The Adelphi University School of Social Work is an acknowledged leader in educational excellence in the field of continuing education. Our program is dedicated to helping social work practitioners and interdisciplinary behavioral health professionals provide excellence in their work with individuals, families, groups and communities. As the field of social work will now require continuing education credits to maintain licensure, we hope that you will consider joining in our community. Through our varied degree programs, continuing education and professional development activities and diverse University-community partnerships, the School has been a driving force for ethical social work practice and service delivery, as well as a strong advocate for social justice. Last year we received the Caron Educational Excellence Award in recognition of our programs that provide education on the consequences of drug and alcohol use.

The Adelphi University School of Social Work is proud to provide a community of professional learning for students, alumni and colleagues from the public and private sectors. We sponsor a broad range of topics to meet the interests of a diverse interdisciplinary audience. With these goals in mind, we welcome your ideas and suggestions for future programming and speakers.

- We recognize that it is often difficult to stay connected. Please join our online community through Facebook and Twitter.
- The members of our faculty are available to offer in-service training on a wide range of subjects.

For more information, contact:  
Audrey Freshman, Ph.D.  
Director of Continuing Education and Professional Development  
516.877.4339 or afreshman@adelphi.edu
Often called the new-age anorexia, self-injury is a silent epidemic. Because of its rapid effect on serotonin, self-injury is more than a maladaptive coping mechanism. Self-injury is a drug, and it is as addictive as any drug of abuse. In one second it has an effect on the brain equal to that of weeks or a month of medication. Contrary to popular belief it is an attempt to prevent suicide by refocusing through pain. It is a way to deal with overwhelming feelings in an attempt to stay alive. Most clinicians have little or no understanding of the underlying dynamics, etiology, purpose or treatment of this behavior. In fact, clinicians often misinterpret these behaviors and rush to hospitalize. To the astute clinician, hospitalization is contraindicated. This workshop will provide the latest information as to the nature, purpose, etiology and treatments for these behaviors.

Clinicians will also learn the best approaches in dealing with the families of those that self-injure. This workshop is based on the research and information presented in Dr. DeChello’s newest book, Understanding Self-Injury.
“OBESITY: A CLINICAL DILEMMA”
This workshop consists of two major components: understanding the nature of childhood obesity and providing clinical services. Factors responsible for the current epidemic will be outlined, as will the current definition of the disorder. Statistical data regarding the epidemiology of weight disorders in childhood will be provided in order to give a perspective of the problem. Various obesity trajectories and their differential diagnostic and treatment issues will be thoroughly explored. The intervention section intends to help clinicians evaluate salient factors in assessing the obese child and to identify appropriate goals and treatment methods. The course will provide vital information for all mental health professionals involved in the care of overweight or obese children.

FRIDAY, SEPTEMBER 19, 2014 • 9:00 A.M.–4:00 P.M.
6 CEUS/CLOCK HOURS

“CHILDHOOD OBESITY: THE ROLE OF THE MENTAL HEALTH PROFESSIONAL”

Barry Panzer, Ph.D., LCSW
MORNING SESSION • 9:00 A.M.–12:00 NOON
ALUMNI HOUSE

Barry Panzer, Ph.D., ACSW, is a practitioner with more than 35 years of clinical experience with children, teens, adults and families. Dr. Panzer is currently the mental health consultant to the Live Light Live Right Pediatric Obesity Program at Brookdale University Hospital and Medical Center in Brooklyn, New York. He received a Ph.D. with Distinction in social work from Columbia University and has served as a clinical instructor at Downstate Medical Center (at State University of New York) and adjunct professor at Columbia University. He has published in the areas of sudden infant death syndrome, crisis intervention and ADHD. Dr. Panzer’s interest in childhood obesity has resulted in published articles in the American Journal of Orthopsychiatry, ICAN: Infant, Child, and Adolescent Nutrition and ADHD Report. He has presented at the American Academy of Pediatrics, the American Psychological Association and the National Association of Social Workers. Dr. Panzer is passionate about educating and motivating colleagues to become involved in caring for families of obese youth.
Healthcare providers are trapped in the double bind between the need to address concerns about weight while simultaneously not inducing disordered eating and/or doing more harm than good. This interactive course, led by clinician, advocate, psychiatrist and certified eating disorder specialist Dr. Wendy Oliver-Pyatt will provide education regarding relevant research on “fat science” and will emphasize the impact of focus on weight vs. health on the evolution of body dissatisfaction, binge eating, weight cycling and weight gain, with attention to long-term outcome. Case and media presentations will be used.

