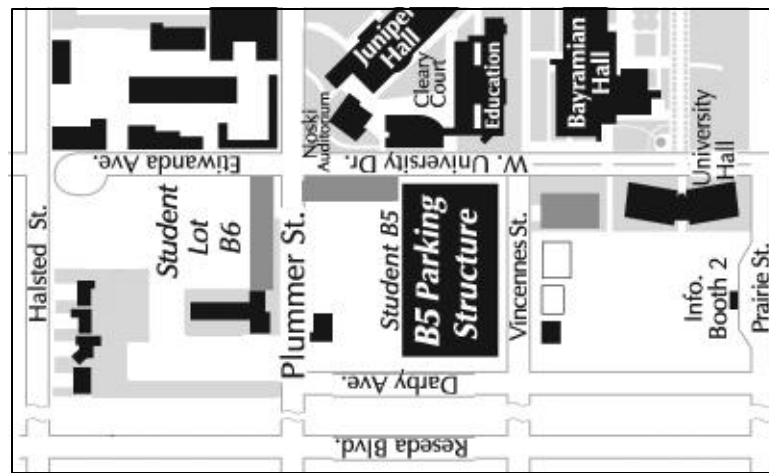


WORKSHOPS PROGRAM

FALL 2010 WORKSHOPS

PRESENTING CONTINUING EDUCATION WORKSHOPS SINCE 1980
 MICHAEL D. EISNER COLLEGE OF EDUCATION
 EDUCATIONAL PSYCHOLOGY & COUNSELING

NEW, EASIER
 REGISTRATION!!!



If you receive duplicate mailings,
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California State University Northridge

MICHAEL D. EISNER COLLEGE OF EDUCATION
 DEPARTMENT OF EDUCATIONAL PSYCHOLOGY & COUNSELING
 CENTERS IN EDUCATIONAL PSYCHOLOGY & COUNSELING
 WORKSHOPS PROGRAM
 DIANA CASTLE, MS & HEIDI KWOK, MS, MFT
 18111 NORDHOFF STREET
 NORTHBRIDGE, CA 91330-8265
 (818) 677-2549

XEDU 987 - ANXIETY IMPACTS ALL OF US

XEDU 966 - THE SECRET TO TREATING MONEY ANXIETY DISORDER

XEDU 923 - CHILD ABUSE PREVENTION: IDENTIFICATION, INTERVENTION
 & TREATMENT

XEDU 916 - DOMESTIC VIOLENCE COUNSELING STRATEGIES: FROM RESISTANCE TO
 REAL CHANGE

XEDU 927A - MINDFULNESS, PSYCHOTHERAPY AND THE CONTEMPLATIVE PATH

XEDU 992A - BRIDGING THE HEMISPHERES: CLINICAL NEUROSCIENCE
 FOR PSYCHOTHERAPISTS

XEDU 967 - THE MEDICINE WHEEL

XEDU 964 - START WITH ART

Statement of Nondiscrimination and Disability Services Information: CSUN does not discriminate on the basis of age, color, disability, national origin, race, religion, sex, sexual orientation or veteran status, as monitored by the Department of Labor (Office of Federal Contract Compliance) and the Department of Education, or in violation of section 504 of the Rehabilitation Act of 1973.

Students Needing Classroom Accommodations or Auxiliary Aids: Students requiring classroom accommodations should contact either the Center on Disabilities or the National Center on Deafness (for those who are deaf or hard of hearing) for assistance **as soon as you have made your decision to enroll.**

Center on Disabilities: (818) 677-2684 or (818) 677-2578 (V/TTY message)

Deaf or Hard of Hearing Students: Please contact the National Center on Deafness at NCOD@csun.edu, (818) 677-2614 (TTY/V) or (818) 677-7192 (fax).

FALL 2010 WORKSHOPS PROGRAM LISTING

(CONTINUED ON THE OTHER SIDE) >>

REGISTRATION INFORMATION

These courses provide continuing education hours for MFTs & LCSWs requiring CEHs for license renewals by the Board of Behavioral Sciences.

SEMINAR FEES

\$80.00 half day | \$100.00 full day

HOW TO REGISTER:

Registration for CSUN Educational Psychology workshops as follows:

1 Online at <http://tsengcollege.csun.edu/edpsych.html>. If you have difficulty with online registration, phone for help 1-818-677-2504 during office hours (8am to 5pm M-F). If you are registering and paying for a participant other than yourself, please call 1-818-677-2504 during work hours. Please DO NOT register online. Online registration is the fastest and the most efficient way to register.

