



The Connecticut  
Women's Consortium

# On-Demand Course Catalog

*CONTINUING EDUCATION CREDITS ON YOUR SCHEDULE*



*50+ Trainings Available Anywhere, Any Time*

# ABOUT US

Our mission is to ensure the behavioral health system meets the needs of women and the people and organizations that support them through training, conferences, advocacy, and free educational resources. Each year, we provide continuing education credits to thousands of professionals like you, helping you strengthen your skills and enhance your practice.



## Building a Future of Healing and Equity.

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The Connecticut Women's Consortium has grown from offering a handful of trainings to providing a wide selection of accessible, on-demand courses. Designed for behavioral health professionals, these courses offer trauma-informed, gender-responsive, and evidence-based tools to support individuals and communities.

Our on-demand library reflects the same depth as our live offerings, with trainings across key series such as cultural competence, veterans services, clinical skills, and more, ensuring you have access to a comprehensive range of professional development opportunities at your convenience.

***Thank you for choosing to  
grow with us.***

# Course Registration Policies

## What type of continuing education credits do you offer?

All online courses are approved for continuing education credit (CEC) by the CT Chapter of the National Association of Social Workers (NASW/CT) and the CT Certification Board (CCB-CT). NASW/CT approvals are valid in MA, RI, VT, and NJ. We do not offer Continuing Medical Education (CME) credits. CCB-CT has national CEC reciprocity through NAADAC and IC&RC. If you have questions about whether or not your state accepts our CEC approvals, please contact your local accrediting board for more information.

## What's an on-demand course?

An on-demand course is a pre-recorded online lecture available to you for 365 days after purchase. It can be paused and resumed as often as you like and includes a slideshow, the lecture video, and a quiz and learning assessment. On-demand counts as at home study CEC hours.

## To whom do your CECs apply?

NASW/CT CEC approvals are applicable to the following license types:

- Licensed Clinical Social Worker (LCSW)
- Licensed Master of Social Work (LMSW)
- Licensed Marriage & Family Therapist (LMFT)
- Licensed Professional Counselor (LPC)
- Licensed Clinical Psychologist (PsyD)

CCB-CT approvals are applicable to the following license types: Licensed Alcohol & Drug Abuse Counselor (LADC) and Certified Addiction Counselors (CAC).

**Check [womensconsortium.org](https://womensconsortium.org) for the most up-to-date information regarding training policies. Some special events may have different registration policies or credits.**

**By registering, you agree to our registration and privacy policies.**

## Do you offer national CECs?

Select online courses are approved nationally through the National Association of Social Workers. Look for the national approval designation during registration or on the page for each training in this catalog. CCB-CT offers national and international continuing education credit reciprocity through NAADAC and IR&IRC for LADCs and CACs.

## Can I receive a refund for online courses?

Online courses are only refundable if you have not yet started the course. Courses are valid 365 days from purchase. If you have selected an online course in error and have not yet started it, you must call and speak with a staff member at 203-909-6888 x2 to receive a refund minus a 25% administrative fee.

***\*Please note, we strongly recommend using a desktop or laptop computer to view courses, take evaluations and quizzes, and receive credits. Content may not display properly on a phone or tablet.***

## How do I access an online course once I've registered?

- Log into your account at [womensconsortium.configio.com/login](https://womensconsortium.configio.com/login).
- Select "My CE Credits" from the menu bar.
- Scroll down to "Pending" and select "View Now".

## How do I obtain credits for an online course?

- Once you have completed the course, you must take and pass a brief quiz.
- After completing the quiz, log into your account at [womensconsortium.configio.com/login](https://womensconsortium.configio.com/login).
- Click on "My CE Credits". You will see the course listed under "Pending Credit" and you can submit for credit on this page.
- Once you've completed the evaluation, click on the "View Connecticut Women's Consortium Certificate" under "Submitted Credit".

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# **ADDICTION & RECOVERY**

## **Biology of Addiction**

4.5 credits | \$55

Lauren Doninger, Ed.D, LADC, LPC

This training offers an accessible overview of how substances like alcohol, opiates, and stimulants affect the brain and body. Designed for professionals without a medical background, it introduces the basics of neurotransmission and the central nervous system, emphasizing how addiction impacts behavior. Participants will gain tools and resources to help educate and empower clients in understanding the biological aspects of addiction.



Scan the QR code or  
click the title of the  
training to register.

## **Biology of Addiction:** **A Continued Conversation**

4.5 credits | \$60

Lauren Doninger, Ed.D, LADC, LPC

In this course, participants are introduced to a broad array of drugs of abuse, including substances not intended for consumption (such as inhalants). They learn about the constant “innovation” in drug development that creates an ever-changing landscape of drugs of abuse and challenges to consistent regulation (such as spice, salvia, and bath salts). The course explores current trends in drug use and examines the particular issue of prescription drugs and the subsequent rise in heroin use.



Scan the QR code or  
click the title of the  
training to register.

## **Breaking the Stigma of Substance Use Disorders**

4.5 credits | \$60

Chris Dorval, MSW, LCSW, LCDP,  
LCDCS, ICADC

Stigma is a major barrier preventing millions of people who are struggling with substance use from entering treatment today. This presentation is designed to help professionals break that stigma that creates an unnecessary barrier to treatment by understanding recovery-oriented language and strategies that can be integrated into practice immediately.



Scan the QR code or  
click the title of the  
training to register.

## Caring for Pregnant & Parenting Women with Substance Use Disorder

2 credits | \$35

Hendree Jones, PhD

This course explores ways to respond to women with substance use disorders to improve patient interactions and provides an overview of best practices for early intervention that promote maternal recovery and child safety.



Scan the QR code or click the title of the training to register.



## Co-occurring Disorders: The Tremendous Importance of Peer Supports

2 credits | \$35

Sarah Howroyd, LCSW

This training covers the foundations of successful recovery, the history and principles of peer support, and how addiction and mental health issues often overlap. Learn about local peer programs, support for families, and the impact of stigma and language. Gain a deeper understanding of recovery from co-occurring disorders and how to support it effectively.



