

REGISTRATION INFORMATION

These courses provide continuing education hours (CEHs) for Interns, Trainees, MFTs & LCSWs requiring CEHs for license renewals by the Board of Behavioral Sciences.

HOW TO REGISTER:

Registration options are as follows:

MAIL-IN registration.

Mail the enclosed completed form with payment to:
Heidi Kwok
6068 Nevelson Ln
Simi Valley, CA. 93063

PLEASE NOTE: The Workshops Program and AHP are not responsible for mail that is misdirected, lost, or late.

EMAIL registration and include credit card information or mail in payment [follow mail-in directions above].

Email the registration form at the bottom to
heidikwok2000@yahoo.com.

WALK-IN registration: Pay before start of workshop.

SEMINAR FEES

\$70.00 half day | \$90.00 full day

METHODS OF PAYMENT

Acceptable methods of payment are credit card (Visa or Mastercard) and check (mail-in registration).

Since these workshops fill quickly, early registration is highly recommended. If you are unable to pre-register for a workshop and providing the workshop is not filled, you may be able to show up at the door and attend. However, the attendance verification certificate will be withheld until registration and payment have been processed.

REFUNDS

For a Refund request, you must contact us to drop or withdraw from the workshop before it meets; the refund is processed automatically within 3 weeks.

CANCELLED WORKSHOP

Every effort will be made to notify the attendee of a canceled workshop. Fees paid may be applied to an alternate workshop, or a full refund will be issued. Please allow three weeks to receive a refund.

WITHDRAWALS

Registered participants must officially withdraw by contacting us the day before the seminar begins to receive a full refund. The amount paid for the seminar in question will be automatically credited to the participant or may be applied to an alternate workshop. There are no withdrawals, refunds or credits granted after work hours of the day before the start of the workshop. Non-attendance, notifying the instructor or stopping payment does not constitute an official withdrawal. Retroactive withdrawal is not permitted.

PARKING

On-site parking near workshop room.

NEW LOCATION

14651 Oxnard St.
Van Nuys, CA. 91411

WORKSOPS CONTACT INFORMATION:

diana.castle@csun.edu
heidikwok2000@yahoo.com

SPONSORED BY:

The Association for Humanistic Psychology.
<http://www.ahpweb.org/>

WORKSHOPS PROGRAM

SPRING 2015

REGISTRATION OPEN!

**CONTINUING EDUCATION IS APPROVED BY
THE BOARD OF BEHAVIORAL SCIENCE**



This program is open to advanced students and professionals in health-related fields and is not suitable for the general public. We provide affordable quality continuing education hours and training to the professional community of licensed MFTs, LCSWs, Teachers, Interns, Trainees and other mental health professionals.

We are an approved provider (#PCE 306) for mandatory continuing education hours for MFTs & LCSWs requiring CEHs for license renewals by the Board of Behavioral Sciences. Conference attendees who complete all required evaluations and attendance documentation are eligible to receive the number of contact hours for workshop(s) attended.

**DOMESTIC VIOLENCE STRATEGIES:
ENDING THE CYCLE FOR THE NEXT GENERATION
SUNDAY, MARCH 22 \ 9:00 a.m. – 5:00 p.m.
BBS Approved \ 7 CEHs**

This 7-CEU workshop will cover the many characteristics and legal aspects of working with diverse domestic violence cases. Scott Barrella, Clinical Director of Cornerstone, will present many case examples of effective interventions with abusers based on his 25 years of treatment experience.

Mr. Barrella will present several of his innovative approaches which have been the subject of published clinical studies. This dynamic workshop will also review treatment strategies used with children who have witnessed the abuse. When reviewing the subject of battered partners, Mr. Barrella will show several **video** examples of real cases and recovery after the abuse. These are deceptive and complicated clinical cases and many misperceptions and barriers to change come up.

