



National Association of Social Workers  
New York City Chapter  
50 Broadway, Suite 1001  
New York, NY 10004  
www.naswnyc.org  
(212) 668-0050

# Professional Development for Social Workers Today



**CONTINUING EDUCATION  
SPRING 2009 PROGRAM**

*For the first time NASW-NYC is offering workshops in the spring.*

# Continuing Education - Spring 2009 Workshops

## 1. LMSW Test Preparation (6 hours)

See Back Page for details

**Location:** Hunter College School of Social Work,  
129 E. 79th St., New York, NY

**Date/Time:** Saturday, January 31, 2009, 10:00am - 5:00pm

## 2. Families and Substance Abuse: A Systematic-Motivational Approach

Over the past decade, the Ackerman Institute's Center for Substance Abuse and the Family, under Dr. Peter Steinglass' direction, has been exploring ways to better integrate family systems therapy and traditional addictions treatment. In this workshop, Steinglass will present information on this treatment method which brings together the stage/phase family-based treatment approach to substance abuse (as delineated by Steinglass and colleagues) with the core concepts and interventions of motivational interviewing (as articulated by Miller and Rollnick). This systemic-motivational model empowers family members to effectively build on family relationships to promote and maintain healthy change in substance-using behavior. Dr. Steinglass will utilize videos and role-playing exercises, as well as didactic materials, to walk workshop participants through the conceptual ideas underlying the treatment approach and specific techniques for creating a clinical environment that enhances motivation for systemic change. (3 hours)

**Location:** NASW-NYC Chapter office

**Date/Time:** Monday, February 2, 2009, 6:00pm - 9:00pm

**Presenter:** Peter Steinglass, M.D. is currently President Emeritus of the Ackerman Institute for the Family and Director of its Center for Substance Abuse and the Family, as well as Clinical Professor of Psychiatry at the Weill-Cornell Medical College. He has received many honors for his research into family therapy for substance abuse and medical illness, and has written more than 90 articles, book chapters and books on these subjects.

## 3. "I'm Not OK, But You're Worse:" Help for the Practitioner Working with Difficult Couples

Working with couples can be challenging, as the therapist often finds him/herself in the room with two people speaking two completely different languages, each expecting the other to understand. Partners often blame each other, angrily hurling accusations and complaints at one another, leaving the clinician at a loss as to how to intercede productively. A frustration therapists experience when working with couples frequently stems from clients' misguided belief that a committed relationship is a path to happiness. Helping

couples reconceptualize their relationship as providing each of them with an opportunity for personal growth is an important step in couples work. Using experiential exercises, participants' case examples, lecture, and role play, this workshop will address relevant theory and useful clinical techniques that integrate psychodynamic, Imago and systems theory. Participants will gain knowledge of effective approaches to understanding couples' dynamics and working effectively with couples in both agencies and private practice. (3 hours)

**Location:** NASW-NYC Chapter office

**Date/Time:** Wednesday, March 4, 2009, 6:00pm - 9:00pm

**Presenter:** Valerie Frankfeldt, LCSW, PhD, is a psychoanalyst and Imago couples therapist. She is on the faculty of the Psychoanalytic Psychotherapy Study Center and has been an assistant adjunct professor at Silver School of Social Work at New York University. She has published papers on parenting, harm reduction and other substance abuse issues, and on psychoanalytic supervision. Dr. Frankfeldt maintains a private practice in Greenwich Village.

## 4. Working With Borderline Personality Disordered Clients Using Dialectical Behavior Therapy

This workshop offers an overview of Dialectical Behavior Therapy (DBT), an innovative treatment designed to help difficult-to-treat clients with Borderline Personality Disorder and other conditions where emotion regulation and improvement of interpersonal skills are key therapeutic goals. Through lecture, experiential exercises and interactive class participation, workshop attendees will learn the DBT treatment techniques of Mindfulness, Interpersonal Effectiveness, Distress Tolerance and Emotion Regulation. These skills can be incorporated into a variety of therapeutic approaches and modalities and utilized in various treatment settings. (6 hours)

**Location:** NASW-NYC Chapter office

**Date/Time:** Saturday, March 21, 2009, 10:00am - 5:00pm

**Presenter:** Susan Dowd Stone, LCSW is an adjunct lecturer on Cognitive Behavioral Interventions and Interpersonal Psychotherapy at Silver School of Social Work at New York University. A member of a DBT treatment team at Hackensack University Medical Center, Ms. Stone contributed a chapter on the benefits of DBT to the text, *Cognitive Behavior Therapy in Clinical Social Work Practice* (Ronen & Freeman, eds. Springer 2006). She is a public reviewer for the National Institute of Mental Health and a nationally-known advocate for the adoption of best practice models in clinical settings.

