

 The Connecticut Women's Consortium  
**SPRING TRAINING CATALOG**

**Workshops for Behavioral Health**

**Addiction | Mental Health | Treatment | Recovery**

CECs are approved by NASW CT with reciprocity from CCB-CT. CECs are valid in CT, MA, RI, and VT.



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Training  
Series Key:



Clinical Skills



Cultural  
Competence



Trauma  
Treatment

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# APRIL



**THE REALITY OF MORTALITY:  
CONSIDERATIONS FOR END OF  
LIFE**

**MINDFULNESS IN THE WORKPLACE &  
FACILITATING TOUGH CONVERSATIONS**

**FROM DISSOCIATION TO EMBODIED  
SAFETY: SOMATIC SKILLS TO MOVE  
THROUGH TRAUMA RESPONSES**

**NAVIGATING BULLYING IN THE SOCIAL  
MEDIA WORLD**

**LIFESTYLE MEDICINE & BEHAVIORAL  
EPIGENETICS: AN INTERGENERATIONAL  
STORY OF HOPE FOR LIVING WELL IN  
RECOVERY**

**UNDERSTANDING RELIGIOUS TRAUMA  
TO SUPPORT CLIENTS' QUEST FOR  
WHOLENESS**



**The Reality of Mortality: Considerations for End of Life**

Amy Lane, EOLD



The Reality of Mortality: Considerations for End of Life is a full-day training, led by a trained end-of life Doula, practicing in Connecticut. Topics covered will include a brief human history of death practices, trends in death care, the dying process, understanding the role of Hospice, Medical Aid in Dying and VSED, how to talk about death and dying, making plans for death and dying, and legacy projects. This course promises to be thought provoking and interactive through lecture, and opportunities for group and self-exploration. This course was developed for behavioral health professionals with the intention of providing death education and removing fears and stigma around death and dying. Participants of the course will feel empowered and confident to have deep and meaningful conversations with clients and within their own community.

Date	Time	CECs	Series	Price
April 2, 2025	9am - 4pm	6 Credits	Clinical Skills	\$100

**Mindfulness in the Workplace & Facilitating Tough Conversations**

Teresa Nieves



This professional workshop trains participants on how to connect with themselves and their staff around mindfulness to combat burnout. Through engaging activities and thoughtful exploration, participants will learn the principles and practices of compassionate leadership. This includes effective stress management techniques, strategies for handling difficult conversations with staff members, and methods for providing clear, constructive feedback. Participants will discover how mindfulness can be a powerful tool for enhancing emotional intelligence and fostering a supportive work environment. The workshop emphasizes practical application, allowing attendees to leave with actionable ideas to not only decrease their own stress levels but also to model and promote these behaviors among their overwhelmed staff. By integrating mindfulness practices into daily routines, participants will be equipped to lead with empathy, maintain resilience under pressure, and cultivate a workplace culture that values well-being and open communication.

Date	Time	CECs	Series	Price
April 9, 2025	9am - 12pm	3 Credits	Clinical Skills	\$70

**From Dissociation to Embodied Safety:  
Somatic Skills to Move Through Trauma Responses**



Marlee Liss

In the aftermath of trauma, it is common for survivors to experience hypervigilance, dissociation, a sense of urgency and many other distressing responses. In this interactive and survivor-led program, participants will be given a trauma-informed space to learn about trauma responses from a somatic lens. We will explore the function behind each response in order to cultivate self-compassion, autonomy and choice. Marlee will share a first-hand account of reclaiming embodied safety after trauma while supporting participants in building a personalized trigger plan. Within this context, folks will explore the power of co-regulation and community-based healing.

***\*\*This program is recommended for survivors, service providers, and supporters.***

Date	Time	CECs	Series	Price
April 14, 2025	9am - 12pm	3 Credits	Trauma Treatment	\$70

**Navigating Bullying in the Social Media World**



David Kelly, LCSW

In this workshop, we will discuss 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. This insightful talk will explore strategies to help parents understand the challenges of social media, including how to practically monitor usage, foster open communication, and empower your child to build resilience.

Date	Time	CECs	Series	Price
April 15, 2025	9am - 12pm	3 Credits	Clinical Skills	\$70

***There is no greater joy nor greater reward than to  
make a fundamental difference in someone’s life.***

***-Mary Rose McGeedy***

**Lifestyle Medicine & Behavioral Epigenetics:  
An Intergenerational Story of Hope for Living Well in Recovery**



Don Scherling, Psy.D, LADC, CCS

While genetics (Nature - Inheritance) plays a key role in one’s risk and prognosis of chronic conditions (substance use/addictions, cancer, metabolic disorders, mental illness), our environment (Nurture - Experience) including how we eat, sleep, move, interpret and respond to stress, manage toxic exposures, cultivate meaning, and connect with others in relationships play a vital role as well. In the emerging field of epigenetics, we are coming to see that a healthy lifestyle, focused on wellness practices and positive relationships, can potentially redirect our inherited genetic predispositions and legacy of trauma, to transform our lives and the lives of those we love.

