



FORDHAM UNIVERSITY
THE JESUIT UNIVERSITY OF NEW YORK



GRADUATE SCHOOL OF SOCIAL SERVICE CONTINUING EDUCATION PROGRAM

2009/2010 Program for Success

Professional Development Courses and Online Series

Social Work Education does not end with Graduation.



The goal of the continuing education department is to provide ongoing professional development for alumni and others in our extended social work community. At this challenging financial time it is particularly important to increase your knowledge and skills. These seminar series will help experienced social workers, as well as recent graduates; learn what is needed for increased success as professional social workers.



CASAC Credit: Credits from all courses on substance abuse can be applied toward receiving CASAC certification.

FALL COURSES October – November

The Pharmacotherapy of Addiction: A 21st Century Approach

Instructor:
Petros Levounis, MD, MA

Tuesday, October 20, 2009
9:00am – 10:30am

Dr. Levounis will begin with a brief overview of DATA 2000, (the Drug Addiction Treatment Act) under which buprenorphine was made available as an office based treatment for opioid dependence. Dr. Levounis will review medications that directly target the addictive process and discuss advances in the pharmacological management of the addicted patient who may also suffer from co-occurring mental illness. Dr. Levounis will conclude with a discussion of the use of these medications in combination, and as part of a comprehensive plan of care.

Petros Levounis, MD, MA, is the Director of The Addiction Institute of New York (formerly Smithers) and Chief of Addiction Psychiatry at St. Luke's and Roosevelt Hospitals in New York City. Dr. Levounis is a board-certified addiction psychiatrist, Fellow of the American Society of Addiction Medicine (ASAM), and Distinguished Fellow of the American Psychiatric Association (APA). He currently teaches at Columbia University College of Physicians and Surgeons, New York University School of Medicine and School of Nursing, and Hazelden Foundation. His academic interests include the psychotherapy and psychopharmacology of addiction, the teaching of Psychiatry and Addiction Medicine, gay and lesbian mental health, and the behavioral addictions. Dr. Levounis is the co-author of the self-help book "Sober Siblings: How to Help Your Alcoholic Brother or Sister and Not Lose Yourself" (DaCapo Books/Perseus, 2008). He is currently writing a textbook on "Co-occurring Substance Use and Other Psychiatric Disorders" for addiction counselors, a textbook on "Motivation and Change" for general psychiatrists, and a clinical manual for the "Office-Based Buprenorphine Treatment of Opioid Dependence."

Yoga for Recovery Project: "Addictive" Mental States in Ancient Indian Yoga Systems

Instructor:
John Campbell, Ph.D.

Tuesday, October 20, 2009
10:45am – 12:15pm

Yoga for Recovery is a project that came out of conversations between a Meditator-yogi who also happened to be an academic scholar of Buddhism, and a surfer who also happened to be a psychiatrist specializing in the treatment of addiction disorders. Recognizing that many of his yoga and meditation students over the years have struggled with addiction, Dr. John Campbell was encouraged by his friend, Dr. Greg Dillon, M.D., to explore the modern therapeutic application of traditional healing modalities such as physical yoga postures and breath work, creative visualizations, introspective analysis, and self-cultivated affective states, to addiction treatment and sobriety maintenance. In this presentation, Dr. Campbell will be considering the theoretical "take" on addiction found in 2000 year-old Buddhist meditation manuals, and what value such models might hold for the development of effective, adjunctive therapies for today.

John Campbell, Ph.D., started practicing yoga in India with the late Shri K. Pattabhi Jois of Mysore almost twenty years ago. Dr. Campbell is one of the very few "Certified" teachers of Ashtanga Yoga worldwide, being among a small, hand-picked group of Pattabhi Jois's most senior students. In 1995 he began to study and practice Buddhism under the guidance of HH the Dalai Lama and other Tibetan Buddhist masters in India and the US, and co-created with Eddie Stern the first center in New York City dedicated exclusively to teaching the Ashtanga Yoga system. For the past 15 years, Dr. Campbell has continuously taught yoga and meditation in private, group and retreat settings, most recently as a consultant with Tudor Investment in Greenwich, CT, and at Yoga Sutra and Pure Yoga centers in New York. From 2003-2004 he was a Fulbright Fellow in India, and for the 2009-2010 academic year he is a Visiting Assistant Professor of Religious Studies at Seton Hall University.

Evolving Thought Field Therapy: An Effective Treatment for Trauma and Addiction

Evolving Thought Field Therapy (EvTFT), a major form of energy psychology, offers powerful psychotherapeutic interventions for the treatment of trauma and the sequelae of dissociative disorders including flashbacks and ab reactions. EvTFT also provides proven methods for ameliorating addictions and other self-destructive behaviors. In the last 15 years of clinical use with these populations, the therapeutic effects have been shown to be remarkably quick and fundamentally thorough. Using the dual frameworks of energy psychology and traditional psychotherapy, the workshop will give an overview of the basic elements of EvTFT and present

Instructor:
Victoria Britt, LCSW, LMFT
Tuesday, October 20, 2009
1:00pm – 4:00pm

innovative strategies for alleviating and/or eliminating disruptive emotions both during and between sessions. Special mention will be given to interweaving this methodology into other trauma therapies such as EMDR and Somatic Experiencing. This interactive presentation will feature theoretical basics, clinical case examples and live demonstrations of the methods. Clinicians will learn basic EP skills to bring back into their treatment rooms.

