CE classes for psychologists, social workers, counselors, therapists, health educators, and other health and human services providers

- NEW: Addiction, Compulsion, and Craving—The Biology of the Pursuit of Happiness
- Contemporary Issues in Geriatric Mental Health Care (online self-study)
- Ethics and Boundaries: Biological Roots and Challenges of the New Genetics
- Ethics and Boundaries: Documentation, Risk Assessment, and Telemedicine
- Forgiveness: A Pathway to Emotional Healing (in-person or online self-study)
- Integrating Mindfulness Meditation into the Clinical Setting
- Mediation Techniques for Managing Conflict (online self-study)
- NEW: Therapeutic Mindfulness Applications and Theory
- NEW: Trauma-Informed Care for Therapists

Fulfill your continuing education licensure renewal requirements with UW–Madison Continuing Studies classes on Ethics/Boundaries, Mental Health, and Substance Use Disorders.
Welcome to UW–Madison Continuing Studies Behavioral Health programs, where you will gain knowledge to improve outcomes for your clients while earning continuing education credits. We teach evidence-based skills that you can immediately apply to your practice.

Presented by UW–Madison faculty and staff, regional and national experts, and experienced practitioners, our courses provide the information you need as you build on your expertise. Learning is experiential and participatory. You’ll come away with valuable resources, new perspectives, and inspiration to do your best, most purposeful work.

UW–Madison Division of Continuing Studies is an approved continuing education provider for the following:

Psychologists: UW–Madison Division of Continuing Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. UW–Madison Division of Continuing Studies maintains responsibility for these programs and their content.

Social Workers: UW–Madison Division of Continuing Studies (provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), aswb.org, through the Approved Continuing Education (ACE) program. UW–Madison Division of Continuing Studies maintains responsibility for these programs. ASWB Approval Period: 4/27/2019-4/27/2022. Refer to program descriptions for number of CE credit hours. WI, IA, IL, MI, and MN Boards of Social Work recognize ACE programs.

Counselors: UW–Madison Division of Continuing Studies has been approved by the National Board for Certified Counselors (NBCC), Approved Continuing Education Provider (ACEP) #5990. Programs that do not qualify for NBCC credit are clearly identified. University of Wisconsin–Madison Division of Continuing Studies is solely responsible for all aspects of the programs.

Health Educators (CHES®/MCHES®): UW–Madison Division of Continuing Studies (MEP101794) is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. (NCHEC) for Certified Health Education Specialists (CHES®) and Master Certified Health Education Specialists (MCHES®). Check program descriptions for CHES approvals.

WI Marriage and Family Therapists: These programs qualify as accredited university continuing education courses relevant to professional practice.

WI Substance Abuse Counselors: These programs qualify as continuing education courses consisting of relevant subject matter taught by qualified presenters.

Educators: These programs may qualify toward your Professional Development Plans (PDPs).

Other professionals: Contact your own board or organization for specific continuing education requirements.

Participants receive verification of attendance after full participation in programs.

Calendar

September 2019
Ethics and Boundaries: Documentation, Risk Assessment, and Telemedicine
Sep 9, 9am-4pm; Pyle Center, Madison, WI

Therapeutic Mindfulness Applications and Theory
Sep 20, 9am-4pm; The Ingleside Hotel, Pewaukee, WI

October 2019
Trauma-Informed Care for Therapists
Oct 17-18, 9am-4pm each day; Pyle Center, Madison, WI

November 2019
Forgiveness: A Pathway to Emotional Healing (In person)
Nov 11, 9am-4pm; Pyle Center, Madison, WI

December 2019
Ethics and Boundaries: Biological Roots and Challenges of the New Genetics
Dec 2, 9am-3pm (working lunch included); The American Club, Kohler, WI

Addiction, Compulsion, and Craving—The Biology of the Pursuit of Happiness
Dec 3, 9am-3pm (working lunch included); The American Club, Kohler, WI

Integrating Mindfulness Meditation into the Clinical Setting
Dec 5-6, 9am-4pm each day; Pyle Center, Madison, WI

