

Fred Finch Youth Center Training Calendar

January 2012



January 10, 2012
Tuesday

9:30 AM - 12:30 PM

How My Buttons Get Pushed

Trainer: Dr. Lisa Cohen Bennett

Location: Training Institute

Participants will define and differentiate between External Stressors, Counter-transference and Secondary Trauma as they apply to working with Severely Emotionally Disturbed Youth. Through lecture, small and large group discussion and handouts, the group will understand symptoms and treatment for challenges working as a mental health professional with this population.

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.

January 17, 2012
Tuesday

9:00 AM - 1:00 PM

Applied Mindfulness: The Self as Activity

Trainer: Gabriel Kram

Location: Joaquin Miller Community Center

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.

We sometimes think of our 'self' as something solid, and unchanging, but the way that we actually experience the self, moment-to-moment, is as internal talk, image, sensation, and emotion. A second paradigm shift around identity.

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

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 January 2012



January 18, 2012
Wednesday

9:00 AM - 12:00 PM

Play Therapy Approaches to Trauma Treatment

Trainer: Katrinca Ford

Location: Joaquin Miller Community Center

Trauma is among the most common reasons children are brought in for mental health treatment. Most of us see regularly the impact of child abuse, domestic violence, neighborhood violence and other traumatic events on children's ability to cope in family and school settings. This workshop will examine common play therapy approaches to the treatment of traumatized children. We will look at what recent research tells us about the impact of trauma on brain development and how this informs our work in the playroom. General guideline and specific techniques will be offered. Inter-relationship between trauma and attachment issues will be explored.

Kathleen "Katrinca" Ford, MS, MFT is a therapist specializing in work with young children and families. In addition to her private practice, Ms. Ford supervises interns providing treatment to children Head Start programs in Contra Costa County. She enjoys giving trainings on children, play and play therapy to teachers, parents and therapists.

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.

January 24, 2012
Tuesday

9:00 AM - 12:00 PM

Fundamentals of Sandplay with Youth

Trainer: Laura Soble, MFT

Location: Joaquin Miller Community Center

This workshop will give participants a fundamental understanding of Sandplay as created by Dora Kalff. Participants will have the opportunity to view the slides of the sand trays of a child, which will demonstrate the stages and rhythms of a sandplay process. Experiential exercises will be interwoven into the workshop.

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.norcalandsplay.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).

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.

Fred Finch Youth Center Training Calendar January 2012



January 31, 2012
Tuesday

9:00 AM - 12:00 PM

Engaging Fathers

Trainer(s): Tracy Ward and John Cummings
Location: Joaquin Miller Community Center

This training will focus on the importance of father's involvement in the lives of their children and the community at large. The course will include an agency evaluation as well as some information on the Supporting Father Involvement research being done by Philip & Carolyn Cowan and Marsha & Kyle Pruitt. The training will also focus on practical steps individuals & agencies can take to support healthy father involvement.

Tracy Ward is a Group Facilitator for a project in Richmond, CA called the Supporting Father Involvement Project (SFI). Prior to her current position, she was a Child Protective Social Worker for Contra Costa County for 10 years. Her experience as a child welfare worker has served as a springboard to her commitment and motivation to working with fathers. Along with her position with the Supporting Father Involvement Project Tracy also serves as the part-time Executive Director for Take Wings Foundation, a youth organization started by her sister Terri J. Vaughn. She graduated from Cal State Hayward with a BA in Sociology and went on to Sacramento State to obtain a Master's in Social Work. In December of 2009 she obtained her License in Clinical Social Work. Tracy is a true social worker at heart and holds a firm belief in individuals' ability to change given the right tools, opportunity, motivation and support. Tracy resides in Richmond California with her husband and 2 children.

John Cummings holds a MA degree in Counseling Psychology from Argosy University and a Bachelors degree in Political Science from the University of California at Santa Barbara. His counseling background is multifaceted and includes working with diverse individual and family populations in public and private settings. In addition, John works in private practice where he specializes in domestic violence, child abuse, substance abuse, and other related trauma. His previous professional experience includes work with community-based, non-profit, and youth development agencies. John is married and has two children and enjoys traveling.

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.