

## Training Calendar MAY & JUNE 2017

To Register For Any of These Trainings, Please Email:  
[trainingregistration@riversideecc.org](mailto:trainingregistration@riversideecc.org)

### MAY

#### ELEMENTS OF YOGA COGNITIVE BEHAVIORAL THERAPY (Y-CBT) GROUP TREATMENT

Julie Greiner-Ferris, LICSW, Director, Riverside Outpatient Center, Upton, Co-creator Y-CBT; and Dr. Manjit Khalsa, Ed.D.-Psychologist, Riverside Outpatient Center, Upton, Co-Creator

<b>Date/Time</b>	Monday, May 8, 9:00am-5:00pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	<b>Only Open to Previous Attendees of the 3-Hour Introduction to Y-CBT Training. Limit: 30</b>
<b>CEUs/CEs Pending</b>	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

Yoga-Cognitive Behavioral Therapy (Y-CBT) is a new research-based psychological paradigm that combines the scientifically documented effects of Yoga with Cognitive Behavioral Therapy. This integrative treatment model addresses the symptoms of anxiety and depression by combining traditional psychotherapy with yogic practices and philosophies. The yoga component is adapted for all populations, virtually all done in chairs. For the past five years, we have offered this highly successful program at the Riverside Outpatient Center in Upton, MA. In this daylong training, you will learn the skills necessary to run the 6-week group treatment model in your program.

In this training, you will:

- Identify the key elements required to lead a 6-week series including: cognitive restructuring, yoga, group therapy
- Describe how Y-CBT can be used to treat depression and anxiety with both cognitive and yogic interventions
- Describe and practice new techniques for anxiety management, targeting both the cognitive and physical symptoms using the Y-CBT integration of mindfulness, physical sensation and CBT

## ISLAM 101, CLINICAL IMPLICATIONS OF ISLAMOPHOBIA & ITS IMPACT BEYOND THE MUSLIM COMMUNITY

Waheeda Saif, LMHC, Program Coordinator, Riverside Trauma Center

*Sponsored by Riverside's Diversity & Inclusion Committee*

<b>Date/Time</b>	Tuesday, May 9, 9:30am-12:30pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Riverside Employees
<b>CEUs/CEs Pending</b>	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Psychology

This presentation will examine the basic tenets and common misconceptions of Islam. It will also explore the impact of Islamophobia within the Muslim community, especially in the identity development of Muslim children. It will also discuss the far-reaching influence of Islamophobia on other marginalized and minority communities. Finally, the presentation will explore ways in which attendees can become allies to those in these disenfranchised groups, in both clinical and non-clinical settings.

## PEACEMAKING CIRCLE FOR DIVERSITY AWARENESS

*Sponsored by Riverside's Diversity & Inclusion Committee*

<b>Date/Time</b>	Friday, May 12, 9:00am-3:00pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Riverside Employees
<b>CEUs/CEs Pending</b>	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Psychology

This training is an experiential, self-reflective process. We will use a Peacemaking Circle as a structure and tool to discuss diversity/inclusion at Riverside. The Peacemaking Circle is a way of communication that levels the field, as each person has the opportunity to speak without interruption. The conversation moves around the circle, honoring each participant regardless of 'organizational' or 'personal' power. Through the circle process, each member is listened to and valued and has the opportunity to listen to and value others. Self-examination and growth happen at a personal pace. The conversation moves around the circle, with each member having an opportunity to share. In the 'Circle,' participants discover each other as human beings who might also have been misunderstood or judged. Riverside is offering this workshop as one of many tools to assist our colleagues in interacting in an honest, gentle and 'real' way. Our hope is that participants will discover commonalities in unexpected places and move toward a new level of understanding and acceptance where respect abounds.

