

- All seminars are from 9:00 am-12:30 pm
- Continental Breakfast and Registration from 8:30-9:00 am
- All seminars are worth 3 Continuing Education Units (CEUs)
- All seminars are held at the Interact for Health (formerly Health Foundation of Greater Cincinnati Conference Center in the Rookwood Tower)

**3805 Edwards Road, Suite 500 (5th Floor)
Cincinnati, OH 45209**

Directions:

From I-71 North:

Take I-71 North to Exit 6 (State Route 561/Smith Road/Edwards Road).

Take a right at the end of the ramp. The garage entrance for Rookwood Tower is on the right, after J. Alexander's and the entrance to Rookwood Commons.

From I-71 South:

Take I-71 South to Exit 6 (State Route 561/Smith Road/Edwards Road).

Turn right at the end of the ramp. Take the first left onto Smith Road (this will become Edmondson Road just before the overpass). The garage entrance for Rookwood Tower is on the right, after J. Alexander's and the entrance to Rookwood Commons.

From I-75 North or I-75 South:

Take State Route 562 East via Exit 7 towards Norwood. Merge onto I-71 South, then follow above directions from I-71 South.

Continuing Education Credit Available:

- **Social Workers:** Approved for 3 CEUs; Provider #RCS059702.
- **Counselors:** Approved for 3 CEUs; Provider #RCS059702.
- **Nurses:** A continuing education activity that has been approved by other licensing boards will be accepted by the Ohio Board of Nursing for all nurses in the State of Ohio. You may use this continuing education to meet your licensure requirement.
- **Nursing Home Administrators:** 3 CEUs pending approval (We are a limited provider.) Application has been sent to BENHA.
- **Teachers:** You must take the seminar to your Local Professional Development Committee (LPDC) for credit approval.
- **Ohio Department of Developmental Disabilities:** 3 CPDUs pending approval. Application has been sent.

“The Essential Seven Holistic approaches to Chronic Stress”

Wednesday, July 29 2015

Speaker: Sheila Agee, RN, CCR; Owner of “Natural Path Holistic Health Services” at the Highview Center in Middletown

About the Seminar: Stress is a powerful thing that can affect many areas of our lives and unfortunately very few of us are immune to it. 75-90% of all doctors visits are for stress related ailments including health conditions such as headaches, high blood pressure, cardiac problems, diabetes, immune disorders, skin conditions, asthma, arthritis, hair loss, depression and anxiety. Learning and incorporating the “Essential Seven” Holistic approaches to chronic stress can greatly reduce the negative impact it can have on the health of your clients as well as yourselves.

“Ethical Decision Making-Managing the Risks”

Wednesday, August 26, 2015

Speaker: Sandra Morgenthal, M.Ed., LPCC, CCFC, RN; Professional Clinical Counselor, Clinical Supervisor, Clinically Certified Forensic Counselor and RN.

About the Seminar: The greatest fears for practitioners are a State Board investigation or a legal torte to determine failure to provide proper care. We do not need to be afraid when we practice excellent care and use a decision making model that shows careful consideration of the primary ethical principles and appropriate consultation with our peers. This workshop will provide models to consider and opportunities to practice and discuss their effectiveness. It will also present methods of managing risk in ethical dilemmas.

“Mindfulness in Clinical Practice”

Thursday, September 17th, 2015

Speaker: Richard W. Sears, PsyD, ABPP Director, Center for Clinical mindfulness and meditation

About the Seminar: Much attention has been given in recent literature to the concept of mindfulness and mindfulness-based interventions. But what is mindfulness? How can it be used in clinical practice? How can it be used for clinician self-care? Clinicians will learn how mindfulness can be used for their own self-care. Basically, mindfulness involves training the mind to work more wisely with thoughts, emotions, and physical sensations. For the therapist, this means being more fully present and aware of what is going on in the therapy session. For the client, this means being more consciously aware of thoughts, feelings, and behaviors within the session and throughout the day and using mindfulness to help discard old, unconscious, maladaptive patterns. The purpose of this presentation is to provide an overview of mindfulness-based interventions, and to learn a short mindfulness exercise that can be taught to clients.

“Application of Crisis Theory”

Thursday, October 29, 2015

Speaker: Janie Mynatt, MSSW LISW-S, Director of Social Work, Care Management, and Spiritual Care at the University of Cincinnati Medical Center

About the Seminar: This presentation defines crisis theory and presents methods for evaluating theories to determine its applicability to practice. Participants will learn why crisis theory is important to practice and how to use this when determining interventions and predicting outcomes for your clients. As an example, the historical origins of Crisis Theory, the underpinnings, and the application of this particular theory will be presented.

