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Simmons College School of Social Work
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Simmons School of Social Work

PROFESSIONAL
EDUCATION PROGRAM
2007

SIMMONS



Welcome to the Simmons School of Social Work Professional Education Program for 2007!



Dear Colleagues:

The Simmons School of Social Work's Professional Education courses for 2007 are described in this brochure. Social workers have many choices for professional education. We believe that our program, while smaller than others, continues to offer high quality courses that address the learning and practice needs of professional social workers. Our instructors are exceptional, many of them returning after enthusiastic evaluations from past participants. We hope that you will find stimulating offerings that meet some of your needs for life-long learning.

Our program offers courses for advanced practitioners, as well as social workers who are more recent graduates. Many courses focus on clinical issues and topics important to social work practice today. Other offerings, such as our courses on career development and financial planning are aimed at helping social workers plan for the future. Cognitive behavioral therapy, engaging poor fathers, working with challenged children, and evidenced-based practice are additional topics this year. We are especially excited to offer "UnDoing Racism", a nationally acclaimed program that focuses on developing targeted actions to address oppression and racism in our work.

The Scott-Ross Center of Community Service at Simmons College is a key partner in an innovative offering that combines didactic and service learning. This course, focusing on family homelessness, provides CEU's for the learning component and also engages participants in a related "hands-on" day-long service component at Habitat for Humanity.

In addition, Hebrew College and Simmons are co-sponsoring a series of exciting workshops exploring L'Dor V'Dor: Relationships Through the Family Life Cycle. These seminars will use Jewish texts and case materials to facilitate discussion within a Jewish tradition of such issues as parent-child relationships, repentance and forgiveness, and diversity within the Jewish family.

Pine Manor College will again be the main site for our professional education program this year. Pine Manor's comfortable facilities, free parking, and convenient location are assets to us, especially during the current construction on the Simmons College campus.

We hope to see you this year! Our courses can be found at www.simmons.edu/ssw and we hope you will also share this brochure with others! Please contact jeanne.martin@simmons.edu or carol.bonner@simmons.edu with any questions or comments.

Best wishes,

A handwritten signature in black ink that reads "Carol E. Bonner". The signature is written in a cursive, flowing style.

Carol E. Bonner, MSW, MBA
Associate Dean

WORKSHOPS AT A GLANCE:

April 16

Parents and Adult Children*

May 14

The Power of Repentance and Forgiveness*

May 22

Motivational Interviewing: Stage-Specific Strategies for Persons with
Substance Use Disorders

Undoing Racism

Engaging Poor Fathers in Treatment

Family Homelessness and a Day at Habitat for Humanity

May 24

Working with Challenged Children in Schools, Families and Communities
Self-Assessment: A Deeper Look at the Career Development and Planning Process
Money and the Circle of Life

June 7

Learning to Relax

June 9

Challenges in Advanced Clinical Supervision

June 12

Diversity Within the Jewish Family*

June 13

A Survey of Cognitive and Behavioral Therapy

All Therapists are Behavior Therapists Whether They Know It or Not (So You Might
As Well Learn How)

I Really Want to Be an Entrepreneur...Right?

How to Use Evidence-Based Practice in Your Agency

May-June and July-August

Intensive Spanish Immersion Program

* Simmons/Hebrew College Co-Sponsored Series, *L'Dor V'Dor: Relationships Through
the Family Life Cycle*

2007 PROFESSIONAL EDUCATION PROGRAM

Location

Except as otherwise noted in descriptions, all workshops/seminars will be held at Pine Manor College, 400 Heath St., Chestnut Hill, MA. Cafeteria service is available for breakfast and lunch. Pine Manor is easily accessible by car, train, or bus.

Parking is free. For directions, please visit <http://www.pmc.edu/about/visitor>.

Eligibility

Although designed for post master's level social workers, many workshops are open to those having a BSW or a master's degree in a related field. If you are interested but haven't an MSW, contact Jeanne Martin, Director of Professional Education at 617-521-2939 or jeanne.martin@simmons.edu.

CEU Information

CEUs vary from program to program. To be eligible for CEUs, participants must be present for any workshop/seminar in its entirety; all sessions of offerings with more than one session must be attended. Certificates are issued by the instructor at the conclusion of the workshop/seminar.

Confirmations/Cancellations/Refunds

Your registration will be acknowledged via e-mail or confirmation card. You will be notified if a class is cancelled and receive a full refund. If you are unable to attend a workshop please contact 617-521-3906 as soon as possible. **No refunds will be made after a workshop begins.**

Costs

Workshop costs vary with each program. Payment **in full** for workshops/seminars by check, money order, or credit card **must** be included with your registration.

Note: If two or more participants from your agency are registering, please have all registrations sent together with payment in full.