## BUILDING INCLUSIVE COMMUNITIES

Chris Haigh, Manager of Diversity & Inclusion, Riverside Community Care

*Sponsored by Riverside's Diversity & Inclusion Committee*

<b>Date/Time</b>	Wednesday, May 24, 10:00am-12:00pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Riverside Employees
<b>CEUs/CEs Pending</b>	Social Work/Licensed Mental Health Counseling Licensed Marriage & Family Therapy/Psychology

Diversity and Inclusion are words we often use as values, but do we really stop to understand what they truly mean and examine our role in creating spaces where everyone feels welcomed? This interactive session will explore what we mean by “inclusive communities” and the benefits of striving for inclusion, followed by spending some time reflecting and practicing the necessary skills that we need to practice in creating these spaces. Be prepared for small and large group dialogue, as well as some self-reflection as we practice Inclusive Leadership.

## JUNE

### COMPASSION FATIGUE AND THE ART OF CHRONIC SELF-CARE

Linda T. (Lynn) Sanford, LICSW, Visiting Professor of Trauma Informed Social Work, Wheelock College; noted lecturer on working with trauma survivors; author of *The Silent Children* and *Strong at the Broken Places*

<b>Date/Time</b>	Monday, June 5, 10:00am-12:30pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Riverside Employees
<b>CEUs/CEs Pending</b>	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

Working with traumatized people has a profound impact on our personal lives...our thoughts, feelings, choices, relationships, physical health and spiritual beliefs. Although our clients often give us hope and restore our belief in the resiliency of human beings, the work can challenge or disrupt our sense of well-being. Too often, we react to a crisis of well-being and many months later find ourselves in the same dilemma. This workshop will explore the highly individual ways that the work affects us as well as offering several strategies for chronic self-care. Participants are welcome to share professional and personal experiences during this time, however, the workshop may also have value for those who listen, reflect and choose not to share.

### THE EXPERIENCE OF HEARING VOICES

Amy Long, Consumer/Practitioner, National Empowerment Center, Lawrence

<b>Date/Time</b>	Thursday, June 8, 9:30am-12:30pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Riverside Employees
<b>CEUs/CEs</b>	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

This provocative, experiential training provides comprehensive information about hearing voices and offers participants the experience of hearing voices while simultaneously engaging in a series of daily life activities. The experiential exercise is followed by lively discussion including strategies to promote self-help. *Highly recommended for all staff working in mental health settings.*

## DEAF CULTURE 101

Carol Zurek, Statewide Coordinator for Deaf & Hard of Hearing, Department of Developmental Services (DDS)  
*Sponsored by Riverside's Diversity & Inclusion Committee*

This training provides an overview of the cultural values and ways of the American Deaf community. You will learn about the number of Deaf and hard of hearing people across the state and beyond, their language use, and their experiences in the larger world. Information on how to be sensitive toward Deaf people, regarding terminology used and ways to effectively communicate with people who use a visual, signed language will be shared. In addition, you will gain insight on working with Deaf people who have intellectual disabilities that DDS serves, the ways they communicate, and how they are best served in a culturally appropriate and sensitive way.

<b>Date/Time</b>	Wednesday, June 14, 9:30am-12:30pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Riverside Employees
<b>CEUs/CEs Pending</b>	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

## YOUR VOICE CAN BE HEARD: EFFECTIVE ADVOCACY WITH LOCAL AND STATE GOVERNMENT

Scott M. Bock, Founder/President/CEO, Riverside Community Care

<b>Date/Time</b>	Monday, June 19, 2017, 10:00am-12:00pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Riverside Employees and People We Serve
<b>CEUs</b>	Social Work/Licensed Mental Health Counseling/ Licensed Marriage & Family Therapy

You **can** have an effective voice with government leaders on issues that matter to you. An experienced advocate shares concrete strategies for ensuring that your views are heard by the right people and for exploring individual and collective action. Participants are encouraged to think creatively and share their own experiences.

