

Connecticut Mental Health Counselors Association (CMHCA)
(A Division of Connecticut Counseling Association - CCA)



2009 Professional Development Day

Friday, December 4th, 2009

8:30 a.m. – 3:45 p.m.
Rocky Hill Marriott
100 Capital Blvd, Rocky Hill, CT

Register Soon!
Limited Seating!

8:30-9:00	Registration & Continental Breakfast
9:00 - 10:00	<u>Session 1:</u> "Taking Care of the Care Giver"
10:00 - 10:15	Break
10:15 – 12:15	<u>Session 2:</u> "Private Practice Series: Basics in Developing a Private Practice and Managing with Managed Care"
12:15 - 12:50	Buffet Lunch
1:00 - 2:30	<u>Session 3:</u> "Managing Conflict: Moving from Power Struggle to Participation"
2:30 - 2:45	Break
2:45 – 3:45	<u>Session 4:</u> "The Combat Trauma Continuum and Veterans: Lessons from the Past, Wisdom from the Present and Healing in our Future"
3:45	Closing Remarks & Evaluations

Regarding Continuing Education Credits:

Credits will be awarded for NBCC Continuing Education Credits and CT State Licensure Contact Hours (**5.5 hours**). CMHCA, a Division of Connecticut Counseling Association, Provider # 2007, is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. Dept. of Education credits (**.5**) can also be awarded.

"Taking Care of the Care Giver"

Presented by John Sidoli, MS, LPC, NCGC

Professional Counselors make a career out of attending to others' needs. It is essential that we also spend some time and energy "taking care of ourselves." Mr. Sidoli will draw upon his years of practicing Qi Gong and Tai Chi to present a perspective on healing and self-healing. Developing a healthy perspective of ourselves and our work is critical to being able to take good care of ourselves. Selected Qi Gong practices will be part of the program. Qi Gong is a Taoist health practice that is composed of movement, massage, and meditation. It is designed to activate and circulate Qi, or essential human energy, to enhance health and well-being. Qi Gong is traditionally studied for health, longevity, and spiritual development. Mr. Sidoli will share his observations on how this type of practice can enhance self development and clinical practices.

Objectives:

- Develop more insight into the relationship between self and work
- Learn the basic precepts of Qi Gong
- Experience selected Qi Gong practices

John Sidoli, MS, LPC, NCGC, has been working in the counseling field for twenty-five years. He is employed as a Professional Counselor with the State of Connecticut Department of Mental Health and Addiction Services in the Problem Gambling Services Program. Additionally, Mr. Sidoli has been a practitioner and teacher of Tai Chi and Qi Gong for over thirty years.

"Private Practice Series:

Basics in Developing a Private Practice and Managing with Managed Care"

Presented by Dr. Warren Corson III NCC, LPC, ACS

This workshop will provide information required in the process of developing a private practice. Areas of consideration to be included, but not limited to: identifying the type and scope of the practice, credentials required for practice, selecting office space, registering with insurance panels, IRS status, liability insurance, and basic marketing. Most clinicians find themselves dealing with Managed Care Organizations (MCOs), their paperwork, processes and reviews more than ever. Though these processes can be frustrating and time consuming, they can be beneficial when the relationships between the clinicians & Care Advocates (CAs) are positive. This presentation is not designed to change a clinician's feelings/opinions of MCOs, nor is it designed to explore any of the political arguments surrounding healthcare in the USA. The focus will be on how to improve the process of clinical reviews between the clinician and CAs, which can help increase the number of authorizations for sessions, as well as decrease the length and frequency of reviews so that more time can be spent focusing on the client. Regardless of personal views, MCO's are common and it is in the clinician's best interest to work well with them and foster a team relationship.

Objectives:

- Acquire knowledge in areas of clinical programming, design and implementation of a private practice
- Offer a venue to discuss their personal experiences with MCO's (as time allows), their perceptions of the issues, problem-solving and other techniques that may have been utilized and most effective.
- Receive an overview of the requirements related to MCO's and learn how the review process works, including documentation-based and in-person reviews and discuss personal experiences.
- Learn key items necessary for treatment planning, as well as ways to identify the effective communication styles in working with Managed Care, through discussing best practices, care guidelines, and parity.

