

MidSOUTH Center for Prevention & Training

September 2016 Workshops



Cognitive Behavioral Therapy Looking Through the Lens of Anxiety and Depression

Thursday, September 22, 9 am to 4 pm (6 hours)

Very early in life a person gets an impression of him/herself, the world around, and how to navigate through life. Those impressions contribute to the formation of core beliefs. A primary goal of cognitive behavioral therapy (CBT) is to challenge distorted thinking with the intention of changing thinking patterns and emotional reactions to situations. This approach was initially formulated in response to symptoms of depression and anxiety. This course outlines principles of CBT and delineates treatment approaches that can change thinking and emotional reactions to situations, while enhancing a more positive and hopeful perspective self. Participants will practice CBT approaches with brief scenarios.

Don Streit, LCSW, has been as a social worker in Arkansas since 1977. He practices psychotherapy in Little Rock and is an adjunct professor for the School of Social Work. He also presents workshops in CBT, Grief and Loss, Spirituality, Jungian Archetypes, Ethics and other topics.



Ethical Issues for Counselors

Friday, September 23, 9 am to 4 pm (6 hours)

This workshop will focus on the ethical issues and concerns involving clients in treatment and counseling. Topics to be discussed are ethical decision making, the impact of the counselor's personality on ethical decisions, countertransference, and how to avoid ethical dilemmas. Ethical issues and concerns involving treatment services to persons with co-occurring disorders will also be covered. (Note: This workshop will count toward the co-occurring ethics requirement for the Arkansas Substance Abuse Certification Board.)

Susan Kilman, LCSW, AADC, CCDP-D, QMRP, has been in the mental health field over eighteen years. Along with being a trainer for MidSOUTH, she is an adjunct instructor of Sociology at the University of Arkansas at Little Rock. She also provides clinical supervision for counselor trainees at CATAR Clinic in Little Rock. She has a wide range of clinical skills and has served a variety of clients.

Registration for Workshop

The following workshop is FREE to DBHS-funded substance abuse treatment service providers and community mental health agencies.

**Other professionals will be charged \$50 for one day and \$90 for both days.
Registration form is on the next page.**

REGISTRATION AND FEE INFORMATION

Registration can be completed in several ways:

- 1) Register online at: www.midsouth.ualr.edu
- 2) Fax registration to: (501) 569-3364
- 3) Scan form and email to cabesch@midsouth.ualr.edu
- 4) Mail registration form to:
University of Arkansas at Little Rock
MidSOUTH Center for Prevention and Training
2801 S. University Ave., Dickinson Room 622
Little Rock, AR 72204-1099

Registration Costs

Free to those agencies designated by the Arkansas Division of Behavioral Health Services (see front page).

All other professionals will be charged:
\$50 for one day or
\$90 for both days

Last Name: _____ First Name: _____ MI: _____

Title: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Work Phone: _____ Alternative phone: _____

Email: _____

Registration: Cognitive Behavioral Therapy and/or Ethical Issues for Counselors

_____ \$50.00 for Ethics

_____ \$90 for both days registration fee

_____ \$50.00 for CBT Workshop

_____ Scholarship for Ethics

_____ Scholarship for CBT

To register with this form: Please make Checks or Money Order payable to UALR/MidSOUTH and mail to the address above.

To register online at www.midsouth.ualr.edu: Go to our website and click on CLASS REGISTRATION at the top right of the page. Click on Course Calendar by Date and click on Sept. 2016. You will see both workshops listed. Follow the instructions for registration. MasterCard and Visa accepted for on-line registration only.

Once a registration form is received by the MidSOUTH Center for Prevention and Training, the registrant will be issued an email confirmation notice. If cancellation must be made, please cancel at least 3 business days prior to the training. Send cancellation by fax (501) 369-3364 or email Charlotte Besch at cabesch@midsouth.ualr.edu.

For questions: Call Charlotte Besch at 501-569-8459 or email her at cabesch@midsouth.ualr.edu.

TRAINING LOCATION:

September 22-23, 2016

St. Vincent Infirmary
Center for Health Education
2 St. Vincent Circle
Little Rock, AR 72205

MidSOUTH Center for Prevention and Training Mailing List

Do we have your e-mail address? If not and you would like to join our electronic mailing list, please email Charlotte Besch at cabesch@midsouth.ualr.edu. If your information has changed, please email cabesch@midsouth.ualr.edu or call (501) 569-8459 .

Other Training: To learn about our programs, contact Charlotte Besch at (501) 569-8459 or go to our webpage and look under Center for Prevention and Training at www.midsouth.ualr.edu



Division of Behavioral Health
Services, Arkansas Department
of Human Services

