

Join Us this Fall at

# *The Resiliency Center*

for our Professional Development Training Programs!

- Somatic Psychology for Healing Trauma—October 15
- Understanding and Increasing Self-Regulation in Children:  
A Usable Framework for Teachers and Clinicians—October 22
- Promoting Practitioner Wellness & Preventing Burnout—November 12
- Three Taboo Subjects: Sex, Religion, and Death—November 19
- Recreation IS My Therapy!—December 3

Earn  
up to  
**30**  
CEUs

The Resiliency Center: Your Place for Healing, Education, and Community  
602 S. Bethlehem Pike, Bldg. B, Ambler PA 19002 ▪ (215) 542-5004 ▪ [www.theresiliencycenter.com](http://www.theresiliencycenter.com)

# How are the programs at The Resiliency Center *different?*

- Small class sizes are conducive for more experiential learning, community building, and personalized attention.
- We emphasize creative approaches and engage participants in activities and dialogue to promote learning on a deeper level.
- We are committed to the creation of a resilient practitioner community and include programming on self-care and mindful self-awareness.
- Our instructors have experience in a variety of professional settings including schools, agencies, private practice, universities, and inpatient programs.
- Each workshop is approved for 6 CEUs for Licensed Clinical Social Workers, Marriage and Family Therapists, and Professional Counselors.
- A healthy and delicious breakfast and lunch are included in all program fees. Special dietary requests are welcomed.



## Somatic Psychology for Healing Trauma

Oct. 15 ■ 9 a.m. – 4 p.m. ■ \$175 ■ 6 CEUs

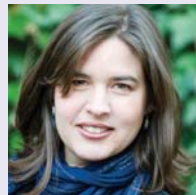
**Join Somatic Psychologist, Dr. Jodi Schwartz-Levy, to learn how trauma impacts the body and how somatic interventions can be integrated into your practice.**

Long after a traumatic event, or series of events, have passed, individuals with post-traumatic stress disorder behave as if the threat is still present. The specific symptoms of hyper-vigilance, sleeplessness, anxiety, and overwhelm point to a hyper-arousal of the nervous system and the inability for those individuals to return to homeostasis. It is from this physiological perspective that this training addresses how such imbalance occurs and how the therapist can use somatic interventions to regulate the nervous system and heal the effects of trauma.

Participants will gain a broad understanding of the pioneering field of somatic psychology and its role in the treatment of trauma. They will learn how to view PTSD as a disturbance of the nervous system, and will acquire somatic interventions that can be used with themselves and their clients.

### Instructor: Jodi Schwartz-Levy, PhD

**Jodi Schwartz-Levy, PhD**, holds a doctorate degree in Clinical Psychology with a specialization in Somatic Psychology, making her one of a distinguished group of psychologists worldwide with such expertise in mind/body integration. She is currently an adjunct professor at Arcadia University.



Dr. Schwartz-Levy's clinical experience includes working in private practice as a somatic psychotherapist since 2003, acting as a movement, group, and individual therapist at The Renfrew Center, and also as a therapist for women and their children at a domestic violence shelter. She also has a background as a Nia (holistic fitness) instructor, massage therapist, energy healer, and birth doula. You can learn more about her work at [www.somaticpsych.com](http://www.somaticpsych.com).

## Promoting Practitioner Wellness & Preventing Burnout

Nov. 12 ■ 9 a.m. – 4 p.m. ■ \$175 ■ 6 CEUs

**Join us for a transformative day of replenishment and self-discovery. Prioritize yourself, connect with peers, and learn concrete strategies for greater resiliency.**

In this workshop, you will receive tools for creating greater balance and for sustaining mindful presence in your work with clients – and leave feeling rejuvenated. Through a series of interactive dialogues and experiential activities, we will explore concepts of vicarious trauma, burnout, and integral wellness. You will learn and experience new, creative ways to promote self-care, reduce stress, and expand current frameworks of meaning.

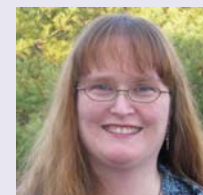
A discussion of the risk factors inherent in the work includes an opportunity to reflect on your vulnerabilities and connect with peers. You will learn wellness strategies for all facets of your life (emotional, cognitive, interpersonal, spiritual, physical, workplace, etc.), and gain the skills to use aromatherapy to address stress and anxiety and support practitioner resiliency.

We invite you to engage in an experience of deepening self-awareness through writing, reflection, group dialogue, creative activities, and mind-body techniques.

