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Present
Continuing Education for
Psychologists, M.F.T.'s, L.C.S.W.'s, and Nurses
2010-2011

Creating Real Behavior Change in Primary Care

Friday, September 24, 2010, 9:00am to 1:00pm

Instructor: Patricia J. Robinson, Ph.D. and Kirk D. Strosahl, Ph.D.

Description: This 4-hour introductory workshop will introduce participants to the Primary Care Behavioral Health (PCBH) model and to behavior change interventions for the primary care setting.

- Consider why behavioral health providers need to be members of the new medical home
- Learn details about the PCBH model and how PCBH services differ from traditional behavioral health services
- Receive a brief overview of behavioral intervention strategies that work well in the primary care setting, as well as learn about the application of Acceptance and Commitment Therapy in healthcare settings.

Location: Oakland Professional Development and Conference Center. 1000 Broadway, Suite 109, Oakland, Room 2

Credits: This course is currently submitted for review for 4 credits by MCEP.

Caring for Survivors of Torture-65 Years of Experience

NOTE: This event is NOT free for WI Faculty/Sup/Staff

Saturday, October 30, 2010, 10:00am to 1:00 pm

Instructor: Helen Bamber, OBE, Harvey Peskin, Ph.D. and Uwe Jacobs, Ph.D.

Description: This event will be held as a benefit for Survivors International and is designed to help participants learn about the psychological principles involved in caring for survivors of severe Human Rights abuses. Participants will learn how human rights violations affect survivors and indirectly the practitioners who work with them. Participants will also learn the specific methodology of Torture Rehabilitation. There will also be opportunity to enter into a discussion with the facilitators about their own experiences in working with survivors.

Location: Oakland Professional Development and Conference Center. 1000 Broadway, Suite 109, Oakland, Room 2

Credits: Application for 3 credits will be submitted to MCEP.

The Psychoanalytic Road Not Taken: The Roots of Contemporary Therapy in Freud and Breuer's Early Work

Saturday, November 19, 2010, 9:00am to 12:00pm

Instructor: Louis Breger, Ph.D.

Description: Psychotherapeutic theory and technique of psychoanalysis originated based upon the seminal work *Studies in Hysteria* (1895). The presenter will also speak to the ways in which aspects of Freud's personality influenced the creation of his psychological theories and practice recommendations. The speaker will also explain how Freud's clinical work was negatively impacted by his neglect of trauma and dissociation, his discrimination against women and his tendency to devalue certain experiences of his patients. Finally, he will compare how early psychoanalytic therapies had both effective and irrelevant treatment procedures and the consequences to patients undergoing psychotherapy.

Location: The David Brower Center, 2150 Allston Way, Berkeley, Tamalpais Room

Credits: Application for 3 credits will be submitted to MCEP.

Core Competencies of the Psychodynamic Psychotherapies and How to Teach them in Supervision

Saturday, January 8, 2011, 9:00am to 12:00pm

Instructor: Joan Sarnat, Ph.D. ABPP

Description: This course will focus on the core competencies for psychodynamic psychotherapists and the way supervision fits into teaching those skills. The instructor will approach the topic from a relational/ psychodynamic perspective; the instructor will draw upon some of that recent literature to elaborate her view of the essential skills and capacities that a psychodynamic psychotherapist needs to develop. She will then attempt to demonstrate through the presentation of clinical material how a clinical supervisor may facilitate the development of those skills and capacities in psychotherapists-in-training. By facilitating the group's "play" (in the Winnicottian sense) with the presented clinical material, the instructor hopes to offer participants some direct experience of the supervisory approach, which she is teaching. The model of supervision delineated in this course is based on the instructor's on-going work on the supervisory relationship.

Location: The David Brower Center, 2150 Allston Way, Berkeley, Tamalpais Room

Credits: Application for 3 credits will be submitted to MCEP.

Supervision

Saturday, February 19, 2011, 9:00am to 5:00pm

Instructor: Kenneth V. Hardy, Ph.D.

