

2009 Spring Continuing Education Conference for Social Workers
Workshop Descriptions for Friday, May 1, 2009



Friday Morning

May 1, 2009

Three-Hour Workshops

8:30 AM – 11:30 AM

F 1 Psychodynamic Group Psychotherapy for Women who are Overeating and Gaining Weight

In modern societies, women are under strong pressure to be thin to achieve success in employment and relationships. Shame and fat prejudice often inhibit discussion of emotional overeating and weight gain. You'll learn a psycho-educational group approach that helps women discuss and address these eating disorder symptoms. Topics include characteristics and symptoms, diagnostic considerations, the group design and selection process and benefits of group therapy in this population. *Patricia Kyle Dennis, PhD, LCSW, Certified Group Psychotherapist, Clayton, MO, 40 limit. CLN. ALL.*

F 2 Social Work, Social Change

An opportunity to reflect on our roots, plan for the future and be inspired to action by one of the world's leading community organizers and social action singer/songwriter! Social workers have been instrumental to social change movements in this country and around the world. We'll celebrate this awesome tradition, look at the profession's historical commitment to radical social change and consider the opportunities that lay before us to reclaim and renew this tradition for the benefit of those we serve. *Si Kahn, PhD, Community Organizer, Singer/Songwriter, Author & Executive Dir., Grassroots Leadership, Charlotte, NC. CO/DIV. ALL.*

F 3 Child Mental Health Diagnosis

Over-view of specific mental health conditions and how they can affect children, adolescents and their families. Includes general assessment and diagnosis of psychopathology, the importance of using the five-axis system of the DSM-IV-TR, and several different practice strategies to address these disorders. Also reviews how children and adolescents who suffer from these disorders can become targets of mental, emotional and physical abuse. *Sophia Dziegielewski, PhD, Dean, University of Cincinnati School of Social Work, Cincinnati, OH. ADO/CLN/CYF/HTH/MH. ALL.*

F 4 Trauma across Types and Populations: A Model for Assessment and Treatment

Offers an overview of current DSM-IV diagnostic criteria for PTSD, methods of assessment and changes being considered for the DSM-V. The differential impact of a range of events across multiple populations is discussed with regard to PTSD and related disorders, including among military personnel and veterans. A model for case conceptualization and treatment is presented. Case examples illustrate the treatment process and the impact on therapists of working with trauma is addressed. *Joseph Scotti, PhD, Professor, Dept. of Psychology, WVU, Morgantown. 50 limit. CLN/HTH/MH. ALL.*

F 5 The Home Management of Diabetes

Describes the underlying pathology of diabetes in children and adults, the day-to-day management of the illness, treatment options for patients, barriers to compliance and complications of long-term or poorly controlled diabetes. Unique problems in dealing with

diabetes in WV and ways to help patients/clients better control the illness and improve quality of life are also discussed. The latest diet, exercise and drug therapies, as well as psychosocial aspects of having the disease, are reviewed. *Daniel J. Dickman, MD, Vice Chair, Dept. of Family Medicine, WVU School of Medicine, Charleston. HTH. ALL.*

F 6 Wilderness Treatment for Adolescent Girls with Post Traumatic Stress Disorder

A wilderness model for treating adolescent girls with PTSD and Reactive Attachment Disorder is presented. Cognitive Behavioral, Behavioral Modification, Desensitization and Sensitization as interventions are also discussed. Training, supervision and parameters of non-licensed counselors working in a professional treatment program implementing a clinical social worker's treatment are considered. Two case studies are presented and ethical issues related to mandated child and adult protection reporting are included. *Kathleen E. Donovan, LICSW, Psychotherapist/Trauma Specialist, Second Nature Wilderness Program, Clayton, GA. 50 limit. ADO/CYF/CLN/MH. ALL.*

F 7 Crossing the Line: Maintaining Healthy, Ethical Boundaries with Clients

In a sense, every discussion about ethics is a discussion about boundaries. A clear understanding of boundaries in the social work relationship is a fundamental foundation for practice. There are many potential ways to unintentionally violate or cross boundaries in subtle ways that do not serve the client. Using the *NASW Code of Ethics* as a basis, we will explore the nuances of dual relationships, confidentiality in rural settings, potentially beneficial boundary "crossings" vs. boundary violations and gifts. You will be given the tools to help you think through common boundary dilemmas in everyday practice. *Jane Riffe, MSW, EdD, LICSW, Specialist-Family, WVU Extension Service, Morgantown. ETH. ALL.*