Date	Time	CECs	Series	Price
April 25, 2025	9am - 4pm	6 Credits	Clinical Skills	\$100

**Understanding Religious Trauma to Support Clients’  
Quest for Wholeness**



Lillian Gibson, PhD

The training will specifically dive into interpersonal challenges that exist when one’s belief system has been internally disrupted by a member of one’s religious community or impacted by external negative connotations that result in personal shame. The training will also provide a working definition of religious trauma, types of religious traumas, and symptoms associated with religious trauma. Time will also be spent discussing spiritual trauma. The latter part of the workshop will highlight treatment recommendations that are useful to help clients heal. A clinical case snapshot will be referenced to highlight content discussed during the online training to enhance clinicians’ approaches to case conceptualization models for treatment planning. This training is ideal for professionals attempting to support clients who are attempting to regain a sense of self and personal freedom following life experiences that have caused feelings of distress, hopelessness, and loss of self due to conflict centered around one’s belief system.

Date	Time	CECs	Series	Price
April 30, 2025	9am - 12pm	3 Credits	Cultural Competence	\$70

# LEADERSHIP ACADEMY

Racebrook  Consulting

 The Connecticut Women's Consortium

*Participants can choose to enroll in all 6 classes for \$500  
or select a single session (2 classes) for \$250.*

**April 16**  
Session 1

## Trauma-Informed Leadership: Building Resilient Teams

Jen Fournier, Esq. | 9 am - 4 pm | 6 CECs

Learn to lead with empathy and resilience in this training on trauma-informed leadership, equipping you with strategies to foster psychological safety, build trust, and address workplace stress and burnout.

**April 23**  
Session 1

## The Art of Supervision: Empowering and Elevating Your Team

Jen Fournier, Esq. | 9 am - 4 pm | 6 CECs

Elevate your supervision skills with this training for human service leaders, offering practical tools to set expectations, provide impactful feedback, support employee growth, and build a collaborative team culture.

**May 13**  
Session 2

## Cultural Humility in Action: Strengthening Teams and Client Care

Jen Fournier, Esq. | 9 am - 4 pm | 6 CECs

Lead with inclusivity and awareness by mastering cultural humility in this training, which offers actionable strategies to address biases, improve team dynamics, and foster equitable workplaces.

**May 21**  
Session 2

## Effective Communication for a Unified Workplace

Jen Fournier, Esq. | 9 am - 4 pm | 6 CECs

Foster collaboration and trust with effective communication strategies in this interactive session, focusing on active listening, empathetic conversations, and practical tools to navigate challenges and strengthen team dynamics.

**June 11**  
Session 3

## Leading with Heart: Emotional Intelligence for Human Service Providers

Dr. Natasha Booker, LCSW | 9 am - 4 pm | 6 CECs

Rediscover balance and resilience in leadership with this training, designed to help human service leaders manage emotional labor, set boundaries, prevent burnout, and create a personalized self-care plan.

**June 18**  
Session 3

## Emotionally Intelligent Leadership: Inspiring Connection and Collaboration

Dr. Natasha Booker, LCSW | 9 am - 4 pm | 6 CECs

Master emotional intelligence to inspire trust, foster collaboration, and build stronger teams in this interactive session featuring practical strategies and hands-on activities.



**SCAN CODE TO  
REGISTER**

# MAY



THE ART OF DELEGATION

THE INTERSECTION BETWEEN ADHD,  
AUTISM, AND THE LGBTQ COMMUNITY

MISCONCEPTIONS OF THE ANGRY  
BLACK WOMAN

SOCIAL WORK, SPORTS & SOCIETY

SOMATIC EXPERIENCING® TRAUMA  
HEALING: INTRODUCTION TO  
PRINCIPLES AND PRACTICES







### The Art of Delegation

Melissa Kascak



This interactive workshop explores the critical skill of delegation in the modern workplace. Participants will learn how to identify tasks for delegation, communicate effectively across generations, build trust, and provide constructive feedback. Through a mix of lectures, group activities, and role-playing exercises, attendees will develop practical strategies to enhance their delegation skills and boost overall team productivity.

Date	Time	CECs	Series	Price
May 6, 2025	9am - 12pm	3 Credits	Clinical Skills	\$70

### The Intersection Between ADHD, Autism, and the LGBTQ Community

Shane Scott, LCSW



This interactive training provides a comprehensive understanding of neurodivergent individuals, the intersection of neurodivergence and LGBTQ+ identities, and how these factors impact their lives. Participants will explore gender and sexual identity, challenges faced by LGBTQ+ communities, current legislation, and strategies for honoring pronouns and providing support. The session will also examine the unique challenges faced by LGBTQ+ people of color, address the importance of self-awareness and bias in providing inclusive care, and differentiate personal beliefs from the rights of LGBTQ+ individuals. Through lectures, activities, media presentations, and case studies, this training equips participants with practical tools to better support these populations.

Date	Time	CECs	Series	Price
May 7, 2025	9am - 4pm	6 Credits	Cultural Competence	\$100

***The happiest people I know are those who lose themselves in the service of others.***  
***-Gordon B. Hinckley***

### Misconceptions of the Angry Black Woman

Welcome2Reality (Shauna Figueroa, LCSW)

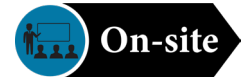


The Misconception of the Angry Black Woman training is an engaging and thought-provoking exploration of the stereotypes and realities surrounding the “angry black woman” narrative. All are welcome as this training seeks to unpack the historical roots, societal impact, and contemporary implications of this harmful stereotype while fostering understanding, empathy, and allyship among participants.

