

Professional Workshop @ Sheppard Pratt

Sheppard Pratt Professional Education Program

For psychologists, social workers, counselors, and other mental health professionals

Virtual Classroom: 9:00 a.m. - 12:15 p.m. [Click here to register](#)

EARN UP TO 9 CONTACT HOURS

FRIDAY, MARCH 12, 2021

Evidence-Based Care for Refugee, Asylee, and Immigrant Patients

*Presented by: Rachel R. Singer, PhD and
Renee DeBoard-Lucas, PhD*

Individuals may immigrate for a variety of reasons, such as striving to gain access to work or educational opportunities, reunifying with families, or seeking refuge from unsafe circumstances. Mental health symptoms may develop as a result of the individual's initial reasons for fleeing their country of origin but may also be amplified by the very process of seeking safe haven in a new country. The training will describe factors that may impact the mental health of these persons. Participants will engage in interactive discussion, case conceptualization, and creating an action plan for incorporating multiculturally competent interventions into their clinical work.

This presentation meets the requirements of the topic of cultural and individual diversity.

LEARNING OBJECTIVES

After this lecture the learner will be able to:

1. Identify potential challenges when working with immigrant, refugee, and asylee patients.
2. Conceptualize patients using a multicultural framework.
3. Design and implement clinical interventions for this population.

ABOUT THESE SPEAKERS

Rachel Singer, PhD, is a licensed psychologist who specializes in treating anxiety, and multiculturally competent interventions for immigrants, refugees, and asylees. She is the Director of Postdoctoral Training at the Center for Anxiety and Behavioral Change in Rockville, Maryland, and also conducts asylum evaluations for individuals

seeking asylum in the United States. She completed her PhD in Counseling Psychology from Boston College and a postdoctoral fellowship at the Kennedy Krieger Institute at Johns Hopkins. She regularly presents at national conferences and has published on working with immigrants. She received the APA Citizen Psychologist award for her outreach and advocacy with immigrant communities.

Renee DeBoard-Lucas, PhD, is a licensed psychologist with over 15 years of experience treating trauma and anxiety in children, teens, and adults. She is a staff psychologist at Maven Psychology Group and also completes asylum evaluations for people seeking asylum in the United States. She earned her doctorate in Clinical Psychology from Marquette University. She completed a two-year postdoctoral fellowship and then served as a staff psychologist in Child and Adolescent Psychiatry at Johns Hopkins Hospital. Dr. DeBoard-Lucas has authored peer-reviewed articles and book chapters related to children's experiences with trauma as well as mental health needs among refugees and immigrants.

FRIDAY, MAY 7, 2021

A Workshop on Motivational Interviewing: Gaining Traction with Patients Who Feel Stuck

Presented by: Rachel Smolowitz, PhD

Motivational Interviewing (MI) is a set of therapeutic skills with a strong evidence base in addressing health behaviors and can be used to address any problem behavior. This workshop will enable practitioners to better understand the "spirit" of MI and how it can be applied to facilitate change. A focus of the workshop will be on using MI to engage people in their mental health treatment, helping people who are unsure how to use treatment or who have reached a plateau in their progress. The workshop will include didactic learning and opportunities to practice MI skills.

LEARNING OBJECTIVES

After this lecture the learner will be able to:

1. Identify how to integrate motivational interviewing

For additional educational offerings and any changes/updates to the lecture series, visit sheppardpratt.org/events

* Please see third page for registration & instructions

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into other clinical orientations.

2. State three core elements of the spirit of motivational interviewing that can be applied in clinical interactions.
3. Describe and apply stage of change theory to helping patients motivate themselves toward desired behaviors.

ABOUT THIS SPEAKER

Rachel Smolowitz, PhD, is a clinical-community psychologist serving as the Program Manager for the Collaborative Care Program with Sheppard Pratt and GBMC, a program that provides behavioral health services within primary care practices. Dr. Smolowitz completed her doctoral program at the University of South Carolina, and wrote her dissertation on empowerment of adults with serious mental illness. She then worked as a clinical psychologist with adults who have co-occurring mental illness and substance use disorders and developed the Sheppard Pratt smoking cessation program. Dr. Smolowitz is focused on developing capacity to improve the lives of people with mental illness.