Learn strategies that promote health and well-being; review medical and psychiatric issues that are frequently overlooked by healthcare providers; review risk factors for the development of disordered eating; address weight bias; and emphasize the psychological response when eating when simultaneously under the mandate to restrict. The AED Guidelines for Childhood Obesity Prevention Programs (presenter is a co-author) will be reviewed along with an emphasis on the principals on which it was developed.

Wendy Oliver-Pyatt, M.D., FAED, CEDS, received her specialty training at NYC-Bellevue Hospital in New York City. She has held faculty positions at NYU, Albert Einstein School of Medicine and University of Nevada School of Medicine. Prior to founding Oliver-Pyatt Centers, she founded Center for Hope of the Sierras and Eating Recovery and Wellness Center of Nevada.

She served as the medical director for the State of Nevada Division of Mental Health and Disability Services, medical director and chief of staff of Northern Nevada Adult Mental Health and has received senatorial recognition for her commitment to the mental health community. Dr. Oliver-Pyatt serves on the board of directors of the International Association of Eating Disorder Professionals and the Binge Eating Disorder Association.

Dr. Oliver-Pyatt co-authored the Academy for Eating Disorder’s Guidelines for Obesity Prevention programs. Her book, "Fed Up! The Breakthrough Ten Step No Diet Fitness Plan," written to prevent dieting and disordered eating, has been featured in a variety of national publications. She lectures both nationally and internationally on the topic of eating disorders.
Worry underlies a wide range of anxiety disorders and often contributes to chronic depression. 38% of people worry every day, but 85% of what they worry about actually has a positive outcome. What drives worry and what maintains worry? In this workshop we will review a seven-step program that can help people cope more effectively with worry. These seven steps include the following: 1) Identify Productive and Unproductive Worry; 2) Accept Reality and Commit to Change; 3) Challenge Your Worried Thinking; 4) Focus on the Deeper Threat; 5) Turn Failure Into Opportunity; 6) Use Your Emotions Rather than Worry about Them; and 7) Take Control of Time. A wide range of cognitive-behavioral techniques will be described that can provide individuals with powerful tools for coping more effectively with their worries.

Robert L. Leahy, Ph.D., is the director of the American Institute for Cognitive Therapy in New York City. He received the Aaron T. Beck Award for Outstanding Contributions in Cognitive-Behavioral Therapy. He has authored and edited 23 books and is the past president of the Association for Behavioral and Cognitive Therapy (ABCT), past president of the International Association for Cognitive Psychotherapy, past-president of the Academy of Cognitive Therapy and clinical professor of psychology in psychiatry at Weill-Cornell Medical School. Dr. Leahy’s popular audience books include The Worry Cure, Anxiety-Free, Beat the Blues before They Beat You and Keeping Your Head after Losing Your Job. Recent clinical books include Emotion Regulation in Psychotherapy (with Titch and Napolitano) and Treatment Plans and Interventions for Depression and Anxiety Disorders, 2nd edition (with Holland and McGinn). He recently completed a clinical book on emotional schema therapy.
The Community Reinforcement Approach and Family Training (CRAFT) intervention is a nationally acclaimed intervention designed to help concerned significant others (CSOs) to engage treatment-refusing substance abusers into treatment. This new intervention method was developed with the belief that since family members can, and do, make important contribution in other areas of addiction treatment (i.e. family and couples therapy), that the CSO can play a powerful role in helping to engage the substance user who is in denial to submit to treatment. In addition, it is often the substance user who reports that family pressure or influence is the reason he or she sought treatment.

