

- All seminars are from 9:00 am-12:15 pm Continental Breakfast and Registration starting at 8:30 a.m.
- All seminars are worth 3 Continuing Education Units (CEUs)
- All seminars are held at the Residence Inn by Marriott-Rookwood.

**LOCATION**

Residence Inn by Marriott-Rookwood  
3815 Edwards Road. Cincinnati, Ohio 45209

(Free Valet Parking )

COVID-19 Information

We will adjust as new COVID updates become available.

**-We will take all necessary precautions to ensure everyone's safety.**

**-Social Distancing will be in place. (6ft apart)**

**-Hand sanitizer and disposable masks will be available.**

**Continuing Education Credit Available:**

**Social Workers:** All seminars are approved for 3 CEU's; Provider #RCSO31702

**Counselors:** All seminars are approved for 3 CEU's; Provider #RCSO31702

**Nursing Home Administrators:** 3 CEU's pending approval, application has been sent.

**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.

**Ohio Department of Developmental Disabilities:** 3 CEU's pending approval, application has been sent.

**“Exposure and Response Prevention Therapy for Obsessive Compulsive Disorder (OCD)”**

*Thursday, January 25, 2024*

**Speaker:** *Lindsey Collins Conover, PhD, Linder Center of Hope*

**About the Seminar:** Obsessive compulsive disorder is a common disorder that is often misunderstood by the public. Sufferers can experience significant life disturbance and functional impairment. Luckily, we have a psychotherapy that has, time and time again, shown to effectively reduce OCD symptoms and improve functioning - exposure and response prevention (ERP) therapy. This seminar will provide an overview of obsessive compulsive disorder and how it is diagnosed. We will discuss related disorders and how OCD is different than other anxiety disorders. We will then talk about ERP, the first line treatment for OCD. I will provide an overview on the behavioral model of OCD and how ERP works to break the cycle of obsessions and compulsions. Finally, we will discuss what ERP looks like in practice and review some examples of exposure hierarchies.

**“Psychedelic Assisted Psychotherapy: An Overview ”**

*Thursday, February 29, 2024*

**Speaker:** *Linda Little, PsyD, Linder Center of Hope*

**About the Seminar:** In this seminar, participants will learn about psychedelic assisted psychotherapy, including research on Psilocybin, Ketamine and MDMA. This seminar will review the research that shows how psychedelic medicines can treat mental illnesses such as Major Depression, End of Life anxiety and PTSD. We will review the variables that are important to consider when providing psychedelic assisted therapy, including set and setting. We will review the risks associated with these treatment as well as current legal status. Participants will also learn about MDMA (colloquially also known as “Ecstasy”) and the research that shows how it can lead to a dramatic reduction, and in many participants, a complete remission of their symptoms.

**“Dialectical Behavior Therapy (DBT) Skills Through Metaphors and Storytelling ”**

*Thursday, March 28, 2024*

**Speaker:** *James J Esmail, PsyD, Clinical Psychologist*

**About the Seminar:** This training will examine the rationale for using metaphors and storytelling to teach Dialectical Behavior Therapy (DBT) skills, plus practical tips for doing so effectively. Metaphors and storytelling will be used to provide an overview of the four DBT modules (Mindfulness, Emotion Regulation, Interpersonal Effectiveness) as well as the DBT concept of Radical Acceptance. In her seminal work introducing Dialectical Behavior Therapy, author Marsha Linehan points to the need to teach DBT through metaphors and stories. Comparing something that is abstract, complex, and difficult to understand to something more concrete and tangible has allowed humans to go beyond very simple cognition to understanding the more complex realities of life. DBT skills training continues to receive empirical support for both its original target population (self-harming individuals) but also broader applications (anxiety, depression, substance abuse, antisocial behavior and more, to enhance social and global functioning). The use of metaphors and storytelling to achieve positive therapy outcomes will be examined. Examples of these interventions to teach specific DBT skills will be presented.

