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2026-2027

PROFESSIONAL DEVELOPMENT SERIES

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ZOOM for VIRTUAL EVENTS

Virtual training will be held on the ZOOM platform, the meeting link, slides and all handouts will be emailed 48 hours prior to the start of the virtual training.

Continuing Education Applied For:
MA Social Workers,
MA Marriage and Family Therapists,
MA Licensed Mental Health Counselors,
MA Licensed Alcohol and Drug Counselors
MA Community Health Workers

2026-2027 Trainings

VIRTUAL-Thursday, October 8, 2026, 9:00 AM-12:00 PM-$119 including CEUs
LGBTQ+101
Oscar Oliveira Soens and Suzy Langevin, LICSW, LADC I

Amidst a rising tide of anti-LGBTQ+ bias, it is more important than ever that everyone is educated in how to best support and serve the LGBTQ+ members of our communities. Learn about factors that influence LGBTQ+ well-being, appropriate and intentional language use, and best practices for engaging LGBTQ+ individuals whether they are colleagues, family members, or individuals served. Get your questions answered and gain the skills and knowledge necessary to address the needs of the LGBTQ+ people in your life and learn about where to look for additional information and resources.

Following this training the participants will understand:

- Terminology and etiquette
- Factors that influence the physical and mental well-being of members of the LGBTQ+ community
- Best practices for serving LGBTQ+ individuals

VIRTUAL-Thursday, October 15, 2026, 9:00 AM-12:00 PM-$119 including CEUs
Understanding and Treating the Complex Puzzle of Non-Suicidal Self-Injury
Barent Walsh, Ph.D.

Barent Walsh, Ph.D. presented internationally on the topic of self-destructive behavior. He is the author of *Treating Self-Injury: A Practical Guide 2nd edition*, Guilford Press, (2014). This volume has been One of the most challenging problems for clinicians and other professionals is dealing effectively with non-suicidal self-injury (NSSI). Of special concern is that self-injury has moved from clinical populations such as those served in hospitals and group homes to the general population including middle, high school and college students. NSSI can now be considered "an epidemic" in the U.S. and beyond.

This presentation will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, excoriation of wounds, and other more serious examples such as NSSI requiring medical attention, or involving unusual bodily locations, or foreign body ingestion.

Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics but will also be discussed as a major risk factor for suicide attempts.

A "Stepped Care Approach" regarding the management and treatment of self-injury will be reviewed, including:

Step I:

- The informal response
- Crisis assessment
- Detailed cognitive-behavioral assessment

Step II:

- Replacement skills training
- Cognitive-behavioral treatment

- The biology of and psychopharmacology for NSSI

A stepped care approach is used so that clients and families receive only as much support and targeted treatment as they need. Very practical suggestions in dealing with self-injury will be provided.

Following this training the participants will understand:

- Differentiate self-injury from suicide, while also recognizing that ongoing self-injury is a risk factor for suicide attempts
- Learn how to provide a detailed pragmatic assessment of self-injury
- Review two steps in a stepped care approach in understanding, managing, and treating self-injury
- Discuss the topic of self-care in working with persons who self-injure

VIRTUAL-Thursday, October 29, 2026-9:00 AM-12:00 PM-$119 including CEUs

An Overview of the Cultural Humility Framework

Jenise Katalina, LICSW

Cultural Humility is a philosophy that empowers individuals to effectively engage in interpersonal relationships that are dynamically diverse and mutually respectful. Unlike Cultural Competence, cultural humility is a life-long and ongoing process of self-reflection and self-critique in which individuals expand their capacity for learning, listening, and understanding, regardless of their experiences with cultures other than their own. Incorporating cultural humility as part of one's lifestyle empowers the individual to recognize and redress power-imbalances that exist within their immediate social and organizational structures. This training will provide attendees with the opportunity to be introduced to each of the tenets and start their journey toward Cultural Humility.

Following this training the participants will understand:

- Each of the four tenets of Cultural Humility.
- Their personal beliefs and values and how these factors influence their own behaviors when working with clients and colleagues
- The potential influence of power, privilege, the –isms and their own history on relationships with clients and colleagues

VIRTUAL-Thursday, November 5, 2026, 9:00 AM-12:00 PM-$119 including CEUs

What We Owe to Each Other: Social Medicine and Community Care

Nicole Melissa Morin, LICSW

Join us for this three-hour learning opportunity to learn about social medicine. We will be examining how social factors impact the health of individuals and communities and the actions we as community members can take to engage each other in social care.

Social medicine is the concept that social factors - such as housing, education access, financial wellness, access to food, and many more - have a quantifiable impact on outcomes of persons served. Social determinants of health impact all people, learn how to use this knowledge and data to increase equity and accessibility to health

in your community. Learn to ecomap, identify community resources, strengths, and intervene using the principles of social medicine to increase individual and community wellness across disciplines.

Following this training the participants will understand:

- Recognize and assess the relationship between social inequities and health disparities within various populations.
- Identify the key social determinants of health and explain how they influence individual and community well-being.
- The role of community members, mental health providers, and local organizations in fostering a more accessible and equitable social care system.
- The structure of healthcare and insurance systems and the ways these systems often reinforce social inequities and increase the impact of social determinants of health.

VIRTUAL-Thursday, November 12, 2026, 9:00 AM-12:00 PM-$119 including CEUs

Understanding, Managing, and Treating Suicidal Behavior

Barent Walsh, Ph.D.

The field of suicide prevention is evolving with important empirically supported theories and interventions. This workshop will review major contributions including:

- Theories to explain suicide
- Safety plans to assist individuals in managing suicide urges
- Treatments to resolve or at least neutralize suicidality

This workshop will begin with a foundational discussion of differentiating suicide from non-suicidal self-injury (NSSI). Emphasis will be placed on which forms of NSSI are likely to progress to suicidal behavior. Next, a brief exploration of the risks and benefits of Artificial Intelligence in relation to suicide will be provided (Walker, 2026).

We will then move into the pragmatics of responding to suicidal behavior beginning with a discussion of Thomas Joiner's Acute Suicidal Affective Disturbance (ASAD; 2015). The ASAD identifies four key dimensions which have been empirically validated to predict imminent risk of suicide. The ASAD will be explicated in detail with illustrative case examples.

Next, Stanley and Brown's important Safety Plan will be discussed (Brown, 2015). This empirically supported method for dealing with suicide thoughts and urges is the best currently available. The phone app version will also be addressed. This review will also provide a discussion of a new Safety Plan developed by the National Center for PTSD.

The presentation will move to discussing more long-term trajectories for suicidality. Joiner's "Interpersonal Theory of Suicide," will be emphasized (Joiner, 2005; Joiner, 2024; Chu, 2017). The theory identifies: 1) acquired fearlessness, 2) perceived burdensomeness, and 3) thwarted belongingness as the three necessary and sufficient conditions for a suicide to occur. Joiner's theory is arguably the most influential, empirically validated theory of suicide in the world. This presentation will also provide a discussion of Joiner's new book-length contribution, "The Varieties of Suicidal Experience" (2024).

In addition, Klonsky's Three Step Theory of Suicide (2015; 2021) will be explicated. This empirically supported theory includes useful enhancements to Joiner's Interpersonal Theory.

This workshop will also review Jobes' Collaboration Assessment and Management of Suicidality (CAMS; 2023). This evidence-based approach will be discussed with an emphasis on Jobes' pragmatic guidelines including the use of crisis response plans, coping cards, and survival kits.

Finally, the workshop will conclude with a focus on what it takes for caregivers to "sit with misery," and the self-care required to do so.

Following this training the participants will understand:

- To understand the entire spectrum of self-destructive behavior
- To be able to distinguish suicide from NSSI
- To identify risk factors for suicide associated with the misuse of Artificial Intelligence
- To be able to employ the ASAD in real world situations
- To understand and be able to use Stanley and Brown's Safety Plan.
- To understand Joiner and Klonsky's most current theories of suicide
- To be able to employ basic aspects of Jobes' CAMS
- To understand how to use the Five Steps in addressing unhelpful, irrational thoughts that support self-destructive behavior.

IN-PERSON-Friday, November 13, 2026, 9:00 AM-4:00 PM-$229 including CEUs

Introduction to Motivational Interviewing: Spirit & Skills

Suzy Langevin, LICSW, LADC I

There are two things that are true about change: It's hard, and it's inevitable. And as clinicians and human service providers, we are often tasked with supporting people through many different changes and the challenges and rewards that come with it. In this day long workshop, providers will receive an introduction to the practice of Motivational Interviewing, a collaborative style of conversation designed to uncover and strengthen and individual's own desire and confidence in their ability to make changes that will impact their safety, health, and sense of well-being.

