

# Fred Finch Youth Center Training Calendar February 2012



February 07, 2012  
Tuesday

**9:00 AM - 12:00 PM**

## **An Introduction to Symbols in Sandplay with Youth**

Trainer: Laura Soble, MFT

Location: Joaquin Miller Community Center

This workshop will focus on the importance of symbols in Sandplay as created by Dora Kalff. Participants will have the opportunity for a hands-on experience of working with symbols. In addition, a symbol will be followed through the presentation of a completed sandplay case.

**Laura Soble, MFT, REAT, CST** works with adults, teens and children, and has had an arts-based depth psychotherapy practice in Oakland since 1995. Theoretically, she is drawn to Jungian and developmental approaches. A registered expressive arts therapist and certified Sandplay therapist, Laura has published and taught on both topics. She is a Founding Member of the Northern California Regional Sandplay Society ([www.norcalsandplay.org](http://www.norcalsandplay.org)), and is currently on the program committee for the Sandplay Therapists of America National Conference, to be held in Berkeley in June 2012 ([www.sandplay.org](http://www.sandplay.org)).

***This course meets the qualifications for three (3) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center.***

February 09, 2012  
Thursday

**10:00 AM - 12:00 PM**

## **Family Engagement, Part I**

Trainer: Ethan Ornstein

Location: Joaquin Miller Community Center

Involving families in the treatment of youth improves the likelihood of positive outcomes. Although research supports this claim (Office of Juvenile Justice and Delinquency Prevention, [www.ojjdp.gov](http://www.ojjdp.gov)), many programs serving children and youth find it difficult to involve family members in a meaningful way. This course addresses the problem by drawing on Family Systems principles to give participants concrete skills to effectively engage families in their work with youth. The two hour training will be divided into three sections: The first section will be didactic (accompanied by handouts) outlining basic assumptions of family systems theory and concrete strategies to involve key family members; the next section of the training will be an opportunity for participants to practice the skills and concepts discussed via role playing situations from cases that they are currently working on; the third and final section will be a wrap up/discussion and exploration of how to begin implementing strategies in everyday practice.

Ethan brings over ten years of experience working with children, adolescents, and families in various contexts including experiential programs for teens, and New York City's child welfare system. Combining three years of training in Structural Family Therapy with training in Trauma-Focused CBT, Ethan has worked in underserved communities as both a clinician and supervisor. After relocating to California, Ethan currently conducts trainings and workshops in the Bay Area while building a private practice.

***This course meets the qualifications for two (2) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center.***

# Fred Finch Youth Center Training Calendar February 2012



February 14, 2012  
Tuesday

**9:30 AM - 12:30 PM**

## **Teen Culture**

Trainer: Dr. Lisa Cohen Bennett  
Location: Training Institute

Participants will discuss the healthy adolescent development stage as it compares to stages before and after. The group will study adolescent goals, feelings and behaviors in pursuit of those goals. Therapeutic alliance will also be discussed. Lecture and group discussion will be used.

Dr. Lisa Cohen Bennett has been training Foster Parents, Probation Officers, Psychiatrists, Psychologists, Social Workers, Teachers and Group Home Staff around the country and in the San Francisco Bay Area for twenty years. She has worked in a variety of settings with Severely Emotionally Disturbed Youth and Families including Residential Treatment, Hospital, Juvenile Hall, Runaway Shelter and County Mental Health for over thirty years. Dr. Bennett also currently has a private practice in Lafayette, CA. where she specializes in trauma.

***This course meets the qualifications for three (3) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center.***

February 21, 2012  
Tuesday

**9:00 AM - 1:00 PM**

## **Applied Mindfulness: #7 Body Process as Information**

Trainer: Gabriel Kram  
Location: Training Institute

The Inner Life Skills™ curriculum builds mindfulness, somatic awareness, and emotional self-awareness for youth while addressing a gap in mental health treatment by introducing youth in a safe, simple, and systematic way to the basic components of their inner lives. Already successfully piloted both at a medical clinic and a level 16 group home, the curriculum is a turnkey complementary mental health intervention scalable across multiple mental health, community-based, and school settings. This 12-part series takes providers through core concepts of the curriculum, introducing them to both theoretical understandings, and developing practical skills for introducing these concepts to youth. You can learn more about the curriculum at [www.innerlifeforchildren.org](http://www.innerlifeforchildren.org). The body talks. It has a kind of wisdom and knowing of its own that can greatly help us if we know how to understand it – and we can learn both to listen and understand what it is saying, as well as to talk back to the body.

