

newsletter


Sent: Thursday, January 08, 2009 9:31 PM
Subject: Workshop Opportunity from the California Society for Clinical Social Work



Dear California BCD,

Here is a some information on a cutting-edge workshop from our affiliate organization, the California Society for Clinical Social Work. Please note that the early registration deadline is Friday, January 9, 2009.

Sincerely,



Howard Snooks, Ph.D., BCD
President, Board of Directors
Center for Clinical Social Work



The California Society for Clinical Social Work

The Jannette Alexander Foundation for Clinical Social Work Education

present

The Emotional Brain and Wellbeing:

Understanding and Promoting Mental Health in Clinical Practice

January 31, 2009

9:00 a.m. – 5:00 p.m. / Registration 8:00 a.m. – 9:00 a.m.

UCSF Laurel Heights Conference Center

3333 California Street, San Francisco, CA 94118

Early Registration Deadline is January 9, 2009

THE CONFERENCE

Our understanding of what fosters mental health is changing as psychology integrates cutting edge information from neurobiology. The concept of “wellbeing” that has emerged provides clinicians with a more precise and useful explanation of how to promote mental health in clients.

Our presenters will discuss three important aspects of this new perspective. Judith Schore, Ph.D., who has written extensively about neurobiology and affect regulation, will help us understand the neurobiology of wellbeing. Judith Nelson, Ph.D. who is an expert on Attachment will discuss how secure attachment influences wellbeing and how a secure therapeutic attachment is essential to facilitating wellbeing. Rick Hanson, Ph.D. a psychologist and Rick Mendius, M.D. a neurologist are both involved in helping clinicians understand and use mindfulness practice; the moment to moment nonjudgmental awareness of inner and outer worlds. They will help us understand how mindfulness practice changes the brain and promotes wellbeing.

The focus of psychotherapy is shifting from treating psychopathology to cultivating wellbeing. This conference will help clinicians understand this shift and prepare them to use the new information in clinical work.

❖ **Judith Schore, MSW, Ph.D.: *Understanding and Using Neurobiology and Modern Attachment Theory in Treatment***

This presentation will help participants gain an understanding of basic developmental neurobiology. Participants will learn how affective neurobiology can inform and deepen treatment.

❖ **Judith Nelson, MSW, Ph.D.: *Security, Safety, and the Search for Wellbeing in the Therapeutic Attachment Bond***

Beginning a therapeutic relationship signals a quest tinged with at least a modicum of hope--for life to be better, easier, less painful, happier or more fulfilling. Attachment theory and research, including the neurobiology of attachment and affect regulation, provide insight into the types of developmental experiences that impede positive affect and the kinds of therapeutic interventions that maximize it.

❖ **Rick Hanson, Ph.D. and Rick Mendius, M.D.: *The Complex Power of Simple Attention: The Brain Science of Mindfulness Methods***

How does mindfulness actually work in the brain? And how can you use that understanding to offer powerful resources to your clients? This presentation will address these questions, and explore four examples of using mindfulness to steady the mind, take in the good, and relieve painful experiences. How your brain creates consciousness; How mindfulness and meditation train and change the brain; The neural machinery of attention and Experiential resources for clients

MEET THE PRESENTERS

Judith Schore, MSW, Ph.D. is Dean of Students and Core Faculty at the Sanville Institute for Clinical Social Work and Psychotherapy. She is on the faculty at the Reiss-Davis Child Study Center Clinical Fellowship where she teaches Neurobiology and Attachment Theory. She has recently published an article on Affective Neurobiology in the [Clinical Social Work Journal](#) and has a chapter in [Women in Transition](#) edited by Jean Sanville and Ellen Ruderman. She has been a psychotherapist and supervisor for over 40 years. Dr. Schore also maintains a private practice in Northridge, California.



Judith Kay Nelson, MSW, Ph.D. is a licensed clinical social worker and has been in practice as a psychotherapist for almost 40 years. She serves as



Dean of The Sanville Institute for Clinical Social Work and Psychotherapy where she also teaches the Clinical Theory/Practice Colloquium. She is the author of *Seeing Through Tears: Crying and Attachment* published by Routledge in 2005 and numerous articles on attachment-related topics. She is currently working on a new book: *What Made Freud Laugh? An Attachment Perspective on Laughter*.