2 Mail-In Registration. Mail the enclosed completed form with payment to:
 The Tseng College
 California State University, Northridge
 18111 Nordhoff Street
 Northridge, CA 91330-8343

PLEASE NOTE: The University is not responsible for mail that is misdirected, lost, or late.

3 By telephone: calling Tseng College client services at 1-818-677-2504 during office hours.

4 Walk-in at the Tseng College registration offices on the CSUN campus, room 100 in the Matador Bookstore complex. The office hours for walk-in registration are listed online at <http://tsengcollege.csun.edu/edpsych.html>.

METHODS OF PAYMENT

Acceptable methods of payment are credit card (Visa or Mastercard), check (mail-in registration) and electronic check.

NOTE: Payment is due upon registration. Since these workshops fill quickly, early registration is highly recommended. If you are unable to pre-register for a workshop and providing the workshop is not filled, you may be able to show up at the door and attend. However, the attendance verification certificate will be withheld until registration and payment have been processed.

WITHDRAWALS

Registered participants must officially withdraw by calling the Tseng College client services at 1-818-677-2504 during work hours the day before the seminar begins to receive a full refund. The amount paid for the seminar in question will be automatically credited to the participant's CSUN account or may be applied to an alternate class. There are no withdrawals, refunds or credits granted after the Tseng College work hours of the day before the start of the seminar. Non-attendance, notifying the instructor or stopping payment does not constitute an official withdrawal. Retroactive withdrawal is not permitted.

CANCELLED CLASSES

Every effort will be made to notify the student of a cancelled class. Fees paid may be applied to an alternate class, or a full refund will be issued. Please allow three weeks to receive a refund.

REFUNDS:

For a Refund request, you must call to drop or withdraw from the class before it meets; the refund is processed automatically within 3 weeks. For Help with Registration: Call CSUN Tseng College Client Services at 1-818-677-2504 (M, Th & F 8 a.m.-5 p.m.) (T & W 8 a.m.-6:30 p.m.).

FOOD SERVICES

Brown bag lunch is recommended, as there are no food services available on campus during the weekends, local restaurants also an option.

SPECIAL NEEDS REQUESTS

The Workshops Program strives to meet the special needs of continuing education attendees. Please submit requests prior to workshop at 818-677-2549 or diana.castle@csun.edu. Please leave a detailed message regarding your request.

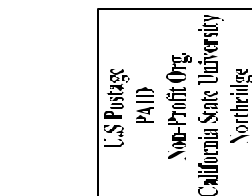
PARKING PERMIT REQUIRED

Daily Parking Permits cost \$6.00. Parking on campus requires a valid CSUN parking permit purchased on day of workshop. The parking permit must be affixed to the vehicle front inside windshield, lower corner, passenger side, while parked at CSUN. The entire permit must be visible including serial number and security features. Student parking permits are not valid in Faculty / Staff parking spaces. Parking information and daily parking permits may be purchased at Information Booth #2 located on Prairie Street off Darby or Information Booth #1 located on Lindley Street off Nordhoff. Also, parking permits may be purchased from a parking permit dispenser located in the southeast corner of the parking structure adjacent to Lot B5. Daily parking permits are only valid in student parking lots B5 and B6 (entrances located off Plummer St.). If you need information, please call 818-677-2157 or visit http://www.admn.csun.edu/parking/general_park.html

PLEASE REGISTER EARLY!

Since the workshops fill quickly, early registration is highly recommended.

This brochure is not copied at state expense



BRIDGING THE HEMISPHERES - CLINICAL NEUROSCIENCE FOR PSYCHOTHERAPISTS

Saturday, November 13 | 8:30 a.m. - 12:30 p.m.
Room# Educ. 1122 | BBS Approved \ 4 CEHs
XEDU 916 - CLASS # 2103-19039

The field of clinical neuroscience has shed new light on the importance of the interpersonal realm in organizing intrapsychic structure and its impact on mental and physical health. Knowing how and where implicit and explicit processes establish the access route to transference and change can facilitate therapeutic or analytic effectiveness. This lively workshop will bridge the psyche and the soma and bring to light the power of the therapist-patient relationship!