Online, Anytime

Contemporary Issues in Geriatric Mental Health Care
Forgiveness: A Pathway to Emotional Healing
Mediation Techniques for Managing Conflict
NEW: Trauma-Informed Care for Therapists
When: Oct 17-18, 9am-4pm each day (on-site registration 8:30am)
Where: Pyle Center, 702 Langdon St., Madison, WI
Fee: $325
Instructor: Melinda A. Marasch, LCSW
Continuing education (CE) hours: 12, 12 CHES®
Level: Intermediate to advanced
Questions: Kristi Obmascher, kristi.obmascher@wisc.edu, 608-262-8971
To register or for more information: go.wisc.edu/ethics-boundaries-telemedicine

Trauma-Informed Care (TIC) is an important best practice model for all social workers, counselors, and therapists. This class will address the difference between Trauma-Informed and Trauma-Specific Care and break key concepts down to practical do’s and don’ts. To support integration of material in direct practice, we will include lecture enhanced by group discussions, didactic experiences, and practical exercises.

At the end of this workshop, participants will be able to:
- Define the four R’s of Trauma-Informed Care.
- Recognize the signs and symptoms of stress/trauma.
- Describe the widespread impact of stress/trauma.
- Identify several paths toward recovery.
- Describe at least one promising or evidence-based best practice for trauma-informed and/or trauma-specific care approach.
- Identify at least four do’s and don’ts in your trauma-informed work with participants.
- Apply Motivational Interviewing as a foundational Trauma-Informed Care approach.
- Describe secondary trauma, burn-out and/or compassion fatigue.
- Identify at least one thing you will do for better self-care.
- Plan to implement knowledge and/or skill into practice.

Forgiveness: A Pathway to Emotional Healing (In person)
When: Nov 11, 9am-4pm
(onsite registration 8:30am)
Where: Pyle Center, 702 Langdon St., Madison, WI
Fee: $195
Instructor: Robert Enright, PhD
Continuing education (CE) hours: 6, 6 CHES®
Level: Intermediate to advanced
Questions: Barbara Nehls-Lowe, barbara.nehlslowe@wisc.edu, 608-890-4653
To register or for more information: go.wisc.edu/forgiveness-in-person

This course on the psychology of forgiveness addresses four questions for anyone interested in bringing emotional healing to individuals, families, and communities: What is forgiveness? Why forgive? How do people forgive? How can we bring forgiveness to families, schools, the workplace, and other communities for better emotional health? Includes supplemental materials.

At the end of this workshop, participants will be able to:
- Describe what the term ‘forgiveness’ means.
- Develop the confidence to forgive, and to help others to forgive.
- Develop confidence in introducing the life-giving qualities of forgiveness to your clients and others in your life.

Testimonials
“Amazing amount of powerful information presented clearly and in an easily accessible way.”
“What I like most? Dr. Enright’s gentle, wise, and informed teaching style and thoughtful content.”

Integrating Mindfulness Meditation into the Clinical Setting
When: Dec 5-6, 9am-4pm
each day (onsite registration 8:30am)
Where: Pyle Center, 702 Langdon St., Madison, WI
Fee: $325
Instructor: Mare Chapman
Continuing education (CE) hours: 12, 12 CHES®
Level: Intermediate
Questions: Barbara Nehls-Lowe, barbara.nehlslowe@wisc.edu, 608-890-4653
To register or for more information: go.wisc.edu/mindfulness-meditation

Explore the principles and practices of mindful awareness and mindfulness meditation, review the latest scientific findings on the effects of the practice, and experience several core meditative practices, including how to work with physical pain and difficult emotions. Learn specific ways to apply these principles and methods in your own setting. We also address the vital necessity of bringing mindful and compassionate awareness to oneself as the caregiver.