Through attending this workshop, Mr. Barrella will provide the vital tips to be a well-informed professional with domestic violence cases. Even if this area is not your focus, this workshop will give you valuable information to make informed decisions and referrals

PRESENTER: SCOTT BARRELLA, MS, LMFT is the Clinical Director of Cornerstone Counseling Center. Cornerstone has multiple locations in Ventura County. Cornerstone has offered court-approved programs since 1997. The Criminal Court Treatment Programs (Probation and Parole Approved) include Anger Management and Batterer's Intervention (52-week). He also created a DV Treatment program for inmates and taught the course in the inmate population. Mr. Barrella has authored four Treatment Books to address Domestic Violence and Co-Custody Parenting. He also is a sought-after resource NBC Dateline, the Dr. Phil Show, and local media. He has been a repeat resource for the Oprah Winfrey Show and has appeared on the show as a guest expert. Several celebrity clients have been successful clients of Mr. Barrella.

WORKSHOPS FILL QUICKLY

**Early Registration is
Highly Recommended!**

**RELEASING ANXIETY AND STRESS
SUNDAY, MARCH 8 | 1:00 p.m. – 5:00 p.m.
BBS Approved \ 4 CEHs**

With the increase in change and uncertainty in our lives, stress and anxiety have become rampant. The gap has increased between expectations with one's comfort level and what is occurring for so many people now. With the advent of computers and technology, it seems as though life is speeding up. Keeping up with the rapid changes in technology along with the financial stress of our times, has increased the sense of overwhelm for many. Severe and uncontrolled stress can create burnout as well as affect you on a physical level. Having a huge bag of stress and anxiety management tools has become a necessity for every therapist for our clients as well as for us.

In this workshop you will:

- Understand the difference between stress and anxiety and how they affect the body.
- Recognize and practice how Mindfulness Techniques are a great adjunct to any Stress Management or Anxiety Reducing Program.
- Learn calming and grounding processes.
- Practice a 5-minute daily routine to begin your day being more balanced.
- Experience using Meridian Tapping Techniques to rapidly release the effects of any stressors.
- Use hypnosis and easy progressive relaxation techniques
- Leave the workshop with a sense of calm and peace!

Most importantly, you will leave the class with tools for you and your clients to experience a sense of calm and serenity.

PRESENTER: HELAINE Z. HARRIS, LMFT Helaine Z. Harris, MA, MFT, has practiced psychotherapy and led seminars since 1980. Creator of An Awakening Process™- a blending of traditional and alternative psychotherapies including Reichian work, hypnosis, meditation, EMDR, TFT, EFT, and shamanism. She is trained and teaches many of the 45+ methods she utilizes. She specializes in relationship issues, empowerment, addictions, and survivors of physical and sexual abuse. Helaine is an award-winning poet and author of *Are You in Love with a Vampire? Healing the Relationship Drain Game*. She is a part of the Red Cross Disaster Mental Health Team since 1995. Helaine has been the Education Director for the Association of Comprehensive Energy Psychology (ACEP) and has appeared on NBC, ABC and KCBS Special Assignment. Helaine loves training therapists, healers and coaches to create a highly successful practice in person as well as on-line.

**THE 1-2-3'S FOR TREATING RESISTANT TEENS!
SUNDAY, APRIL 26 | 8:30 a.m. – 12:30 p.m.
Approved \ 4 CEHs**

1. What do you do with a snarling 13-year-old who views you as the enemy?
2. How do you reach an indifferent high schooler who just sees you as a tool for mom and dad?
3. Why would a teenager ever want to have fun working therapeutically with you?
4. When should you use a zirconium moderator as a fuel source when building a modern day nuclear reactor?

Three out of the four exciting questions above will be explored in this fun, informative and interactive workshop. During this presentation you will learn techniques to recognize how to work with a teen's resistance and build the much needed trust to start the healing process. There's a difference between a vice-principal and a therapist; learn how to differentiate yourself from every other adult in that kid's life and engender the type of relationship that can stimulate the confidence and healthy self-expression that your client needs for personal growth. Resistance does not always come just from the teenagers, but from parents too. We'll also discuss the tightrope delicacy of allying yourself with parents without violating your client's trust. Come ready with lots of questions and get ready to do some role-play, you're going to have great fun at this workshop!

