, Ph.D.

Cost: \$150

Early Bird Registration: \$90

Early Bird Deadline Date: January 29

February 16

ProAct Restraint

This four hour training can only be taken following the completion of the two day Professional Assault Crisis Training Basic seminar and focuses on the issues regarding physically containing a person who is in a state of physically assaultive crisis.

After attending this seminar, you should be able to:

- Know when manual restraint is an acceptable response to a crisis behavior
- How to restrain in a manner that reduces risk of injury to the assaultive person and the involved staff
- Know the different levels/methods of restraint that are legal in our society and when and by whom can the methods of restraint be used

Times: 8:30 a.m. to 12:30 p.m.

Location: Foothill

CEs: 4 (BBS, BRN, CADE, CAADAC)

Seminar: 049-C

Instructor: Vicki White, LMFT

Cost: PC Staff Only

The Nuts and Bolts of Substance Abuse Conference

The cost of the conference is \$320 and the early bird registration is \$192.
The early bird registration deadline date is February 4.

February 18

Classification of Drugs

This seminar will describe a wide variety of mood and mind altering drugs of abuse and dependency. Categories of prescription and illegal street drugs will be included. Specific drugs within each category will be listed and described. The ways and means of ingestion and its effects will be explored.

After attending this seminar, you should be able to:

- Learn the fundamental drug categories (Stimulants, Depressants and Hallucinogens)
- Recognize the subcategories of the fundamental drug types
- Learn how specific drugs are used and ingested
- Understand the effects and aftereffects of long and short term use

Times: 9:00 a.m. to 12:00 p.m.

Seminar: 005-C

Location: Pacific Clinics Training Institute

Instructor: Brian Cwik

CEs: 3 (CAADE, CAADAC)

February 18

Chemical Dependency: A Brain Disease

This seminar will address the fundamental aspects of brain anatomy, development, and functioning. From this overview, the seminar will discuss how the abuse of mood and mind altering substances impact the physiology and functioning of the brain. The seminar will show how deregulation of the brain neurochemistry by prolonged drug abuse may cause true physical dependency which alters the fabric of a person's life in multifaceted negative ways.

After attending this seminar, you should be able to:

- Understand the basic brain anatomy and development
- Learn brain functioning and electrochemical interactions
- Learn how mood and mind altering drugs interfere with normal brain function
- Learn how prolonged drug abuse may lead to dependency
- Describe how a deregulated brain damages a person cognitively, behaviorally, and emotionally

Times: 1:00 p.m. to 4:00 p.m.

Seminar: 006-C

Location: Pacific Clinics Training Institute

Instructor: Brian Cwik

CEs: 3 (CAADE, CAADAC)

The Nuts and Bolts of Substance Abuse Conference (continued)

February 19

Co-Occurring Disorders

This seminar teaches a very broad overview and description of common chemical dependency and mental health disorders including the neurobiology common to both. The seminar will explore the overlap of these mood and thought disorders and the difficulties of differentiation. Treatment strategies, including medications and support systems will be discussed.

After attending this seminar, you should be able to:

- Describe the common addictive disorders
- Recognize the common mental health disorders
- Learn the broad overview of the neurobiology common to both
- Understand difficulties of differentiation
- Learn treatment strategies

Times: 9:00 a.m. to 12:00 p.m.

Seminar: 007-C

Location: Pacific Clinics Training Institute

Instructor: Brian Cwik

CEs: 3 (CAADE, CAADAC)

February 19

Motivational Interviewing

This seminar will provide an overview of the principles and skills of Motivational Interviewing that can be applied to individuals in areas of their lives where they are stuck in ambivalence. Various methods will be used, including didactic instruction and role-modeling. However, the major learning tools will be interactive, including role plays, small group work, and discussion.

After attending this seminar, you should be able to:

- Understand the 5 principles of Motivational Interviewing
- Practice the 5 skills of Motivational Interviewing
- Recognize and avoid roadblocks to effective listening
- Translate Motivational Interviewing skills into a billable progress note

Times: 1:00 p.m. to 4:00 p.m.

Seminar: 008-C

Location: Pacific Clinics Training Institute

Instructor: Betsy Phillips, Ph.D., LCSW,
John Brekke, Ph.D.

CEs: 3 (American Psychological Association,
BBS, BRN, CAADE, CAADAC)

February 25

Motivational Interviewing for Case Managers

This seminar is designed for case manager/mental health worker staff as an introduction to the uses of motivational interviewing skills. Participants will discuss the use of these skills as part of the engagement process with consumers. We will review the Stages of Change model and discuss how to develop treatment goals and interventions for case management and rehab services. Cultural and diversity issues in working with consumers and their families will be discussed.