### Instructors: Elizabeth Venart, M.Ed. and Tracie Nichols, M.A.

**Elizabeth Venart, M.Ed., LPC**, is the Resiliency Center Founder and Director. She works with individuals, couples, and groups to provide counseling, clinical supervision, and practice-building consultations. She served four years on the American Counseling Association's Task Force on Counselor Wellness and has presented educational programs on vicarious trauma and practitioner self-care since 1996.

**Tracie Nichols, M.A.** is an earth conscious transformative mentor and holistic aromatherapist with an M.A. in Transformative Learning & Change. She helps women and men in transition move from fear to thriving in their lives and specializes in using aromatherapy to support life changes. Find her at [www.alchemyfortheearth.com](http://www.alchemyfortheearth.com).



## Understanding and Increasing Self-Regulation in Children: A Usable Framework for Teachers and Clinicians

Oct. 22 ▪ 9 a.m. – 4 p.m. ▪ \$175 ▪ 6 CEUs

Increase your understanding of what is happening in the inner world of the child with self-regulation difficulties. Through interactive exercises and dialogue, Child Behavioral Specialist Denise Durkin provides a comprehensive model that offers insight, compassion, and concrete tools that really make a difference.

Many children's behavioral health programs in agencies and in schools focus on self-regulation as a key goal for social and academic success. Wraparound, School-Based Behavioral Health (SBBH) programs, and after school and community programs use behavioral modification, individual, group and family therapies to help children achieve their potential. Often, however, certain vital aspects of the child's needs are overlooked. This seminar will illuminate and address these gaps in serving the whole child by introducing an integrative model: Perception, Approach and Management of Children with Challenging Behaviors: A Foundational Framework for Understanding and Increasing Self-Regulation. This seminar is appropriate for all practitioners who work with children, regardless of professional setting or level of training.

Upon completion of this interactive course, you will: (1) Be able to identify 8 lenses—or domains—of health and well-being through which to view a child's behavior; (2) Learn and give examples of concrete strategies for helping children increase self-regulation, with special emphasis on children's attachments and feelings of emotional safety; (3) Engage in self-reflective exercises and group discussions; and (4) Receive handouts illustrating the model you've learned, the strategies of "perception and approach" to use immediately, and references for further study.

**Instructor:**  
**Denise Durkin, M.A.**

Denise Durkin, M.A. in Creative Arts in Therapy, has been a children's behavioral consultant for thirteen years. She has worked with children and adults in therapeutic and educational settings for nearly twenty-five years and specializes in the social-emotional health of children.

In addition to being a clinician, Ms. Durkin is a writer and educator who has provided clinical trainings to professionals throughout Pennsylvania. She developed the integrative model presented in this training program and has been presenting it for several years to enthusiastic and diverse audiences of parents, educators, and clinical professionals.



## Three Taboo Subjects: Sex, Religion, and Death

Nov. 19 ▪ 9 a.m. – 4 p.m. ▪ \$175 ▪ 6 CEUs

Three issues that create both unity and divisiveness are sex, religion and death. When clients face challenges in any of these areas, therapists need to be prepared with responses that create a safe environment where clients can divulge concerns and address them successfully.

Human beings are multi-faceted creatures with a vast array of interests and needs. What we each have in common is the desire to feel connected to others. The ways in which we were educated about the "taboo" topics in our childhood homes have tremendous impact on how we grow as healthy, functioning adults. Left unexamined, they can develop into pathology and violence.

As therapists, we come face-to-face regularly with clients who experience the effects of abuse, neglect, trauma, grief, sexual confusion, and relationship conflicts because they don't have the skills to elegantly explore and process these three core issues. It is incumbent upon us to stretch our comfort zones to create a safe, non-judgmental space for our clients to express their feelings and process through these issues. We need to create a dialogue amongst ourselves that is honest and healing.

In addition to time for therapists' inner exploration, this class will provide a wealth of resources to offer clients. The program includes: education about the scope of human sexual activities/relational activities, such as sexual fantasies, BDSM, pornography, sexual addiction, LGBT issues and polyamory; a comprehensive look at dynamics incurred in the dying process; tools for creating and sustaining healthy boundaries while discussing difficult subjects—for counselors and clients; and an opportunity to explore the myriad spiritual practices that exist, ways in which spiritual beliefs impact the therapeutic process, and ways to incorporate clients' beliefs into meaningful recovery and counseling work.

