



CICATELLI ASSOCIATES, INC.

HIV/AIDS Mental Health Training and Technical Assistance

Winter 2012 Training Brochure

Funded by

New York State
Department of Health
AIDS Institute



TRAINING AND PROFESSIONAL DEVELOPMENT PROGRAM OVERVIEW

Program Sponsors

Cicatelli Associates Inc. (CAI) provides Training and Technical Assistance (TA) throughout New York State for the New York State Department of Health AIDS Institute Mental Health Care for Persons with HIV/AIDS (PWHA) initiative. All trainings are conducted by Cicatelli Associates Inc. (CAI), a non-profit tax-exempt 501(c)(3) capacity building public health organization, focused on enhancing the quality of health care and social services delivered to vulnerable populations locally, nationally, and internationally for over 30 years.

Training Goals

Our training and technical assistance programs are designed to:

- 1) increase the knowledge and skills of advanced mental health (MH) providers on the latest advances in medical, behavioral, and legal issues in HIV and MH, including evidence-based practices;
- 2) increase PWHA and community provider knowledge and understanding of the signs and symptoms of common MH problems, the importance of MH to overall health and wellness of PWHAs, reduce the stigma around mental illness, and increase PWHA's ability to care for their MH; and
- 3) build regional networks of providers to increase collaboration and share successes and challenges in providing care to PWHAs.

Training Participants

Training for Health Professionals: Trainings are designed for mental health professionals who are licensed by the New York State Department of Education and the Board of Regents, and focus on ways health professionals can better serve their clients. All providers in New York State involved in the healthcare of PWHAs including mental health professionals, primary care professionals, substance abuse counselors, and case workers are encouraged to attend.

Continuing Education

Cicatelli Associates Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. Cicatelli Associates Inc. maintains responsibility for the programs and their content. Cicatelli Associates Inc. is an approved provider of several Continuing Education Units (CEUs).

Cicatelli Associates Inc. is an approved provider of continuing education under the auspices of the National Association of Social Workers New York State Continuing Education Recognition Program.

Cicatelli Associates Inc. is a New York State OASAS-approved education and training provider (Provider #0074).

THERE IS NO FEE FOR THESE PROGRAMS. Funding is provided by the New York State Department of Health AIDS Institute Mental Health Care for Persons with HIV/AIDS (PWHA) initiative.

Note: Additional training opportunities are offered through Columbia University/HIV Mental Health Training Project, phone (212) 543-5414.

TRAINING & PROFESSIONAL DEVELOPMENT FACULTY

Keran Deli, PhD, LPC

Vice President, Director of Behavioral Health, Cicatelli Associates Inc.

Dr. Deli has over ten years of experience in the field of mental health, psychological assessment, counseling, and co-occurring disorders, and over twenty years experience in providing training and TA in these areas, as well as in HIV/AIDS and substance use.

Sheila Ryan, LCSW, MPH

Program Director, Special Needs Clinic

Ms. Ryan is the Program Director and Psychotherapist at the Special Needs Clinic at New York Presbyterian Hospital. Ms. Ryan has over sixteen years of experience in providing comprehensive mental health services for HIV-affected children and families, with expertise in substance use, trauma, educational difficulties and bereavement issues.

Joseph G. Gentile, LCSW

Strong Memorial Hospital, Rochester, NY

Mr. Gentile works with individuals living with HIV/AIDS in Strong Behavioral Health's Adult Ambulatory Services. Mr. Gentile has been employed in the Hospital's Social Work Division since 1986, and has been providing psychotherapy services to adults for over ten years and is trained in Dialectical Behavioral Therapy (DBT).

Maria Mezzatesta, R-LCSW

Director, FEGS/Long Island Division

Ms. Mezzatesta is the Director of FEGS' Positive SPACE, a multi-service program serving Long Islander's infected and affected by HIV/AIDS and has been employed by FEGS since 1995. Ms. Mezzatesta has more than fifteen years experience working with clients with HIV/AIDS and in providing mental health counseling to a diverse clientele.

Dr. Ron Frey, C. Psych.

Co-Director, Institute for Interpersonal Psychotherapy, Toronto

Dr. Frey is a registered clinical and forensic psychologist in private practice. His primary focus includes behavior risk and fitness for duty assessment, custody, forensic and neuropsychological assessments, organizational and occupational health psychology, and critical incident management. He has taught and supervised a number of clinicians wishing to become IPT therapists.

Cindy Goodman Stulberg, Dip. C.S., C. Psych. Assoc.

Director, International Society of Interpersonal Psychotherapy, Toronto

Cindy Goodman is a registered Psychological Associate with an additional teaching degree. For over 25 years, she has been providing assessment and counseling for children, adolescents and families. She is a member of the International Society of Interpersonal Psychotherapy (ISIPT) and sits on their accreditation and certification committee.

