



The Connecticut Women's Consortium

# SUMMER 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.



**JULY-SEPTEMBER 2025**

**[www.womensconsortium.org](http://www.womensconsortium.org)**



# TABLE OF CONTENTS

Training Series Key:	 Clinical Skills	 Cultural Competence	 Trauma Treatment
	 Ethics	 Integrative Health	 Leadership Development

## July

7/9	Seeking Safety	p.4
7/14	Psychopharmacology: The Basics & Beyond Part 1	p.4
7/21	Psychopharmacology: The Basics & Beyond Parts 2	p.5

## August

8/4	Building Your Brand: Digital Marketing for Client Engagement	p.7
8/5	Honoring Others, Honoring Ourselves: Understanding Ethical Practices	p.7
8/7	Reiki Level 3	p.8
8/11	Complex Trauma and The Nervous System	p.8
8/19	Cultivating Cultural Humility: Examining Biases and Identity	p.9

## September

9/5	Buried in Treasures: The Nature and Treatment of Hoarding Disorder	p.11
9/11	Fathers: Cultivating Safety, Accountability, and Emotional Intelligence for Stronger Families	p.11
9/12	Mourning and Healing: Integrating Care for Grief and Trauma Recovery	p.12
9/16	Understanding Domestic Violence for Mental Health Practitioners	p.12
9/23	Trauma in Children and Adolescents: Causes, Symptoms & Treatment Options	p.13
9/26	Yoga for Depression	p.14
9/30	Vicarious Resilience	p.14

Expert Trainers	p. 15
Registration Policies	p. 20
Accommodations/Directions	p. 21
Registration Form	p. 22
On-Demand	p. 23
Private Trainings	p. 23
About the Consortium	p. 24



# JULY



SEEKING SAFETY

PSYCHOPHARMACOLOGY: THE BASICS  
AND BEYOND PART 1

PSYCHOPHARMACOLOGY: THE BASICS  
& BEYOND PARTS 2



**Seeking Safety**

Summer Krause, LPC, CADCI (Treatment Innovations)



This workshop will demonstrate how participants can implement Seeking Safety, an evidence-based model for trauma and substance use in a variety of settings. Seeking Safety teaches present-focused coping skills to help clients attain safety in their lives. There are 25 treatment topics, each representing a safe coping skill relevant to both trauma and/or substance abuse, such as “Asking for Help”, “Creating Meaning”, “Compassion”, and “Healing from Anger”. Seeking Safety strives to increase hope through emphasis on ideals; it offers exercises, emotionally evocative language, and quotations to engage patients; and provides concrete strategies to build recovery skills. In this training we cover background on trauma and substance abuse, and overview of Seeking Safety including its evidence-based approach and clinical implementation. Assessment and treatment resources are also provided.

Date	Time	CECs	Series	Price
July 9, 2025	9am – 4pm	6 Credits	Trauma Treatment	\$100

**Psychopharmacology: The Basics & Beyond Part 1**

Peter Tolinsano, PsyD, ABPP



Part 1: This course includes an overview presentation to help participants better understand the usages of psychotropic medications. The instructor will provide a particular focus on administering psychotropic medications with special populations (i.e., individuals with developmental disabilities, the elderly). The program content centers on understanding terminology, learning basic brain chemistry and mechanisms of action for medications, classes of psychotropics, specific utilization of medications, side effect profiles, ways to reduce polypharmacy, and methods to consult with psychiatric prescribers.

***\*Please note this training runs across 2 days, you must attend both days to receive credit.***

Date	Time	CECs	Series	Price
July 14, 2025	9am – 12pm	3 Credits	Clinical Skills	\$100



## Psychopharmacology: The Basics & Beyond Part 2

Peter Tolinsano, PsyD, ABPP



Part 2: This course includes an overview presentation to help participants better understand the usages of psychotropic medications. The instructor will provide a particular focus on administering psychotropic medications with special populations (i.e., individuals with developmental disabilities, the elderly). The program content centers on understanding terminology, learning basic brain chemistry and mechanisms of action for medications, classes of psychotropics, specific utilization of medications, side effect profiles, ways to reduce polypharmacy, and methods to consult with psychiatric prescribers.