Date	Time	CECs	Series	Price
May 9, 2025	9am - 12pm	3 Credits	Cultural Competence	\$70

### Social Work, Sports & Society

Welcome2Reality



This course explores the dynamic intersection of social work, sports, and societal issues, focusing on how athletics can serve as a platform for addressing social challenges. Participants will examine the mental health needs of athletes, the impact of race and gender in sports, and the crucial role of social work in supporting athletes, coaches, and officials. Topics include mental health awareness, resilience-building, and relationships within athletics. The training will also look into race while preparing participants to foster positive societal change through the lens of sports and social work.

Date	Time	CECs	Series	Price
May 19, 2025	9am - 12pm	3 Credits	Clinical Skills	\$70

***I am a lighthouse rather than lifeboat. I do not rescue, but instead help others to find their way to shore, guiding them by my example.***

***-Modern affirmation***

**Somatic Experiencing® Trauma Healing:  
Introduction to Principles and Practices**

Beth Robins-Roth, APRN, SEP



This workshop is an introduction to Somatic Experiencing® Trauma Healing as developed by Peter Levine, PhD, and taught and practiced in the U.S. and around the world. An overview of Somatic Experiencing will be presented, emphasizing the neurobiology of this multi-disciplinary approach to understanding and treating individual, group, community, intergenerational, and world trauma. A variety of experiential practices that bring regulation, resilience, and healing to the mind-body system will be taught. Medical, nursing, mental health and social service providers can readily share these practices with clients, patients, and students.

Date	Time	CECs	Series	Price
May 20, 2025	9am - 12pm	3 Credits	Trauma Treatment	\$70

**NEED ONGOING  
CREDITS FOR  
YOUR CCB  
CERTIFICATION?**



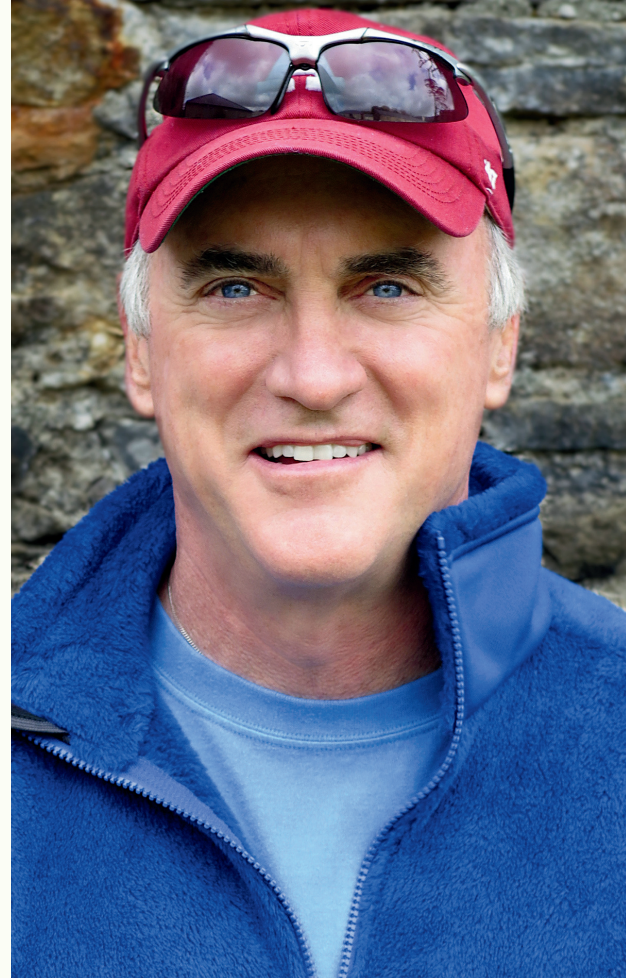
The Connecticut Women's Consortium trainings are approved by the CCB for their candidates and certified professionals.

**SIGN UP TODAY!**



# HOLISTIC STRESS MANAGEMENT INSTRUCTOR CERTIFICATION

Brian Luke Seaward, PhD



Rapid change, colossal uncertainty, significant loss, and overwhelming responsibilities have combined to become the perfect storm for daily stress these days. Yet, we do not have to be victims of these ferocious winds of change.

Join this acclaimed workshop to learn and refine your teaching and counseling skills in order to help your clients better cope with both the personal and global winds of change.

This event offers a treasure-trove of skills and resources to augment your social work skills, whether it's one-on-one sessions, improved coaching skills or the dynamic class instruction of small groups.