Following this training the participants will understand:

- The reasoning for using MI as an intervention for individuals who are ambivalent about behavior change.
- The phases of MI treatment and the skills needed for each phase.
- The basic principles of MI Spirit that underpin the entire practice.
- How to use reflective listening skills used to move conversations about change forward.

VIRTUAL-Thursday, December 3, 2026, 9:00 AM-12:00 PM-$119 including CEUs

Mental Health of Older Adults: Assessment, Screening, and Interventions

Nicole Melissa Morin, LICSW

Hone your skills in assessing and screening older adults! Learn about how mental illness and substance use impact this population, screen for suicidality and differentiate accessing from Medical Aid in Dying, and health considerations that impact mental health such as falls, loneliness, polypharmacy, and cognitive decline.

Expand your mindset and enhance your skills for working with this growing population. This training is designed to build your skills in assessing the unique biopsychosocial needs of older adults. You'll gain an understanding of how mental illness and substance use present in this population, as well as learn to screen for suicidality while clearly differentiating it from medical aid in dying (MAiD). The course will also cover how common health considerations like polypharmacy, falls, and cognitive decline can impact mental health.

Following this training the participants will understand:

- Assessment of special biopsychosocial considerations of older adults, attitudes and beliefs around aging.
- Mental Illness and Substance Use presentations in older adults
- Screening for suicidality in older adults and a clear differentiation between suicide and medical aid in dying (MAiD).
- Health considerations in older adults that impact mental health (polypharmacy, falls, cognitive decline, vision changes, hearing changes)

IN-PERSON-Friday, December 4, 2026, 9:00 AM-4:00 PM-$229 including CEUs

Cognitive Behavioral Therapy: CBT Theory and Core Treatments Skills

Stefanie Gregware, LMHC & Andrea Wolloff, LMHC

This training will go through the fundamental components that drive cognitive behavioral therapy with an emphasis on application to practice in a variety of treatment settings. Participants will have the opportunity to consider the theory and core strategies of CBT via case examples, videos, and skills application opportunities. This training will help people apply the CBT theory and structure to their current cases as well as to have a general understanding of how the structure of treatment and specific treatment strategies will support positive outcomes for those they are treating. Participants do not need to have any previous experience or training in Cognitive Behavioral Therapy to benefit from this training.

Following this training the participants will understand:

- A basic overview of the Cognitive Behavioral Therapy Model including the theory behind the treatment structure.
- Strategies for assessment and monitoring of treatment progress and outcomes.
- The rationale for completing a case conceptualization and an understanding of how to apply assessment information to a CBT case conceptualization.
- The general structure for a CBT session and strategies for maintaining use of this structure throughout the course of treatment.

IN-PERSON-Friday, December 11, 2026, 9:00 AM-4:00 PM-$229 including CEUs

Motivational Interviewing: The Power of Change Talk

Suzy Langevin, LICSW, LADC I

This training will provide an in-depth exploration of the power of change talk, including listening for it, strategies for drawing it out and reflecting it, and using it to translate into action between conversations. Using MI fidelity tools as a framework, practitioners will learn the importance of reflecting change talk to get more change talk that leads to behavior change and will have the opportunity to practice multiple strategies to do it. This intermediate level training assumes practitioners have a good working knowledge of MI spirit and basic OARS skills. Time will be allotted for case consultation to work through challenging scenarios.

Following this training the participants will understand:

- The diversity and range of OARS responses that can elicit change talk
- Strategies for cultivating change talk, including the opportunity to practice
- The elements of MI coding and coaching to enhance their practice

VIRTUAL-Thursday, December 17, 2026, 9:00 AM-12:00 PM-$119 including CEUs

Provider Wellness

Stefanie Gregware, LMHC

Participants in this training will receive an overview of the challenges associated with wellness for providers in the human service field. We will review some of the impact of the work we do on people working in the field including time for dialogue and reflection. The training will also explore strategies associated with resiliency and self-care beyond the application of simply being good to oneself and takes a deeper look at ways each person can create an individualized routine for maintaining wellness in the context of both personal and professional life. Participants will have an opportunity to practice some specific strategies they may take away from the training and will also begin creating a wellness plan for themselves. This training will also talk about creating a culture of wellbeing within one's work environment.

Following this training the participants will understand:

- The impact of stress and compassion fatigue on those working in caregiving roles.
- Strategies and skills most effective for maintaining wellness as human service providers.
- How to create and maintain a wellness plan for yourself.
- How to impact a culture of wellbeing and resilience within your workplace.

VIRTUAL-Thursday, January 7, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Clinical Approaches for Working with Families Impacted by Substance Use Disorders

James DiReda, LICSW, Ph.D.

This workshop advances the clinical strategies of participants working with families or individuals who are seeking assistance with family related substance use concerns, by offering specific ways to approach the family with compassion, understanding and concrete tools/ strategies to increase the family member's efficacy, strength and resources. It serves as an opportunity to gain skills, techniques and interventions to effectively intervene with families and individuals who are impacted by substance use disorders. This training will provide an in-depth view of substance use disorders, using family systems theory as well as hands on experiences and

professional dialogue to explore the challenges of working with families impacted by substance use. This workshop is appropriate for all levels of clinical practice.

Following this training the participants will understand:

- Increase understanding of the family systems approach to address addiction, explore the disruption and consequences of substance use disorders in family systems, and the impact on each family member.

- Become familiar with daily family stressors, and current evidence based best clinical practices to support family members, including MAT, psychotherapy, group support, holistic health and other effective treatment modalities

- Discover what is effective and not effective to support family members and gain an understanding of therapeutic strategies and resources to help families navigate the challenges of recovery with their loved ones.

VIRTUAL-Friday, January 8, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Supervision Series: Clinical Supervision Foundations

Suzy Langevin, LICSW, LADC I & Stefanie Gregware, LMHC

Participants will learn the fundamentals of effective clinical supervision to support staff retention and development. The training covers the purpose, modes, and structures of supervision, emphasizes supervisor and supervisee wellness as part of ethical practice, and helps participants apply existing clinical skills to supervision.

Following this training the participants will understand:

- The purpose and goals of effective clinical supervision.
- The integrative developmental model perspective for both supervisees and supervisors that will inform how to approach supervision to support growth across various levels of professional experience.
- The importance of structure and feedback to effective supervision.

VIRTUAL-Thursday, January 14, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Youth Vaping & Tobacco Use: Strategies for Intervention

Suzy Langevin, LICSW, LADC I

This three-hour training for mental health professionals as well as educational professionals will explore the problem of vaping, both from the public health perspective as well as individual challenges for students who vape. Strategies for intervention at both tier one and tier three levels will be discussed, including a more in-depth look at motivational interviewing interventions. It will also discuss ways to introduce public health campaigns around vaping into the school environment.

Following this training the participants will understand:

- The current landscape of youth nicotine use
- The differences between smoking and vaping and need for different interventions
- Applications of motivational interviewing for individual vaping reduction/cessation
- Availability of public health tools to combat rising vape usage and help current vape users quit

VIRTUAL-Thursday, January 21, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Intertwined Issues Series-Trauma & Substance Use

Suzy Langevin, LICSW, LADC I

This is an intermediate level training that is designed to provide context and interventions based in CBT treatment model for practitioners working with individuals who experience co-occurring substance use and trauma. The overlap between those who are in treatment for substance use disorder and those who have experienced trauma is considerable, with estimates ranging from 60-97%. Because of this, substance use treatment providers need both a working knowledge of the impacts of trauma both generally and on recovery, and interventions to address these two interconnected issues. This training will provide background information and a review of the evidence-based modalities that can address these two issues in concert for more effective treatment.

Following this training the participants will understand:

- Reactions to trauma and ways in which substance use and trauma reactivity impact one another.
- Identify strategies to improve engagement for individuals who experience co-occurring substance use and trauma.
- Identify clinical strategies for treating substance use and trauma simultaneously for the best efficacy, including Seeking Safety, CPT and other trauma-informed treatment approaches.