Victoria Britt, LCSW, LMFT, a pioneer in the emerging field of Energy Psychology, is a clinical social worker and family therapist who have been in private practice in New Jersey for the past 25 years where she specializes in the treatment of trauma, anxiety and the dissociative disorders. She is a facilitator on the staff of the EMDR Institute and is an approved EMDRIA consultant and trainer. Ms. Britt is a founding partner and trainer with the BDB Group and gives seminars nationally and internationally on the subject of Evolving Thought Field Therapy. Ms Britt also frequently presents and consults on the subjects of EMDR and body oriented psychotherapies and, as a graduate of the Ackerman Institute, she is a noted lecturer on the subject of divorce and family systems. With John H. Diepold, Jr. and Sheila S. Bender, she is the co-author of *Evolving Thought Field Therapy: A Clinician's Handbook of Diagnosis, Treatment and Theory*. (Norton, 2004). She is also a certified Somatic Experiencing practitioner and consultant.

The Neurobiology of Addiction: Understanding Addiction from the Inside Out

Instructor:
Edwin A. Salsitz, MD,
FASAM

Monday, October 26, 2009
1:00pm – 4:00pm

The talk will review the neurobiology of addiction, and its application to understanding the addicted patient. The anatomy and physiology of the limbic system will be described, and the impact of drugs on the brain circuitry will be reviewed. Vulnerability to addiction and its impact on these brain regions will be discussed. Craving and relapse will be described, and then the various treatment modalities for addictive disease will be discussed in the context of the neurobiology.

Dr. Salsitz, MD has been an attending physician in the Beth Israel Medical Center, Division of Chemical Dependency, since 1983. He is the principal investigator of the Methadone Medical Maintenance (office-based methadone maintenance) research project. Dr. Salsitz is certified by the American Society of Addiction Medicine (ASAM), as well as by the Board of Internal Medicine and Pulmonary Disease. He has published and lectures frequently on addiction medicine topics. Dr. Salsitz is a course director for ASAM sponsored buprenorphine trainings, and is a mentor in the PCSS mentoring program. He is a co-chair of the ASAM Review Course, the ASAM Common Threads Course, and a reviewer for the *Journal of Addiction Medicine*. Dr. Salsitz is a member of the medical advisory panel, for the New York State Office of Alcohol and Substance Abuse Services.

Adolescence, Addiction and ADHD: A Triple Threat

Instructors:
Michael Zampella, LCSW,
CASAC
Scott Bienenfeld, MD

Tuesday, October 27, 2009
9:00am – 12:00pm

The focus of this presentation will be to examine the relationship between the concurrent diagnosis of ADHD and adolescent substance abuse. The significance of the discussion flows from the following underlying premises, each of which is supported by the literature: 1) A large number of adolescents are affected by the abuse of substances, which impacts both the adolescent, their family and society 2) There is some evidence that reflects the successful outcome of substance abuse treatment is affected by the identification and effective treatment of concurrent psychiatric diagnosis. 3) In a study by Diamond, (2006) presence of co-occurring psychiatric syndromes was the norm of adolescents presenting for substance abuse treatment with acute levels of ADHD being evident in 77% of the sample being studied.

Mr. Zampella, LCSW, CASAC, is the Clinical Director of the Center for Living, an outpatient adolescent substance abuse program in New York City. Mr. Zampella is the former Director of Chemical Dependency Services at the Staten Island Mental Health Society. He developed and was responsible for the day-to-day operations of a wide range of chemical dependence prevention and treatment services. These included an adolescent specialty clinic which treated adolescents with co-occurring disorders. Mike was involved in the use of a nationally known mental health screening process that helps with the diagnosis and treatment of adolescents with substance abuse and mental health needs. Mike completed his graduate studies at the NYU School of Social Work where he received an MSW degree and a post-graduate training certificate. He has been a field instructor for NYU and is an adjunct assistant professor of Social Work at the Monmouth University School of Social Work teaching courses in family therapy.

Dr. Bienenfeld, MD, is board certified in general and forensic psychiatry and certified by the American Society of Addiction Medicine. He graduated from Dartmouth College in 1992 and earned an M.D. from Hahnemann University in Philadelphia, PA. He completed a general psychiatry residency at NYU in 2001 followed by a fellowship in forensic psychiatry at The Albert Einstein College of Medicine. Dr. Bienenfeld is on the volunteer faculty at the NYU School of Medicine. He is a member of: The American Psychiatric Association (APA), the American Medical Association (AMA), the American Academy of Psychiatry and the Law (AAPL) and the American Society of Addiction Medicine (ASAM). He is a past Vice President of the Tri-State chapter of the American Academy of Psychiatry and The Law (Tri-State AAPL) and is currently a member of both the Addiction and Peer Review Committees of The American Academy of Psychiatry and the Law.