PRESENTER: KENT TOUSSAINT, MA, MFT LPCC is a Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor specializing in working with kids, teens and their families. Kent is the Clinical Director and Founder of Teen Therapy Center in Woodland Hills. He has maintained a full-time private practice for several years and has significant experience working with the foster care system and with at risk youth. In addition to individual and family work, Kent Toussaint runs groups for adolescent boys called, "The Guys' Groups." These process groups help teen boys struggling with poor self-esteem, identity issues and peer relationships. Throughout the school year, Kent Toussaint can often be found presenting workshops to local parent organizations about a myriad of issues, but the most popular workshop is, "Who Is This Crazy Person Masquerading As My Teenager?" His presentations are well known for both their informative nature and the humor in which he presents them. Additionally, Kent Toussaint writes two article series called, "Tips on Teens" and "Clues on Kids" and can be found at the Teen Therapy Center Blog at www.TeenTherapyCenter.com, where you can find even more fun and exciting information!

THE ART OF SELF-COMPASSION THERAPY

SUNDAY, MARCH 15 | 8:30 a.m. – 12:30 p.m.

BBS Approved \ 4 CEHs

Self-Compassion Therapy has become a proven effective treatment for a variety of mental health issues. It has major implications in the treatment of trauma, abuse and addiction. One reason for its effectiveness in these three areas is that they can all cause toxic shame and the development of a harsh inner self critic, that menacing voice in our heads that repeatedly tells us we are bad, unlovable, and failures. It's this harsh inner self critic that triggers a vicious feedback loop in which our primitive threat defense system is continuously activated producing harmful stress hormones, and an array of painful emotions such as depression, anger, anxiety and helplessness.

This presentation will introduce some practical and creative self-compassion tools to help us suppress and bypass the primitive threat defense feedback loop and tap into the attachment affiliation center of our brains found in the neo cortex. Here we will discover and cultivate our own inner Compassionate Healer, learn to direct compassion inward to soothe our own pain, and enter into a calm and peaceful state of being.

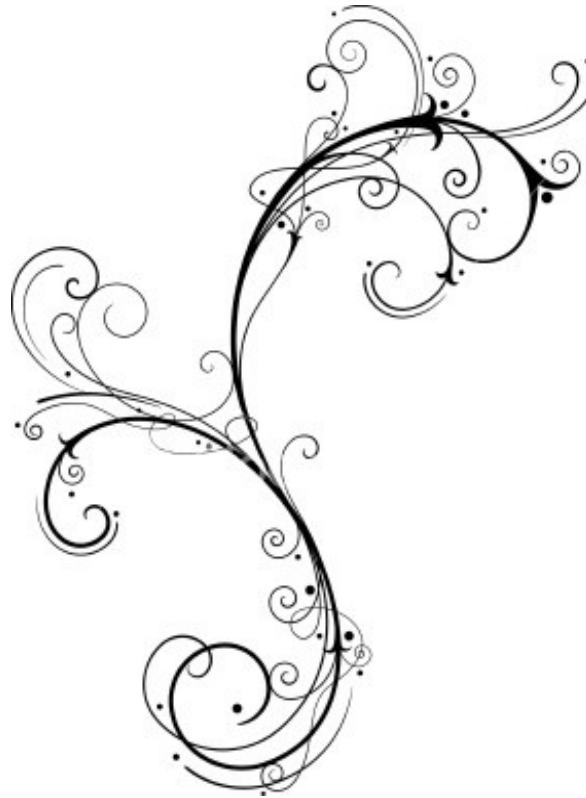
This workshop will combine a power point presentation together with interactive self-compassion focused guided visualizations, mindfulness and loving kindness exercises, creative activities and insightful discussion.