Scan the QR code or  
click the title of the  
training to register.

## **Harm Reduction:** **The Scientific Revolution** **in Addiction Treatment**

4 credits | \$55

Andrew Tatarsky, PhD

As overdose rates rise, traditional abstinence-only and criminal justice approaches have proven ineffective. A global shift is reframing substance use as a health and human rights issue, especially for women facing unique cultural challenges. This training introduces Integrative Harm Reduction Psychotherapy (IHRP), a compassionate, evidence-based model that blends relational, cognitive-behavioral, and mindfulness techniques to support positive change—particularly for those often seen as hard to treat.



Scan the QR code or  
click the title of the  
training to register.

## Holistic Treatment for Co-occurring Disorders

4 credits | \$55

Mary Ryan Woods, MSHS, BC-RN,  
LADC

Integrated treatment for dual disorders is the most effective approach, using one multidisciplinary team to assess and treat mental health and substance use issues simultaneously. When combined with person-centered, strengths-based care and a holistic approach, including medication, this model supports healing, self-efficacy, and lasting recovery. This workshop reviews key principles and interventions, with small group exercises included.



Scan the QR code or  
click the title of the  
training to register.

## Increasing Your Creativity to Engage & Retain Clients with a Dual Diagnosis

2 credits | \$35

Thomas M. Greaney, M.Ed., CCDP,  
LADC

This interactive and experiential seminar offers practical tools to engage and retain clients with co-occurring disorders while supporting clinician well-being. Participants explore 12 easily implemented psychoeducational group activities designed to enhance connection, reduce burnout, and make sessions more effective for individuals with dual diagnoses.



Scan the QR code or  
click the title of the  
training to register.

## **Maternal Substance Use & Child Maltreatment**

1 credit | \$30

Margaret H. Lloyd Sieger, PhD

This training focuses on strategies to strengthen maternal-child bonding and offers effective, compassionate approaches for engaging women with substance use disorders (SUD). It emphasizes improving patient interactions, enhancing communication, and supporting recovery during the perinatal period.



Scan the QR code or  
click the title of the  
training to register.

## Opioids: Whole Person Approaches to Treatment & Recovery

3.5 credits | \$50  
Charles Atkins, MD

This workshop examines the opioid crisis and current strategies to address it, including medication-assisted treatment, policy changes, wellness approaches, and evidence-based therapies. It emphasizes comprehensive assessment and individualized, whole-person care for those with co-occurring mental health and medical conditions. Participants will explore diagnostic tools, psychopharmacology, and therapeutic models such as CBT, DBT, harm reduction, trauma-informed care, and peer support.



Scan the QR code or  
click the title of the  
training to register.



## **Psychopharmacology: The Good, the Bad & the Ugly**

4.5 credits | \$60

Charles Atkins, MD

With millions of Americans using psychiatric medications, it's essential for mental health clinicians to understand available options and how they support recovery. This training offers a practical overview of psychiatric medications, including major classes, prescribing practices, side effect management, and adherence strategies. It also addresses considerations across the lifespan, cultural and gender-specific factors, and incorporates non-medication and complementary approaches to improve outcomes.



Scan the QR code or  
click the title of the  
training to register.

## Recovery 101

4 credits | \$55

David Howe, LCSW

Every day, agency personnel, clinicians, and social workers are tasked with helping individuals plan for a successful recovery to conquer their “problems.” However, a problem-focused approach can lead to resistance and frustration. This training introduces a person-centered, strengths-based model that helps clients identify their potential, build “Recovery Capital,” and reframe challenges as barriers to their goals. Participants will learn strategies to foster collaboration, support goal-setting, and improve recovery planning outcomes.



Scan the QR code or click the title of the training to register.

## **Screening, Brief Intervention & Referral to Treatment (SBIRT): An Overview**

2 credits | \$35

Kathleen Callahan, MSW & Shannon Perkins, LMSW

SBIRT is an evidence-based practice for early intervention to identify and reduce problematic substance use. It involves brief screenings, motivational interventions using techniques like Motivational Interviewing, and referrals to further treatment. This training introduces SBIRT, focusing on its application in prevention roles such as primary care, mental health, and social services. It also provides tools and strategies for effective implementation, including screening tools and emerging technology.



Scan the QR code or  
click the title of the  
training to register.

## Sex & Gender, Policy & Punishment in the Opioid Crisis

1.5 credits | \$30

Mishka Terplan, MD, MPH, FACOG, DFASAM

This training provides a foundational understanding of the differences between general drug policy and policies specifically related to pregnancy, with a focus on how these differences impact maternal-child bonding. It aims to improve interactions and support healthier relationships between mothers and their children during the perinatal period.



Scan the QR code or click the title of the training to register.

## **Substance Use Disorders & Acquired Brain Injury**

5 credits | \$65

Tracey Meyers, PsyD

This training offers an overview of substance use disorders and acquired brain injury (ABI), covering assessments, prevalence, and underlying causes of addiction. It explores the unique challenges of co-occurring substance use and ABI, including considerations for Medication-Assisted Therapy (MAT). Participants will engage in case discussions and explore strategies to enhance treatment. Ideal for ABI providers, clinicians, and staff working with individuals with traumatic brain injuries across various settings.



Scan the QR code or  
click the title of the  
training to register.

## Whole Person Approaches to Co-occurring Disorders

3.5 credits | \$50  
Charles Atkins, MD

This workshop examines the opioid crisis and strategies to combat it, including medication-assisted treatment, legislative changes, wellness practices, and therapeutic interventions. It emphasizes a whole-person, individualized approach to assessing and planning recovery, particularly for individuals with co-occurring mental health and medical issues. Participants will learn diagnostic criteria, screening tools, psychopharmacological interventions, and evidence-based therapies like CBT, DBT, Motivational Enhancement, and Harm Reduction.



Scan the QR code or  
click the title of the  
training to register.



