Fred Finch Youth Center Training Calendar
October 2015

October 06, 2015
Tuesday

9:00 AM - 3:00 PM Conflict, Repair and Resolution – Training Center
Trainer: Robert Grant
Location: Training Center
3800 Coolidge Avenue
Oakland, CA 94602

Training Description:

It is essential that children in their personal lives and adults in their personal and professional lives learn how to repair and resolve conflicts that occur in relationships with other human beings. This is a skill that lies at the foundation of being human and social. The inability to repair human relationships lies at root of many human problems.
Workshop participants will learn how to:
  Challenge and confront individuals in ways that properly address disagreements, confusions, conflicts and injuries. Participants will be taught how to do this in ways that do not alienate, shut down or injury other people, thus, improving their chances of repairing, reconciling and becoming more intimately connected to others.
  Communicate directly, honestly and fairly.
  Set boundaries and limits
  Remain mindful and present throughout the entire process of interpersonal negotiation
  Acknowledge the truth of another’s observations, while disagreeing what is not true in these observations.
This workshop will include demonstrations, role plays and small group discussion

Meet Our Trainer:

Robert Grant is a consultant and trainer to psychological, business, religious, medical, and military, law enforcement, relief and missionary organizations. He works at home and abroad in the areas of trauma, spirituality and cross-cultural issues. As a psychologist he has gone into trauma zones to support and treat victims, as well as professionals working on site with victims of trauma. He has assessed/treated over 700 victims of trauma (over a twenty-two year period) and trained over 14,000 professionals around the world to work with victims of trauma. He is also author of Healing the Soul of the Church (Ministers Facing Their Histories of Abuse and Trauma) 1994, The Way of the Wound (A Spirituality of Trauma and Transformation) 1998, Living and Working in Environments of Violence (A Resource Manual for Humanitarian Workers) 2000, A Healing Response to Terrorism (A Handbook for Psychological and Spiritual First Responders) 2004, Complicated Trauma: Assessment and Treatment (A Working Manual for Therapists, Physicians and Pastoral Counselors) 2006,, Vicarious Trauma (A Handbook for Professionals Working with Victims of Trauma) 2006, I Love a War Veteran (A Handbook for Families, Veterans and Professionals dealing with the effects of Combat Stress and Trauma) 2007, Growth through Adversity (Coming Out the Other Side of Trauma, Illness and Loss) 2008 , The Challenge of Forgiveness (As Faced by Victims of Abuse and Betrayal), 2009 and Anger, Forgiveness and the Healing Process (6 Hour Audio Presentation).

This course meets the qualifications for five and a half (5.5) BBS CEUs for LPCCs, LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, Provider # 3019.
Fred Finch Youth Center Training Calendar
October 2015

October 08, 2015
Thursday

9:00 AM - 5:00 PM  Alcohol and Chemical Dependence, Part II – Training Center
Trainer: Isabel Yanez-Perez
Location: Training Center
3800 Coolidge Avenue
Oakland, CA 94602

Training Description:

The two-day substance abuse training will cover current theories and causes of addiction, types of addictions and behaviors, trauma, and co-occurring disorders. The training will explore the difference in working with adults and adolescents. In addition to gaining knowledge on the spectrum of addiction, the training will include working with different populations, including women, and culturally diverse groups. Focus will be made on diverse teens from foster and group home, the juvenile justice system, and LBGT adolescents. Special emphasis will be made on utilizing culturally, gender and age responsive types of interventions including harm reduction and strength-based approaches.

Meet Our Trainer:

Isabel S. Perez-Yanez, MPH, CHES is a consultant and statewide trainer with over 20 years of direct and administrative experience in public health, education, and social services. She has worked in the areas of violence (gang and domestic), prevention and intervention, diverse populations, adolescent issues, perinatal health, substance abuse and diverse family issues. She has taught in the Masters of Social Work Program at California State University East Bay (CSUEB), and at the College of San Mateo, in the Alcohol and Other Drug Certificate Program. Her specialty has been teaching about the complex issues related to substance abuse and being culturally responsive in working with diverse populations. She has conducted statewide trainings for UC Davis, State Corrections, and ONTRACK Program Resources, Culturally & Linguistically Appropriate Services (CLAS) Program. As a consultant she conducts technical assistance to counties and programs on being more culturally responsive in services.

This training counts as credit for the BBS requirement of training in Alcoholism and Chemical Dependency for 7.5 hours.

This course meets the qualifications for seven and a half (7.5) BBS CEUs for LPCCs, LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, Provider # 3019.

October 13, 2015
Tuesday

10:00 AM - 4:30 PM  Family Engagement: Important Things to know about Partnering with Multi-Stressed Families in this Challenging Work – Training Center
Trainer: Pamela Parkinson
Location: Training Center
3800 Coolidge Avenue
Oakland, CA 94602

Training Description:

For years we have been told to be “strength-based and client centered”, however, we have not typically been told what this means in terms of what we should be doing differently with our clients. In our field, we often focus on the negative events that have occurred or the pathology that a client and their family members seem to present with. We forget, in the midst of all of the difficulties, that everyone has strengths and

Please register for these trainings by sending an e-mail to: trainings@fredfinch.org
abilities and good intentions. This training focuses on the importance of teaming with family members from the beginning of treatment to build an alliance and the importance of this alliance to engaging with families and sustaining this critical relationship. We will also clarify what it means in terms of our work to be “strength-based” and some of the basic ways of structuring our work to be inviting to families.

