

Dealing with Ethical Dilemmas and Developing Skills in Pain and Stress Management

**Stephen J. Yanca, PhD, LMSW, ACSW
Judy Berglund, PhD, LMSW, ACSW**

Continuing Education Credit Hours: 6

Dates: **October 23, 2008** **Time: 9:00 am – 4:30 pm**
November 13, 2008
January 15, 2009
February 13, 2009
March 12, 2009
March 27, 2009
April 9, 2009
April 24, 2009

* Each date listed fulfills the requirements for 5 hours ethics training and 1 hour pain / stress management training.

Course Description

This day long seminar will provide an overview of several approaches to dealing with ethical dilemmas in social work practice along with small group activities in applying these approaches to actual practice situations. In addition, the seminar will provide an overview of the use of meditation, progressive muscle relaxation, and imagery in managing pain and stress along with an experiential component. This course is intended to satisfy the requirements for ethics (5 hrs) and for pain symptom management (1 hr).

Intended Audience

This course is appropriate for social workers and other human service professionals at beginning, intermediate and advanced skill levels.

Course Methodologies

This course will use lecture, small group activities, and experiential exercises.

Course Objectives

As a result of this seminar, participants will be able to:

- Understand several approaches to dealing with ethical dilemmas in human services and their application to practice as a professional social worker.
- Demonstrate through participation in small discussion groups the ability to analyze critically ethical issues and the application of several approaches to resolving ethical dilemmas in professional social work practice.
- Understand the use of meditation, progressive muscle relaxation, and imagery in managing pain and stress.

He Says / She Says: How Gender Competent Are You?

Mark Giesler, PhD, LMSW

Continuing Education Credit Hours: 3

Date: November 10, 2008

Time: 6:00 – 9:00 pm

Course Description

As social workers in an increasingly complex world, we are called to be diversity competent. Yet, when confronted with the topic, we tend to focus our energy toward race and ethnicity. What does it mean to be *gender competent*? Many discussions of gender competence assume a feminist perspective. This seminar avoids a uniquely feminist approach and instead examines the 'gendered expectations' we bring to our work in general. How does our 'femaleness' and 'maleness' impact our work with clients and colleagues? What does it mean to be a man in a field dominated by women? How can a woman best work with a male client? The seminar explores three questions: 1) How do internalized notions of gender impact our work? 2) How do we negotiate cross-cultural work impacted by gender? 3) How can our awareness of gender be an asset, not a barrier to our work?

Intended Audience

This course is appropriate for social workers and other human service professionals at beginning, intermediate and advanced skill levels.

Course Methodologies

This course will utilize lecture, discussion and hands-on activities. It is designed to be experiential as much as theoretical.

Course Objectives

As a result of this seminar, participants will be able to:

- Define what it means to be 'gender competent'
- Understand the challenges of cross-cultural social work as it relates to gender
- Enhance their awareness of the 'gendered expectations' they bring to their work
- Recognize how these expectations can hinder and benefit their work with clients

Motivational Interviewing

Mark Giesler, PhD, LMSW

Continuing Education Credit Hours: 3

Date: January 23, 2009

Time: 9:00 am – 12:00 pm

Course Description

Clients are highly resistant to change. According to Ivey and Ivey, they “come seeking a difference in their lives, but when confronted with the incongruity of their behavior, thoughts, or emotions in their stories, they may deny your confrontation.” Motivational interviewing is a practice technique emanating from the field of substance abuse treatment that allows clients to take ownership of their change efforts. This seminar will cover general principles and specific skills related to motivational interviewing that will be applicable to all client populations and practice settings.

Intended Audience

The course is appropriate for social workers and other human service professionals at beginning, intermediate, and advanced skill levels.

Course Methodologies

The course will utilize lecture, discussion, and hands-on activities. It is designed to be experiential as well as theoretical.

Course Objectives

As a result of this seminar, participants will be able to:

- understand clients' natural resistance to change.
- define general principles of motivational interviewing.
- list the stages of change that underlie motivational interviewing.
- learn and practice specific skills that build motivation for change.
- consider barriers and solutions to the use of motivational interviewing across a variety of practice settings.
- articulate diversity elements in the successful use of motivational interviewing.

