

- 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.

“Use of Metaphors and Storytelling to Teach Dialectical Behavior Therapy (DBT) Skills ”

Thursday, January 30, 2025

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

About the Seminar: Dialectical Behavior Therapy (DBT) is an evidence-based treatment originally created to treat persons with borderline personality disorder and severe suicidal ideation. Since it's introduction in 1993, mental health professionals have expanded it's use to treat substance use, mood, other personality and eating disorders, with research showing DBT to be an effective treatment for this wider spectrum. DBT skills training consists of modules in four domains, including Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance. This training will be an introduction to these four modules, and will also include a didactic on how the use of metaphor and storytelling for teaching the skills is important for effective skills training.

“Creating a Foundation for Ethical Practice and Decision-Making”

Thursday, February 27, 2025

* Meets Ethics Requirements

Speaker: *Dana Moran, MSW, LISW, ACM , Licensed Independent Social Worker, Certified Case Manager*

About the Seminar: Every professional encounters ethical dilemmas within their practice. We will discuss two approaches to ethical decision-making so you can better understand your current strategies and if they are serving your clients. The focus of our discussion will be on the professional relationship, value conflicts and client self-determination. This is a very interactive session that allows participants to self-reflect and learn from other professionals to affirm or adjust current practice. This seminar satisfies the ethics requirements for license renewal.

“The Science of Longevity Update: A Conversation on How to Improve Life Quality Over Life Quantity”

Thursday, March 20, 2025

Speaker: *Dr. Anna Guerdjikova, PhD, LISW, CEDS, CCRS*

About the Seminar: The Longevity update seminar explores the science and strategies behind extending lifespan and improving quality of life in order to help your clients improve their well being. It delves into biological aging processes, lifestyle interventions, and cutting-edge medical advancements such as anti-aging therapies and regenerative medicine. Societal, ethical, and economic implications of life extension will be discussed. The seminar includes evidence based practical tips to improve self care and quality of life in individuals with chronic physical and mental illness.

“Mindful Listening: Tools for Improved Clinical Communication”

Thursday, April 24, 2025

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

About the Seminar: Mindful listening is the practice of giving full attention to what is being shared with us in any moment, without judgment and without criticism. Applied to our role as listener in a conversation, mindfulness guides us to take in what another person is saying with openness, curiosity, and non-judgment. The goal is to listen in a way that conveys understanding rather than listening to solve a problem. Mindful listening lets the speaker know that they are being heard, understood and respected. It does not equate to agreement with the speaker, but rather openness and curiosity. This can be pivotal for people who are in the midst of making difficult decisions. Join us for an interactive session on this dynamic topic and see the difference it can make with your clients.

“Counseling Couples Through Change”

Thursday, May 29, 2025

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

About the Seminar: We make one of the most important decisions of our life when we choose to get married, yet the planning for the care of the marriage is often left undone. We decide where to live, but we don't discuss **how** we will live.

Couples often said during pre-marital counseling, they had not discussed really important issues, which so many couples would find themselves disagreeing about later. The ability to manage change throughout a marriage can determine its success.

This course will address changes couples can make to influence the outcome of these heavily loaded discussions. Knowing there is an unhealthy and a healthy set of guidelines to follow in doing this, can give couples hope for forging a new kind of relationship that is satisfactory for both. We all want peace in our home. The strategies taught will provide insight into some fairly typical problems. This course will discuss how to assist your clients in managing change throughout the duration of their marriage.

“An Introduction to Radically Open Dialectical Behavior Therapy (RO DBT): Treating Disorders of Overcontrol ”

Thursday, June 26, 2025

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

About the Seminar: The training will give the participant an introduction to Radically Open DBT. Participants will learn why Thomas Lynch modified standard DBT, and will explore how standard DBT was designed to treat disorders of *under*-control, RO DBT was designed to help persons with disorders of *over*-control. Disorders of over-control include treatment-resistant depression and anxiety, obsessive compulsive personality disorder, chronic perfectionism. RO DBT has also been shown to improve the functioning of persons with autism spectrum disorder. RO theoretical underpinnings and mechanisms of change will be explored.

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 1/23/25 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:

_____ Use of Metaphors and Storytelling to Teach Dialectical Behavior Therapy (DBT) ... 1/30/25
_____ Creating a Foundation for Ethical Practice and Decision-Making ... 2/27/25
_____ The Science of Longevity Update: A Conversation on How to Improve Life Quality Over Live Quantity ... 3/20/25
_____ Mindful Listening: Tools for Improved Clinical Communication... 4/24/25
_____ Counseling Couples Through Change . . . 5/29/25
_____ An Introduction to Radically Open Dialectical Behavior Therapy (RO DBT): Treating Disorders of Overcontrol. . . 6/26/25

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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