Addiction 101: An Introduction to Treating Addictive Disorders in Private Practice

Instructor:
John Crepsac, LCSW, PPSC,
CASAC

Thursday, October 29, 2009
9:00am – 12:00pm

Addictive Disorders affect all populations and age groups. In order to be effective in treating the chemically addicted, it is important that practitioners obtain substance abuse specific tools and techniques. Attendees will be introduced to screening and assessment tools, diagnostic guidelines, referral sources, and treatment approaches critical to successfully engaging the chemically addicted person.

John Crepsac, LCSW, PPSC, CASAC, holds an MSW from New York University and a BS in Human Services from SUNY Empire State College. Mr. Crepsac has worked in Mental Health and Substance Abuse for the past 20 years and has worked as the Director of the Bronx Addiction Treatment Center and most recently as Mr. Crepsac is also an adjunct professor for the Graduate School of Social Service at Fordham and New York University School of Social Work. He has a private practice as a workplace consultant with the NFL's Substances of Abuse Program, as well as Corporate Counseling Associates. For many years Mr. Crepsac has coordinated the NASW Addictions Institute which has been held at Fordham for the last 40 years.

Adolescent Addiction: Treatment, Re-entry, and Relapse Issues

Instructor:
David Smith, MD, FASAM

Monday, November 2, 2009
9:00am – 10:30am

This evidence-based presentation will give the clinician an understanding of the neuroscience of adolescent addiction and recovery. The changing brain in both addiction and recovery will be explored and practical treatment techniques and strategies will be presented. This presentation will also focus on developing an appreciation for gender differences in the treatment and recovery from alcohol and drug addiction and other problems. There will be a discussion on the latest research in the treatment of adolescent substance abuse.

Dr. Smith, MD, FASAM, is recognized as a national leader in the treatment of substance abuse and dependency, the psychopharmacology of drugs, new research strategies in the management of drug abuse problems, and proper prescribing practices for physicians. He is the Founder of the Haight Ashbury Free Clinics of San Francisco and has been honored as one of the "Best Doctors in America". Dr. Smith's appointments have included Fellow and Past President of the American Society of Addiction Medicine, Past President of the California Society of Addiction Medicine, Immediate Past Medical Director for the California State Department of Alcohol and Drug Programs, and Past Medical Director for the California Collaborative Center for Substance Abuse Policy Research. He has also been the Medical Director for a number of highly respected residential treatment centers including Medical Director for Center Point in Marin, CA. Dr. Smith is also an Adjunct Professor at the University of California, San Francisco. He currently serves as Chair of Adolescent Addiction Treatment for Newport Academy.

A Family Disease: Meeting the Need of the Dysfunctional Family

Instructor:
Ellyn Kravette, LCSW, M.Div, CEAP

Monday, November 2, 2009
10:45am – 12:15pm

This presentation will focus on rethinking the need of the family in today's culture we will discuss stressors, accommodation styles, family roles, twelve steps for families and other tools for moving forward with strength and compassion.

Ellyn Kravette, LCSW, M.Div, CEAP, is a licensed social worker, certified addictions counselor and trans-denominational minister with 14 years experience as an employee assistance professional for major airlines. Utilizing an eclectic educational and psycho-spiritual approach, her strength is in assisting those with whom she comes in contact to remove obstacles, reconnect with their sense of personal power, integrity, self respect and potential for living life to its fullest.

Working with Motivation in the Treatment of Substance Abuse and Dependence

Instructor:
Jeff Foote, Ph.D

Tuesday, November 10, 2009
9:00am – 10:30

Numerous studies have demonstrated patient motivation to be one of the most powerful predictors of treatment outcome. Yet as treatment providers, we don't always explore the influence we have in shaping motivation within our patients. This talk will introduce therapists to an empirically-supported perspective that views motivation as a dynamic interaction between patient and clinician, will address many of the myths that are commonly circulated about addiction, and will present a series of techniques to help therapists facilitate, advance and maintain autonomous motivation within the patient.

Jeff Foote, Ph.D., co-founder and executive director of the Center for Motivation & Change, is a nationally recognized clinical research scientist who has received extensive federal grant funding for his work on motivational approaches. He has worked in the addiction treatment field for more than 20 years and has served as Chief of the Smithers Addiction Treatment and Research Center. Dr. Foote is also team psychologist for the New York Mets.

Addiction in the Workplace and the Evolving Role of the Social Worker

Instructor:
Dan Pitzer, LCSW, CASAC, CEAP

Tuesday, November 10, 2009
10:45am – 12:15pm

With the economy in unprecedented turmoil, job security is a thing of the past no matter what field or setting. Social workers in the workplace have had to shift their focus from reacting to crises to designing proactive interventions with managers, HR, Legal, and Labor to address growing employee anxiety and insecurity, that often leads to relapse or addictive behavior. This workshop will focus on case examples of social work interventions in the workplace taken from Employee Assistance Programs as well as strategies to implement in agencies to address the escalating needs of their employees.