After attending this seminar, you should be able to:

- Explain the Stages of Change model and its use in formulating treatment goals and interventions
- Demonstrate motivational interviewing skills using case examples
- Document treatment goals and interventions based on Stages of Change model

Times: 9:00 a.m. to 1:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 4 (CAADE, CAADAC)

Seminar: 009-C

Instructor: Rose Lopez, Ph.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: February 11

February 26

LGBTQ Youth in LA

Young lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth often lead very complex lives when learning to navigate family, community and societal norms. Dual loves, internalized homophobia, social stigma, conflicting cultural and religious values are struggles LGBTQ youth experience in order to seek and establish their own personal identity. Health counselors, students, parents and mentors will learn to better understand the internalized struggle of LGBTQ youth to find acceptance and cope with rejection.

After attending this seminar, you should be able to:

- Define the acronym LGBTQ
- Identify key factors that may put LGBTQ youth's mental health at-risk
- Identify support systems & key resources that specialize in working with LGBTQ youth

Times: 9:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 0

Seminar: 056-C

Instructor: Martha Chono-Helsley

Cost: \$40

Early Bird Registration: \$24

Early Bird Deadline Date: February 12

March 3

Strength-Based Assessment for Children/TAY

This seminar is an introduction to the strength-based model of assessing children/TAY and their families. Participants will learn what a strength-based assessment is and how it differs from a typical assessment. The importance of culture and diversity will be discussed. Participants will learn how to conduct a strength-based assessment and how to integrate strengths into Medi-Cal documentation.

After attending this seminar, you should be able to:

- Learn the basic elements of the strength-based model of treatment
- Identify how the stages of change model and motivational interviewing techniques can facilitate the strength assessment process
- Recognize the importance of cultural/diversity issues in the assessment process
- Understand how to integrate the strength-based assessment into Medi-Cal documentation

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (BBS, BRN, CAADE, CAADAC)

Seminar: 010-C

Instructor: Rose Lopez, Ph.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: February 17

March 4

Prevention and Early Intervention in Under-Served Cultural Populations

This seminar will cover the concepts and research findings of Prevention and Early Intervention (PEI). Practical considerations for working with under-served cultural populations will be discussed, as well.

After attending this seminar, you should be able to:

- Describe evidence-based prevention and early intervention programs
- Identify culturally sensitive strategies for working with under-served populations
- Modify evidence-based programs to fit diverse cultures

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 011-C

Instructor: Rocco Cheng, Ph.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: February 18

March 5

Health Conditions in Older Adults

This seminar is appropriate for non-medically trained therapists and case managers, and for nurses and other health care providers who want to learn more about health conditions of older adults. The purpose of this seminar is designed to increase participants' knowledge about common health conditions of older adults, including cardiovascular, diabetes, pulmonary, arthritis and other conditions.

After attending this seminar, you should be able to:

- Understand the basic explanations of the conditions, the typical symptoms and treatments
- Identify the functional consequences related to various health conditions, as well as the potential complications and progression of the conditions
- Recognize warning signs and when urgent or emergency care is needed

Times: 9:30 a.m. to 12:30 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (BRN, CAADE, CAADAC)

Seminar: 012-C

Instructor: Kathy Eastwood, RN, BSN

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: February 19

March 16

Managing Hallucinations and Delusions

The hallmark symptoms of psychosis—hallucinations and delusions—pose tremendous obstacles in working with consumers. The past 10 years have brought advances in our understanding and treatment of these symptoms. “Managing Hallucinations and Delusions” is designed to provide participants with a model for understanding and strategies of treatment. In the past, medication was often presented as the only option of treatment. Research has clearly shown that engaging with the consumer in strengths oriented fashion and using cognitive-behavioral techniques can go beyond what medication alone can do. In this seminar, the underlying brain impairments which result in the symptoms of hallucinations and delusions will be presented. A model for engaging the consumer from a strengths perspective will be shown as a means of setting the groundwork for work around these symptoms. Then, the specific cognitive and behavioral strategies will be provided in order to give the worker specific tools to take back to the clinic. Experiential exercises will assist participants to integrate the learning through practicing the specific strategies. A brainstorming period will foster discussion on how to incorporate these skills into one’s daily work.

After attending this seminar, you should be able to:

- Describe how hallucinations and delusions are due to brain impairments
- Engage consumers in a collaborative, strengths oriented style in addressing these symptoms
- Describe the cognitive distortions which most typically present in hallucinations and delusions
- Identify specific cognitive and behavioral strategies for the treatment of hallucinations and delusions

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 033-C

Instructor: Michael DiPaolo, Ph.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: March 2

March 18

Outreach and Engagement for Latinos from a Cultural Perspective

This seminar will focus on early prevention, intervention and awareness about mental illness engagement and treatment for Latinos. A video will be shown that was designed to educate monolingual Spanish-speaking families and clients, teaching them about mental illness.