Meet our Trainer:

Pamela Parkinson, PhD, LCSW, is a clinical psychologist and clinical social worker, whose specialty area is working with youth and their families. She is a certified PCOMS Trainer and the director of the Bay Area Family Institute of Training (BaFIT), developing and offering trainings for, and consulting with, child and family CBO's throughout the Bay Area. Pamela has worked in level 14 residential, NPS, hospitals, and a variety of community-based settings including outpatient clinics, schools, diversion, kinship, etc. Dr. Parkinson was trained as a family therapist behind the one-way mirror in the 1980's in Atlanta, Georgia, Los Angeles, CA, and Palo Alto, CA. She has been providing Intensive One-Way Mirror Family Training in the S.F. Bay Area each year since 1990, when she was trained as a "live" supervisor to use this method of training.

This course meets the qualifications for five and a half (5.5) BBS CEUs for LPCCs, LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, Provider # 3019.

October 14, 2015
Wednesday

9:00 AM - 4:00 PM  Working with Youth with Self-Destructive Behaviors -- Training Center
Trainer: Paul Gibson
Location: Training Center
3800 Coolidge Avenue
Oakland, CA 94602

Training Description:

Youth involved in the child welfare and juvenile justice system are at increased risk of depression and self-destructive behaviors. The course reviews mental health issues impacting youth with self-destructive behaviors including depression, trauma, anger, and multiple losses. Approaches to working with youth are discussed including counseling youth with depression and trauma, helping them to develop coping skills, improving their self-care, psychotropic medications, and guidelines for specific mental health issues. The course also provides participants with guidelines for addressing self-destructive behaviors including cutting, warning signs of suicide, talking with suicidal youth, crisis risk assessment, and helping youth cope with grief and loss.

By the end of the course participants will be able to:

- Describe the backgrounds and contributing factors to self-destructive behaviors of youth in child welfare and juvenile justice.
- Identify mental health issues impacting self-harm behaviors including depression, bipolar disorder, borderline personality, PTSD, psychotic disorders, behavior disorders and substance use.
- Identify treatment approaches for working with youth who have self-destructive behaviors on depression and including counseling guidelines, skills building techniques, and medications.
- Describe issues and approaches for addressing self-destructive behaviors with youth including cutting, crisis risk assessment, suicidality, and coping with grief and loss.

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Meet Our Trainer:

Paul Gibson, LCSW is a therapist and program consultant with 34 years of experience working with culturally diverse youth and families in residential, mental health, and public health settings. He has been a licensed therapist for 27 years and has provided extensive training for youth and family service providers on topics that include Legal and Ethical Issues and Self Awareness and Care. He currently has a private practice in San Francisco and provides individual and group clinical supervision to mental health professionals and child welfare workers seeking licensure.

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October 21, 2015

9:00 AM - 5:00 PM
Motivational Interviewing Training, Part I – Training Center
Trainer: Steven Malcolm Berg-Smith
Location: Training Center
3800 Coolidge Avenue
Oakland, CA 94602

Training Description:

Motivational Interviewing (MI) offers a practical, evidence-based approach for supporting clients in making and sustaining positive behavior changes. Originally developed in the drug and alcohol field, over 300 clinical trials demonstrate the efficacy of MI across a range of populations and target behaviors. In particular, MI has been shown to be especially effective in brief clinical encounters and for individuals not ready or unsure about change. This intensive 2-day MI introductory workshop will provide participants an overview of the theory, principles, skills, and current advances of MI. Participants will be guided through a sequence of learning activities to explore and shape MI practice behavior, and to support the on-going process for developing proficiency in MI. Learning activities will include: demonstrations, videotape examples, “real‐plays”, case studies, small group exercises, and significant participant practice with feedback.

Learning Objectives:
1. Describe the “spirit” and key principles of Motivational Interviewing (MI)
2. Observe and debrief demonstrations and videotape examples of MI
3. Demonstrate and practice the interpersonal style and primary skills for evoking intrinsic motivation for positive behavior change in brief clinical encounters
4. Receive individual feedback in MI practice behavior
5. Develop a personal plan for practicing and incorporating the primary skills and strategies of MI into clinical practice behavior

Meet Our Trainer:

For over 27 years, Steven Berg-Smith has worked as a behavior change counselor, health educator, drug & alcohol prevention specialist, and researcher. He currently has a private practice in San Francisco as a trainer, consultant, mentor, and health counselor. A member of the International Motivational Interviewing Network of Trainers (MINT) since 1994, Steven has conducted over 650 motivational interviewing (MI) workshops and presentations throughout the US and internationally. Considered a master trainer by his peers, Steve has...
served as a “trainer of trainers” for MINT, and collaborated in the design of MI-inspired behavior change intervention protocols for numerous national clinical research trials. He has authored several frequently cited articles on how to use motivation-enhancing tools and strategies to support adolescents and adults in making positive lifestyle changes. Steven holds a MS in Community Health Education from the University of Oregon, and a BA in psychology from the University of Redlands.

