

Wednesday, September 7, 2022 | 5:00PM-8:00PM -

<https://naswnys.org/civCRM/event/info/?reset=1&id=542>

Deconstructing the Depression-Suicide Connection: Major Depressive Disorder (MDD) and Suicidality (3.0 CEs)

Major Depressive Disorder (MDD) and suicidality are major public health concerns in both the United States and abroad. This workshop will explore how to diagnose and treat depression, recognizing and treating suicidality, and ways that clinicians can process their countertransference regarding these conditions.

The workshop will examine one or more composite case studies in detail, abstracting clinically salient information and actionable details. Instructions will be given on how to diagnose MDD and how to recognize when suicidal ideation, planning, developing means, and having intent are present. A "road map"/" timeline" framework will be used to educate clinicians on how to assess the extent and the lethality of suicidal ideation.

Focus will include racial, cultural, socioeconomic, disability-related, and other factors that may impact MDD and suicidality. In addition, methods will be given to evaluate the patient's longstanding psychological issues and methods of coping (or lack thereof).

The clinician's own process while dealing with this difficult issue will also be addressed. Most clinicians feel worry, fear, anxiety, stress, and other related emotions while helping a majorly depressed and/or suicidal client. However, less acceptable feelings such as anger and frustration often go unnoticed. This workshop will seek to recognize and validate all possible feelings arising in the clinician, and will provide clear tools for managing this parallel process.

Friday, September 9, 2022 | 9:00AM-12:00PM-

<https://naswnys.org/civCRM/event/info/?reset=1&id=544>

Playing the Unspeakable: An Introduction to Drama and Creative Arts Therapy (3.0 CEs)

We are all born with the ability to imagine, play, explore and create. But more often than not, trauma and difficult life events keep us from moving forward. The role of creative arts therapy is to help us imagine new life possibilities again. When words are not enough, creative and dramatic tools can help us access the often deeply hidden parts of our lives.

This didactic and highly experiential workshop will provide participants with a greater understanding of how trauma-informed action techniques, embodiment and play used in a therapeutic setting can support the growth, development and therapeutic goals of those they work with.

Participants will be introduced to the theoretical principles behind a unique model of trauma-informed drama therapy based on the work of Creative Alternatives of New York, experience drama therapy process in action and learn ways in which the material

explored can be applied to own clinical and personal work. Participants will learn and experience creative strategies to address challenges, promote resilience, and heal from the effects of trauma. Participants will learn ways in which the material explored can be applied to own clinical and personal work.

Saturday, September 17, 2022 | 9:00AM-12:00PM-

<https://naswnys.org/civicrm/event/info/?reset=1&id=547>

(PP) Positive Psychology: Cultivating Hope, Resiliency and Happiness in Ourselves, Our Clients & Community (3.0 CEs)

Positive psychology (PP) is the scientific study of optimal human functioning to help people flourish. This workshop on Positive Psychology is a foundation course to help attendees not only understand the research on the core themes of positive psychology, but also equip attendees with the helpful positive interventions in various area areas of clinical social work practice.

Currently, positive psychology has evolved from its narrow focus on positive emotions, positive traits and positive institutions (Seligman & Csikszentmihalyi, 2000) to positive psychology 2.0 (Kashdan & Biswas-Diener, 2014; Wong, 2011) which focuses the totality of the person and the positive potentials in both positive and negative conditions. Positive Psychology is a strengths-based perspective that applies to individuals who aspire to promote the well-being in themselves, their clients, and society.

Thursday, September 22, 2022 | 6:00PM-7:00PM-

<https://naswnys.org/civicrm/event/info/?reset=1&id=549>

Strategies for Supporting Grieving Youth (1.0 CE)

Over 1.5 million children around the world have lost a parent or caregiver guardian to COVID-19, and BIPOC youth are facing much higher rates of bereavement due to systemic health inequities that the pandemic underscores. Through authentic discussion, interactive activities, and a review of research and actionable strategies for implementation with youth, this workshop will provide space for connection and reflection regarding the impact of loss (in its various forms) on youth, as well as environmental, interpersonal, and programmatic strategies practitioners can use to support young people's wellbeing as well as their own.

Friday, September 23, 2022 | 9:00AM-11:00AM-

<https://naswnys.org/civicrm/event/info/?reset=1&id=551>

From Reaction to Creation: Acupressure (Tapping-EFT) to Calm Your Brain and Reprogram Limiting Beliefs (2.0 CE)

In this two-hour training we will discuss the theory and development of an energy psychology method – Emotional Freedom Techniques (EFT/Tapping). We will discuss the role of the limbic centers of the brain and a rationale for integrating body-based interventions such as acupressure and eye movements. Participants will learn how to use EFT to calm the brain and reprogram limiting beliefs.