After attending this seminar, you should be able to:

- Be more aware as to what a mental illness is and what are the differences and what symptoms to look for
- Understand how family participation in the treatment process is critical and extremely important
- Identify the factors that need to be considered for the engagement and treatment that enhance the impact of treatment by using “alternative approaches”

Times: 9:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CADE, CAADAC)

Seminar: 063-C

Instructor: Luis Garcia, Psy.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: March 4

March 19

Suicide Prevention and Treatment during Rough Economic Times

Recent headlines have described suicide as an “epidemic.” With the tragedies associated with the current financial crisis, a need clearly exists for more extensive training for psychotherapists in the management and treatment of suicidal clients. In the current economic climate with so many individuals suffering losses of jobs, homes, or retirement security, the most common mental health outcome is depression, which increases suicide risk. Additionally, these stressors and losses can trigger feelings of shame, humiliation or despair which may lead to suicide attempts in vulnerable individuals or those with limited support and resources. The workshop (1) provides the latest findings on the risk factors and demographics of suicide, including recent trends related to the economy and unemployment; (2) offers a conceptual model and a developmental perspective on the dynamics underlying suicide; (3) addresses the topics of assessment and treatment.

After attending this seminar, you should be able to:

- Recognize the legal and ethical issues involved in treating suicidal clients, including common mistakes made by clinicians
- Describe the core dynamics operating in clients at risk for suicidal behavior
- Identify clients’ negative thought patterns that influence self-destructive and suicidal behavior
- Utilize assessment and interview techniques, based on psychiatric, psychological, and other social factors that are effective in identifying those at greatest risk for suicide
- More accurately assess suicide potential in clients
- Plan crisis intervention and case management with suicidal clients
- Employ an innovative/cognitive/affective/behavioral approach for treating suicidal clients

Times: 9:00 a.m. to 5:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 7 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 014-C

Instructor: Lisa Firestone, Ph.D.

Cost: \$150

Early Bird Registration: \$90

Early Bird Deadline Date: March 5

March 22

Dialectical Behavioral Therapy 101

The seminar will provide an overview of Dialectical Behavior Therapy (DBT) and strategies for implementing this model of care. Students will learn dialectical techniques including balancing treatment strategies and “Wise Mind.” Problem solving vs. validation will also be discussed. Participants will explore both personal and clinical uses of mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance and have opportunities to practice mindfulness techniques in class.

After attending this seminar, you should be able to:

- Explain treatment using Treatment using Dialectic Behavioral Therapy for individuals with self-harm behaviors (i.e. self-cutting, suicide thoughts, urges to suicide, and/or suicide attempts) and various mental health diagnoses
- Apply the four key components of Dialectic Behavioral Therapy (i.e. Core Mindfulness, Interpersonal Effectiveness, Emotional Regulation, and Distress Tolerance) in practice
- Utilize tools provided in class to implement the Dialectic Behavioral Therapy model in community mental health

Times: 9:00 a.m. to 1:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 4 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 015-C

Instructor: Greg Swift, M.A., LMFT

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: March 8

March 25

Recovery Focused Documentation

This seminar introduces the person-centered culturally competent recovery focused model of documentation. Participants will learn how to conduct a person-centered recovery focused assessment. Models of case formulation will be discussed and the role of culture/diversity in understanding our consumers will be explored, participants will learn how to use the client care plan as a tool in the consumer's recovery. We will discuss how to write client care plan goals, objectives and interventions. How to write effective progress notes will also be discussed.

After attending this seminar, you should be able to:

- Understand how the person-centered culturally competent model differs from the traditional medical model of treatment
- Learn the importance of the assessment process towards building the relationship with the consumer
- Learn models of case formulation to plan treatment
- Understand the role of culture and diversity factors in person-centered recovery treatment
- Document goals, objectives, and interventions that are person-centered
- Document recovery focused treatment in progress notes

Times: 9:00 a.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 6 (BBS, BRN, CADE, CAADAC)

Seminar: 016-C

Instructor: Rose Lopez, Ph.D.

Cost: \$150

Early Bird Registration: \$90

Early Bird Deadline Date: March 11

March 26

Engaging the Armenian Consumer

This seminar will focus on some unique characteristics of Armenian culture as possible influences on the therapeutic process, as well as on the treatment outcome of Armenian clients.

After attending this seminar, you should be able to:

- Learn relevant events from Armenian history that have shaped Armenian cultural values
- Recognize the demographic characteristics of the Armenian community in Los Angeles
- Identify factors and challenges in the treatment of Armenian clients

Times: 9:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 062-C

Instructor: Emma Oshagan Ph.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: March 12

April 2

African Centered Healing Empowerment

This seminar outlines the African Centered Principles that include but are not limited to inter-connectedness and spirituality, as a framework for treating individuals who suffer from major psychiatric disorders. The healing process can be applied to individual, groups, and families. An explanation of the principles will demonstrate their utility for brief treatment intervention.

After attending this seminar, you should be able to:

- Describe at least three African centered principles
- Apply at least three principles in treating consumers
- Integrate at least three principles in assessing treatment outcome

Times: 9:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 054-C

Instructor: Ann-Marie Stephenson, Ph.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: March 19

April 2

Generational Challenges in the African American Community

This seminar helps clinicians develop a deeper understanding of the life experiences and values of African Americans. It describes common stressors and coping strategies for African Americans of different generations. It teaches interventions that are respectful of culture, build on strengths and promote resilience and growth.