# Continuing Education - Spring 2009 Workshops

## 5. Positive Psychology: What is it and What Does it Have to Offer to Social Workers?

Positive psychology is the study of what constitutes and contributes to personal happiness, life satisfaction, and sense of well being. It includes the identification and exploration of individual strengths and positive emotions, such as curiosity, courage, gratitude, and optimism. It also includes the application of this knowledge to the development of interventions and institutions that support the growth, productivity, and well-being of individuals, families, and communities. This workshop will use both didactic and experiential components to explore such issues as: What is happiness? Who is happy and why? Is our "happiness quotient" fixed at birth or determined in the early years of life? Are there things we can do to increase it? And finally, how does positive psychology compare to the "strengths perspective", and does it have anything to offer social workers? (3 hours)

**Location:** NASW-NYC Chapter office

**Date/Time:** Wednesday, April 1, 2009, 6:00pm - 9:00pm

**Presenter:** Mary Ann Jones, DSW, is Associate Professor and Chair of the Research Curriculum Area of Silver School of Social Work at New York University. Her areas of interest include social work applications of positive psychology, family and child welfare, and psychotherapy research.

## 6. Child Abuse and Discipline: Working With Culturally Diverse Families

Professionals are sometimes unsure whether the behaviors they see in families of different ethnic or religious groups constitute abuse. In this workshop, participants will learn how to distinguish between physical abuse and physical discipline from a culturally-informed perspective. The workshop will explore how to work sensitively and effectively with culturally diverse families so families are not subjected to unnecessarily intrusive interventions while also making sure children are not vulnerable to abuse. Participants will learn about families' cultural supports for corporal punishment as well as culturally competent ways to face these issues rather than sidestepping them. Examples will be drawn from various populations, including African-American, West Indian, Puerto Rican, Somali, Vietnamese, religious, and military families. This workshop is valuable for social workers working in a variety of settings, including community-based mental health clinics, private practice, schools, preventive services, child protection, hospitals and others. (3 hours)

**Location:** NASW-NYC Chapter office

**Date/Time:** Thursday, April 23, 2009, 6:00pm - 9:00pm

**Presenter:** Lisa Aronson Fontes, PhD, has dedicated almost 20 years to helping social service and mental health systems become responsive to culturally diverse people. Her book, *Child Abuse and Culture: Working with Diverse Families*, has become the central book in this field. Her most recent book is entitled *Interviewing Clients Across Cultures: A Practitioner's Guide*. Dr. Fontes has worked as a family, individual, and group therapist and is a Core Faculty Member in the Psy.D. Program in Clinical Psychology at Union Institute & University.

## 7. Developing Skills and Strategies to Address Racism in Social Work Practice: What we Can Learn From President Elect Obama's Speech on Race

This workshop will increase participants' understanding of the systemic nature of racism and the role it plays in the various fields of social work practice. The presenters will use Barack Obama's March 2008 speech on race to examine concepts that are salient to social work: e.g. a human rights framework, a recognition of past and present regarding race in the USA, and the complexity of race and racism. Understanding that we have historically been encouraged not to talk about race in mixed company, the workshop will provide a non-shaming, non-blaming environment that supports an open conversation. The presenters, one who is African American and one who is White, will model an open discussion in a multi-racial setting. At this historic point in our nation's history, it is up to each of us to work together to move our country along the road to full inclusion, equity and access for all people. This workshop offers social workers an opportunity to face the current reality of structural racism for ourselves, our clients and our work, and to collectively chart next steps to dismantle it. (3 hours)

