



# Fred Finch Youth Center Training Calendar

January 2018 UPDATED

## This Month's Trainings

[Radical Simple Self Care: Powerful Strategies and Tools to Navigate Your Work, Body and Mind In Times](#)

[The DSM 5 in Youth Services and Child Welfare](#)

[The Letters of Equality: LGBTQ+ Addressing and Avoiding Microaggressions: Becoming a Courageous and...](#)

[PTSD, Complex Trauma, and Attachment Disorders](#)

[Oppression, Structural Violence, and Motivational Interviewing](#)

[Risk Assessments with Cultural Considerations](#)

[Healing the Healers: Working Through Vicarious Trauma](#)

[Energy Psychology, Day 1](#)

[Energy Psychology, Day 2](#)

Fred Finch Youth Center is pleased to provide the following trainings in conjunction with Chabot-Las Positas Community College District and Alameda County through Title IV-E Funding. These trainings are open for providers who work with foster or group home youth in Alameda County at no cost.

Fred Finch Youth Center is approved by the California Association of Marriage and Family Therapist to sponsor continued education for LMFT's, LCSW's, LPCC's, and LEP's. Fred Finch Youth Center maintains responsibility for this program/course and it's content.



To register for a training, email [\*\*trainings@fredfinch.org\*\*](mailto:trainings@fredfinch.org)

[Advanced Facilitation Skills for Supporting Difficult Conversations on Oppression and Privilege with...](#)

[Advanced Facilitation Skills for Supporting Difficult Conversations on Oppression and Privilege with...](#)

[Working with Families Using Evidence Based Principles: An Overview](#)

## Continued Education Units:

CEU's will be provided for each training. CEU's will be issued 30 days from date of training. CEU's will be sent via email for each attendee.

## Training Cancellation Policy:

If we cancel a training course as a result of low registration, participants will be notified by email one week prior to the course start date. Where courses are cancelled for reasons beyond our control, they may be cancelled at shorter notice.

Training registrants will be provided a makeup date that is scheduled for that particular training. Please note that we will not be liable for any loss, including travel and accommodation costs, suffered by or on behalf of any person who wished to attend an event, should we cancel it for any reason.

Thank you.

## Training Disability Accommodation:

Fred Finch Youth Center will make reasonable efforts during the training to accommodate qualified individuals with disabilities



## Radical Simple Self Care: Powerful Strategies and Tools to Navigate Your Work, Body and Mind In These Demanding Times

Date: January 9th, 2018 from 9:30 AM - 1:30 PM

Trainer: Lea Arellano

Location: Training Center  
3800 Coolidge Avenue  
Oakland, CA 94602

### Training Description:

Feeling overwhelmed? Exhausted? This is for you! Art Making, Plant Walk on gorgeous grounds, and tools for better living taught and experienced.

4th Generation Medicine Person shares information on how to create more health by utilizing resources already available for the restoration of your body, mind and spirit.

### Objectives:

Participants will:

- Use art and plant walk to ground you in your body, mind, and spirit.
- Recognize tools, resources and accessible practices to heal and regenerate your energies offered.
- Identify life issues for workers in foster care and other systems and make a plan for self care that is realistic.
- Learn simple practices for at-work restoration.
- Discuss empathy talk: how it helps you and how it may harm you.
- List resources for how to navigate your heart/emotions in these times.
- Leave with a simple, doable template/guide for healing change in your life.

### Agenda:

9:30 Sign in and Settle in: quiet time for 11 minutes

10:00 Dyad, Intros, meet each other, and agenda overview

10:30 Choose art, Music, Movement for body check in

11:00 Wisdom Council Training

11:30 Plant walk

12:00 Discussion: resources that are simple and accessible and make a powerful difference!

12:30 Template/Plan for your self care designed and created

1:00 Evals and closing

1:30 Adjournment

and/or medical conditions in accordance/compliance with the State Fair Employment and Housing Act (FEHA), Federal Americans with Disabilities Act (ADA) and applicable statutes. To request an accommodation due to a disability/medical condition during this training, please contact the Training Department (listed on the training announcement) no later than three days before the training. The training center where most of our trainings are conducted is wheelchair accessible and has disabled parking available.