***\*Please note this training runs across 2 days, you must attend both days to receive credit.***

Date	Time	CECs	Series	Price
July 21, 2025	9am - 12pm	3 Credits	Clinical Skills	N/A

## You're Invited to Alzheimer's Disease & Dementia Care Seminar

This standardized curriculum is the foundation course which is required for people who seek to become credentialed by the National Council of Certified Dementia Practitioners as Certified Dementia Practitioners (CDPs). Content includes: basics of Alzheimer's & related dementias; communication strategies; depressive and repetitive behavioral symptoms; managing behavioral expressions including aggression, wandering, hoarding, hallucinations and delusions, and sexual expression; strategies for managing personal care needs; dementia specific activities, environmental adaptations; managing stress and family dynamics; spirituality and end of life care.

OCTOBER

15

8 AM - 5 PM

Trainers: Pamela K. Atwood, LPCA, MA, CDP, CADDIC, Heather Dobbert LCSW, LICSW



# AUGUST



**BUILDING YOUR BRAND: DIGITAL  
MARKETING FOR CLIENT  
ENGAGEMENT**

**HONORING OTHERS, HONORING  
OURSELVES: UNDERSTANDING  
ETHICAL PRACTICES**

**REIKI LEVEL 3**

**COMPLEX TRAUMA AND THE  
NERVOUS SYSTEM**

**CULTIVATING CULTURAL HUMILITY:  
EXAMINING BIASES AND IDENTITY**





**Building Your Brand: Digital Marketing for Client Engagement**

Alana Valdez, MA



This interactive training, led by The Consortium's Project Coordinator, who specializes in social media management and digital content creation, is ideal for behavioral health professionals looking to expand their digital presence. Whether you're starting from scratch or looking to enhance what you've already built, you'll learn the fundamentals of content creation, website design, and social media strategy. Hands-on activities, including content planning and design exercises, will help you refine your approach. We'll also cover web accessibility and ethical client interactions to ensure your online presence is professional and inclusive.

Date	Time	CECs	Series	Price
August 4, 2025	9am - 12pm	3 Credits	Leadership Development	\$70

**Honoring Others, Honoring Ourselves:  
Understanding Ethical Practices**

Dr. Sheryl Barnes, MA, PhD, PhD, DMIN, MHFA



This training invites participants to explore how evolving cultural values and ethical boundaries shape their experiences. While many of us were once familiar with the concept of being "politically correct", we now navigate new expectations around cultural awareness and inclusivity. Cultures, by definition, are dynamic and ever-changing. In this session, we will explore how to adapt to these shifts while staying true to our own values, fostering meaningful conversations, and building a deeper understanding of ourselves and others.

Date	Time	CECs	Series	Price
August 5, 2025	9am - 12pm	3 Credits	Ethics	\$70

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

***— Gordon B. Hinckley***



### **Reiki Level 3**

Hilary Rudenauer, RMT, CYT



In this Level 3, or Reiki Master Practitioner training, participants will expand upon the skills they learned in previous levels and acquire new ways to work with Reiki energy. Students will learn the Reiki moving meditation, aura clearing techniques, and how to use single crystals and crystal grids for healing. In addition, participants will experience meditation to meet their highest Reiki guide, receive another attunement and be given the Usui Master symbol. Time will be spent discussing emotional regulation within the context of a Reiki session and how therapeutic techniques can be integrated into healing work. There will be plenty of time for practice, questions, and integration. Upon completion of this course, participants will be certified Reiki Master Practitioners.