After attending this seminar, you should be able to:

- Increase awareness of the diverse challenges that transcend “generations” among the African-American population
- Learn the impact and effects of psychosocial stressors on the physical and psychological well-being of African Americans
- Develop a deeper understanding of the resilience and inherent coping mechanisms within the African-American Community

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 060-C

Instructor: Victoria Onwualu, MBA, MSW, LCSW, Edna Mercorios, Psy.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: March 19

April 5 & 19

Human Sexuality

This interactive seminar is designed to be fun as well as to assist participants in gaining knowledge about and comfort discussing, the human reproductive system, developmental issues of sexuality, the sexual response cycle, sexual dysfunction and treatment, sexual orientation and gender identification, and client-centered methods of obtaining a sexual history. Participants will also explore their own cultural values and beliefs about sexuality.

After attending this seminar, you should be able to:

- Be more aware of your own values and beliefs, as well as those of others regarding issues of human sexuality
- Identify by name parts of the human reproductive and sexual anatomy and their functions
- Describe the human sexual response cycle
- Identify developmental issues regarding sex during stages of the life cycle
- Identify and describe sexually transmitted diseases, as well as have an idea of the risk of transmission based on various sexual behaviors
- Identify psychosocial issues that affect the sexuality of Lesbians and Gays
- Identify the various manifestations of Transgender issues
- Describe the symptoms, causes, and treatments of various Female and Male sexual disorders
- Describe how cultural experiences have influenced their own, as well as their clients values, beliefs and experiences of sexuality
- Add a comprehensive, client centered sexual assessment to their psychosocial assessment skills

Times: 8:30 a.m. to 4:00 p.m. and
8:30 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 10 (American Psychological Association,
BBS, BRN, CAADE, CAADAC)

Seminar: 074-I

Instructor: Matt Harwood, LCSW

Cost: \$230

Early Bird Registration: \$138

Early Bird Deadline Date: March 22

Note: must attend both days to receive CE credit

April 9

Fundamentals of Cognitive Therapy

This seminar will teach you the basics of a systemic approach to cognitive-behavioral therapy. Cognitive-behavioral therapy has always been the ideal research-supported, short-term therapy, and CBT produces long-term results because it teaches clients rational self-counseling that they can apply to anything that comes their way.

After attending this seminar, you should be able to:

- Learn the 10 principles of CBT
- Develop an understanding of the Emotional ABC's that is essential in emotional and behavioral improvement
- Identify "automatic thoughts" that cause feelings and behaviors
- Learn how to recognize distorted thoughts in client's thinking
- Learn how to help client's correct irrational thinking and develop new rational thoughts
- Learn excellent techniques that help clients practice new, rational thoughts, and behaviors
- Discover how homework assignment are a central feature to provide clients with an ongoing focus
- Develop proficiency in case formulation skills

Times: 8:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 4 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 017-C

Instructor: Greg Swift, M.A., LMFT

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: March 26

April 12 & 13

ProAct Basic

This seminar is designed to increase people's competence and confidence in preventing and managing overly-intense, unpredictable and dangerous crises. Audience members will have opportunities to practice de-escalation and ways to physically stay safe. This seminar does not include any restraint or "hands-on" techniques.

After attending this seminar, you should be able to:

- Recognize signs that a person is becoming more intense, less predictable and is heading toward dangerous behavior
- Use strategies that protect yourselves, as staff, from the tendency to under- or over-react based on your own responses to stress
- Supply strategies that de-escalate people whose crises may result from the following motives: fear, frustration, intimidation and manipulation

Times: 9:00 a.m. to 5:00 p.m.**Location:** Pacific Clinics Training Institute**CEs:** 14 (BBS, BRN, CAADE, CAADAC)**Seminar:** 018-C**Instructor:** Terry Tramble,
Vicki White, LMFT**Cost:** PC Staff Only*Note: must attend both days to receive CE credit*

April 19

ProAct Restraint

This four hour training can only be taken following the completion of the two day Professional Assault Crisis Training Basic seminar and focuses on the issues regarding physically containing a person who is in a state of physically assaultive crisis.

After attending this seminar, you should be able to:

- Know when manual restraint is an acceptable response to a crisis behavior
- How to restrain in a manner that reduces risk of injury to the assaultive person and the involved staff
- What are the different levels/methods of restraint that are legal in our society and when and by whom can the methods of restraint be used

Times: 8:30 a.m. to 12:30 p.m.**Location:** Foothill**CEs:** 4 (BBS, BRN, CAADE, CAADAC)**Seminar:** 050-C**Instructor:** Terry Tramble,
Vicki White, LMFT**Cost:** PC Staff Only

April 22

World-View Genogram

This is a diversity tool meant to increase and enhance self-awareness and hence improve quality of supervisory relationships in bi-directionally as well as clinical work. It is intended to address the self-awareness component (benchmark) of multi-cultural competency.