Current Field Instructors and Training Directors of Simmons SSW Students: You must include a deposit of \$10.00 per workshop along with the name of your agency and your position/title.

In order to keep workshop costs low, scholarships will not be awarded.

WORKSHOPS AND SEMINARS:

The Registration Deadline for these workshops is Wednesday, May 10.

TUESDAY, MAY 22

C638 Motivational Interviewing: Stage-Specific Strategies for Persons with Substance Use Disorders

9:00 am – 4:00 pm > 6 CEUs \$100.00

Motivational interviewing is a powerful and effective way to treat persons with substance use disorders. We will learn about this evidence-based treatment through lecture, discussion, exercises and a film of a motivational interview. The class will focus on stage-specific strategies for working with adults in all phases of treatment readiness.

Instructor: Hilary Jacobs, LICSW, LADC, private practice; License Manager, The Massachusetts Department of Public Health, Bureau of Substance Abuse Services.

C639 UnDoing Racism

9:00 am – 4:00 pm > 6 CEUs \$100.00

We will study the phenomenon of racism on a global, institutional, and individual level. Participants will learn the theory, history, and current manifestations of racism in our society and its institutions. The effects on both “minority” and “majority” groups and individuals in the United States will be explored. Also, a framework for understanding and undoing racist thoughts and actions will be presented. Participants will be introduced to the concepts of racial privilege, racial identity, and power analysis. Time will be spent in discussion, role-play, exercises, and research. The final moments of the workshop will be spent debriefing about what was learned during the workshop in particular, and how the knowledge can be used in general.

Instructor: Pharnal Longus, MSW, Ph.D, Professor-emeritus in the Massachusetts state college system since 1972 and creator of the Institute for UnDoing Racism at Salem State College in 1991.

2007 WORKSHOPS AND SEMINARS

C640 Engaging Poor Fathers in Treatment

9:00 am – 12:00 noon > 3 CEUs \$55.00

Lack of father involvement weakens poor families and fragments communities. This workshop will explore fatherhood and the decline of father involvement in low-income/economically disadvantaged families. We will examine some of the root causes of this issue, including attitudes, historical trends, male socialization in the United States, and lack of services. Discussion of practical approaches toward working with poor fathers will focus on a strength-based perspective.

Instructors: Kevin D. Barboza, MSW, Agency Ombudsman, Massachusetts Department of Social Services; Laurie Rosenstein-Roy, LICSW, Area Regional Manager, Massachusetts Department of Social Services.

C641 Family Homelessness and a Day at Habitat for Humanity

Didactic Session: May 22, 5:30 pm – 8:30 pm at Pine Manor College

Service Learning: May 24, 8:30 am – 3:30 pm in Boston

Course Debrief from 4:00 pm – 5:00 pm > 4 CEUs \$70.00

In partnership with the Scott Ross Center for Community Service at Simmons College, the Professional Education program offers this innovative course designed to immerse participants in the issue of family homelessness. This workshop combines didactic and service learning while helping to build coalitions of social workers. This will increase awareness of the critical issue of family homelessness and fuel passions in the areas of poverty and homelessness.

Instructors: Stephanie Brown, Executive Director, Homes for Families; Rachel Heller, Senior Policy Advocate, Homes for Families.

Course coordinator: Carol Bonner, Associate Dean, Simmons School of Social Work.

THURSDAY, MAY 24

C642 Working with Challenged Children in Schools, Families and Communities**9:00 am – 4:00 pm > 6 CEUs \$100.00**

In this workshop, we will develop skills to help children with a variety of cognitive, physical, emotional, and social challenges. We will develop strategies for fostering communication and collaboration with the school system, family relationships, and with teachers and other school and agency personnel. The workshop will use our combined expertise in casenotes, role-plays, and consultation to enhance our understanding and efficacy with this population.

Instructor: Lee Whitman-Raymond, Ph.D., MFA, Adjunct Faculty, Simmons School of Social Work; private practice, Pawtucket, RI.

C643 Self-Assessment: A Deeper Look at the Career Development and Planning Process**9:00 am – 12:00 noon > 3 CEUs \$55.00**

Work has always played an integral role in people's lives, and self-assessment is a key component in career development and planning. In this interactive workshop, participants will learn more about the role that self-assessment plays in furthering a client's understanding of self and where s/he fits into the world of work. We will discuss the role of values and interests in defining an individual career direction, as well as the different types of skills that clients possess. Included will be a variety of assessments for social workers to use with clients.

Instructor: Amy Mazur, Ed.M., NCC, Career Development Specialist.