Topics Include:

- Essential structures of the brain and their significant evolutionary organization
- The implicit relational knowing we all share
- Relevance of attachment theory to clinical work
- How allostasis and allostatic load expressed in stress and immune functioning shape depression, anxiety and trauma (and how to work with it in the clinical hour)
- Use of therapist's self to establish trust and facilitate change

Through the discussion of clinical material to illuminate concepts, this seminar will help attendees integrate a dynamic understanding of the brain/mind in ways that translate into clinical applications.

Presenter: **RICHARD CARR, PSYD**

is an assistant professor teaching Psychiatry at Cleveland Chiropractic College and has taught psychoneurobiology at Phillips Graduate Institute. A past member of Allan Schore's Developmental, Affective Neuroscience and Clinical Practice Study Group for 10 years, Richard became a popular presenter on many topics integrating neuroscience and psychology. He also consults with psychotherapists incorporating neuroscience into private practice. Richard is co-editor and contributing author of *Art Therapy and Clinical Neuroscience* (Jessica Kingsley publisher,) contributor to *Reader's Guide to Affect Regulation and Neurobiology*, Allan and Judy Schore editors (in press), and author of "Hidden Impact of Stress in Therapy" in the *Psychologist-Psychoanalyst* newsletter, Division 39 of the APA.

Presenter: **MARTHA CARR, PSYD, LMFT**,

is a psychoanalyst in private practice in Toluca Lake, California, and faculty member of the Newport Psychoanalytic Institute. A licensed Marriage and Family Therapist, she holds a post-graduate certification in family therapy from AAMFT. Since 1999 Martha has been an adjunct professor/lecturer at CSUN teaching Couples Counseling and Fieldwork Practicum. She has also been an assistant professor at Alliant University (previously CSPP), and an adjunct professor at Antioch University and Pacific Oaks College teaching Family Systems Theory, Couples Counseling and Process of Psychotherapy classes. Martha is a CAMFT and an AAMFT Approved Supervisor, and past co-president of LACAMFT (2000).

Richard and Martha are married.

CONTINUING EDUCATION IS APPROVED BY THE BOARD OF BEHAVIORAL SCIENCE

This program is open to professionals and advanced students in health-related fields and is not suitable for the general public. We provide affordable quality continuing education hours and training to the professional community of licensed MFTs, LCSWs, Teachers, Interns, Trainees and other mental health professionals. We are an approved provider (#PCE 306) for mandatory continuing education hours for MFTs & LCSWs requiring CEHs for license renewals by the Board of Behavioral Sciences. Conference attendees who complete all required evaluations and attendance documentation are eligible to receive the number of contact hours for workshop(s) attended.

MINDFULNESS, PSYCHOTHERAPY AND THE CONTEMPLATIVE PATH

Saturday, November 13 | 1:00 p.m. - 5:00 p.m.
Room# Educ. 1122 | BBS Approved \ 4 CEHs
XEDU 927A - CLASS # 2103-19049

This experiential and didactic workshop draws on Eastern & Western Contemplative Perspectives as well as Mind-Body Medicine innovations. Topics include: 1) How Mindfulness and Contemplative methods and can cultivate essential clinical qualities in a therapist; 2) The healing relationship as "Deep Practice"; 3) Applications for meditative awareness with: mood disorders, OCD, compulsions/addictions, chronic pain, stress, etc; 4) Integrating mindfulness with systems theory, psychodynamic, cognitive-behavioral & transpersonal perspectives. Methods include moving from periods of silent guided meditations to discussion, experiential practicing and readings.

Major Topic Covered:

- How Mindfulness and Contemplative methods and can cultivate essential clinical qualities in the therapist / The therapist as the "Instrument of the Work".
- The healing relationship as "Deep Practice";
- The ways that in-session meditative awareness can form the basis of treatments for: mood disorders, OCD, stress, addiction, etc.
- Integrating mindfulness with systems theory, psychodynamic, cognitive-behavioral & transpersonal perspectives.

Presenter: **JEROME J. FRONT, MA, MFT**

is in private practice in Studio City. He is an experienced leader of innovative training workshops and retreats, and teaches meditation. He is an Adjunct Faculty member in the Graduate School of Clinical Psychology at Pepperdine University, and is also a consultant to major corporations on using meditative perspectives for wellness. Jerome leads a CEU Weekend Retreat each May at the Esalen Institute in Big Sur called "Mindfulness in Deep Relationship: A Retreat on the Sources of Nourishment." More mindfulness information at: www.JeromeFront.com.