**MAY 14 – 17, 2025 • 2321 WHITNEY AVENUE, HAMDEN, CT**

## SPECIAL CONTENT INCLUDES:

- Digital Detox
- Mindfulness
- Quality Sleep
- Journaling
- Music Therapy

For more information, visit  
**[tinyurl.com/mr4bputs](https://tinyurl.com/mr4bputs)**

or contact  
Alicia Feller, LCSW  
203-909-6888 x 17

***THIS IS A PRIVATE EVENT HOSTED AT THE CONNECTICUT WOMEN'S CONSORTIUM BUT IS NOT SPONSORED OR ORGANIZED BY THE CONSORTIUM. PARTICIPANTS MUST REGISTER DIRECTLY THROUGH THE EVENT ORGANIZER.***

# JUNE



**SUBSTANCE USE AND FAMILY SYSTEMS**

**BUILD YOUR ABUNDANT GROUP  
PRACTICE: TRANSITION FROM SOLO TO  
GROUP PRACTICE**

**NEURODIVERSITY 101**

**INPATIENT SUICIDE PREVENTION**

**ROLE OF CANNABIS: MYTHS, FACTS,  
AND NAVIGATING FAMILY  
DYNAMICS**





Spring 2025



JUNE

### **Substance Use and Family Systems**

Deb Borzellino, LMFT, AAMFT



This full day interactive training will focus on the impact of substance use disorders on the family. Substance use disorders impact the entire family system and are termed as a family illness. Treating the family provides an opportunity for the family to heal together. Family systems theoretical framework lays the foundation for treating families with substance use disorders. Families are unknowingly assigned and play a role in the substance use dynamic, so family therapy can give context and structure to relationship dynamics. Systemic practices broaden the therapist’s understanding of how to address substance use disorders, interrupt dysfunctional interactions, and create empathy and understanding within relationships.

Date	Time	CECs	Series	Price
June 5, 2025	9am - 4pm	6 Credits	Clinical Skills	\$100

### **Build Your Abundant Group Practice: Transition from Solo to Group Practice**

Shawniel Chamanlal, LCSW



Join the “Build Your Abundant Group Practice” workshop, a comprehensive training designed for mental health professionals eager to expand their practices with confidence. This immersive session provides actionable tools and expert guidance to help you achieve sustainable growth. You’ll learn to identify hidden opportunities, develop a strategic roadmap, master financial planning for profitability, navigate legal and ethical complexities, and implement effective strategies for recruiting and onboarding top-tier professionals. With a personalized growth plan and access to the workshop replay, you’ll leave equipped to unlock your practice’s full potential.

Date	Time	CECs	Series	Price
June 10, 2025	9am - 12pm	3 Credits	Clinical Skills	\$70

***If there is no struggle, there is no progress.***  
***-Frederick Douglass***

**Neurodiversity 101:  
 Understanding How We Think and Learn Differently**

Teresa Nieves



Are you curious about what neurodiversity really means? This interactive three-hour workshop is designed for those who are brand new to the concept of neurodivergence. Together, we'll explore the different ways our brains process information and learn how these differences often appear in daily life—whether at home, in education, or at work. Through engaging discussions, real-world examples, and reflection activities, you'll gain a foundational understanding of neurodivergent conditions such as ADHD, dyslexia, autism, and more. By the end of the session, you'll not only have a clearer sense of what neurodivergence is, but also how it shapes our individual strengths, challenges, and perspectives. This workshop lays the groundwork for future conversations on creating more inclusive environments and ensuring everyone can thrive.

Date	Time	CECs	Series	Price
June 11, 2025	9am - 12pm	3 Credits	Clinical Skills	\$70

**Inpatient Suicide Prevention**

David Tolin, PhD, ABPP



In this workshop, we will review cognitive-behavioral conceptualizations of suicidal behavior and identify elements of successful treatment. A brief (4-session) protocol will be presented for use with patients who have been hospitalized following a suicide attempt, with multiple video examples showing each session. Data on the efficacy of this treatment will be presented.

Date	Time	CECs	Series	Price
June 18, 2025	9am - 4pm	6 Credits	Clinical Skills	\$100



**Role of Cannabis:  
Myths, Facts, and Navigating Family Dynamics**

Welcome2Reality



Explore the evolving role of cannabis in society, with a focus on debunking myths, understanding legal frameworks, and its impact on individuals and families. Through evidence-based discussions, participants will examine cannabis’s therapeutic potential, legal considerations in Connecticut, and its cultural significance. The training will also highlight key scientific concepts like terpenes and their mental health implications, equipping participants with the knowledge to support families navigating cannabis-related challenges.

Date	Time	CECs	Series	Price
June 27, 2025	9am - 12pm	3 Credits	Clinical Skills	\$70

—STAY TUNED—  
**COMING**  
—SUMMER 2025

**GET READY FOR A BRAND-NEW NUTRITION EVENT HOSTED BY THE CONNECTICUT WOMEN’S CONSORTIUM! THIS ISN’T JUST ANOTHER HEALTH TALK—IT’S AN INTERACTIVE, INSPIRING, AND EMPOWERING EXPERIENCE DESIGNED TO FUEL YOUR MIND, BODY, AND SOUL. STAY TUNED FOR DETAILS ON EXPERT SPEAKERS, HANDS-ON ACTIVITIES, AND TRANSFORMATIVE INSIGHTS THAT WILL CHANGE THE WAY YOU THINK ABOUT NUTRITION.**

**MAKE SURE YOU DON’T MISS OUT!!!**

[WWW.WOMENSCONSORTIUM.ORG](http://WWW.WOMENSCONSORTIUM.ORG)



# Expert Trainers



**Dr. Natasha Booker, LCSW**, is a coach, therapist, and CEO of Pathways to Wellness Women's Center, dedicated to empowering Black women to live authentically and intentionally. With expertise in social work, counseling, and personal development, she provides compassionate, culturally sensitive guidance to foster resilience, confidence, and growth. Dr. Tasha holds degrees in Business Management, Human Services, Social Work (Fordham University), and a Ph.D. in Human and Social Services, with research focused on Black women and mental health. Passionate about mentoring and advocacy, she is committed to promoting mental and emotional well-being for Black women.



