



Community Education

Workshops for Professionals: 2008-2009 Schedule

Eating Disorders and the Sexual Assault Survivor

September 19, 2008, 9:00 to 4:00; 6 CEU credits

This workshop will provide information regarding the relationship between sexual trauma and the development of eating disorders. We will take an in-depth look at the impact of sexual trauma on self-esteem, self-concept, and body image and how these factors often contribute to the development of eating disorders. We will also discuss the dynamics of self blame, guilt, self punishment, and the need for control as it often occurs with sexual abuse survivors and how these dynamics function within the eating disorder. You will receive practical information and therapeutic exercises that can be easily implemented in the treatment of eating disordered clients.

Understanding Existing Laws and Ethical Implications for Therapists and Their Clients

November 14, 2008, 9:00 to 12:00; 3 CEU credits

Understanding and applying current laws can be both a vital need and a source of confusion for therapists and direct service providers. This presentation will focus on existing laws and how they directly affect the therapist and the clients that they serve. It will clearly define existing laws and give application to them as well as provide resources on laws to use in work with clients. Topics to be addressed include victims' rights, reporting laws, confidentiality guidelines, and court-related issues and concerns.

Healing Through Interaction: Group Treatment for Survivors of Sexual Assault

February 6, 2009, 9:00 to 4:00; 6 CEU credits

Group Therapy can often be a very powerful catalyst to healing for sexual assault survivors of all ages. Group treatment provides the normalization and validation for survivors of sexual assault that they are not alone in their trauma and pain. Through group therapy, survivors often experience a greater level of healing that may otherwise not be found through individual treatment alone. This workshop will address the basic tenets of group work as it relates to group therapy for sexual assault survivors. The participant will leave this workshop with several new interventions and activities to use in group therapy with children, teenagers, and adults.

Motivational Interviewing: Enhancing Clients' Intrinsic Desire for Change

March 20, 2009, 9:00 to 4:00; 6 CEU credits

Motivational Interviewing is a "directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence" (Rollnick & Miller, 1995, p. 325). The basic philosophy of MI is to help potentiate individuals' inherent power to change. While the MI model includes a well delineated set of principles, strategies, and techniques, Miller and Rollnick also conceived of motivational interviewing as a "way of being with clients." This CEU workshop will present this empirically supported model along with helpful handouts for clinical use, as well as opportunities for practice of techniques and strategies.

Bruised not Broken: Using play therapy to help heal child sexual abuse

April 24, 2009, 9:00 to 4:00; 6 CEU credits

This presentation will focus on the fundamentals of play therapy and how these can be utilized in the counselor's office. It will pair the techniques of play therapy with the needs and issues prevalent in children dealing with sexual abuse. Participants will leave this presentation with concrete examples of therapeutic interventions that can be utilized in the office the next day.