

## ONE-DAY Workshops

### Monday August 3

#### ***Overview of the Brain: 1) The Effects of Substance Abuse and 2) Personality and Learning Style***

***Rich Newkirk, Ed.D, University of South Dakota***

**AM Session** – Participants will be afforded the opportunity to view and handle two autopsied human brains and be provided with an overview of brain anatomy and function with emphasis on eighteen major areas. Participants will be able to distinguish various neurological behaviors that are linked to distinct areas of the brain. Assessments will be given so participants can associate symptoms that might be linked to substance abuse and specific parts of the brain. Participants will be able to learn strategies and prescriptions for dealing with symptoms and behaviors attributed to consumption of alcohol and other substances. Participants will also learn the parts of the brain associated with the stress cycle and the production of cortisol along with other potentially toxic hormones. Participants will be able to enjoy light-hearted humor and a relaxed atmosphere during the presentation,. Participants will also be able to take advantage of discussion time throughout the presentation to synthesize and embed learning with emphasis on how it applies to their individual lives and work setting.

**PM Session** – Participants will enjoy a relaxed atmosphere with varied instruction as they learn about four distinct personality styles and four specific learning styles. Participants will take two assessments and learn the characteristics of each of the eight styles. Emphasis will be placed on individual strengths and challenges with small group discussion and reflection. Participants will learn how to ascertain the styles of their peers and family members. Group discussion will also focus on how to enhance productive and meaningful relationships in the work setting. Participants will be able to understand the importance of maximizing individual strengths and minimizing challenges to promote health interpersonal and intrapersonal relationships.

BASIC AND INTERMEDIATE LEVELS

**IBC Category – Alcohol & Drug Specific**

#### ***Women and Violence: Counseling from a Contextual Framework***

***Darcie Davis-Gage, Ph.D, LMLHC, LPC, University of Northern Iowa, Cedar Falls, IA***

This course will examine the physical, emotional, and sexual violence women may experience in their life time and how individuals in the helping profession may intervene. The context of violence will be examined from a multifaceted, global perspective encompassing a discussion of ethnicity, gender, religion, and social class. Then, participants will learn effective strategies for working with women experiencing violence in their lives. This will be an interactive workshop using lecture, discussion, group work and multimedia materials.

INTERMEDIATE LEVEL

**IBC Category – Special Populations**

### Tuesday August 4

#### ***Treating Couples: Assessment, Intervention, Session Management***

***David Kearns, PhD, The University of Iowa, Department of Family Medicine, Iowa City, IA***

All clinical work can be challenging, but many clinicians agree that couples work can be especially difficult. In this workshop I will discuss some of my own struggles in couples work, struggles that eventually led to my official proclamation 15 years ago that I would "NEVER, EVER WORK WITH ANOTHER COUPLE!" Two years later, after a lot of personal reflection and self-guided education, I was back. And although the work continues to be challenging, more often than not, I now see couples work as a rewarding part of my clinical practice. In this workshop I will discuss how I got from there to here. By the end of the workshop attendees will understand: (1) how training, therapist, and client factors often intermingle to complicate couples work; (2) important lessons that emerge from the couples therapy outcome literature; (3) when couples work *isn't* a good idea; (4) crucial areas of assessment and intervention; and (5) recommendations regarding session management. This workshop will be both didactic and interactive. Attendees will be encouraged to share observations and experiences from their own work with couples.

BASIC LEVEL

### **IBC Category – Special Populations or Counseling Theories and Techniques**

#### ***Interventions for Clients Who are Aggressive***

***John Wadsworth, PhD., The University of Iowa, Counseling, Rehabilitation and Student Development, Iowa City, IA***

This workshop focuses on techniques to assist consumers who are verbally or physically aggressive in community settings. The objectives of the workshop are to: 1) introduce practical methods of identifying and reducing triggers of harmful behavior, and 2) practice non-physical interventions that are congruent with risk posed by the consumer and the professional responsibilities of a helper. Learning activities will include instruction, discussion, video demonstrations, and role-plays.

