



1ST ANNUAL CORE CLINICAL SKILLS CONFERENCE:

Interventions, Skills, and Techniques for Working with Families & Couples

MARCH 26 & 27, 2019

DESCRIPTION

The 1st Annual Core Skills Conference focuses on a variety of evidence-based clinical approaches, interwoven with novel interventions to fill in the gaps when working with challenging, multifaceted cases. The 2019 initial conference highlights skills to assist mental health clinicians and increases their options when working with families and couples in an effort to improve overall mental health, communication, and well-being. While new clinicians are drawn to a wide range of specialties in mental health counseling and intervention, they simply cannot avoid work with families and couples—even if that is not their primary choice of specialization. This conference offers basic skills to ease this dilemma for new therapists, while simultaneously providing fresh approaches and ideas for seasoned professionals.

This conference runs two days, with two different concurrent speakers each day. You may register for one day or both days at a reduced rate. Participants will choose which track they want to attend each day. Each track has individualized objectives.

CREDITS



NAADAC: This course has been approved by Mountain Area Health Education Center (MAHEC), as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Approved for **6.0 hours (one day) or 12.0 hours (both days)**.



NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs. Approved for **6.0 hours (one day) or 12.0 hours (both days)**.

Psychologists: Mountain Area Health Education Center (MAHEC) is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **6.0 hours Category A (one day) or 12.0 hours Category A (both days)**.

CEUs: Mountain Area Health Education Center (MAHEC) designates this live continuing education activity as meeting the criteria for **0.6 CEUs (one day) or 1.2 CEUs (both days)** as established by the National Task Force on the Continuing Education Unit.

Contact Hours: Mountain Area Health Education Center (MAHEC) designates this live continuing education activity as meeting the criteria for **6.0 (one day) or 12.0 (both days) contact hours**.

In order to receive credit, participants must check in at the registration desk, review the credit information sheet, attend the activity, and turn in the credit verification form to the registration desk after the program.

LOCATION

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville, NC 28803

DAY 1 REGISTRATION PROGRAM

Tuesday, March 26, 2019
8:00 am–9:00 am (*light breakfast provided*)
9:00 am–4:30 pm (*lunch provided*)

DAY 2 REGISTRATION PROGRAM

Wednesday, March 27, 2019
8:00 am–9:00 am (*light breakfast provided*)
9:00 am–4:30 pm (*lunch provided*)

ATTENDING ONE DAY ONLY (March 26th or 27th alone)

- \$149.00** Program Fee
- \$130.00** Groups of Five or More from the Same Agency (*per person; must register and pay at the same time*)
- \$75.00** Peer Support Specialists
- \$75.00** Students (*must provide student ID at check-in*)
- \$15.00** MAHEC Employees

These early registration fees are available through 3/19/2019.

ATTENDING BOTH DAYS (March 26th and 27th together)

- \$219.00** Program Fee
- \$199.00** Groups of Five or More from the Same Agency (*per person; must register and pay at the same time*)
- \$135.00** Peer Support Specialists
- \$135.00** Students (*must provide student ID at check-in*)
- \$25.00** MAHEC Employees

These early registration fees are available through 3/19/2019.

AUDIENCE

Mental health professionals including substance abuse counselors, social workers, psychologists, counselors, marriage and family therapists, school counselors, and other professionals interested in this subject.



MARCH 26, 2019 1A: STRENGTHS-FOCUSED THERAPIES

TRACK 1A DESCRIPTION

Strengths-Focused Therapies for Individuals, Couples, and Families — Mary Reitano, MA, NCC, NC-LMFT, NC-LPC, SC-LPC

This track offers resources for problem-solving with individuals, couples, and families based on the hope, resilience, and strength inherent in a Positive Psychology approach to psychotherapy. Frustrated by the disease focus of mental health, the founders of Positive Psychology chose to focus instead upon what is healthy about human beings. Positive Psychology "...is nothing more than the scientific study of ordinary human strengths and virtues. Positive psychology revisits the average person with an interest in finding out what works, what is right, and what is improving." (Positive Psychology, Sheldon & King, 2001). This seminar will focus on the benefits of certain positive psychology traits—exploring resilience, vitality, joy, and creativity—and how to enhance them through therapy with individuals, couples, and families. Other strengths-focused counselors and therapies will also be examined.