Date	Time	CECs	Series	Price
August 7, 2025	8:30am - 4:30pm	7 Credits	Integrative Health	\$300

### **Complex Trauma and The Nervous System**

Nancy Grehcko, PsyD



This presentation provides education to mental health practitioners about what complex trauma is, how it differs from single-episode trauma, and how it affects the brain and relationships. Attendees will learn about how complex trauma affects attachments and human development. Attendees will learn about dissociation, spectrum of dissociation, and how to manage dissociation symptoms with their clients. Through experiential exercises they will learn how to safely guide clients through grounding exercises and guided imagery to manage dissociation and other trauma symptoms. The session will also cover the Window of Tolerance and how to use it to discuss arousal states with clients.

Date	Time	CECs	Series	Price
August 11, 2025	9am - 12pm	3 Credits	Trauma Treatment	\$70

***As we lose ourselves in the service of others, we  
discover our own lives and our own happiness.  
— Dieter F. Uchtdorf***

Summer 2025

AUGUST

## **Cultivating Cultural Humility: Examining Biases and Identity**

Mara Gottlieb, PhD, LMSW



Many of our clients have survived experiences we cannot fathom, and arriving at the first session with us makes them the heroes and heroines of their own lives already. Approaching the professional relationship through a lens of cultural humility asks us to honor the resilience and wisdom our clients already possess. Cultural humility is a modern approach to cultural awareness that integrates the broadest possible definition of culture and identity intersectionality with a collaborative, 2-person model that demands our own ongoing commitment to compassionate self-awareness. This model encourages us to see without judgment and to see how our own experience and identities impact the work we do and the values we hold. Attending this workshop will provide the theory behind this new approach, a clear understanding of a cultural humility framework, and multiple experiential opportunities to implement it and witness its benefits firsthand.

Date	Time	CECs	Series	Price
August 19, 2025	9am - 12pm	3 Credits	Cultural Competence	\$70

# **BUNDLE DEALS!**

**SAVE WHEN YOU BUNDLE**

**SHOP A VARIETY  
OF ON-DEMAND TRAINING  
BUNDLES & SAVE 30%.**

**SHOP NOW**





# SEPTEMBER

A photograph of a cluttered storage area, possibly a warehouse or a large room. In the foreground, a white metal ladder is leaning against a wall. A person's legs, wearing blue jeans and brown boots, are visible on the ladder. The floor is covered with various items, including cardboard boxes, a red plastic bag, and a large pile of books. The background shows more stacks of books and a wall with a large number '5' written on it. The overall scene suggests a place of storage or a collection of items.

**BURIED IN TREASURES: THE  
NATURE AND TREATMENT OF  
HOARDING DISORDER**

**FATHERS: CULTIVATING SAFETY,  
ACCOUNTABILITY, AND EMOTIONAL  
INTELLIGENCE FOR STRONGER FAMILIES**

**MOURNING AND HEALING: INTEGRATING  
CARE FOR GRIEF AND TRAUMA  
RECOVERY**

**UNDERSTANDING DOMESTIC VIOLENCE  
FOR MENTAL HEALTH PRACTITIONERS**

**TRAUMA IN CHILDREN AND  
ADOLESCENTS: CAUSES, SYMPTOMS &  
TREATMENT OPTIONS**

**YOGA FOR DEPRESSION**

**VICARIOUS RESILIENCE**

### **Buried in Treasures: The Nature and Treatment of Hoarding Disorder**

David F. Tolin, PhD, ABPP



The aim of this workshop is to familiarize participants with hoarding disorder, a common and potentially severe mental health problem. Characterized by acquisition of, and failure to discard, a large number of possessions to the extent that living spaces become uninhabitable, hoarding disorder affects many. We will review emerging data investigating the nature of hoarding, associated mental health features, and new research findings regarding brain function in people who hoard.