Dan Pitzer, LCSW, CASAC, CEAP, is a Licensed Clinical Social Worker (LCSW) in New York and New Jersey. He is a member of the Academy of Certified Social Workers (ACSW) and a Licensed Clinical Alcohol and Drug Abuse Counselor (LCADC) in New Jersey, as well as a Certified Employee Assistance Professional (CEAP). Dan is Assistant Vice President of the Employee Assistance Program at Merrill Lynch and the President of Breaking the Chain Counseling, LLC. He is a Treating Clinician for the National Football League (NFL) Program for Substances of Abuse. He is also on the adjunct faculty of the Fordham University Graduate School of Social Service and the NYU Silver School of Social Work. Since 2000, Dan has served as Coordinator of the Annual Addictions Institute of the New York City Chapter of the National Association of Social Workers (NASW). In the past, he served as a family therapist at Stuyvesant Square Inpatient Rehabilitation Program at Beth Israel Hospital and as Acting Manager of the Member Assistance Program at LOCAL 32-B-J. Dan Pitzer presents nationally on workplace issues, addictions, and employee assistance. His article, "Responding to the Economic Crisis: A Report from the Front Line" appears in the 1st Quarter 2009 issue of the Journal of Employee Assistance.

Transformational Chairwork: An Introduction to Using Psychotherapeutic Dialogues with Addiction and Other Disorders

Instructor:
Scott Kellogg, Ph.D.

Thursday, November 12,
2009 9:00am – 12:00 pm

This three-hour presentation will introduce therapists to the art and science of chairwork, or psychotherapeutic dialogues, in an active, creative, and clinically-useful manner. After learning about the history and practice of chairwork, participants will have an opportunity to engage in scripted and unscripted role-plays that will teach them how to use the "Empty Chair" and "Two-Chair" techniques to address addictive disorders and issues of grief and loss. Dr. Kellogg will also do a live demonstration of the technique.

Dr. Scott Kellogg, Ph.D., received his Doctorate in Clinical Psychology from the CUNY Graduate Center, and he is presently a Clinical Assistant Professor in the Department of Psychology at New York University. He was previously on the faculties of The Rockefeller University, the Yale University School of Medicine, and the Program in Counseling and Clinical Psychology at Teachers College/Columbia University. He has trained in both schema therapy and gestalt therapy, and he is currently a psychotherapist and a supervisor at the Schema Therapy Institute. Dr. Kellogg has created the Transformational Chairwork Training Program and he is currently teaching this method of psychotherapeutic dialogue to practitioners in both the United States and Europe.

Social Work Licensing Test Review

Instructor:
Elaine Congress, DSW

Monday, October 19, 2009
9:00am – 12:00pm

Securing a state social work license is a requirement for professional practice. This seminar will focus on test taking techniques to help beginning social workers successfully pass the licensing exam. What to expect on the exam, how to prepare for the exam, and how best to answer multiple choice questions will be addressed. Participants will have the opportunity to take a practice exam which will then be discussed in the seminar.

Elaine Congress, DSW, Professor and Associate Dean Fordham University Graduate School of Social Service. Dr Congress received her B.A. from Brown University, her M.A. in Psychology from the New School for Social Research, her M.A.T. in English from Yale University, her M.S.W. Columbia University and her D.S.W. from CUNY. She has published widely on social work, ethics, and cultural diversity. Her books include *Social Work with Immigrants and Refugees* (2008) and *Multicultural Perspectives in Working with Families* (2005) and *Social Work Values and Ethics: Identifying and Resolving Professional Dilemmas* (1999). She developed the culturagram for social work practice with culturally diverse families. Dr. Congress has provided training on social work licensing for many years within Fordham as well as for outside organizations. She also developed an online licensing review course. She is past President of the New York City chapter of the National Association of Social Workers. Currently she is the UN Representative for the International Federation of Social Workers and is the North American representative on the IFSW International Ethics Committee.

SPRING COURSES March – April

Pain/Addiction/Opioids: The Hedonic Tone Connection

Instructor:
Edwin A. Salsitz MD.,
FASAM

Monday, March 1, 2010
9:00am – 12:00pm

Pain and addiction, and treatment with opioid analgesics, often present the most difficult problems which health providers must deal with. There has been an epidemic increase in opioid analgesic misuse, including many overdose deaths. On the other hand, many patients both with chronic pain and opioid addiction are significantly helped by chronic opioid administration. This lecture will describe some similarities between the chronic pain patient requiring opioid analgesics, and the opioid addicted patient requiring opioid maintenance therapy.

Dr. Salsitz, MD, FASAM, has been an attending physician in the Beth Israel Medical Center, Division of Chemical Dependency, since 1983. He is the principal investigator of the Methadone Medical Maintenance (office-based methadone maintenance) research project. Dr. Salsitz is certified by the American Society of Addiction Medicine (ASAM), as well as by the Board of Internal Medicine and Pulmonary Disease. He has published and lectures frequently on addiction medicine topics. Dr. Salsitz is a course director for ASAM sponsored buprenorphine trainings, and is a mentor in the PCSS mentoring program. He is a co-chair of the ASAM Review Course, the ASAM Common Threads Course, and a reviewer for the *Journal of Addiction Medicine*. Dr. Salsitz is a member of the medical advisory panel, for the New York State Office of Alcohol and Substance Abuse Services.

