

- 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)

Parking

Free parking is available in the parking garage or in front of Agave & Rye.

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.

“CHANGES THAT HEAL: Balancing Boundaries and Bonding”

Thursday, July 25, 2024

Speaker: Sandy Morgenthal, PCC-S, CCFC, RN

About the Seminar: We all want to strike a healthy balance in life. Success is all about knowing how to manage ourselves in order to manage the various stressful situations we find ourselves in. A lot of that depends on our genetic predisposition and the environment we were raised in. Every child has basic emotional needs to be met by primary caregivers to be able to moderate their own behavior as adults, and to better understand the behavior of others. This seminar will discuss how we can help our clients balance boundaries and bonding. The need for a clear delineation between boundaries and bonding is also essential to good health. Dr. Henry Cloud wrote the book, *Changes That Heal*. The material presented will highlight certain aspects of the need for changes that lead to healing of the mind, body, and spirit. The necessity of establishing a balance between boundaries and bonding will be provided, and the essence of how to establish them, even as an adult, will be presented. Participants will leave this seminar with a better understanding of how to help their clients achieve this balance.

“Supporting the Healing Journey of Clients Who Have Experienced Emotional Abuse and Trauma”

Thursday, August 29, 2024

Speaker: Rosalind R. Smith, LPCC-S

About the Seminar: This seminar will cover the basic understanding of the nervous system and strategies for helping clients self-regulate and manage their thoughts and emotions. Participants will discuss how trauma impacts how individuals view themselves and the world around them. Participants will also learn the importance of the grieving process in helping the client move from a survival to a thriving mindset. Participants will explore how to help their clients craft a life plan to support them on their healing journey.

“Addicted to Numbing Mental Illness: The Rise of Addiction in Boomers and Zoomers ”

Thursday, September 26, 2024

Speaker: Chris Tuell, Ed.D., LPCC-S, LICDS-CS

About the Seminar: This seminar will examine the growing trend of addictive behaviors among two generations: Baby Boomers (1946-1964) and Generation Z or Zoomers (1997-2012). Dr. Tuell will focus on the impact of mental health concerns, and how this has led to an increase in substance use behaviors among Boomers, and problematic Internet use among Generation Z. With both generations facing the uncertainties of the future, addictive behaviors become an unhealthy way to manage, cope and numb issues of mental illness. Dr. Tuell will discuss the warning signs of these behaviors, as well as the healthy steps we can take to maintain mental wellness.

“Transcranial Magnetic Stimulation (TMS) For Treatment Resistant Depression, Anxiety and Obsessive Compulsive Disorder”

Thursday, October 31, 2024

Speaker: Dr. Nelson F. Rodriguez, MD, DABPD, FAPA

About the Seminar: Major depressive disorder, and anxiety disorder like obsessive-compulsive disorder, continue to affect significant number of adults and even adolescents. Despite the availability of treatments such as counseling and medications, about 20 percent continue to be poorly responsive to treatments. Poor treatment outcomes may lead to prolonged suffering and disruption in daily activities, and at worst some attempt or commit suicide.

Neuromodulation therapy or interventional therapy continues to elicit hope and excitement in psychiatric practice. Among the modalities such as electroconvulsive therapy (ECT), vagal nerve stimulation (VNS), or Deep brain stimulation (DBS), repetitive Transcranial Magnetic Stimulation (rTMS) appears to be more appealing to patients and families.

This lecture will attempt to provide the basic, scientific and clinical understanding why TMS is the more appealing and more promising treatment option.

“Understanding the Mental Health Needs of Today’s Young Adults ”

Thursday, November 21, 2024

Speaker: Kristy Hardwick, Ed.D, LPCC-S

About the Seminar: In this seminar, we will explore common concerns of adolescents and emerging adults, and when it is time to reach out for professional help. We will discuss the main topics which often come up in therapy with young adults. Factors influencing mental health, developmental considerations, specific characteristics of generation z, as well as associated mental health diagnoses will also be discussed. We will identify ways to build resiliency and foster positive relationships with young adults.

“The Impact of Childhood Trauma on Development and Well-Being Throughout the Lifespan ”

Thursday, December 12, 2024

Speaker: Megan Schrantz, Ed.D, LPCC

About the Seminar: During this seminar, we will learn about Adverse Childhood Experiences (ACEs) and how they impact both children and adults, as well as the developmental domains impacted by trauma that carries on into adulthood. We will discuss how traumatic experiences in childhood can exert such powerful effects throughout a person’s life, and which protective factors may help children recover. Further, we will discuss various treatments for posttraumatic stress. Questions and discussion are welcome throughout the seminar.

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 7/22/24 you receive a \$30.00 discount. (\$150/3). If you register and pay for 6 seminars by 7/22/24 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:

- _____ Changes that Heal: Boundaries and Bonding ... 7/25/24
- _____ Supporting the Healing Journey of Clients Who have Experienced Emotional Abuse and Trauma ... 8/29/2024
- _____ Addicted to Numbing Mental Illness...9/26/24
- _____ Transcranial Magnetic Stimulation (TMS) For Treatment Resistant Depression Anxiety and Obsessive-Compulsive Disorder... 10/31/24
- _____ Mental Health Needs of Today's Young Adults . . . 11/21/24
- _____ The Impact of Trauma on Child-Adult Development. . . 12/12/24

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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Epilepsy Alliance Ohio Co-Sponsored Seminars Series:

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