### Training Grievance Policy:

A participant has the right to seek a remedy for a dispute or disagreement through Fred Finch Youth Center's policies for filing complaints/grievances for visitors and employees. Participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training to the Training Director who will provide the complaint form. All participant complaints/grievances should be in writing to the Training Director, at FFYC Training Department, 3800 Coolidge Avenue, Oakland, CA 94602 or by email to [trainings@fredfinch.org](mailto:trainings@fredfinch.org). Once a complaint or grievance has been submitted, you can expect

### Meet Our Trainer:

Lea Tupili Arellano is a 65 year old indigenous elder working in the foster care field. In the past she has worked in group homes, case manager, and emancipation specialist. Lea is working statewide as an educator and consultant in foster care/non-profit for 35 plus years. Educational approach is that everyone is a library of experience and knowledge. She utilizes the brilliance of her students in every training she brings.

Lea believes in art, play and movement and brings that into every training! Everyone has magnificence, and she does her best to highlight that in the learning community by encouraging folks to share their joy and knowledge. Lea is a published writer, performance artist with word and dance. Lea has a private traditional Indigenous medicine practice Oakland.

*This course meets the qualifications for (4) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*

## → Applying DSM 5 to Youth Diagnosed Depression, Anxiety, and Trauma

Date: January 11th, 2018 from 9:00 AM - 1:00 PM

Trainer: Rachel Michaelsen

Location: Training Center  
3800 Coolidge Avenue  
Oakland, CA 94602

### Training Description:

The DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th edition) has many significant differences from previous editions, including new diagnoses, changes to previous diagnoses, and a new classification system. In this course, participants will review the changes to diagnoses of PTSD, depression and anxiety and apply these changes to the client with whom they work. There will be plenty of opportunity to ask questions about cases, new and changed diagnoses and the process of diagnosing.

### Objectives:

Participants will:

- List minor changes to PTSD, anxiety diagnoses;
- List major changes to depression diagnoses;
- Identify new depression and trauma diagnoses;
- Apply their new knowledge to the clients with whom they currently work.

### Agenda:

8:45 Sign in

9:00 Intros and Overview

9:10 Review Structure of DSM-5

a response no later than ten (10) business days. Upon receipt the Training Director will conduct a formal review of the complaint/grievance and will attempt a timely resolution. If no resolution is forthcoming, or the problem is not satisfactorily resolved, the participant may direct any complaint/grievance to Sr. Director of Human Resources.



9:30 PTSD, Adjustment Disorders, Reactive Attachment and Disinhibited Social Engagement Disorder: changes and application to cases

10:30 Break

10:45 Anxiety: changes to diagnoses and application to cases

11:45 Depression: new and changed diagnoses and application to cases

12:45 Q&A, wrap-up, evaluations

1:00 Adjournment

#### Meet Our Trainer:

RACHEL MICHAELSEN, LCSW, is a clinical social worker who has worked in HMOs, public agencies, and private practice as both a mental health provider and a supervisor for more than twenty five years. She has taught courses in DSM-5, clinical supervision, law and ethics, childhood psychopathology, and vicarious traumatization at universities, conferences, and mental-health agencies. She provides consultation to agencies, and was a Collaborating Clinical Investigator on the DSM-5 field trials. In her private practice in Oakland, California she provides clinical supervision and works with adults and couples.

*This course meets the qualifications for (3.75) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*

## The Letters of Equality: LGBTQ+ Addressing and Avoiding Microaggressions: Becoming a Courageous and Compassionate Communicator

**Date:** January 16th, 2018 from 9:00 AM - 3:30 PM

**Trainer:** Carlos Da Silva

**Location:** Training Center

3800 Coolidge Avenue  
Oakland, CA 94602

#### Training Description:

The Letters of Equality course will explore the evolution of the LGTBQ+ community. We will highlight key components of the gay rights movement as it pertains to the advocacy for gay, lesbians, bisexuals, transsexuals, and questioning/queer people. The course will identify important terminology associated with sexual orientation and gender expression as we start to become comfortable in the use of pronouns which provides a more inclusive environment for all people.