**Instructor: Rev. Edie Weinstein-Moser, MSW, LSW**

Rev. Edie Weinstein-Moser, MSW, LSW is a Pennsylvania Licensed Social Worker & ordained Interfaith Minister with nearly 30 years of experience. She has worked in a variety of physical and mental health care settings, including hospitals, home care, nursing homes, outpatient community mental health and an inpatient acute psychiatric hospital. Edie has also been a family caregiver with direct experience of the death, dying, and grief process.

She is a certified facilitator of a relationship enhancing, communication and boundary setting workshop called Cuddle Party. Among its many benefits, it allows participants to set parameters for healthy non-violent/non-sexual touch in their lives. In addition, Edie is a freelance journalist whose writing spans the topics of spirituality, sexuality, loss and grief, personal empowerment and transformation.



## Recreation IS my Therapy!

Dec. 3 ▪ 9 a.m. – 4 p.m. ▪ \$175 ▪ 6 CEUs

Recreation therapy invites people to learn through play. This workshop teaches concrete strategies to bring this same spirit of adventure and sense of fun to your work with groups and families.

Did you know that Recreation Therapy assists with depression, helps relieve stress, increases relaxation, promotes healthy relationships, and helps people learn conflict transformation and life skills? Recreational Therapy is a treatment modality designed to use recreation and leisure activities to heal, enhance, restore, remediate, or rehabilitate participants' level of healthy life activities. These efforts encourage participants' development of individual strengths and resilience to assist in achieving personal goals.

This workshop introduces participants to Recreational Therapy and the powerful tools it offers for group facilitation, group dynamics, and activity analysis. The unique function of Recreational Therapy is that the "Playful Spirit" is very non-threatening and non-invasive. While Recreational Therapy is a professionally directed service of a certified therapist, this workshop provides basic interactive techniques all therapists can integrate for greater vitality and fun. This strength-based model incorporates "40 Developmental Assets," a well-researched program by the Search Institute. They determined that the presence of these assets in young people and adults increases the emotional and relational health and wellbeing of individuals and the community.

Throughout the program, you will learn strategies you can introduce in your individual, family, and group therapy sessions to re-energize people and infuse play and recreation. You will also learn how to use leadership, group dynamics, and activity analysis to enhance clients' goal directed behavior and the healing process.

**Instructor:**  
**Tracey Smith-Diggs, M.Ed, CTRS**

Tracey Smith-Diggs, M.Ed, CTRS, has been a certified Recreational Therapist with The National Therapeutic Recreation Council (NCTRC) since 1982. She is a Wellness Educator and Program Consultant with extensive clinical experience in behavioral health.

As President of Wellness Works LLC., she provides clinical support, program consultation, and group facilitation for non-profit, community-based, and private agencies. Tracey creatively uses Recreational Therapy and Wellness Education to promote emotional, physical, mental and spiritual health and well-being. Workshop topics include leadership, self-esteem, stress/anger management, trauma, depression, relationships, conflict transformation, and spiritual growth.



## Register Online or By Mail Now!

**1 Register Online** at [www.theresiliencycenter.com](http://www.theresiliencycenter.com) by clicking on the Continuing Education tab, OR:

**2 Register by Mail** by filling out the form below and mailing it with your payment to:

The Resiliency Center, 602 S. Bethlehem Pike, Building B, Ambler, PA 19002.

**Which workshops would you like to attend?**

Somatic Psychology for Healing Trauma: Oct. 15

Understanding and Increasing Self-Regulation in Children: A Usable Framework for Teachers and Clinicians: Oct. 22

Promoting Practitioner Wellness & Preventing Burnout: Nov. 12

Three Taboo Subjects: Sex, Religion, and Death: Nov. 19

Recreation IS my Therapy!: Dec. 3

**Name:** \_\_\_\_\_

\*as it will appear on certificate

**Organization:** \_\_\_\_\_

\*if applicable

**Profession:** \_\_\_\_\_

**Professional License #:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Tuition Costs:** \_\_\_\_\_

**Special Dietary Need:** \_\_\_\_\_

**Payment Method:**

Check

Enclose check for full amount made payable to The Resiliency Center LLC.

Credit Card

Go to [www.theresiliencycenter.com/continuing\\_upcoming.html](http://www.theresiliencycenter.com/continuing_upcoming.html), click "Add to Cart" next to the program you'd like to attend, and pay via PayPal. Then, mail this registration form to The Resiliency Center at least 5 days prior to the workshop you are attending.

**Inquire about multiple program discounts by calling (215) 542-5004.**

**Registration Policy:** A completed registration form and payment is required at the time of registration for each attendee. Use only one registration form per person. You may copy this form for multiple registrations.

**Space is limited, so register early!** If you wish to register at the door, please call ahead at 215-542-5004 to check availability.



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