

2018 WNC Infant Mental Health Conference

Friday,
June 15, 2018



LOCATION:	MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville NC 28803
REGISTRATION:	8:00 am - 8:30 am <i>(light breakfast provided)</i>
PROGRAM:	8:30 am - 4:00 pm
Early registration fees available through June 8th:	
FEE:	\$115
GROUPS:	\$95 <i>(Five or more from same agency, registering and paying at same time)</i>
STUDENTS:	\$75 <i>(Proof of enrollment required at check-in)</i>
PEER SUPPORT SPECIALISTS:	\$75
RN REFRESHERS:	\$75
MAHEC EMPLOYEES:	\$15

The 2018 WNC Infant Mental Health Conference focuses on the latest research and best practices for working with infants, toddlers and young children in the western region of North Carolina. The conference provides opportunities for families, mental health practitioners, educators, medical providers, and other community partners to access the latest knowledge in the field, with the goal of providing a positive impact in services and experiences for the birth to age five population in our communities.

Audience

Psychologists, Counselors, Clinical Social Workers, Nurses, Clinical Addiction Specialists, Other Mental Health Providers, Early Care and Education Professionals, Health and Human Services Providers, Case Managers, School Administrators, Batterer Interventionists, Victim Service Providers, Advocates, and Other Professionals Interested in this topic.



MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

Objectives

Keynote

After attending this keynote session, participants will be able to:

- Describe a reflective approach to forging strong, trusting, collaborative relationships with parents
- Explain how a practitioner's own beliefs, values and professional approach may impact the highly charged work they do with families, and describe how mindfulness may impact and improve practice
- Practice applying a reflective approach to everyday work with families through brief interactive activities, feedback, and self-reflection

Morning Session (before lunch): **The Neuroscience of Attachment: The Connection Between Our Brain and Our Relationships**

After attending this session, participants will be able to:

- Describe the relational neurobiology underlying our attachment relationships, based on current research

Interactive Session (after lunch): **The Reflective Approach: Forging Strong, Trusting Relationships with Parents**

After attending this session, participants will be able to:

- Practice applying the reflective approach to current work with families, through anonymous case studies
- Identify one's own beliefs, values, triggers, and overall approach – so that, armed with enhanced awareness, practitioners may demonstrate application of skills that strengthen collaboration, while reducing obstacles to communication
- Describe a personalized, reflective approach that increases receptivity and results in a positive impact on children and families
- Discuss professional strategies for forging relationships with parents that maximize the likelihood that parents and families will benefit from professional guidance and expertise

Faculty



KEYNOTE SPEAKER

CLAIRE LERNER, LCSW-C, is a licensed clinical social worker and child development specialist. She served as the Director of Parenting Resources at ZERO TO THREE for more than 18 years, where she oversaw the development of all parenting educational content. In addition, Claire has directed several professional development projects designed to build strong, trusting, collaborative relationships with families of

young children. Claire currently serves as the Senior Parenting Consultant at ZERO TO THREE to enable her to spend more time working directly with families.

Claire is the author of numerous parenting publications and articles, in addition to a podcast and video series for parents and professionals. Claire writes a column for PBSparents.org and has also written columns for *Parenting: The Early Years* and *American Baby* Magazines. She is frequently quoted in other parenting publications and has been a source on early childhood development for NPR and numerous national daily newspapers such as *The New York Times*, *Wall Street Journal*, *USA Today*, *Los Angeles Times*, *the Boston Globe* and *London Times*.

Claire has also been a practicing clinician for more than 30 years, partnering with parents to understand the behavior and development of their young children. She also provides consultation and training to local preschools and pediatric residents.

Claire has participated on numerous national advisory panels and task forces related to early child development including the National Parenting Education Network and the American Academy of Pediatrics' Committee on Early Childhood Development.

HEATHER ULRICH, PHD, is an Assistant Professor of Psychology at University of North Carolina Asheville, where she teaches about ACES and runs a research lab focused on ACEs and trauma. She is also a clinical psychologist licensed in the state of North Carolina. Her clinical practice specializes in infant mental health, attachment based disorders, toxic stress, trauma, relational neurobiology, and parenting. Dr. Ulrich serves the local Asheville community via her private practice, Brain Based Relationships (www.brainbasedrelationships.com). She is a founding board member of the North Carolina Infant Mental Health Association and a key planning committee member of the WNC Infant Mental Health Conference annually held at MAHEC.

Agenda

8:00-8:30am	Registration and Check-In
8:30-10:00am	KEYNOTE: Partnering with Parents: A Reflective Approach to Building Trust & Collaboration <i>Claire Lerner, LCSW-C</i>
10:00-10:15am	Break
10:15-11:45am	The Neuroscience of Attachment: The Connection Between Our Brain and Our Relationships <i>Heather Ulrich, PhD</i>
11:45-12:45pm	Lunch (<i>provided</i>)
12:45-2:15pm	The Reflective Approach: Forging Strong, Trusting Relationships with Parents Concepts and Techniques
2:15-2:30pm	Break
2:30-4:00pm	Key Principles of the Reflective Approach Practicum <i>Claire Lerner, LCSW-C</i>
4:00pm	Adjournment

Credits



APA: Mountain Area Health Education Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Mountain Area Health Education Center maintains responsibility for this program and its content. Full attendance is required to receive credit. This program will be offered for **6.0 CE**.



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 the programs. Full attendance is required to receive credit. **6.0**

hours



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. Approved for **6.0 hours**

6.0 CNE Contact Hours

This continuing education activity was approved by the Mountain Area Health Education Center's Department of Nursing Education, an approved provider by the North Carolina Nurses Association. Participants must attend the entire activity to receive credit. No partial credit is given for this activity.

MAHEC adheres to the NCNA/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.60 CEUs** as established by the National Task Force on the Continuing Education Unit. Full attendance is required to receive credit.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.0 Contact Hours**. Full attendance is required to receive credit.

Registration

Early Registration Deadline: June 8, 2018

Early registration fee is \$115, \$95 for groups (five or more from same agency, registering and paying at same time), \$75 for students (proof of enrollment required at check-in), \$75 for peer support specialists, \$75 for RN refreshers, and \$15 for MAHEC employees. Registration fee includes administrative costs, educational materials, 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. Registrations received without 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 TO THE BILTMORE CAMPUS

121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, 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?

CE Planner:

Barbara Warren, MSW, LCSW, LCAS-A, CFT
barbara.warren@mahec.net

Registration Information:

Fax Registration:

Online Registration:

Email:

Mail: MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803



Special Services:
828-257-4778

828-257-4475

828-257-4768

www.mahec.net

registration@mahec.net

828-257-4728

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Updated contact info

Name _____

Credentials _____

Social Security # **XXX-XX-**____ (last 4 digits required)

Occupation _____

E-mail 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 emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Please provide a:

Vegetarian Option

Gluten-free Option

Fee:

\$115

After June 8th

\$130

Groups:

\$95

\$110

(Five or more from same agency, registering and paying at same time)

Students:

\$75

\$90

(Proof of enrollment required at check-in)

Peer Support Specialist:

\$75

\$90

RN Refresher:

\$75

\$90

MAHEC Employees:

\$15

\$30

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

Check is enclosed (made payable to MAHEC) Credit card info provided

Visa Mastercard Discover Card American Express

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

Send completed registration form to: # 18MH018/53680

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768