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

### **Fathers: Cultivating Safety, Accountability, and Emotional Intelligence for Stronger Families**

Carolina Grijalba-Rodriguez, LCSW



This presentation focuses on the critical role fathers play in fostering safe and healthy family dynamics. Through the lens of safety, accountability, and emotional intelligence, participants will explore strategies to engage fathers in meaningful ways that promote positive relationships and reduce harm. The session incorporates key principles from the Caring Dads program, a globally recognized initiative that addresses the intersection of fatherhood and family safety. Participants will learn how to support fathers in developing greater self-awareness, taking accountability for harmful behaviors, and building emotional intelligence to strengthen connections with their children and co-parents. Through case examples, practical tools, and discussion, this presentation will empower professionals to work effectively with fathers, helping them prioritize safety and well-being within their families.

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



## **Mourning and Healing: Integrating Care for Grief and Trauma Recovery**

Anthony Nave, LICSW, LADC, ACS  
Erin O'Neil, LCSW



**On-site**

This training provides clinicians with a foundational understanding of grief and trauma recovery, emphasizing their interconnected nature and offering effective strategies for treating PTSD, Prolonged Grief Disorder (PGD), and related conditions. Participants will explore key frameworks, including Interpersonal Neurobiology (IPNB), Dr. Worden's Four Tasks of Mourning, and Dr. Herman's Stages of Trauma Recovery. Grief and trauma often overlap—trauma can complicate grief, and unresolved grief can worsen trauma. Through IPNB, clinicians will learn how these experiences impact the brain, body, and relationships, and how healing can occur through relational experiences. Integrating Worden's and Herman's models offers a comprehensive framework for supporting recovery and achieving treatment goals. This training promotes an integrated approach to care, helping clinicians develop tailored interventions for holistic healing.

Date	Time	CECs	Series	Price
September 12, 2025	9am - 4pm	6 Credits	Trauma Treatment	\$100

## **Understanding Domestic Violence for Mental Health Practitioners**

Rachel Boucher, LCSW



**On-site**

The purpose of this training is to increase provider knowledge about domestic violence and how to address domestic violence in clinical settings. Attendees will learn about the types of violence and control that are used within domestic violence relationships. They will learn about the intersection between domestic violence and mental health, as well as how domestic violence causes trauma. Attendees will learn about office practices, general approaches, and tools to address domestic violence. We will review research-based interventions that have been proven effective for working with survivors and this training will help therapists provide therapy to survivors. Attendees will learn about safety within the context of domestic violence and about resources that are available to survivors of violence.

Date	Time	CECs	Series	Price
September 16, 2025	9am - 4pm	6 Credits	Clinical Skills	\$100

## **Trauma in Children and Adolescents: Causes, Symptoms & Treatment Options**

Viana Turcios-Cotto, PhD



About 1 in 4 children witness or experience a traumatic event before age four, and almost 50% of children and adolescents in the US have experienced at least one type of childhood trauma. In this introductory training, you will learn what childhood trauma is, how trauma impacts children and adolescents, and symptoms they might exhibit. We will also discuss how to create a safe space and solid foundation to engage with children and adolescents that have experienced traumatic events, as well as learn about several PTSD assessment tools and evidence-based treatments created specifically for working with children and adolescents with trauma.

Date	Time	CECs	Series	Price
September 23, 2025	9am - 4pm	6 Credits	Trauma Treatment	\$100

## **Yoga for Depression**

Christine Saari MA, E-RYT 200, C-BDYT  
Sara Merrick-Albano, E-RYT 500, C-BDYT



This course is designed for clinicians seeking new tools to help clients manage persistent symptoms of depression, including slowed movements or speech, feelings of worthlessness, indecision, fatigue, and frequent relapses, despite conventional treatments and recommendations. Yoga therapy offers an evidence-based, holistic approach to addressing these symptoms sustainably by targeting autonomic nervous system dysregulation, chronic inflammation, and changes in brain structure and function. The training covers techniques to reduce IL-6 levels and improve client adherence to treatment, along with clinically relevant neuropsychology literature. The course is highly interactive, with experiential practice and simulated technique application. Participants will learn practical, personalized methods to increase efficacy by tailoring techniques to individual client tolerance. By the end, clinicians will be equipped to integrate selected yoga therapy techniques into their practice, assess the benefits, and educate clients with strategies to manage symptoms and prevent relapse.

