

## Spring 2026 CE Course Catalogue

As the YouthWISE grant prepares to wrap up at the end of May, this will be our last CE catalogue. However, the Department of Social Work and Youth Services at SVSU will continue to offer continuing education courses to reach the community and provide quality professional development opportunities.

Please direct any questions to [socialworkcec@svsu.edu](mailto:socialworkcec@svsu.edu)

That email address will be used to share continuing education information to the community following the conclusion of the YouthWISE grant.

### Trekking Through Grief: Navigating the Journey to Emotional Healing

**Date/Time:** Wednesday April 22<sup>nd</sup>, 2026 from 11:00am-1:00pm

**Location:** Synchronous Virtual Over Zoom

**CEs Available:** 2 CEs

**Presenter:** Vanessa Brooks Herd Ed.D., LMSW

**Course Description:** This two-hour workshop explores the impact of grief while helping participants build personal resilience through a blend of education, discussion, and participant-driven activities. It focuses on strategies for managing grief and connecting with others for support during significant life transitions, while also creating space for reflection, shared experiences, and practical skill-building.



[Dr. Vanessa Brooks Herd](#)

# Connecting Children/Youth to Services & Supports that Promote Well-Being, Healing, & Resilience

**Date/Time:** Friday May 1<sup>st</sup>, 2026 from 12:00pm-1:00pm

**Location:** Synchronous Virtual Over Zoom

**CEs Available:** 1 CE

**Presenter:** Keva Clark, M.Ed.

**Course Description:** This course equips participants with the skills and knowledge to apply a trauma-informed lens when responding to challenging behaviors. Participants will explore how trauma impacts behavior and learn to shift from a “what’s wrong” mindset to a “what happened” approach that promotes understanding and effective engagement. The session also examines system-induced trauma and retraumatization, helping participants recognize how policies, practices, and environments can unintentionally cause harm. By the end of the session, participants will be prepared to respond with empathy, reduce harm, and support positive outcomes for youth and families.



Keva Clark

## Motivational Interviewing: Basic Skills

**Date/Time:** Monday May 4<sup>th</sup>, 2026 from 9:00am-5:00pm

**Location:** *In-person* at Saginaw Valley State University

**CEs Available:** 8 CEs

**Presenter:** Matthew Mitchell, DHA, LMSW, CAADC, CCS

**Course Description:** This interactive 8-hour training provides a foundational introduction to Motivational Interviewing (MI), a collaborative, person-centered counseling style designed to strengthen an individual’s own motivation for and commitment to change. Rooted in empathy, respect, and partnership, MI helps professionals engage clients in meaningful conversations about change, reduce resistance and enhance outcomes across a variety of settings. Participants will learn and practice the core spirit, principles, and basic skills of MI – including OARS techniques (open-ended questions, affirmations, reflective listening and summarizing) – while gaining insight into how to recognize and elicit change talk. The training balances didactic presentation, demonstrations, small group activities, and real-play practice to support skill growth.



Dr. Matthew Mitchell

# Reclaiming Hope: A Guide to TMS, Spravato, and Comprehensive Care

**Date/Time:** Wednesday May 6<sup>th</sup>, 2026 from 9:00am-11:00am

**Location:** Synchronous Virtual Over Zoom

**CEs Available:** 2 *Pain Management* CEs

**Presenter:** Adwoa Boachie DNP, PMHNP-BC, FNP-BC

**Course Description:** This course is designed for mental health professionals focusing on depression and its relationship to chronic pain as a biopsychosocial phenomenon. Participants will explore the clinical link between these conditions and the benefits of psychotropic medications, Transcranial Magnetic Stimulation (TMS), and Spravato (Esketamine). The course will provide guidance on when to recommend these interventional therapies following traditional trials of psychotropic medications. By the conclusion of the program, participants will be equipped to educate patients on the non-invasive nature of TMS, understand the clinical protocols of Spravato, and integrate these treatments into a comprehensive care plan.



## The Correlation of Addiction and Mental Health

**Date/Time:** Friday May 8<sup>st</sup>, 2026 from 12:00pm-1:00pm

**Location:** Synchronous Virtual Over Zoom

**CEs Available:** 1 CE

**Presenter:** SJ Johnson, MA, CADC

**Course Description:** This course will take a closer look at how substance use and mental health connect. Participants will explore the definition of co occurring disorders, review the diagnostic criteria for a Substance Use Disorder, and discuss ethics, guiding principles, and common risk factors. The course will also introduce treatment options through a social work and sociological lens, with attention to how these approaches support individuals, families, and communities.



# Walking Through Healing: A Virtual Reality Training Experience

**Date/Time:** Monday May 18<sup>th</sup>, 2026 from 1:00pm-4:00pm

**Location:** *In-person* at Saginaw Valley State University

**CEs Available:** 1 *Ethics* CE, 2 Regular CEs

**Presenter:** Moregan LaMarr, LMSW-C

**Course Description:** This course is designed for mental health professionals interested in integrating innovative technology into clinical practice. This training will introduce clinicians to the use of virtual reality as a therapeutic tool, offering new ways to engage clients and enhance treatment outcomes. Participants will explore practical strategies for implementing VR interventions across a variety of clinical settings and populations. Dedicated time will focus on the ethical considerations of using VR in therapy, including client safety, informed consent, and confidentiality. This course provides one ethics CE and two general CEs, equipping clinicians with both the knowledge and confidence to thoughtfully incorporate VR into their work.



**You can register for ALL courses  
by scanning the QR Code below**

**Any questions? email  
socialworkcec@svsu.edu**

**We are here to support your training needs  
and provide accessible opportunities for  
professional development and growth in  
rural and medically underserved  
communities in Michigan.**