CHILD ABUSE, PREVENTION, IDENTIFICATION, INTERVENTION & TREATMENT

Sunday, November 14 | 9:00 a.m. - 5:00 p.m.
Room# Educ. 1117 | BBS Approved \ 7 CEHs |
XEDU 923 - CLASS # 2103-19042

This one-day course is designed to provide an overview of the subject of child abuse prevention, identification, intervention and treatment. The course will provide a historical perspective of the problem of child abuse and society's response. It will define and describe the different types of abuse, the dynamics involved, and the short term and long term effects. It will differentiate between intrafamilial and extrafamilial abuse. It will discuss the process of identification and assessment. It will provide discussion of effective treatment, including innovative models of intervention as well as specific therapeutic techniques. It will offer information about the child protective services systems response to child abuse and the legal obligations for reporting child abuse by mandated reporters, issues of confidentiality, and privilege. The class will emphasize the need for collaboration between service providers working with families where abuse has occurred and provide information on resources available to families in the community as well as educational and professional resources available to professionals working in the field.

Presenter: **DANA WEINSTEIN, LCSW, MFT**

Dana Weinstein, LCSW, MFT has been licensed for 23 years as a Licensed Clinical Social Worker and Marriage Family Therapist. She has taught the BBS required course on Child Abuse Assessment and Treatment for Antioch University for the past five years. She has also provided teachers and school staff at LAUSD with the district mandated Child Abuse staff training for the past ten years. Ms. Weinstein has in depth experience in Child Abuse Assessment and Treatment both in her private practice for 25 years, as well as at UCLA Harbor Hospital for 2 years. She has also been an expert witness for the California Board of Behavioral Sciences with a specialty in the area of child abuse assessment, treatment, ethics, and the law.

ANXIETY IMPACTS ALL OF US

Saturday, November 20 | 1:00 p.m. - 5:00 p.m.
Room# Educ. 1117 | BBS Approved \ 4 CEHs
XEDU 987 - CLASS # 2103-19041

In this workshop we will discuss the difference between normal protective anxiety and the anxiety disorders. We will begin by learning how to differentiate between obsessive compulsive disorder, phobias, generalized anxiety, agoraphobia, panic disorder, and post-traumatic stress disorder. We will also discuss the comorbidity between anxiety and depression, determining which should be the primary focus in treatment. Anxiety prevention in children and the role of anxiety in adolescents and the elderly will also be featured. The majority of the session will be on appropriate interventions and treatment, including cognitive/behavioral, supportive psychotherapy, imagery and mindfulness, role play, exposure/response prevention, relaxation techniques, and reframing risk taking. Self-help strategies, the role of secondary gain, compassion and loving humor will also be taught. You will receive a tool kit of techniques to help clients empower themselves.

Presenter: **LILI ENDLICH, Ph.D.**

Lili Endlich, Ph.D. MFT, has been teaching both clinicians and the lay public in the areas of anxiety disorders, stress management, defeating depression, dealing with anger and criticism, and assertiveness training, for more than twenty-eight years. She has been conducting a private practice in Sherman Oaks while teaching and presenting workshops throughout southern CA. She has presented workshops in person, and on radio and television, for a large variety of groups including the San Fernando Valley Community Mental Health Center, the IRS, Valley College, Pierce College, the University of Phoenix, Phillips Graduate Institute, Pacific Oaks College, California State Employees Association, National Family Members Association and Granada Hills Hospital.

DOMESTIC VIOLENCE COUNSELING STRATEGIES, FROM RESISTANCE TO REAL CHANGE

Sunday, November 7 | 9:00 a.m. - 5:00 p.m.
Room# Educ. 1117 | BBS Approved \ 7 CEHs
XEDU 916 - CLASS # 2103-19039

This full day workshop will cover the many characteristics and legal aspects of working with domestic violence cases. Mr. Barrella will present many examples of effective interventions with batterers and their partners. Based on over 20 years of clinical experience. Mr. Barrella will present dozens of innovative approaches to working with intimate partner violence. Successful treatment strategies to address PTSD symptoms in children who witness domestic violence will also be covered. These are deceptive and complicated cases and many misperceptions and barriers to change come up. Through attending this workshop, Mr. Barrella will provide the vital tips needed to be a well-informed mental health professional, business leader, law enforcement member or other professional who deals with domestic violence cases. Do not miss your opportunity to learn from a leading expert in this area.