Participants will engage in the exploration of the many issues

that the LGBTQ+ community face as we access our own biases associated with this population. This course will include a discussion on how our behavior's and lack of understanding can impact the safety and well-being of this protected class. Lastly, we will broaden our capacity for competency by implementing strategies to increase our cultural awareness, using the RIR protocol. The RIR Protocol (Recognize, Interrupt, and Repair) will help stop the cycle of bias behaviors and attitudes that marginalize the LGBTQ+ community.

### Objectives:

Participants will:

- Express a deeper understanding of LGBTQ+ terms.
- Identify steps to address bullying.
- Become familiar with RIR protocol.

### Agenda:

8:45 Sign-In

9:00 Section I: Personal Introductions:

9:45 Section II: Terminology Overview/Discussion

11:00 Section III: "Crossover" - Activity

12:00 Lunch Break

1:00 Section IV: Bullying & Prevention

2:00 Section V: RIR Protocol: Exercise

3:15 Final Wrap-Up

3:30 Adjournment

### Meet Our Trainer:

At a young age, CARLOS DA SILVA navigated through the crowded and often understaffed orphanage in his birthplace, São Paulo, Brazil. While known for its culture, cosmopolitan vibe, and melting pot of diversity and culture, the country was also void of many things that people take for granted today, such as running water, ample food, clothing, and the everyday necessities for survival.

Growing up as an adopted child, Carlos learned to find his purpose in the world. He took the values and experiences with equity that he gained from his multicultural upbringing and put it to good use. As a young adult, he worked as an advocate for youth in the mental health industry for nearly a decade. As a supervisor and training coordinator, he helped fight against the stigma and disparities often imposed on those struggling with mental health illnesses.

Carlos also introduced dance therapy as an effective and fun communication technique for the youth in the treatment programs. By allowing their movement to tell a story, dance provided a new and positive forum for the children to express themselves. Carlos continues to pursue his passion for dance today. Carlos views cultural competency awareness as the number one most important element for advancing peace in the world. He is very excited to work with the Epoch Education Team to bring

about new ways of thinking through diversity training and multi-cultural outreach. As an Epoch Education Consultant, Carlos endeavors to foster and continue to build upon the valuable equity found in his cultural pedigree

*This course meets the qualifications for (5.5) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*

## PTSD, Complex Trauma, and Attachment Disorders

**Date:** January 17th, 2018 from 9:00 AM - 4:30 PM

**Trainer:** Paul Gibson

**Location:** Training Center  
3800 Coolidge Avenue  
Oakland, CA 94602

### Training Description:

Youth involved in the child welfare and juvenile justice systems often experience extensive trauma in their backgrounds. Many youth experience complex trauma due to chronic exposure to multiple and severe traumatic events. Review the impact of trauma on youth development, including mental health and behavioral consequences. Discuss the trauma related disorders including post-traumatic stress disorder (PTSD); complex trauma; reactive attachment disorder; and disinhibited social engagement disorder. Review evidence-based practices and treatment approaches for working with youth who have trauma-related disorders. Explore the development and components of self-regulation skills in maintaining positive mental health. Discuss cognitive and behavioral techniques for helping youth impacted by trauma develop physical, emotional, cognitive, and behavioral self-regulation.

### Objectives:

Participants will:

- Identify trauma-related disorders and symptoms including post-traumatic stress disorder (PTSD), complex trauma, reactive attachment, and disinhibited social engagement disorder.
- Describe evidence-based practices and treatment approaches for working with youth who have PTSD and attachment disorders.
- Describe the development and components of self-regulation skills in children and youth including physical, emotional, cognitive, and behavioral.
- Identify cognitive and behavioral techniques used in developing self-regulation skills and supporting youth impacted by trauma.

### Agenda:

8:45 Sign In

9:00 The Impact of Trauma on Youth

9:30 Posttraumatic Stress Disorder

10:00 The Effects of Complex Trauma

10:30 Break

10:45 Supporting Youth in Coping with Trauma

11:00 Group Discussion - Working with Youth and Trauma

11:30 Trauma Evidence Based Practices

12:00 Lunch

1:00 Understanding Self Regulation

1:15 Teaching Self Regulation Skills

2:30 Break

2:45 Case Study

3:15 Attachment Disorders

3:45 PM Attachment, Self Regulation, and Competency

4:15 Closure and Evaluations

4:30 Adjournment

#### Meet Our Trainer:

Instructor PAUL GIBSON, LCSW is a therapist and program consultant with 39 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 32 years and provides extensive training for youth and family service providers on mental health issues including PTSD, complex trauma, and attachment disorders. Mr. Gibson has a private practice in San Francisco and provides individual and group clinical supervision to mental health professionals seeking licensure.