Brief Couples Counseling in Social Work Practice

Lucy Mercier, PhD, ACSW, LMSW

Continuing Education Credit Hours: 3

Date: January 23, 2009

Time: 1:00 – 4:00 pm

Course Description

This course will examine the unique characteristics of social work practice with couples, with a focus on brief emotionally focused couples counseling. Assessment, contracting, intervention and evaluation of practice will be covered. Participants will be given opportunity to apply the material to role plays and vignettes with diverse client examples.

Intended Audience

This course is appropriate for social workers and other human service professionals at beginning and intermediate skill levels.

Course Methodologies

This course incorporates lecture with role plays and small group discussion.

Course Objectives

As a result of this seminar, participants will be able to:

- Identify the unique characteristics of social work with couples
- Identify the three stages and nine steps in the emotionally focused couples counseling model
- Apply generalist social work skills to work with diverse couples in treatment

Self-Care in a Selfless Profession: Understanding and Combating Compassion Fatigue

Mark Giesler, PhD, LMSW

Continuing Education Credit Hours: 3

Date: February 27, 2009

Time: 9:00 am – 12:00 pm

Course Description

The phenomenon of burnout has received considerable attention from the social work literature. Less common is a consideration of compassion fatigue, what Figley (1995) has dubbed a natural outcome of working with people who have experienced extreme stressful events in their lives. Also called secondary stress disorder, it is the “stress resulting from helping or wanting to help a traumatized or suffering person” (p. 7). Compassion fatigue is perhaps more damaging than burnout because social workers frame “being in harm’s way as an act of compassion” (Stamm, 2002, p. 107). After assessing the participants’ level of compassion fatigue, this seminar will examine the harmful effects of this common occurrence and offer practical suggestions for combating it on a day-to-day basis.

Intended Audience

The course is appropriate for social workers and other human service professionals at beginning, intermediate, and advanced skill levels.

Course Methodologies

The course will utilize lecture, discussion, and hands-on activities. Participants will learn and practice tools designed to assist in preventing and coping with compassion fatigue in their work.

Course Objectives

As a result of this seminar, participants will:

- distinguish between “burnout” and “compassion fatigue.”
- determine their present level of compassion fatigue via a self-scoring assessment.
- identify the harmful effects of compassion fatigue if left untreated.
- understand how one’s gender impacts his/her capacity to experience and treat compassion fatigue.
- learn hands-on, practical methods to combat compassion fatigue on a daily basis.

Spirituality: A Component of Social Work Practice

Vanessa Brooks Herd, LMSW

Continuing Education Credit Hours: 3

Date: February 27, 2009 Time: 1:00 - 4:00 pm

Course Description

Spirituality's link to social work is best understood within the context of cultural awareness, individual identity development, and social norms. This workshop will first examine the social worker's personal meaning of spirituality, then the role of spirituality in professional practice. The participants will engage in a dynamic exchange of ideas anchored by a review of professional values and theories.

Intended Audience

This course is appropriate for social workers and other human service professionals at beginning, intermediate and advanced skill levels.

Course Methodologies

This course will utilize lecture and discussion.

Course Objectives

As a result of this seminar, participants will be able to:

- Understand multiple definitions of spirituality
- Utilize clients' spirituality as a resource in practice
- Explore personal values
- Understand religion, spirituality, and the role of faith in professional interactions
- Identify strategies for including spirituality in social work practice

Human Sexuality in Social Work Practice
Lucy Mercier, PhD, ACSW, LMSW
Mark Giesler, PhD, LMSW

Continuing Education Credit Hours: 6

Date: March 6, 2009

Time: 9:00 am – 4:00 pm

Course Description

This course will explore the relationships between human sexuality and social work practice through topics such as identity formation, education about sexuality, sexuality in relationships, and sexual violence.

Intended Audience

This course is appropriate for social workers and other human service professionals at all skill levels.

Course Methodologies

This course incorporates lecture with experiential exercises and small group discussion.

Course Objectives

As a result of this seminar, participants will be able to:

- Define sex, gender, sexuality, and sexual orientation.
- Understand the effects of development, life experience, culture, and individual difference on human sexuality.
- Identify aspects of human sexuality that may impact the effective practice of social work in a variety of settings.
- Discuss sexuality issues in contemporary social work practice, such as HIV/AIDS, abstinence-based sex education, sexual violence, and sexual behavior in intimate relationships.

Suicide Intervention for Social Workers
Lucy Mercier, PhD, ACSW, LMSW
Stephen J. Yanca, PhD, ACSW, LMSW

Continuing Education Credit Hours: 6

Date: April 2, 2009

Time: 9:00 am – 4:00 pm

Course Description

This course will overview suicide and para-suicide risk assessment and provide a model for responding to clients at risk for self-harm. Participants will be given opportunity to apply the material to role plays and vignettes with diverse client examples.