Rick Hanson, Ph.D. is a psychologist, author, and teacher. A *summa cum laude* graduate of UCLA, he co-founded the Wellspring Institute for Neuroscience and Contemplative Wisdom and edits the *Wise Brain Bulletin* (see www.WiseBrain.org). He is first author of *Mother Nurture* (Penguin, 2002) and a book in progress with New Harbinger titled *The Awakening Brain: Practical Tools from the New Science of Happiness, Love, and Inner Peace*. He has also authored a chapter called "Seven Facts about the Brain that Incline the Mind to Joy" in the book entitled, *Measuring the Immeasurable: The Scientific Case for Spirituality*. Rick teaches workshops at the California Institute of Integral Studies (CIIS), Spirit Rock Meditation Center, Kripalu, and other organizations.



Rick Mendius, M.D. Rick Mendius, M.D. is a neurologist, co-founder of the Wellspring Institute, and co-author of *The Awakening Brain*. A graduate of Stanford University and UCLA medical school, he has been on the teaching faculty of UCLA, Oregon Health Sciences University, and Stanford University. Rick leads a weekly meditation class at San Quentin Prison, and teaches daylongs at CIIS, Spirit Rock, Sati Center, and other organizations. Rick's daughters, Courtney and Taryn, and his son, Ian, are three of his main teachers and companions on the path.



LOCATION AND FEES

UCSF Laurel Heights Conference Center

3333 California Street, San Francisco, CA 94118

9:00 a.m. – 5:00 p.m. / Registration 8:00 a.m. – 9:00 a.m.

Registrations postmarked by Jan. 9, 2009

\$ 149.00 CSCSW members

\$ 165.00 Non members

\$ 65.00 Pre-MSW students with proof of enrollment

After January 9, 2009

- \$ 160.00 CSCSW members
- \$ 175.00 Non members
- \$ 80.00 Pre-MSW students with proof of enrollment

Add \$25 for registration at-the-door, space permitting. (Lunch not included.)

Note: There will be a \$20 charge for returned checks or invalid credit card numbers.

CONTINUING EDUCATION CREDIT

LCSW / MFT: This conference meets the qualifications for 6 hours of Continuing Education Credit for LCSWs and/or MFTs as required by the California Board of Behavioral Sciences (Provider #PCE1)

PSYCHOLOGISTS: This conference qualifies for 6 hours of CE credit for California Psychologists (Provider #CAS017). These CEUs are co-sponsored by R. Cassidy Seminars which is approved by the American Psychological Association to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program.

Satisfactory Completion: Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

CONFIRMATIONS AND CANCELLATIONS

Confirmation, by email when possible, will be sent for registrations received by Jan. 24th. Written cancellation requests must be received by Jan. 24, 2008. No refunds will be made after that date. For all cancellations or refunds an administrative fee of 20% will be charged. In the event of cancellation, the California Society for Clinical Social Work will not be held responsible for cost of non-refundable airline tickets.

ABOUT THE SPONSORS

- The California Society for Clinical Social Work was founded in 1969 in order to ensure the continued existence and quality of clinical social work as a mental health discipline.

he mission of the Society today continues to emphasize the highest level of clinical training and education, adherence to standards of ethical practice, and a strong presence in the legislature to advance and protect the integrity of the profession.

ver the years the Society has been the major proponent for clinical social work licensure, vendorship, parity with other professions, confidentiality of client records and therapists' treatment notes, and informed consent for consumers of mental health services.

Enclosed is my check payable to CSCSW, 720 Howe Avenue #112, Sacramento, CA 95825.

Charge my MasterCard/VISA number: _____

Expiration Date _____

To register by phone with your MasterCard or VISA call (800) 952-5579

An additional charge of \$25 will be charged for at-the-door registrants. (Lunch not included).

Check here if you would like to have membership information sent to you.

Make a copy of this registration for your records before mailing.



Sponsored by

The California Society for Clinical Social Work

The Jannette Alexander Foundation