**Debra Borzellino, LMFT, AAMFT Approved Supervisor and AAMFT Clinical Fellow** has a career that has extended over 25 years. Deb is a trainer and presenter of Couples Therapy, Family of Origin, Family Systems Therapy, Birth Order and Vicarious Trauma. As the owner of Pieces That Fit, LLC., Deb provides couple, family, and individual therapy. Deb provides mentorship for AAMFT approved supervisor candidates and clinical consultation/supervision to associate and licensed professionals of all disciplines. Deb focuses on the professional development of the clinician, and traditional oversight of case review, interventions, case notes, treatment planning, ethical issues, and liability. Deb was also an Adjunct Professor at SCSU MFT Department and Albertus Magnus Business Department.



**Shawniel Chamanlal, LCSW**, is the founder and CEO of Healing Springs Wellness Center, a thriving mental health and wellness center in Connecticut. With over 15 years of experience in the mental health field and a proud graduate of Fordham University, Shawniel is dedicated to empowering individuals and organizations to achieve mental wellness and sustainable growth. She specializes in building and scaling successful group practices and offers workshops on leadership, financial planning, team building, and navigating ethical complexities. As a sought-after speaker and trainer, Shawniel inspires clinicians to grow their practices with confidence and clarity. Her mission is to foster a supportive, inclusive world through mental health and well-being.



**Shauna L. Figueroa, LCSW**, has over 25 years of experience in various settings, including state-funded programs and academia. With expertise in child welfare and experience in addressing issues such as homelessness, mental health, and substance abuse, Shauna has managed macro-level systems and provided direct therapeutic interventions to individuals, couples, and families. Currently, she serves as the Vice President of Housing Services at Friendship Place in the District of Columbia, where she works to end homelessness. Additionally, she is an adjunct professor, a field placement supervisor, and clinician in private practice at Sacred Heart University. Shauna is dedicated to social justice and has provided numerous trainings on various topics related to mental health and wellness.



**Jen Fournier, Esq.**, is the Owner and Principal Consultant of Racebrook Consulting, LLC, known for her expertise in nonprofit leadership, employee culture, corporate compliance, and coaching. Passionate about fostering collaboration and compassionate leadership, she actively supports the Greater New Haven nonprofit community as Chair of the Greater New Haven Chamber of Commerce's Nonprofit Resource Council Steering Committee, President of NAMI Elm City's board of directors, and a board member of the Beth-El Center. A graduate of The Catholic University of America with a bachelor's in history and philosophy and a Juris Doctorate, Jen began her career at Bellevue Hospital in New York City, gaining extensive experience in health and human services. She now resides in Orange, CT with her husband and three shih tzu puppies.



**Dr. Lillian Gibson, Ph.D.**, is a licensed clinical psychologist often referred to as a "mood make-over" expert. She is a highly recommended speaker, consultant, and clinician due to her advanced assessment and treatment skills. Dr. Gibson takes pride in combining her vocational rehabilitation counseling, and clinical psychology expertise to help clients solve their problems through individual, group, or couples therapy for emotional healing and restoration. Her professional footprints include places such as Johns Hopkins and international research in South Africa. Dr. Gibson's resume also includes gold star interventions for anxiety, depression, trauma, insomnia, nightmares, and chronic medical conditions. She is a multi-HBCU graduate from Southern University and A & M College and Jackson State University. Dr. Gibson is passionate about highlighting the importance of diversity, equity, and inclusion within mental health services.



**Melissa Kascak** is a certified personal and professional coach specializing in helping working mothers reclaim balance and fulfillment. As founder of Fit Yourself In, she combines evidence-based coaching with practical solutions to reduce overwhelm and stress. Melissa also serves as Director of Operations for Summit Success, a global development firm, and Summit Press Publishers, overseeing strategic initiatives for both companies. With a background in the arts and operations, she brings creativity and structure to her work. Melissa holds a BFA from the University of Connecticut and lives in Newtown, CT with her husband and two sons.



**David Kelly, LCSW**, has a private practice in Norwalk, Connecticut. He specializes in adolescent and family therapy. David has worked at the adolescent unit at nationally recognized hospitals such as Silver Hill Hospital in New Canaan, Connecticut. David has a broad range of expertise including a focus in cognitive behavioral and dialectical behavioral therapies. He was also an Adjunct Professor at Southern Connecticut State University where he taught at the Masters of Social Work School. David created the class and syllabus for their Adolescent Therapy course and also taught Psychopathology. He has two teen/preteen sons and lives in Trumbull, CT.



**Amy Lane, EOLD**, is a trained End-of-Life Doula who studied under Henry Fersko-Weiss, a pioneer in the End-of-Life world, here in the United States. In addition to her End-of-Life Doula work, she is a Healing Touch Practitioner, a hospice volunteer, a Reiki 3 Master and Teacher, and is a trained Vinyasa Yoga Teacher, which she brings into her practice when called for.