## **Whole Person Approaches to Treatment & Recovery**

3.5 credits | \$50

Charles Atkins, MD

This workshop examines the roots of the opioid crisis and current strategies to address it, including medication-assisted treatment, legislation, wellness approaches, and therapeutic interventions. Emphasizing a whole-person, individualized approach, the training covers thorough assessment techniques, reality-based recovery planning, and the intersection of opioid use with co-occurring mental health and medical issues. Participants will explore diagnostic criteria, screening tools, psychopharmacology, and a range of evidence-based approaches such as CBT, DBT, 12-step, Motivational Enhancement, Harm Reduction, Trauma-informed care, and more.



Scan the QR code or  
click the title of the  
training to register.

## Women, Babies & the Opioid Epidemic

3 credits | \$45

Charles Atkins, MD & Matthew Grossman, MD

This presentation covers the basics of opioid dependence, including recognition, diagnosis, and treatment, along with an update on the current overdose epidemic and its causes. It addresses gender-specific issues, Medication-Assisted Treatment (MAT), and includes diagnostic criteria, screening tools, psychopharmacological interventions, and evidence-based therapeutic strategies. Additionally, it highlights initiatives to improve care for infants with Neonatal Abstinence Syndrome using innovative treatment and care approaches.



Scan the QR code or click the title of the training to register.

## **Women, Opioid Use Disorders & the Complex Conundrum of Co-occurring Disorders**

5 credits | \$65

Charles Atkins, MD

This program covers the basics of opiate dependence, focusing on gender-specific issues for women, including pregnancy, postpartum, and psychosocial factors. It also addresses women with co-occurring mental health and substance use disorders, offering strategies for identifying multiple diagnoses and creating comprehensive treatment plans. The content includes diagnostic criteria, screening tools, psychopharmacological interventions, and therapeutic approaches like CBT, DBT, 12-step, Motivational Enhancement, and Harm Reduction.



Scan the QR code or  
click the title of the  
training to register.



# CULTURAL COMPETENCE

## **Cultural Humility: Strategies for Supporting LGBTQ+ Clients**

3 credits | \$45

Charles Hawthorne, MPH

This workshop is a space to develop strategies for creating cultural safety for LGBTQ+ clients, patients, and community members who are accessing services. We explore elements of cultural humility and apply them to building strategies for supporting clients. We also discuss health equity issues for the LGBTQ community and opportunities to address them through social service and healthcare work.



Scan the QR code or  
click the title of the  
training to register.

## Diversity in the Workplace

4 credits | \$55

Mara Gottlieb, PhD, LMSW

This interactive and experiential workshop explores diversity and multiculturalism across various identities, including race, gender, sexual orientation, ability, and addiction recovery. Participants will reflect on their own identities and how they impact professional work. Topics include identity invisibility, fostering authentic self-expression, creating a respectful work environment, addressing microaggressions, and encouraging curiosity. The workshop aims to build authentic, respectful professional relationships that lead to greater job satisfaction, trust, and better outcomes.



Scan the QR code or  
click the title of the  
training to register.



## **LGBTQIA...SOS! Gender & Sexuality, Differentiated & Demystified**

3 credits | \$45

Mara Gottlieb, PhD, LMSW

As we enter a new civil rights movement, the question is no longer if, but when we will serve LGBTQIA clients, and whether we are prepared to do so respectfully. This course provides participants with a clear understanding of sexual orientation, sexual identity, and gender identity, using accurate terminology and addressing myths and facts. Suitable for all levels of knowledge, it helps practitioners confidently address sexual and gender identity with clients.



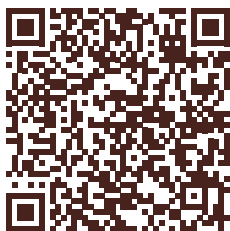
Scan the QR code or  
click the title of the  
training to register.

## Racism & The Myth of Colorblindness

4.5 credits\* | \$60

Mara Gottlieb, PhD, LMSW

This workshop is ideal for any individual who doesn't yet feel well-informed about race, but has the courage and curiosity to learn more. Participants will hear about the origins, definitions and impact of race, skin color and racism in society at large and within the workplace, and the impact it has on individuals, groups and institutions. The workshop is designed to provide participants with the accurate information essential for having conversations and making decisions that involve racial identity.



Scan the QR code or click the title of the training to register.

*\*This program is approved for national continuing education credits by the National Association of Social Workers for 4.5 continuing education contact hours.*

# Looking for Something Specific?

## Try a Private Training!

Whether you're looking to explore a specific topic or host a private session for your team, we offer flexible, tailored training options to meet your needs. Join us in our welcoming training suite or let us come to you. Choose from a wide range of expert-led topics, or collaborate with us to design a custom training that fits your goals.

Fill out the form at  
**[womensconsortium.org/  
private-trainings](https://womensconsortium.org/private-trainings)**



## The Toxicity of Racism

3 credits | \$45

Ken Hardy, PhD & Mara Gottlieb, PhD,  
LMSW

Enhance your understanding of the role of racism in the workplace and beyond in this highly experiential and immersive conference. Participants will have the opportunity to boldly and directly address issues of race, racism, and privilege within a safe, respectful, self-explorative environment. Learn how to have effective and progressive conversations about race and utilize strategies for providing racially sensitive services to clients. Walk away with a new ability to identify and address micro-aggressions and implicit biases that may impede the development of effective cross-racial relationships.



Scan the QR code or  
click the title of the  
training to register.



# CHILDREN & FAMILIES

## **Building Blocks of Effective Co-Parenting**

2.5 credits | \$40  
Welcome2Reality

This training focuses on promoting knowledge retention and effective clinical skills by comparing co-parenting to learning your ABC's. This approach makes the content easy to understand and remember, ensuring it's accessible to a culturally diverse population of parents going through separation, divorce, or family restructuring. The memory strategies and tools presented in this course are designed to help clinicians engage effectively with clients who are parents, regardless of their background.



Scan the QR code or  
click the title of the  
training to register.