*This course meets the qualifications for (6) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*



## Oppression, Structural Violence, and Motivational Interviewing

Date: January 22nd, 2018 from 8:30 AM - 4:30 PM

Trainer: Sarah Solis

Location: Training Center

3800 Coolidge Avenue

Oakland, CA 94602

#### Training Description:

This 8-hour training is intended for providers that have received at least two full days of Motivational Interviewing training. The

training focuses on the experience of marginalized groups and the means of tailoring Motivational Interviewing to capture a client's experience of oppression. Trainees will identify aspects of their own privilege and use this to better understand systemic violence. Trainees will also identify oppressive public service entities. The training will conclude with trainees practicing the facilitation of change plans that highlight the client's means of remaining safe in oppressive treatment systems.

### Objectives:

Participants will be able to:

- Identify 2 or more public service entities with a documented history of the oppression of marginalized communities.
- Identify two examples of verbalized oppression that might present as sustain talk.
- Identify an open-ended question, reflection, affirmation, or summary (OARS) that explores a client's experience of oppression.
- Complete an MI change plan focused on safety planning in unsafe systems.

### Agenda:

8:15 Sign in

8:30 Introductions

8:45 Review learning objectives and discuss trainee learning goals

9:00 Discuss definitions of oppression and structural violence

9:15 Discuss privilege and the symptoms of privilege guilt

10:00 Break

10:15 Explore one's own privilege and identify oppressive system

11:00 Review Sustain Talk

- What is the difference between sustain talk and change talk?
- Review research on sustain talk and poor outcomes
- Differentiate between sustain talk and a client verbalizing their experience with oppression

12:00 Lunch

12:30 Discuss the use of OARS as a means to explore oppression

1:30 Identify oppression related DARN CAT

2:00 Break

2:15 Identify the different types of advocacy

2:30 Practice using MI change plans to help clients navigate oppressive symptoms

4:00 Identify community client supports

4:15 Wrap-up (Evals, sign-out)

4:30 Adjournment

### Meet Our Trainer:



Director of Seeds of Change Consulting, SARAH SOLIS LCSW, has 12 years of experience providing care to clients impacted by trauma. She is currently employed as a Clinical Case Manager at the Department of Veterans Affairs. Sarah has worked in corrections, community mental health outpatient and day treatment programs, medical social work, and community-based services for children and families. Sarah has experience providing direct service, clinical supervision, and worked as a program manager for many years.

Sarah believes treatment is a gift to the healer as well as the healing. Each individual or family brings an incredible life story and personal wisdom. Throughout the treatment process, Sarah ensures that an individual or family's voice is heard and respected. The majority of her experience has been working with underserved and marginalized populations. Cultural humility and responsiveness is an important element in her work. She participates in monthly cultural humility work groups and has co-authored a training on cultural assessment and treatment planning.

*This course meets the qualifications for (7) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*



## Risk Assessments with Cultural Considerations

**Date:** January 23rd, 2018 from 9:00 AM - 12:00 PM

**Trainer:** Eric Waters

**Location:** Training Center

3800 Coolidge Avenue

Oakland, CA 94602

### Training Description:

An overview of information related to assessing for risk in the following areas: domestic/intimate partner violence, suicidality and self-harm, child abuse and substance abuse. This training is built on a cultural humility framework and emphasizes the importance of exploring one's own cultural values while learning how to work with people from different backgrounds and cultures. It will include up-to-date relevant information and statistics while also providing participants the opportunity to practice new skills.

### Objectives:

Participants will:

- Express the role that culture plays in assessing for risk and providing culturally competent services for foster youth and families.
- Practice increased ability to assess for risk in the following areas: domestic/intimate partner violence, suicidality and self-harm, child abuse and substance abuse.
- Identify strategies for performing risk assessments by exploring new terminology and building on current strengths.