TRACK 1A OBJECTIVES

Upon completion of this activity, participants will be able to:

- Describe the basic premise of Positive Psychology and what is unique about its approach to mental health, as well as several other strengths-focused therapies
- List the six categories of character strengths and virtues, based on the work of Seligman and Peterson
- Identify common sources of family resilience and how it can be enhanced
- Identify traits that resulted in resilient, well-adjusted adults who grew up in dysfunctional homes
- Identify practices and thought patterns that increase (or decrease) vitality
- Practice skills for "savoring" and enhancing positive emotions, experiences, and relationships, which may be shared with couples and families
- Explain how creative expression is therapeutic and vital in family therapy

TRACK 1A AGENDA

- 8:00–9:00** Registration/Check-in and Light Breakfast (*provided*)
- 9:00–10:00** Overview of Strengths-Focused Theories & Therapies
- Positive Psychology
 - Family Resilience Framework
 - Project Resilience
 - Strengths-Based Therapy
 - Hope Theory
- 10:00–10:30** Searching for Strengths
- Brief Overview of Positive Psychology Assessments
 - Psychological Assessments: Test for Strengths and Identify Functional Patterns
 - Shifting Focus Away from "What's Wrong"
- 10:30–10:45** Break and Refreshments
- 10:45–12:15** Resilience
- Definition of Resilience
 - Traits of Resilient Individuals, Families, and Communities
 - Sources of Resilience
 - How to Help Clients Develop Resilience
- 12:15–1:15** Lunch (*provided*)
- 1:15–2:15** Regaining Vitality
- Physical, Emotional, Social, Cognitive, and Spiritual Strength
 - Factors Shown to Increase/Decrease Energy and Methods to Increase Vitality
- 2:15–2:45** Healing Benefits of Creativity
- Examples of Creative Expression
 - Evidence Supporting the Importance of Creative Expression—Thriving
 - Applications of Creativity Family Therapy
- 2:45–3:00** Break and Refreshments
- 3:00–4:30** Embracing Joy
- Savoring the Present Moment
 - Creating Positive Experiences and Emotions
 - Benefits of Altruism and Gratitude
 - Reinforcing Altruism and Gratitude in Therapeutic Settings with Individuals, Couples, and Families

MARCH 26, 2019 1B: UNTALK™ THERAPY

TRACK 1B DESCRIPTION

UnTalk™ Therapy: Stop Talking and Start Communicating

— Philip DeLuca, LCSW

Philip DeLuca, LCSW, has integrated the latest findings in mind-body science with other medical advances to form a novel and holistic conflict resolution treatment approach. Interwoven into this seminar is vital information on real-life ramifications to the well-known fight/flight response, putting neuroplasticity to the test, wisdom from the field of epigenetics, and the “Gut-Brain Axis.” Phil’s scholarly inquiries—in combination with his novel, applied work with couples which spans several decades—are presented as a radical departure from commonly accepted theoretical approaches, with a fresh take on “why it happens” and “what to do about it,” that therapists may immediately apply in practice.

TRACK 1B OBJECTIVES

Upon completion of this activity, participants will be able to:

- Describe mind-body research revealing how positive and negative communication/conflict centers in the brain become activated
- Implement a treatment protocol that applies mind/body research and integrates alternative health therapies
- Replace common interpersonal communication patterns that generate conflict with conflict-reducing patterns
- Identify how current communication approaches increase inflammation and, in turn, disease states in the body
- Learn how to regain control when conflict dominates a session
- Practice strategies that immediately reroute a couple from conflict to a positive relationship track
- Demonstrate how to teach couples skills designed to prevent future arguments
- Apply simple and enjoyable props that explain mind-body changes when we get upset in order to motivate couples to engage in treatment

TRACK 1B AGENDA

8:00–9:00 Registration/Check-in and Light Breakfast (*provided*)

9:00–10:30 Part I: Concepts

Analysis of Theory, Pros/Cons, and Practical Aspects of Current Communication Approaches (*when they were developed, application, what the current science conveys, etc.*)

The Science of Mind/Body Connection and Conflict

Effect of Stress on the Human Body, Inflammation, Disease Processes, Health Statistics, Food, and Sleep