Intended Audience

This course is appropriate for social workers and other human service professionals at beginning and intermediate skill levels.

Course Methodologies

This course incorporates lecture with role plays and small group discussion.

Course Objectives

As a result of this seminar, participants will be able to:

- Identify suicide risk factors across diverse populations
- Complete a risk assessment for self-harm
- Apply the suicide intervention model with persons at low, moderate and high risk for suicide

Cultural Identity in Foster Children

Vanessa Brooks Herd, LMSW

Continuing Education Credit Hours: 3

Date: April 17, 2009

Time: 9:00 am – 12:00 pm

Course Description

The search for identity is often a life long process. But where you start searching for self can indicate where you may end. The family is the setting from which this journey naturally begins. In America society today, it is unlikely that each one of the 500,000 children in foster care will be placed with a family of their same racial and cultural group. What if the family is temporary as in foster care? What if the family is not the same cultural or racial group?

Intended Audience

The course is appropriate for social workers and other human service professionals at beginning and intermediate levels.

Course Methodologies

The course will utilize lecture, discussion, and interactive activities.

Course Objectives

As a result of this seminar, participants will:

- understand theories of racial/cultural identity development
- identify positive and negative manifestations of cultural identity
- explore the intersection of foster care and personal expressions of cultural identity

Strengths Based Approach to Structural Diversity in Families

Lucy Mercier, PhD, ACSW, LMSW

Continuing Education Credit Hours: 3

Date: April 17, 2009

Time: 1:00 – 4:00 pm

Course Description

Strengths based social work literature on family diversity mainly addresses racial and cultural diversity. On the other hand, problem-centered research and writing about families often focuses on structural diversity, particularly single parents, blended families, and same-sex couples who parent. This seminar will review social science literature on family structural diversity, examine principles of strengths based practice, and challenge participants to modify current practices with these client families.

Intended Audience

The course is appropriate for social workers and other human service professionals at beginning, intermediate, and advanced skill levels.

Course Methodologies

The course will utilize lecture, discussion, and case study. It is designed to be experiential as well as theoretical.

Course Objectives

As a result of this seminar, participants will be able to:

- Identify major concepts in strength based practice literature
- Understand the research on diversity in family structure
- Recognize opportunities to use strength based practice with diverse families
- Evaluate their own effectiveness in addressing structural diversity with families

Faculty

Judy Berglund, PhD, LMSW is Assistant Professor of Social Work & Youth Services at Saginaw Valley State University and serves as the Chair of the Department. She has experience in school social work and children's mental health services. Her experience working with Community Mental Health led to coordinating federal block grants designed to help reduce out-of-home placements for children with a mental illness. Dr. Berglund has worked with the Department of Community Health as a trainer on the changes in the Mental Health Code regarding person-centered planning and Wraparound services. Her research interests include social workers attitudes toward persons in poverty.

Mark Giesler, PhD, LMSW is Assistant Professor of Social Work & Youth Services at Saginaw Valley State University. He has worked in a variety of settings, including HIV/ AIDS case management, child / adolescent therapy, and substance abuse treatment. Most recently, he served as site director for the Personalized Nursing LIGHTHouse, Inc., an intensive outpatient substance abuse program in Ann Arbor, MI. He has presented on the topic of gender as it relates to the human services field at both local and national conferences. He is also a member of the American Mens Studies Association and a board member of NASW-Michigan chapter. His research interests include a qualitative exploration of the experiences of male social workers.

Vanessa Brooks Herd, LMSW is Assistant Professor of Social Work & Youth Services at Saginaw Valley State University. She is a doctoral candidate at Wayne State University. Her practice career includes work with substance abuse, families and youth, and schools. She has had a variety of experiences, including as a foster care contract therapist, school social worker, adolescent therapist, and foster parent. Her dissertation research focus is transracial foster care.

Lucy Mercier, PhD, ACSW, LMSW is Associate Professor of Social Work and Youth Services at Saginaw Valley State University. She has extensive practice experience with children and families and conducts research in the area of family development and family diversity. She provided suicide intervention training for human service professionals for the State of California for more than 10 years. Her most recent book, with Rena Harold, is *Social Work with Lesbian Parent Families: An Ecological Perspective*.