### Agenda:

8:45 Sign In

9:00 Introduction: Risk Assessment and Culturally Responsive Services

9:30 Cultural Humility Framework and Self-Assessment

10:00 Overview of Topics

11:00 Role Plays

11:30 Review

11:45 Questions

12:00 Adjournment

#### Meet Our Trainer:

ERIC L. WATERS, LCSW is a social worker and an activist. He is a licensed mental health clinician and has been providing educational experiences and trainings for 10+ years. Eric was originally trained as a movement organizer and workshop facilitator. Eric has trained youth organizers around the country, given workshops for mental health agencies around the Bay Area and shared therapeutic experiences with foster youth and their families. He attended Hampshire College, San Francisco State University's School of Social Work and has been trained by Training for Change and the Dulwich Centre, among other notable institutions.

*This course meets the qualifications for (3) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*



## Healing the Healers: Working Through Vicarious Trauma

Date: January 24th, 2018 from 9:00 AM - 12:00 PM

Trainer: Satwinder Mahabir

Location: Training Center

3800 Coolidge Avenue

Oakland, CA 94602

#### Training Description:

In this course, we examine the impact of vicarious trauma on service providers and the systems in which they work. Emphasis is placed on identifying risk factors and symptoms of burn out, as well as in identifying practices and tools that support self-care and healing. Participants will have the opportunity to practice self-care activities with colleagues and develop skills that promote sustainability and longevity in their work.

#### Objectives:

Participants will:

-Discuss foundational knowledge of working with trauma and

impact of trauma on providers and systems.

-Express foundational knowledge of the characteristics of vicarious trauma and provider burn-out.

-Apply tools to support self-care and to facilitate longevity in trauma healing work.

### Agenda:

8:45 Sign in

9:00 Understanding Impact of Trauma

10:00 Video

10:30 Small Group Work

11:00 Lecture & Closing

12:00 Adjournment

### Meet Our Trainer:

SATWINDER MAHABIR is a licensed Marriage and Family Therapist and certified Clinical Supervisor, with more than 20 years of experience working with individuals, couples, and families in outpatient, educational and residential settings. Satwinder received her Master's degree in Counseling Psychology from San Francisco State University and holds a deep passion for serving communities of color, specifically examining the intersection between race, systemic oppression and trauma. Satwinder's areas of clinical expertise include system involved youth, trauma and recovery, and dual diagnosis. She is committed to the practice of Trauma Informed Care with a specific focus on cultural humility and gender responsiveness.

*This course meets the qualifications for (3) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*

## Energy Psychology, Day 1

Date: January 25th, 2018 from 9:00 AM - 4:30 PM

Trainer: Rachel Michaelsen

Location: Training Center

3800 Coolidge Avenue

Oakland, CA 94602

### Training Description:

Energy Psychology (EP) has been found to be effective with many emotional problems (PTSD, phobias, other anxiety disorders, substance abuse cravings, overeating) with adults and children. EP reconditions the nervous system from a sympathetic, flight or flight state, to a parasympathetic, relaxed state, thus eliminating symptoms ranging from hypervigilance, flashbacks, fear, worry, procrastination, lack of focus, cravings and more. Participants will learn energy medicine and energy psychology techniques and how to apply them in their work with children

and adults experiencing a variety of emotional problems and behaviors. Material will be taught through lecture, demonstrations and dyadic practice.

#### Day 1

- What is Energy Medicine and Energy Psychology and How Does It Work
- Energy Medicine Techniques for Regulation
- Tension Tapping Technique
- Determining Readiness for Treatment
- Emotional Freedom Technique (Tapping) - what is it and how to do it.
- Tapping with a Script

#### Objectives:

Participants will:

- Explain how EP works to relieve psychological symptoms and change behaviors;
- Determine which Energy Medicine techniques to use based on clients level of dysregulation;
- Determine when clients are ready to utilize EFT to address symptoms
- Prepare clients who are not ready to use EFT to address symptoms;
- Apply their knowledge of EP techniques to design and use interventions that address symptoms.