**Marlee Liss** is a restorative justice advocate, award-winning speaker, and embodiment coach. She is also a lesbian, Jewish feminist and trailblazer. Marlee made history in the justice system when her sexual assault case became the 1st in North America to conclude with restorative justice through the courts. Since then, Marlee has shared her story worldwide - being featured on major media platforms like Forbes, Huff Post, BuzzFeed, Mel Robbins Show, and more. Additionally, with a background in anti-oppressive social work, eating disorder prevention, trauma-informed yoga and somatic sex education, Marlee has coached hundreds of women worldwide in reclaiming sensuality and embodied empowerment, especially after sexual trauma, disordered eating, and relationship abuse.



**Teresa Nieves** is the owner of Teresa Nieves Coaching, LLC. She supports women, non-binary, and gender fluid folk with life coaching and Reiki healing as a Disruption Coach & Unconventional Strategist. She helps them disrupt the blocks that are keeping them stuck, discover what truly matters, and create the life they really want. Teresa also has over 15 years of nonprofit management, program development, and capacity building. Her love of community and believing that folk are their own catalyst for change began in her direct work with the Harford Community.



**Beth Robins Roth, APRN, SEP**, is a bilingual Family Nurse Practitioner and Somatic Experiencing® Practitioner. In 1993, she founded the Mindfulness-Based Stress Reduction Program at the Community Health Center of Meriden, teaching meditation in English and Spanish for 21 years. In 2016, she launched Hummingbird Trauma Resolution, specializing in mind-body approaches to trauma, PTSD, chronic pain, and stress. Beth offers individual trauma healing, group programs in Somatic Experiencing®, and professional training for medical and mental health providers, substance abuse counselors, and non-profit staff in Connecticut and New York.



**Don Scherling, PsyD, LADC**, is a Senior Clinical Consultant & Clinical Faculty member in the Department of Psychiatry & Behavioral Services at Berkshire Medical Center in Pittsfield, MA where he is also a Health Educator, Employee Assistance Counselor, Behavioral Health Wellness Coach, and serves on the Physician-Practitioner Health Committee and the Care for Caregivers Yoga Wellness Program. Dr. Scherling is a certified trainer for the Suicide Prevention Resource Center (SPRC), The Question, Persuade, Refer (QPR Institute), and a Senior Clinical Consultant & Trainer with the Connecticut Department of Mental Health & Addiction Services, The CT Women's Consortium and other regional statewide agencies in the Northeast.



**Shane Scott, LCSW**, earned his master's degree from the University of Connecticut School of Social Work in 2012. With experience dating back to 2005, Shane has worked with youth, families, and individuals in various settings, including schools and communities. He specializes in treating depression, anxiety, trauma, substance abuse, and gender and sexual identity issues. Shane is also skilled in facilitating trainings, workshops, and coaching other professionals. He currently operates a private practice in West Hartford, Connecticut, and offers personal and professional development trainings within the LGBTQ+ community.



**Dr. David Tolin** is the founder and director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Professor of Psychiatry at Yale University School of Medicine. He is the author of over 250 scientific journal articles and several books. He is the past-president of the Association for Behavioral and Cognitive Therapies and the past-president of the clinical psychology division of the American Psychological Association. He is the recipient of the award for lifetime contribution to psychology from the Connecticut Psychological Association, and the Clinical Science Visionary Award from the Society for a Science of Clinical Psychology. Dr. Tolin has been featured on the TV series “Hoarders” and “The OCD Project,” and has been a recurrent guest on “The Oprah Winfrey Show.”



**Qur-an Webb, LMSW**, is the Director of Operations at Welcome2Reality, LLC, with over 20 years of experience in social work. He is the Connecticut Chapter Lead for Media Literacy Now, where he played a key role in passing Public Act No. 15-94 and Public Act No. 17-67, mandating social media safety education and computer programming instruction in schools. Qur-an is also an Assistant Professor at Western Connecticut State University and serves as Vice President of the Association of Black Sports Officials, advocating for equality and opportunities for Black sports officials. Additionally, he provides training and professional development opportunities internationally.

## CONTENT WARNING

AS YOU EXPLORE OUR TRAINING CATALOG, WE WANT TO MAKE YOU AWARE THAT SOME OF THE SESSIONS MAY INCLUDE DISCUSSIONS, LANGUAGE, OR IMAGERY RELATED TO TRAUMA, MENTAL HEALTH DISORDERS, AND OTHER SENSITIVE TOPICS. WE UNDERSTAND THAT THESE SUBJECTS CAN BE TRIGGERING, EVEN FOR SEASONED PROFESSIONALS LIKE YOURSELF.

OUR GOAL IS TO PROVIDE YOU WITH THE EDUCATION AND SKILLS NEEDED TO SUPPORT YOUR CLIENTS EFFECTIVELY. HOWEVER, YOUR WELL-BEING IS EQUALLY IMPORTANT. PLEASE TAKE CARE OF YOURSELF DURING THESE TRAININGS AND FEEL FREE TO STEP AWAY OR SEEK SUPPORT IF NEEDED.

IF YOU HAVE ANY CONCERNS OR NEED MORE INFORMATION ABOUT SPECIFIC SESSIONS, DON'T HESITATE TO REACH OUT TO US.

THANK YOU FOR YOUR DEDICATION TO LEARNING AND FOR THE INVALUABLE WORK YOU DO.

# Registration Policies

Always check [www.womensconsortium.org](http://www.womensconsortium.org) for the most up to date information. Some special events may have different registration policies or credits. By registering you agree to our registration and privacy policies.



