

THE WRIGHT INSTITUTE  
&  
THE ALAMEDA COUNTY PSYCHOLOGICAL ASSOCIATION  
PRESENT THE 2009-2010 CONTINUING EDUCATION SERIES  
FOR PSYCHOLOGISTS, LMFTS, LCSWS AND NURSES\*

*\*For ongoing workshop updates, please visit our website at [www.wi.edu/continuinged.html](http://www.wi.edu/continuinged.html).*

**Dialectical Behavior Therapy: Hands-On Help for Emotion Dysregulation**

**Saturday, October 24, 2009 (9a to 4p – 6 CE Credits Pending)**

Dr. Rochelle Frank, who has over 20 years of experience as a clinician, instructor, and supervisor, will provide an in-depth, clinically-oriented and interactive training on Dialectical Behavioral Therapy (DBT). In the morning session, an overview of the theoretical and structural components of DBT will be provided with a focus on Dr. Marsha Linehan's biosocial model of emotion regulation and its application to the etiology and treatment of Borderline Personality Disorder, Bipolar Disorder and PTSD. Methods of integrating DBT into other treatment modalities also will be addressed, including how to apply DBT techniques to help patients learn skills to improve their quality of living and overall level of functioning for other diagnostic issues such as Anxiety Disorders and insomnia. Stages and modes of treatment will be discussed with a particular emphasis on validation and change techniques. In the afternoon session, participants will have the opportunity to learn and apply key DBT skills such as mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness via case vignettes, interactive skills practice, role playing and clinical case consultations.

**Rochelle I. Frank, Ph.D.** – Assistant Clinical Professor at U.C. Berkeley, Department of Psychology Clinical Science Program and UCSF School of Medicine, Department of Psychiatry – Langley Porter Psychiatric Institute. Adjunct Faculty member at Argosy University and Clinical Supervisor at The Wright Institute. Staff Psychologist at Gateway Psychiatric Services. Private practice in Oakland. 2009 President of the Alameda County Psychological Association.

Location: Newton-Seale Conference Room, Building R, Room 110 at Merritt College,  
12500 Campus Drive, Oakland, CA 94619

## Motivational Interviewing Skills: An Interactive Workshop for Practicing Applications for Difficult-to-treat Clients

Saturday, November 7, 2009 (9a to 4p - 6 CE Credits Pending)

In January of 2009, Matthew Tierney conducted a workshop for us that was exceptionally well-attended and well-received. Participants who attended this workshop, entitled "Motivational Interviewing and Integrated Treatment for Dually-Diagnosed Clients," overwhelmingly requested additional, in-depth training from Mr. Tierney that would provide them with specific tools to use Motivational Interviewing (M.I.) techniques in their work with clients. With this in mind, Mr. Tierney has graciously offered to teach this new workshop, which builds on his prior course but is also suitable for clinicians who do not have a background in M.I. "Motivational Interviewing is a directive, client-centered counseling style for eliciting behavior change by helping clients explore and resolve ambivalence." (2002, Miller, W. and Rollnick, S.) This new course will provide an in-depth, clinically-oriented and interactive training on Motivational Interviewing. Special emphasis will be placed on applying basic and advanced M.I. techniques when working with difficult-to-treat clients, including those with co-occurring substance use and severe and persistent mental illness. The course will also address the inherent ethical conflicts that may occur in applying M.I. techniques when clients' values and goals may be at odds with the mental health goals of the treatment setting. The beginning of the workshop will provide a detailed description of the foundations and spirit of Motivational Interviewing, including a review of open-ended questions and reflective listening. The remaining five hours of the course will utilize specific M.I. skill building exercises for learning the following techniques: 1) How to recognize and sustain change talk. 2) Evoking and responding to change talk. 3) Sustaining change and responding to resistance. 4) How to negotiate a change plan. 5) Consolidating a commitment. This interactive workshop will include role playing, small group and large group exercises, and discussions of clinical cases of difficult-to-treat patients during Q & A, case discussions and consultations. Our goal is to provide you with the training you need to use these skills in your work with clients/patients.