Date	Time	CECs	Series	Price
September 26, 2025	9am - 4pm	6 Credits	Integrative Health	\$100



## **Vicarious Resilience**

Ellen C. Perlwitz, PhD, LPC



This training focuses on promoting wellness among professionals exposed to trauma by exploring the concept of vicarious resilience—the positive growth that can emerge from trauma exposure. While much of the research on trauma exposure has focused on its negative effects, this training introduces the idea that professionals working with traumatized individuals can experience growth, enhanced meaning, and a shift in life priorities. Participants will gain insight into how vicarious resilience can counterbalance vicarious trauma, reducing burnout and post-traumatic stress while fostering personal and professional growth. Through a lens of positive psychology, this session offers practical tools to help professionals in fields like social work, therapy, and first response to build resilience, improve job satisfaction, and strengthen their ability to serve their communities. Join us to learn how to transform the impact of trauma into a catalyst for growth and lasting positive change.

Date	Time	CECs	Series	Price
September 30, 2025	9am – 12pm	3 Credits	Clinical Skills	\$70

## **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.



# Expert Trainers



**Dr. Sheryl L.W. Barnes, MA, PhD, DMIN, MHFA**, is an ordained Christian minister and Bible teacher dedicated to living out the principles she teaches. She has extensive experience in professional development, wellness coaching, executive coaching, and discipleship mentoring. With multiple advanced degrees, including a Doctor of Ministry in Discipleship, and certifications in wellness and mental health, Dr. Barnes integrates her expertise to support individuals in their spiritual and personal growth. She also holds certifications in Holy Yoga, Tai Chi Fitness, and Sound Healing, among other wellness disciplines.



**Rachel Boucher, LCSW**, is currently the Clinical Director at Connecticut Coalition Against Domestic Violence. Prior to working in the domestic violence field, she worked in non-profit mental health organizations. She began her career as a residential clinician and became a clinical director at a psychiatric treatment facility for children. She then served as a program director for a group home and clinical program director for adult outpatient. Rachel has worked both with children and adult survivors of violence as well as people who use violence. At CCADV, Rachel provides training on domestic violence to behavioral health professionals as there is minimal training available on this topic despite its relevance and frequency. In all areas of her work, her goal is to support people in obtaining resources, tools, and information to be more competent and feel more confident in their role.



**Dr. Mara Gottlieb** is the President of Talking Changes, an anti-oppression and bias-awareness consulting firm. For over twenty years, she has run workshops across the country, including serving as a keynote speaker and presenting at NASW conferences. Her programs address subjects ranging from cultural humility to anti-racism advocacy, LGBTQ awareness, teen suicide prevention, and vicarious trauma. Dr. Gottlieb has served as an adjunct professor at the NYU Silver School of Social Work, Smith College School for Social Work, and Southern Connecticut State University. She holds a BA from Brown University and earned her MSW and Ph.D. in Social Work from NYU.

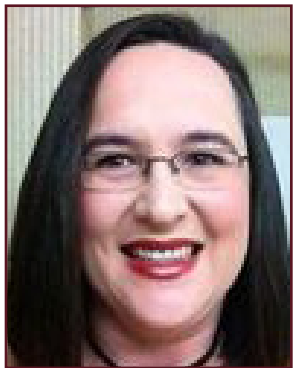




**Dr. Nancy Grechko** is a licensed clinical psychologist and Founder of Grechko Training & Consulting. Besides providing direct clinical care in her community with Low Energy Neurofeedback, she offers supervision, consultation, and training for mental health professionals and organizations across disciplines. Dr. Grechko is committed to providing treatment, training, and mentorship that embody a holistic approach and are supported by research. She is best known for making even the most complex clinical concepts accessible so that practitioners can walk away with tangible tools to integrate into their practice.