## Navigating Bullying in the Social Media World

COMING SOON

David Kelly, LCSW

This workshop discusses strategies to help parents identify signs of cyberbullying, set healthy social media boundaries, and encourage positive online behavior. Online bullying can significantly impact a child's mental health, self-esteem, and sense of safety. The talk explores ways to help parents understand the challenges of social media, including practical tips for monitoring usage, fostering open communication, and empowering children to build resilience.

*This training is currently pending approval for continuing education credits by NASW-CT. Please check back soon for updates.*

## Teen Suicide & Self Harm

3.5 credits | \$50

Mara Gottlieb, PhD, LMSW

This workshop takes on a topic that concerns many caregivers and service providers: the very real risks of adolescent suicide. The combination of developmental stage, hormonal changes, and self-esteem variances make this population at greater risk for suicide than almost any other, yet there are also very concrete ways of providing support to teens who may be at risk for self-harm. By the close of the workshop, participants will have a deeper understanding of adolescent emotional development; potential warning signs of suicide risk; and concrete, practical interventions to provide the best chances for the adolescent's survival through such a critical and challenging time.



Scan the QR code or click the title of the training to register.





# CLINICAL SKILLS

## **Acquired Brain Injury & Behavioral Interventions**

1.5 credits | \$30

Tracey Meyers, PsyD

This training provides an overview of positive behavioral support interventions following a brain injury to address several behaviors of concern including aggression, non-adherence to treatment, problems with motivation, and many others. An overview of neuro-behavioral changes after brain injury will be provided, along with cognitive factors that influence behavior and how psychiatric symptoms can have a negative impact on behavior. This training is suitable for ABI providers and agencies along with clinicians and staff working with people with traumatic brain injuries in different inpatient and outpatient settings.



Scan the QR code or click the title of the training to register.

## **Acquired Brain Injury 101 & 102**

6 credits | \$75

Tracey Meyers, PsyD

This training covers the fundamentals of Acquired Brain Injury (ABI). Part 1 (ABI 101) introduces brain injury, including brain functions, causes, classifications, prevalence, and complications, with case discussions for deeper understanding. Part 2 (ABI 102) focuses on brain injury rehabilitation, including the continuum of care, person-centered rehabilitation, team approaches, and barriers. It also covers the CT Department of Social Services ABI waiver program and a case discussion on creating successful plans. This training is suitable for ABI providers, clinicians, staff, family members, caregivers, and individuals with lived experience.



Scan the QR code or  
click the title of the  
training to register.

## Acquired Brain Injury & Community Integration

2.5 credits | \$40

Tracey Meyers, PsyD

This training covers the challenges of community integration for individuals with brain injuries. It includes an overview of brain injury, home health care waiver programs, and Connecticut services like the ABI waiver and DMHAS ABI Community Services. The training emphasizes collaboration with medical, psychiatric, and rehabilitative services, focusing on teams, goal setting, and communication. A case discussion will demonstrate creating a successful ABI waiver plan with a person-centered, multi-disciplinary approach.



Scan the QR code or click the title of the training to register.

## **Acquired Brain Injury & Domestic Violence/Intimate Partner Violence**

2.5 credits | \$40

Tracey Meyers, PsyD

This training explores the link between domestic violence and brain injury, as domestic violence is a common cause of TBI, especially for women. Topics include causes of TBI among domestic violence survivors, strategies for supporting victims, best practices for safety, conducting thorough screenings and assessments, and utilizing trauma-informed treatments. Interactive case discussions will focus on improving access to care and increasing awareness of this under-reported form of abuse. This training is suitable for ABI providers, agencies, and clinicians working with people with TBI in various settings.



Scan the QR code or  
click the title of the  
training to register.

## Acquired Brain Injury: Independent Living Skills Training (ILST)

2.5 credits | \$40

Tracey Meyers, PsyD

This training covers the fundamentals of brain injury, rehabilitation, ABI waiver services, and behavioral challenges in recovery. It introduces specific interventions for ILST providers to support ongoing recovery and strategies to reduce problem behaviors. The session will include real-life examples and interactive discussions for audience participation. This training is designed for current ILST providers, those interested in becoming ILST staff, and agencies or facilities utilizing ILST services.



Scan the QR code or  
click the title of the  
training to register.

## **Acquired Brain Injury: Recovery Assistant Training**

2.5 credits | \$40

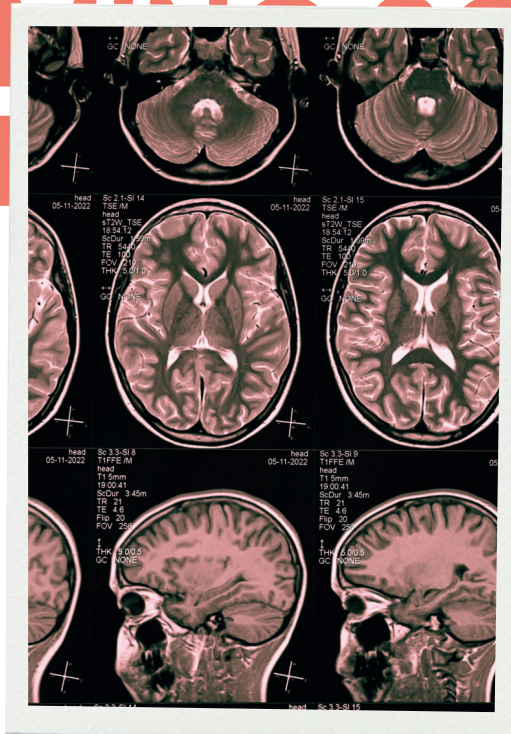
Tracey Meyers, PsyD

This training covers the fundamentals of brain injury, rehabilitation, ABI waiver services, and practical skills and tools for Recovery Assistants (RAs). It includes real-life examples and interactive scenarios to encourage audience participation. Designed for current RAs, those interested in becoming RAs, and agencies or facilities utilizing RAs.



Scan the QR code or  
click the title of the  
training to register.

COMING SOON  
COMING SOON  
COMING SOON  
COMING SOON  
COMING SOON



We're putting together a special Acquired Brain Injury training bundle with all 9 sessions in one convenient, specially priced package.