At the end of this workshop, participants will be able to:
- Define mindfulness and its basic principles.
- Describe the core concepts of Buddhist psychology.
- Experience and learn a basic meditation practice.
- Describe the scientific findings on mindfulness.
- Explain the root cause of much of our suffering and how mindfulness addresses this.
- Identify methods for working with painful sensations and difficult emotions.
- Apply core practices you can easily incorporate and apply in your work, as well as in your life.

Testimonials
“Outstanding. Who wouldn’t benefit from this?”
“One of the best presenters I’ve seen in my career.”
Ethics and Boundaries: Biological Roots and Challenges of the New Genetics

Studying ethical behavior in the research setting leads to some surprising insights. Notably, humans are remarkably similar in the way we construct our moral codes and remarkably inconsistent in how we apply them. Examine the biological origins of “ethical” behavior, explore how our brains complicate efforts to solve moral dilemmas, and examine why we believe some acts are moral and some are not. Also, explore how 21st century human beings are on the threshold of changing everything, including themselves.

At the end of this workshop, participants will be able to:
- Describe how scientists study morality.
- Recognize the unconscious yet persuasive nature of making moral choices.
- List the five components of the moral mind.
- Assess how individuals disengage from their ethical standards.
- Describe ways in which the new genetics can challenge what it means to be human.

Program meets Wisconsin requirements for ethics and boundaries continuing education for licensure renewal for social workers, marriage and family therapists, and professional counselors (MPSW19.02) and ethics requirements for psychologists (Psy 4.025).

New: Addiction, Compulsion, and Craving—The Biology of the Pursuit of Happiness

Learn about substances that are frequently abused (alcohol, marijuana, opioids, methamphetamine), behavioral addictions (gambling), and effective treatment strategies. This class explores the biological understanding of the commonly identified features of addiction: genetic vulnerability, the brain’s reward system, withdrawal, and relapse.

At the end of this workshop, participants will be able to:
- Summarize the differences between addictive, impulsive, and compulsive behavior.
- Evaluate the various treatments for addictive behavior.
- Recognize the biological features of the different addictive disorders.
- Incorporate research findings concerning treatment into their approach with these clients.

Program meets Wisconsin requirements for ethics and boundaries continuing education for licensure renewal for social workers, marriage and family therapists, and professional counselors (MPSW19.02) and ethics requirements for psychologists (Psy 4.025).

New: Therapeutic Mindfulness Applications and Theory

This course will empower mental health professionals to utilize a variety of mindfulness skills that can help their clients to reduce anxiety, reduce depression, and boost their emotional regulation abilities. We will examine specific utilitarian mindfulness on-the-fly tools, mindfulness theory, and mindfulness lifestyle techniques. We will also cover the ethics of using mindfulness as a therapeutic tool.

At the end of this workshop, participants will be able to:
- Demonstrate mindfulness theory in therapeutic practice.
- Effectively apply how to use a variety of utilitarian mindfulness skills in a therapeutic setting.
- Deepen experiential understanding of mindfulness by identifying mindfulness on-the-fly techniques.
- Examine cultural challenges such as information overload and how to counteract this through regulating our mental diets.
- Practice how to be the neutral observer of the thinking process and how to effectively identify and reboot old, unproductive thinking patterns.
- Discover specific techniques to quiet the chattering mind. (This is a great set of tools for improving sleep.)
- Explain the ethics of using mindfulness as a therapeutic tool.
Mare Chapman (MA) has been practicing mindfulness-based psychotherapy for over 30 years. She finds mindfulness to be the most effective and empowering tool for transforming our deeply ingrained conditioned patterns, and for handling the full gamut of challenges life gives us.

Robert Enright (PhD), a licensed psychologist and a professor of educational psychology at UW–Madison, has been a leader in the scientific study of forgiveness and its effects since 1985. He is the author of more than 100 publications, including five books.

Melinda Marasch (LCSW, MA, UW-Milwaukee) is a trainer and consultant, and previously worked as a therapist and administrator. Her specialties include clinical training, supervision, and development of programs for social workers and other direct care providers. She is a member of the international Motivational Interviewing Network of Trainers.

