



# Training Institute

## Spring 2024 Training Track

### SESSIONS:

- April 19, 2024
- May 10, 2024
- May 31, 2024
- June 14, 2024

[WWW.TREATMENTTRENDS.ORG](http://WWW.TREATMENTTRENDS.ORG)



# Spring 2024 Schedule

*Trainings are held in the auditorium at  
TTI Allentown Halfway Home  
24 South 5th Street, Allentown PA 18101*

**Friday, April 19, 2024**                      **9AM - 4PM**                      2

**\*Empowering Conversations: Applying MI for Impactful Leadership**

Amy Shanahan, MS, CADC

**Friday, May 10, 2024**                      **9AM - 4PM**                      3

**\*Increasing Staff Motivation and Engagement**

Kate Appleman, MA, MBA, LPC, CAADC, CSAT, CCS

**Friday, May 31, 2024**                      **9AM - 4PM**                      4

**\*Ethics & Self-Care**

Marilyn Stein, MEd

**Friday, June 14, 2024**                      **9AM - 4PM**                      5

**\*What's Personality Got to Do With It?**

Sharon Mast, MS

**Registration Information**                      6

**Accreditation:**

The PCB does not pre-approve training

\*These courses have been submitted for accreditation from the State Board of Licensed Social Workers, Professional Counselors, & Marriage/Family Therapists.

**\$60 Workshop fee for full day (includes State Board CEU's)**



# Empowering Conversations: Applying Motivational Interviewing for Impactful Leadership

**Amy Shanahan, MS, CADC**

This workshop will equip leaders with the essential skills of Motivational Interviewing (MI) to unlock the full potential of their teams and achieve exceptional results. Participants will gain a deep understanding of MI practices and skills, learn how to apply them to various leadership styles, and develop the ability to inspire and motivate individuals and teams towards shared goals. All participants are expected to have completed MI training prior to attending this workshop (ex: the two-day DDAP Motivational Interviewing: Advancing the Practice).

## Learning Objectives

- Identify the core components of the MI Spirit and how it relates to leadership
- Explore leadership styles and how MI enhances leadership approaches
- Identify and practice communication skills used in MI to enhance listening in order to engage, build trust, and foster motivation
- Navigate challenging conversations and provide feedback by adapting MI skills and strategies

## Biography

**Amy Shanahan** is the owner of Compass Consulting & Training. She has conducted keynote addresses and training across the US and internationally on subjects including Leadership, Clinical Supervision, MI, LGBTQAI, Contingency Management and Problem Solving. Amy is on the Advisory Board of the National Office of the Addiction Technology Transfer Center, serves on state-wide committees, and is a DDAP trainer.

Previously, Amy served as Director for Addiction Medicine Services at Western Psychiatric Hospital of UPMC. She launched QI initiatives and managed prevention, intervention and treatment clinics specializing in the treatment of co-occurring substance use and psychiatric disorders. Drawing on more than 25 years of experience in addiction medicine, first as a clinician, then supervisor and ultimately administrator, Amy also provided evidence-based behavioral health consultation and training to peers, professionals, criminal justice personnel, providers and others.

Friday, April 19, 2024 9AM - 4PM



# Increasing Staff Motivation & Engagement

**Kate Appleman, MA, MBA, LPC, CAADC, CSAT, CCS**

Great patient care begins with caring for our care providers. Understanding what motivates our team and how to effectively engage them increases morale, resilience, and retention – and ultimately patient care. During this workshop you will be using hands-on activities, to focus on leadership topics such as communication, engagement, building trust, and leadership skills to build and support teams effectively. Self-reflection and insight will be a core component of your time in this workshop, as our own motivation and engagement have a parallel process with our teams.

## Learning Objectives

- Articulate how motivation plays a role in team dynamics
- Identify at least 3 motivational theories and how they influence us and our teams
- Verbalize at least 3 factors that support team engagement
- Develop an engagement plan for myself & my team

## Biography

**Kate Appleman** is Senior Director of Clinical Practice and Professional Development at Caron Treatment Centers. Prior to taking on this role in 2022, she was senior clinical director of men's services, overseeing treatment programs and services and building a strong foundation for staff growth and professional development. Since 2013, Kate has been active in program development, supporting the development of evidence-based clinical programming for executives, healthcare professionals, attorneys, and those with an opioid addiction. Her areas of expertise include motivational interviewing, working with family systems impacted by addiction, relapse treatment and prevention, and men's addiction treatment and recovery.

Kate's tenure at Caron has allowed her to receive training in addiction interaction disorder (AID) and professional development. She is a certified clinical supervisor and a certified advanced alcohol and drug counselor and holds CSAT and CMAT certifications. She received a Bachelor of Social Work degree from Alvernia University, Reading, Pennsylvania, in 2006 and a Master of Arts in Counseling Psychology degree from Rosemont College, Rosemont, Pennsylvania, in 2010.