Check back soon!

**BUNDLE & SAVE**



## **Buried in Treasures: The Nature & Treatment of Hoarding Disorders**

5.5 credits\* | \$70

David F. Tolin, PhD, ABPP

This workshop explores hoarding disorder, a challenging condition marked by excessive acquiring and difficulty discarding. It examines emerging research, the mental health impact of hoarding, and a new CBT approach that offers effective strategies to boost motivation, shift thinking patterns, and support lasting change.



Scan the QR code or  
click the title of the  
training to register.

*\*This program is approved for national continuing education credits by the National Association of Social Workers for 5.5 continuing education contact hours.*

## **Client Affect Management: Helpful Tools for Success**

4 credits | \$55

Don deGraffenreid, LCSW

This experiential workshop introduces practical affect management tools for use in psychotherapy. Participants will learn techniques to help clients regulate emotions, improve impulse control, reduce anxiety, and foster relaxation and positive experiences. Methods covered include trance induction, "drone voice," Progressive Relaxation, The Enhanced Safe Place, HeartMath, and One Stone. Clinicians will have the opportunity to experience and practice these tools firsthand.



Scan the QR code or  
click the title of the  
training to register.

## Cognitive Behavioral Therapy for Anxiety Disorders

2.75 credits | \$40

David Tolin, PhD, ABPP

Anxiety disorders are the most common and costly psychiatric conditions, yet many diagnosed individuals do not receive effective, evidence-based care. This workshop provides an overview of anxiety disorders, their prevalence, and societal impact. It focuses on cognitive-behavioral therapy (CBT), the leading psychosocial treatment, and explores core strategies including exposure, relaxation techniques, cognitive restructuring, and acceptance, with examples across conditions such as panic disorder, social anxiety, generalized anxiety disorder, OCD, and PTSD.



Scan the QR code or  
click the title of the  
training to register.

## **Cognitive, Dialectical & Transdiagnostic Therapies for Co-occurring Disorders**

6 credits | \$75

Jaak Rakfeldt, PhD, LCSW

This training explores Cognitive, Dialectical, and Radically-Open Dialectical Behavior Therapies (CBT/DBT/RO-DBT), key components of SAMHSA's evidence-based toolkit for treating co-occurring mental health and substance use disorders. Participants will learn how these approaches, along with mindfulness practices, are integrated into Dr. Rakfeldt's Life Worth Living treatment model. The workshop includes demonstrations, role-play, and discussion on applying these strategies in both clinical practice and agency-level programs.



Scan the QR code or click the title of the training to register.

## Dialectical Behavioral Therapy (DBT) Skills 1: Core Mindfulness

2 credits | \$35

Dr. Nancy Grechko, PsyD

The purpose of this presentation is to dive deeper into the DBT Skills module: Core Mindfulness. The program provides participants with a comprehensive understanding of what mindfulness is, how to practice it for themselves, and how to teach others. Participants will learn about the “What” and the “How” skills, states of mind, being present, judgments, and “Walking the Middle Path.”



Scan the QR code or  
click the title of the  
training to register.

## **DBT Skills 2:** **Distress Tolerance**

3 credits | \$45

Dr. Nancy Grechko, PsyD

This program emphasizes the importance of evidence-based treatments like DBT for ethical, effective care of individuals with anxiety, mood, trauma, and personality disorders. It offers theoretical and experiential training for integrating DBT into clinical practice, providing mental health professionals with practical tools, interventions, and resources to support clients and meet therapeutic goals.



Scan the QR code or  
click the title of the  
training to register.

## **DBT Skills 3:** **Emotional Regulation**

3 credits | \$45

Dr. Nancy Grechko, PsyD

The purpose of this presentation is to dive deeper into the DBT Skills module: Emotion Regulation. This program will provide participants with a comprehensive understanding of when to use emotional regulation skills, how to practice for themselves, and how to teach others. Participants will learn about the function of emotions, understanding and naming emotions, changing unwanted emotions, reducing emotional vulnerability, managing extreme emotions. Specific skills covered will include: check the facts, problem solving, opposite action, PLEASE, and ABC mastery.



Scan the QR code or  
click the title of the  
training to register.

## **DBT Skills 4:** **Interpersonal Effectiveness**

3 credits | \$45

Dr. Nancy Grechko, PsyD

The purpose of this presentation is to dive deeper into the DBT Skills module: Interpersonal Effectiveness. This program will provide participants with a comprehensive understanding of all DBT Interpersonal Effectiveness skills including the three goals of obtaining your objective, maintaining relationships, and maintaining self-respect. Participants will learn and practice skills to ask for what they want, say no to what they don't want, building relationships and ending destructive ones, troubleshooting skills, dialectics and validation, and managing intensity.



Scan the QR code or  
click the title of the  
training to register.



# TRAINING BUNDLE



We're working on a full Dialectical Behavioral Therapy training bundle with all four sessions in one package at a reduced price.

Stay tuned for more details!

## **Evidence-based Conjoint Couples Treatment for Intimate Partner Violence**

4.5 credits | \$60

Sandra Stith, PhD, Cynthia C. Swenson,  
PhD, Cindy M. Schaeffer, PhD

Traditional IPV interventions often assume couples must separate, but many couples experiencing violence want to remain in the relationship. Domestic Violence-Focused Couples Treatment (DVFCT) offers a conjoint approach to help partners manage conflict and reduce violence without ending the relationship. This training provides an overview of DVFCT, including how to screen couples for appropriateness, prepare partners, and apply techniques in IPV-focused sessions. It will also offer clinical guidance on addressing the drivers of IPV and its impact on children, drawing on the Multisystemic Therapy for Intimate Partner Violence (MST-IPV) model used in Connecticut.



Scan the QR code or  
click the title of the  
training to register.

# **Face Your Fears: Conducting Good Exposure Therapy Across Diagnoses**

5 credits\* | \$65

David Tolin, PhD, ABPP

Exposure therapy is a proven treatment for anxiety-related disorders such as phobias, panic disorder, OCD, and PTSD. This workshop explores its core principles, address common myths, and demonstrate key strategies—like in vivo, imaginal, and interoceptive exposure. Participants will also learn techniques to enhance effectiveness, including motivational interviewing, reducing safety behaviors, and applying rational thinking skills.