This course meets the qualifications for seven (7) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, Provider #3019.

**October 22, 2015**

**Thursday**

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<th>Time</th>
<th>Event Details</th>
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<tr>
<td>9:00 AM - 5:00 PM</td>
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October 22, 2015 Continued

Thursday

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October 27, 2015

Tuesday

9:00 AM - 4:00 PM  Impacts of the DSM-5 On Youth, Child Welfare and Juvenile Justice Services -- Training Center
Trainer: Paul Gibson
Location: Training Center
3800 Coolidge Avenue
Oakland, CA 94602

Training Description:

The DSM 5 (fifth edition of the Diagnostic and Statistical Manual of Mental Disorders) is being implemented and will be used in licensing exams starting in December of this year. This course provides a comprehensive overview of the DSM 5 with attention to changes relevant for youth service, child welfare, and juvenile justice providers. Critical information for service providers is given including recognizing new diagnoses, understanding mental health reports, and working providers to ensure appropriate services. The history of the DSM is reviewed and the origins of mental illness discussed. Controversies in the diagnosis and treatment of mental disorders are discussed including the rising prevalence of mental disorders, the diagnosis of children and youth, and the overuse of psychotropic medications. The organizational structure and changes in the DSM 5 are reviewed.

New sections of the DSM 5 discussed include the Neurodevelopmental Disorders (childhood diagnoses); Depressive Disorders; Trauma and Stressor Related Disorders; Disruptive, Impulse-Control, and Conduct Disorders, and Substance Related and Addictive Disorders. New diagnoses reviewed include Disruptive Mood Dysregulation Disorder, Persistent Depressive Disorder, Hoarding Disorder, and Disinhibited Social Engagement Disorder. Revised diagnoses covered include Intellectual Disability, Autism Spectrum Disorder, Schizophrenia, Posttraumatic Stress Disorder, Conduct Disorder, and Substance Use Disorder (substance dependence and abuse are eliminated). The practical application of the DSM 5 for youth service, child welfare, and juvenile justice providers will be discussed with implications for improving mental health services for children and families.

Course Objectives
1. To understand the history of the DSM, origins of mental illness, and controversies surrounding the diagnoses and treatment of mental illness.
2. To provide an overview of the DSM 5 and changes relevant to providing services to children and families in youth services, child welfare, and juvenile justice.
3. To review the sections of the DSM 5 and new diagnoses that impact services to children and families.
4. To discuss the practical applications of the DSM 5 in youth services, child welfare and juvenile justice and improving mental health services for children and families.

Meet Our Trainer:

Paul Gibson, LCSW is a therapist and program consultant with 34 years of experience working with culturally diverse youth and families in residential, mental health, and public health settings. He has been a licensed therapist for 27 years and has provided extensive training for youth and family service providers on topics
October 27, 2015 Continued

Tuesday

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October 29, 2015

Thursday

9:00 AM - 5:00 PM

Family Violence, Part I -- Training Center
Trainer: Isabel S. Perez-Yanez
Location: Training Center
3800 Coolidge Avenue
Oakland, CA 94602

Training Description:

This training will provide participants with an overview of one of society’s most challenging and unspoken issues: family violence. The workshop will primarily focus on five content areas to expand our understanding of violence across the lifespan, within families and communities. (1) Background, incidence and prevalence of family violence, (2) Personal and social consequences of family violence, (3) Family violence research, legislation and policies (4) Interdisciplinary perspectives on family violence, and (5) Interventions designed to prevent and ameliorate family violence through work with both victims and perpetrators. Particular attention will be given to groups that have been disproportionately affected by family violence, namely women and children. Additionally, participants will also be exposed to the emerging knowledge base related to violence in gay and lesbian families, military families, and communities of faith, immigrant and refugee populations, and other special populations. This is a great training for those needing to fulfill the Spousal/Partner Abuse requirement for licensure.

Meet Our Trainer:

Isabel S. Perez-Yanez, MPH, CHES is a consultant and statewide trainer with over 20 years of direct and administrative experience in public health, education, and social services. She has worked in the areas of violence (gang and domestic), prevention and intervention, diverse populations, adolescent issues, perinatal health, substance abuse and diverse family issues. She has taught in the Masters of Social Work Program at California State University East Bay (CSUEB), and at the College of San Mateo, in the Alcohol and Other Drug Certificate Program. Her specialty has been teaching about the complex issues related to substance abuse and being culturally responsive in working with diverse populations. She has conducted statewide trainings for UC Davis, State Corrections, and ONTRACK Program Resources, Culturally & Linguistically Appropriate Services (CLAS) Program. As a consultant she conducts technical assistance to counties and programs on being more culturally responsive in services.

This training counts as credit for the BBS requirement of training in Spousal/Partner Abuse for 7.5 hours. This course meets the qualifications for seven and a half (7.5) BBS CEUs for LPCCs, LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, Provider #3019.

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