10:30–10:45 Break and Refreshments

10:45–12:15 Conflict Cycle: Loud vs. Quiet Arguments

Fight/Flight Response: Four Changes that Occur when Activated

1. Physiological
2. Perception and Emotional Components
3. Relationship
4. Brain (neuroplasticity) and Epigenetics

The Complete Breakdown Picture:

How conventional communication models impact love, caring, and health

The negative synergy between conventional communication models and conventional health models

The Dead Zone

12:15–1:15 Lunch (*provided*)

1:15–2:45 Part II: Intervention/Application (5 steps toward resolution)

Step 1: Spotting Conflict Before it Begins

Step 2: Disrupting the Conflict Pattern

Step 3: 20 Science-Based Ways to Detox Stress Chemicals and Resentments

Relaxation Response

2:45–3:00 Break and Refreshments

3:00–4:15 Step 4: When and How to Communicate

Step 5: How to Navigate through a Provocative Partner

The Real Purpose of Provocation

Survival Brain Hijack Lock

4:15–4:30 Questions/Discussion

MARCH 27, 2019 2A: WORKING WITH FAMILIES

TRACK 2A CONTENT

Working with Families: Intervention Skills and Techniques

— Michael McGuire, MSW, LCSW, LMFT, CCS*

We cannot not work with families. The influence of family on who we are, what we do, and who we become is ubiquitous and inevitable. But how do we work with families effectively? What is a useful framework for family work, and what do we actually do in a family session? Join us for a fun, fast-paced, experiential workshop where you will learn tangible, well-tested concepts and methods for working with families. This workshop will utilize didactic and video presentation as well as interaction and discussion as a way to introduce and practice family intervention skills and techniques. Participants will receive an overview of the over-arching philosophy and theory behind the systemic approach to treating families developed by Dr. John T. Edwards.

TRACK 2A OBJECTIVES

Upon completion of this activity, participants will be able to:

- Describe the ReSPECT Model for initial family sessions
- Explain how to engage families in therapeutic change
- Demonstrate how to use a Family Map and Systems Hypothesis to perceive and present cases
- Facilitate Family Sculpting to assess and intervene
- Discuss how to effectively move the target of intervention from a single identified patient to the family system
- Define and describe multiple-family group therapy
- Explain the philosophy and theory behind Dr. John T. Edwards' systemic approach to treating families

TRACK 2A AGENDA

- 8:00–9:00** Registration/Check-in and Light Breakfast (*provided*)
- 9:00–10:30**
- ReSPECT Model for initial family sessions
 - Engaging families in therapeutic change
- 10:30–10:45** Break and Refreshments
- 10:45–12:15**
- Using a Family Map and Systems Hypothesis to perceive and present cases
 - Facilitating Family Sculpting to assess and intervene
 - Moving the target of intervention from a single identified patient to the family system
- 12:15–1:15** Lunch (*provided*)
- 1:15–2:45**
- Interaction and discussion
 - Didactic presentation
 - Introduction and practice of family intervention skills and techniques
- 2:45–3:00** Break and Refreshments
- 3:00–4:30**
- Video
 - Defining and describing multiple-family group therapy
 - Overview of the work by Dr. John T. Edwards
 - Over-arching philosophy and theory behind the systemic approach to treating families as developed by Dr. John T. Edwards

**This presenter is being supported through a partnership between the University of NC–Chapel Hill School of Social Work and the NC Area Health Education Centers Program.*

MARCH 27, 2019 2B: FAST FORWARD CLIENT OUTCOMES

TRACK 2B CONTENT

Fast Forward Client Outcomes: Case Conceptualization, Differential Diagnosis, and Treatment Planning

— Debra Premashakti Alvis, PhD

Well-focused treatment planning requires multi-layered awareness and serves as a critical foundation for positive clinical outcomes. In this seminar, participants will explore tools for the development of effective treatment plans through clear differential diagnosis, case conceptualization, and goal setting. Teaching tools will include didactic and experiential work interspersed with discussion. Case studies will provide an opportunity to apply specific skills introduced in the workshop. Mindful approaches designed to enhance awareness of client needs will be woven in throughout the day.