VIRTUAL-Thursday, January 28, 2027, 9:00 AM-1:00 PM-$119 including CEUs

Cognitive Behavioral Therapy for Generalized Anxiety Disorder

Stefanie Gregware, LMHC Andrea Wolloff, LMHC

This training is an intermediate level training that will focus on the different interventions used in Cognitive Behavioral Therapy for symptoms of generalized anxiety disorder. This training is best for practitioners with a foundational understanding of Cognitive Behavioral Therapy including the theory and structure of practice in adherent CBT. This training will focus on the interventions used in Cognitive behavioral therapy for symptoms of generalized anxiety disorder and will provide participants with an overview of the CBT model of generalized anxiety disorder and general assessment, case conceptualization, and treatment strategies. Participants will be oriented to, observe demonstrations of, and practice specific cognitive and behavioral strategies traditionally used in the treatment of generalized anxiety disorder.

Following this training the participants will be able to:

- Describe the CBT model of generalized anxiety disorder.
- Describe assessment, conceptualization, and general CBT treatment planning for generalized anxiety disorder.
- Identify specific behavioral and cognitive strategies for generalized anxiety disorder.

VIRTUAL-Thursday, February 4, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Growing into Ourselves:

The Aging Process, Ageism, and Aging in Special Populations

Nicole Melissa Morin, LICSW

Join us for this three-hour training to explore aging, impacts of ageism, and gain an understanding of the aging process in special populations.

This training provides mental health professionals with a comprehensive understanding of the aging process, with a strong emphasis on middle and late adulthood. We'll explore the expected trajectory of aging, alongside variations seen in special populations, such as those with developmental disabilities or chronic illnesses. Participants will gain practical strategies for supporting wellness and community access as clients' abilities change. The course will also address the profound impacts of ageism on both individuals and communities, equipping professionals to better advocate for and serve their older clients.

Following this training the participants will understand:

- The expected trajectory of aging across the lifespan. Focus will be STRONGLY on Middle to Late Adulthood.
- Different trajectories of aging across special populations such as developmental disabilities and chronic illness.
- Ways to support wellness across the aging process.
- The impacts of ageism on individuals and communities.
- How to support access to the community for folks as they age and abilities change.

VIRTUAL-Thursday, February 11, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Intertwined Issues Series-Substance Use and Psychosis

Suzy Langevin, LICSW, LADC I

This is an intermediate level training that is designed to provide context and interventions based in CBT treatment model for practitioners working with individuals who experience co-occurring substance use and psychosis. This training is designed for practitioners with a foundational knowledge of CBT individual therapy. The training will provide attendees with the opportunity to think about the impact and intersections of the experiences of psychosis and substance use with considerations to specific substances of misuse. Participants will learn about specific strategies to improve engagement as well as to collaboratively identify and address symptoms and challenges commonly reported by individuals who use substances and experience symptoms of psychosis. This training will incorporate role plays and real plays to help attendees solidify concepts reviewed in the training and to clarify anything they are unsure about.

Following this training the participants will understand:

- The symptoms of psychosis and ways in which substance use and the symptoms of psychosis impact one another.
- Identify strategies to improve engagement for individuals who experience co-occurring substance use and psychosis.
- Identify strategies for responding to the experiences of psychosis when substance use is also present.

VIRTUAL-Thursday, February 25, 2027, 9:00 AM-1:00 PM-$119 including CEUs

Cognitive Behavioral Therapy for Symptoms of Depression

Stephanie Gregware, LMHC and Andrea Wolloff, LMHC

This training is an intermediate level training that will focus on the different interventions used in Cognitive Behavioral Therapy for symptoms of depression. This training is best for practitioners with a foundational understanding of Cognitive Behavioral Therapy including the theory and structure of practice in adherent CBT. This training will focus on the interventions used in Cognitive Behavioral Therapy for symptoms of depression and will provide participants with an overview of the CBT model of Depression and general assessment, case conceptualization, and treatment strategies. Participants will be oriented to, observe demonstrations of, and practice specific cognitive and behavioral strategies traditionally used in the treatment of depression.

Following this training the participants will be able to:

- Describe the CBT model of depression.
- Describe assessment, conceptualization, and general CBT treatment planning for depression.
- Identify specific behavioral and cognitive strategies for depression.

VIRTUAL-Wednesday, March 3, 2027, 9:00AM-12:00PM-$119 including CEUs

Supervision Series: Integrating Motivational Interviewing into Clinical Supervision

Suzy Langevin, LICSW, LADC I

Supervision is, in essence, about behavior change, helping employees integrate new skills and do things differently. This workshop will help supervisors leverage skills in Motivational Interviewing to guide employees to make changes to improve performance and service quality. This is especially relevant for substance use counselors and their supervisors, for whom MI is a core counseling skill set.

Following this training the participants will:

- Develop a rationale for using MI strategies and skills in supervision.
- Practice MI skills in the context of providing individual supervision.
- Understand how to use MI skills in the context of leading group and team meetings.

VIRTUAL-Thursday, March 4 & 18, 2027-9:00 AM-12:00 PM-$225 including CEUs

Hoarding Interventions 2-Day Series

Jesse Edsell-Vetter

Attendees will leave this training series feeling confident in identifying hoarding, assessing risk, and with the skills necessary to effectively begin the intervention process.

Day One:

hoarding defined
demographics and prevalence
risk assessment
understanding key factors in intervention
Stektee and Frost conceptual model for hoarding

Assessment protocols for home and office

Day Two:

Effective Communication with the client, collateral providers, and others
Intervention Planning
Intervention Methods (Sorting/Discarding, Harm Reduction)
Using a Team-based Approach

Each day will use a combination of lecture, case studies in small groups, and 3-D models of cluttered environments. Participants will have access to key assessment tools to take forward in their practice.

Following this training the participants will understand:

- How to properly define hoarding
- Key elements in successful intervention
- Practice tools for risk assessment
- Strategies for engaging the client in intervention
- How to use a team-based approach for intervention

VIRTUAL-Thursday, March 11, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Death and Dying:
Exploring and Supporting What is Most Important Across the Lifespan and the Dying Process

Nicole Melissa Morin, LICSW

This training provides an overview of the dying process, covering physical signs, cultural perspectives, disposition, open communication around death and dying, and supporting special populations.

This training will equip you with the skills to confidently support individuals and their families through the dying process. You'll learn to recognize the physical and emotional signs of death, explore diverse cultural beliefs, and discuss death and difficult conversations with empathy. The course also explores various models of care, human disposition, and creative interventions for processing grief. Special attention is given to partnering with specific populations including children, teens, infants, vilomah, and more. This program will provide you the tools to support a person who is dying, their loved ones, and those who did not have the chance to be with their loved one during death.

Content warning: This course contains open discussion of sudden unexpected death, violent death, death by suicide, complicated grief, child and infant death, and the physical aspects and experiences of dying.

Following this training the participants will understand:

- The physical aspects, signs, and indicators of the dying process, and how to increase the comfort and autonomy of the person served and their caregivers.
- Different disposition options for human remains
- Cultural perspectives and how to elicit information from persons served about attitudes, beliefs, and experiences with death
- Models of care and theories that prioritize the values and needs of the dying person.
- Ways to increase confidence around the discussion of death and dying with persons served.
- Creative interventions that allow for the processing of grief.

- How to partner with special populations experiencing death and dying (developmental disabilities, children and teens, spousal death, violent death, explanation of dying process to terminally ill children, pet death, etc.)

VIRTUAL-Friday, March 12, 2027, 9:00 AM-12:00 PM-$119 including CEUs

The Complex Life Trajectories of Vincent van Gogh and Frida Kahlo:
Lessons to be Learned within Suicidology

Barent Walsh, Ph.D.

Presentations on suicide prevention and treatment often take the path of reviewing statistics and then moving into evidence-based interventions. This presentation employs a different approach: It reviews the biographies of two artistic geniuses: Vincent van Gogh (1853-1890) and Frida Kahlo (1907-1954). Both were exceptionally gifted artists whose lives were complex and painful. Van Gogh was isolated since childhood, had few sustained relationships as an adult, and relied largely on his brother and his passion for painting to survive. When his relationship with his brother became a burden and his paintings declined, he chose to end his life.

Frida Kahlo endured physical challenges related to polio as a 7-year-old and a violent trolley accident when she was 18. She remained physically compromised for the remainder of her life with numerous surgeries including a late-life amputation. Adding to her physical problems was her complex painful relationship with her husband, noted muralist Diego Rivera. He had many extramarital affairs including one – most damagingly - with Frida's beloved sister, Cristina. Frida's health issues and marriage would have defeated many, but she had some close friends and her painting gave her a means to express profoundly her pain. She survived whereas van Gogh did not. What can be learned from these two life trajectories?