**Carolina Grijalba-Rodriguez, LCSW**, has over 24 years of experience in social work, holding degrees from Fordham and Sacred Heart University. She pioneered domestic violence initiatives for DCF, developed the Caring Dads program, and created the Changing Behaviors initiative to address abusive behaviors. As the first clinician embedded in the Stamford Police Department, she helped establish the co-responder model for crisis response. Now Chief Program Officer, she oversees program development, consults for the Hostage Negotiation Team, and mentors future social workers as an adjunct professor.



**Summer Krause, LPC, CADCI** is a Licensed Professional Counselor and Certified Alcohol and Drug Counselor III, with a clinical practice in Oregon that includes adolescent and adult Seeking Safety, in both individual and group modality. She has worked with Treatment Innovations since 2011. She counsels children, adolescents and adults and has spent the majority of her career working with adolescents. Her specialties are grief, trauma, and addiction. After volunteering in juvenile detention centers, starting in 1996, Summer went to graduate school to help address some of the underlying issues that contribute to youth entering the juvenile justice system. She completed her master's degree in counseling with a focus on children and adolescents and has specialized training in trauma-informed care. She has worked in nonprofit, group home, juvenile justice, residential and outpatient settings. After being trained by Lisa Najavits in Seeking Safety, Summer implemented Seeking Safety groups for adolescent boys and girls in a residential treatment program. She is based in Portland, Oregon.



**Sara Merrick-Albano, C-IAYT**, is a practicing yoga therapist and co-founder of Yoga Therapy Associates, specializing in adaptive yoga, breathwork, and meditation for adult and geriatric clients. She provides a supportive and compassionate space for her clients to engage with a transformative-felt experience that aligns with their goals. Sara sees clients via telehealth and in New Haven, Watertown, and Trumbull.



**Anthony Nave, LCSW**, holds master's degrees in Educational Psychology and Clinical Social Work and is an advanced-certified EMDR Consultant. He has experience in medication-assisted treatment, co-occurring disorders, and adolescent programming, previously teaching in a therapeutic school for youth with mental health challenges. As Director at Mountainside, he oversees outpatient and telehealth services, designs clinical curriculums, and integrates trauma-responsive care. Outside of work, he enjoys playing superheroes with his sons and cheering for the Red Sox and Patriots.



**Erin O'Neil is a Licensed Clinical Social Worker** who holds a master's degree in Social Work with a focus on Community Organizing, Planning and Development. She is advanced certified in Eye Movement Desensitization and Reprocessing (EMDR) and is an EMDR Consultant in Training. Erin is experienced in addiction, trauma, grief, and co-occurring disorders. In her current role at Mountainside Treatment Center, she manages an outpatient program, creates and delivers trainings, and provides supervision and professional development for other clinicians. In her clinical practice, she incorporates attachment and trauma lenses to help facilitate healing. Outside of work, Erin enjoys family (and alone) time, reading and anything to do with being outdoors.





**Ellen C. Perlwitz, PhD**, was inspired to enter the counseling field by her mother, a beloved therapist and author. Her older sister's struggles with mental illness and addiction, leading to her death from AIDS in 1987, shaped her commitment to mental health. Working in the field since 1982, she has held roles in psychiatric hospitals, homeless shelters, and the Department of Children and Families. She later became a supervisor at a psychiatric residential facility while earning her PhD in counseling, focusing on vicarious resilience. Now in private practice, she receives referrals from courts, attorneys, DCF, and medical providers, specializing in trauma, pregnancy loss, and eating disorders. In 2024, she was hired by Southern CT State University to teach seminars on vicarious resilience for DCF workers and first responders.



**Hilary Rudenauer is a Reiki Master Teacher, Somatic Experiencing Practitioner in training, 500-Hour Kripalu Yoga Teacher, Certified Postpartum Doula, and owner of Resonance Healing Arts.** She has worked at the intersection of mental health and holistic healing for over a decade, highlighting alternative pathways to recovery and inspiring curiosity around our understanding of human suffering. Hilary combines her lived experience as a trauma-survivor with her professional training and expertise to inform and enrich her sessions, classes, and trainings. She is grateful for every opportunity to create spaces where authentic relating, healing, and growth can occur.