F 8 Chronic Pain and Prescription Drug Overuse: Interventions

Since 1995, New River Health Association in Scarbro, WV has used a unique model of chronic pain management. Medical providers and counselors work together in clinic sessions providing patient care. In the course of chronic pain care, substance abuse issues are often discovered or develop. Includes discussion on intervention for substance abuse, including prescription drug abuse. By performing interventions together with counselors, medical providers gain skills of active listening, empathy, humility and shared decision making. Hear the definition, demographics and co-morbidities of chronic pain, gain exposure to medical controversies in chronic pain treatment, learn roles of different disciplines in chronic pain treatment and participate in planning and evaluating substance abuse interventions using the collaborative care model. *Daniel Doyle, MD and Scott Thompson, JD, LPC, New River Health Association. CLN/HTH/MH/SUB. ALL.*

F 9 Designing Epiphanies: An Introduction to Appreciative Inquiry

Appreciative Inquiry helps us think things we've never thought before. In Gestalt terms, it is a Figure/Ground Reversal that creates "a delightful 'surprise' in the viewer's eye. We are bringing what Jane Dutton of the University of Michigan has called the "submerged good" to the foreground. By examining those moments when we are at our best, we can start making change on firmer ground. We gain confidence by starting with what works and moving into the unknown. AI arouses the individual and organizations to value and use their assets, strengths, capacities and skills to the fullest. *Trish Hatfield, MA, President, Character Ethics, LLC, St Albans and Robin Spence, BA, Community Development Specialist, WV Prevention Resource Center, Lewisburg. CO/CLN/MGT. ALL.*

F10 Would it be All Right with You if Life Got Easier?

Useful to individuals, groups and organizations, this program teaches skills that help you spend more time and energy on productive, meaningful activities and proactive conversations, and break free of self-limiting, fear-based perceptions. You too can learn to better handle times of complexity and change! Also deals with leadership principles and increasing natural resiliency.

Shana Horrigan, MA, Personal and Business Coach, Halcyon Vision Coaching, Elkins. 30 limit. CO/CLN/MGT/SELF. ALL.

F11 Psychological First Aid in Disasters

Social workers are often called to respond to disasters and other traumatic community events. An American Red Cross training that provides understanding of the stress responses in everyone affected in a disaster, including relief workers. This basic level Disaster Services course offers useful suggestions about what you can say or do as you practice psychological first aid after a traumatic event. This is an introductory level workshop for participants of all backgrounds and not clinical. *Charmaine Cullen, RN, Disaster Mental Health Services Coordinator, Central WV Chapter, American Red Cross, Cross Lanes. CYF/HTH/MH. ALL.*

F12 Helping Men Manage Stress

Issues surrounding men and stress have continued to be taboo subjects. While stress greatly impacts men's functioning, seldom is attention directly focused on this group. We will look at the impact stress plays in the lives of men and ways social workers can intervene in helping men recognize and address stress related symptoms. *Philip W. Lucas, DSW, ACSW, LICSW, Consultant, Trainer, Private Practitioner, New Carrollton, MD. CLN/CYF/HTH/MH. ALL.*

F13 Helping Young People Find Joy, Energy and Direction in Life

Expands on SEARCH Institute's concepts of asset development and thriving. New research highlights the idea of "sparks" -i.e., identifying and supporting a young person's unique passion. This is a new process to build assets, thus helping a young person grow to full potential and move forward with passion and purpose. Through interactive activities you will look at this concept and learn to ignite new work in your community to move youth toward a positive future. *Barbara McFadden, MA, Adolescent Health Coordinator, Region I, RESA I, Beckley, and Chris Merritt, ACSW, LCSW, Adolescent Health Coordinator, Region 8, Pendleton Community Care, Franklin. 35 limit, ADO/CYF/CO/HTH/MH. ALL.*

F14 Everyday Self Defense for Social Workers: Intermediate Training

As a follow-up to the basic workshop previously offered, this session offers a balanced approach to personal and workplace safety that anyone can learn. Participants who have taken the beginning training will continue to gain skills to protect themselves in everyday situations at work and on the street and practice personal safety awareness, safety planning, stress reduction and other effective practical skills. *Janet Nelson, ACSW, LCSW, Third-degree Black Belt, originator of Everyday Self Defense, Tallahassee, FL. 75 limit. ALL. Note: Participants should have previously attended the beginning ESD workshop.*

F15 Grandparents as Parents: Kinship Care Assessment

The incidence of grandparents and other individuals assuming responsibility for raising children for a family member has sharply risen in recent years. This session describes kinship care families in WV and the nation and differentiates between the foster care and kinship care models. Learn to assess kinship care families, and of important resources to meet their needs. Offers hands on experience in working through a real-life situation regarding issues faced by kinship families. *Allison Nichols, EdD, Extension Specialist, Morgantown and Nina Cobb, MSW, Extension Educator-Cabell Co., WVU Extension Service. AGE/CYF/HTH/MH. ALL.*

F16 Rescued from Brothels. Now What?