Learning Objectives:

- The suicide theory of Thomas Joiner will be used to explicate the suicide death of van Gogh and survival/ resilience of Frida Kahlo.
- This theory will be employed to discuss how we might have "saved" van Gogh (were we to be interventionists today) and what we can learn from Frida Kahlo's immense courage and persistence.
- The audience will be asked to discuss examples from their clinical experience (anonymously) that echo the trajectories of van Gogh and/ or Kahlo.

VIRTUAL-Wednesday, March 17, 2027, 9:00AM-12:00PM-$119 including CEUs

Harm Reduction: Principles and Practices

Suzy Langevin, LICSW, LADC I

Harm reduction is a set of principles and practices aimed at reducing the impacts of substance use on those who are actively using. Practically, it also gives clinicians a set of strategies to use to connect, engage and support individuals who are not currently interested in stopping their use, which can often lead to frustration and disconnection in treatment where abstinence is the expectation. By broadening our "lens" as to what we can do to support people who are using to include this range of interventions, we can create new opportunities for safety, hope and even change in the work that we do.

Following this training the participants will understand:

- The theory and guiding principles for using a harm reduction framework.
- Specific strategies for harm reduction for specific substances & general substance misuse.

- The importance of policy advocacy to broaden the interventions available to make the use of harm reduction possible.

VIRTUAL-Thursday, March 25, 2027, 9:00 AM-1:00 PM-$119 including CEUs
Cognitive Behavioral Therapy for Social Anxiety
Stephanie Gregware, LMHC and Andrea Wolloff, LMHC

This training is an intermediate level training that will focus on the different interventions used in Cognitive Behavioral Therapy for symptoms of social anxiety disorder. This training is best for practitioners with a foundational understanding of Cognitive Behavioral Therapy including the theory and structure of practice in adherent CBT. This training will focus on the interventions used in Cognitive behavioral therapy for symptoms of social anxiety disorder and will provide participants with an overview of the CBT model of social anxiety disorder and general assessment, case conceptualization, and treatment strategies. Participants will be oriented to, observe demonstrations of, and practice specific cognitive and behavioral strategies traditionally used in the treatment of social anxiety disorder.

Following this training the participants will be able to:
- Describe the CBT model of social anxiety disorder.
- Describe assessment, conceptualization, and general CBT treatment planning for social anxiety disorder.
- Identify specific behavioral and cognitive strategies for social anxiety disorder.

VIRTUAL-Thursday, April 1, 2027, 9:00 AM-12:00 PM-$119 including CEUs
Illness Management & Recovery (IMR) Training Overview
Suzy Langevin, LICSW, LADC I

The trainer will walk participants through an overview of the Illness Management and Recovery practice including the importance of integrating a recovery-oriented philosophy into their practice.

IMR is an Evidence-Based Practice, with numerous adaptations, that has been around for almost twenty years. It was created for people who experience symptoms related to Schizophrenia, Bipolar, Schizoaffective, and Depression. IMR is a manualized treatment that supports people in setting personalized goals, and application of various skills learned in the eleven topic areas covered in the treatment. Practitioners use a variety of best practices that support this process in IMR, including Psychiatric Rehabilitation, CBT, Motivational Enhancement and Educational strategies.

IMR is a model based on empowerment, as the materials and structure help people envision their future with hope and possibility. IMR teaches participants skills in problem solving, goal setting, and self-management strategies.
Open Sky Community Services uses a model of IMR in which practitioners also develop and work on their own IMR goal. With over 15 years of applying IMR in this manner, trainers can walk you through this adaptation and structures to support it. Our trainer emphasizes a balance between personalized, creative interventions and fidelity to the practice and aims to help all participants develop their unique style as an IMR practitioner.

Following this training the participants will understand:

- The core ingredients of the IMR practice.
- The main take-home messages of the practice.
- Key elements of fidelity to the IMR model.
- Examples of what the IMR looks like in practice.
- Ideas on providing this treatment in various settings.

VIRTUAL-Friday, April 2, 2027, 9:00 AM-1:00 PM-$119 including CEUs
Cognitive Behavioral Therapy for Psychosis
Stefanie Gregware, LMHC, & Ryan Zenevitch, LICSW

This training is best for practitioners with a foundational understanding of Cognitive Behavioral Therapy including the theory and structure of practice in adherent CBT. This training will focus on the interventions used in Cognitive Behavioral Therapy for symptoms of psychosis and will provide participants with an overview of the CBT model of psychosis including how to apply the CBT structure to the treatment of Psychosis with a focus on the specific treatment interventions most often used to treat psychosis.

Following this training the participants will understand:

- Describe the CBT model of psychosis.
- How to apply the CBT treatment structure to the treatment of psychosis.
- Identify specific behavioral and cognitive strategies for psychosis.

VIRTUAL-Thursday, April 8, 2027, 9:00 AM-12:00 PM-$119 including CEUs
Supervision Series-Trauma-Informed Supervision Practices
Suzy Langevin, LICSW, LADC I, & Stefanie Gregware, LMHC

Trauma informed principles and practices have become increasingly widespread in our overall treatment landscape. Supervisors who are able to integrate principles of trauma informed care into their supervisory relationships and practices are able to support practitioners at any phase in their career in delivering high quality care and create a supervisory environment that fosters growth, learning, and attends to provider wellbeing. This workshop will help supervisors apply Trauma informed principles and frameworks, practices and strategies to their supervision sessions, allowing opportunities for both modeling TIC in action, and reinforcing skills to use with clients, and enhanced supervisory support.

Following this training the participants will understand:

- The purpose and considerations for incorporating TIC into clinical supervision.
- Strategies for incorporating the principles of TIC into your regular supervision structure.
- Specific supervisor skills and strategies that can be used to foster trauma-informed clinical supervision.

VIRTUAL-Thursday, April 15, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Intertwined Issues Series- Pain and Substance Use

Jean Brickman, LADC I

Did you know that between 50-60% of people diagnosed with a substance use disorder also experience chronic pain? Because of this, substance use treatment providers need both a working knowledge of the impact of physical pain, both generally, and on recovery, and interventions to address these two interconnected issues. This training will provide background information and a review of the evidence-based modalities that can address these two issues in concert, to help decrease stigma, and help people engage in treatment.

Following this training the participants will:

- Understand physical pain and the ways in which substance use and pain impact one another.
- Understand the impact of stigma on accessing support for physical pain in individuals with a substance use disorder.
- Identify strategies to improve engagement for individuals who experience co-occurring substance use and chronic pain.
- Identify clinical strategies for addressing substance use and chronic pain simultaneously, including use of MI, Harm Reduction, CBT and other non-medical strategies to navigate management of chronic pain.

VIRTUAL-Friday, April 16, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Understanding, Managing, and Learning from Diverse Forms of Loss and Grief

Barent Walsh, Ph.D.

This presentation addresses a universal phenomenon across the lifespan: the related topics of loss and grief. Emphasis is on the empirically informed, seminal work of O'Connor (2019) and Bonanno (2019). More specifically, Bonnano cites evidence for four types of grief trajectories:

1) Resilience – Generally about 60% of people who experience major losses recover very well within a short period of time with no need for professional intervention
2) Recovery – An additional 20-30% may experience acute grief for more extended periods of time with some impaired functioning. However, these individuals usually recover within one to two years and show no serious long-term impairment
3) Prolonged – About 10-15% show prolonged suffering and inability to function, usually lasting several years or longer. These individuals may have had a compromised level of functioning prior to the loss(es).
4) Delayed grief or trauma - When adjustment seems normal but then distress and symptoms increase months later. Researchers have not found [clear] evidence of delayed grief, but delayed trauma appears to be a genuine phenomenon.

This presentation will also focus on grief across the lifespan ranging from the context of perinatal attachment and early life loss all the way to illness, decline and death in "older adulthood" (age 85 and beyond) (McCoyd et al. 2021).

Emphasis will be placed on <u>what to do</u> in response to grief, including:

- Realizing that grief is normal, universal
- Seeking support from those who can give it
- Accepting that some are uncomfortable with grief and that's their limitation, not yours

- Recognizing we're in the helping professions; it's okay for us to seek help. It's a sign of strength, wisdom and belief in our own vocation.

The presentation will also discuss "Meaning-Making" in relation to losses such as:

- Honoring the legacy of the deceased with symbols, signs, rituals, and recognition
- Reviewing and replaying positive memories in detail, such as using a photo/ digital album or scrapbook. This way one can reminisce but also put aside.
- Communicating with/ asking for guidance from the deceased - if helpful
- Carrying on positive aspects of that's person identity in your own behavior: A living tribute

This presentation will elicit, but not require, audience participation re: the shared experience of losses and related grief within a supportive and affirming context.