C644 Money and the Circle of Life**1:00 pm – 4:00 pm > 3 CEUs \$55.00**

Whatever phase of life you are in, you have goals, dreams, and basic needs to be met. Integrating solid planning and careful money-management skills can help you make the most of life now and in the life stages ahead. This class will discuss basic financial concepts including budgeting, saving, retirement planning, investing, and insurance with a focus on the financial activities that are most important for various life stages. Whether you are new to the work force, approaching retirement, recently divorced, or newly rich (!), this class will provide food for thought and a list of steps you can take to improve your financial situation.

Instructor: Susan Brown, CFP is an experienced investment analyst and practicing financial planner employed as a Wealth Manager at Back Bay Financial Group, Inc. in Boston.

THURSDAY, JUNE 7

C645 Learning to Relax**9:00 am – 4:00 pm > 6 CEUs \$100.00**

Becoming truly relaxed can sometimes feel outside the grasp of many of our clients. In this workshop we will learn and practice tried and true strategies for relaxation, including: guided visualization, breath work, simple meditation, gentle stretching, creative affirmations, and other methods. We will also touch on how to use music, aromatherapy, and adjusting one's personal environment in helping our clients reduce stress and develop a greater sense of calm. Each participant will leave the workshop with a packet of handouts to copy and use in their practice.

Instructor: Jeanne F. Martin, MTS, MSW, Ed.D., private practice and consultation; Adjunct Faculty, Simmons School of Social Work.

SATURDAY, JUNE 9

Location: YOU, Inc. Worcester, MA**Directions will be included with registration confirmation****C646 Challenges in Advanced Clinical Supervision****9:00 am – 1:00 pm > 4 CEUs \$70.00**

This practice-oriented workshop will briefly explore the theoretical underpinnings of social work supervision. Creative and practical responses to the challenges of supervision will be discussed. As a result of this workshop, participants will learn the basic theories of social work supervision, how "use of the self" may impact the supervisory relationship, and how "parallel process" can be utilized to monitor the supervisee's relationship with the client. Workshop participants will be asked to share examples of challenging issues encountered in their supervisory role.

Instructor: Beth Flanzbaum, LICSW, BCD, Assistant Director of Outpatient Services at YOU, Inc. (Youth Opportunities Upheld, Inc.) in Worcester, MA. She currently provides services to children, adolescents, and families, supervises clinical staff, and oversees several outpatient programs.

WEDNESDAY, JUNE 13

C647 A Survey of Cognitive and Behavioral Therapy**9:00 am – 12:00 noon > 3 CEUs \$55.00**

Cognitive and Behavioral Therapy (CBT) offers a variety of procedures and techniques for promoting change for our clients. There have been many developments in the field of cognitive therapy, but none of the approaches can be considered “one size fits all”. In this workshop, traditional techniques such as cognitive restructuring and exposure will be reviewed along with more cutting edge approaches such as ACT, DBT and mindfulness-based therapies. We will discuss the common threads and consider how the skillful clinician might select among them for an individual client. Resources for additional study will be provided.

Instructor: Thomas Sweetland, LICSW, Adjunct Faculty, Simmons School of Social Work; Program Director, Vinfen/Baycove Community Rehabilitation and Support.

C648 All Therapists are Behavior Therapists Whether They Know It or Not (So You Might as Well Learn How)**1:00 pm – 4:00 pm > 3 CEUs \$55.00**

This workshop will present reasons why fundamental competence in behavior therapy should be included in the repertoire of every psychotherapist, of any theoretical orientation. Basic principles and methods of behavior therapy will be reviewed and demystified, and examples of both intentional and inadvertent applications of behavior modification (for better or worse) in common clinical situations will be illustrated. Specific behavioral interventions for some of the most commonly encountered problems will be described in detail. The workshop format includes lectures, small group discussions, and exercises. Designed for social workers without previous training or experience in behavior therapy.

Instructor: Peter McEntee, LICSW, Administrative Director, The Behavioral Medicine Program, Cambridge Hospital.

C649 I Really Want to Be an Entrepreneur...Right?**9:00 am – 12:00 noon > 3 CEUs \$55.00**

A general consensus is that small businesses usually fail because of poor organizational skills. But they may also fail because being an entrepreneur may not be what the person really wants to do. This workshop provides participants with an opportunity to reflect on what it takes to own a small business and to explore whether they really want to do it. Practical tips on how to start one’s own business will also be provided.

Instructor: Mauro Nunez, MBA, North American Business Manager, World Wide Web Consortium/MIT; Owner, Boston School of Boabom, Brookline, MA.

C650 How to Use Evidence-Based Practice in Your Agency

Does your agency use evidence-based methods when making practice decisions? What are the pros and cons social workers face when adopting an evidence-informed practice model? What is considered “evidence” and where and how do social workers access the resources necessary to make better practice decisions? If your agency has a research need and/or if you would like more training about this important issue, Gianna Gifford, Librarian for the Simmons School of Social Work, invites you to contact her to arrange a 3 hour training session, tailored to your agency’s research and practice interests, at your workplace. Gianna will frame the overarching issues of EBP, and then highlight web resources and comprehensive databases where you can access the social work professional literature at no cost. To set up a training session, please contact Gianna Gifford at gianna.gifford@simmons.edu or call her for more information at 617-521-2777. Fees and CEUs to be arranged.