**Matthew Tierney, NP, CNS** – Nationally Certified Nurse Practitioner in both Adult Primary Care and Psychiatric-Mental Health Care. Licensed in California as a Psychiatric Clinical Nurse Specialist. Faculty member at the UCSF School of Nursing. Administrative Director of two outpatient programs at San Francisco General Hospital's Department of Psychiatry in the Division of Substance Abuse and Addiction Medicine. Clinical practitioner at Gateway Psychiatric Services in San Francisco. Extensive clinical experience in outpatient acute and urgent care, hospital-based and other residential medically-managed substance abuse care, and intensive outpatient treatment for clients with co-occurring substance abuse disorders and mental health disorders.

Location: Room 307, Building P at Merritt College, 12500 Campus Drive, Oakland, CA 94619

## Practice-Based Evidence: Working Clinically and Culturally with Diverse Communities

Saturday, January 23, 2010 (9a to 12p – 3 CE Credits Pending)

As we know from living and working in the Bay Area, it is no longer enough to understand the intergroup differences that make up the multicultural world in which we live. In order to truly understand a client, it is essential that we begin to examine, conceptualize and treat clients according to the multiple ways in which individual clients identify themselves. There are many facets of identity including areas such as ethnicity and race, religion and spirituality, physical ableness, SES, gender and sexual orientation. Dr. Gallardo is a leading national expert on this and other related topics. He will facilitate an interactive discussion on defining and supporting the multiple dimensions and intersections of patients' diverse identities while enabling you to utilize your own clinical orientation. He will also discuss the findings of his recently published book on the intersections of multiple identities. This includes the current movement away from the medical model of intervention (which focuses on elements specific to a particular narrow theoretical orientation) toward the identification of common components responsible for the efficacy of all psychotherapies. The workshop will provide practice examples, methods of culturally responsive intervention, psychotherapy cultural adaptation models with diverse populations, and illustrations of the various dimensions of diversity in the therapeutic encounter. Case vignettes, interactive group discussions and a Q & A period will also be incorporated.

**Miguel E. Gallardo, Psy.D.** – Widely recognized as a leading national expert on the complexity of diverse identities and multicultural topics. Associate Professor of Psychology at Pepperdine University's Graduate School of Education and Psychology. 2007-2008 President of the California Psychological Association. Founder and first President of the California Latino Psychological Association. Scholar, instructor, researcher, author, clinician and consultant who has received multiple honors for his dedication and commitment to the field of psychology on local, statewide and national levels.

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## Beyond the Binary: A Clinical Framework for Understanding Gender Identity

Saturday, February 6, 2010 (9a to 1p - 4 CE Credits Pending)

It is often unclear to the adults in a child's life if a child's gender variance is an indicator of their gender identity. It is essential for anyone working with these children to distinguish between a child's gender non-conforming play choices or appearance preferences and the child's innate sense of gender identity. Given society's gendered designation of children's activities, clothing choices, and mannerisms, any child who deviates from these expectations faces categorization as abnormal, confused, mentally ill, or over-indulged. Conversely, parents, in an effort to support a child, will sometimes be over-eager to bypass these negative and inaccurate societal assessments and prematurely assign their child a transgender identity.

This course will examine the complicated nature of gender identity in children. A non-binary framework for understanding gender identity will be presented as well as foundational concepts for understanding this complex topic. The workshop will also explore the therapist's role in providing the necessary conditions for parents and children to fully explore a child's gender creativity as well as providing some key practices for helping a family navigate this uncharted territory. Additionally, the impact of society's traditional, binary views of gender on the healthy development of a non-traditionally gendered young person will be discussed. Knowing the potentially difficult path a gender creative child faces is crucial for clinicians to understand when working with these children or their parents. At the conclusion of this course, participants will be able to: 1) Effectively use terminology such as anatomical gender, cross gender, gender creative/variant, and gender nonconforming. 2) Recognize stages of gender identity development in young children. 3) Determine indicators as to whether a child's gender expression is merely a phase or an innate part of their identity. 4) Examine the developmental phases of gender variant and transgender children. 5) Distinguish the difference between sexuality (such as gay, lesbian, bisexual, heterosexual, etc.), gender identity (including variance, cross gender identification, and gender nonconformity) and gender expression. 6) Become familiar with typical stages of parental understanding and acceptance. 7) Understand initial factors leading to social and/or physical transitions. The course will include both direct instruction and interactive methods such as "Quick Writes," video vignettes, case analysis, pair shares and small group discussions.

