

**CPR & First Aid / CPR Re-Certification (neo)** Fee: \$50.00

*(This course is offered alternate Wednesdays throughout the year)*

March 10, 2010 8:30 -1:00

March 24, 2010 8:30 -1:00 Instructor: Tim Murphy, BA

Credit: 4.0 Talbert House General Education credits and Two years' CPR/1st Aid/AED certification on successful demonstration. Please note: This course does not include Infant CPR.

*Please allow up to four weeks for delivery of your certification card.*

Description: This training in Adult and Child CPR, First Aid, and AED is delivered by American Heart Association approved providers.

The public and other agencies are welcome to come learn CPR with us. Please register at least one month in advance of the training date.

**Crisis De-Escalation (COR, CBT) (r,p) (neo)** Fee: \$85.00

*(This course is offered alternating Tuesdays throughout the year.)*

March 9, 2010 8:30 - 2:45

March 23, 2010 8:30 - 2:45

Credit: 5.0 hours of RCH, Social Worker and Counselor will be awarded upon course completion.

Description: This session presents a practical and systematic method to verbally de-escalate crisis situations. The model used is PAARR and participants will have an opportunity to practice the model during the session.

**CBT Series:** You can choose to take only the sessions you want, receive credit for the sessions you take

**Instructor:** Kelly Pitocco LISW-S, LICDC **Credit:** 3.0 RCH Social Work and Counselor per session

**CBT Overview** of CBT Applications with those with Addictions and Mental Disorders (CBT COR) (c)

March 2, 2010 9:00 - 12:15

This session explores the historical development of cognitive theory and behaviorism. Participants will gain a conceptual understanding of how people change and the role of the treatment provider.

**CBT Cognitive Restructuring** Clients with Substance Use Disorders and Mental Health Concerns (CBT COR)(c)

March 2, 2010 1:15 - 4:30

This session will discuss cognitive restructuring as it applies to changing behavior. Participants will learn Common Thinking patterns that are contributors to negative affective states and anti-social behavior or addictions. Strategies for recognizing and replacing these thoughts will be described and practiced.

**CBT Rewards and Sanctions:** Applying Motivational Incentive and Consequences with Addicted and Mental Health Clients (CBT COR) (c)

March 3, 2010 9:00 - 12:15

This session discusses the implementation of behavior management system using rewards and sanctions. Participants will learn the principles to effective protocols for rewards and sanctions.

**CBT Role Play - Helping Substance Abusers and other Clients Develop Skills** (CBT COR) (c)

March 3, 2010 1:15 - 4:30

This session identifies the importance of teaching skill in the process of change. The session will explore how to identify skill deficits and discuss various methods for skill development. Particular emphasis will be on the use of role play to teach skills.

**Ethics and Boundaries (r) (neo)** Fee: \$50.00

This training is offered alternate Wednesdays throughout the year.

March 10, 2010 1:45 - 5:00

March 24, 2010 1:45 - 5:00 Instructor: Dennis Mendelson and Kelly Pitocco LISW-S, LICDC

Credit: 3.0 RCH Social Worker and Counselor will be awarded upon course completion.

Description: This session defines and provides guidelines for ethical behavior. The major areas of focus include professional behavior and client welfare. Steps for ethical problem solving are described with an opportunity to apply the concepts. Particular attention is given to the issue of professional boundaries (dual relationships, self-disclosure, and professional vs. personal values).

This course fulfills the three-hour ethics CE's required for counselors and social workers.

**Family Issues in Substance Abuse Treatment (c) (SSA,COB)**

Fee: \$100.00

March 16, 2010 9:00AM – 4:30 PM

**Location:** 2600 Victory Parkway**Instructor:** Kelly Pitocco LISW, LICDC

Credit: 6.0 RCH Social Worker and Counselor will be awarded upon completion.

**Description:** This session explores the dynamics common in families where a member is abusing substances. Issues of enabling, abuse, boundaries and unresolved conflict will be discussed. Strategies for engagement and treatment of families will be described.

These training services are made possible through Centerpoint Health Prevention Services and the Hamilton County Mental Health Board.

**How to Become and Stay Self-Motivated (r)**

\$50.00

March 4, 2010 9:00 AM– 4:00 PM

**Location:** 3<sup>rd</sup> Floor Training Room**Instructor:** Holly Sowels-Jenkins**Credit:** 5.5 Talbert House General Education Credit.**Description:** Whether you are experiencing temporary self-doubt or you have a history of starting, yet never finishing projects and tasks, you will explore what are the motivating factors in your life and how to tap into the most important one, self-motivation.

These training services are made possible through Centerpoint Health Prevention Services and the Hamilton County Mental Health Board.