TRACK 2B OBJECTIVES

Upon completion of this activity, participants will be able to:

- Delineate steps in differentially diagnosing a client
- Identify three key points that serve as a point of departure for case conceptualization
- Discuss two or more strategies for linking theoretical orientation with case conceptualization and treatment planning
- Summarize the research evidencing the importance of client/therapist goal agreement
- Outline a process for developing measurable treatment goals agreed upon by the client and the therapist
- Indicate two or more ways to use case notes to further ongoing treatment planning
- Apply one or more mindfulness tools designed to support client-focused treatment planning

TRACK 2B AGENDA

- 8:00–9:00** Registration/Check-in and Light Breakfast (*provided*)
- 9:00–9:20**
- Introduction to Mindfulness Tools to Increase Clinical Awareness
 - Application of Mindfulness Techniques in Work with Individuals, Couples, and Families
- 9:20–10:30**
- Key Steps in Differential Diagnosis
 - Three Key Issues that Serve as a “Point of Departure” for Case Conceptualization
- 10:30–10:45** Break and Refreshments
- 10:45–12:15**
- Linking Theoretical Orientation with Case Conceptualization and Treatment Planning
- 12:15–1:15** Lunch (*provided*)
- 1:15–2:45**
- Research Evidence Highlighting the Importance of Therapist/Client Goals and Agreements
 - Development of Measurable Treatment Goals Agreed Upon by Client and Therapist
- 2:45–3:00** Break and Refreshments
- 3:00–4:30**
- Using Case Notes to Further Ongoing Treatment Planning
 - Mindfulness Tools Designed to Support Client-Focused Treatment Planning
 - Applying Mindfulness Tools

FACULTY

Mary Reitano, MA, NCC, NC-LMFT, NC-LPC, SC-LPC, is a National Board Certified Counselor, a North Carolina Licensed Marriage and Family Therapist, and a Licensed Professional Counselor in both North and South Carolina. Her counseling experience ranges from inpatient medical settings to long-term care, private practice, and cancer care. Mary has successfully worked with a diverse group of clients, aged 12 through 96, from a variety of ethnic backgrounds. She is passionate about Positive Psychology, which emphasizes resilience, hope, strengths, and application of resources to problem solving. Positive Psychology focuses on maximizing positive emotions, relationships, and experiences. Mary employs a holistic bio-psycho-social-spiritual approach to counseling. She is an adjunct faculty member teaching at a graduate school in Charlotte, and writes a monthly Positive Psychology and mental health column. She enjoys presenting monthly Positive Psychology and mental health seminars at her local library, openly sharing her gifts with the community.

Philip DeLuca, LCSW, is a Licensed Clinical Social Worker, speaker, and author. He presents his unique Un-Talk™ Therapy model in all media formats to laypeople as well as professional audiences. Philip is in private practice in Cornelius, NC, and he has specialized in relationship conflict for the past 40 years. Philip's own health problems encouraged him to explore the inherent cause of his chronic health problems, which he eventually cured, leading to an integration of knowledge and a new communication model. Philip DeLuca has clinically perfected his approach with thousands of couples, frequently turning chronic high conflict couples around in the very first session.

Michael McGuire, MSW, LCSW, LMFT, CCS, is employed by the University of North Carolina at Chapel Hill School of Social Work as a Clinical Assistant Professor and the Director of the Substance Use and Addiction Specialty program. He is licensed as a Clinical Social Worker (LCSW), Marriage and Family Therapist (LMFT), Clinical Addictions Specialist (LCAS), and is a Certified Clinical Supervisor (CCS). His areas of expertise include: adolescent and family development, childhood trauma, substance use treatment, experiential learning, Service Members–Veteran–Families (SMVF), Motivational Interviewing, Feedback Informed Treatment, clinical supervision, clinical model implementation science, ethics, and workforce development. Michael worked as a clinical director of a comprehensive treatment agency and recently returned from Germany following a three-year excursion working with American military families stationed abroad. He enjoys puns, travel, and personal growth.

Debra Premashakti Alvis, PhD, is a licensed psychologist, speaker, and private practitioner with more than twenty-five years of brain-based, clinical experience. She specializes in applying neuroscientific principles to enhance clinical outcomes. Dr. Alvis' interest in brain-based therapy began in the early 1990s while studying neuroanatomy. Her curiosity about how psychotherapeutic interventions could best engage the brain's capacity to grow and change led her to study with leading experts such as Dan Siegel, Rick Hanson, and Bonnie Bainbridge Cohen. She combined this neuroscientific/somatic foundation with psychodynamic, attachment, and cognitive behavioral approaches. Dr. Alvis is perfecting these combined techniques to help clients recover more quickly and gracefully from mood, trauma, and substance abuse concerns, while leading them to maintain recovery strategies and actually thrive. As a clinical supervisor, educator, and consultant, she continues to refine and apply this unique integrative model. Dr. Alvis developed and led the Mind/Body Program at the University of Georgia, where she now teaches health psychology to graduate students, helping them to apply neuroscientific and somatic approaches. She also serves as project director for a federal grant, focusing on integrative healthcare and developing mindfulness-based research studies. A thirty-year personal contemplative practice and more than a thousand hours studying mindfulness and teaching yoga serve to further enrich her presentations.