## MANDATORY CERTIFICATION AND HEALTHCARE TRAINING **PRE-REGISTRATION IS NECESSARY:**

### COMBINED ADULT CPR/FIRST AID (10:00am-4:00pm)

<b>Tuesday, May 2</b>	Riverside Main Office, Dedham
<b>Tuesday, May 16</b>	Riverside Main Office, Dedham
<b>Wednesday, May 31</b>	Riverside Main Office, Dedham
<b>Tuesday, June 13</b>	Riverside Main Office, Dedham
<b>Tuesday, June 27</b>	Riverside Main Office, Dedham

### MEDICATION ADMINISTRATION RECERTIFICATION REVIEW (4:30pm-9:30pm)

<b>Friday, May 19</b>	Riverside Main Office, Dedham
<b>Friday, June 16</b>	Riverside Main Office, Dedham

**Testing for Medication Administration Recertification:** Conducted by Riverside trainer during class time.

## MEDICATION ADMINISTRATION TRAINING (8:00am-4:00pm)

Saturday & Sunday, May 20 & 21

Riverside Main Office, Dedham

Saturday & Sunday, June 10 & 11

Riverside Main Office, Dedham

## 2-HOUR SAFETY TRAINING (3:00pm-5:00pm)

Monday, May 1

Riverside Main Office, Dedham

Monday, May 15

Riverside Main Office, Dedham

Tuesday, May 30

Riverside Main Office, Dedham

Monday, June 12

Riverside Main Office, Dedham

Monday, June 26

Riverside Main Office, Dedham

## 12-HOUR SAFETY TRAINING (9:30am-4:00pm)

Wednesday & Thursday, May 3 & 4

Riverside Main Office, Dedham

Wednesday & Thursday, May 17 & 18

Riverside Main Office, Dedham

Thursday & Friday, June 1 & 2

Riverside Main Office, Dedham

Wednesday & Thursday, June 14 & 15

Riverside Main Office, Dedham

Wednesday & Thursday, June 28 & 29

Riverside Main Office, Dedham



## DSM-5 TRAINING

**Presenter:** Trudy L. Good, Ph.D., Psychologist for Community Based Flexible Support Teams, Riverside Community Care.

**Description:** This training is designed to give an introduction to the structural and diagnostic content changes from DSM-IV to DSM-5. The training assumes that participants are knowledgeable and comfortable with DSM-IV, and is designed to describe the changes so that the participants can identify further areas for self-study or training.

**Duration:** Part 1: 1 Hour & 22 Minutes

Part 2: 59 Minutes

### To View Part 1:

[https://player.vimeo.com/external/204990004.hd.mp4?s=14dea7fd5d48fb4976df7c41c35b707ac7225b3f&pr\\_ofile\\_id=119](https://player.vimeo.com/external/204990004.hd.mp4?s=14dea7fd5d48fb4976df7c41c35b707ac7225b3f&pr_ofile_id=119)

### To View Part 2:

[https://player.vimeo.com/external/205036441.hd.mp4?s=b058d5d6dfafd3ddbe207cc9cbd8d88c047c6eab&pr\\_ofile\\_id=119](https://player.vimeo.com/external/205036441.hd.mp4?s=b058d5d6dfafd3ddbe207cc9cbd8d88c047c6eab&pr_ofile_id=119)

## OUTCOME MEASURES: RIVERSIDE EHR/OUTCOMES TRAINING

**Presenter:** David R. Kraus, Ph.D., President and Chief Scientific Officer, Outcome Referrals, Framingham, MA

**Description:** This presentation will help clinicians use the measurement tool's results to engage the person being served, to build a clinical alliance, and to establish mutual goals/objectives in the initial treatment planning process. The training will demonstrate how the measures can be used to assess the progress that the individual is making, to determine when it is time to change to a different goal and when to decide with the individual that the person has achieved their goals and termination is warranted.

