

- All seminars are from 9:00 am-12:15pm
- 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:** All seminars are approved for 3 CPE's by the CSWMFTB.
- **Counselors:** All seminars are approved for 3 CPE's by the CSWMFTB.
- **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:** All seminars are approved for 3 CEU' (we are a limited provider.)
- **Teachers:** You must take the seminar to your Local Professional Development Committee (LPDC) for credit approval.
- **Ohio Department of Developmental Disabilities:** All seminars are approved for 3 CPDU's.

“Suicide Risk Assessment and Prevention”

January 26th, 2017

Speaker: *Sandy Morgenthal MED, LPCC, CCFC, RN, professional clinical counselor.*

About the Seminar: With depression and anxiety rates still on the rise assessing suicide risk is increasingly important to clinicians. Having an agreement with the client, even in writing, is not sufficient to protect their safety. There are many variables to consider in determining suicide risk. This presentation will provide useful information to those who deal directly with clients suffering with one of several disorders that carry a significant suicide risk. The Duty to Warn will also be discussed and assessment strategies will be addressed. The need for consultation will also be presented.

“Utilizing Cognitive Behavioral Therapy (CBT) to Help Clients Improve Symptom Management”

February 23rd, 2017

Speaker: *Maggie Anderson, LPCC, CDCA. Owner, Empowering Counseling and Therapy, LLC.*

About the Seminar: The seminar will explore the basic theoretical background of Cognitive Behavioral Therapy by exploring how persistent thoughts influence one's life experiences and emotions. By explaining how to utilize certain tools with clients, the seminar will explore the practical use of CBT in session to help with actual clients and case scenarios. We will look deeper into the power of certain cognitions that ultimately have become “underlying assumptions” and have a powerful presence over clients' lives. By discussing and digging into client

“Motivational Interviewing: A Catalyst for Behavior Change”

March 30th, 2017

Speaker: *Kriss T. 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.

“Executive Functioning: An Overview and Focus on Strategies”

April 27th, 2017

Speaker: *Dr. Rochelle Dunn, PhD, PCC-S. Senior Lecturer, Counselor Education, Department of Educational Studies, the Ohio State University.*

About the Seminar: This interactive session will begin with an overview of executive function. The role of Brain function and development will be addressed and how problems in the areas can lead to mental and emotional health issues. Pharmacological interventions will be presented. Strategies and interventions will be discussed for each developmental stage across the lifespan and the executive function issues can affect counseling treatment plans. Participants will leave this seminar with a better understanding of what executive functioning is, how it can affect counseling, and strategies to cope with executive functioning issues.

“Ethical Decision Making: The Management of Risk to Client and Therapist”

May 25th, 2017

Speaker: *Sandy Morgenthal MED, LPCC, CCFC, RN, professional clinical counselor.*

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, however, when we practice excellent care and 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 for making good professional decisions and opportunities to practice and discuss their effectiveness. It will also present methods of managing risk in ethical dilemmas.

“Mindfulness in Clinical Practice”

June 29th, 2017

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? 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. Clinicians will also 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. Use of mindfulness helps to discard old, unconscious, maladaptive patterns.

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 1/26/17, you receive a 21% discount. (\$130/3). If you register and pay for 6 seminars by 1/26/17, you receive a 30% discount. (\$230/6).

Registration Deadlines: Please register at least 1 week before a seminar!
I would like to attend:

- _____ *Suicide Risk Assessment and Prevention on 1/26/17 (Register by 1/19)*
- _____ *Utilizing Cognitive Behavioral Therapy . . . on 2/23/17 (Register by 2/16)*
- _____ *Motivational Interviewing. . . on 3/30/17 (Register by 3/23)*
- _____ *Executive Functioning. . . on 4/27/17 (Register by 4/20)*
- _____ *Ethical Decision Making. . . on 5/25/17 (Register by 5/18)*
- _____ *Mindfulness in Clinical Practice on 6/29/17 (Register by 6/22)*

Mail this portion in with your payment:

- _____ *Suicide Risk Assessment and Prevention on 1/26/17*
- _____ *Utilizing Cognitive Behavioral Therapy (CBT) . . . on 2/23/17*
- _____ *Motivational Interviewing. . . on 3/30/17*
- _____ *Executive Functioning. . . on 4/27/17*
- _____ *Ethical Decision Making. . . on 5/25/17*
- _____ *Mindfulness in Clinical Practice on 6/29/17*

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

Epilepsy Foundation of Greater Cincinnati and Columbus
895 Central Avenue, Suite 550
Cincinnati, OH 45202

The Epilepsy Foundation of Greater Cincinnati and Columbus Seminars:

 “Suicide Risk Assessment and Prevention”
January 26th, 2017

 “Utilizing Cognitive Behavioral Therapy (CBT) to Help Clients Improve Symptom Management”
February 23rd, 2017

 “Motivational Interviewing: A Catalyst for Behavior Change”
March 30th, 2017

 “Executive Functioning: An Overview and Focus on Strategies”
April 27th, 2017

 “Ethical Decision Making: The Management of Risk to Client and Therapist”
May 25th, 2017

 “Mindfulness in Clinical Practice”
June 29th, 2017

Seminar Location:
Interact for Health, 5th Floor.
(in the Rookwood Tower)
For directions: www.healthfoundation.org

*Please note: In the event of inclement weather, please be aware that The Interact for Health 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.