TRAINING AND PROFESSIONAL DEVELOPMENT PROGRAMS

HIV/AIDS, MENTAL HEALTH AND TRAUMA

DESCRIPTION

The goal of this workshop is to enable mental health clinicians to effectively identify and treat clients who are affected by trauma. The first day of this two day workshop will provide information on trauma and review current research, present clinical issues and strategies for addressing clinical challenges, explore the impact of trauma and clients with HIV/AIDS, discuss considerations when working with special populations including children and adolescents, discuss assessment and screening tools the clinician can use and review evidence based treatment strategies. Using role plays and case studies participants will practice screening clients and addressing challenges. Day two will focus on *Seeking Safety*, an evidence-based treatment for working with clients affected by trauma and substance abuse developed by Lisa M. Najavits. Participants will review the *Seeking Safety* intervention, learn and practice some of the key skills and techniques used in the treatment such as grounding, maintaining boundaries, asking for help. Participants will view a demonstration of the model and will then practice presenting the topics and sessions in the intervention. Participants will also explore how to implement the intervention in their setting. All participants will receive a copy of *Seeking Safety: Treatment Manual for PTSD and Substance Abuse*.

OBJECTIVES

As a result of attending this workshop, participants will be able to:

- Describe one to three ways trauma has a psychological and behavioral impact on clients they work with
- Identify at least one evidence based intervention that they can use for addressing trauma and/or PTSD
- Integrate at least three strategies to address trauma and/or PTSD into their work with clients
- Select up to three screening tools to help identify clients impacted by trauma
- Incorporate screening tools for trauma and/or PTSD into their work with clients
- Using a case studies, explain how to identify and address client issues and apply this to their work with clients
- Apply key skills ,including grounding and maintaining boundaries to help clients manage their symptoms
- Incorporate *Seeking Safety* into individual and group therapy sessions for clients

LOCATION/DATE

NEW YORK, NY - February 15 & 29, 2012

TRAINING AND PROFESSIONAL DEVELOPMENT PROGRAMS

INTERPERSONAL PSYCHOTHERAPY TRAINING

DESCRIPTION:

Interpersonal Psychotherapy (IPT) is a brief and evidence-based psychotherapy that addresses interpersonal issues in depression. IPT was initially developed by Klerman and Weissman to treat major depression in twelve – sixteen sessions. It has subsequently been modified and researched in a number of different age groups and with a wide variety of diagnoses. IPT's effectiveness in treating depression has been demonstrated in several large scale randomized control trials. The American Psychiatric Association has included IPT in the clinical practice guidelines for the treatment of depression, as well as in the Guidelines for the Treatment of Depression in Primary Care Settings and Guidelines for the Treatment of Eating Disorders. This two day training is designed to provide an intensive, introductory training to use IPT with clients. Follow up to the training is available to help clinicians as they implement the model. This training is designed for experienced clinicians.

OBJECTIVES:

As a result of attending this workshop, participants will be able to:

- Explain the theoretical underpinnings of IPT and discuss the empirical evidence for IPT
- Make a treatment plan based on the three phases of IPT
- Explain the four IPT problem areas to clients
- Develop at least one goal for each IPT problem area, and describe up to 3 core techniques to achieve that goal
- Develop and implement a contract with clients in IPT
- Evaluate when IPT is or is not the suitable treatment for a particular client
- Compile an interpersonal inventory
- Develop an interpersonal formulation and present it to a client
- Integrate IPT into their individual therapy with clients

LOCATION/DATE

NEW YORK, NY: December 6-7, 2011
 March 27 - 28, 2012

TRAINING AND PROFESSIONAL DEVELOPMENT PROGRAMS

MOTIVATIONAL INTERVIEWING LEVEL ONE: A TRAINING PROGRAM FOR MENTAL HEALTH COUNSELORS, SOCIAL WORKERS, AND THERAPISTS WORKING WITH HIV+ PATIENTS

DESCRIPTION:

Motivational Interviewing (MI) is a collaborative, client-centered approach developed by Dr. William Miller and Dr. Steve Rollnick to help guide a client towards positive behavior change. MI offers practical strategies and techniques especially applicable for helping ambivalent clients increase their motivation for change, or for helping clients increase their commitment to make the changes they are attempting. Fundamental to the success of MI is using client-centered strategies to engage and support the client. Level One will provide a basic foundation of behavior change and the spirit of motivational interviewing, and introduces the basic skills and key concepts of MI. Using case studies and role plays representing diverse PWHA client populations of all ages, participants will practice integrating these key concepts and strategies into mental health counseling and treatment.