Presenter: **SCOTT BARRELLA, MS, LMFT**

is the Owner and Clinical Director of Cornerstone Counseling Center (www.CornerstoneSV.com). With several centers in Ventura County, Cornerstone is approved by the both the Family Law and Criminal courts. Cornerstone offers a variety of court-mandated psycho-educational programs for treatment of a variety of conditions. Mr. Barrella has authored three treatment books, developed and implemented the Domestic Violence counseling program for inmates, and has presented throughout the United States on Domestic Violence treatment. He is a sought-after resource who has consulted with NBC Dateline, the Dr. Phil Show, and been a guest expert on various radio shows. Mr. Barrella also appeared as a guest expert on the Oprah Winfrey Show addressing Domestic Violence that occurs during pregnancy. He can be reached at CornerstoneSB@aol.com or at 805-582-2619.

Program Coordinators:
Diana Elaine Castle, M.S.
Heidi Kwok, M.S., MFT

Advisory Committee:
Stan Charnofsky, Ed.D.
Rie Rogers Mitchell, Ph.D.
Luis Rubal cava, Ph.D.
Charles Hanson, Ph.D.
Adele Gottfried, Ph.D

THE SECRET TO TREATING MONEY ANXIETY DISORDER

Saturday, November 6 | 1:00 p.m. - 5:00 p.m.
Room# Educ. 1214 | BBS Approved \ 4 CEHs
XEDU 927A - CLASS # 2103-19049

Are you or your clients overwhelmed with stress and money issues? There has been a radical economic shift going on for such a long period of time that many people are experiencing feeling out-of-control and fearful. This issue has become so prevalent and has reached such proportions that now MAD has become known as the acronym for Money Anxiety Disorder.

MAD is the result of uncertainty - of not knowing what the future holds; with this stress and fear, many begin imagining "worst case scenarios," which in turn leads to even more stress and fear. According to the Law of Attraction, by continuing to focus on "gloom and doom," our perception turns into a reality, thereby worsening our own financial situation; therefore, a transformational paradigm shift is necessary to create new ways of thinking and new, positive realities.

Helaine has found the "secret: to empower individuals to combat Money Anxiety Disorder. Help yourself and your clients develop coping techniques for MAD by utilizing a variety of modalities to rapidly change emotions. In this class, you will:

- *Understand the steps to treating Money Anxiety Disorder
- *Learn breathing, calming and grounding processes
- *Practice a 5-minute daily routine to balance the energy body
- *Experience using the short form of Meridian Tapping to transform negative beliefs
- *Learn imagery and hypnosis processes


Most importantly, you will leave the class with a new sense of calm and serenity concerning money, and great processes to use with your clients so they stop saying, "I don't have enough money for therapy!"

Presenter: **HELAINA Z. HARRIS, MA, MFT**

has practiced psychotherapy and lead seminars for over 25 years. She is an award-winning author of *Are You in Love with a Vampire? Healing the Relationship Drain Game*. Helaine is the past Education Director for the Association for Energy Psychology. She is a part of the Red Cross Disaster Mental Health Team and creator of An Awakening Center?, blending traditional and alternative psychotherapies including: Reichian breathing, hypnosis, meditation, Gestalt, EMDR, TFT, EFT and Shamanic Processes. She specializes in issues of self-empowerment, relationship, sexuality, addiction and survivors of physical and sexual abuse. She has appeared on NBC, ABC and CBS Special Assignment.

Workshops Program Registration Form • CSUN • The Tseng College • FALL 2010

Name _____
Title _____
Company _____
Address _____
City _____ State _____ Zip _____
Phone Number _____
Fax Number _____ Date of Birth* _____
E-Mail Address _____
Social Security Number OR Birthdate OR CSUN ID # _____

Method of Payment: _____
 Check (Make check payable to California State University, Northridge)
   Exp. Date _____
 Sponsor (third party). _____
[Attach Sponsorship Form. See the web site, <http://tsengcollege.csun.edu/sponsorships.html>]
Card Number _____
Print Name of Cardholder _____
Authorizing Signature _____

Please enroll me in the following courses.
Subject & Catalog Number _____
Term & Class Number _____
Fee \$ _____
Subject & Catalog Number _____
Term & Class Number _____
Fee \$ _____
Payment Amount \$ _____

*This information is required for maintaining accurate student records and to comply with new federal lifetime educational tax credit requirements. It is held in strictest confidence.