“Motivational Interviewing: A Catalyst to Behavior Change”

Wednesday, November 18, 2015

Speaker: Kriss Haren MA, MS, MINT member, Registered Health Coach-III Collaborative Communication Consulting & Training Services Tipp City, OH

About the Seminar: Motivational Interviewing is a client-centered, collaborative conversation style that has been shown to be effective in assisting people to resolve ambivalence about behavior change. The focus is on guiding the person to strengthen their own motivation and commitment to change, or their internal motivation, rather than relying on what others believe *should* motivate them. It can be effective in both short and long conversations, and in an ongoing process or as a one-time event. This overview will provide exposure to the key components and definitions of this beneficial concept.

“Natural Approaches to ADD/ADHD”

Thursday, December 10th, 2015

Speaker: Sheila Agee, RN, CCR; Owner of “Natural Path Holistic Health Services” at the Highview Center in Middletown

About the Seminar: Over the past two decades, diagnoses of attention deficit hyperactivity disorder (ADHD)/ attention deficit disorder (ADD) have continued to rise in part due to the increased awareness of doctors, parents and teachers. Along with increased diagnosis, there has also been a sharp increase in prescription ADD/ADHD medications. These medications are not totally benign in nature and can carry some pretty strong side effects. Many studies have supported the use of holistic approaches either as a stand alone therapy or as a combination approach. This seminar will explore the use of holistic approaches and how to incorporate them into your lifestyle.

Cancellation and Payment

Cancellation must occur at least 3 days before a workshop to receive a full refund. After that, if you are unable to attend, you will receive a credit good for a future workshop within the next seminar series, as long as you call by the same day as the seminar. In the event that a workshop is cancelled by the Epilepsy Foundation, you will receive a full refund or credit for a future workshop, whichever you desire. Payment is due prior to each seminar. Certificates will not be given until full payment is received.

Fees

Registration fee includes education, CEU certificate, continental breakfast and all program materials. All seminars are \$55.00 and qualify for 3 CEUs. If you register and pay for 3 seminars by 7/22/15, you receive a 21% discount. (\$130/3). If you register and pay for 6 seminars by 7/22/15, you receive a 30% discount. (\$230/6).

Registration Deadlines: Please register at least 1 week before a seminar!

Registration Form: Register by:

The Essential Seven holistic approaches to Chronic Stress	7/22/15
Ethical Decision Making-Managing the Risks	8/19/15
Mindfulness in Clinical Practice	9/10/15
Applications of Crisis Theory	10/22/15
Motivational Interviewing: A Catalyst to Behavior Change	11/11/15
Natural Approaches to ADD/ADHD	12/03/15

I would like to attend:

- The Essential Seven Holistic approaches to Chronic Stress on 7/29/15
- Ethical Decision Making-Managing the Risks on 8/26/15
- Mindfulness in Clinical Practice on 9/17/15
- Application of Crisis Theory on 10/29/15
- Motivational Interviewing: A catalyst to Behavior Change on 11/18/15
- Natural Approaches to ADD/ADHD on 12/10/15

Total Due: _____

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail address: _____

Professional License Number: _____

Make check payable & mail to:

Epilepsy Foundation of Greater Cincinnati and Columbus
895 Central Ave., Suite 550
Cincinnati, OH 45202
513-721-2905

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895 Central Avenue, Suite 550
Cincinnati, OH 45202

The Epilepsy Foundation of Greater Cincinnati and Columbus Seminars:

“The Essential Seven Holistic approaches to Chronic Stress”
Wednesday, July 29, 2015

“Ethical Decision Making-Managing the Risks”
Wednesday, August 26, 2015

“Mindfulness in Clinical Practice”
Thursday, September 17, 2015

“Application of Crisis Theory”
Thursday, October 29, 2015

“Motivational Interviewing”
Wednesday, November 18, 2015

“Natural Approaches to ADD/ADHD”
Thursday, December 10, 2015

Seminar Location:

The Health Foundation of Greater Cincinnati Conference Center,
5th Floor
(in the Rookwood Tower)
For directions: www.healthfoundation.org

*Please note: In the event of inclement weather, please be aware that The Health Foundation Conference Center is subject to closure. Please call the announcement line (513) 458-6627 the morning of the event if the weather and road conditions are questionable.