Midlands Technical College

Continuing Education for Human Service Professionals

Spring/Summer 2006

Helping Couples Make Positive Decisions

CEHHS 57001 May 17 $110
W 9 AM - 4:30 PM NEAST

The process of helping couples make positive decisions involves the counselor's ability to analyze the situation and move the couple forward towards change. This workshop will address stumbling blocks in the decision making process; the therapist's values and their impact on helping couples make decisions; manipulation in the process of decision making; steps in the decision making process; and evaluating the process and progress. Instructor: Francine Muscarella, MSW, LMSW. For social workers, counselors, marriage and family therapists and clergy.

Aging and Illness: Physical Changes—Emotional Consequences

The psychological effects of strokes, heart attacks, amputations, dementias and other illnesses can be devastating . This workshop will explore the effects these problems have on the elderly and their family systems. Topics: real and perceived losses; understanding the grieving process; therapeutic interventions; family stressors, symptoms; and how counseling and education empower the client and family. (6 hrs. social work and long term administrator credit). The instructor: Rafe Ellisor, LMSW. For social workers, counselors, and long term care administra The instructor: Rafe Ellisor, LMSW. For social workers, counselors, and long term care administra

Life Management Skills (Managing Your Stress)

This morning workshop, which is part of a day long workshop, will help you evaluate your day-to-day life management skills. The morning session will focus on stress management. This interactive seminar will help you identify your current life stressors and specific ways to cope with them. r Note: This early morning workshop (7:30 AM - 12:30 PM) is part one of a daylong marathon for CE hours. A box lunch is served at 12:30. (5 hrs. social worker). Instructor Francine Muscarella, MSW, LMSW. For social workers, counselors, and long term care administrators

CEHHS55801 June 28 $95
W 7:30-12:30 PM HARBN

Life Management Skills (Managing Your Time)The afternoon session will focus on time and organizational management. This workshop will help you effectively manage this limited resource. Learn how to do a time audit, prioritize your work, and discover time wasters and time savers. . This workshop is part two of a day-long CE marathon and may be taken as a separate unit since it meets from 1 - 6 PM. Lunch is not served to those taking only this part of the CE marathon. (5 hrs. social worker). Instructor: Francine Muscarella, MSW, LMSW. For social workers, counselors, and long term care administrators

CEHHS55901 June 28 $90
W 1 PM-6 HARBN

Assessment and Treatment of Chronic Pain

Chronic pain is a common ailment, which is underdiagnosed and rarely extensively treated. Its global impact frequently leads to psychological, financial and vocational impairment. Barriers within the medical community, reimbursement systems and legislation often impede proper care for it. The personal cost of this ailment through depression and lost quality of life are immeasurable. The elderly population is exceptionally at risk for chronic pain. This course reviews the assessment and treatment options for chronic pain while also examining many of the variables that affect how pain is experienced. Instructor: Steven Iacono, LMSW Social workers, long term care administrators, vocational rehabilitation counselors, physical & occupational therapists, psychologists & recreational therapists.

CEHUM 514-01 June 15 9:00-12:00 $65 NE

Cultivatng Personal Resilience At Work

The session will promote greater self-awareness and offer tools for participants to cultivate resilience in their own life and work. The workshop will be highly interactive. Target group: social workers, counselors, and other human service workers (3 social work hours)Facilitator: Sarah L. Meadows, MSW, LISW-AP

CEHHS 554-01 June 15 1:00-4:30 $65 NE

Marital Evolution: Removing Contamination and Harvesting Intimacy

This one-day workshop is for marital therapists, family therapists, and other counseling professionals who want to understand the psychodynamics of individuals and those with whom they partner. (6 hrs. social worker credit). Instructor Michael K. Newman, Ed.D, LISW-CP Supervisor, CAC 11. For social workers, counselors, marriage and family therapists and clergy.

CEHHS56401 Aug 9 $110
W 9:00-4:30 HARBN

Visit www.mtctraining.com for course descriptions, instructor credentials and easy registration.

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In Praise of Residential Care *
CEHHS 86903 Jun 6 $110
T 9 AM - 4:30 PM HARBN
The history, growth, challenges, future expectations and regulations that govern residential care will be explored in this workshop. Other topics: developing management skills to work successfully with staff, residents and families; setting up a specialized unit; setting priorities; understanding your role and how to fulfill it; current trends in residential care and marketing; and developing the best possible atmosphere within your facility to produce contented residents, staff, and families. Instructor: Patricia Schneider, RN. For administrators in assisted living and residential care facilities. Also for social workers and counselors who work with the elderly in a residential facility.