Following this training the participants will:

- To identify different types of losses and related grief across the lifespan including both those which are expected and unexpected.
- To explicate four types of grief trajectories per the expertise of Bonanno and others
- To elucidate different ways to manage grief including seeking support, obtaining professional help, and finding ongoing meaning in relation to the deceased

VIRTUAL-Thursday, April 29, 2027, 9:00 AM-12:00 PM-$119 including CEUs
Supervision Series-Integrating CBT Strategies into Clinical Supervision
Stefanie Gregware, LMHC

CBT skills are some of the cornerstone skills used by therapists and clinicians within their practice with clients but it can be challenging to access supervision that is informed by and supports the development of good CBT practice. This workshop will help supervisors apply CBT frameworks, skills and strategies to their supervision sessions, allowing opportunities for both modeling CBT in action, and reinforcing skills to use with clients. Participants with a foundational knowledge of CBT theory and practice will be best able to benefit from this training.

Following this training the participants will understand:

- The purpose and considerations for incorporating CBT into clinical supervision.
- Strategies for incorporating the structure of CBT into supervision.
- Specific CBT interventions and strategies that can be used in clinical supervision.

VIRTUAL -Thursday, May 6, 2027, 9:00 AM-12:00 PM-$119 including CEUs
Cross-Cultural Supervision: Applying Cultural Humility in Reflective Practice
Jenise Katalina, LICSW

Effective supervision occurs within relationships shaped by culture, identity, power, lived experience, and organizational context. Cross-cultural supervision requires more than cultural knowledge; it requires supervisors to intentionally cultivate cultural humility while navigating differences that influence trust, communication, evaluation, and professional development.

This interactive training introduces a practical framework built upon five competencies of cross-cultural supervision:

• Developing cultural self-awareness

• Practicing cultural humility

• Navigating power, privilege, and positionality

• Strengthening culturally responsive communication

• Repairing cultural ruptures through reflective dialogue

Participants will examine how implicit bias, intersectionality, and organizational culture influence supervisory relationships while practicing strategies that promote psychological safety, reflective capacity, and equitable supervision. Through case consultation, reflective exercises, and structured discussion, supervisors will learn to transform cultural differences into opportunities for stronger supervisory alliances and improved clinical practice.

Following this training the participants will understand:

- Describe the five competencies of effective cross-cultural supervision and explain how cultural humility supports each competency.
- Analyze how culture, intersectionality, privilege, organizational power, and positionality influence supervisory relationships and supervisory decision making.
- Demonstrate reflective supervisory strategies that promote psychological safety, culturally responsive communication, and equitable supervision.
- Apply deliberate processing of bias and structured reflective dialogue to complex cross-cultural supervision scenarios.

IN-PERSON-Friday, May 7, 2027, 9:00 AM-4:00 PM-$229 including CEUs

Blending Motivational Interviewing Strategies with Cognitive Behavioral Therapy

Suzy Langevin, LICSW, LADC I, & Stefanie Gregware, LMHC

This training is intended to help participants to understand the overlap between Motivational Interviewing and Cognitive Behavioral strategies. We will provide a brief overview of the core strategies of both MI and CBT with a particular focus on how they can both be used to support practitioners in meeting individuals where they are at. This training will allow participants to identify how to assess the individual's stage of change throughout treatment and select interventions based on this assessment. Participants will have the opportunity to try these strategies in real plays and role plays in the training.

Following this training the participants will understand:

- The MI and CBT strategies that overlap and are suited for use together.
- The core components to be used when implementing CBT or MI interventions in a therapeutic context.
- How to assess and respond to an individual's stage of change and readiness for change in a particular area as a part of implementing standard CBT in practice.

VIRTUAL-Thursday, May 13, 2027, 9:00 AM-12:00 PM-$119 including CEUs

Supervision Series-Supporting Supervisor Wellbeing

Stefanie Gregware, LMHC

This training will provide clinical supervisors with a rationale for attending to practitioner wellbeing as part of clinical supervision practice are able to support practitioners at any phase in their career in delivering high quality care and create a supervisory environment that fosters growth, learning, and attends to provider wellbeing. This workshop will help supervisors to consider their own self-care and collective care practices as well as to learn and consider new practices they might use to maintain their own wellbeing as well as to attend to clinical practitioners in identifying, enhancing/integrating routines and strategies within their workday as well as overall supporting their overall wellbeing at work. This training provides concrete, actionable strategies that can be used as a collection of tools or individual tools that can be implemented as needed.

Following this training the participants will understand:

- The purpose and considerations for attending to provider wellbeing in clinical supervision.
- Strategies for incorporating self and collective care practices into your regular supervisory relationship.
- Specific supervisor skills and strategies that can be used to enhance and role model use of wellbeing practices on the part of the clinical supervisor.

VIRTUAL-Friday, May 21, 2027, 9:00 AM-1:00 PM-$119 including CEUs

Intro to DBT: Foundation and Framework

Elizabeth Korchari, MA, LMHC, DBTC

This four-hour virtual training provides clinicians with a comprehensive overview of Dialectical Behavior Therapy (DBT), an evidence-based treatment originally developed by Marsha Linehan for individuals with chronic emotion dysregulation and high-risk behaviors, and now widely applied across diverse clinical populations and treatment settings. Participants will be introduced to the theoretical foundations of DBT, including the biosocial theory of emotion dysregulation and the core dialectical philosophy that underpins the model.

The training will review the essential structure and components of comprehensive DBT, including individual therapy, skills training groups, phone coaching, and the consultation team, as well as the roles and responsibilities of DBT providers within each mode of treatment. Participants will gain an understanding of how DBT balances acceptance and change strategies, and how this balance supports client engagement, motivation, and behavioral change.

In addition, the training will provide an overview of the four core DBT skills modules: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants will learn the purpose and function of each module, how the modules fit together within the overall treatment framework, and how DBT skills support clients in improving emotional stability, behavioral control, and relationship effectiveness.

This training is designed as a foundational overview and orientation to the DBT model. While participants will become familiar with the structure, rationale, and function of the four skills modules, detailed instruction on specific skills and implementation strategies will be covered in subsequent, more advanced trainings. This overview training prepares clinicians to understand the DBT framework, determine its applicability within their clinical setting, and pursue further training in DBT skills implementation.

The training will be delivered live via a virtual platform and will include didactic instruction, clinical examples, and opportunities for participant reflection and discussion.

Following this training the participants will understand:

1. Participants will be able to describe the theoretical foundations of Dialectical Behavior Therapy, including the biosocial theory and the role of dialectics in treatment.
2. Participants will be able to identify and explain the structure and components of comprehensive DBT, including individual therapy, skills training, phone coaching, and the consultation team.
3. Participants will be able to summarize the purpose and function of the four DBT skills modules—Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness—and their role in supporting emotional and behavioral regulation.

DBT Skills Training Series with Elizabeth Korchari, MA, LMHC, DBTC

**This training will be conducted ONLINE in 6 half-day sessions from 1:00pm-5:00pm for $569 including CEUs. Please note, to receive CEU credit you must attend all 6 sessions in the series.*

The DBT Skills are the heart of the treatment. All aspects of DBT are based on assisting the person to learn and use a set of skills that have been proven to enhance coping and reduce distress. This 6-part series provides a thorough training in all aspects of the DBT skills including mastery of the skills, running skills groups, and teaching the skills to a variety of populations. The presentation will include a lecture, video examples and in-vivo practice.

Participants are urged to purchase the DBT Skills Training Manual, 2nd Edition and the DBT Skills Training Handouts and Worksheets, 2nd Edition by Marsha Linehan. Both books will be an integral part of the curriculum and are available on Amazon.com.

DBT Skills Trainings:

Part 1: Friday, September 11, 2026, 1:00 PM—5:00 PM
An Introduction to DBT Skills Training and Orientation Module

In this training, participants will learn what is needed to start a DBT group. This will include the rationale for DBT skills training, planning to conduct a group, how to structure a DBT group, skills training targets and procedures, and how to teach the Orientation Module.

Following this training, participants will be able to:

- Understand the rationale for DBT Skills training
- Begin planning a DBT Skills group
- Structure a DBT skills group
- Understand the DBT Orientation module

Part 2: Friday, September 25, 2026, 1:00 PM—5:00 PM
The Mindfulness Module
In this training, participants will learn Mindfulness skills and how to effectively teach these skills in group.