Gabriel Kram is the founder of Applied Mindfulness, Inc. He has produced 2 mindfulness-based interventions that are being scaled into new national models; one in juvenile justice and the other in adolescent trauma recovery. He is the author of Transformation through Feeling: Awakening the Felt Sensibility, and Inner Life Skills for Youth. Applied Mindfulness, Inc. has an international advisory board composed of experts in mindfulness, trauma recovery, neurophysiology, and mental health: its mission is to develop new evidence-based healing modalities. You can learn more about their work at their website: [www.applied-mindfulness.org](http://www.applied-mindfulness.org)

***This course meets the qualifications for four (4) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center.***

# Fred Finch Youth Center Training Calendar February 2012



February 23, 2012  
Thursday

**10:00 AM - 12:00 PM**

## **Family Engagement, Part II**

Trainer: Ethan Ornstein  
Location: Training Institute

Engaging families is an important step in improving the effectiveness of work with youth, but it is just the beginning. This course will build on the family engagement techniques discussed in the previous workshop "Family Engagement Training." After the course clinicians will be able conceptualize a case utilizing Structural theory and become familiar with beginning moves of a Structural therapist. The training will emphasize reframing the 'presenting problem' to involve multiple family members as an important step in de-pathologizing the 'identified' client and expand upon existing family strengths.

The course will be divided into three sections: The first will be didactic (accompanied by handouts) and the emphasis will be outlining the basic principles, techniques, and interventions of Structural family therapy; the second section will involve practicing the beginning techniques via role plays; and the last section will be a wrap up and discussion of how to incorporate the practice into the work on a consistent basis.

Ethan brings over ten years of experience working with children, adolescents, and families in various contexts including experiential programs for teens, and New York City's child welfare system. Combining three years of training in Structural Family Therapy with training in Trauma-Focused CBT, Ethan has worked in underserved communities as both a clinician and supervisor. After relocating to California, Ethan currently conducts trainings and workshops in the Bay Area while building a private practice.

***This course meets the qualifications for two (2) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center.***

February 29, 2012  
Wednesday

**9:00 AM - 4:00 PM**

## **Understanding Compassion Fatigue (AKA Secondary and Vicarious Traumatization): The Importance of Self Care**

Trainer: Beverly Kyer  
Location: Joaquin Miller Community Center

This highly interactive training is designed to address the self care needs of those working with children, youth and adults impacted by traumatic life events. Participants are encouraged to verbalize their understanding and connectedness to the multiple aspects of this fatigue. By taking a self inventory, participants will see first-hand, the levels of stress they experience. The group will review several tools and techniques to circumvent the most challenging aspects of their compassion fatigue and to be able to regain a state of neuro-physiological (mind-body) regulation, recovery and resilience.

**Beverly Kyer, MSW, ACSW and Certified Compassion Fatigue Specialist**, has been a Speaker and Educator with specialties in Post Traumatic Stress Disorder; Grief and Loss and the Trauma Impact on Brain Development, Behavior and Learning in Children and Youth. She is a Compassion Fatigue Specialist with a mission to "Help the Helpers" navigate the pitfalls of secondary stress impacts. Beverly's training style creates an interactive and collaborative learning environment focused on seeking answers. She has extensive experience in child

# Fred Finch Youth Center Training Calendar February 2012



February 29, 2012 Continued  
Wednesday

welfare and mental health and as a trainer, psychiatric Social Worker, EAP Coordinator/Field Placement Supervisor/ Program Coordinator/ Supervisor/ Assistant Chief of Social Worker Service for the Bronx N.Y. Veteran's Administration Medical Center.

***This course meets the qualifications for six (6) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center. Approved by the CDSS for six (6) hours of continuing education units for Group Home Administrator Recertification, Course #820-0307-***