

Join Us at  
*The Resiliency Center*  
for our upcoming

## Professional Development Training Programs

- **Integrative Strategies to Promote Practitioner Wellness and Prevent Burnout:** March 26
- **Taking Off the Rose Colored Glasses:** April 9
- **Somatic Psychology for the Healing of Trauma:** April 23
- **Child Centered Play Therapy:** April 30

Earn  
up to  
**24**  
CEUs

The Resiliency Center, A Healing Arts Collaborative ▪ 602 S. Bethlehem Pike, 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 private practice, universities, schools, agencies, 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.



## Integrative Strategies to Promote Practitioner Wellness & Prevent Burnout

March 26, 2010 ▪ 9 a.m. – 4 p.m. ▪ \$200/person ▪ 6 CEUs

**Join us for a full day workshop and learn how to stay well and resilient amidst the stresses of work and everyday life.**

In a series of interactive dialogues and experiential activities, we will explore important concepts of vicarious trauma and burnout, learn ways to promote self-awareness and self-care, and gain tools for reducing stress and increasing wellness.

Throughout the day, you will learn wellness strategies to implement in all facets of your life (emotional, cognitive, interpersonal, spiritual, physical, workplace, etc.) and find out what the most healthy and satisfied counselors do that sustains them. A review and discussion of the risk factors inherent in the work will include an opportunity to reflect on your specific vulnerabilities. You will gain practical, readily applied knowledge and understanding in using aromatherapy for addressing stress and anxiety and supporting practitioner resiliency, as well as the biological basis for its efficacy.

Join us for the day and engage in a process of deepening self-awareness through writing, reflection, discussion, musical improvisation, and aromatherapy. You will leave feeling rejuvenated and have a wellness plan to assist you in creating greater balance and sustaining mindful presence in our work with clients.

### Instructors:

**Elizabeth Venart, M.Ed.,  
LPC & Tracie Nichols,  
MA, IAC, NCTMB**

Elizabeth Venart is the Director of The Resiliency Center and served for four years on the American Counseling Association's Task Force on Counselor Wellness and Impairment. She has been presenting educational programs on vicarious trauma and practitioner self-care since 1996.

Tracie Nichols is an Integrative Aromatherapist and educator with a Master of Arts in Transformative Learning and Change. She has been designing and presenting educational programming about Aromatherapy and other complementary therapies since 1999.



# Taking Off the Rose Colored Glasses: Understanding Whiteness

April 9, 2010 ■ 9 a.m. – 4 p.m. ■ \$200/person ■ 6 CEUs

## Addressing Whiteness and related issues of power, privilege, and racism can be complex, difficult and dynamic!

This interactive workshop, for persons of any race or ethnicity, provides an opportunity for exchanging experiences and opinions regarding what it means to be White in this society. Issues of personal and societal racism will be explored through activities and dialogue.

Resources shared throughout the program include work by Sue & Sue as well as McIntosh's 1988 article, *White Privilege: Unpacking the Invisible Knapsack*.

From participating in this program, you will gain increased self-understanding as well as learn respectful and effective ways to work with clients of color. You will also gain knowledge and skills for increasing fairness and opportunity for all clientele. By the end of our time together, you can expect to increase your personal awareness and to experience personal growth as well as empowerment.

### Instructors:

**Tina R. Paone, Ph.D & Krista M. Malott, Ph.D**

An assistant professor at Monmouth University, Dr. Paone teaches master-level group and group experience focusing on White racial identity development. An assistant professor at Villanova University, Dr. Malott has published several empirical articles on ethnic identity and is conducting studies addressing racial and ethnic identity development in group formats. In her Multicultural Counseling course, she discusses Whiteness and its related power and privilege.

Additionally, Dr. Malott and Dr. Paone are writing a literature review and implementing a study addressing White racial identity in the counseling field.



# Somatic Psychology for the Healing of Trauma

April 23, 2010 ■ 9 a.m. – 4 p.m. ■ \$200/person ■ 6 CEUs

## Participants will gain a broad understanding of the pioneering field of somatic psychology and its role in the treatment of trauma.

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 hypervigilance, sleeplessness, anxiety, and overwhelm point to a hyperarousal of the nervous system and the inability to return to homeostasis.

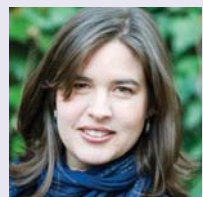
This workshop addresses how such imbalance occurs and how the therapist can use somatic (body-oriented) interventions to regulate the nervous system of the client. Somatic strategies reviewed include the importance of slowing down, the use of posture and movement, breath, and imagery, and the effective use of the therapist as regulator of emotions.

You will learn to view PTSD as a disturbance in the nervous system, and learn the basics of somatic interventions and how to use them with yourself and your clients. You will also experience somatic work directly through exercises designed to deepen your understanding of all interventions and their therapeutic application.

### Instructor:

**Jodi Schwartz-Levy, PhD**

Jodi Schwartz-Levy, PhD, earned her 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. Her clinical experience includes working in private practice as a somatic psychotherapist since 2003, acting as movement, group, and individual therapist at The Renfrew Center, and also as a therapist for women and their children at a domestic violence shelter. For over a decade Dr. Schwartz-Levy has been guiding people to access the healing power of their bodies, particularly through her work as a holistic fitness instructor, massage therapist, energy healer, and birth doula. Dr. Schwartz-Levy currently works with individuals as a somatic psychotherapist and offers professional trainings and embodiment groups.



# Child-Centered Play Therapy: Simple Strategies

April 30, 2010 ■ 9 a.m. – 4 p.m. ■ \$200/person ■ 6 CEUs

**Play is the natural language of children. When understood and supported through play therapy, children and families learn and grow.**

Therapists working with children and families will benefit from this hands-on, practical workshop that teaches not only the developmental rationale for use of play therapy but techniques and take-away methods for incorporating play therapy into their current practice settings.

Specific skills taught during the program include responding effectively to children within play therapy, limit-setting, and the use of group play therapy. Within small groups, you will have an opportunity to practice skills through role play and to receive guidance and support.

You will receive practical guidance on setting up a play room, creating a tote bag play room, and the selection of toys found most beneficial to child clients. A thorough understanding of toys will be given, and lists will be provided to aid you in selecting therapeutic toys for your work.

Towards the end of the training, you will witness a live demonstration of techniques followed by a micro-practicum opportunity with an actual child.

**Instructor:**  
**Tina R. Paone, Ph.D**

Dr. Tina Paone is an assistant professor at Monmouth University and has worked as a professional school counselor and in private practice providing play therapy to children, adolescents, and families.

Her primary research has been on topics of child centered play therapy and group activity therapy. Dr. Paone is a registered play therapist supervisor.



## 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?**

Integrative Strategies to Promote Practitioner Wellness & Prevent Burnout: March 26

Taking Off the Rose Colored Glasses: April 9

Somatic Psychology for the Healing of Trauma: April 23

Child Centered Play Therapy: April 30

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

\*as it will appear on certificate

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

\*if applicable

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

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

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

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

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

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

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

**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.

**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.



# Join Us for These Upcoming Professional Development Training Programs at The Resiliency Center



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- An Integrative Approach to Working with Trauma Survivors: May 7
- An Experiential Introduction to Art Therapy: May 14
- Somatic Practices for the Treatment of Eating Disorders: May 14
- Using Music & Creative Arts Techniques to Work Through Emotional Blocks in the Therapeutic Process: May 21
- Anxiety Relief: Somatic Skills for Regulating the Nervous System: June 11