Scan the QR code or  
click the title of the  
training to register.

*\*This program is approved for national continuing education credits by the National Association of Social Workers for 5 continuing education contact hours.*

## Healing from Heartache

4.5 credits | \$60

Felice Block, MA, LCPC

Healing from Heartache is based on a seven-step treatment model Felice Block has developed for women who have been in love relationships where her partner has been one or more of the following: verbally, emotionally, physically, sexually abusive, mentally ill, alcoholic, drug addicted, sex addict or compulsive gambler. This training teaches the model so that participants will be able to use the material immediately in clinical practice, and includes case examples and experiential exercises.



Scan the QR code or  
click the title of the  
training to register.

## **Healing From Sexual Trauma with Considerations of Gender Identity**

2.5 credits | \$40

Stefan Simanovich, LCSW

Limiting gender norms play a key role in understanding sexual trauma and recovery. This training explores how gender identity intersects with sexual trauma and healing through a mental, emotional, physical, and collective lens. Participants will learn integrative clinical strategies—including EMDR, somatic experiencing, grounding, and parts work—through didactic teaching and case presentations. No prior training in these modalities is required.



Scan the QR code or  
click the title of the  
training to register.

## Integrative Modalities with Acquired Brain Injury

5 credits | \$65

Tracey Meyers, PsyD

This workshop explores the healing power of mindfulness, yoga, and breathwork for brain injury recovery. Participants will gain insight into how brain injury affects emotional and behavioral functioning and the limitations of traditional approaches. The training covers current research on complementary and integrative medicine for traumatic brain injury and offers hands-on experience with at least three healing practices. Attendees will learn how to adapt these modalities for individuals with brain injuries and integrate them into treatment and daily life. Open to clinicians, providers, caregivers, and those with lived experience.



Scan the QR code or  
click the title of the  
training to register.

## **Motivational Interviewing**

2.5 credits | \$40

Don Scherling, PsyD, LADC, CCS

This training provides an introduction and overview of proven Motivational Interviewing techniques to guide helpers in assessing and engaging clients in therapeutic conversations that reduce adversarial power struggles and enhance integration of services for challenging clients with co-occurring disorders (MH/SUD) and other complex problems. Participants receive a training manual to help them apply and practice Motivational Interviewing in various helping relationships and settings.



Scan the QR code or  
click the title of the  
training to register.

## Perinatal Mood & Anxiety Disorders

2.5 credits | \$40

Jennifer Vendetti, LMSW, CEIM &  
Elaine Flynn-York, LCSW

This training covers the spectrum of Perinatal Mood and Anxiety Disorders (PMADs), including their causes, prevalence, and effective treatments such as home-based psychotherapy. Participants will learn to use and score the Edinburgh Postnatal Depression Scale (EPDS), explore resources like Postpartum Support International, and review national, state, and local efforts to reduce stigma and improve care. The training also addresses the impact of perinatal loss and its connection to PMADs.



Scan the QR code or  
click the title of the  
training to register.



## **Psychopharmacology:** **Truth, Recovery & Wellness** **Series**

1.5 credits per course | Price varies  
Charles Atkins, MD

This series of interwoven but independent trainings (can be taken consecutively or individually) provides a practical and detailed overview of the theory and practice behind the use of psychiatric medications. It teaches clinicians at all stages of development how to critically evaluate claims made by pharmaceutical companies.

*The full Psychopharmacology Series bundle is currently unavailable as Part 3 undergoes the renewal process with NASW-CT. In the meantime, please visit the next page to explore the individual courses in the series that are currently available.*

## **Psychopharmacology Parts 1 & 2, The Basics: How to Read the Fine Print & Why it Matters**

3 credits | \$45  
Charles Atkins, MD

Sessions 1 and 2 offer a plain-language overview of psychopharmacology, focusing on key topics for clinicians. The training covers how medications work, how they're metabolized, and how to assess pharmaceutical marketing claims. It also explores medication adherence, personal choice, and client-centered care, with motivational strategies to support adherence and practical tips to reduce medication errors.



Scan the QR code or click the title of the training to register.

# Psychopharmacology

## Part 3: Antidepressants & Depressive Disorders

COMING SOON  
Charles Atkins, MD

This session reviews the diagnostic features of depressive disorders and available classes of antidepressants, as well as electroconvulsive therapy and other procedural modalities. Benefits and risks of specific medications will be touched on, as well as a review of nonmedication evidence-based clinical and wellness strategies to improve outcomes.

*This training is currently pending approval for continuing education credits by NASW-CT. Please check back soon for updates.*

## **Psychopharmacology** **Part 4: Mood Stabilizers &** **Bipolar-Spectrum Disorders**

1.5 credits | \$30

Charles Atkins, MD

This session begins with the importance of, and difficulties in, obtaining an accurate diagnosis of a bipolar disorder. Specific screening tools and strategies will be presented. Medications for mood stabilization will be presented, along with nonmedication techniques to help people with bipolar realize their goals and priorities. High-risk scenarios (suicide, pregnancy) will also be discussed.



Scan the QR code or  
click the title of the  
training to register.

# **Psychopharmacology**

## **Part 5: Antipsychotics & Psychotic Disorders**

1.5 credits | \$30

Charles Atkins, MD

This session reviews the benefits and drawbacks of antipsychotic medications for psychotic disorders, including adherence challenges, anosognosia, and significant side effects. It covers movement abnormalities like Tardive Dyskinesia and acute dystonic reactions, metabolic syndrome risks, and strategies to minimize their impact. Motivational and relational techniques to support better outcomes will also be discussed.



Scan the QR code or  
click the title of the  
training to register.