## If you are registering with a purchase order

Send your registration form and a copy of your approved purchase order by email ([training@womensconsortium.org](mailto:training@womensconsortium.org)) or fax (203-909-6894). You must include a copy of the purchase order as proof of payment, we cannot process registrations or guarantee your space in the event without this document.



## To register by mail

Complete the form on page 24 and mail with a check or money order. There is a \$25 bank & handling fee for all returned checks. Failure to pay this fee will prevent you from registering for future courses. Checks and purchase orders are payable to The Connecticut Women's Consortium and can be sent to ATTN: Education & Training, 2321 Whitney Avenue, Suite 401, Hamden, CT 06518

## Waitlist and sold out courses

For workshops that are sold out, call to determine if a waitlist is available.



## How do I get my certificate or credits?

Between 3 and 5 business days after the training (this may be longer for offsite events and conferences), you will receive an email with instructions to access the online survey and certificate. If you have trouble accessing these items, please email [training@womensconsortium.org](mailto:training@womensconsortium.org) or call us at (203)909-6888 x2.



## What are your attendance policies?

By accreditation standards, continuing education credits (CECs) are only given to those individuals who have completed the entire training; partial credit cannot be given. If you arrive more than 30 minutes after the start of the event or leave early for any reason you will not receive CECs. For on-site events, you must sign-in/out on the designated attendance sheets provided by staff. If you are not sure where the attendance sheets are, please ask a staff member for assistance. For virtual events, you must log into Zoom with your first and last name, matching your Consortium account. Zoom automatically tracks your attendance, including any Breakout sessions. Please note that participation in breakout sessions is an important part of the training experience and counts towards your total attendance for all virtual trainings. If you miss more than one breakout session, Consortium staff members will provide you with a written and verbal warning. If you do not join the breakout session or contact Consortium staff as directed in the written and verbal outreach, you will be removed from the training. Please note that our attendance policies are based on state statute and requirements from our accrediting body.

## EMERGENCIES & CANCELLATIONS



### If you cannot attend a workshop

As of January 1st, 2020, The Connecticut Women's Consortium will no longer offer credit on account for training cancellations. You must cancel your registration a minimum of 2 business days before the training start date in order to receive a refund minus a 25% administration fee. Alternatively, you may transfer into another course of your choosing until 9am on the training day.



### What happens during inclement weather or if a workshop is canceled

In the event of inclement weather, call (203) 909-6888 x1 the morning of your workshop. This is a recorded voice message that is updated with a weather delay or cancellation. We also post a message at [www.womensconsortium.org](http://www.womensconsortium.org). The CWC reserves the right to cancel a program at any time. This may include weather, venue/staff emergencies or low attendance. In the event of a cancellation, we will contact you by email with a rescheduled date, or offer a credit or refund.

## AVAILABLE CERTIFICATES & CREDITS

**Certificates of Attendance are available to all attendees who have signed in/out.**



### Social Workers, Therapists, Counselors, and Psychologists

National Association of Social Workers Connecticut Chapter (CECs) are accepted in the states of MA, RI, and VT. Check with your state board to see if they offer reciprocity. These credits are applicable to Licensed Clinical Social Workers (LCSW), Licensed Master Social Worker (LMSW), Licensed Marriage & Family Therapists (LMFT), Licensed Professional Counselors (LPC), and Licensed Clinical Psychologists.



### Alcohol and Drug Abuse Counselors

Connecticut Certification Board CECs are applicable to Licensed Alcohol & Drug Abuse Counselors (LADC) & Certified Addiction Counselors (CAC). The Association of Addiction Professionals (NAADAC) & National International Certification and Reciprocity Consortium (IC&RC) are covered under CCB-CT Credits.

# Accommodation and Access



## Food & Dietary Restrictions

Please identify any dietary restrictions when prompted during the registration process. We can easily accommodate for vegan, nut, gluten and dairy free diets. If you have additional concerns about serious allergies, contact us in advance to ensure we can make accommodations.



## Accessibility

Please identify any accessibility requests when prompted during the registration process. The CWC office is wheelchair accessible; off-site event accessibility is coordinated with the venue, please call with any questions or concerns. Be sure to confirm all accessibility requests a minimum of 1 month in advance so we can ensure access.



## Nursing Individuals, Children (18 & Under)

For nursing accommodations, please ask staff for use of the wellness room or call ahead to learn more. Our educational events may contain sensitive topics including abuse, mental health, and addiction. It is the responsibility of the parent or guardian to review the topics suitability. If we are concerned, we may restrict access to individuals under 18 or recommend another event.



## Photos, recording & social media

If you post on social media regarding an event, tag The Connecticut Women's Consortium. We recommend that you follow a trauma-informed safety policy by asking individuals and groups before taking and sharing photos and posts. We reserve the right to photograph, record, or film classes, events and other programming. If you do not want to be included, notify a CWC staff member. Learn more through the privacy policy on our website.