**Stephanie Brill** – Widely recognized as a leading national expert on gender variance in children. Author of three groundbreaking books, including *The Transgender Child: A Handbook for Families and Professionals* (co-authored with Rachel Pepper). Provider of gender identity trainings for parents, public and private schools, city and county health departments, early childhood specialists, and mental health and healthcare providers. Featured speaker at the World Professional Association for Transgender Health Symposium in Oslo, Norway. Founding Director of Gender Spectrum, an organization dedicated to the creation of a more inclusive world for people of all genders. Gender Spectrum hosts Gender Odyssey and the Gender Spectrum Family Conference, two

annual events providing workshops, community building activities, and resources for gender variant children, youth, adults and their families and allies. Founder of the Children's Hospital Oakland support group for parents of gender variant and transgender children.

**Diane Ehrensaft, Ph.D.** – Developmental and Clinical Psychologist in the San Francisco Bay Area with a specialty in gender studies and psychotherapy/consultation with gender nonconforming children and youth and their families. Author of "Raising Girlyboys: A Parent's Perspective" (*Studies in Gender and Sexuality*, 2007), "One Pill Makes You Boy, One Pill Makes You Girl" (*International Journal of Applied Psychoanalytic Studies*, 2009), and the forthcoming book, *Gender Born, Gender Made: Gender-Creative Children and their Families*. International and national lecturer and published author on the subjects of gender, assisted reproductive technology, parenting, and child development. Has served on the faculty of The Wright Institute, Berkeley, Psychoanalytic Institute of Northern California, Access Institute San Francisco, and University of California, Berkeley. Author of *Mommies, Daddies, Donors, Surrogates, Building A Home Within* (co-edited with Toni Heineman), *Spoiling Childhood*, and *Parenting Together*.

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## The Nearness of Attention

**Saturday, March 20, 2010 (10a to 1p – 3 CE Credits Pending)**

Psychoanalytic work requires intensive, focused attention that nonetheless rests on the ebb and flow of content, sensation, affect, thought and intuition as they enter and exit awareness. The therapist's capacity for "evenly hovering attention," for non-pressured but attentive listening and for the creative play of reverie shares important similarities with meditation practice. However, the Eastern traditions from which many meditation practices derive are of a very different cultural character, linguistic root and philosophical orientation. Language signs such as "self" and "no self" immediately encounter not only tangles in translation, but also speak to and from differently embedded world views. This course will touch on some of the similarities and differences between Eastern and Western approaches to the suffering person and to states of consciousness such as "the oceanic feeling" described by Freud. The course will include some brief practices of sitting meditation, and will allow participants to share their reflections on the nearness – and scattered nature – of attention, being and language in psychoanalysis and meditation. Participants will also receive seminal articles this topic.

**Karen Peoples, Ph.D.** – Psychoanalyst and psychologist in private practice in San Francisco and Marin. Faculty member at the Psychoanalytic Institute of Northern California (PINC) and former Associate Professor in Doctoral Psychology at the California Institute of Integral Studies. Long-standing interests include the relationship between spiritual experience and psychoanalytic process, the interface of social and personal trauma, and the role of uncanny states of consciousness in spirituality and trauma. Published author and presenter of papers on psychoanalytic perspectives on incest trauma, mass dissociative contagion as an antecedent of evil, the relationship of trauma to fundamentalist psychic states, traumatic and transcendent forms of emptiness in the self, and myths of sacrifice in clinic and culture. Dr. Peoples has also led many workshops on psychoanalysis and spiritual experience.

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**Understanding the Nature of Trauma Memories: Why Memory Exposure Is Necessary for Transforming Meaning and Effectively Treating PTSD**

**Saturday, April 24, 2010 (9a to 12p – 3 CE Credits Pending)**

This workshop will explore the unique neurobiology and psychology of a traumatic event, and why some form of memory exposure is necessary for the effective treatment of PTSD. Participants will learn about the role of stress hormones on the formation of memory, the special nature of trauma memories and conditioning, and how memory exposure techniques address not only conditioned fear and avoidance but also enable the deep processing of meaning which is essential to healing and post-traumatic growth. This workshop is a scientific and theoretical course which will encourage discussion from various therapeutic perspectives. It will include a review of the major memory exposure techniques and how they work as opposed to providing specific clinical training.