Adolescence, Addiction and ADHD: A Triple Threat

Instructors:
Michael Zampella, LCSW,
CASAC

Scott Bienenfeld, MD
Thursday, March 4, 2010
9:00am – 12:00pm

The focus of this presentation will be to examine the relationship between the concurrent diagnosis of ADHD and adolescent substance abuse. The significance of the discussion flows from the following underlying premises, each of which is supported by the literature: 1) A large number of adolescents are affected by the abuse of substances, which impacts both the adolescent, their family and society 2) There is some evidence that reflects the successful outcome of substance abuse treatment is affected by the identification and effective treatment of concurrent psychiatric diagnosis. 3) In a study by Diamond, (2006) presence of co-occurring psychiatric syndromes was the norm of adolescents presenting for substance abuse treatment with acute levels of ADHD being evident in 77% of the sample being studied.

See bios for October 27.

Impulsivity, Compulsivity, and Pathological Gambling

Instructor:
Petros Levounis, MD

Tuesday, March 9, 2010
9:00am – 10:30am

Dr. Levounis will discuss our latest understanding of impulsivity and compulsivity across several related and often co-occurring psychiatric illnesses, including the substance use disorders and the behavioral addictions, with emphasis on pathological gambling.

Petros Levounis, MD, MA, is the Director of The Addiction Institute of New York (formerly Smithers) and Chief of Addiction Psychiatry at St. Luke's and Roosevelt Hospitals in New York City. Dr. Levounis is a board-certified addiction psychiatrist, Fellow of the American Society of Addiction Medicine (ASAM), and Distinguished Fellow of the American Psychiatric Association (APA). He currently teaches at Columbia University College of Physicians and Surgeons, New York University School of Medicine and School of Nursing, and Hazelden Foundation. His academic interests include the psychotherapy and psychopharmacology of addiction, the teaching of Psychiatry and Addiction Medicine, gay and lesbian mental health, and the behavioral addictions. Dr. Levounis is the co-author of the self-help book "Sober Siblings: How to Help Your Alcoholic Brother or Sister and Not Lose Yourself" (DaCapo Books/Perseus, 2008). He is currently writing a textbook on "Co-occurring Substance Use and Other Psychiatric Disorders" for addiction counselors, a textbook on "Motivation and Change" for general psychiatrists, and a clinical manual for the "Office-Based Buprenorphine Treatment of Opioid Dependence."

Spirituality: The Neglected Dimension Treating Addictive Disorders

Instructor:

Nicholas Lessa, MA, LCSW, CASAC, Executive Director, Inter-Care, Ltd.

**Tuesday, March 9, 2010
10:45am – 12:15pm**

Addiction is often called a biopsychosocial disease while neglecting the spiritual dimension of this disorder. This workshop (based upon Mr. Lessa's book chapter of the same title) will explore some of the basic spiritual principles that are important to share with patients as well as to learn ourselves. These principles include ego vs. humility; pleasure vs. joy; acceptance vs. resistance; discipline vs. irresponsibility; love and forgiveness.

Nicholas Lessa, MA, LCSW, CASAC, has been in the addiction treatment field for over 25 years. He began his career as a counselor at a therapeutic community on the Lower East Side and today is the CEO and Partner of Inter-Care, an industry leader in the field of chemical dependency treatment. He is also an Adjunct Associate Professor of Social Work at NYU and Adelphi University. Nick is sought after by the treatment community as a trainer, and is nationally recognized for his seminars on chemical dependency. He was most recently the keynote speaker at the NASW Addiction Conference in New York. In 2008, he received a Special Recognition Award from the Psi Chi National Honor Society in Psychology. He has written 2 books on treatment, the well received Concise Guide to Mental Health: Substance Use Disorders and his newest book, Living with Alcoholism and Drug Addiction: The Teen Edition.

Dialectical Behavior Therapy and Addiction Treatment

Instructor:

Claudia Arlo, LCSW, CGP, CASAC

**Friday, March 19, 2010,
10:45am – 12:15pm**

Dialectical Behavior Therapy (DBT) is an evidence-based practice developed by Dr. Marsha Linehan for the treatment of individuals diagnosed with Borderline Personality Disorder. DBT has also been applied to clients with additional clinical issues. This didactic and experiential lecture will provide an introduction to DBT and its biosocial theory of Borderline Personality Disorder and the structure, functions and modes of the treatment. We will engage in a brief experiential exercise, and we will discuss some of DBT's applications including the treatment of Substance Use Disorders.

Claudia Arlo, LCSW, CGP, CASAC has worked in the field of addiction for over twelve years specializing in the treatment of individuals with mental health and substance use disorders. She is a Clinician at the Addiction Institute of New York. Her main interest is in the treatment of affective, anxiety, personality and co-occurring disorders as well as in program development. She is on the Faculty of NYU's Silver School of Social Work and is a Field Instructor for Social Work interns at Roosevelt Hospital. She is an elected member of the Board of Directors of the Eastern Group Psychotherapy Society and participates in several professional organizations. She is a consultant and trainer, and has a private practice in New York City.