Despite the best efforts of well-meaning clinicians, rescued teenagers too often voluntarily return to the brothels from which they were rescued. Offers a four-step intervention process for working with young women rescued from brothels, who have often become emotionally acclimated to brothel life and need specialized clinical interventions. Like teenage combat veterans, these young women have suffered not only trauma, but have developed an expectation for intense relationships, danger, highly planned and hierarchical living arrangements and avoidance of

future-planning. Therapy that fails to embrace these adaptations often fails, while therapists that accept these differences find themselves in a challenging role, worlds apart from the calm conversations of the traditional office. *Neal Newfield, MSW, PhD, LICSW, Professor, WVU Division of Social Work, Morgantown. ADO/CYF/CLN/HTH. ALL.*

F17 Dementia and Family Caregiving

The devastating impact of a dementia like Alzheimer's on patients and their families is well documented and while a cure remains elusive, both patient and family based treatments that can ameliorate symptoms and enhance overall quality of life exist. This presentation reviews the diagnostic classification, etiological and epidemiological considerations and treatment options for persons with dementia and their primary family caregivers. Case material from the WVU Memory Disorders Clinic is presented to highlight specific treatment interventions. *Eric Rankin, PhD, LICSW, Professor, WVU Dept. of Behavioral Medicine and Psychiatry, Morgantown. AGE/CLN/CYF/MH. ALL.*

F18 De-Stressing Your Life

Life seems to be getting more stressful every day at home and at work. We will go beyond merely managing stress to *De-Stressing*. In this energizing session, learn the single cause of all stress, identify your stressors, and be amazed at how changing just one belief can not only de-stress you, it can improve your happiness, energy, relationships and health. Learn and practice an instant de-stressing technique you can use every day, and share with your family and clients. Most importantly, you'll have fun, feel relaxed and have new skills to gain more control of your stress and your life. *Aila Accad, BSN, MSN, Trainer, Author life Coach, Owner of LifeQuest International, LLC. No Limit, HTH/SELF, ALL*

F19 Effective Management During Difficult Economic Times

Difficult economic times require innovative and creative techniques to maintain an organization's viability while continuing to provide critical social and human services. Nonprofit organizations that rely on grants, contributions and fees-for-service are particularly vulnerable during economic down-turns. Survival requires specific knowledge and skills. Organizations must develop and initiate effective business management techniques. This session will embrace such topics as organizational structure, operations, performance, cost-benefit analysis, legal and regulatory environments, change management, developing and communicating short- and long-term goals and objectives to internal and external stakeholders. *Joe E. Richards, MA, Chief Executive Officer, WV EMS Technical Support Network, Inc., Charleston. MGT. ADV.*

F20 Stewards of Children: Sexual Abuse Prevention

Enrolled participants receive a program workbook and the booklet *7 Steps to Protecting our Children*. This session presents a research-based sexual abuse prevention training program developed by *Darkness to Light*. You'll learn about the long-term, devastating effects of sexual abuse on individuals, and leave with simple, proactive strategies for protecting children from sexual abuse. Stewards of Children educates adults to prevent, recognize and react responsibly to the epidemic of child sexual abuse. *Christina Bailey, BSW, MS, Prevention Coordinator and M. Celi Van Dyke, MA, LPC, Executive Director, Just for Kids, Inc, Beckley. 50 limit. CYF/HTH/MH/POL. ALL.*



**Friday Afternoon
May 1, 2009**

One & One-Half Workshops

2:30 PM – 4:00 PM

G 1 Clinical Social Workers' Reactions to Fat Patients

The presenter will report on her research exploring the nature of clinical social workers' reactions to fat patients. She used qualitative research methods to answer the following questions: What does the word fat mean to therapists who are clinical social workers? What are therapists' reactions to patients whom they perceive as fat? How do these reactions manifest in their work with fat patients? Her findings can be used by clinical social workers to assess their needs for education, supervision, and psychotherapy in order to monitor, manage, and use their reactions to fat patients in a productive manner. *Patricia Kyle Dennis, PhD, LCSW, Certified Group Psychotherapist, Clayton, MO. 50 limit. CLN. ALL.*