#### Agenda:

8:45 Sign in

9:00 Intros/ check-in/ questions

9:15 What is it and how it works

9:30 Research on EP for PTSD and Trauma

9:45 Techniques for Calming Clients Didactic and Group

10:30 Break

10:45 Testing

11:30 Determining clients readiness for treatment

11:45 Getting clients ready for treatment

12:30 Lunch

1:30 EFT: How to do it

2:00-Demonstration

2:45 Break

3:00 Practice in dyads

4:15 Q&A

4:30 Adjournment

#### Meet Our Trainer:

RACHEL MICHAELSEN, LCSW, Diplomat in Comprehensive Energy Psychology, has taught Energy Psychology techniques to mental health and social services provider to address their own stress and trauma as well as that of their clients. She has integrated this work with a variety of holistic, energetic and creative interventions including at the 2015 and 2016 conferences of the Association of Comprehensive Energy Psychology (ACEP). Rachel is the Chair of the ACEP Humanitarian Committee.

*This course meets the qualifications for (6) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*

## Energy Psychology, Day 2

**Date:** January 26th, 2018 from 9:00 AM - 4:30 PM

**Trainer:** Rachel Michaelsen

**Location:** Training Center

3800 Coolidge Avenue

Oakland, CA 94602

### Training Description:

Energy Psychology (EP) has been found to be effective with many emotional problems (PTSD, phobias, other anxiety disorders, substance abuse cravings, overeating) with adults and children. EP reconditions the nervous system from a sympathetic, flight or flight state, to a parasympathetic, relaxed state, thus eliminating symptoms ranging from hypervigilance, flashbacks, fear, worry, procrastination, lack of focus, cravings and more. Participants will learn energy medicine and energy psychology techniques and how to apply them in their work with children and adults experiencing a variety of emotional problems and behaviors. Material will be taught through lecture, demonstrations and dyadic practice.

### Day 2

Using Tapping to disconnect trauma from negative beliefs, emotions and behaviors.

Working with care givers and parents.

### Objectives:

Participants will:

- Explain how EP works to relieve psychological symptoms and change behaviors;
- Determine which Energy Medicine techniques to use based on clients level of dysregulation;
- Determine when clients are ready to utilize EFT to address symptoms
- Prepare clients who are not ready to use EFT to address symptoms;
- Apply their knowledge of EP techniques to design and use interventions that address symptoms.

### Agenda:

8:45 Sign in

9:00 Review of Day 1

9:15 How does past trauma impact present emotions, behaviors and coping

9:30 How to determine the past trauma that connects to the present emotions, behaviors and coping

10:00 Breaking the connection between past traumas and present emotions, behaviors and coping

10:30 Break

10:45 Practicing in dyads

11:30 Debrief

12:00 Lunch

1:00 Practice with different person

1:45 Working with parents and caregivers

2:00 Demonstration

2:30 Break

2:45 Practicing in dyads

3:30 Debrief

3:45 Practice in dyads anything your want to and debrief

4:15 Q & A

4:30 Adjournment

#### Meet Our Trainer:

RACHEL MICHAELSEN, LCSW, Diplomat in Comprehensive Energy Psychology, has taught Energy Psychology techniques to mental health and social services provider to address their own stress and trauma as well as that of their clients. She has integrated this work with a variety of holistic, energetic and creative interventions including at the 2015 and 2016 conferences of the Association of Comprehensive Energy Psychology (ACEP). Rachel is the Chair of the ACEP Humanitarian Committee.

*This course meets the qualifications for (6) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*



**Advanced Facilitation Skills for Supporting Difficult Conversations on Oppression and Privilege with Youth in Care, Day 1**

Date: January 29th, 2018 from 9:00 AM - 4:30 PM

**Trainer: Natalie Thoreson**  
**Location: Training Center**  
**3800 Coolidge Avenue**  
**Oakland, CA 94602**

### Training Description:

In our current social climate, we are increasingly responsible for facilitating uncomfortable and challenging conversations with youth, families, and colleagues. Whether a new or veteran facilitator, challenges arise in leading these discussions. In this interactive workshop attendees will learn to effectively address disengagement, arguments, and divisiveness. We will also examine our social identities (race, gender, etc.), and explore how group participants are impacted by oppression. Addressing oppression, as a root of facilitation challenges will enable you to overcome nuanced issues that derail groups, empower you to create a safe space, and manage common facilitation challenges effectively and successfully.