After attending this seminar, you should be able to:

- Learn how a world-view genogram complements other diversity tools in enhancing one's awareness of how past world-view influences relate and impact current functioning in supervisory and clinical roles
- Identify how notable historical personalities can be better understood in their various roles as a result of understanding their family/world view backgrounds and influences
- Construct a world-view genogram and know how to apply this in their various roles

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 048-C

Instructor: Charles Chege, Psy.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: April 8

April 23

Differential Diagnosis of Mental Health Conditions in Older Adults

In working with older adults, determination of a differential diagnosis is a particularly complex process, made more difficult by the interplay among psychological, physical and cognitive factors. The clinician must conduct a detailed history, coupled with an ongoing assessment as new information is learned. Common assessment barriers and strategies to improve the effectiveness of the assessment process will be discussed for office and in-home settings. Since older adults with a mental illness frequently present somewhat differently from younger persons, an attentive and empathic exploration is essential. This seminar will include a didactic presentation, role plays, and discussion of participants' cases and questions.

After attending this seminar, you should be able to:

- Describe two effective ways to structure assessment sessions with older adults
- Summarize differences between dementia, delirium and depression
- Utilize empathy in the assessment process
- Recognize the integration of physical, emotional and cognitive dimensions

Times: 9:00 a.m. to 1:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 4 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 019-C

Instructor: Marcia Mindell, MSW, LCSW

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: April 9

April 26

A Guide to Effective Management of Diversity Conflicts

The seminar will focus on the challenges of integrating diversity concepts when working with staff providing services in treatment as well as addressing diversity issues that arise in supervision. A model of enhancing diversity competency will be presented. Case examples will be presented to illustrate some of the situations encountered in a community mental health setting. Emphasis will be on understanding the complex interplay of elements such as race, gender, sexual orientation, spirituality, SES and others. The need to have an open, safe working environment in supervision will be addressed as critical to effectively working with the issues.

After attending this seminar, you should be able to:

- Recognize the importance and relevance of diversity competency in clinical work and particularly in clinical supervision
- Develop an understanding of the various types of misunderstandings, conflicts that can arise in clinical work and supervision
- Develop the tools for an ongoing growth process and the ability to create clinical and supervision environments, which encourage the exploration of diversity issues
- Develop cross professional diversity competencies relevant in a community mental health program

Times: 9:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 059-C

Instructor: Glenn Masuda, Ph.D., Maria Martin, M.A., LMFT, Kimberly Guajardo, Psy.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: April 12

April 27

Crossing the T: Transgender Mental Health in Community Practice

This seminar addresses the need for mental health professionals to respond with competency and sensitivity to the unique clinical situation presented by transgender people seeking services in the community mental health setting. Often transgender issues receive cursory attention as part of the LGBT (Q) issues. However, the life experience of transgender people is markedly different from gays, lesbians, and bisexual people. This seminar will “cross the T” and provide detailed information to attendees from a bio-psycho-social perspective.

After attending this seminar, you should be able to:

- Describe gender as part of a multi – dimensional construct of identity
- Apply a set of best practice guidelines for working with transgender clients
- Describe the key components to the transition process
- Explain the difference between transgender issues and sexual orientation issues

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (BBS, BRN, CAADE, CAADAC)

Seminar: 058-C

Instructor: Doug Thomas, LCSW

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: April 13

April 30

Integrating Employment Services into Adult Mental Health Programs

In this training, participants will become familiar with the critical role that employment plays in recovery and will learn how to effectively integrate employment services into Adult Mental Health Programs including Wellness Centers and Full Service Partnership program. Initially, participants will be asked to explore the barriers that exist for service providers and within consumers that hinder consumers from working. Participants will then be taught various employment interventions and techniques to use to overcome these barriers based on a consumer's level of recovery and interest in employment.

A portion of the training will be devoted to teaching participants how to make employment a priority for consumers and their service providers. Participants will also problem-solve how to work as a team to facilitate a consumer's successful transition into employment in the community. Lastly, participants will be taught how to access and utilize employment resources in the community in order to enrich their program.

After attending this seminar, you should be able to:

- List consumer-based barriers that may exist which inhibit consumers from pursuing employment and methods to use in overcoming these barriers
- Identify service provider-based barriers that may exist which inhibit consumers from pursuing employment and methods to use in overcoming these barriers
- Describe the roles that each team member plays in an adult mental health program when addressing employment issues with consumers
- Identify one intervention, activity or technique they will implement within their own program that will facilitate the employment of consumers in the community

Times: 9:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (BRN, CAADE, CAADAC)

Seminar: 021-C

Instructor: Laura Pancake, LCSW

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: April 16

May 3

HIV and Employment

The stigma and the potential for workplace discrimination based on HIV status remains a major barrier to the successful employment of persons living with HIV/AIDS. This seminar will cover the protections contained in the Americans with Disabilities Act, as well as the work incentives available to recipients of Social Security Disability Programs and the Ticket to Work and Work Incentives Improvement Act of 2001. It will also cover access to, obtaining and managing income and healthcare disability benefits, including but not limited to: State Disability Insurance, Social Security's Supplemental Security Income and Social Security Disability Insurance as well as Medicare and Medi-Cal. California's AIDS Drug Assistance, Program CARE HIPP, and other Federal and State programs available to persons living with HIV/AIDS.