G 2 Understanding Why We Speak the Way We Do

Another speaker and topic we've been trying to get forever! This workshop discusses our WV speech patterns in the context of language history. As people who serve others, it helps to appreciate the many variations in our Appalachian dialects and the importance of supporting the local culture heritage. Language scientists want people to understand that all dialect varieties, regardless of the social stigma, are beautifully complex, rule-governed systems. *Kirk Hazen, PhD, Professor of English, WVU, Morgantown. AGE/CO/CLN/CYF/MGT/POL. ALL.*

G 3 Social Work Storytelling: The Power of the Human Spirit

You will hear four stories of coping and resiliency that have been told in many classrooms over the presenter's 13 years in academia. Each has a moral and ethical message concerning the power of the human spirit to overcome social and economic disenfranchisement and personal crisis. All the stories are from the presenters' real life experiences as a social worker and many years of Irish storytelling. *Greg Hungerford, PhD, MSW, Assistant Professor, Ohio University Department of Social Work, Chillicothe, OH. ALL.*

G 4 Community Organizing: How People Get Power

A lynchpin of the social work profession, Community Organizing is an important part of our practice and has gained new respect in society due to the fact that President Obama is himself a community organizer. The author of How People Get Power (NASW Press) leads a discussion of the skills and techniques necessary for successful community organizing, interweaving many of his songs of social justice and cultural understanding. Si Kahn has worked for over 40 years as a civil rights, labor and community organizer. His songs of family, community, work and freedom have been recorded by many artists. *Si Kahn, PhD, Community Organizer, Singer/Songwriter, Author and Executive Director, Grassroots Leadership, Charlotte, NC. CO/DIV. ALL.*

G 5 Vinnie B. Doesn't Go Here Anymore: A Drama about School Bullying

The Contemporary Youth Arts Company has performed many times at the Spring Conference – always to large, appreciative audiences! Commissioned by Kanawha Co. Schools last spring, and written by WV playwright Dan Kehde, *Vinne B.* has been performed over 20 times to more than 10,000 students by actors from CYAC. Three high school students, LJ, Freddie and Bobby, locked in the detention room after a fight, challenge the authority that put them there, their roles in the school hierarchy, their pasts and, eventually, Vinnie B. himself – the target of their bullying. The drama is targeted to middle school and older students. *Dan and Penny Kehde, Directors, and Cast Members of The Contemporary Youth Arts Company. ADO/CLN/CYF/HTH/MH. ALL.*

G 6 Photography for Social Workers

Social work agencies provide vital services, but these services are often invisible in the community. Agencies need compelling images for websites, promotional brochures and other

materials used to solicit funds or garner community support. Learn to improve the quality of your photography for publicity purposes by incorporating principles of composition, storytelling and 'seeing like a camera'. These concepts are taught by examining the work of several photographers. Model releases and other legal matters are also addressed. *Neal Newfield, PhD, ACSW, LICSW, Professor, WVU Division of Social Work, Morgantown. CO/MGT. ALL.*

G 7 Dealing with Anger in Mind and Body

Explores anger, frustration, and fury in life and in therapeutic work through movement exercises and acting techniques. Transformation to confidence and balance is sought through imagination, activities and the exploration of personal space. This presenter is back by popular demand! Wear comfortable clothing. No previous acting or movement experience is necessary. *Glen Williamson, LCSW(NY), Actor-Storyteller, Psychotherapist, Movement Therapist, New York, NY. Enrollment limited. ALL/CLN/SELF. ALL.*

G 8 Ethics for Supervisors

Ethics workshops generally address the identification and resolution of ethical issues for direct practitioners, but what about social workers in positions of management? We'll discuss those ethical issues specifically faced by professional social workers at all levels of administration, including supervisors, managers and program directors. You'll complete a self-assessment, share current concerns about ethical dilemmas in supervision, and identify alternative approaches to resolution. You are encouraged to bring questions and concerns about ethics in your workplace. *Katherine Shelek-Furbee, MSW, Professor/Chair and Melanee Sinclair, MSW, Assistant Professor, Bethany College Social Work Program, Bethany. 50 limit. ETH/MGT. INT.*

G 9 Everyday Self-Defense for Social Workers: Review, Renew, Revitalize!

This personal safety training open session includes a short review of various self-defense techniques and concepts. You'll find this interactive session informative and uplifting, as well as supportive of your right to safety and wellness on the job. *Janet Nelson, ACSW, LCSW, Third-degree Black Belt, originator of Everyday Self Defense, Tallahassee, FL. 75 limit. ALL.*