**Introduction to Dialectical Behavior Therapy (DBT)**

\$50.00

March 15, 2010 8:30AM - 12:00PM

**Location:** 1<sup>st</sup> Fl Weiland Room**Instructor:** Robin Arthur, PhD

Course Credit: 3.25 RCH Social Worker and Counselor will be awarded on completion

**Description:** DBT is a form of psychotherapy intended for those who exhibit a more chronic form of emotional instability with numerous coexisting problems. More recently, DBT has been shown to be effective with adults and teens who are suffering from mental illness that include behaviors such as suicidal ideation, addictions and eating disorders. DBT is a form of psychotherapy that asks the client to look at their problems and behaviors and find a different, more effective way to resolve them. DBT focuses on the “here and now” and breaks situations into manageable steps toward a long lasting and more positive outcome.**Living Your Life with Power and Purpose –Personally and Professionally (r)**

\$90.00

March 18, 2010 9:00 AM– 4:00 PM

**Location:** 3<sup>rd</sup> Floor Training Room**Instructor:** Holly Sowels-Jenkins

Course Credit: 5.5 Talbert House General Education

**Description:** First understanding that you have a purpose; how to determine your purpose; and then summoning the power to fulfill that purpose. This is explored in both personal and/or professional areas of one’s life. Class will learn how to chose, firmly set and achieve life goals. These training services are made possible through Centerpoint Health Prevention Services and the Hamilton County Mental Health Board.**Motivational Interviewing: Encouraging Change with Substance Abusers and Other Clients (CBT, COB, INT, SAP) (c)**

\$200.00

March 15 &amp; 22, 2010 9:00 AM - 4:30 PM

Attendance at both sessions is required for course credit.

**Location:** 2600 Victory Parkway**Instructor:** Kelly Pitocco LISW, LICDC

Credit: 12.0 RCH Counselor and Social Work will be awarded on completion

**Description:** This series is designed to introduce the main concepts of Motivational Interviewing (evidence-based intervention for people in the process of changing). Through experiential activities, participants will begin to practice skills and identify ways to use them in working with clients. These training services are made possible through Centerpoint Prevention Services and the Hamilton County Mental Health Board.**Relationship Building Between Parents and Children (SAP) (r)**

Fee: \$ \$50.00

March 5, 2010 9:00 AM - 12:15 PM

**Location:** 2600 Victory Parkway**Instructor:** Timothy Murphy, BA

Credit: 3.0 RCH Counselor and Social Work will be awarded on completion

**Description:** Session will focus on managing the challenging and often frustrating behaviors of teenagers, their changing thought processes and orientation as well as strategies that meet developmental needs and are effective with this age group.

These training services are made possible through Centerpoint Health Prevention Services and the Hamilton County Mental Health Board.

**Sexual Behavior Problems: Assessment & Treatment of Adults and Adolescents**

March 8, 2010, 8:30AM -3:30PM

**Location:** 3<sup>rd</sup> Floor Training Room, 2600 Victory Pkwy

**Instructor:** Ron Arundell, Ed.D Psychology M.A.

**Course Credit:** 5.5 RCH's Social Worker and Counselor will be awarded upon course completion.

**Description:** Treatment for sexual behavior problems is generally thought to be a specialty area. However, clinicians in everyday practice are often presented with problems of sexual abuse that are sometimes revealed during the course of treatment rather than as the presenting problem or during the initial assessment. Clinicians should be able to respond to their clients needs without disrupting care and referring to specialists.

**Working With Challenging Children (SAP) (r)**

Fee: \$50.00

March 16, 2010 9:00 AM - 12:15 PM

**Location:** 3rd fl Training Room

**Instructor:** Timothy Murphy, B.A.

Credit: 3.0 RCH Counselor and Social Work will be awarded on completion

**Description:** Session examines techniques to increase motivation and develop a relationship with challenging youth. Participants will be encouraged to increase their awareness of self, the child/adolescent, environment, culture & human development. Behavior management techniques will be described. These training services are made possible through Centerpoint Health Prevention Services and the Hamilton County Mental Health Board.

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**Register** online or view our full training calendar at <http://www.talberthouse.org> – Training. If you require accommodation due to a disability, please inform us at the time of registration.

*Talbert House employees please register via Affiliation Intranet.*

*Centerpoint employees please contact your supervisor before registering.*

**Payment** is requested at registration and is due before the start of training, payable in cash or check to Talbert House ITD (no credit cards, please). Payment may be mailed in advance, or you may deliver payment when you arrive for training.

*Talbert House employee training fees will be billed to the agency. Centerpoint Health fees will be billed to the agency or else will be the responsibility of the attendee*

**Cancellation:** If you must cancel, please inform us in writing to [ITD.registrations@talberthouse.org](mailto:ITD.registrations@talberthouse.org) at least seven calendar days before the training. If you cannot cancel at least seven calendar days before training, please find someone to attend in your stead. No refund or waiver will issue in case of late cancellation.

*Talbert House and Centerpoint employee please give your cancellation to your supervisor. Supervisor only: please report cancellations to [ITD.registration@talberthouse.org](mailto:ITD.registration@talberthouse.org)*

**No-show:** The invoice for your outstanding registrations will become due on the date of training whether or not you choose to attend.

*Talbert House and Centerpoint Employees: If you are registered for training but not present for the entire required time, or if you cancel less than 7 days before the date of training, you will not receive credit for the training, and a \$25 registration penalty will be charged to your program.*