## **Psychopharmacology Part 6: Medications for Anxiety & Anxiety Disorders**

1.5 credits | \$30

Charles Atkins, MD

This module reviews the anxiety disorders as currently configured in the DSM-5 and FDA approved pharmacologic therapies. Medications reviewed will include the SSRIs, SNRIs, benzodiazepines, buspirone, and others. Metrics to aid in diagnosis and treatment will be reviewed. Nonmedication strategies and the literature to support them will be discussed, to include CBT, DBT, exposure and nonexposure treatment of trauma, mindfulness, and others.



Scan the QR code or click the title of the training to register.

# Psychopharmacology

## Part 7: Co-occurring Mental Health & Substance Use Disorders

1.5 credits | \$30  
Charles Atkins, MD

Over eight million Americans live with co-occurring mental health and substance use disorders, yet effective medication guidance remains limited. This session offers a practical, integrated approach to assessment and treatment, covering pharmacologic options and supportive strategies to help individuals work toward their goals. It also includes a brief review of medication-assisted treatment for alcohol, opioids, and nicotine.



Scan the QR code or  
click the title of the  
training to register.

## **Psychopharmacology Part 8: Medication Assisted Treatment (MAT) for Opioid Use Disorders**

1.5 credits | \$30  
Charles Atkins, MD

As the opioid crisis worsens, this session equips clinicians with current best practices for treating opioid use disorders, including FDA-approved medications (buprenorphine, methadone, naltrexone XR) and naloxone (Narcan) for overdose reversal. It also explores high-risk situations, harm reduction vs. abstinence approaches, and strategies to support client-centered recovery through clinical, peer, and family support systems.



Scan the QR code or click the title of the training to register.



## Solution-focused Approaches with Challenging Clients

4.5 credits\* | \$60

Don Scherling, PsyD, LADC, CCS

Solution-focused approaches which build on a client's, family's, agency's, or community's strengths are proving more powerful and hopeful in encouraging change, than traditional problem-focused methods of assessment and treatment. This course provides the basics to the theoretical foundations and treatment methods of a solution-focused approach and encourage participants to adapt and apply the model in their thinking and their work with challenging clients, peers, and organizations.



Scan the QR code or  
click the title of the  
training to register.

*\*This program is approved for national continuing education credits by the National Association of Social Workers for 4.5 continuing education contact hours.*

## Spotlight on Men & Gender Equality

3 credits | \$45

Jackson Katz, PhD & Kane Smego

This program encourages participants to reimagine how men can take an active role in movements often seen as “women’s issues.” Through collaboration, advocacy, education, and role modeling, men can help shift harmful social norms and promote gender equality. The workshop will also focus on the vital role men play in preventing sexual harassment and violence against women.



Scan the QR code or click the title of the training to register.

## **Spotlight on Sexual & Domestic Violence**

3.5 credits | \$50

Beverly Gooden, Lisa Winjuim, JD, & Jillian Gilchrest, MSW

This course gives you in an in-depth look at the traumas of sexual assault and domestic violence and the ways in which society can begin to work towards healing from and ending these types of violence through community resources, advocacy, and policy change. You will hear from clinicians, rape crisis counselors, lawyers, first responders, and survivors through lecture and panel presentations. You will become familiar with several promising practices and emerging trends that can be used to effectively heal from, respond to, and most importantly, stop sexual assault and domestic violence.



Scan the QR code or click the title of the training to register.

## The Impact of Acquired Brain Injuries for Families

3 credits | \$45

David Tolin, PhD, ABPP

This training offers a foundational overview of cognitive behavioral therapy (CBT), highlighting how thoughts, emotions, and behaviors interact in mental health. It covers strategies like cognitive restructuring, mindfulness, emotion regulation, and behavioral techniques such as exposure, reinforcement, and skill building, applicable across diverse clinical settings.



Scan the QR code or  
click the title of the  
training to register.

# The Science & Art of Cognitive Behavioral Therapy

3 credits | \$45

David Tolin, PhD, ABPP

This training offers a foundational overview of cognitive behavioral therapy (CBT), highlighting how thoughts, emotions, and behaviors interact in mental health. It covers strategies like cognitive restructuring, mindfulness, emotion regulation, and behavioral techniques such as exposure, reinforcement, and skill building, applicable across diverse clinical settings.



Scan the QR code or  
click the title of the  
training to register.

## Treating Obsessive Compulsive Disorder & Related Disorders

4.5 credits\* | \$60

David Tolin, PhD, ABPP

In this workshop, we review the DSM-5 Obsessive-Compulsive and Related Disorders (OCDs), including obsessive-compulsive disorder, hoarding disorder, body dysmorphic disorder, trichotillomania, and excoriation (skin-picking) disorder. Similarities and differences among these disorders will be discussed. We will review essential cognitive-behavioral treatment strategies to reduce obsessionality and impulsivity among patients with (OCDs).



Scan the QR code or click the title of the training to register.

*\*This program is approved for national continuing education credits by the National Association of Social Workers for 4.5 continuing education contact hours.*



# INTEGRATIVE HEALTH

## **Mindfulness-Based Stress Reduction (MBSR): Practice & Self Care**

5 credits | \$65

Tracey Meyers, PsyD

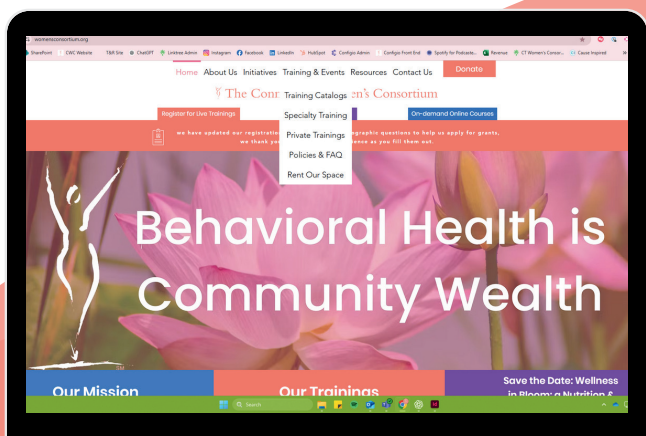
Our fast-paced, stressful lives can lead to anxiety, depression, and health issues—especially for mental health professionals who give so much to others. This workshop offers practical mindfulness tools, including breathing, body scans, walking and eating meditations, gentle yoga, and loving-kindness practice. Grounded in Mindfulness-Based Stress Reduction (MBSR), it helps you reduce stress, prevent burnout, and stay present—for yourself and those you support.