Description: Dr. Kenneth V. Hardy is a Professor of Family Therapy at Drexel University in Philadelphia, Pennsylvania and is also Director of the Eikenberg Institute for Relationships in New York, New York. Prior to joining the faculty at Drexel University, he was a Professor of Family Therapy at Syracuse University where he also held positions as Director of Clinical Training and Research, and Chair of the Department of Child and Family Services. He is the former Director of the Center for Children, Families, and Trauma of the Ackerman Institute in New York City.

Dr. Hardy presents workshops and provides consultations nationally and internationally on issues of diversity, multiculturalism, and cultural competency. He has provided training and consultation to an extensive list of Human Services agencies and School Districts devoted to providing culturally competent services to children and families. Some of his clients have included the Children's Defense Fund, The United States Department of Defense, the Menninger Clinic, the New York State Office of Mental Health, Harlem Hospital, the Washington D.C. Superior Court, Philadelphia Department of Human Services, Allegheny County Department of Human Services, the South Carolina Department of Mental Health, the Westchester County Department of Human Services, and a host of Colleges, Universities, and Post-Secondary Institutions throughout the United States.

Dr. Hardy has published extensively in the area of diversity and has earned considerable public acclaim for the contributions that his numerous publications and videotapes including [Psychological Residuals of Slavery](#) and the Experts series which have made great strides toward challenging our society to think critically about issues of diversity and oppression. His recent book, with Tracey A. Laszloffy, is [Teens Who Hurt: Clinical Interventions to Break the Cycle of Adolescent Violence](#). He was co-editor with Monica McGoldrick of [Re-Visioning Family Therapy: Race, Culture, and Gender in Clinical Practice \(2nd Edition\)](#).

Dr. Hardy will be joining the Bay Area psychology community to speak on the topic of Supervision. More information to follow.

Location: The David Brower Center, 2150 Allston Way, Berkeley, Goldman Theater

Credits: Application for 7 credits will be submitted to MCEP.

AEDP and the Culturally Diverse: Embracing Culture in an Attachment-Driven, Experiential Psychotherapy

Saturday, March 26, 2011, 9:00am to 1:00pm

Instructor: Anne Cooper, Psy.D.

Description: Healing-oriented and attachment based, Accelerated Experiential Dynamic Psychotherapy (AEDP) practice is radical in its translation of current neuroscience and developmental research into day-to-day, moment-to-moment clinical practice. Experiential both in its relational work and in its in-depth emotional explorations, AEDP's interventions are deeply rooted in the dynamics of the transformational process that emerge in environments where the individual feels safe and known. To learn more go to: [www.http://www.aedpinstitute.com](http://www.aedpinstitute.com)

Culture encompasses many aspects of one's identity including areas such as race and ethnicity, physical-ability, gender, sexual orientation, religion and spirituality, and socioeconomic status. Given its ubiquitous nature, we cannot separate culture from the client or culture from the therapist. As such, culture is embedded in the therapeutic process.

As therapists, how can we go beyond a theoretical understanding of cultural sensitivity and apply specific skills in working with diverse populations? To address these issues we will begin the workshop with a brief overview of AEDP, Accelerated Experiential Dynamic Psychotherapy, and demonstrate how one can be culturally responsive within this attachment driven, experiential psychotherapy.

In addition, we will discuss a forward-thinking framework for culture and working with cultural diversity (regardless of theoretical orientation), give examples of culturally responsive interventions, and discuss ways to refine and adapt AEDP to better meet the needs of our multicultural society.

More importantly we will see these ideas come to life by watching video of actual therapy sessions. Dr. Cooper will show various vignettes demonstrating how culture implicitly (inherited culturally beliefs weaved into the fabric of the individual) and explicitly (discrimination, racism, etc.) impacts the lives of patients and comes alive in the therapeutic process. "

Location: The David Brower Center, 2150 Allston Way, Berkeley, Tamalpais Room

Credits: Application for 4 credits will be submitted to MCEP.