**Christine Saari, MA, C-IAYT**, is an author, educator, and yoga therapist specializing in anxiety and trauma. As a co-founder of Yoga Therapy Associates, she aims to connect individuals with skilled yoga therapists and integrate yoga therapy into medical, mental health, and social services. She is dedicated to advancing the field by providing client-centered care and elevating best practices, contributing regularly to the Yoga Therapy Associates blog. Christine also develops and delivers continuing education programs for mental health clinicians, including training for DMHAS and presentations on trauma recovery at conferences like the 2024 CT Marriage and Family Therapy Conference.



**David Tolin, Ph.D., ABPP**, is the Founder and Director of the Anxiety Disorders Center at the Institute of Living and an Adjunct Professor of Psychiatry at Yale University. He has served as Past-President of the Association for Behavioral and Cognitive Therapies and the Clinical Psychology Division of the American Psychological Association, and is a principal investigator for the National Institutes of Health. Dr. Tolin has authored over 200 scientific articles and several books, including *Doing CBT* and *Buried in Treasures*. He has appeared on *Hoarders*, *The OCD Project*, and as a guest on *The Oprah Winfrey Show*.



**Dr. Peter Tolisano is a board-certified clinical psychologist.** He has been the statewide Director of Psychological Services, Office of the Commissioner, for the Connecticut Department of Developmental Services since 2013. His various responsibilities include overseeing the mental health and behavioral needs of individuals served by his agency. He interfaces with national entities and other state agencies (i.e., DCF, DMHAS, SDE, DSS, and OCA) in his consultations, which often relate to positive behavioral supports. Dr. Tolisano also maintains a private practice in the Greater Hartford area that focuses on the provision of psychodynamic psychotherapy and EMDR for trauma recovery.



**Viana Turcios-Cotto, Ph.D.,** earned her doctorate in Clinical Psychology from the University of Connecticut, specializing in child and adolescent psychology with a certification in health psychology. She works with children, adolescents, and adults facing trauma and life stressors, and recently served as the Bilingual Team Psychologist for the Chicago Cubs MLB team, supporting young Latin American baseball players. Prior to her Ph.D., she earned her B.A. in Psychological and Brain Sciences from Dartmouth College and an Ed.M. in Human Development from Harvard, teaching elementary school in Manchester, CT. Dr. Turcios-Cotto currently runs her own private practice, Viana Behavioral Health & Wellness, LLC, in Farmington, CT.



**Alana Valdez, MA,** serves as the Project Coordinator at the Connecticut Women's Consortium, where she draws on her rich background in art education and freelance illustration to inform her creative work like editing our Trauma Matters newsletter, managing our social media presence, and our monthly email newsletters. . She holds an MA in Art Education from Smith College and a BFA in Illustration from UConn, and has been working as a freelance illustrator since 2015. With four years of experience teaching middle school art and developing curricula, Alana has also led adult workshops in collage and zine-making. She is deeply passionate about art's ability to foster communication, healing, and social justice.



# 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.





# 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)

For Consortium use only		
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 at [training@womensconsortium.org](mailto:training@womensconsortium.org) or (203)909-6888 x2 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)



## 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.

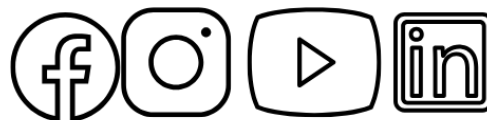
### SUGGEST A TOPIC OR TRAINER

YOUR FEEDBACK IS IMPORTANT TO US! AS THE BEHAVIORAL HEALTH FIELD IS CONSTANTLY CHANGING, WE STRIVE TO RESPOND TO YOUR SPECIFIC 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)

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