**“Anxiety and Depression in Older Adults”**

*Thursday, April 25, 2024*

**Speaker:** *Kriss T. Haren, MA, MS, MINT Member, Registered Health Coach-III, collaborative Communication Consulting & Training Services Tipp City, Ohio*

**About the Seminar:** According to the World Health Organization, by 2020, depression was predicted to be the leading cause of disability world-wide. Late life depression can be an overwhelming force for clients and for their care givers. Depression in older adults differs in many ways from depression in younger clients. It is **not** a normal part of the human aging process. Symptom presentation can be easily confused with other conditions that commonly affect primarily the geriatric patient. Clinicians and caregivers can miss warning signs and indicators that could lead to correct diagnosis, and thus to treatment. The same concept holds true for geriatric anxiety. It is often misdiagnosed and thus mistreated. The number and type of co-morbid medical conditions also complicates accurate diagnosis as well as symptom relief. This session will present key findings from current research to assist you in addressing this challenging situation.

**“Practical Approaches to Solving Ethical Dilemmas”**

*Thursday, May 30, 2024*

**\* Meets Ethics Requirements**

**\*\* Co Sponsored**

**Speaker:** *Rochelle Dunn, PhD, PCC-S, Professor of Counselor Education, Liberty University*

**About the Seminar:** This interactive session will involve a review of the codes of ethics and the moral principles involved in ethical decision making. Ethical cases will be discussed in the major areas of informed consent, multiple/dual relationships, confidentiality, duty to warn/duty to protect, record keeping, technology, and impaired practitioner. We will also discuss ethics around working with minors. An ethical decision-making model will be presented and a documentation process will be discussed and practiced. Participants will leave this seminar with a better understanding and working knowledge of ethical decision making.

**“Creative Approaches In Practice: Helping The Client Get To Their Deep Feelings”**

*Thursday, June 27, 2024*

**Speaker:** *Sandy Morgenthal, PCC-S, CCFC, RN, Professional Clinical Counselor*

**About the Seminar:**

This course was created to equip practitioners with meaningful creative techniques that have served well in getting to the deeply held issues and feelings of clients more readily. The establishment of trust is still the first order of business after full disclosure about the process of therapy, informed consent, and pertinent data is collected. Once all of that is achieved and the client and therapist agree to the work, it is a question of helping the client get in touch with what is really bothering them. Talk therapy alone can take considerable time and the client may not have insight into the impact of past unresolved issues and trauma. Teaching clinicians how to safely approach the work is the goal of this course.

### 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 Alliance, 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 \$60.00 and qualify for 3 CEUs. If you register and pay for 3 seminars by 1/22/24 you receive a \$30.00 discount. (\$150/3). If you register and pay for 6 seminars by 1/22/24 you receive a \$80.00 discount. (\$280/6).

**Registration Deadlines: You can register by mail, telephone (513-721-2905) or you can now register online: <https://runsignup.com/Race/OH/Cincinnati/EpilepsyAllianceOhioSeminarSeries>**

- \* **Deadline for mail in registration is one week before the seminar.**
- \* **Deadline for phone or on-line registration is noon the Monday before the seminar.**

Mail this portion in with your payment:

- \_\_\_\_\_ Exposure and Response Prevention Therapy for OCD ... 1/25/24
- \_\_\_\_\_ Psychedelic Assisted Psychotherapy: An Overview ... 2/29/24
- \_\_\_\_\_ Dialectical Behavior Therapy (DBT) Skills Through Metaphors and Story Telling...3/28/24
- \_\_\_\_\_ Anxiety and Depression on Older Adults"... 4/25/24
- \_\_\_\_\_ Practical Approaches to Solving Ethical Dilemmas . . . 5/30/24
- \_\_\_\_\_ Creative Approaches In Practice: Helping The Client Get To Their Deep Feelings. . . 6/27/24

**Total Due:** \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Professional License Number: \_\_\_\_\_

**Make check payable & mail to:**  
Epilepsy Alliance Ohio  
895 Central Ave., Suite 550  
Cincinnati, OH 45202  
513-721-2905

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Cincinnati, OH 45202

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