The Authoritarian Personality

Saturday, April 16, 2011, 9:00am to 12:00pm

Instructor: Richard Lichtman, Ph.D.

Description: The day after Hitler came to power Max Horkheimer, Director of The Institute for Social Research in Frankfurt, Germany, moved to an apartment close to the railroad station. Shortly, he and his colleagues at The Institute would be forced to flee from Germany and the rabid anti-Semitism that had been organized there, and move to the United States to avoid their death at Nazi hands.

In a few brief years Germany had been transformed from a democracy into a barbaric, totalitarian society, a change that had come about as the result of an election in which the Nazi party had been chosen to rule by a plurality of the German voters. How was it possible for this apparently sophisticated, cultured society to so rapidly disintegrate? It was to this question that the Frankfurt School devoted itself over the remaining years of its existence. To begin to develop an intelligent answer to the question meant synthesizing the contributions of Freud, Marx, Weber and other significant theorists of the modern human condition.

In 1950, T. W. Adorno, Else Frenkel-Brunswick, Daniel J. Levinson and R. Nevitt Sanford (the first president of the Wright Institute) published one of the most significant works of social psychology of the 20th century, both influential and controversial *The Authoritarian Personality*,

a complex integration of theory, research, interview and testing in a way never previously attempted. Though the origins of the work were rooted in the study of Nazism the fruits extended to Western democracies as witness the further works of social psychologists like Stanley Milgram and his famous studies at Yale University.

In this class we will study these issues and extend the perspective to the present day and an analysis of the manner in which authoritarian influence continues to manifest itself in contemporary democracy. We will examine in particular the role of the media, the bureaucratic structure of contemporary society and the changing nature of the family in an attempt to comprehend the tension between the appearance and reality of American "democracy." In the process we will have a great deal to explore regarding the political structure of the "normal" American.

Location: The David Brower Center, 2150 Allston Way, Berkeley, Tamalpais Room

Credits: Application for 3 credits will be submitted to MCEP.

State of Confusion: Political Manipulation and the Assault on the American Mind

Saturday, May 14, 2011, 9:00am to 1:00pm

Instructor: Bryant L. Welch, J.D., Ph. D.

Description: A graduate of Harvard College and Harvard Law School, Dr. Welch earned his Ph.D. at the University of North Carolina in Chapel Hill, N.C. He is a research associate graduate of the Washington Psychoanalytic Institute. He is an experienced clinician and provided an estimated forty thousand hours of direct clinical care.

A clinical psychologist and attorney he is best known to Bay Area psychologists as the spearhead for the class action anti-trust lawsuit Welch v. American Psychoanalytic Association that opened psychoanalytic training to non-physician mental health professionals. He was also the architect and first executive director of the American Psychological Association Practice Directorate. During his tenure psychology gained recognition in Medicare and overturned the potentially disastrous CAPP v. Rank California lawsuit. He was also one of the first and most vociferous critics of managed health care filing numerous lawsuits against the managed health care industry.

Dr. Welch believes that psychodynamic therapists have much more to contribute to the current public dialogue about the political climate in America than they have to this point. This presentation, based on his book of the same title, is his attempt to show how psychologists can use their clinical expertise to influence that dialogue.

Dr. Welch draws broadly on his experience as a Washington political strategist, an insider at the American Psychological Association, and a psychodynamic therapist to explain the increasingly irrational psychological state of the American electorate. From a psychological perspective, he describes how politicians, religious leaders, and the media have used paranoia, sexual perplexity and envy to destabilize the country and put America at risk for still greater political disaster.

Dr. Welch's contends the only "treatment" for this condition is for the American public to recognize and understand the nature of the current manipulation and that mental health professionals are best trained to facilitate that understanding.

Location: The David Brower Center, 2150 Allston Way, Berkeley, Tamalpais Room

Credits: Application for 4 credits will be submitted to MCEP.