Workshop objectives will be to:

1. Become familiar with Self Compassion Therapy, leaders in the field, and how this therapy is becoming recognized as an evidence based technique to treat an array mental health issues.
2. Examine the different defense systems and feedback loops that exist in our brains, and assess their implications for mental and physical health.
3. Gain an understanding of the roots and consequences of toxic shame caused by trauma, abuse and addiction.
4. Examine the relationship between PTSD and the primitive threat defense system, and how self-compassion therapy can be used to treat trauma/PTSD.
5. Learn simple and creative tools and techniques to cultivate self-compassion.

PRESENTER: CINDY LEVY LMFT Cindy Levy has been a licensed Marriage and Family Therapist for 15 years. Cindy was employed by the Boys and Girls Club of Pacoima Family Preservation program for seven years. During that time she worked together with the Department of Children and Family Services providing in-home counseling focused on family reunification and child safety issues. Cindy has been employed for the past eight years as a Licensed Care Advocate for United Behavioral

Health Insurance where she provides clinical management of In Patient and facility based mental health and substance abuse treatment. Through her own private practice, Cindy provides psycho-educational presentations on subjects such as Self Compassion Therapy, and the Process of Transitions.



WORKSHOPS FILL QUICKLY

**Early Registration is
Highly Recommended!**

BOUNDARIES AND RELATIONSHIP DYNAMICS

SUNDAY, MAY 3 | 1:00 p.m. – 5:00 p.m.

BBS Approved \ 4 CEHs

THIS PRESENTATION introduces the importance of boundaries and relationship dynamics. Our personal boundaries are safeguards that protect our sense of self, our personal space, and give us the emotional space to make competent, well-thought out decisions without being pressured by a partner, an inner critic, or a critical parent. Learning to bear separateness when in a relationship keeps the relationship alive and prevents merging with the partner: 1+1=3.

To help people (like you) who help others. This workshop targets individuals and psychotherapists treating those who lose the self or merge emotionally in relationships. Participants will be engaged in interactive learning through didactic, experiential exercises, role play, movie clips, and question/answer sessions.

FORMAT: Didactic and interactive workshop enhanced by PowerPoint presentation and experiential exercises.

Program Objectives:

- Participants will learn to identify different types of boundaries.
- Participants will be able to identify healthy and boundary problems and
- Participants will identify how boundary violations negatively impact relationships
- Participants will learn how language, apologizing, communication style, and tactics impact relationships (power & helplessness, blame/shame, responsibility for others)
- Using a transactional analysis (TA) template, participants will identify and understand various relationship patterns & dynamics from 3 emotional perspectives.
- We will discuss reciprocity and how it is achieved using the cognitive tools described

PRESENTER: CHARLYNE GELT, Ph.D., (PSY22909), is dually licensed as a clinical psychologist, marriage and family therapist, and is a group psychotherapist who works with “strong” women struggling with issues of submissive dependency and emotional intimacy in relationships. As a clinician, Dr. Gelt is familiar with life crisis, the struggle to define oneself, and the transformative change that can occur with a “corrective emotional experience”, sometimes outside the traditional therapeutic environment. She is particularly committed to helping women (men, too) move from emotional submission towards empowerment and healthier relationships: 1+1=3.

WORKSHOPS REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

E-Mail Address _____

ADD ME TO THE WORKSHOPS NOTIFICATION LIST.

**MAIL-IN REGISTRATION – Make check payable to AHP. Mail the enclosed completed form with payment to:
Heidi Kwok 6068 Nevelson Ln., Simi Valley, CA. 93063**

METHOD OF PAYMENT:

VISA MASTERCARD CHECK

Expiration Date: _____

Card Number: _____

Print Name of Cardholder: _____

Authorizing Signature: _____

[WORKSHOP FEES - [\$70.00 half day | \$90.00 full day]

Please enroll me in the following course(s):

DOMESTIC VIOLENCE STRATEGIES: ENDING THE CYCLE FOR THE NEXT GENERATION

RELEASING ANXIETY AND STRESS

THE 1-2-3'S FOR TREATING RESISTANT TEENS

THE ART OF SELF-COMPASSION THERAPY

BOUNDARIES AND RELATIONSHIP DYNAMICS

TOTAL ENCLOSED \$