
Health Affiliates Maine Fourth Annual Consortium Presentation Guide

Break-out Session 1: 10:15 to 12:15

Internal Family Systems Therapy

Presented by: Jonathan Purinton, LCPC

Internal Family Systems is at the forefront of a movement in psychotherapy toward a more collaborative approach that combines the best of intra-psychic work with the systemic understanding of family systems theory. One of the fastest growing approaches in the field today, Internal Family Systems offers a clear, non-pathological, and empowering understanding of human problems and philosophy of practice. IFS practices are designed to release the compassion, curiosity, and creativity that lie beneath the protective parts of our clients so as to bring open-hearted healing to themselves and their relationships with family members.

Vital Self-care for Our Clients and Ourselves

Presented by: Karen Burke Lane, LCSW

Whether you attend this workshop for yourself or for the benefit of your clients, the content is all the same, as we work toward making lifestyle changes that support self-care, we will also be supporting our clients and even our loved ones in developing their own self-care practices toward a healthier and happier life. There is no stress-free guarantee, stress happens and creating sustainable and healthy self-care practices in our lives will allow us to juggle the balls that life throws our way with more grace and ease. The statistics from the Department of Health and Human Services are staggering and attribute upwards to 90% of all doctors visits to stress related symptoms, the cost of stress is high and whether it's measured in the nation's healthcare dollars or by our own personal energy level, the conversation of lifestyle medicine has finally become more prevalent. So, come join the conversation and learn about what is advancing healthcare through knowledge, skills, tools and clinician self-care. In this workshop we will also cover the Life Ideals Self-Care Practices: relaxation, nutrition, sleep hygiene, thought restructuring, physical activity and social support.

Using Solution-Focused Therapy to Help Clients Set Goals

Presented by: Jim Gorham, LCPC, CADC

This workshop is an introduction to how using Solution-Focused Therapy Techniques can help clients develop clear goals and direction in treatment and identify internal obstacles. This approach can be invaluable when working with any client who demonstrates resistance or low motivation to engaging in treatment. This presentation will help counselors, social workers and case managers use effective techniques to develop client-centered goals in treatment, avoid power struggles with clients with resistance or low motivation to making changes, and enhance provider self-care through regulating emotional transference.

Beyond Attachment Hypnotherapy

Presented by: Steve Hayes, LCSW

This workshop explores Attachment Hypnotherapy which creates one or more supportive internal figures that help the client (1) feel cared about, (2) paid attention to, (3) safe and (4) gently guided through the process of healing. This is invaluable for clients with trauma histories, painful emotions (that need to be processed) and clients with an insecure attachment style. This therapy involves attachment figures (ideal parent figures, Spiritual figures, Angels, religious figures, Animal Totems...). The Spiritual Attachment Figures can tap into a belief system which allows for the possibility of powerful healing. Attendees of this workshop will gain introductory knowledge of Attachment Hypnotherapy. Attendees will see examples of how clients are guided through deep trauma work or work on other difficult issues, they are facing.

An Overview of Psychopharmacology: Diagnoses, Medications, and Effective Use of Psychiatric Treatment

Presented by: Dr. Bowker-Kinley, MD, PhD

This presentation will cover an overview of psychiatric medications, organized by psychiatric diagnosis and medication class. In addition, we will link medications to the known neurobiology of psychiatric illness. The overview will include discussion of side effects and the evidence base for treatment recommendations. Finally, we will use the information to develop clinical guidelines for assessing client appropriateness for psychiatric treatment, understanding which clinical features are considered important in making treatment recommendations by the psychiatric providers, and how to determine if a client can be effectively treated by their primary care provider.

Mental Health Iraqi Refugees

Presented by: Suhib Abdullah

This presentation provides an overview of historical and cultural factors that have affected Iraqi people. It is imperative for providers to understand in providing culturally sensitive & competent care. Being in a war torn country that is unstable politically has resulted in many Iraqi refugees who meet criteria for complex PTSD. The experience of living in an unstable environment is a contributing factor to many Iraqis' distrust for systems and government. The Mental health systems in Iraq, differs greatly from the system in the United States and therefore stigma is also a large barrier to treatment.

Break-out Session 2: 1:30-3:30

Genetics, Addiction & Shame

Presented by: Fran Dunning, ACSW, LCSW, LADC

This workshop will explain how addiction is a metabolic disease which is passed down through many families genetically. Speaker will elaborate on the use of a genogram in educating clients about how addiction is not a choice, or a weakness, or moral failure. This workshop will demonstrate that some people metabolize alcohol and other drugs differently than people who do not have the genetic predisposition to addiction. Often, when presented with this information, clients begin to understand that being addicted is not something for which they need to be ashamed.

Self-Care 2.0

Presented by: Becca Reed Smith, LCSW

We have all been told to go for a walk or take a yoga class in order to support our self-care when we are not in the field. Although this is helpful in some ways, it doesn't reduce the activation that is sometimes felt when we are working directly with our clients. This experiential learning opportunity will help participants gain a better understanding of what happens in our bodies when we are activated and how to effectively respond to this activation while providing direct care.

Case Management with Refugee & Immigrant Clients: Special Topics

Presented by: Megan Boothby, LCSW

This interactive training offers an advanced exploration of complicated issues that case managers face when working with refugee and immigrant clients. With the use of PowerPoint presentation, small group activity, and discussion, participants will be exploring ethical issues which may arise when working with interpreters, community liaisons and client families, learning communication strategies to help clients advocate with American providers, such as schools, medical offices, and transportation companies, and identifying symptoms of anxiety and depression which may be impacting the clients ability to reach ISP goals.

Addressing Tobacco Use in Our Clients

Presented by: Lorrie Roberts, LADC, CCS & Linda Lockhart, JD, MSN, PMHNP-BC

Clients with Mental Health and Substance Use disorders have a very high rate of tobacco use, and are often severely addicted to nicotine. As behavioral health professionals, we are in the perfect role to address their nicotine dependence. In order to start that conversation with our clients, this workshop will help participants learn a few quick steps to addressing tobacco use. We will discuss some of the myths and challenges around smoking cessation with the behavioral health population. We will also explore some of the available tools and approved medications to assist our clients with this serious health issue.

Working with the Military: Strategies and Competencies

Presented by: Hahna Patterson, LCPC

Service members are coping with enormous amounts of stress and challenges and, there is a critical and growing need for access to quality psychological health services. This workshop will educate civilian providers about the needs and challenges of Service Members as they reintegrate from the battlefield to the home front. Suggestions and case examples on how to build a therapeutic alliance with will be our focus while highlighting the need to build cultural competence.

Providing Effective Therapy to Transgender Clients & Their Families

Presented by: Alex Roan, LCPC

This workshop is intended for anyone hoping to learn about basic trans issues or to gain an understanding about how to better support and affirm trans clients. It will introduce basic concepts and complexities related to transgender identities, involve a discussion of clinical issues that a therapist might encounter when working with a transgender or gender-variant client, and provide a summary of results from research on the experiences of parents of transgender individuals in Maine.