Following this training, participants will be able to:

- Understand the Mindfulness module
- Understand how to effectively teach Mindfulness skills to a group

Part 3: Friday, October 9, 2026, 1:00 PM—5:00 PM
The Distress Tolerance Moule
In this training, participants will learn the Distress Tolerance skills and how to effectively teach these skills in group.

Following this training, participants will be able to:

- Understand the Distress Tolerance module
- Understand how to effectively teach Distress Tolerance skills to a group

Part 4: Friday, October 23, 2026, 1:00 PM—5:00 PM
The Emotion Regulation Module
In this training, participants will learn the Emotion Regulation skills and how to effectively teach these skills in group.

Following this training, participants will be able to:

- Understand the Emotion Regulation module
- Understand how to effectively teach Emotion Regulation skills to a group

Part 5: Friday, November 6, 2026, 1:00 PM—5:00 PM
The Interpersonal Effectiveness Module
In this training, participants will learn the Interpersonal Effectiveness skills and how to effectively teach these skills in group.

Following this training, participants will be able to:

- Understand the Interpersonal Effectiveness module
- Understand how to effectively teach Interpersonal Effectiveness skills to a group

Part 6: Friday, November 20, 2026, 1:00 PM—5:00 PM
Running a DBT Group and Overcoming Group Challenges-
In this training, participants will learn how to apply some of the fundamental DBT strategies in Behavioral Skills Training as well as how to effectively run a group. Challenges that may arise during group will be discussed and addressed, including homework non-compliance, lack of attendance, and behavior management within group

Following this training, participants will be able to:

- Apply some of the fundamental DBT strategies within skills group
- Understand how to effectively run a DBT skills group
- Manage challenges that may arise in group, such as homework non-compliance, attendance issues, and behavioral challenges.

Meet the Trainers

Suzy Langevin, LICSW, LADC I, AVP of Training and Professional Development at Open Sky Community Services, is committed to making the best evidence-based tools and supports available to both Open Sky employees and the broader provider community through the Bridge Training Institute. Ms. Langevin has presented regionally and nationally on implementing evidence-based treatment modalities, including the Stephanie Moulton Symposium, NAADAC National Webinar Series, and the Massachusetts Psychiatric Rehabilitation Collaborative Annual Conference. She has extensive training and fidelity coding experience in Motivational Interviewing and is a member of the Motivational Interviewing Network of Trainers (MINT).

She had provided training and consultation in a variety of evidence-based treatment modalities to mental health providers, school systems, community groups and state agencies, where feedback has included, "*Suzy is very knowledgeable and provides practical insight on how to apply the skill learned in real life situations. Her training approach is upbeat, engaging, and informative*."

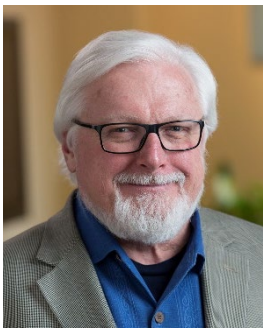
In her more than decade long tenure at Open Sky, she served as Director of Dual Diagnosis Services, where she developed a model for services for co-occurring mental health and substance use disorders within the agency's community mental health programming. She also previously worked to implement and supervise the provision of Illness Management and Recovery (IMR) services across adult and adolescent treatment settings and the development and opening of The Bridge Counseling Center, Open Sky's outpatient division. In 2014, Ms. Langevin was awarded the ABH Excellence in Outcomes Award as a member of the CR for PTSD group. She was selected to the Worcester Area Chamber of Commerce Leadership Worcester Class of 2021.

In addition to her work at Open Sky, Ms. Langevin has experience in a diverse range of settings, including emergency mental health, juvenile justice, residential treatment, and hospital inpatient care.

Andrea Wolloff, MA, LMHC received her Master's Degree in Counseling Psychology from Assumption College. She also received additional certifications in CBT for children and families and general CBT from The Aaron T. Beck Institute for Cognitive Studies at Assumption College. She has 20 years of experience in providing CBT to a variety of populations and different settings.

Ms. Wolloff is a Private Practitioner who provides CBT based counseling, consultation, training, and supervision. Her specialties include PTSD and trauma, anxiety disorders, depression, and perinatal mental health. She holds a certification in Perinatal Mood and Anxiety Disorders.

Prior to Private Practice, Ms. Wolloff worked at Open Sky Community Services. During this time, she developed a specialty in working with those who experience serious and persistent mental illness. She received intensive training in Recovery Oriented CBT for Schizophrenia, CBT for Psychosis, Dialectical Behavior Therapy, Cognitive Restructuring for PTSD, and Prolonged Exposure for PTSD. She served as a treatment provider, training developer, trainer, consultant, and supervisor in these practices.



Barent Walsh, Ph.D. has written extensively and presented internationally on the topic of self-destructive behavior. He is the author of three books on non-suicidal self-injury, including Treating Self-Injury: A Practical Guide 2nd edition, Guilford Press, (2014). This volume has been translated into Japanese, Korean, Dutch and Polish. His most recent publication is, "Understanding and Treating Atypical Severe Non-Suicidal Self-Injury," (2024) in the "Oxford University Press Handbook of Nonsuicidal Self-Injury."

Dr. Walsh is Executive Director Emeritus and Senior Clinical Consultant at Open Sky Community Services, a human service agency headquartered in Worcester, Massachusetts. Dr. Walsh also was formerly a Lecturer on Psychiatry, Harvard Medical School at Cambridge Health Alliance, Cambridge, MA.

Dr. Walsh received the following recognition in 2021:
"On behalf of the International Society for the Study of Self-Injury (ISSS) Board of Directors, we would like to honour your extensive contributions to the field by inviting you to be an Invited Fellow of ISSS. This invitation reflects the highest recognition of your many contributions to the field, notably your seminal work and publications in the areas of assessment and treatment of self-injury."
An innovative recent presentation by Dr. Walsh was, "How Did Frida Kahlo Not Die By Suicide? A Story of Episodic Physical and Psychological Misery Met with Self-Exploring Exposure." Mass. DPH Suicide Prevention Conference, April 2025.

Elizabeth Korchari, MA, LMHC, DBTC, a DBT-Linehan Board certified therapist. She is the founder and owner of Lotus and Lion: Counseling and Wellness, where she currently practices. Ms. Korchari is the former Director of DBT & Trauma Services at Open Sky Community Services.
During her more than twenty years at Open Sky, Elizabeth had many roles. She co-ran an adolescent DBT residential treatment program, facilitating individual therapy, groups, and family therapy. She worked with special populations, including those with intellectual, physical, and developmental disabilities as well as juvenile offenders. She oversaw implementation of DBT and trauma services throughout the agency including training, supervision, consultation as well as oversight of the Trauma Response Team.

Elizabeth has developed and facilitated DBT trainings in multiple settings and has led consultation teams within the agency and the community. Elizabeth has experience in providing DBT consultation and training for the Department of Youth Services, school systems, and other non-profit agencies.

Elizabeth received her master's degree in clinical psychology from Assumption University with concentrations in Cognitive Behavioral Therapy and Children and Families and was also awarded a certificate in CBT through the Aaron T. Beck Institute in Cognitive Studies.
Elizabeth received her intensive training in Dialectical Behavior Therapy under Charlie Swenson and advanced intensive training under Marsha Linehan, the developer of DBT. She is also trained in multiple trauma modalities including CBT for PTSD and Prolonged Exposure for PTSD. Elizabeth is also a trained Level One Mindfulness Based Stress Reduction Teacher through Brown University.

Dr. James DiReda, LICSW, PhD holds a dual Ph.D. in Sociology and Social Work from Boston University, and a master's degree in social work from the University of Connecticut. He is a Licensed Independent Clinical Social Worker with over thirty years of direct clinical experience and consulting in the field of addictions. He has served as an advocate, treatment provider, researcher, and educator, working with individuals and families, hospitals, corrections facilities, and treatment programs, and private organizations on addiction. Dr. DiReda is an Associate Professor in the School of Professional Studies at Anna Maria College in Paxton, MA and a Partner at Lake Ave Recovery, www.lakeaverecovery.com in Worcester, MA. He is a person in long-term recovery (40+ years), and has published books and articles on addiction, speaks publicly on the topic, and has presented at local and international professional conferences.