FRIDAY, JUNE 4, 2021

Clinical Suicidology: Innovations in the Assessment and Treatment of Suicidal Risk

Presented by: David Jobes, PhD, ABPP

Clinical suicidology is a growing field with new theories and breakthroughs in the assessment and treatment of suicidal risk. New theories, lines of research, and the use of technology are enabling us to better understand reliable typologies of suicidal states and the evolving nature of suicidal ideation. What the emerging evidence shows is that "one size does not fit all." New developments in the management of suicidal crises along with suicide-focused treatments proven to work through randomized controlled trials (RCT's) are changing the prospects of clinically working with people who are suicidal. It is noteworthy that effective treatments directly target suicide risk independent of psychiatric diagnosis. Finally, new developments in suicide-related policy and a "stepped-care" approach to suicidal risk will be presented.

This presentation meets the requirements of the topics of laws ethics and risk management.

LEARNING OBJECTIVES

After this lecture the learner will be able to:

1. Describe innovations in the clinical assessment of suicidal states.
2. Define effective suicide-focused treatments proven through randomized controlled trials.
3. Discuss how to match different suicide-focused treatments to different suicidal patients.

ABOUT THIS SPEAKER

David Jobes, PhD, ABPP, is a Professor of Psychology and Associate Director of Clinical Training at The Catholic University of America and Adjunct Professor of Psychiatry at the Uniformed Services University. An internationally recognized suicidologist, he has authored more than 150 peer-reviewed publications including six books. Dr. Jobes is a past President of the American Association of Suicidology and is the recipient the *Edwin Shneidman Award*, the *Dublin Award*, and the *Marsha Linehan Award* in recognition of his research in clinical suicidology. He maintains a private clinical and forensic practice in Washington, DC.

In the event an announced speaker is unable to present, Sheppard Pratt reserves the right to present an alternative speaker on a comparable subject.

APPROVAL STATEMENTS

Psychologist Statement: Sheppard Pratt is authorized by the State Board of Examiners of Psychologists as a sponsor of continuing education. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this continuing education activity. Sheppard Pratt designates this educational activity for a maximum of 3.0 contact hours for Psychologists.

Social Worker Statement: Sheppard Pratt is authorized by the Board of Social Work Examiners of Maryland to offer

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continuing education for Social Workers. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this continuing education activity. This activity is approved for 3.0 contact hours in Category I credits for Social Workers.

Counselor Statement: Sheppard Pratt has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5098. Programs that do not qualify for NBCC credit are clearly identified. Sheppard Pratt is solely responsible for all aspects of the program. This activity is available for 3.0 NBCC clock hours.



REGISTRATION FEES

General Registration: The fee to attend one activity is \$75. EARLY BIRD: Attend all three activities for \$150; March 12, May 7, and June 4, 2021. Offering 9 contact hours. Use coupon code: Psych 2021 when purchasing all three activities. Offer expires March 1, 2021.

Employees of Sheppard Pratt and affiliate agencies:

The fee to attend one activity is \$45. EARLY BIRD: Attend all three activities for \$75; March 12, May 7, and June 4, 2021. Offering 9 contact hours. Use coupon code: SP Psych 2021 when purchasing all three activities. Offer expires March 1, 2021.

REGISTER AND MAKE PAYMENT

- Payment can be made by credit card online through the Sheppard Pratt Ethos System. We accept Visa, MasterCard, American Express, and Discover.
- To register to earn credit for attending this activity, [log in](#) or [register](#) for an account in Sheppard Pratt's Ethos continuing education system.

- Select the activity and add to cart.
- Follow the prompts until the payment and registration process is complete.

WITHDRAWAL DEADLINES & REFUND POLICY

February 26, 2021 is the deadline to request a refund for withdrawal from the EARLY BIRD and receive a refund. Withdrawals from the EARLY BIRD are subject to a \$40/20 administrative charge.

February 26, 2021 is the deadline to request a refund for withdrawal from the March 12 event. Withdrawals from the March 12 event are subject to a \$20/\$10 administrative charge.

April 23, 2021 is the deadline to request a refund for withdrawal from the May 7 event. Withdrawals from the May 7 event are subject to a \$20/\$10 administrative charge.

May 21, 2021 is the deadline to request a refund for withdrawal from the June 4 event. Withdrawals from the June 4 event are subject to a \$20/\$10 administrative charge.

No refunds or credits will be issued for request for withdrawal from the above events after the listed deadlines.

WATCH THE BROADCAST AND PRINT THE HANDOUT

An email with the link to view the broadcast and handout attachments will be sent to registrants before each lecture.

Questions? Please email CME@sheppardpratt.org.