Stephen J. Yanca, PhD, LMSW is Professor of Social Work at Saginaw Valley State University. He has been a Licensed Marriage and Family Therapist since 1982, and holds the status of Diplomate in Clinical Social Work from the NASW. He has experience in counseling, child welfare, juvenile corrections, and community mental health. He has had a private practice, has provided training for caring for people who have dementia, and has been a supervisor and a program director. Dr. Yanca is the coauthor of *Social Work Practice: A Generalist Approach* (2001, 2004, & 2007), *Generalist Social Work Practice with Families* (2008), and *Social Work Practice with Groups* (2009, in press).

General Information

Attendance / Participation Requirements

Participants are required to attend the entire seminar to receive continuing education credit. Certificates will be mailed to participants who meet attendance and other course requirements. License numbers are required for certification of attendance.

On-site Registration

Sign-in for those pre-registered is required to verify attendance for CE certificates and will begin 30 minutes before the start of each course. Walk-in registration will be allowed only if space is available in the course. Pre-registration is strongly encouraged.

Accommodations / Grievances

SVSU is committed to ensuring equal opportunities to all individuals who are associated with the University. Accommodations for special needs should be requested at least two weeks prior to the seminar. Requests for accommodations and comments about the program may be made by contacting Lucy Mercier at 989-964-4077.

CECHs for Social Workers:

Continuing education courses offered by SVSU Department of Social Work & Youth Services are approved by the Michigan Social Work Continuing Education Collaborative. CECHs earned in these courses are valid for State of Michigan social work licensure renewal. Social workers licensed in other states should verify transferability of CE credits with their state licensing boards.

All CE courses listed in this catalog are co-sponsored by the SVSU Alumni Association.

How to Register

- Reserve space in any course by completing the registration form and sending it with your payment to the address below.
- Payment in the form of a check or money order is required to reserve your space in any course. Please make checks payable to 'SVSU.'
- Confirmation of registration will be sent to your email address approximately 10 days prior to the course. This email will include information about course location and other important information.
- Mail registration materials to:

Lucy Mercier / EN 218
Department of Social Work & Youth Services
Saginaw Valley State University
7400 Bay Road
University Center, MI 48710

- Questions / comments: Please contact Dr. Mercier at mercier@svsu.edu or (989) 964-4077.

Registration Form

Name

Address

Phone

Email

(required for confirmation of registration)

Social Work License Number

(required for CE certificate)

Current members of the SVSU Alumni Association are offered a discounted rate for these courses. To receive the discounted rate, choose one of the following options:

I am a current member of the SVSU Alumni Association. (The Department of Social Work will verify your membership status with the Alumni Association.)

I would like to join the SVSU Alumni Association today. Enclosed is my Alumni Association membership form and check for \$20 (payable to SVSU Foundation).

CIRCLE ONE TO REGISTER

DATE	COURSE TITLE	TIME	CECH	GENERAL REGISTRATION	ALUMNI ASSOC MEMBER
October 23	Ethics / Pain Management	9-4:30	6*	\$100	\$80
November 10	Gender Competence	6-9 pm	3	\$60	\$40
November 13	Ethics / Pain Management	9 -4:30	6*	\$100	\$80
January 15	Ethics / Pain Management	9-4:30	6*	\$100	\$80
January 23	Motivational Interviewing	9-12	3	\$60	\$40
January 23	Brief Couples Counseling	1-4	3	\$60	\$40
February 13	Ethics / Pain Management	9-4:30	6*	\$100	\$80
February 27	Self Care / Compassion Fatigue	9-12	3	\$60	\$40
February 27	Spirituality	1-4	3	\$60	\$40
March 6	Human Sexuality	9-4	3	\$60	\$40
March 12	Ethics / Pain Management	9-4:30	6*	\$100	\$80
March 27	Ethics / Pain Management	9-4:30	6*	\$100	\$80
April 2	Suicide	9-4	6	\$100	\$80
April 9	Ethics / Pain Management	9-4:30	6*	\$100	\$80
April 17	Cultural Identity in Foster Kids	9-12	3	\$60	\$40
April 17	Family Diversity	1-4	3	\$60	\$40
April 24	Ethics / Pain Management	9-4:30	6*	\$100	\$80

TOTAL DUE _____

Register by completing the form below and sending with payment to:

Lucy Mercier / EN 218
 Department of Social Work & Youth Services
 Saginaw Valley State University
 7400 Bay Road
 University Center, MI 48710