Scan the QR code or click the title of the training to register.



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# PROFESSIONAL DEVELOPMENT

## Creating Healthy Boundaries

2 credits | \$35  
Alicia Davis, PCC

Develop greater insight into the role which healthy boundaries can play in the workplace. Key topics include managing former peers, setting boundaries with clients, and balancing personal issues at work. Each participant will be given the opportunity to identify areas where they may struggle with boundaries, as well as how they can support staff in setting boundaries. Action plans will be created to support establishing new and healthy boundaries.



Scan the QR code or  
click the title of the  
training to register.



# TRAUMA TREATMENT

## Creating a Culture of Trauma-Informed Care

4 credits | \$55

Colette Anderson, LCSW

A trauma-informed, gender-responsive culture responds to the impact of trauma, recognizes the different needs of men and women, supports staff well-being, and fosters a healthy environment. These principles apply to all staff—from managers to receptionists. This training moves beyond theory, offering practical, low-cost strategies from agencies that have transformed their culture. It covers key concepts like grounding, trauma-specific models, the five elements of trauma-informed care, gender-responsiveness, staff wellness, and assessing your agency's culture and environment.



Scan the QR code or  
click the title of the  
training to register.

## De-escalation & Engagement Strategies: A Trauma-Informed Approach

3 credits | \$45

Chris Dorval, MSW, LCSW, LCDP, LCDCS, ICADC

Aggressive and drug-seeking behaviors present unique challenges in clinical settings, often driven by substance use and trauma-related disorders. This presentation offers strategies to address these behaviors with an assertive, therapeutic approach that maintains patient engagement. It also explores the impact of trauma on recovery—socially, biologically, psychologically, and spiritually—and equips clinicians with skills to support individuals through recovery using a trauma-informed framework.



Scan the QR code or click the title of the training to register.

## The Intersection of Domestic Violence & Human Trafficking

2.5 credits | \$40

Jillian Gilchrest, MSW

While there are differences, the methods of control and cycle of violence perpetrated against victims of domestic violence is similar to victims of human trafficking. This training highlights the intersection of domestic violence and human trafficking, providing participants with a new understanding of gender based violence and ways to support victims.



Scan the QR code or  
click the title of the  
training to register.

## The Long Reach of Childhood Trauma: Using the ACE Study to Inform Practice

2.5 credits\* | \$40

Colette Anderson, LCSW & Shannon Perkins, LMSW

Adverse childhood experiences (ACEs) are early traumas that affect long-term health and development. The CDC and Kaiser Permanente's ACE study links childhood trauma to adult well-being, shaping trauma-informed social work today. This presentation covers the impact of ACEs and provides practical strategies to apply ACE knowledge in practice through lecture and interactive activities.



Scan the QR code or click the title of the training to register.

*\*This program is approved for national continuing education credits by the National Association of Social Workers for 2.5 continuing education contact hours.*



## The Other Gender: Using a Trauma-Informed Framework for Working with Men

2.5 credits | \$40

Chris Dorval, MSW, LCSW, LCDP,  
LCDCS, ICADC

Society has often overlooked trauma's impact on males, treating it as a "female issue." The assumption of men as perpetrators and the normalization of male trauma and violence have led to desensitization and ongoing cycles of trauma and addiction. This is particularly true in trauma treatment, where research and interventions have historically focused on women. This presentation explores trauma-informed practices tailored to the unique challenges and strengths of men in addiction treatment programs.



Scan the QR code or  
click the title of the  
training to register.

## The Relationship of Adverse Childhood Experience to Adult Well-being

2.5 credits | \$40

Vincent Felitti, MD

The Adverse Childhood Experiences (ACE) Study is an in-depth, retrospective and prospective analysis of over 17,000 adult members of Kaiser Permanente, matching their current health status against 10 categories of adverse childhood experiences that occurred on average a half-century earlier. In this workshop, learn about the findings of this study, and how traumatic childhood experiences can impact adult well-being and health.



Scan the QR code or click the title of the training to register.

## Trauma Through the Lens of Attachment Theory

2.5 credits | \$40

Edwin Renaud, LCSW

Attachment theory provides important insights for working with individuals experiencing traumatic stress, especially when the trauma involves interpersonal harm. Attachment influences social perception and emotional regulation, both critical for coping. This presentation reviews key concepts and classifications in attachment theory, along with current ideas on its role in emotional and social functioning. We explore how trauma disrupts attachment and mimics mood, anxiety, or personality disorders, and offer strategies for building a strong therapeutic alliance using attachment-based approaches.



Scan the QR code or  
click the title of the  
training to register.



# **VETERANS SERVICES**

## Serving Those Who Serve

2.5 credits | \$40

Amy B. Otzel, MA, MS, LPC

Military members, veterans, and their families have endured hardships unique to the demands of military lifestyle and the warzone. It is imperative for those who support readjustment and reintegration to be familiar with the culture, stressors, mental health concerns, and resiliency-building considerations specific to this population. This workshop addresses such provider competencies and introduces the helping professional to a skills-based warrior resource model of homecoming transition.



Scan the QR code or  
click the title of the  
training to register.

## Spotlight on Veterans Behavioral Health Care

2.5 credits | \$40

William Rodriguez, MSW & Amy B. Otzel,  
MA, MS, LPC

The Department of Veterans Affairs estimates that 22 million Americans have served in the military. Military members face unique traumas, stressors, and hardships during their time in a warzone. It is essential that clinicians respond to these challenges using best practices in veterans' behavioral health care. Through lectures and panel discussions, this spotlight event highlights key topics, including the stigma of seeking services, military sexual trauma, and community reintegration.



Scan the QR code or  
click the title of the  
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