Quality Assurance Audit -Quick and Easy Way *
CEHHS 56201 Jun 9 $65
F 9 AM - 11 AM NEAST
Every person in long term care has probably at one time or another dreaded quality assurance audits. This workshop will prepare you to develop a QA audit tool to measure the most difficult aspects of care. Participants will learn to: (1) Develop a QA audit tool for the Federal tags that affect Long Term Care (2) Identify issues of quality care that affect resident care and that are problematic areas to address (3) Discuss timing as it relates to the sequencing of QA audits. Instructor: Martha Bursinger, RN, and dually licensed nursing home administrator. For nursing home, residential care and assisted living administrators. Also for social workers and counselors in a residential care setting.

Workforce Issues in Long Term Care *
CEHHS 56101 Jun 9 $65
F 1 PM - 4 PM NEAST
Learn how four types of generations in today's workforce can work together to accomplish goals. As a participant, you will learn about the characteristics that distinguish each generation, about the positive and negative aspects of each, and how you can help to eliminate negativism that arises in a multi-generational workplace. You can also learn how to become a champion for workplace harmony and positive change. Instructor: Martha Bursinger, RN, and dually licensed nursing home administrator. For nursing home, residential care and assisted living administrators, social workers and counselors..

Communicating Strategies for Those with Dementia *
CEHUM 51101 Jun 13 $110
T 9 AM - 4 PM HARBN
How do we communicate with those who have dementia when they just don't seem to understand? What works with one individual may not work with the next - or even the same individual during the next conversation! Come to this seminar to learn how you can communicate more effectively with those with who have dementia. Terry Woodward is a Certified Residential Care Facility Administrator (CRCFA) and has worked in assisted living communities. She has a BA in Psychology and an M.Ed. in Community and Occupational Programs in Education with a concentration in Gerontology. She is a licensed administrator, specializing in dementia and Alzheimer's. For social workers, counselors, nursing home, residential care and assisted living administrators.

Aging & Illness:
Physical Changes Emotional Consequences *
CEHHS 74002 Jun 16 $110
F 9 AM - 4:30 PM NEAST
The psychological effects of stroke, heart attacks, amputations, dementias and other illnesses can be devastating to anyone, but in the elderly, they can be catastrophic. This workshop will explore the effects these problems have on the elderly and their family systems. Topics: real and perceived losses; understanding the grieving process; therapeutic interventions; family stressor symptoms; and how counseling and education empower the client and family. Instructor: Rafe Ellisor, LMSW. For social workers, counselors and long term care administrators and staff.

Life Management Skills (Managing Your Stress) *
CEHHS 56701 Jun 28 $95
W 7:30 AM - 12:30 PM HARBN
The morning workshop will help you evaluate your day-to-day life management skills and focus on stress management. You will learn to identify your current life stressors and specific ways to cope with them. Topics include eustress vs. distress, stress and nutrition, guided imagery, progressive muscle relaxation, thought stopping, relaxation techniques and the four dimensions of a stress reduction plan. Note: This early morning workshop (7:30 AM - 12:30 PM) is part one of a daylong marathon for CE hours. A box lunch is served at 12:30. Instructor Francine Muscarella, MSW, LMSW. For social workers, counselors, and long term care administrators.

Life Management Skills (Managing Your Time) *
CEHHS 56601 Jun 28 $90
W 1 PM - 6 PM HARBN
This afternoon session will focus on time and organizational management. Learn how to do a time audit, prioritize your work, and discover time wasters and time savers. Topics include personal organizers, balancing career and family, goal setting, time checks and other useful tools. This workshop is part two of a day-long CE marathon and may be taken as a separate unit since it meets from 1 - 6 PM. Lunch is not served to those taking only this part of the CE marathon. Instructor: Francine Muscarella, MSW, LMSW. For social workers, counselors, and long term care administrators.

Marital Evolution:
Removing Contamination and Harvesting Intimacy
CEHHS 56401 Aug 9 $110
W 9 AM - 4:30 PM HARBN
This one-day workshop is for marital therapists, family therapists, and other counseling professionals who want to understand the psychodynamics of individuals and those with whom they partner. The information gained from this workshop will also greatly benefit those who would like to better understand their own marriage and move their relationship to the next level. Instructor Michael K. Newman, Ed.D, LISW-CP Supervisor, CAC 11. For social workers, counselors, marriage and family therapists and clergy.