**Duration:** Part 1: 57 Minutes  
Part 2: 51 Minutes

**To View Part 1:**

[https://player.vimeo.com/external/205042008.hd.mp4?s=16f3b3769628cb373d27ea1b183026cf94d4b146&profile\\_id=119](https://player.vimeo.com/external/205042008.hd.mp4?s=16f3b3769628cb373d27ea1b183026cf94d4b146&profile_id=119)

**To View Part 2:**

[https://player.vimeo.com/external/205086248.hd.mp4?s=9ed2d8b3ca90116c7d8787a1b4123a6e62a31bdb&profile\\_id=169](https://player.vimeo.com/external/205086248.hd.mp4?s=9ed2d8b3ca90116c7d8787a1b4123a6e62a31bdb&profile_id=169)

## ARPCT: EditU Online Learning System

### (A Great Tool Available for Riverside Employees & the People We Serve!)

Do you want to learn new skills? Would you benefit from a Time Management, Leadership or Microsoft Office training? EditU's Online Learning System will allow you to train at your convenience.

Trainings are broken down into three categories.

#### Business Skills

Accounting & Finance	Delegating	Presentation Skills
Brand Management	Leading & Managing Change	Project Management
Building Relationships	Facilitating	Marketing with Social Media

#### Desktop Skills

Access	Outlook	PowerPoint
Excel	Word	SharePoint

#### IT Skills

Business Skills for IT Professionals	Networks & Telecommunications	Data & Databases
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**For complete course listing and to gain access to EditU, please contact:**

**Helen Boyle, Director of Training & Professional Development**

[hboyle@riversidecc.org](mailto:hboyle@riversidecc.org)

## DEFENSIVE DRIVER TRAINING

Riverside has access to a free online defensive driver training through the Philadelphia Insurance website. [www.phly.com](http://www.phly.com).

**Format:**

- Can start, pause, stop and re-start the presentation at your convenience
- Includes interactive learning activities during the presentation
- Offers a 20 question multiple choice exam at the end of the presentation
- Asks student to enter their name and agency onto a template and then prints out a certificate of completion with the date and score

**Instructions to access Training:**

- Log onto: [www.phly.com](http://www.phly.com)
- On top of page, click: Log-in
- User name: **LossControl**
- Password: **Riskservices1**
- Click: Training (on left)
- Click: Online Interactive Defensive Driver Training
- Click: OK
- Complete the course
- Take the 20 question multiple choice exam & receive score
- Print out the staff Certification of Completion

## MASSACHUSETTS DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS) LEARNING WEBSITE

Check out this website filled with lots of free online training opportunities. Here's a sampling of what you'll find: **Intro to Positive Behavior Supports, Person Centered Practices, Self-Determination**, and even some **Computer Trainings** from very basic to more advanced. [www.ddslearning.com](http://www.ddslearning.com) Click on Training and Development Opportunities, then click on Learning Calendars.

## THREE WAYS TO MAINTAIN A HEALTHY LIFESTYLE

This training was designed by Riverside Community Care to inform employees and people served about the different ways to eat healthy, purchase healthy food and prepare healthy meals. The state mandated Executive Order 509 was used to prepare this training.

[Three Ways to Maintain a Healthy Lifestyle E-Learning Training](#) (Duration: 25 minutes)

**If you are having trouble accessing this training due to an Adobe Flash 8.0 upgrade, contact Riverside IT by submitting an IT ticket or call the IT Help Desk at 781.320.5367.**

## Additional Information

- **HOW TO REGISTER FOR A TRAINING**  
Trainings are free to Riverside Employees. Pre-registration is necessary. To register for these trainings please email [trainingregistration@riversidecc.org](mailto:trainingregistration@riversidecc.org).
- **TRAINING LOCATION:** Riverside Main Office-270 Bridge Street, Dedham.
- **WEATHER CANCELLATIONS:** Call 781.329.0909 and **press 8** for a recorded message.

"Riverside Community Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Riverside Community Care maintains responsibility for this program and its content."