During this two day workshop, participants will explore and practice facilitation skills and methodologies needed to engage meaningful, effective, 1:1, and small intergroup conversations related to oppression and privilege. In this interactive session we will cultivate a critical and compassionate understanding of the difference between "safe" and "comfortable" conversations and learn how to push through discomfort to engage these important learning opportunities. We will increase our skill in compassionately discussing the construction and impacts of oppression to youth, families, and colleagues who are at varying levels of experience, and who may not share our beliefs and values. And will deepen our ability to effectively engage these conversations to connect across difference and begin deconstructing the culture of oppression.

### Objectives:

Through lecture, activities, reflection, observation, dialogue and practice, participants will:

- Cultivate a critical and compassionate understanding of the difference between "safe" and "comfortable," the common confusion between these terms, and learning to identify opportunities for change within these spaces
- Learn (or review) the Cycle of Oppression and ways to interrupt the cycle
- Acquire 1:1, small group, and large group facilitation skills to engage meaningful conversation related to issues of oppression
- Identify key responsibilities and attributes of an effective facilitator, and build our own toolkits of skills that can be used to facilitate these conversations
- Develop knowledge and skill necessary to clearly explain, and discuss the construction and impacts of oppression on youth in care
- Troubleshoot common facilitation challenges
- Practice facilitating a variety of challenging scenarios

### Agenda:

8:45 Sign in

9:00 Group agreements - defining social justice

9:30 Icebreaker/Group Introductions

10:00 Communication basics

10:30 Break

10:45 Attributes of a successful facilitator

11:15 Cycle of Oppression

12:15 Lunch

1:15 Identity wheel - examining personal privilege and oppression

2:15 Triggers

2:45 Break

3:00 Facilitation skills

4:00 Closure and homework

4:30 Adjournment

### Meet Our Trainer:

NATALIE THORESON, owner of inVision Consulting and the organization's primary consultant, has designed and facilitated social justice, anti-oppression, and liberation workshops for over 15 years. Natalie organically nurtures a sense of community with her unrivaled skills in shaping safe, welcoming, creative, and productive spaces based on understanding, respect, and authentic support. Natalie provides tools to allow participants to think critically about their own backgrounds and biases, while simultaneously dissecting concepts like oppression, prejudice, and stereotyping. In her hands, sensitive topics that often leave participants feeling raw and wounded, become relatable and accessible. Natalie's constant goal of creating open, trusting, and fun educational environments are based on her first hand experiences as a multi-ethnic, multi-racial, multi-gendered, queer individual living in the margins of identity. Natalie believes that creating safe space for all is the heart of true revolutionary change.

*This course meets the qualifications for (6) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*



## Advanced Facilitation Skills for Supporting Difficult Conversations on Oppression and Privilege with Youth in Care, Day 2

Date: January 30th, 2018 from 9:00 AM - 4:30 PM

Trainer: Natalie Thoreson

Location: Training Center

3800 Coolidge Avenue

Oakland, CA 94602

### Training Description:



## **\*\*Participants must attend Day 1 to attend Day 2\*\***

In our current social climate, we are increasingly responsible for facilitating uncomfortable and challenging conversations with youth, families, and colleagues. Whether a new or veteran facilitator, challenges arise in leading these discussions. In this interactive workshop attendees will learn to effectively address disengagement, arguments, and divisiveness. We will also examine our social identities (race, gender, etc.), and explore how group participants are impacted by oppression. Addressing oppression, as a root of facilitation challenges will enable you to overcome nuanced issues that derail groups, empower you to create a safe space, and manage common facilitation challenges effectively and successfully.

During this two day workshop, participants will explore and practice facilitation skills and methodologies needed to engage meaningful, effective, 1:1, and small intergroup conversations related to oppression and privilege. In this interactive session we will cultivate a critical and compassionate understanding of the difference between "safe" and "comfortable" conversations and learn how to push through discomfort to engage these important learning opportunities. We will increase our skill in compassionately discussing the construction and impacts of oppression to youth, families, and colleagues who are at varying levels of experience, and who may not share our beliefs and values. And will deepen our ability to effectively engage these conversations to connect across difference and begin deconstructing the culture of oppression.