**Location:** NASW-NYC Chapter office

**Date/Time:** Wednesday, April 29, 2009, 6:00pm - 9:00pm

**Presenters:** Joan M. Adams LCSW-R and Cheryl L. Franks Ph.D. Joan M. Adams is the Director of the Anti-Racism and Multicultural Consultation and Training Service for the Jewish Board of Family and Children's Services. She provides training and consultation on social and cultural identity and context, multiculturalism and structural racism. Joan contributed a chapter to *Psychotherapy with African American Women: Innovations in Psychodynamic Perspectives and Practice* (Guilford 2008). Cheryl L. Franks, is the Assistant Dean, Director of Field Education at the Columbia University School of Social Work, where she also teaches two courses "Social Work" and "Human Rights and Issues of Diversity." She provides training and consultation on "Facilitating challenging dialogues on diversity-related content" and "Working effectively in an increasingly global and diverse society." Cheryl is also the former Executive Director of Diversity, Human Rights and Social Justice at CUSSW.

# Registration

## REGISTER ON-LINE AT [WWW.NASWNYC.ORG](http://WWW.NASWNYC.ORG)

...or send this form (with your fee) to: NASW, Attention C.E., 50 Broadway, Suite 1001, New York, NY 10004

- NASW Member       I am not a NASW member  
 Unemployed Member       Retired Member       Student Member; Fill in School: \_\_\_\_\_

Name \_\_\_\_\_

NASW Membership Number (please fill-in if member) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address (Needed to send confirmation) \_\_\_\_\_

Work (     ) \_\_\_\_\_ Home (     ) \_\_\_\_\_ Cell (     ) \_\_\_\_\_

### For NASW Members

\$55 for 3-hour session  
\$90 for 6-hour session  
\$110 for LMSW, Test Prep

### For Non Members

\$110 for 3-hour session  
\$180 for 6-hour session  
\$220 for LMSW, Test Prep

### For NASW Members - Reduced Income

(students, retirees, unemployed)

\$40 for 3-hour session  
\$65 for 6-hour session  
\$85 for LMSW, Test Prep

1. \_\_\_ LMSW Test Preparation (6hrs) (Location: Hunter SSW, 129 E. 79th St.) January 31, 2009
2. \_\_\_ Families and Substance Abuse: A Systematic-Motivational Approach (3hrs) February 2, 2009
3. \_\_\_ "I'm Not OK, But You're Worse:" Help for the Practitioner Working with Difficult Couples (3hrs) March 4, 2009
4. \_\_\_ Working with Borderline Personality Disordered Clients Using Dialectical Behavior Therapy (6hrs) March 21, 2009
5. \_\_\_ Positive Psychology: What is it and What Does it Have to Offer to Social Workers? (3hrs) April 1, 2009
6. \_\_\_ Child Abuse and Discipline: Working With Culturally Diverse Families (3hrs) April 23, 2009
7. \_\_\_ Developing Skills and Strategies to Address Racism in Social Work Practice: What we Can Learn From President Elect Obama's Speech on Race (3hrs) April 29, 2009

## PAYMENT MUST ACCOMPANY THIS FORM TO REGISTER

Our new, safe and secure on-line registration saves time in processing. Register on-line at [www.naswnyc.org](http://www.naswnyc.org) and we will send you an immediate confirmation. You may also make checks and money orders payable to: NASW-NYC; or, you may hereby authorize NASW-NYC to charge your credit card.

Enclosed is my payment for \$ \_\_\_\_\_ (please note refund policy below)

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Billing Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp. date: \_\_\_\_\_ Card Code: \_\_\_\_\_

### PLEASE NOTE -

- All Handouts are included in the cost of the workshop. Participants will receive a certificate of attendance at the end of each workshop.
- Please plan to arrive on time. If you are more than 20 minutes late, you risk losing your place if the workshop is overbooked.
- Requests for refunds must be made in writing and received 10 working days prior to the workshop; there will be a \$15 administrative charge per workshop. You will need to confirm with the accounting office at (212) 668-0050 ext. 223 that your refund request was received.
- For special accommodations, please contact us at 212-668-0050 as soon as possible, preferably 30 days before the event.