REGISTRATION

ATTENDING ONE DAY ONLY (March 26th or 27th alone)

- **\$149.00** Program Fee
- **\$130.00** for Groups of Five or More from the Same Agency (*per person; must register and pay at the same time*)
- **\$75.00** for Peer Support Specialists
- **\$75.00** for Students (*must provide student ID at check-in*)
- **\$15.00** for MAHEC Employees

ATTENDING BOTH DAYS (March 26th and 27th together)

- **\$219.00** Program Fee
- **\$199.00** for Groups of Five or More from the Same Agency (*per person; must register and pay at the same time*)
- **\$135.00** for Peer Support Specialists
- **\$135.00** for Students (*must provide student ID at check-in*)
- **\$25.00** for MAHEC Employees

Early registration deadline: March 19, 2019

These fees include administrative costs, educational materials, a light breakfast, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Any registrations received without an accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.
From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

HAVE A QUESTION?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net or 828-257-4728



Special Services

828-348-3624

REGISTRATION INFORMATION

828-257-4475

FAX REGISTRATION

828-257-4768

ONLINE REGISTRATION

www.mahec.net

EMAIL

registration@mahec.net

MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

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1ST ANNUAL CORE CLINICAL SKILLS CONFERENCE:

Interventions, Skills, and Techniques for Working with Families & Couples

MARCH 26 & 27, 2019

REGISTRATION FORM

**CLICK HERE
TO REGISTER**

☐ Updated contact information below.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX-____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

☐ Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE ☐ Vegetarian ☐ Gluten-free ☐ Vegan

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

☐ Check is enclosed ☐ Credit card information provided

☐ Visa ☐ MasterCard ☐ Discover Card ☐ American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

ATTENDING ONE DAY ONLY

MARCH 26, 2019 OR MARCH 27, 2019 ALONE

Program Fee ☐ \$149.00 ☐ \$164.00 (after 3/19/19)

Groups of Five or More from the Same Agency ☐ \$130.00 ☐ \$145.00 (after 3/19/19)
(must register/pay at the same time)

Peer Support Specialists ☐ \$75.00 ☐ \$90.00 (after 3/19/19)

Students ☐ \$75.00 ☐ \$90.00 (after 3/19/19)
(must show student ID at check-in)

MAHEC Employees ☐ \$15.00 ☐ \$30.00 (after 3/19/19)

Select which day/track you are attending (choose only one).

☐ **3/26/19 1A:** Strengths-Focused Therapies

☐ **3/26/19 1B:** UnTalk™ Therapy

☐ **3/27/19 2A:** Working with Families

☐ **3/27/19 2B:** Fast Forward Client Outcomes

ATTENDING BOTH DAYS

MARCH 26, 2019 AND MARCH 27, 2019 TOGETHER

Program Fee ☐ \$219.00 ☐ \$234.00 (after 3/19/19)

Groups of Five or More from the Same Agency ☐ \$199.00 ☐ \$214.00 (after 3/19/19)
(must register/pay at the same time)

Peer Support Specialists ☐ \$135.00 ☐ \$150.00 (after 3/19/19)

Students ☐ \$135.00 ☐ \$150.00 (after 3/19/19)
(must show student ID at check-in)

MAHEC Employees ☐ \$25.00 ☐ \$40.00 (after 3/19/19)

Select which track you are attending on 3/26 (choose one).

☐ **3/26/19 1A:** Strengths-Focused Therapies

☐ **3/26/19 1B:** UnTalk™ Therapy

Select which track you are attending on 3/27 (choose one).

☐ **3/27/19 2A:** Working with Families

☐ **3/27/19 2B:** Fast Forward Client Outcomes

Send completed registration form to:

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

#19MH032/58153

Fax: 828-257-4768