Friday, May 10, 2024 9AM - 4PM



# Ethics & Self-Care

Marilyn Stein, MED

"Self-care is an ethical imperative." is a quote from Jeffrey E. Barnett, PsyD. Working in the helping profession often results in putting the needs of others ahead of our own. We get so busy managing others that we forget to manage our own wellness and end up at the bottom of our own "self-care to do" list. Further, personal histories of trauma plus the work itself, result in vicarious trauma which takes its toll and highlights the need for a commitment to self-care. Without self-care everyone is vulnerable to weakened boundaries and ethical challenges. The good news is that small changes in our daily lives yield big results. Participants will learn a variety of simple techniques that lead to improved wellness and leave with a renewed commitment to their own good health. This workshop is for everyone including new practitioners and those who have been in the field long enough to forget the importance of doing what they encourage others to do.

## Learning Objectives

- Discuss how a lack of self-care erodes boundaries that result in ethical violations
- Define vicarious trauma
- Identify stress & other barriers to personal and professional wellness
- Consider small changes that lead to improved health
- Create a self-care agenda

## Biography

**Marilyn Stein** founded MGS Consulting, a training and consulting organization, upon retiring as a parole officer in 2002. Her singular goal: To bring evidence-based behavioral health advances to courtrooms, counseling spaces, prisons, and individuals struggling to figure out how to live their best lives.

While she specializes in the tangled relationship between trauma and addiction, Marilyn has spoken, trained, and developed curriculum on topics spanning motivational interviewing, cultural competence and professional ethics. Marilyn's training content is complemented by her engaging delivery. Her following includes court systems, judges, probation officers, treatment professionals, recovery programs, private corporations, and individuals in recovery. All appreciate her ability to reach people – and respect them while doing it.



# What's Personality Got to Do With It?

Sharon Mast, MS

There are four core personality styles and each of us is a combination of those styles—but at different levels. In this fun, lively, and very interactive workshop, participants will explore the core characteristics of each style, how each personality communicates, and communication mistakes each make. We'll also explore how each style's core characteristics can help or hinder our clients' progress as well as our relationships with co-workers. Pulling from the best of the social sciences and restorative practices, participants will walk away with a greater understanding of themselves, their personality 'triggers', and with tools and strategies to use to bring out the best in themselves, their clients and their co-workers.

## Learning Objectives

- Explore your personality profile and discuss tools & techniques to maximize engagement with clients & co-workers
- Discover & practice the principles of restorative practices & how they relate to personality
- Discover and practice valuable strategies & real-life applications using the components of emotional intelligence
- Learn how to apply the first three objectives to those difficult conversations we occasionally need to have with co-workers & clients

## Biography

As the President and Founder of Spark Solutions & Support, **Sharon Mast** is sought out for her expertise in the areas of social and emotional development and organizational culture – both critically needed in today's global environment. She marries a solid 30-year career in the medical and business arena with a graduate degree in Counseling, allowing her to help organizations create and foster better, more effective workplace cultures and to help individuals take charge of adding value to their own lives. Whether she is designing an employee workshop, coaching professionals, or facilitating a business development session, Sharon uses the best business and human development research, tools and techniques to take individuals and organizations from awareness to action in a non-threatening yet motivating way. She has been an invited speaker and workshop facilitator for several national and international conferences.

Sharon holds a Bachelors degree in Health Education from the University of St. Francis, Joliet, IL. and a Master's degree in Counseling and Restorative Practices from the International Institute for Restorative Practices.

Friday, October 27, 2023 9AM - 4PM



## Registration Information

### Ways to Register:

Mail with Payment to:

Treatment Trends Training Institute

Attn: Diana Heckman

PO Box 685

Allentown PA 18105 [www.treatmenttrends.org/ttitraininginstitute](http://www.treatmenttrends.org/ttitraininginstitute)

Phone: 610-432-7690 x 1217

Fax: 610-439-0315

### Payment:

Payment should be made in advance of class start date, however walk-ins or late registration payment at the door is acceptable in cash, check or money order made payable to Treatment Trends, Inc. We do not accept debit or credit cards for payment at the door.

### Refunds & Cancellation Fees

Diana Heckman must be notified at least **24 hours** in advance if an individual cannot attend a training. Substitutions are permissible! Individuals who cancel will be given the choice of a refund or credit towards another course in the *current* track. **There are no refunds or credits issued for no-shows.** Cancellations after the 24-hour window will be subject to a **\$25 processing fee**. If Treatment Trends would need to cancel a training, participants may choose either a full refund or credit towards another course in the current or next available track.

### Accreditation

The PCB no longer approves training. All courses can be used by certified professionals as education upon recertifying. Certain courses are submitted to the State Board of Licensed Social Workers, Marriage and Family Therapists and Professional Counselors. Check our web site for official confirmation of credit approval.

For directions & parking information, contact [dianaheckman@treatmenttrends.org](mailto:dianaheckman@treatmenttrends.org) or 610-432-4690

**We currently offer a group discount program!**

**3-5 people: 5% off**

**6-10 people: 10% off**

**10+ people: 15% off**