## Directions



### From the South, Bridgeport Area

Take 15 North  
Take Exit 61  
Turn right off ramp, onto Whitney Avenue  
Half a block is a sign for Hamden Centre  
Turn right into driveway before this sign

### From the east, New London area

Take 95 South to 91 North  
From 91, Take Exit 10  
You are now on a connector  
Take Exit 1 off of the ramp,  
Turn left onto Devine St  
Turn left onto Hartford Turnpike  
Then turn right onto Dixwell Avenue  
Turn left At the 3rd stoplight into  
the driveway (before KinderCare)

### From the North, Hartford area

Take 91 South to Exit 17  
On exit ramp, stay left for 15 South  
From 15, take Exit 62  
At end of ramp, turn right on to Whitney Ave  
Half a block is a sign for Hamden Centre  
Turn right into driveway before this sign



### Nearby Transportation & Hotel Information

Clarion Hotel & Suites, 2660 Whitney Avenue, Hamden, CT  
Tweed or Bradley Airports or NYC Airports (JFK, LaGuardia)  
Union Station - Metro North, Amtrak & Greyhound Bus  
CT Transit - we are located on the bus line:  
(J Bus - Whitney Avenue, Centerville Whitney & Dixwell stops)  
Metro Taxi - (203) 777-7777 or Uber/Lyft

### Parking

All visitors must park in the FREE parking garage to the right of our building. With the exception of handicap spaces, parking in front of the building is for retail businesses.



# The Connecticut Women's Consortium Registration Form

**PARTICIPANT INFORMATION (Applications must be complete to be processed)**

*Last name:		*First Name:		Middle Initial:	
*Agency Name:			<input type="checkbox"/> No Agency/Private Practice/Retired		
*Agency Address:					
Street:					
Street (2):					
City:		State:		Zip Code:	
Phone Number (Please check your preferred phone number):					
<input type="checkbox"/> Work:		<input type="checkbox"/> Cell Phone:		<input type="checkbox"/> Home Phone:	
Email Address:					
Please specify any special accommodations that you will need for the training. We will confirm availability ahead of the training.					
<input type="checkbox"/> Visual		<input type="checkbox"/> Hearing		<input type="checkbox"/> Other	
Accommodation request:					
Billing Information					
Accounting Department Phone Number:					
Accounting Department Email Address:					
Training:					
Date(s):	Training Title:		Course Fee:		
			\$		
			\$		
			\$		

**Registration will not be processed without payment or purchase order**

If you're registering with an agency purchase order or check request form, please send this form along with a copy of this purchase order to: CT Women's Consortium to reserve your spot.

Email: [training@womensconsortium.org](mailto:training@womensconsortium.org)

Fax: (203) 909-6894

**If you are paying by check:  
Please mail this form along with your check to:**

CT Women's Consortium  
Training Department  
2321 Whitney Ave, Suite 401  
Hamden, CT 06518

To pay by credit card, please submit a credit card authorization with this form. Credit card authorization forms can be found here:

[https://8d6d7841-c514-42a9-b59d-7361c08d7804.usrfiles.com/ugd/62fb48\\_e508d02e449f47cb922fda711a839251.pdf](https://8d6d7841-c514-42a9-b59d-7361c08d7804.usrfiles.com/ugd/62fb48_e508d02e449f47cb922fda711a839251.pdf)

All our trainings include a CEC certificate for those who attend in full. CECs are approved by NASW/CT (National Association of Social Workers) and CCB (CT Certification Board).

By submitting this form, you are agreeing to the cancellation policy available at [www.womensconsortium.org](http://www.womensconsortium.org)

<b>For Consortium use only</b>		
Invoice #	Check number:	Registration confirmed:
Date payment received:	Agency <input type="checkbox"/>	Personal <input type="checkbox"/>



# PRIVATE TRAININGS

Unlock the power of exclusive, private training designed specifically for your team's needs. Our expert-led sessions are tailored to align with your goals, ensuring a personalized learning experience that makes an impact.

**Let's create a training program that fits your vision. Contact us today to get started!**



## ON-DEMAND COURSES

Stay current, enhance your skills, and meet your continuing education requirements with our flexible on-demand training. Earn up to 10 CECs annually—all at your own pace!

Simply complete the online quiz and evaluation to receive your credits.

Learn about course credits and policies at [www.womensconsortium.org](http://www.womensconsortium.org)



## FOR MORE INFORMATION CONTACT:

The Education & Training Staff at  
[training@womensconsortium.org](mailto:training@womensconsortium.org)  
(203) 909-6888 x2



## Education & Training in Behavioral Health

### What We Do

The mission of The Connecticut Women's Consortium is to ensure that the behavioral health system responds to the needs of women and the people and organizations that affect them.

Annually, the Consortium trains 9,000 behavioral health professionals. Our projects, initiatives, and trainings promote trauma-informed and gender-responsive care.

Your feedback is important to us! As the behavioral health field constantly changes, we strive to respond to your needs. We are always seeking experts and new training topics. We plan our calendar at least 6 months ahead. If you have a suggestion for a trainer or topic, contact our Education & Training staff at [training@womensconsortium.org](mailto:training@womensconsortium.org)

The Connecticut Women's Consortium  
2321 Whitney Avenue, Suite 401, Hamden, CT 06518  
Phone (203) 909-6888 | Fax (203) 909-6894



Monday - Friday  
8am - 4:30pm EST  
[training@womensconsortium.org](mailto:training@womensconsortium.org)  
(203) 909 - 6888 x2

[WWW.WOMENSCONSORTIUM.ORG](http://WWW.WOMENSCONSORTIUM.ORG)