Addiction in the Workplace and the Evolving Role of the Social Worker

Instructor:

Dan Pitzer, LCSW, CASAC, CEAP

**Monday, March 22, 2010
10:45am – 12:15pm**

With the economy in unprecedented turmoil, job security is a thing of the past no matter what field or setting. Social workers in the workplace have had to shift their focus from reacting to crises to designing proactive interventions with managers, HR, Legal, and Labor to address growing employee anxiety and insecurity, that often leads to relapse or addictive behavior. This workshop will focus on case examples of social work interventions in the workplace taken from Employee Assistance Programs as well as strategies to implement in agencies to address the escalating needs of their employees.

Dan Pitzer, LCSW, CASAC, CEAP, is a Licensed Clinical Social Worker (LCSW) in New York and New Jersey. He is a member of the Academy of Certified Social Workers (ACSW) and a Licensed Clinical Alcohol and Drug Abuse Counselor (LCADC) in New Jersey, as well as a Certified Employee Assistance Professional (CEAP). Dan is Assistant Vice President of the Employee Assistance Program at Merrill Lynch and the President of Breaking the Chain Counseling, LLC. He is a Treating Clinician for the National Football League (NFL) Program for Substances of Abuse. He is also on the adjunct faculty of the Fordham University Graduate School of Social Service and the NYU Silver School of Social Work. Since 2000, Dan has served as Coordinator of the Annual Addictions Institute of the New York City Chapter of the National Association of Social Workers (NASW). In the past, he served as a family therapist at Stuyvesant Square Inpatient Rehabilitation Program at Beth Israel Hospital and as Acting Manager of the Member Assistance Program at LOCAL 32-B-J. Dan Pitzer presents nationally on workplace issues, addictions, and employee assistance. His article, "Responding to the Economic Crisis: A Report from the Front Line" appears in the 1st Quarter 2009 issue of the Journal of Employee Assistance.

The Neurobiology of Addiction: Understanding Addiction from the Inside Out

Instructor:

Edwin A. Salsitz, MD, FASAM

**Friday, April 2, 2010
9:00am – 12:00**

The talk will review the neurobiology of addiction, and its application to understanding the addicted patient. The anatomy and physiology of the limbic system will be described, and the impact of drugs on the brain circuitry will be reviewed. Vulnerability to addiction and its impact on these brain regions will be discussed. Craving and relapse will be described, and then the various treatment modalities for addictive disease will be discussed in the context of the neurobiology.

See bio for October 26.

Transformational Chairwork: An Introduction to Using Psychotherapeutic Dialogues with Addiction and Other Disorders

Instructor:

Scott Kellogg, Ph.D.

**Tuesday, April 6, 2010
9:00am – 4:00pm**

Drawing on the clinical wisdom and practice of a wide range of Gestalt and integrative psychotherapists, Transformational Chairwork Training is designed to introduce therapists to the art and science of chairwork, or psychotherapeutic dialogues, in an active, creative, and clinically-useful manner.

Using didactic presentations, scripted and unscripted role-plays, and live demonstrations, Scott Kellogg, PhD, will teach participants how to effectively use the "Empty Chair" and "Two-Chair" techniques to address five commonly-encountered clinical situations:

- (1) Making Decisions;
- (2) Resolving Loss, Grief, and "Unfinished Business";
- (3) Combating the Inner Critic and Other Maladaptive Schemas;

- (4) Healing from Abuse; and
- (5) Engaging with Addictive Disorders and Behaviors.

Each participant will be provided with a training manual that covers not only the basic principles of this technique, but also includes scripts for role-play and practice.

See bio for November 12.

Evolving Thought Field Therapy: An Effective Treatment for Trauma and Addiction

Instructor:
Victoria Britt, LCSW, LMFT

Tuesday, April 6, 2010
1:00pm – 4:00pm

Ms. Britt will begin with an overview of Eye Movement desensitization Reprocessing (EMDR) and Somatic Experiencing (SE), two well known approaches to the treatment of trauma and addiction, and will elaborate on Evolving Thought Field Therapy (EvTFT). EvTFT provides clinicians with an innovative and powerful psychotherapy model for the treatment of a range of psychiatric diagnoses from trauma and the dissociative and anxiety disorders to addictive and self-destructive behaviors. When coupled with more traditional psychotherapy, the practice of EvTFT yields therapeutic effects that can alleviate emotional disturbance and develop well-being. Over the last 20 years, it has proven to be remarkably quick and fundamentally thorough. This methodology integrates seamlessly into most models of psychotherapy including psychodynamic, family systems, gestalt and cognitive behavioral therapy. Using the dual frameworks of Energy Psychology and traditional psychotherapy, the workshop will give an overview of the basic elements of energy methodologies and present innovative strategies for alleviating and/or eliminating disruptive emotions both during and between sessions. Clinicians will learn some basic EvTFT skills to bring back into their treatment rooms.