BASIC LEVEL

### **IBC Category - Counseling Theories and Techniques or Generic**

#### **Wednesday August 5**

#### ***Introduction to Internal Family Systems***

***Phil Streigel, Ph.D., The Counseling Center of Iowa City, Iowa City, IA*** This workshop will present the basics of Internal Family Systems (IFS). It is offered for people curious about IFS or those thinking of taking Level 1 training. It is also a good refresher for clinicians who have completed Level 1. The workshop will include lecture, demonstration, visual aids, and large group discussion. Participants will: - Review the development of the Internal Family System Model. - Explore IFS assumptions of multiplicity of mind and the concept of Self. - Review the goals of IFS therapy. - Understand the concept of releasing feelings and beliefs to allow allow internal harmony and balance. - Examine the three categories of subpersonalities that present in therapy. - Learn the dynamics of the three-group system. - Review the IFS concept of Self and its role and effectiveness as a leader in the system.

- Discuss and identify the qualities of Self: curiosity, compassion, confidence, courage, clarity, creativity, connectedness, and calmness. - Review the power of working with the client's Self in therapy. - Discuss the benefits of IFS therapy. - Explore and discuss the therapeutic relationship as it applies to the IFS therapist. - Discuss, review and clarify material covered during the workshop.

INTERMEDIATE LEVEL

### **IBC Category – Special Populations**

## **Thursday August 6**

### ***Working with Gay and Lesbian Clients***

**Nashae (Nikki) Julian, MS.Ed, Ph.D candidate counselor education, The University of Iowa, Iowa City, IA**

This workshop is intended to provide an advanced look at sexual identity development models, homophobia, and social cultural restraints as they pertain to gay and lesbian clients. Material will be presented in lectures and interactive discussions. The workshop will stress the importance of therapist knowledge about reproduction, language, legal and insurance issues within this population. Participants will engage in an interactive discussion with gay and lesbian individuals whom have experienced counseling and currently identify as healthy sexual minorities. This will allow participants the opportunity to identify strategies for working with gay and lesbian individuals. Educational materials will be provided.

ADVANCED LEVEL

### **IBC Category – Special Populations**

### ***Everyday Ethics: Clinical Ethics and Legal Issues Bait All Therapists Equally***

**Christine Urish, PhD, OTR/L, BCMH, FAOTA, St. Ambrose University, Davenport, IA**

There is a Chinese proverb which states "Tell me and I'll forget; show me and I may remember; involve me and I'll understand." This session will **involve** participants through the critical analysis feature film clips, individual reflection and group discussion. On a daily basis, counselors are presented with a variety of legal, ethical and moral dilemmas. Possessing effective knowledge and the ability to utilize ethical decision making models is essential for counselors to avoid ethical grievances against themselves. Further, this knowledge & skill serves to assist the counselor in the provision of the effective counseling services to facilitate the most effective outcomes possible for the clients served. Through the use of feature film clips, counselors will become more aware of potential ethical dilemmas, and actively engage in the use of an ethical decision making model to apply various professional code of ethics in real situations. Although you may have viewed these films in the past, within session you will be challenged to examine them in a whole new light: I don't buy kisses anymore, Mumford, Changing Lanes, Mean Girls, Canvas, Michael Clayton, John Q, and Dressed to Kill; among several others.

BASIC LEVEL

### **IBC Category – Ethics**

## **August 3-4 TWO-DAY Workshops**

### **Monday – Tuesday**

### ***Drugs for Beginners***

**Denise Denton, MS, CPS Youth Shelter and Service, Inc and Iowa State University, Ames, IA**

This session begins a new series for Toolbox, a series of sessions for new counselors in the field of substance abuse. Each of the sessions in this series of eight can be stand-alone. They can also be taken together to create a comprehensive overview of the skills and knowledge needed to be successful in the field of substance abuse counseling. Session One is designed to examine the full continuum of reactions and consequences involved in the use of psychoactive drugs. The course will address and distinguish the stages of use through dependency as well as identify the many characteristics of the various drug classifications

and categories. Enrollment is limited to 40 people. Other Toolbox sessions will be scheduled through Training Resources, a service of ISAPDA (319) 351-0114.