CRAFT uses an overall positive approach and steers clear of any confrontation. CRAFT is a culturally sensitive program that works with the client’s mores and beliefs to develop an appropriate treatment plan. The program emphasizes learning new skills to cope with old problems. Some of the components include how to stay safe, outlining the context in which substance abusing behavior occurs and teaching CSOs how to use positive reinforcers (rewards), and how to let the substance user suffer the natural consequences for their using behavior.

No one has better information about the substance user’s behavior patterns than a close family member. CRAFT teaches the CSO how to use this information in a motivational way to increase the chance of the substance user entering treatment. CRAFT research has shown that almost seven out of 10 people who use the program get their substance user to attend treatment. CRAFT has been shown to be equally effective with Hispanic and Anglo families.
Robert J. Meyers, Ph.D., has been in the addiction field for 37 years with 23 of those years being at the University of New Mexico. He is currently the director of Robert J. Meyers, Ph.D. & Associates and a research associate professor emeritus in psychology at the University of New Mexico’s Center on Alcoholism, Substance Abuse and Addiction. He has been involved in over a dozen clinical trials funded by the National Institutes of Health, including Project Match and the Clinical Trials Network.

Dr. Meyers began his work with the Community Reinforcement Approach (CRA) in 1976. At that time he helped develop the first CRA outpatient procedures, which were used in the seminal study published by Dr. Nathan Azrin and colleagues in 1982. In the late 1990s Dr. Meyers helped design and evaluate the adolescent version of CRA (A-CRA). Dr. Meyers also developed the new innovative “intervention” program used to engage resistant substance abusers to enter treatment. This new intervention called Community Reinforcement and Family Training (CRAFT), an evidence-based protocol, has been shown to be superior to more traditional interventions in several randomized clinical trials. His CRAFT work has led Dr. Meyers and CRAFT to be one of the 14 featured segments of the Emmy Award-winning Addiction series on HBO. Dr. Meyers has also been featured in O, the Oprah Magazine for his outstanding work using the Community Reinforcement Approach.

Dr. Meyers is an internationally known speaker and trainer who has delivered trainings throughout the United States and in 12 countries around the world. Dr. Meyers has trained therapists from six continents. He has published over 100 scientific articles or chapters and co-authored five books and one manual on addiction treatment, including “Get Your Loved One Sober: Alternatives to Nagging, Pleading and Threatening” and “Motivating Substance Abusers to Enter Treatment: Working with Family Members.” Several of his books are also available in Dutch, Finnish, German and Korean. The book Get Your Loved One Sober: Alternatives to Nagging, Pleading and Threatening is currently being published in Dutch, Japanese and Spanish.

This event is made possible with the generous support of

SUNSPIRE HEALTH

Private approach  Inspired care
UPDATE YOUR CASAC CREDENITIAL—EARN SOCIAL WORK CEUS

$30 per session    $50 for any two sessions    $70 for all three

ALUMNI HOUSE

“SOBER COMPANIONS, SOBER LIVING AND CASE MANAGEMENT”

January 9, 2015 • 9:00 a.m.–1:30 p.m.
Cindy Feinberg, CPC, CAI, The Recovery Coach NY

“ADDICTION IN THE JEWISH COMMUNITY”

January 16, 2015 • 9:00 a.m.–2:00 p.m. • Lunch included
Audrey Freshman, Ph.D., LCSW, CASAC, Adelphi University
Roy V. Tellis, CASAC-G, C.T.C., R.C., program director, The SAFE Foundation
Sarah Martinez, M.S.W., CAADC, Caron Treatment Center

Presentation: Highlights of the film, THE ANONYMOUS PEOPLE with a discussion of
“RECOVERY ON THE COLLEGE CAMPUS: LINKING THE STUDENT IN RECOVERY TO ON-CAMPUS RECOVERY SUPPORTS.”