After attending this seminar, you should be able to:

- Gain an introductory understanding of the Americans With Disabilities Act
- Learn the ramifications of Voluntary and Involuntary HIV Status Disclosure
- Gain knowledge of Public Disability Benefits Programs
- Have a better understanding of Social Security and Medi-Cal Work Incentives

Times: 9:00 a.m. to 3:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 5 (CAADE, CAADAC)

Seminar: 022-C

Instructor: Michael Van Essen

Cost: \$100

Early Bird Registration: \$60

Early Bird Deadline Date: April 19

May 7

Anger Management Intervention and Conflict Resolution

This webinar is designed to teach mental health professionals a strategy for resolving conflicts that result from anger outbursts. Signals and patterns of anger outbursts will be described with special attention given to children. Methods for maintaining one's own calmness and encouraging emotional self-regulation in others will also be addressed. Finally, a 4 step process for conflict resolution will be described and demonstrated.

After attending this seminar, you should be able to:

- Learn a strategy for resolving conflicts that result from anger outbursts
- Identify methods for maintaining one's own calmness and encouraging emotional self-regulation in others will also be addressed
- Learn the 4-step process for conflict resolution will be described and demonstrated

Times: 9:00 a.m. to 10:00 a.m.

Location: Webinar

CEs: 1 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 023-C

Instructor: Scott Fairhurst, Ph.D.

Cost: \$40

Early Bird Registration: \$24

Early Bird Deadline Date: April 23

May 10

Barriers to Accessibility

Pacific Clinics as an agency is committed to ensuring its services are accessible by identifying and working to eliminate barriers to services. There are different types of barriers such as attitudinal, communication, and systemic. This seminar is designed to assist staff in recognizing these barriers and how barriers impact the lives of our clients.

After attending this seminar, you should be able to:

- Apply the concept of accessibility as it relates to working with clients in a service setting
- Assess the types of barriers affecting clients' lives
- Demonstrate the impact of cultural considerations on barriers to services
- Discuss the use of language as a barrier
- Analyze opportunities for improving accessible services
- Describe the main points of the Corporate Accessibility Plan

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (BRN, CAADE, CAADAC)

Seminar: 024-C

Instructor: Laura Pancake, LCSW

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: April 26

May 14

Implementing the Use of Recovery Tools

The purpose of this training is to teach the basic components of the Recovery Philosophy for supporting individuals with serious mental illness. After completion of this seminar, the clinician should be able to translate Recovery Philosophy into useable and meaningful conversations with members.

After attending this seminar, you should be able to:

- Transform recovery ideas into useable recovery based documentation
- Process information with the member in a recovery framework
- Allow members to personalize the recovery tool by asking questions
- Use the recovery tool for homework assignments
- Educate family members and/ or significant others to use recovery tools to assist the individual recovery process
- Offer effective Recovery-based strategies to clients with severe mental illness

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 025-C

Instructor: Greg Swift, M.A., LMFT

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: April 30

May 17

Group Parent Training - Incredible Years

This seminar will outline the history and rationale of parent training programs with a particular focus on groups-based programs. We will discuss elements of typical behaviorally based programs and, in particular, elements of Incredible Years, a parenting program designed by Carolyn Webster-Stratton, Ph.D. Those in attendance will be able to practice implementing one of the key skills of this program: imaginary play with children with the goal of influencing the social skills, emotional self-regulation, and academic development.

After attending this seminar, you should be able to:

- State key elements of empirically supported parenting programs
- List 3 unique elements of Incredible Years
- Play with children using imagination in a manner that increases the child's skill set

Times: 9:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 026-C

Instructor: Scott Fairhurst, Ph.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: May 3

May 21

HIV/AIDS

With the success of the latest HIV treatments, the needs of older adults living with HIV/AIDS are becoming increasingly evident. Long term survivors as well as those who've sero-converted in recent years have needs specific to the age group.

This seminar will cover basic HIV/AIDS information regarding transmission of the virus, its treatments as well as the complications arising from co-occurring, age related physical and mental illnesses. In addition, the seminar will feature updates about treatment advances and the potential for an effective vaccine or vaccines that are currently being studied.

After attending this seminar, you should be able to:

- Gain an understanding of the difference between HIV and AIDS
- Learn the methods of transmission
- Understand the fluids known to carry the Virus
- Recognize the differences between AIDS and the Opportunistic Infections that, without treatment, can result in the death
- Recognize the methods of effective treatment and their history

Times: 12:30 p.m. to 4:30 p.m.