BASIC LEVEL

### **IBC Category – Alcohol & Drug Specific**

#### ***Personality Type***

***Cheryl Hetherington, PhD., Hetherington & Associates, Iowa City, IA***

The Myers-Briggs Type Indicator is based on a positive definition of each of us. A short version, "The Keirsey Sorter", will help each participant learn her or his type and all 16 types by way of short lectures, discussions, and group activities. The power to understand self and others in this way will shed new light on the differences and conflicts in personal and professional situations.

#### **Objectives:**

1. Take "The Keirsey Sorter".
2. Learn the 16 types of personality in the Myers-Briggs system.
3. Learn how to appreciate your own type.
4. Learn how to appreciate types different from you at work and at home.
5. Learn why conflicts occur with each types and how you can approach them creatively.
6. Learn the many ways that decisions are made by each type.

ALL LEVELS

### **IBC Category - Counseling Theories and Techniques or Generic**

#### ***Nuts and Bolts of Grant Writing***

***Elizabeth Constantine, PhD., and Sara Johnston, PhD. Candidate in Rehabilitation Counselor Education, The University of Iowa, Iowa City, IA***

This two-day session will focus on preparing for and writing grants. Participants will learn how to develop strategies for making proposals to state, local and foundation funding sources. Students will learn how to 1) evaluate appropriate funding sources, 2) match project to best funding source, 3) project preparation, and 4) preparing a proposal. All aspects of proposal development will be considered -- idea generation, identification of potential funding sources, writing letters of inquiry, and working on each of the elements in a proposal (e.g., problem statement, work plan, resource plan, evaluation and dissemination methods, and budget).

ALL LEVELS

### **IBC Category – Generic**

#### ***Identifying and Treating Sexual Dysfunction***

***Nashae (Nikki) Julian, MS.Ed, Ph.D Candidate in Counselor Education, The University of Iowa, Iowa City, IA***

This workshop will educate participants about the practice of sex therapy. The workshop will begin with a presentation by Dr. Veronika Kolder, a practicing gynecologist at The University of Iowa Hospital and Clinics, on the anatomy and physiology of sex. The workshop will provide a detailed review of sexual dysfunction as defined by the Diagnostic and Statistical Manual of Mental Illness as well as a discussion on sexual function through the lifespan. Day 2 of the workshop will focus on specific treatment for both male and female sexual disorders. This will be accomplished through lecture, discussion and case studies. Participants will receive educational materials to use in staff training and/or client education. Please note that sexually explicit language and materials will be used.

ADVANCED LEVEL

**IBC Category – Special Populations or Counseling Theories and Techniques**

***Working with Returning Veterans: A Polytrauma Perspective***

***Michael Hall, Ph.D, Iowa City VA Medical Center, Iowa City, IA***

The focus of this course will be on clinical issues resulted from recent combat deployments in Iraq and Afghanistan. Particular attention will be paid to mental health issues including post traumatic stress disorder (PTSD), depression, substance abuse and other problem areas. Each disorder will be defined and described as well as being discussed in relation to returning veterans. Traumatic brain injury (TBI) has been coined the "signature wound" of these conflicts and issues relating to this will be discussed in detail including epidemiology, clinical presentation, diagnostic factors and treatment being provided. Course objectives include obtaining a better understanding of PTSD and TBI, co-morbid psychiatry, physical and comorbidities that complicates working with returning veterans, and how treatment is approached. Learning activities will mostly involve lectures with discussion of current research and clinical experiences in areas discussed. Given the high number of veterans with lasting problems relating to combat deployments, issues addressed will be important for health care providers, educators and those involved in occupations where contact with veterans will occur.

INTERMEDIATE LEVEL

**IBC Category – Counseling Theories & Techniques or Generic**

**August 5-6 TWO-DAY Workshops**

**Wednesday – Thursday**

***Veterans and Addiction***

***Cindy Briggs, PhD, LPC, NCC, DCC, Winona State University, Rochester, MN***

With a new tide of active-duty veterans returning to the US, demand for counselors will only increase. Many veterans return from combat with substance abuse or addiction problems, and many do not seek treatment because of stigma or co-occurring disorders. This highly interactive workshop will present historical and contemporary counseling issues related to veterans and addiction. Current governmental and VA efforts will be reviewed. Appropriate theories, techniques, and interventions will be discussed and participants will leave with a toolbox of resources.