Jean Brickman LADC I, RCPF, is the Clinical Director for the Behavioral Health Services Division at Open Sky Community Services and previously served as the Clinical Supervisor for Co-Occurring Disorders. She has overseen the provision of services for supporting individuals with co-occurring mental health and substance use challenges. She has also provided supervision, training and consultation organizationally to support staff teams in providing recovery-oriented, person-first care and to enhance the capacity of specialty practitioners in delivering these services.

Ms. Brickman has over 15 years of experience, specializing in supporting individuals who are navigating co-occurring disorders, providing direct care across a variety of residential, community-based and outpatient settings.

Ms. Brickman is passionate about the use of evidence-based practices and has driven agency-wide practice implementations that support multiple pathways to recovery and enhance equitable access to these supports. These practices include: Harm Reduction strategies, Motivational Interviewing and the use of Seeking Safety and Recovery Life Skills groups, to provide care to individuals at any stage of change.

Ms. Brickman is a graduate of City University of New York, John Jay College of Criminal Justice, where she earned an MA in Forensic Psychology. Jean is a licensed alcohol and drug counselor and licensed social worker. She holds the designation of Recovery Coach Professional Facilitator through Connecticut Community For Addiction Recovery.

Jenise Katalina is a Licensed Independent Clinical Social Worker in Massachusetts who serves as the Vice President of the Board of Directors and Executive Leader for the Women of Color Health Equity Collective, a movement building nonprofit organization based out of Western Mass that is focused on building community capacity to support women and girls of color in achieving their optimal health and well-being.

In addition to offering anti-oppressive training and consulting and career coaching to women of color through Rise Leadership and Coaching, Jenise is also the founder of Kindred Healing Counseling Services which is a mental health private practice focused on supporting individuals experiencing intergenerational trauma, racial trauma, and perinatal mood disorders utilizing a liberation approach.

Jenise's experience includes the role of Healthy Families Resource Specialist at the Children's Trust, a statewide agency focused on stopping child abuse in Massachusetts, where she provided training and technical

assistance to program management across the state with a focus on implementing policies and practice with a racial equity lens.
Before joining the Children's Trust, Jenise served as the Vice President of Family Services at Square One, a community-based non-profit in Springfield, Massachusetts. Within this role, Jenise designed, implemented, and managed multiple home visiting and family support programs serving multigenerational families. Jenise's prior experience includes management roles within residential programs for latency-age children and gang aversion programs for teen youth in Springfield.

Jenise received her Bachelor of Arts degree from Westfield State University and her Master of Social Work from Springfield College. She has studied under the founders of the Culturally Humility Framework and has offered technical assistance and training to multiple institutions striving to incorporate a Racial Equity lens into their work and move towards being anti-racist organizations.

She serves on multiple interdisciplinary workgroups and initiatives focused on Racial Equity, Health Equity and Maternal Health at the state and community level. She provides clinical reflective supervision, coaching and mentorship to women navigating their careers. Jenise also serves as an adjunct faculty for multiple Master level Social Work programs.

Jesse Edsell-Vetter has three decades of non-profit experience with a focus on the intersection of housing and health. In addition, he offers private consulting for community organizations seeking to build community-based hoarding intervention models. Edsell-Vetter previously founded Metro Housing's Center for Hoarding Intervention which offered services to residents in Greater Boston at risk of eviction due to hoarding behavior as well as training and technical assistance in the United States and Canada.
Jesse authored Effective Hoarding Intervention: Using A Case Management Approach for Reducing Clutter and Changing Behavior and contributed to The Hoarding Handbook: A Guide for Human Service Professionals. He has been a regular speaker throughout in United States and Canada including at the International Obsessive Compulsive Disorders Annual Conference and at the San Francisco Mental Health Association Hoarding Conference. His work has been highlighted by The Boston Globe Magazine, National Public Radio, and the documentary film Beyond Hoarding.

Nicole Melissa Morin, LICSW (she/her/hers) is currently the clinician for Safe Homes, a community drop-in center for LGBTQIA+ youth 14-23, and The PLACE (Program for Learning, Activities, Care, and Encouragement) for Empowerment DMH Young Adult Access Center for young adults ages 16-26. She conducts free drop-in behavioral health support and does not bill through insurance. She teaches terrestrial and aquatic group fitness to older adults in the Worcester community. She has worked in nursing homes, hospitals, geriatric psychiatry, dementia care, end of life, and older adult exercise. Nicole cares for individuals across the lifespan 'from breath to death.' She is trained as a birth and bereavement doula by Stillbirthday, as well as a community death midwife by A Sacred Passing.
Nicole holds a Master of Social Work and a Graduate Certificate in Trauma Studies from Simmons University. Some of the approaches she uses in her practice with clients include Affirmative Therapy, ACT (Acceptance and Commitment Therapy), Motivational Interviewing, EMDR, and holistic approaches (nature, movement) to empower folks on their journeys. She is always seeking new modalities, research, and learning opportunities to find new ways to support those she serves.

Oscar Oliveira Soens is the Program Director for Safe Homes, a program of Open Sky Community Services. Safe Homes is a drop-in center for LGBTQ+ youth ages 14 to 23, located primarily in Worcester, with a satellite drop-in in Fitchburg as well as a virtual drop-in hosted via Discord. In addition to working directly with LGBTQ+ youth, Mr. Oliveira Soens also develops and presents trainings designed to empower participants to make positive changes in their communities to support and uplift the LGBTQ+ people in their lives.

Ryan Zenevitch, MSW, LICSW is the director of the Program of Assertive Community Treatment (PACT) at Open Sky Community Services. In this role, he leads an interdisciplinary team of providers that serve individuals with serious and persistent mental health challenges, particularly with people experiencing psychosis. He has worked with this population in various settings for the past 15 years, with 6 years of experience as a licensed clinician, and 4 years of experience providing supervision and training. In his direct clinical work with this population, Ryan utilizes cognitive behavioral therapeutic modalities including recovery oriented cognitive therapy, CBT strategies for psychosis, and acceptance and commitment therapy.

Stefanie Gregware, MA, LMHC is the Vice President of Clinical Practice at Open Sky Community Services. In this capacity, she oversees the implementation of clinical practices and peer services organization-wide. Stefanie, alongside a team of practice experts, works with teams across the organization to ensure that services are delivered with an emphasis on trauma informed care and evidence-based and best practices. Stefanie's focus has been on practices that are designed to enhance autonomy and emphasize many pathways to achieving one's goals.
Ms. Gregware received her master's degree from Assumption College with a concentration in Cognitive Behavioral Therapy. She was also awarded a certificate in CBT through the Aaron T. Beck Institute in Cognitive Studies at Assumption College. Ms. Gregware has provided direct clinical care, training, supervision, and consultation for the past 18 years with treatments based in a Cognitive Behavioral therapy framework. For the past 5 years, Stefanie has expanded her practice training to strategies and systems that emphasize well-being for professionals and caregivers, support self and collective care within the workplace and build resilience.

The Bridge Training Institute 2026-2027 Mail-In Registration

*$229 per full day **IN-PERSON** workshop including CEUs 9:00am-4:00pm
at The Courtyard Marriott Marlborough, 75 Felton Street, Marlborough, MA 01752

- ☐ November 13, 2026 — **Introduction to Motivational Interviewing: Spirit & Skills**
  Suzy Langevin, LICSW, LADC I
- ☐ December 4, 2026 — **Cognitive Behavioral Therapy: CBT Theory and Core Treatment Skills**
  Stefanie Gregware, LMHC & Andrea Wolloff, LMHC
- ☐ December 11, 2026 — **Motivational Interviewing: The Power of Change Talk**
  Suzy Langevin, LICSW, LADC I
- ☐ June 5, 2026 — **Blending Motivational Interviewing Strategies with Cognitive Behavioral Therapy**
  Suzy Langevin, LICSW, LADC I, & Stefanie Gregware, LMHC

*$119 per half-day **VIRTUAL** workshop including CEUs.
*$225 for the Hoarding Interventions 2-part Training Series including CEUs.
Training will be held on ZOOM, the meeting link and all handouts will be emailed
48 hours prior to the start of the virtual training

