

Center for Continuing Studies

LEWIS & CLARK

GRADUATE SCHOOL OF EDUCATION AND COUNSELING

Surviving, Living and Winning: Exploring Mental Health and Wellness in the Black Community

Friday, February 13, 6 p.m. - 9 p.m.

Instructor: Andrae Brown, Ph.D.

Fee: no charge

Bad news surrounding the fate of Black boys and men is frequently reported in the media. Everyone is offering the reports, but no one seems to be offering any answers or, more importantly, guidance and solutions.

Andrae's belief is that there is a direct correlation between mental health, physical health and oppression. As such, he has devoted his life's work to helping others develop and maintain top mental health. In this workshop he explores Black males and therapy, relationships, how to recognize everyday trauma, as well as the legacy and impact of violence and homophobia. This discussion is for men and the women who want to gain a greater understanding of the men in their lives.

Eco-Therapy

*Saturday & Sunday, March 14-15 & April 11-12,
9 a.m.-5 p.m.*

*Instructor: Thomas Doberty, Ph.D. &
Patricia Hasbach, Ph.D.*

*Fee: one-day, 6 hours, \$125 or
full course, 24 hours, \$500*

This course provides resources and techniques for mental health providers to incorporate nature activities and metaphors into their therapeutic work. These techniques will help address environmental concerns you may encounter during the course of counseling, and harness individuals' sustainability values to foster therapeutic goals. We will review research and practices in ecopsychology, conservation psychology, and environmental psychology. We will further explore topics such as environmental identity, grief and despair about environmental issues, restorative natural settings, green spaces and children, and the adoption of sustainable living practices. This course is designed for the student and the practitioner.

Practitioners may participate in one-day only and earn 6 CEUs or participate in the entire class and earn 24 CEUs.

Selective Publication of Antidepressant Trials:

**Are These Drugs as Effective as 'Advertised'
in the Peer-Reviewed Literature?**

Friday, January 30, 9 a.m. - 11 a.m.

Instructor: Erick Turner, M.D.

Fee: 2 CEUs, \$20

Erick Turner has served as an FDA medical officer, reviewing applications submitted by pharmaceutical companies seeking approval to market their drugs in the U.S. In this work, he became aware of the large volume of efficacy and safety data generated during a typical drug's clinical development program, and how a fraction of this data gets communicated to the world.

Motivated by his FDA experience, Dr. Turner and co-authors published an article entitled, "Selective Publication of Antidepressant Trials and Its Influence on Apparent Efficacy." This article will serve as the starting point for this talk.

Resilience-Based Trauma Treatment

Friday, February 20, 8:30 a.m. - 5 p.m.

*Instructors: Jeanne Lilly, Ph.D. and
Marion Wong Chew, Ph.D.*

*Fee: 7.5 CEUs, \$130 or
if faxed or postmarked by February 6, \$115*

This course, which will include lecture, video clips, and experiential exercises, will focus on the Positive Psychology construct of Resilience, as a strengths-based approach for understanding how individuals respond to traumatic events in their lives. The presenters will explore the various ways in which an individual reacts to trauma (Body, Brain, Emotions, Cognitions, Energetics, and Spirituality), and they will introduce practical skills that address these stress responses while optimizing the client's coping strengths. This course is designed both for experienced clinicians, as well as those new to the field. Graduate students are also welcome.

**For more information visit our website:
www.lclark.edu/dept/ccps**

Registration Information

Submit registration form to:
Center for Continuing Studies
Lewis & Clark
0615 SW Palatine Hill Rd. MSC 85
Portland, OR 97219
Phone: 503-768-6040 Fax: 503-768-6045

Please select workshop(s) attending:

- _____ Selective Publication of Antidepressant Trials, \$20
_____ Resilience-Based Trauma, \$130 or if faxed/postmarked by Feb. 6, \$115
_____ Listening to the Body, \$130 or if faxed/postmarked by Apr. 3, \$115
_____ Surviving, Living and Winning, no charge
_____ Eco-Therapy, one-day, 6 hours, \$125 or full course, 24 hours, \$500
_____ Realistic Responses, \$60 or if faxed/postmarked by Mar. 12, \$50

Total amount due: _____

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Continuing Education for Mental Health Therapists

Lewis & Clark

Inside: Five CE Trainings

Center for Continuing Studies
Graduate School of Education and Counseling
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Portland, OR 97219-7899

Listening to the Body: Yoga Calm® for Trauma

Friday, April 17, 8:30 a.m. - 4 p.m.

Instructor: Lynea Gillen, M.S.

Fee: 6.5 CEUs, \$130 or
if faxed or postmarked by April 3, \$115

Learn how to combine simple yoga with effective counseling techniques for children and adults in one-on-one therapy sessions or small groups. Counselors and health providers will experience and learn innovative practices that include social/emotional skill building, breathing techniques and yoga poses. This whole-client approach supports the development of wellness habits and directly addresses some of the most persistent physical symptoms of trauma such as dissociation, powerlessness, anxiety and sorrow. Participants will also learn self-care techniques, recognizing that by developing and presenting a calm presence, a safe and trusting relationship is more attainable, and counseling work is less stress-inducing. Yoga techniques taught in this course are very simple and can be used by anyone, including those who have no prior yoga experience.

Realistic Responses: Reaching Students At-Risk

Thursday, April 2, 8:30 a.m. - 3:30 p.m.

Instructor: Chris Crutcher

Fee: \$60, includes lunch
if faxed or postmarked by March 12th, \$50

Though he does not necessarily consider his fictional work “bibliotherapy,” author, educator and therapist Chris Crutcher has collected an overwhelming body of evidence that indicates powerful fiction can act as an outreach and therapeutic catalyst to students in crisis and the peers who interact with them. He’ll discuss this and other “in the trenches” experiences in this workshop for counselors and teachers.

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Pre-enroll

To insure your place in a class and to avoid cancellation due to insufficient enrollment, please register no later than two weeks before your course is scheduled to begin. All cancellations must be received in writing, at least three business days prior to the first class meeting for a full refund. If a request is not received in that time period, no refund will be made.

Graduate School alumni are eligible for a 10 percent discount on tuition for **noncredit, on-campus courses only.**

L&C Alumni Graduation Year _____

Degree _____