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Present
**Continuing Education for
Psychologists, M.F.T.'s, L.C.S.W.'s, and Nurses
2008-2009**

Below is a schedule of upcoming events for 2008-2009, for which you will be receiving invitations.

Trauma Focused CBT for Youth

Saturday, September 13, 2008, 9:00 a.m. to 1:00 p.m.

Instructors: Michael Tompkins, Ph.D.

Description: Many youth experience traumatic events as they grow up (physical or sexual abuse, witnessing or being the direct victim of domestic, community, or school violence, severe motor vehicle or other accidents, or life-threatening illnesses). Even after experiencing such traumatic events, many children are resilient and do not develop enduring trauma symptoms. For those that do, however, trauma-focused cognitive-behavior therapy (TFCBT) is an effective and evidence-based treatment that decreases trauma-related symptoms and improves the functioning of these children and their parents. *Trauma-Focused Cognitive Behavior Therapy for Youth* is a half-day workshop that presents an overview of this model of treatment.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 4 pending

Professional Issues for Psychologists: Integrating Psychopharmacology into Clinical Practice

Friday, October 3, 2008, 9:00 a.m. to 12:00 p.m.

Instructors: Morgan Sammons, Ph.D.

Description: This workshop will address the integration of psychopharmacology into the clinical practice of psychology. New antidepressants, mood stabilizers, stimulants, and antipsychotics will be discussed with a focus on clinical use. The controversy surrounding the use of antidepressants, particularly in children and adolescents, will be discussed. Clinicians will gain understanding of newer agents that they are likely to encounter in everyday practice. The workshop will address advances in the understanding of combined treatments for mental disorders and their appropriate applications. The presenter will also discuss strategies for enhancing psychopharmacology education among psychologists with a goal toward obtaining prescriptive authority.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 3 pending

Acceptance and Commitment Therapy

Saturday, November 1, 2008, 9:00 a.m. to 4:00 p.m.

Instructor: Robyn Walser, Ph.D.

Description: More Information to Follow.

Location: Albany Senior Center, 846 Masonic Avenue, Albany

Credits: 6 pending

Overview of Dialectical Behavioral Therapy

Friday, November 21, 2008, 9:00 a.m. to 5:00 p.m.

Instructor: Deborah Mitchell, Ph.D. & Mark Rosenthal, L.C.S.W.

Description: This program will provide an introduction to Dialectical Behavioral Therapy as well as identify goals and commitment strategies used in DBT. Target behaviors, stages of treatment and treatment hierarchy of DBT will be discussed. Additionally, the core dialectics of DBT and the core dialectic of acceptance and change will be examined. There will also be a brief introduction to the four skills training modules taught in DBT: Mindfulness, Distress Tolerance, Interpersonal Effectiveness and Emotional Regulation.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 7 pending

Enhancing Clinical Expertise: Getting Maximum Improvement from Evidence Based Practices with Real World Clients

Saturday, December 13, 2008, 1:00 p.m. to 4:00 p.m.

Instructor: Cannon Thomas, Ph.D.

Description: In this talk, we will explore the research from cognitive psychology on the development of expertise across a wide range of domains of human achievement. This research reveals a set of common principles that show us how we can develop expertise as a field and as individual clinicians. We will particularly discuss how these principles can be applied to optimizing outcomes in the practice of evidence based treatments.

Location: Albany Senior Center, 846 Masonic Avenue, Albany

Credits: 3 pending

Motivational Interviewing and Harm Reduction in the Treatment of Dual Disorders

Friday, January 23, 2009, 9:00 a.m. to 12:00 p.m.

Instructor: Matthew Tierney, N.P., C.N.S. (UCSF Department of Psychiatry)

Description: This course involves an overview of "dual disorders"; that is: substance use disorders co-occurring simultaneously with other mental health disorders. Emphasis is placed on describing the prevalence of co-occurring disorders, recommended screening, and the promotion of integrated treatment, with a strong emphasis on the therapeutic modality of Motivational Interviewing.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 3 pending

Diagnosis and Treatment of Asperger's and other Autism Spectrum Disorders

Saturday, February 7, 2009, 10:00 a.m. to 4:00 p.m.

Instructor: Robert Hendren, D.O. (President of AACAP, Director of M.I.N.D. Institute, Chief of C/A Psychiatry at UC Davis medical Center)

Description: This workshop will describe new research that helps us understand Autism Spectrum Disorders, how to diagnose it and related disorders, and review current treatments and the evidence for their effectiveness. Primary emphasis will be on High Functioning Autism and Asperger's disorder.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 5 pending

Case Formulation and Progress Monitoring: Hands on Solutions

Saturday, April 25, 2009, 10:00 a.m. to 1:00 p.m.

Instructor: Jacqueline B. Persons, Ph.D. & Janie J. Hong, Ph.D.

Description: This workshop will identify strategies to help clinicians arrive at a conceptual understanding of individuals' presenting problems as a means of individualizing evidence-based practices to develop effective treatment plans. The use of patient self-monitoring techniques also will be addressed, with an emphasis on enhancing treatment outcomes.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 3 pending