Victoria Britt, LCSW, LMFT, a pioneer in the emerging field of Energy Psychology, is a clinical social worker and family therapist who has been in private practice in New Jersey for the past 25 years where she specializes in the treatment of trauma, anxiety and the dissociative disorders. She is a facilitator on the staff of the EMDR Institute and is an approved EMDRIA consultant and trainer. Ms. Britt is a founding partner and trainer with the BDB Group and gives seminars nationally and internationally on the subject of Evolving Thought Field Therapy. Ms Britt also frequently presents and consults on the subjects of EMDR and body oriented psychotherapies and, as a graduate of the Ackerman Institute, she is a noted lecturer on the subject of divorce and family systems. With John H. Diepold, Jr. and Sheila S. Bender, she is the co-author of *Evolving Thought Field Therapy: A Clinician's Handbook of Diagnosis, Treatment and Theory*. (Norton, 2004). She is also a certified Somatic Experiencing practitioner and consultant.

Food for Thought: The Addictive Nature of Eating Disorders

Instructor:
Mark Cohen DSW, MPH, CEAP

Monday, April 12, 2009
9:00am – 10:30pm

Eating Disorders: Are they an Addiction? The vast majority of treatment facilities for eating disorders see these illnesses as psychological and physiological maladies. This presentation will focus on the addictive qualities of eating disorders and the inherent implications for treating them. It will also review professional resistance to seeing eating disorders as an addictive illness and look at historical trends in the professional response to alcoholism and how it parallels the current response to eating disorders. The professional community has historically addressed all eating disorders with a combination of nutritional guidance, psychotherapy and acute medical care, when indicated. These professionals do not view eating disorders as addictive behaviors and do not incorporate 12 step principles and practices into the recovery process. Given the extremely high relapse rates for eating disorder clients and the need to improve treatment for anorexia, bulimia, and compulsive overeating, a small but vocal group of professionals are advocating for viewing eating disorders as addictive behaviors.

Dr. Mark Cohen is the founder of EATSANE, LLC. He possesses a doctorate and masters degree in social work and a masters degree in Public Health. His background includes the treatment of clients for the past thirty five years who suffer from compulsive behaviors such as binge eating, compulsive spending, and alcohol and drug misuse. In addition, Dr. Cohen has created and directed hospital based and work organization programs for clients with compulsive disorders. His writing has appeared in the business section of the New York Times, Personnel Journal, and several professional periodicals. He has also authored chapters in professional textbooks. Dr. Cohen has lectured at many professional meetings and has appeared on television and radio to report on intervention and treatment strategies for clients who suffer from compulsivity. His career includes serving as a consultant for the United Nations Centre for Social Development and Humanitarian Affairs, founder and Director of the Employee Assistance Program at American Express, and partner in a Wall Street organizational consulting firm in New York City for 17 years. The creation of EATSANE, LLC is the result of Dr. Cohen's extensive experience with many individual and group clients who have struggled with compulsive overeating. EATSANE was developed to both fill a gap in the resources which are available to clients who are motivated to continue in recovery and to enhance their recovery efforts.

It's Not Black or White: The Many Shades of Eating Disorders

Instructor:
Amy Pizer, Ph.D.

Monday, April 12, 2010
10:45am – 12:15pm

Ethnicity is an important variable in the examination of the etiology of eating problems since ethnic cultural values, attitudes, and beliefs may contribute to certain population segments being more susceptible to eating disturbances than others. In this workshop, Dr. Pizer will provide an overview of the eating disorders theoretical and empirical literature. She will address the Eurocentric bias that prevails and how this impacts on clinical practice today. Dr. Pizer will present her research in this area and the theoretical, clinical, and research implications of her work. A discussion will follow exploring how clinicians may begin to work more effectively in a multicultural context.

Amy Pizer, Ph.D., is a psychotherapist in private practice in Manhattan working with preadolescents, adolescents, and adults in individual, family, and group therapy. She earned a Master's Degree in Social Work from Columbia University and a Ph.D. in Clinical Social Work from New York University. Dr. Pizer was a co-investigator on a NIH sponsored study, "Maternal Control Feeding Style: Eating/Obesity Effects" at St. Luke's Roosevelt Hospital-NY Obesity Center and co-authored an article from the study in Obesity Research. Additionally, she did post-doctoral training at the Center for the Study of Anorexia and Bulimia, a division of the Institute for Contemporary Psychotherapy, and is an active affiliate.

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Our On-line for Success Series allows you to “virtually attend” seminars from any internet enabled computer and earn continuing education credits. Courses include:

- Introduction to Managed Healthcare
- Social Work with Children
- Social Work with Older People
- Social Work Licensing Review

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Introduction to Managed Healthcare

This online distance education course provides an introduction to the basic concepts of managed healthcare for multidisciplinary healthcare practitioners. Managed healthcare and its consequences are dominating contemporary health and mental health care for insurers, provider organizations, consumers, and practitioners. This online course will provide healthcare professionals with an understanding of managed healthcare concepts, interventions and professional behaviors that can be used to maintain high quality of care and consumer satisfaction, while containing costs.