Location: Pacific Clinics Training Institute

CEs: 4 (CAADE, CAADAC)

Seminar: 027-C

Instructor: Michael Van Essen

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: May 7

May 28

Engagement and Interviewing Skills for Peer Advocates, Peer Partners and Family Advocates

This seminar is designed for Peer Partners, Peer Advocates, and Family Advocates to further develop their interviewing and engagement skills needed to work with consumers along the recovery journey. Participants will discuss the importance of engagement skills to build the Peer to Peer counseling relationship. Participants will learn motivational interviewing and solution focused interviewing skills needed to interview both individuals and families. Participants will have the opportunity to practice interviewing and listening skills.

After attending this seminar, you should be able to:

- Learn the importance of engagement in the helping relationship
- Understand the core elements of the Peer to Peer helping relationship
- Learn the motivational interviewing and solution focused skills needed to interview individuals and families

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 0

Seminar: 069-C

Instructor: Rose Lopez, Ph.D.

Cost: PC Staff Only

June 3 & 4

ProAct Basic

This seminar is designed to increase people's competence and confidence in preventing and managing overly-intense, unpredictable and dangerous crises. Audience members will have opportunities to practice de-escalation and ways to physically stay safe. This seminar does not include any restraint or "hands-on" techniques.

After attending this seminar, you should be able to:

- Recognize signs that a person is becoming more intense, less predictable and is heading toward dangerous behavior
- Use strategies that protect yourselves, as staff, from the tendency to under- or over-react based on your own responses to stress
- Supply strategies that de-escalate people whose crises may result from the following motives: fear, frustration, intimidation and manipulation

Times: 9:00 a.m. to 5:00 p.m.

Location: Foothill & Pacific Clinics Training Institute

CEs: 14 (BBS, BRN, CAAD, CAADAC)

Seminar: 028-C

Instructor: Roy Ambrose, Scott Fairhurst, Ph.D.

Cost: PC Staff Only

Note: must attend both days to receive CE credit

June 7

Interventions with Multicultural Adolescents

This presentation will develop advanced skills in assessing and treating adolescents. Participants will learn to work effectively with adolescents from diverse cultural backgrounds and to be able to differentiate between psychological and socio-cultural issues in a given clinical case. The focus will be on topics such as value systems, world views, acculturation, the biculturation process, culturespecific perspectives on child development and child rearing practices, psychopathology, coping, assessment, treatment and research.

General principles covered will be helpful to increase general knowledge, sensitivity and proficiency in designing and providing appropriate psychological services to culturally diverse adolescent clients you will encounter in your professional career.

The presentation will focus also on the challenges of integrating diversity concepts when working with staff providing services in treatment as well as addressing diversity issues that arise in supervision. A model of enhancing diversity competency will also be presented. Case examples will be presented to illustrate some of the situations encountered in a community mental health setting. Emphasis will be on understanding the complex interplay of elements such as race, gender, sexual orientation, spirituality, SES and others. The need to have an open, safe working environment in supervision will be addressed as critical to effectively working with these issues.

Participants will gain knowledge, apply the knowledge to clinical/community contexts, develop systematic frameworks and increase their clinical competency regarding factors affecting the psychological functioning of adolescents and their families.

After attending this seminar, you should be able to:

- Develop an awareness of themselves as therapists and how they influence the therapeutic process when working with adolescents. This awareness will further enhance the clinician's ability to assess their skill development both theoretically as well as therapeutically
- Assess and use appropriate approaches to working with adolescents in the various stages of development. This will be done using a diversity competency approach.
- Apply this knowledge within clinical and/or community contexts; develop a systematic framework for understanding and dealing with culturally diverse groups of adolescents, increase competence in clinical application (e.g., assessment and intervention) of adolescent psychology.
- Develop cross professional diversity competencies relevant in a community mental health program.

Times: 9:00 a.m. to 12:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 3 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 061-C

Instructor: Glenn Masuda, Ph.D.

Cost: \$80

Early Bird Registration: \$48

Early Bird Deadline Date: May 24

June 11

ProAct Restraint

This four hour training can only be taken following the completion of the two day Professional Assault Crisis Training Basic Seminar and focuses on the issues regarding physically containing a person who is in a state of physically assaultive crisis.

After attending this seminar, you should be able to:

- Know when manual restraint is an acceptable response to a crisis behavior
- How to restrain in a manner that reduces risk of injury to the assaultive person and the involved staff
- What are the different levels/methods of restraint that are legal in our society and when and by whom can the methods of restraint be used

Times: 9:00 a.m. to 1:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 4 (CAADE, CAADAC)

Seminar: 051-C

Instructor: Roy Ambrose

Cost: PC Staff Only

June 17 & 24

Fundamentals of Clinical Supervision

Best practices of competency-based supervision are illustrated through video and exercises. Components include identification of competencies, supervisory alliance, contract, identification of strains and ruptures, and repair, management of counter transference, diversity competence, legal and ethical dilemmas including boundaries and multiple relationships, the supervisee not meeting competency standards, and self-care.

