

Mid-South Health Systems (MSHS) is offering 30 CEU's at our Jonesboro and Forrest City locations.

You may contact Kim Brown at kbrown@mshs.org to register for the trainings. Rate for four-hour training is \$30.00. Ethics training is \$50.00.

Domestic Violence Interventions (4 hours) Matt Knight, LPC

April 23, 2018 from 1-5 pm, MSHS Jonesboro Seminar Room, 2707 Browns Lane, Jonesboro

April 24, 2018 from 1-5 pm, MSHS Forrest City Seminar Room, 4451 N. Washington, Forrest City

Domestic violence is tragic for its victims- women, children, men. It breaks us physically, psychologically and spiritually. The good news-healing is possible. It is a process, but a rewarding one. Ironically, the perpetrators are broken also. But they too can profit from intervention and learn to adapt new ways of behavior, gain personal insight.

This workshop explores the dynamics of domestic violence for both victim and perpetrator – power and control, anger and its escalation to violence, making choices to change, co-dependency, community resources, sexual attitudes, healthy relationships, successful interventions, etc.

Content drawn from ongoing research and 20 years' experience working with perpetrators and victims.

Self-Care for Helping Professionals (4 hours) Matt Knight, LPC

May 8, 2018 from 1-5 pm, MSHS Jonesboro Seminar Room, 2707 Browns Lane, Jonesboro

May 9, 2018 from 1-5 pm, MSHS Forrest City Seminar Room, 4451 N. Washington, Forrest City

For those of us in the helping professions, self-care is critical. We are daily giving to, investing in others. Before we know it we can become tired, stressed, burned out, trapped, restless. We know that who we are becoming is not who we want to be. Surprisingly research says we are doing little to care for ourselves. This is not living. Our happiness and passion dim along with our effectiveness."

We can easily turn this around. This workshop is highly interactive, personally challenging, research based, and great fun. It offers direction and insight to evaluate, discover and decide- to consider possibilities, to make the choices that can keep you at your best. In addition, participants will be able to use much of the content with work they do with their clients.

Content is drawn from research in these topic areas: positive psychology, mindfulness, thankfulness and gratitude, intent and goal setting, positive purposed actions, human connection/love, meaning and identity, happiness, benevolence, spirituality/transcendence.

Introduction to the 12 Core Functions - (4 hours) Lori Poston, LCSW, AADC

June 7, 2018 from 8-12 pm, MSHS Jonesboro Seminar Room, 2707 Browns Lane, Jonesboro

June 4, 2018 from 8-12 pm, MSHS Forrest City Seminar Room, 4451 N. Washington, Forrest City

This training is designed to provide an overview of the ASACB's "12 Core functions". The workshop will provide discussion on the knowledge, skills, and attitudes which have been identified as competencies of a substance abuse counselor.

Trauma Informed Care with Children (4 hours) Kim Whitman, LCSW, AR-ECMHC

June 20, 2018 from 8-12 pm, MSHS Jonesboro Seminar Room, 2707 Browns Lane, Jonesboro

June 21, 2018 from 8-12 pm, MSHS Forrest City Seminar Room, 4451 N. Washington, Forrest City

Participants will begin to recognize what childhood trauma is and what typical children's reactions to trauma are. From there, participants will understand how trauma can impact young children and be able to describe what it means to be "trauma informed" in their interactions with young children. Finally, participants will become familiar with being a "trauma trigger detective" and will identify strategies that can support young children who have experienced trauma.

Ethical Issues Involving COD Treatment (6 hours) Robbie Cline, LPC, LADAC

This training will focus on ethical issues and concerns involving treatment services to persons with co-occurring disorders (COD). Considerable emphasis will be given to collaborating and interfacing with other behavioral healthcare professionals and the client's family in provision of quality of services to COD clients.

June 26, 2018 from 9-4 pm, MSHS Jonesboro Seminar Room, 2707 Browns Lane, Jonesboro

June 27, 2018 from 9-4 pm, MSHS Forrest City Seminar Room, 4451 N. Washington, Forrest City

Motivational Interviewing – Introduction (4 Hours) Robbie Cline, LPC, LADAC

Motivational Interviewing is a client-centered method for stimulating the client's motivation to change. Strategies and techniques will be explored. Participants will get an opportunity to practice these techniques during role play.

July 30, 2018 from 8-12 pm, MSHS Jonesboro Seminar Room, 2707 Browns Lane, Jonesboro

July 23, 2018 from 8-12 pm, MSHS Forrest City Seminar Room, 4451 N. Washington, Forrest City

Cognitive-Behavioral and Reality Therapies - Theory and Practice (4 hours) Robbie Cline, LPC

This training will examine two theoretical approaches popular in addictions counseling: Cognitive-Behavioral Therapy (CBT) and Reality Therapy. Cognitive-Behavioral Therapy is an action-oriented form of Psychosocial Therapy that assumes that maladaptive, or faulty, thinking patterns cause maladaptive behavior and "negative" emotions. Reality Therapy is a problem solving method that works well with people who are experiencing problems they want help solving, as well as those who are having problems and appear resistant to assistance. Participants will be presented a brief didactic view of each theory and then engage in role plays using each technique with clients.

August 1, 2018 from 1-5 pm, MSHS Jonesboro Seminar Room, 2707 Browns Lane, Jonesboro

July 27, 2018 from 8-12 pm, MSHS Forrest City Seminar Room, 4451 N. Washington, Forrest City