Dr. Warren Corson III is the Clinical and Executive director of Community Counseling of Central CT, Inc. He is a Licensed Professional Counselor and a Nationally Certified Counselor. Dr. Corson has advanced education in the realm of Counselor Education and Supervision and has received a Doctorate of Philosophy in this topic. He has a clinical background working with a diverse client population in a variety of settings, such as private practice, inpatient/outpatient programs, clinical day schools and community outreach programs.

“Managing Conflict: Moving from Power Struggle to Participation”

Presented by Denise Parent, LMFT

This experiential workshop will use activities, case study, and games to cover self-regulation techniques for clients asking for help with “anger management.” Often rather than “anger,” these difficulties are related to reactivity, difficulty self-soothing and distorted cognitions. The workshop will help participants apply Fisher and Ury’s six-step template for conflict resolution to clients involved in power struggles, reframing conflict as an opportunity for creative options and participation.

Objectives:

- Understand conflict resolution as an opportunity for discovering creative options
- Discover strategies to address issues with “anger” that are related to reactivity
- Learn Fisher and Ury’s six-step template for conflict resolution from “Getting to Yes”
- Practice techniques related to successful conflict resolution and lowering reactivity

Denise Parent, LMFT, is the Clinical Coordinator for Stratford Community Services which offers family and youth-based initiatives, such as therapy, parent education, the Parents Place Family Resource Center, and other programs focused on improving the quality of life for children and families in the town of Stratford. She had formerly worked as the Director of Client Services at The Center for Women and Families in Bridgeport and as a Program Director at The Domestic Violence Crisis Center in Stamford.

“The Combat Trauma Continuum and Veterans: Lessons from the Past, Wisdom from the Present and Healing in our Future”

Presented by Robert Caffrey, MA

By most recent estimates, there are 27 million male and female military veterans in the United States. Presently, the United States is involved in two wars and an unprecedented number of Reserve and National Guard soldiers have or will experience combat and its attendant stress and trauma. American soldiers are often viewed, by themselves and civilians, as stoic, resilient, and high functioning. The expectation is that our warriors perform their missions successfully and then return home to reintegrate seamlessly into civilian society. The truth, however, is often far different.

To help veterans cope with combat stress and its more serious manifestations, such as acute stress disorder and post traumatic stress disorder, mental health professionals must gain a greater understanding of the veterans’ world and culture. This will be accomplished through a historical review of how combat stress has been understood and treated during prior conflicts, as well as a review of the most recent neuroscientific studies of trauma and its sequelae, providing counselors with a greater ability to work with veterans effectively. Finally, we will learn centering, grounding and breathing techniques used in the martial arts as a way to intervene in the trauma loop and help veterans learn to manage their own nervous systems more effectively.

Objectives:

- Develop an understanding of the combat trauma continuum by reviewing historical literature
- Learn the physiological and neuroscientific aspects of combat trauma and differentiate it from acute stress disorder and PTSD
- Raise awareness to unique aspects of military culture that can present barriers to treatment
- Discover breathing practices, open-focus and grounding exercises from the martial arts to better assist veterans in normalizing and managing their combat trauma experiences

Robert Caffrey, JD, MA presently works as a Litigation Associate with Mayo Crowe, LLC, in Hartford, Connecticut. He has served multiple times with the United States Army and this experience, along with his formal counseling education, assists Mr. Caffrey in training counselors in areas, such as combat trauma and the unique aspects of the military culture. For over eighteen years, Mr. Caffrey has provided martial arts instruction to adults and children and he incorporates some of these techniques into counseling practice. It is Mr. Caffrey’s blending of professional and personal experiences that will enhance a counselor’s approach with war veterans.

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Name: _____

Address: _____

Tel/Cell: _____

E-Mail: _____

CCA Member: YES NO CMHCA Member: YES NO

I am requesting a certificate for continuing education credits:

LPC NBCC Dept. of Education

Rates:

CCA / CMHCA Member \$60

Non-CCA Member \$75

Student (with copy of ID) \$40

Please mail this form, with payment (check made to: CMHCA) to:

CMHCA c/o K. Troesser, 239 Foxwood Lane, Milford, CT 06461

Must be postmarked no later than November 27, 2009. No refunds will be given.

More information: www.ccain.org or ktroesser@hotmail.com