INTERMEDIATE LEVEL

**IBC Category – Alcohol & Drug Specific or Special Populations**

***Mind-body Skills for Professionals: Taking Care of Yourself and Helping Others***

***Judith Pedersen-Benn, MS, CHT, CADC, Center for Mind Body Medicine, Cedar Rapids, IA***

This workshop focuses on mind-body stress reduction and relaxation skills. Course objectives are to learn how to promote self-care and prevent caregiver fatigue. In addition, the skills will be useful for working with clients and helping them to manage their stress. All skills included in the workshop are research proven techniques that reduce the body's response to stress. Skills that will be introduced include: breathwork; mediation; guided imagery; biofeedback and autogenics; journaling, art and movement. The workshop is highly experiential and includes a community learning process. Come prepared to try out

the different skills and to discuss your experiences and learn from each other. Loose, comfortable clothing is recommended.

BASIC LEVEL

**IBC Category - Generic**

### ***Diagnosis and Treatment of Mental Health Disorders***

***Pedro Sanchez, MD. Ph.D, Univesidad De Yucatan, Mexico***

This course reviews basic diagnostic criteria for most commonly psychiatric disorders seen in the counseling practices. Clinical, psychometric and socio-familial information relevant for basic diagnosis in counseling is discussed, in light of diverse intervention strategies.

Multidisciplinary case management perspectives are used to better understand the impact of mental illness in the counseling process. Teach strategies: Lectures, group discussion and case reviews.

BASIC LEVEL

**IBC Category - Counseling Theories and Techniques or Generic**

### ***Advanced Motivational Interviewing***

***Fonda Frazier. MA, ACADC, Mid-Eastern Council on Chemical Abuse (MECCA), Iowa City, IA***

This workshop is for practitioners who have learned the fundamentals of MI and have had an opportunity to practice it and are seeking a more advanced level of clinical training in MI.

This two day training will include more demonstration and practice exercises, and less didactic material. Current focus in advanced clinical training is on differentiating change talk from commitment language, and learning how to elicit and shape the two.

ALL LEVELS

**IBC Category - Counseling Theories and Techniques or Generic**

### ***Kids, Drugs, and Rock and Roll***

***Denise Denton, MS, CPS Youth Shelter and Service, Inc and Iowa State University, Ames, IA***

It's not easy being a teen today. Some of the "tough part" is just old fashion adolescent development issues while other contributing factors involve the very complicated world in which they live. This workshop will focus on all the moving parts in this potentially perfect storm: how teens grow, how drugs impact that process, and how the world around them influences both.

ALL LEVELS

**IBC Category - Alcohol & Drug Specific or Special Populations**

### ***Mindfulness-Based Interventions***

***Bev Klug, MA, LMFT, University of Iowa Hospitals & Clinics, Department of Psychiatry, Iowa City, IA***

Mindfulness-based practices are considered part of the "third wave" of psychotherapy and research confirms their effectiveness in helping to relieve suffering for a wide range of conditions and human experiences. Mindfulness comes from a 2500 year old Buddhist meditation practice. Within the past few decades, it has been offered in a secular, non-religious manner in medical institutions, educational settings, businesses, prisons, etc.

This course will provide:

1) an experiential and didactic introduction to what mindfulness is (and isn't)

- 2) an overview of mindfulness-based programs for physical and mental health, including Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) for prevention of depression relapse
- 3) an overview of what current research shows about the effectiveness of mindfulness-based practices

In addition to introduction to content and concepts, the class will be experiential and interactive as participants engage in awareness practices of their physical, emotional and cognitive experiences and begin to cultivate the ability to relate to them with curiosity and compassion.

The instructor is the Director of Mindfulness-Based Programs at University of Iowa Hospitals and Clinics, has many years of experience teaching mindfulness practices as well as integrating them into her own life and is an experienced mental health therapist.

ALL LEVELS

**IBC Category - Counseling Theories and Techniques or Generic**