### Objectives:

Through lecture, activities, reflection, observation, dialogue and practice, participants will:

- Cultivate a critical and compassionate understanding of the difference between "safe" and "comfortable," the common confusion between these terms, and learning to identify opportunities for change within these spaces
- Learn (or review) the Cycle of Oppression and ways to interrupt the cycle
- Acquire 1:1, small group, and large group facilitation skills to engage meaningful conversation related to issues of oppression
- Identify key responsibilities and attributes of an effective facilitator, and build our own toolkits of skills that can be used to facilitate these conversations
- Develop knowledge and skill necessary to clearly explain, and discuss the construction and impacts of oppression on youth in care
- Troubleshoot common facilitation challenges
- Practice facilitating a variety of challenging scenarios

### Agenda:

8:35 Sign in

9:00 Review group agreements - homework share out

9:30 Warm-up for the day

9:45 Review and practice facilitation skills

10:30 Break

10:45 Dealing with challenging participants/scenarios

12:15 Lunch

1:15 Practice

2:45 Break

3:00 Q&A

4:00 Closure and personal commitments

4:30 Adjournment

### Meet Our Trainer:

NATALIE THORESON, owner of inVision Consulting and the organization's primary consultant, has designed and facilitated social justice, anti-oppression, and liberation workshops for over 15 years. Natalie organically nurtures a sense of community with her unrivaled skills in shaping safe, welcoming, creative, and productive spaces based on understanding, respect, and authentic support. Natalie provides tools to allow participants to think critically about their own backgrounds and biases, while simultaneously dissecting concepts like oppression, prejudice, and stereotyping. In her hands, sensitive topics that often leave participants feeling raw and wounded, become relatable and accessible. Natalie's constant goal of creating open, trusting, and fun educational environments are based on her first hand experiences as a multi-ethnic, multi-racial, multi-gendered, queer individual living in the margins of identity. Natalie believes that creating safe space for all is the heart of true revolutionary change.

*This course meets the qualifications for (6) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*



## Working with Families Using Evidence Based Principles: An Overview

**Date:** January 31st, 2018 from 10:00 AM - 4:30 PM

**Trainer:** Pamela Parkinson

**Location:** Training Center

3800 Coolidge Avenue

Oakland, CA 94602

### Training Description:

Staff who work directly with family systems obtain an overview of family work concepts consistent with many of the principles that underlie such Evidence-Based Practices (EBP) as functional, structural, brief strategic, and multi-systemic family work. Better understand such theoretical concepts/principles including: Pain in the Heart Theory (PITH); address assessment specific to exploring and identifying the underlying issues in the family including family violence, family needs, strengths, and resources. This prepares the worker to move forward with how to support the youth in the safest and healthiest manner while working with families.

## Objectives:

Participants will:

- Describe the evolution of the evidence-based movement and where we are headed.
- Identify the top primary family systems concepts that create the basis for Pain in the Heart Theory.
- List the 4 Diagnostic Pain Questions that are Pain in the Heart (PITH) Theory
- Develop simple interventions that address and heal the pain our youth are experiencing so that we are more likely to see successful outcomes.

## Agenda:

9:45 Sign In

10:00 Overview of the Evidence Based Movement: where we have been and where we are headed.

11:00 Brainstorming and discussion of reasons to work with families and reasons that you might be hesitant!

11:45 Break

12:00 Enactment, Positive Reframes, and the most important clinical systemic concepts in doing family work.

1:00 Lunch

1:30 Introduction to PITH: Pain in the Heart Theory

2:30 Review of video clips of a real family and practice identifying process and positive intent.

3:30 Break

3:45 Small group work to diagnose the pain from a PITH perspective and to come up with one intervention that you might try with the family to begin the healing process.

4:15 Large group sharing of what you came up with and ending check out.

4:30 Adjournment

## 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 with an emphasis on the importance of family engagement in work with youth. Dr. Parkinson is also a certified PCOMS evidence-based practice trainer. She currently works as a child/family consultant to CBO's in the Bay Area and Pamela has worked in level 14 residential, NPS, hospitals, and a variety of community-based settings including outpatient clinics, schools, diversion, kinship, etc.

*This course meets the qualifications for (5.5) BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, CAMFT Provider #045295.*

Thank you for supporting the Training Department at Fred Finch Youth Center. If you would like to bring a training to your site, please contact:

[trainings@fredfinch.org](mailto:trainings@fredfinch.org).