Social Work with Older People

This course is for social workers that work with older people and their families in a broad range of settings. While social workers may work specifically with older people in nursing homes and senior center, social workers also encounter older people in just about any practice setting. School social workers may work with grandparents raising their grandchildren, while

social workers in MR/DD and substance abuse, mental health, family service agencies and private practice have more elderly clients than in years past. This online course provides information on physical and mental changes in later life, assessment of the older client and interventions such as the use of reminiscence and validation therapy. Other issues covered include working with families and special populations, as well as elder abuse and substance abuse among older people.

Social Work with Children

The focus of this online course is child development and what can be expected from birth through age twelve. When a practitioner knows what to expect developmentally the practitioner can then choose appropriate strategies and consequently have more positive impact. When a practitioner knows what to expect developmentally, the practitioner can then choose appropriate strategies that will have the most positive impact. The online course is divided into three modules: Module one – Birth through Four Years, Module Two – Five Years through Eight Years and Module Three – Nine Years through Twelve Years. Each module covers, age-by-age, information such as: motor skills, cognitive skills, educational achievements, and social skills.

Social Work Licensing Review

This Social Work Licensing Review online course is designed to help social workers pass the state licensing examination for professional practice. Securing a social work license is a requirement for professional practice. This online course will focus on test taking techniques to help beginning professional social workers successfully pass the licensing exam. What to expect on the exam, how to prepare for the exam, and how best to answer multiple choice questions will be addressed. Registrants will have the opportunity to take 15 practice exams online with the answers provided.

ONLINE COURSE REGISTRATION FORM

Name _____

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Make all checks payable to:
Fordham University GSSS
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Mildred Ortega, Program Coordinator
Fordham University Graduate School of Social Service
113 West 60th Street, Rm. 726
New York, NY 10023
mortega@fordham.edu
212 636-6657

Please circle the course and fee that applies to you.

	Introduction to Managed Healthcare	Social Work Licensing Review	Social Work with Children	Social Work with Older People
MSW Graduate Fordham	\$89	\$89	\$79	\$79
MSW Graduate Other	\$99	\$99	\$89	\$89
MSW Student Fordham	\$69	\$69	\$59	\$59
MSW Student Other	\$79	\$79	\$56	\$69

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Morning workshops will include a continental breakfast.
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Deadline for registration is 5 days before scheduled session.

Late registrants will incur a \$20 fee. Registration is non-refundable unless class is cancelled. Space is limited.

Please mail your payment and the completed registration form to:

Continuing Education Office

Mildred Ortega, Program Coordinator

Fordham University Graduate School of Social Service

113 West 60th Street, Rm. 726

New York, NY 10023

mortege@fordham.edu

212 636-6657

FALL WORKSHOPS

	Regular Fee	Alumni/ Field Instructor	Student/ 2009 Grad
1. The Pharmacotherapy of Addiction: A 21st Century Approach	\$35	\$30	\$25
2. Yoga for Recovery Project: "Addictive" Mental States in Ancient Indian Yoga Systems	\$35	\$30	\$25
3. Evolving Thought Field Therapy: An Effective Treatment for Trauma and Addiction	\$65	\$55	\$45
4. The Neurobiology of Addiction: Understanding Addiction from the Inside Out	\$65	\$55	\$45
5. Adolescence, Addiction and ADHD: A Triple Threat	\$65	\$55	\$45
6. Addiction 101: An Introduction to Treating Addictive Disorders in Private Practice	\$65	\$55	\$45
7. Adolescent Addiction: Treatment, Re-entry, and Relapse Issues	\$35	\$30	\$25
8. A Family Disease: Meeting the Need of the Dysfunctional Family	\$35	\$30	\$25
9. Working with Motivation in the Treatment of Substance Abuse and Dependence	\$35	\$30	\$25
10. Addiction in the Workplace and the Evolving Role of the Social Worker	\$35	\$30	\$25
11. Transformational Chairwork: An Introduction to Using Psychotherapeutic Dialogues with Addiction and Other Disorders	\$65	\$55	\$45
12. Social Work Licensing Test Review	\$55	\$55	\$55

SPRING WORKSHOPS

1. Pain/Addiction/Opioids: The Hedonic Tone Connection	\$65	\$55	\$45
2. Adolescence, Addiction and ADHD: A Triple Threat	\$65	\$55	\$45
3. Impulsivity, Compulsivity, and Pathological Gambling	\$35	\$30	\$25
4. Spirituality: The Neglected Dimension Treating Addictive Disorders	\$35	\$30	\$25
5. Dialectical Behavior Therapy and Addiction Treatment	\$35	\$30	\$25
6. Addiction in the workplace and the Evolving Role of the Social Worker	\$35	\$30	\$25
7. The Neurobiology of Addiction: Understanding Addiction from the Inside Out	\$65	\$55	\$45
8. Transformational Chairwork: An Introduction to Using Psychotherapeutic Dialogues with Addiction and Other Disorders	\$110	\$105	\$100
9. Evolving Thought Field Therapy: An Effective Treatment for Trauma and Addiction	\$65	\$55	\$45
10. Food for Thought: The Addictive Nature of Eating Disorders	\$35	\$30	\$25
11. It's Not Black or White: The Many Shades of Eating Disorders	\$35	\$30	\$25