OBJECTIVES

As a result of attending this workshop participants will be able to:

- Identify a client's stage of change in relationship to an established therapeutic goal
- Choose and use up to three behavior change interventions specific to the client's stage of change
- Apply basic motivational interviewing skills to build motivation among clients including open ended questions, affirmations, reflective listening, and summarizing
- Recognize change talk in clients and be able to differentiate commitment language from other types of change talk
- Incorporate up to three different strategies for eliciting client change talk into their work with clients

LOCATION/DATE

ALBANY, NY:	December 14, 2011
NEW YORK, NY:	January 11, 2012
	February 1, 2012
	March 14, 2012

TRAINING AND PROFESSIONAL DEVELOPMENT PROGRAMS

MOTIVATIONAL INTERVIEWING LEVEL TWO: A TRAINING PROGRAM FOR MENTAL HEALTH COUNSELORS, SOCIAL WORKERS, AND THERAPISTS WORKING WITH HIV+ PATIENTS

DESCRIPTION:

Motivational Interviewing (MI) Level Two is designed for participants who have completed Motivational Interviewing Level One, or a similar introductory workshop on MI and have experience using MI with clients. MI Level Two build upon the basic skills and key concepts of MI and will provide in-depth practice in MI skills and strategies including complex reflective listening and other strategic interventions to increase a client's commitment to change. Using case studies, role plays and video demonstrations, participants will practice using MI techniques and strategies with challenging clients, and explore ways to effectively integrate MI into mental health counseling and treatment. Participants will have numerous opportunities to receive supportive coaching and feedback on their use of MI.

OBJECTIVES

As a result of attending this workshop participants will be able to:

- Increase their use of reflective listening and describe when to use different types of reflection including simple, double-sided, amplified, coming along side, and shifting focus
- Use three types of open ended questions (strength based, disarming, and change talk focused) to motivate clients towards positive behavior change
- Incorporate use of up to three different types of reflective listening to lead a client towards positive behavior change
- Integrate MI strategies and techniques into their work with HIV positive clients with mental illness

LOCATION/DATE

ALBANY, NY:	December 15, 2011
NEW YORK, NY:	January 18, 2012
	February 10, 2012
	March 23, 2012

Training & Professional Development Program Registration

SELECT	LOCATION	TOPIC	DATE/TIME
<input type="checkbox"/>	New York, NY	Interpersonal Psychotherapy Training	December 6 & 7, 2011 9am-4:30pm
<input type="checkbox"/>		Motivational Interviewing <u>Level One</u> : A Training Program for Mental Health Counselors, Social Workers, and Therapists Working with HIV+ Patients	January 11, 2012 9am-4:30pm
<input type="checkbox"/>		Motivational Interviewing <u>Level Two</u> : A Training Program for Mental Health Counselors, Social Workers, and Therapists Working with HIV+ Patients	January 18, 2012 9am-4:30pm
<input type="checkbox"/>		Motivational Interviewing <u>Level One</u> : A Training Program for Mental Health Counselors, Social Workers, and Therapists Working with HIV+ Patients	February 1, 2012 9am-4:30pm
<input type="checkbox"/>		Motivational Interviewing <u>Level Two</u> : A Training Program for Mental Health Counselors, Social Workers, and Therapists Working with HIV+ Patients	February 10, 2012 9am-4:30pm
<input type="checkbox"/>		HIV/AIDS, Mental Health, and Trauma	February 15 & 29, 2012 9am-4:30pm
<input type="checkbox"/>		Motivational Interviewing <u>Level One</u> : A Training Program for Mental Health Counselors, Social Workers, and Therapists Working with HIV+ Patients	March 14, 2012 9am-4:30pm
<input type="checkbox"/>		Motivational Interviewing <u>Level Two</u> : A Training Program for Mental Health Counselors, Social Workers, and Therapists Working with HIV+ Patients	March 23, 2012 9am-4:30pm
<input type="checkbox"/>		Interpersonal Psychotherapy Training	March 27 & 28, 2012, 9am-4:30pm
<input type="checkbox"/>		Albany	Motivational Interviewing <u>Level One</u> : A Training Program for Mental Health Counselors, Social Workers, and Therapists Working with HIV+ Patients
<input type="checkbox"/>	Motivational Interviewing <u>Level Two</u> : A Training Program for Mental Health Counselors, Social Workers, and Therapists Working with HIV+ Patients		December 15, 2011 9am-4:30pm

REGISTRATION INFORMATION:

Name/Title Occupation

Agency/Affiliation Advanced Degrees/Certs LCSW LMSW NP PA Other

Work Street Address City, State, Zip

Telephone Email

**To ensure space is available, please register at least two weeks in advance.
To register, please complete, detach and email or fax this registration form to:**

Edward Rowlands
erowlands@cicatelli.org
Fax (212) 629-3321 - Phone (212) 594-7741, ext: 215
Registration also available online at: <http://www.cicatelli.org/AIMH/>