- ☐ October 8, 2026, 9:00am-12:00pm **LGBTQ+ 101-***Oscar Oliveira Soens & Suzy Langevin, LICSW, LADC I*
- ☐ October 15, 2026, 9:00am-12:00pm **Understanding and Treating the Complex Puzzle of Non-Suicidal Self-Injury**
  Barent Walsh, Ph.D.
- ☐ October 29, 2026, 9:00am-12:00pm **An Overview of the Cultural Humility Framework-***Jenise Katalina, LICSW*
- ☐ November 5, 2026, 9:00am-12:00pm **What We Owe to Each Other: Social Medicine and Community Care**
  Nicole Melissa Morin, LICSW
- ☐ November 12, 2026, 9:00am-12:00pm **Understanding, Managing, & Treating Suicidal Behavior**
  Barent Walsh, Ph.D.
- ☐ December 3, 2026, 9:00am-12:00pm **Mental Health of Older Adults: Assessment, Screening, and Interventions**
  Nicole Melissa Morin, LICSW
- ☐ December 17, 2026, 9:00am-12:00pm **Provider Wellness**
  Stefanie Gregware, LMHC
- ☐ January 7, 2027, 9:00am-12:00pm **Clinical Approaches for Working with Families Impacted by Substance Use Disorders-** *James DiReda, LICSW, Ph.D.*
- ☐ January 8, 2027, 9:00am-12:00pm **Supervision Series: Clinical Supervision Foundations**
  Suzy Langevin, LICSW, LADC, & Stefanie Gregware, LMHC

□ January 14, 2027, 9:00am-12:00pm	**Youth Vaping & Tobacco Use: Strategies for Intervention** *Suzy Langevin, LICSW, LADC I*
□ January 21, 2027, 9:00am-12:00pm	**Intertwined Issues Series: Trauma & Substance Use** **-***Suzy Langevin, LICSW, LADC I*
□ January 28, 2027, 9:00am-1:00pm	**Cognitive Behavioral Therapy for Generalized Anxiety Disorder** *Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
□ February 4, 2027, 9:00am-12:00pm	**Growing into Ourselves: The Aging Process, Ageism, and Aging in Special Populations**- *Nicole Melissa Morin, LICSW*
□ February 11, 2027, 9:00am-12:00pm	**Intertwined Issues Series: Substance Use and Psychosis** *Suzy Langevin, LICSW, LADC I*
□ February 25, 2027, 9:00am-1:00pm	**Cognitive Behavioral Therapy for Symptoms of Depression** *Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
□ March 3, 2027, 9:00am-12:00pm	**Supervision Series: Integrating Motivational Interviewing into Clinical Supervision-** *Suzy Langevin, LICSW, LADC I*
□ March 4 & 18, 2027, 9:00am-12:00pm	**Hoarding Interventions 2-Part Training Series** *Jesse Edsell-Vetter*
□ March 11, 2027, 9:00am-12:00pm	**Death and Dying: Exploring and Supporting What is Most Important Across the Lifespan and the Dying Process** *Nicole Melissa Morin, LICSW*
□ March 12, 2027, 9:00am-12:00pm	**The Complex Life Trajectories of Vincent van Gogh and Frida Kahlo: Lessons to be Learned within Suicidology-***Barent Walsh, Ph.D.*
□ March 17, 2027, 9:00am-12:00pm	**Harm Reduction: Principles & Practices** *Suzy Langevin, LICSW, LADC I*
□ March 25, 2027, 9:00am-1:00pm	**Cognitive Behavioral Therapy for Social Anxiety** *Stefanie Gregware, LMHC & Andrea Wolloff, LMHC*
□ April 1, 2027, 9:00am-12:00pm	**Illness Management & Recovery (IMR) Training Overview** *Suzy Langevin, LICSW, LADC I*
□ April 2, 2027, 9:00am-1:00pm	**Cognitive Behavioral Therapy for Psychosis** *Stefanie Gregware, LMHC & Ryan Zenevitch, LICSW*
□ April 8, 2027, 9:00am-12:00pm	**Supervision Series: Trauma-Informed Supervision Practices** *Suzy Langevin, LICSW, LADC, & Stefanie Gregware, LMHC*

☐ April 15, 2027, 9:00am-12:00pm **Intertwined Issues Series-Pain and Substance Use**
-Jean Brickman, LADC I

☐ April 16, 2027, 9:00am-12:00pm **Understanding, Managing, and Learning from Diverse Forms of Loss &Grief**
Barent Walsh, Ph.D.

☐ April 29, 2027, 2026, 9:00am-12:00pm-**Supervision Series-Integrating CBT Strategies into Clinical Supervision-**
Stefanie Gregware, LMHC

☐ May 6, 2027, 9:00am-12:00pm **Cross-Cultural Supervision: Applying Cultural Humility in Reflective Practice**
Jenise Katalina, LICSW

☐ May 13, 2027, 9:00am-12:00pm **Supervision Series: Supporting Supervisor Wellbeing**
Stefanie Gregware, LMHC

☐ May 21, 2027, 9:00am-1:00pm ***Intro to DBT: Foundation and Framework***
Elizabeth Korchari, LMHC

☐ **The Dialectical Behavior Therapy Skills Training-**Eliza*beth Korchari, MA, LMHC, DBTC*
**This training will be conducted ONLINE in 6 half-day sessions from 1:00pm-5:00pm for $569 including CEUs. Please note, to receive CEU credit you must attend all 6 sessions in the series.*

September 11, 2026	DBT Skills Part 1
September 25, 2026	DBT Skills Part 2
October 9, 2026	DBT Skills Part 3
October 23, 2026	DBT Skills Part 4
November 6, 2026	DBT Skills Part 5
November 20, 2026	DBT Skills Part 6

The Bridge Training Institute 2026-2027 Mail-In Registration

Please indicate the type of continuing education credit requested:

☐ **MA-NASW** ☐ **LADC** ☐ **MA-Licensed Mental Health Counselor-LMHC** ☐ **MA-CHW**
☐ **MA-LMFT** ☐ **OTHER**

Registrant Name: _____ **Telephone:** _____

Organization: _____

Street: _____ **City:** _____

State: ___ **Zip Code:** _____ **Email Address:** _____

Online Registration is available at: www.thebridgetraininginstitute.org

Pay by Check:
Mail this form and your check is payable to The Bridge Training Institute a program of Open Sky, 4 Mann Street, Worcester, MA 01602

Pay by Purchase Order: Please email your purchase order with this completed registration form to: traininginstitute@openskycs.org

MA Vendor Code: VC6000166455
Federal ID #: 04-2587863
Email to request W9- traininginstitute@openskycs.org
Pay by Credit Card: Please contact Amanda Gibbons at (508) 318-7394

Snow Cancellation - Rescheduling Policy: An In-Person training event will only be cancelled due to extreme inclement weather and will always be rescheduled. Cancelation information will be posted on our website at: www.thebridgetraininginstitute.org

Registrant Cancellation: If a registrant is unable to attend a workshop, he/she is welcome to send a substitute, or, if notice of cancellation is received at least 5 business days prior to the workshop, the registrant may credit his/her registration fee toward another workshop within the same training season. No refunds will be given.

Special Accommodations & Nursing Mothers: The facilities at the Best Western Royal Plaza are fully accessible. On a space available basis, a private guest room can be provided at no charge for nursing mothers. Please contact Amanda Gibbons at 508-318-7394 or amanda.gibbons@openskycs.org to request any special accommodations.

Grievance Policy: Any registrant who is dissatisfied with any aspect of a training is encouraged to contact Amanda Gibbons at 508-318-7394. Every effort will be made to remediate the complaint in a satisfactory manner.

Training CEU Information

Full Day IN-PERSON Workshops:

- 6 CE credits approved for: MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors, MA Community Health Workers
- 5.5 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 6 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 6 contact hours.

3 Hour Half-Day Workshops:

- 3 CE credits approved for: MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors, MA Community Health Worker
- 2.5 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 3 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 3 contact hours.

4 Hour Half-Day Workshops:

- 4 CE credits approved for: MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors, MA Community Health Worker
- 3.5 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 4 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 4 contact hours.

Hoarding Interventions Series:

- 6 CE credits approved for: MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors, MA Community Health Worker
- 5.5 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance – 6 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 6 contact hours.
- PLEASE NOTE: To receive CEU credit for the Hoarding Intervention Training you must attend both sessions.

For each DBT Skills Series:

- 24 CE credits approved for: MA Licensed Mental Health Counselors; MA Licensed Marriage & Family Therapists, MA Licensed Alcohol and Drug Counselors
- 21 credits approved for MA Social Workers
- Educators - Massachusetts, New Hampshire & Maine Certificate of Attendance - 24 hours
- Nurses - Trainings satisfy the MA Board of Nursing (244 CMR 5.00) for 24 contact hours.

****PLEASE NOTE: To receive CEU credit for the DBT series, you must attend all 6 sessions.***