**Victoria Beckner, Ph.D.** – Licensed psychologist in private practice with the San Francisco Group for Evidence-based Psychotherapy. Researcher and Clinical Professor at the University of California at San Francisco (UCSF). Dr. Beckner's research focuses on the effects of stress hormones on mental and physical health, as well as the development of new treatments for anxiety disorders and depression. She recently completed a three year grant-funded study on how a stress-management treatment may reduce the negative effects of stress on brain lesions and symptoms in Multiple Sclerosis. Dr. Beckner teaches courses and workshops on PTSD, disaster interventions, the neuroendocrinology of stress, vicarious trauma, and cognitive behavioral therapy. She also co-instructed a course at the University of Rwanda in 2006 on multicultural treatment approaches to trauma in the context of genocide. Dr. Beckner recently published the book "Conquering Post-Traumatic Stress Disorder," which includes evidence-based interventions for clients to use as part of their recovery from trauma.

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## **Bodymind Healing in Psychotherapy**

**Saturday, May 15, 2010 (9:30a to 1:30p – 4 CE Credits Pending)**

Bodymind Healing Psychotherapy draws from traditional forms of psychotherapy, energy psychology, bodymind and symbolic process approaches to healing, hypnosis, psycho-neuroimmunological research, and ancient sacred wisdom traditions. This workshop will train therapists to utilize self-healing methods to assist patients in improving their physical and mental health.

**Michael Mayer, Ph.D.** – Licensed psychologist in the San Francisco Bay Area. Training coordinator for Dr. Eugene Gendlin's Focusing Method for ten years. Co-founder and psychologist for The Health Medicine Institute, a multidisciplinary team of Western doctors and complimentary health practitioners. His works include twenty publications on psychotherapy and mind-body approaches to healing. Over the past thirty years, Dr. Mayer has practiced and taught various oriental healing arts including: Tai Chi Chuan, medical Qigong, standing and walking meditation, and acupuncture. He pioneered the integration of Qigong and psychotherapy, and was the first person to teach doctoral psychology students how to use these methods. Although Dr. Mayer uses medical Qigong methods with his patients to help heal hypertension, anxiety, chronic pain and trauma, his integral approach typically does not utilize Qigong movements or even mention Qigong. His methodology includes using Qigong breathing techniques to enhance relaxation, teaching acu-point self-touch to patients, using energizing storytelling methods (such as Mythic Journey process), and helping patients to anchor the naturally arising body movements that occur at a moment of felt shift in therapy to create a new life stance.

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94619

## **Directions to Merritt College**

Directions to Merritt College and a campus map may be found at the following link:

<http://merritt.peralta.edu/Projects/40434/CampusMap2008.pdf>

**TO REGISTER:** Please send your check payable to The Wright Institute and this completed form to: The Wright Institute, CE Program Registration, 2728 Durant Avenue, Berkeley, CA 94704. You may also contact The Wright Institute's Continuing Education department by sending an e-mail to [ce@wi.edu](mailto:ce@wi.edu) or leaving a voicemail message at (510) 841-9230 Ext. 172.

Name: \_\_\_\_\_

License Type & Number: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

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**Please check one:**

- General Registration
- Alameda County Psychological Association Member
- Student/Trainee
- Wright Institute Staff or Collaborative Practica Site Personnel
- Other: \_\_\_\_\_

**Please check the event(s) you will be attending and circle the appropriate registration fees:**

	<b>WI Faculty/Sup/Staff</b>	<b>ACPA</b>	<b>Student</b>	<b>General</b>
<input type="checkbox"/> Frank	Free	\$120	\$60	\$150
<input type="checkbox"/> Tierney	Free	\$120	\$60	\$150
<input type="checkbox"/> Gallardo	Free	\$60	\$30	\$75
<input type="checkbox"/> Brill/Ehrensaft	Free	\$80	\$40	\$100
<input type="checkbox"/> Peoples	Free	\$60	\$30	\$75
<input type="checkbox"/> Beckner	Free	\$60	\$30	\$75
<input type="checkbox"/> Mayer	Free	\$80	\$40	\$100

**Total Fee Enclosed:** \_\_\_\_\_