




Fall 2018 Workshops

	<p>Helping Traumatized Youth through DBT Practices * <i>by Lee Richmond and Martha Milli</i></p> <p>Emotion dysregulation, typical of that which occurs with traumatic experience, frequently accompanies depression, alcohol and drug overuse, violence, and suicide in young people. By understanding simple DBT concepts and the use of exercises based on these concepts, school counselors can help students and their parents develop the strategies and skills necessary to reduce stress reactivity, balance emotions, solve problems, increase positive feelings, and become more effective in relationships. Exercises that increase stress tolerance skills and foster the use of executive functioning are the focus of this workshop. Resources for parents, teachers and students are included.</p>	<p>Sat, Oct 27</p> <ul style="list-style-type: none"> • 9 AM – 3:30 PM • 6 CE Hours • Loyola Graduate Center, Timonium • \$185 Professionals/ \$105 Students • For school counselors and helping professionals • Price includes lunch <p>* Qualifies for Lauryn's Law</p>
	<p>Sacred Counseling <i>by Lee Richmond</i></p> <p>Sacred counseling is not presented as religious counseling and does not represent any specific theology. It is counseling that “cares for the spirit” and as such is concerned with finding meaning and the passion that inspires. Both active and passive meditation techniques are interspersed throughout the workshop where small group dyadic and triadic experiences are offered. Short powerful readings from the world’s sacred literature are presented for study and finding their meaning and value within counseling situations. The purpose of this workshop is to help counselors and their clients find meaningful pathways to wellness.</p>	<p>Fri, Nov 2</p> <ul style="list-style-type: none"> • 9 AM - Noon • 3 CE Hours • MCA Conference, Embassy Suites, Airport • For helping professionals • http://mdcounseling.org/event-2925938
	<p>Finding Meaning through Photo Metaphors <i>by Suzanne Savickas, Lee Richmond, Elda Schwartz, and Marilyn Maze</i></p> <p>The Photo Metaphor Cardsort is a new and unique approach to self-awareness using a visual medium. Clients choose photos that resonate for them and become more aware of their values, motivations, and activities that are meaningful. Using this cardsort and group process provides a powerful tool for exploring personal stories and passions. Participants will learn to administer the cardsort and draw out client narrative. Uses include a variety of mental health settings as well as human resource settings and career counseling, which will be explored during the workshop. The afternoon will be devoted to clinical uses of the PMC. Experiential activities in working with clients will provide training in the many ways to help clients to verbalize their inner wishes and dreams. Price includes a deck of cards.</p>	<p>Sat, Dec 8</p> <ul style="list-style-type: none"> • 9 AM – 3:30 PM • 6 CE Clock Hours • Loyola Graduate Center, Timonium • \$200 Professionals/ \$120 Students • For HR personnel, counselors, and helping professionals. • Price includes a deck of cards.

Scheduling Notes:

- * Lauryn’s Law assures that school counselors know the warning signs of youth suicide, what to do for these students, and how to help their parents deal with the situation and find help. Our workshops can be used in part to meet the recertifying requirements for school counselors.
- Loyola University Graduate Center is located at 2034 Greenspring Dr, Lutherville-Timonium, MD 21093. Free parking is available.
- PsyCoun Institute offers workshops that deal with the psychological aspects of human problems. We are dedicated to providing low-cost, timely, practical training for social workers, school counselors and other helping professionals. We also offer workshops designed for the general public.



- PsyCoun has been approved by NBCC as an Approved Continuing Education Provider, ACEP No, 6813. PsyCoun is solely responsible for all aspects of the programs.
- Our certificates are accepted by the Maryland Board of Social Workers. NBCC requires us to use the term “CE Hours,” and Social Workers call them CEUs, but they are the same thing.
- Prices listed are for Non-Members who register at least 1 week before the event.
- Membership in PsyCoun Institute costs \$20. If you plan to attend more than 2 workshops in a year, join for a discount on the cost.

Please visit PsyCoun.com for more details and to register online.

Mail-in Registration Form

Name:		Pay by: ___ Check ___ Credit Card
Email:		Name on card:
Organization:		Acct #:
Workshop:	Amt Paid:	Expr Date: _____ CSV: _____

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