January 23, 2015 • 9:00 a.m.–2:00 p.m. • Lunch included
Jonathan Saltzburg, M.B.A., director of collegiate recovery services, Caron Renaissance
POSTGRADUATE CERTIFICATE IN ADDICTIONS
Earn your CASAC NOW IN THREE CONVENIENT LOCATIONS

October 2014–January 2015  Garden City campus
Tuesday evenings • 6:00 p.m.–9:00 p.m. • Lead Faculty: Audrey Freshman, Ph.D., LCSW, CASAC

January 2015–April 2015  Manhattan campus
Wednesday evenings • 5:30 p.m.–9:15 p.m. • Lead Faculty: Nick Lessa M.A., LCSW-R, CASAC

May 2015–August 2015  Hudson Valley campus
Monday evenings • 6:00 p.m.–9:00 p.m. • Lead Faculty: Tom Quinn, Ph.D.

POSTGRADUATE CERTIFICATE IN TRAUMA—GARDEN CITY
October 2014–April 2015
Lead faculty: Amy Feldman, Psy.D.

POSTGRADUATE CERTIFICATE IN MILITARY TRAUMA TREATMENT—HUDSON VALLEY
TBA
Lead faculty: Tina Atherall, LMSW, executive vice president, Hope For The Warriors
REGISTRATION FORM (Please print clearly.)

Name ____________________________________________________________

Address _________________________________________________________

City, State, ZIP ___________________________________________________

Telephone ___________________________ Email _________________________

  Friday, September 19, 2014
   A.M. session: Barry Panzer, Ph.D.
   P.M. session: Wendy Oliver-Pyatt, M.D.

☐ “Cognitive Behavioral Therapy for Chronic Worriers: How to Turn Worry on Its Head”
  Friday, October 31, 2014
   Robert Leahy, Ph.D.

☐ Special Two-Day Event: “CRAFT: An Alternative to Intervention”
  Thursday and Friday, December 11 and 12, 2014
   Robert J. Meyers, Ph.D.

Each session is priced as follows:

☐ $105 Regular fee  ☐ $50 Graduate student
☐ $85 Current field instructor  ☐ $25 Undergraduate student
☐ $175 “CRAFT: An Alternative to Intervention” (two-day event)

Select a package:
For packages of three to four workshops:
(15 percent additional discount per workshop)

☐ $98 Regular fee  ☐ $43 Graduate student
☐ $72 Current field instructor  ☐ $21 Undergraduate student

Group rates are available for agencies sending more than three staff members. Call for more information.
REGISTRATION INFORMATION

Check-in and on-site registration begin at 8:30 a.m. All programs begin promptly at 9:00 a.m. Continental breakfast is included. All workshop events will take place at the Alumni House at 154 Cambridge Avenue in Garden City or in the Ruth S. Harley University Center on campus.

Online: To register online with a credit card, visit socialwork.adelphi.edu/conted.

By mail: Complete and mail the registration form along with a check.
If your employer is paying the fee and you cannot send the payment with your registration form, please include a letter guaranteeing payment.

Please make checks payable to:
Adelphi University | School of Social Work | One South Avenue
P.O. Box 701 | Garden City, New York 11530-0701
Attn: Janna King

Should you require accommodation based on a disability, or need to request an ASL interpreter, please contact the Office of Disability Support Services by phone at 516.877.3145 or email at DSS@adelphi.edu. Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

DISCLAIMER
The University reserves the right to cancel or modify any workshop for any reason. Registrants will be notified and full refunds will be issued if there is a cancellation.

CREDENTIALING INFORMATION AND CONTINUING EDUCATION

Continuing Education credits are available for the following disciplines:
Social workers: Continuing education units for social work are given through the New York State Chapter of the NASW.
Psychologists: Adelphi University School of Social Work is an approved provider of APA continuing education credits. The School of Social Work maintains responsibility for the program and its contents.
CASAC training hours: Program information has been submitted for approval to the New York State Office of Addiction and Substance Abuse Services Education and Training for six hours toward earning or recredentialing for CASAC.
Educators: Educators may receive Professional Development Program hours at the discretion of your schools.
Nursing contact hours: Adelphi University School of Nursing is an approved provider of continuing nursing education by the New York State Nurses Association’s Council on Continuing Education in Nursing and by the American Nurses Credentialing Center’s Commission on Accreditation.

Certificates of attendance will be issued at the end of each workshop.