After attending this seminar, you should be able to:

- Know the current supervision regulations in the State of California for psychologists
- Identify three supervisory best practices
- Identify two strategies for infusion of diversity competence into supervision
- Know how to develop a supervision plan

Times: 12:30 p.m. to 5:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 9 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 029-C

Instructor: Carol Falender, Ph.D.

Cost: \$200

Early Bird Registration: \$120

Early Bird Deadline Date: June 3

Note: must attend both days to receive CE credit

June 25

Psycho-educational Rehab Group Leadership Skills for Peer Partners, Peer Advocates and Family Advocates

This seminar serves as an introduction to working with consumers in a group setting. Participants will learn the theory of psycho-educational rehab groups. Participants will explore the basic structure of a psycho-educational rehab group. Participants will learn the fundamental skills needed to facilitate groups in the peer to peer helping relationship. Participants will have an opportunity to practice group leadership skills.

After attending this seminar, you should be able to:

- Learn the importance of psycho-educational groups in working with consumers
- Understand the theory of why groups work
- Describe the basic structure of a psycho-educational rehab group
- Learn the skills needed to facilitate a group
- Understand the challenges of conducting a psycho-educational rehab group

Times: 1:00 p.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 0

Seminar: 068-C

Instructor: Rose Lopez, Ph.D.

Cost: PC Staff Only

» PREVIEW OF SUMMER/FALL CATALOG

July 9 & 16

Spousal Abuse/Domestic Violence

This interactive seminar is designed to be fun as well as to assist participants in gaining knowledge about, learn the current expanded definition of Domestic Violence (Intimate Partner Violence), prevalence of Intimate Partner Violence, traits of perpetrators and victims, Impact on victims and society, impact on children, cultural factors, basic assessment and treatment methods. Various methods will be used including: Interactive Lecture/Discussion, PowerPoint presentations, videos, interactive activities, role play examples.

After attending this seminar, you should be able to:

- Gain a better understanding of the forms, frequencies, patterns and impacts associated with Intimate Partner Violence
- Improve your ability to detect battering in clinical settings
- Identify your ability to perform a comprehensive assessment of battering including patterns of perpetration/victimization and clinical risk assessment

Times: 8:30 a.m. to 5:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 15 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 030-C

Instructor: Matt Harwood, LCSW

Cost: \$300

Early Bird Registration: \$180

Early Bird Deadline Date: June 25

Note: must attend both days to receive CE credit

July 20

Helping Kids and Family Cope with Abuse

This training will address the multiple impacts of abuse on children and families with primary attention given to promoting resilience and coping. We will address how abuse manifests in families as well as the legal and ethical implications of working with families in these high risk situations. The training will look at family structures and the number of people who are affected by abuse. Clinical work with victims of abuse will be centered on current best practices related to immediate diagnostic presentations such as adjustment disorder, PTSD, PTS and longer term presentations such as substance abuse and depression. The training will describe models for working with family members individually, together, and in multi-family groups. Finally, we will describe strategies for maintaining safety and preventing abusive patterns from developing in the future.

After attending this seminar, you should be able to:

- Describe 3 key ethical issues to working with families where abuse has occurred
- List 2 supported best practices for working with clients with PTSD
- Identify key patterns of communication that are precursors to abusive behavior
- Identify 3 coping strategies for families where abuse has occurred

Times: 9:00 a.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 6 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 032-C

Instructor: Scott Fairhurst, Ph.D.

Cost: \$150

Early Bird Registration: \$90

Early Bird Deadline Date: July 6

July 30

Advanced Clinical Supervision

Advanced supervision will include brief review of competency-based supervision, and skill-based approaches to engagement and relationship development, the collaborative relationship within the context of evaluation, and diversity competence and responsiveness. It will also include updates on competency, values of supervisees, approaches to group supervision, and troubleshooting implementation. Emphasis will be on participant involvement, interactive exercises, videos, and analysis of vignettes.

After attending this seminar, you should be able to:

- Define parameters of supervisee competencies for one's respective discipline
- Identify strategies for engagement in supervision while maintaining evaluative role
- Describe strategies for supervisee empowerment in the context of collaboration
- Identify strategies for enhancing diversity competence within the context of engagement and empowerment
- Implement process oriented group supervision responsive to parameters maximizing greatest effectiveness
- Understand importance of behavioral language in describing and developing action plans for students with problematic behavior

Times: 9:00 a.m. to 4:00 p.m.

Location: Pacific Clinics Training Institute

CEs: 6 (American Psychological Association, BBS, BRN, CAADE, CAADAC)

Seminar: 031-C

Instructor: Carol Falender, Ph.D.

Cost: \$150

Early Bird Registration: \$90

Early Bird Deadline Date: July 16

Please contact Marie Schulte at mschulte@pacificclinics.org ext. 306 if you require any specific training accommodations.



Sign Up TODAY! www.myPCTI.org 1-877-9MYPCTI (1-877-969-7284)