



## 2019 EASTWOOD CLINICS INSERVICE PROGRAM CALENDAR

### **January 25<sup>th</sup>, 2019 Self-Management Methods Addressing Anxiety, Stress, and Pain In All Client Populations.**

Presenter: Lawrence Collins, PhD

Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description: Identification of self-management skills and tools that will address anxiety, stress, and pain. The presentation will provide attendees with skills that they will use to educate their clients on how to de-escalate emotional flooding, reduce the fight, flight or freeze response to stress, as well as how to mitigate pain responses. These skills and tools are based on the Autogenic Training Model of Johanness Schultz MD, Edmund Jacobsen's Progressive Relaxation, as well as The Work of Byron Katie.

### **February 22<sup>nd</sup>, 2019 Avoiding Burnout-Coping with Compassion Fatigue and Secondary Traumatic Stress.**

Presenter: Marsha Milan-Nichols, PhD, LPC, NCC

Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description: The very act of providing empathy in the clinical setting can result in burnout, to say nothing of hearing clients' traumatic material and juggling the personal challenges in therapists' own lives. This presentation defines compassion, burnout, compassion fatigue, and secondary traumatic stress and includes a self-assessment to gauge how participants are coping in these areas. Participants will learn the ways to boost their sense of competence and prevent the impairment that can arise from burnout.

### **April 26<sup>th</sup>, 2019 Historical Aspects of Grief**

Presenter: Susanne Latessa

Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description: This program will provide participants with knowledge of some of the historical aspects of grief. The realm of grief is profound, ubiquitous, and a relatively new arena of study. The hope is to assist professionals in understanding how grief impacts their clients, and themselves. This will be an interactive presentation and will visit input from Freud, Bowlby, Kubler-Ross, and others. Please join me for a thought-provoking offering.

### **May 17<sup>th</sup>, 2019 Stages of Change**

Presenter: Mark Moskal

Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description: The presentation provides a thorough explanation of the Stages of Change Model related to Substance Use Disorders, along with related clinical, family, and recovery considerations. For each Stage, there will be suggestions for identifying the Stage, general strategies for the clinician, and boundary considerations for the family. Steps for effective problem solving will be placed along side the Stages to demonstrate where that process has broken down in the early Stages of Change (i.e. Pre-contemplation and Contemplation). 12-Step Recovery Principles necessary to move through the Stages will be highlighted.

### **June 28<sup>th</sup>, 2019 Trauma**

Presenter: Judith Malinowski

Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description:

### **July 26<sup>th</sup>, 2019 Course Topic TBD**

Presenter: Steven Candela  
Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description:

**August 23<sup>rd</sup>, 2019      Course Topic TBD**

Presenter: Matthew Govier  
Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description:

**September 27<sup>th</sup>, 2019      Course Topic TBD**

Presenter: Gwendolyn Bammel, LMSW, CAADC, CTS, CCS  
Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description:

**October 25<sup>th</sup>, 2019      Treating Sexual Addiction and Pornography Addiction**

Presenter: Nancy Bregier-Sirko, MA, LPC, CSAT  
Location: Ascension Macomb-Oakland Hospital, Warren Campus Auditorium

Course Description: This course is an overview designed to raise awareness, knowledge, and treatments on the uncomfortable topics of sexual addiction and pornography addiction. Sexual addiction and pornography addiction are process addictions as opposed to chemical addiction that is characterized by out-of-control (compulsive) behaviors with marked consequences. Special attention will be paid to pornography addiction and the current neuroscience that reveals the effects of the brain.

**You Must Be Pre-Registered To Attend**

**PRE-REGISTRATION WILL CLOSE THE WEDNESDAY BEFORE THE IN-SERVICE**

**BEFORE REGISTERING NOTE:**

- Contact Hours Will Only Be Granted To Participants Who Attend the **Entire** Program
- Three Contact Hours for all In-service Programs have been applied for and are expected.
- Non-Refundable Payment Is Due At The Time Of Registration

**HOW TO REGISTER:**

Online:

Ascension Associate fee of \$10, register with this link: [rebrand.ly/Ascension-associate](http://rebrand.ly/Ascension-associate)

Non-Ascension Associate fee of 30, register with this link: [rebrand.ly/NonAscension-associate](http://rebrand.ly/NonAscension-associate)

**To Register: Please copy and paste the link that applies to you on the address bar in the internet and hit enter. Registration page should appear.**

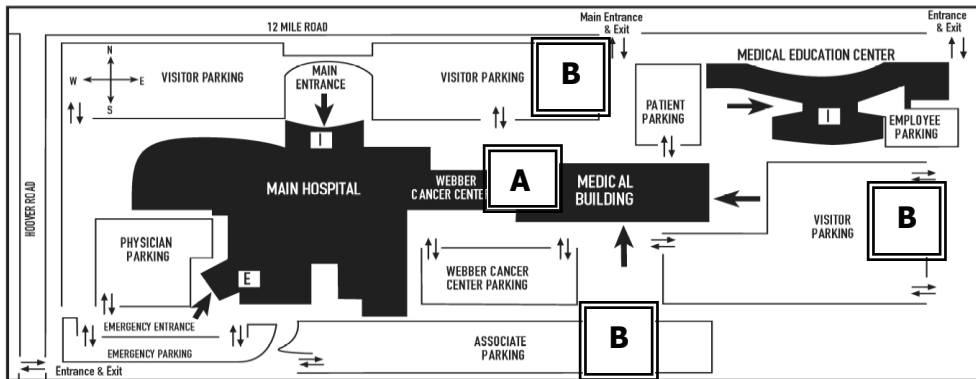
For special arrangements or if you have concerns/complaints call (586) 753-0400 or email [eastwoodinservice@stjohn.org](mailto:eastwoodinservice@stjohn.org)

**LOCATION:**

St. John Macomb-Oakland, Macomb Center  
11800 E. 12 Mile Rd., Warren, Michigan 48093

**TIME:** 9:00 AM – 12:00 Noon  
**SIGN-IN:** at 8:30 AM  
Continental Breakfast

**Parking Information for St. John Macomb-Oakland Hospital – Macomb Center**  
11800 East Twelve Mile Road • Warren, MI 48093 • 586-573-5000



**A** In-services are in Hospital Webber Cancer Center - Lower Level Auditorium  
**B** Allowed Parking

**PARKING IN PATIENT AREAS IS NOT ALLOWED.**  
Please be respectful and park in the visitor or associate areas.

The Professional Development Calendar, Registration Form & Online Registration are available online at [www.stjohnprovidence.org/eastwood](http://www.stjohnprovidence.org/eastwood). If you do not have access to the Internet or wish to continue to receive the calendar by U.S. mail, please contact 586-753-0400.