

Circles of Care Training Series

In Collaboration with Health Choice Integrated Care

Training Descriptions

Certificates of Completion will be given for those who complete the training. The certificate will meet CEU requirements according to Arizona Administration Code, Board of Behavioral Health Examiners-Social Workers, LPC, and LMFT standards. The amount of CEUs is equal to the number of hours of the training.

1/20/17 Framework and Effective Therapy for Community Members with Financial Needs

This training is an introduction to working effectively and collaboratively with community members experiencing generational or chronic financial need. In this training we will:

- ❖ Define socio-economic classes, financial needs and resources
- ❖ Discuss how language and story-telling play into different socio-economic classes
- ❖ Discuss hidden rules among socio-economic classes
- ❖ Review characteristics of the different socio-economic classes
- ❖ Review support systems among the different socio-economic classes
- ❖ Discuss discipline in different socio-economic classes
- ❖ Creating relationships in different socio-economic classes

This training is based upon the published writings of Ruby K. Payne, Ph.D.

2/3/17 Attachment Theory 101

This training is an introduction to attachment and Attachment Theory. In this training we will:

- ❖ Define attachment and how it's formed
- ❖ Discuss factors that affect attachment
- ❖ Explore high risk factors that affect attachment
- ❖ Review John Bowlby and Mary Ainsworth's Attachment Theories and research
- ❖ Watch videos demonstrating different kinds of attachment
- ❖ Explore attachment in adulthood
- ❖ Discuss different approaches to attachment in psychotherapy

2/17/17 Family Therapy 101

This training focuses on Family Systems Theory. In this training we will:

- ❖ Explore family dynamics – roles, structure and family patterns
- ❖ Learn how to use a genogram by creating our own
- ❖ Explore the behavioral health professional's role in the family therapy
- ❖ Explore family therapy techniques
- ❖ Explore the term boundary, its meaning and how it applies to family therapy

3/3/17 Introduction to Group Facilitation

This training focuses on basic skill development needed for effective group facilitation and group therapy. In this training we will:

- ❖ Discuss and define group therapy

- ❖ Review Yalom's *11 Therapeutic Factors of Group Therapy*
- ❖ Briefly review interpersonal learning
- ❖ Discuss group cohesiveness
- ❖ Discuss the group facilitator's basic tasks
- ❖ Transference and transparency
- ❖ How to compose and terminate groups
- ❖ Problematic group members

The book used to create this training is *The Theory and Practice of Group Psychotherapy* by Irvin D. Yalom (5th Edition).

3/17/17 Compassion Fatigue

This training will review the ethical implications of compassion fatigue as well as its effects on productivity. Discussion and solutions for increasing productivity will be included. In this training we will:

- ❖ Review compassion Fatigue
- ❖ Learn about the consequences of compassion fatigue
- ❖ Discuss ethical implications of compassion fatigue
- ❖ Discuss strategies for increasing productivity
- ❖ Create self-care plans
- ❖ Practice 2 self-care activities

3/31/17 Youth Mental Health First Aid

This class is for adults that work with youth. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Certificates are given once 8 hour course is completed. We must have at least 8 people registered for this class. The class is limited to 25 people.

4/14/17 Grief, Loss & Complicated Mourning and Self-Care

In this training we will:

- ❖ Develop a basic understanding of grief, loss and complicated mourning
- ❖ Learn about counseling techniques and strategies for working with grief, loss and complicated mourning
- ❖ Discuss self-care in different phases of grief, loss and complicated mourning
- ❖ Explore self-care activities

4/28/17 Justice 101

Justice 101 will provide an understanding of the prevalence of both adolescents and adults who are involved with the criminal justice system who experience mental health disorders, trauma, and substance use. In this training:

- ❖ Attendees will gain a working knowledge of the juvenile court system
- ❖ We will explore and discuss various treatments and services that our community can provide to support this population and their families
- ❖ We will explore and provide an understanding of the multiple points of interaction within our justice system in which opportunities for engagement and intervention can occur

5/12/17 Cultural Humility

This training is based upon behavioral health practices, techniques and interventions from Feminist Theory, Relational Psychotherapy, and Relational-Cultural Theory. In this training we will:

- ❖ Explore the different principles of the above theories and how they are relevant to rural behavioral health
- ❖ Learn how these theories deconstruct power constructs and are effective with clients with diverse backgrounds, socio-economic status and trauma-backgrounds
- ❖ Learn how to deepen the therapeutic alliance through the use of these theories
- ❖ Learn how to connect from a point of alliance and not self-importance or recusing
- ❖ Explore boundaries and summarize the ethics of personal disclosure and the ways it can be part of the healing process

5/26/17 Blending Culture, Ritual, and Therapy for Effective Treatment

In this training we will explore how nature, practices and ritual are blended with psychotherapy for a more holistic treatment. Different practices and rituals help us to integrate and facilitate the healing of our Mind, Body, and Soul. In this training we will:

- ❖ We will explore work with the four realms of healing: *physical, emotional, intellectual and spiritual.*
- ❖ Explore how to teach self-empowerment and healing through ritual and practice
- ❖ Explore concepts of our Soul's purpose and lesson in this lifetime
- ❖ Explore methods of restoration including the Self's ability to remember his/her own ability to tune into her/his own "knowing"
- ❖ Explore methods of connection to higher Self, spiritual beings, ancestors, guides and inner wisdom.

6/9/17 Cultural Humility

This training is based upon behavioral health practices, techniques and interventions from Feminist Theory, Relational Psychotherapy, and Relational-Cultural Theory. In this training we will:

- ❖ Explore the different principles of the above theories and how they are relevant to rural behavioral health

- ❖ Learn how these theories deconstruct power constructs and are effective with clients with diverse backgrounds, socio-economic status and trauma-backgrounds
- ❖ Learn how to deepen the therapeutic alliance through the use of these theories
- ❖ Learn how to connect from a point of alliance and not self-importance or recusing
- ❖ Explore boundaries and summarize the ethics of personal disclosure and the ways it can be part of the healing process

6/23/17 Youth Mental Health First Aid

This class is for adults that work with youth. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Certificates are given once 8 hour course is completed. We must have at least 8 people registered for this class. The class is limited to 25 people.

7/21/17 Blending Culture, Ritual, and Therapy for Effective Treatment

In this training we will explore how nature, practices and ritual are blended with psychotherapy for a more holistic treatment. Different practices and rituals help us to integrate and facilitate the healing of our Mind, Body, and Soul. In this training we will:

- ❖ We will explore work with the four realms of healing: *physical, emotional, intellectual and spiritual.*
- ❖ Explore how to teach self-empowerment and healing through ritual and practice
- ❖ Explore how to bring hope and healing by gaining insight and understanding of our Soul's purpose and lessons in this lifetime
- ❖ Explore methods of restoration including the Self's ability to remember his/her own ability to tune into her/his own "knowing"
- ❖ Explore methods of connection to higher Self, spiritual beings, ancestors, guides and inner wisdom.