SIMMONS SCHOOL OF SOCIAL WORK AND HEBREW COLLEGE

CO-SPONSORED SEMINAR SERIES

Pre-registration by April 4 is recommended for these workshops.

Walk-ins will be welcome.

L'Dor V'Dor: Relationships Through the Family Life Cycle

L'Dor V'Dor (Generation to Generation) speaks to the centrality of the family in Judaism. This series will explore ways that Jewish tradition addresses family relationships. Jewish texts will provide a structure for framing clinical social work issues. Participants will be invited to engage in interactive discussion of case materials. Social work CEU's will be awarded. Series sessions may be attended individually.

Location: Hebrew College, 160 Herrick Road, Newton Centre, MA 02459
For directions and parking information, please visit http://www.hebrewcollege.edu/html/contact_us/directions.htm#parking

MONDAY, APRIL 16

C651 Parents and Adult Children

7:00 pm – 9:30 pm > 2 CEUs \$40.00

In Jewish history and tradition, the always complex relationship between parents and children has taken on even greater weight and significance. On the level of history, each generation has seen the next as embodying the hopes and dreams of an exiled people, as perpetuating its way of life and aspirations. On the level of tradition, the Jewish notion of commandedness imbues the relationship between parents and children with a dimension of holy obligation. Traditional Jewish texts and their interpretation reflect the uniqueness of the parent-child relationship, offering novel and provocative re-readings of biblical stories of parents and children, and exploring the nature—and limits—of the obligation between them. Join us for a lively examination of these unusual Jewish texts, with an eye to using the spiritual and psychological insights they contain in clinical practice today.

Instructors: Dr. Katherine Jungreis, LICSW is in private practice and an Adjunct Professor at Simmons School of Social Work. She teaches in the joint Simmons College/Hebrew College Jewish Communal and Clinical Social Work Program.

Dr. Jacob Meskin is Assistant Professor of Education at Hebrew College. He teaches extensively in the Me'ah and Ikarim Programs.

MONDAY, MAY 14

C652 The Power of Repentance and Forgiveness

7:00 pm – 9:30 pm > 2 CEUs \$40.00

The emotional matrix of the family is generally one of the most powerful we will ever experience. How then should we respond to injuries done to us and those we inflict on others within our families? How can we best steer ourselves and our clients through the complex process of repentance and forgiveness in a way that helps find the balance between justice and reconciliation?

The arena of repentance and forgiveness is highly significant in psychological, moral, and religious terms. Judaism has much to offer in appreciating the questions of whom to forgive and when. Is forgiving always more moral than refusing to forgive? Is it ever immoral to forgive? What are the terms of these negotiations?

This session looks at the wisdom of the Jewish approach to these issues and how they can be applied in our clinical work. From issues of severe trauma to the inevitable hurts of everyday living, we will explore how repentance and forgiveness can substantially change experiences in family relationships.

Instructors: Dr. Solomon Schimmel is Professor of Jewish Education and Psychology at Hebrew College. He is the author of *Wounds Not Healed By Time: The Power of Repentance and Forgiveness*.

Lynn Sanford, LICSW is Assistant Professor at Simmons School of Social Work. She is a noted lecturer and consultant on trauma, and the author of *Strong at the Broken Places*.

TUESDAY, JUNE 12

C653 Diversity Within the Jewish Family

7:00 pm – 9:30 pm > 2 CEUs \$40.00

All families must confront the exquisitely complex dance of negotiating each member's need for individuation, while at the same time holding them in the weave of connection. For Jewish families, this task takes on even greater intensity as the deep value of involvement reflects the element of survival for an often persecuted minority people. This dialectic can be particularly painful when the emphasis on family relationships is at odds with the general culture's comfortable stance on "doing your own thing." Additionally, the choices of how to practice and identify as Jewish have never been greater.

This session will look at Jewish historical and textual perspectives of differences in the family, as well as the contemporary challenges. These challenges range from intermarriage to what happens when a family member becomes much more observant.

Instructors: Elana Kling Perkins, LICSW is coordinator of the Program for Interfaith Families at Jewish Family and Children's Service. She is also the co-founder of Perspectives, a counseling and consultation service with a Jewish dimension.

Rabbi Sharon Cohen-Anisfeld is Dean of the Rabbinical School of Hebrew College. She served for 13 years as a Hillel rabbi at Tufts University, and then Harvard University. She is also the co-editor of two books, *The Women's Passover Companion* and *The Women's Seder Sourcebook*.