David Mays (MD, PhD) is the past forensic clinical director at the Mendota Mental Health Institute in Madison. He also serves on the clinical faculty at UW–Madison and the Medical College of Wisconsin.

Lamont McPheron (LPC) is a licensed psychotherapist, Tai Chi instructor, and mindfulness educator. He has dedicated over 25 years to intensive mindfulness training and study. He is the cofounder of the Integrated Mindfulness Institute and author of The Mindfulness Handbook.

Forgiveness: A Pathway to Emotional Healing

Recorded audio from a one-day classroom program on the psychology of forgiveness addresses four questions for anyone interested in bringing emotional healing to individuals, families, and communities: What is forgiveness? Why forgive? How do people forgive? How can we bring forgiveness to families, schools, the workplace, and other communities for better emotional health? Includes supplemental materials.

Mediation Techniques for Managing Conflict

Work at your own pace to explore the nature of conflict and basic mediation techniques. Discover how to more effectively resolve disputes of all types, including work-related and personal, and learn about interest-based negotiations.

Contemporary Issues in Geriatric Mental Health

Gain an overview of late-life depression, anxiety, and sleep disorders; geriatric psychopharmacology; and the role of chronic conditions in geriatric mental health in this online professional development series, the only one of its kind in the Midwest. Taught in five modules that incorporate audio lectures, PowerPoint presentations, and post-tests.
General Information

Class location: Varies, check program description. For directions, parking, and hotel information for programs at the Pyle Center: pyle.wisc.edu/about/pyle-center

Fees: Course fees include instruction, continuing education credits, and a $25 nonrefundable administrative fee. For in-person classes, the fees also include materials and refreshments. For programs at the Pyle Center, lunches are on your own at the Memorial Union or any of the many nearby restaurants. Outside food items (including food from home) may not be consumed at the Pyle Center.

Registration: Please register as early as possible to ensure your place in the program. To register call 608-262-2451 or visit our website (see program description for URL). Registration fees due at time of registration.

Cancellation policy: In the event of bad weather or other emergencies, call 608-263-4432 or visit continuingstudies.wisc.edu/policies-related-information to learn whether a Continuing Studies program or class has been cancelled. If you are unable to attend or arrange for a substitute, you may obtain a refund minus the program administrative fee by contacting our registration department at least three business days before the program starts. If you cancel three or fewer business days before the program starts, or do not attend, you are responsible for the entire fee. To cancel or arrange for a substitute, call 800-725-9692.

Ways to Register

Online at: continuingstudies.wisc.edu/behavioral-health, or use program urls listed in brochure

Mail Registration Form to (check or credit card required): UW–Madison Continuing Studies Registrations, Pyle Center, 702 Langdon St, Madison, WI 53706-1487

Call: 608-262-2451 or 800-725-9692 (credit card required) (Wisconsin Relay 711)

Fax: 608-265-3163 or 800-741-7416 (credit card required)

Payment must be made at time of registration.
Fall 2019
CE classes for psychologists, social workers, counselors, therapists, health educators, and other health and human services providers
continuingstudies.wisc.edu/behavioral-health

Testimonials

David Mays, Ethics and Boundaries Training
"If you have had your fill of elementary and/or soporific ethics courses for CE, then Dr. Mays is your remedy!"
—Wisconsin Psychologist

"Dr. Mays is always a pleasure to hear lecture. Content and examples are relevant and his sense of humor is welcoming given the general seriousness of the content presented."
—Clinical Services Manager

"This is one of the best trainings I have attended! It was relevant, useful, and updated information. Thank you Dr. Mays for an excellent presentation."
—Licensed Professional Counselor

Mare Chapman, Integrating Mindfulness Mediation into the Clinical Setting
"Mare Chapman was a wonderful teacher and inspiring mental health provider. I highly recommend this conference to everyone working in the mental health field, both for themselves and to assist others in their recovery."
—Clinical Social Worker

"Mare is an excellent presenter and of course, very knowledgeable."
—Mental Health Crisis Worker

"I was appreciative of how practical the class was. Integrating information with practice was very good."
—Pastor