



# 2018-2019 Catalog



# About the Sweetser Training Institute

The Sweetser Training Institute is one of Maine's most trusted resources for high-quality professional training in the treatment of mental health, substance use disorders and recovery best practices. We are committed to meeting the professional development needs of psychiatrists, psychologists, social workers, counselors and other integrated behavioral health professionals.

**Courses listed are subject to change**

## Contact Us

Questions? Please call the Sweetser Training Institute at 207.294.4414 or email [training@sweetser.org](mailto:training@sweetser.org).

## Customized Training

Does your organization need high-quality training at a reasonable price? Certain programs listed in this catalogue (as well as BHP, First Aid/CPR/AED, CRMA) can be targeted to meet the needs of your group and delivered on-site at your organization. For additional information, contact the Training Institute, at 207.294.4414 or [training@sweetser.org](mailto:training@sweetser.org).

## About Sweetser

Each year, Sweetser's caring and compassionate professionals connect 20,000 children, adults and family members with the mental health, recovery and education services they need and deserve in the treatment of mental illness. The organization's roots in residential care for children date back to 1828. Nationally recognized and accredited, learn more about Sweetser's statewide network of care by calling the Promise Line at 1-800-434-3000, or at [www.sweetser.org](http://www.sweetser.org).

**For information about services, or to make a referral, contact Sweetser's PromiseLine at 1.800.434.3000.**

# Clinical Workshops

Workshops marked with an asterisk (\*) are focused on either substance use disorder counseling or assisting those affected by the substance use disorder of others.

## **Ethics of Multiple Relationships \$70**

**Marissa Ritz, LCSW**  
**2 Pendleton Dr., Saco**

**Friday, September 14, 2018, 9 a.m. - 1 p.m.**

This workshop will update participants with current ethical guidelines regarding multiple relationships. A framework for decision-making will be covered as well as discussions on potential issues that may emerge.

## **Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) \$279**

**Dr. Jessica Griffin, Ph. D.**

**Curtis Memorial Library, 23 Pleasant St., Brunswick**

**Tuesday and Wednesday, September 18 & 19, 2018, 9 a.m. - 4:30 p.m.**

TF-CBT is a conjoint child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a components-based hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles. TF-CBT is rated a "1" - Well-Supported by Research Evidence on the Scientific Rating Scale based on the published, best peer-reviewed research available.

## **Creating Resilience in School Age Kids and Adolescents \$110**

**Bette Freedson, LCSW, LICSW, CGP & Ray Amidon, LCPC, LMFT**  
**Sweetser, 329 Bath Rd., Brunswick**

**Friday, September 28, 2018, 9 a.m. - 4 p.m.**

This workshop introduces two schematic approaches that utilize the creative power of the mind to potentiate lasting psychosocial outcomes for children and adolescents. Participants will experience and examine two unique schemas that use analytical thinking, stress reduction, hypnotic induction, intuitive imagery, and self-assessment to build responsiveness in children and teens in order to facilitate cognitive restructuring and endurance of behavioral changes.

## **Family Transparency: Ethical Treatment of LGBTQ People, \$70**

**Family Issues and Why We Should Care**

**Mary White, LCSW, and Ben White**

**Sargent Family Community Center, 24 Chapman Rd., Presque Isle**

**Thursday, October 4, 2018, 9 a.m. - 1 p.m.**

This workshop will review terminology, discuss statistics of demographics including what can occur when ethical, empathic treatment is not available. Suggestions for best clinical practice will be discussed. Additional discussions will include: ethical dilemmas, personal biases and other barriers, strategies to make treatment more accessible and welcoming to LGBTQ, and negative trends and what can be done about them. Finally, Mary and Ben will share their own intimate story of mother/son relationship and the family's dynamics of transition.

## **Treating Eating Disorders in a Weight-Biased World \$70**

**Patrice Lockhart, MD**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, October 5, 2018, 9 a.m. - 1 p.m.**

**"You've lost weight! You look terrific!" (so what was wrong with me before?)**

**We've all heard it, we've all been on diets, and most of us know that they don't work.**

Explore the mythology about weight and size, and how it affects our sense of self. Then, learn about what eating disorder treatment looks like, and when someone you love might need it.

# Clinical Workshops

**Ethical Issues with Intimate Partner Violence/Domestic Violence** **\$110**  
**Amy Coha, LCSW**

**University of Maine Cooperative Extension 307 Maine Ave., Bangor**  
**Friday, October 5, 2018, 9 a.m. - 4 p.m.**

Social Workers will encounter Intimate Partner Violence/Domestic Violence in all fields of practice. This seminar will focus on the intersectionality of race, gender, ethnicity, age, sexual orientation, religion and class and their impact on victims/ survivors, children and individuals who abuse their partners. IPV/DV ethical practices will include: screening/ assessment, lethality and risk assessments, safety planning and trauma informed practices in working with victims and survivors. Through this workshop, social workers can obtain 6 of the 12 hours needed in family or intimate partner violence coursework due by their renewal in 2020.

**Restorative Retelling After Traumatic Loss** **\$110**  
**Christine Linnehan, LCPC, BC-DMT, FT**

**Sweetser, 2 Pendleton Dr., Saco**  
**Thursday, October 11, 2018, 9 a.m. - 4 p.m.**

Restorative Retelling is an evidence-based treatment model designed to help moderate trauma and separation distress after a violent death. In this workshop, we will examine the three components of the model: Repair, Revise, Re-engage. Practical mind/body strategies to promote emotional regulation will be explored. Clinical case examples will illustrate safe, creative ways to process trauma narratives while restoring hope and healing. Ideas for working with children, teens, adults, and families will be addressed.

**Everything Your Kid Does Makes Perfect Sense** **\$110**  
**Richard Watson, LCSW**

**Sweetser, 329 Bath Rd., Brunswick**  
**Friday and Thursday, October 12, 2018 and October 25, 2018, 9 a.m. - 12:15 p.m.**

This course is designed for mental health professionals interested in applying Dialectical Behavior Therapy (DBT) skills and philosophy to the adventure of raising children. You'll leave the first session with 6 skills you can use the next day at work with parents/ caregivers who are having difficulty regulating their emotional responses. Then, you will have some time to practice using the skills and philosophy and return in two weeks (October 25th) to discuss your experiences, deepen your understanding and learn additional tools. Six contact hours will be credited for this powerful opportunity.

**Training in Aging Diversity (TRIAD)** **\$0**  
**Dr. Thomas M. Meuser, Ph.D.**

**Hampton Inn, 48 Industrial Park Rd., Saco**  
**Friday, October 19, 2018, 8:30 a.m. - 4:30 p.m.**

This training, presented by the University of New England School of Social Work and co-sponsored by Sweetser, will cover a variety of topics in working with older people including ethical considerations, sexuality and health, and exploring issues of diversity.

**Ethical Considerations for Counseling in the 21st Century** **\$70**  
**Marissa Ritz, LCSW**

**Sweetser, 329 Bath Rd., Brunswick**  
**Friday, October 26, 2018, 9 a.m. - 1p.m.**

How do we manage our ethical responsibilities in the digital world? How do technological advances in communication influence and inform our practice and our relationships with clients? What do I need to know? How do I talk about this with clients and families? What choices do I make? This interactive workshop will produce lively conversation on the impact electronic communications and social media have on our clinical practice and relationships with our clients.

# Clinical Workshops

## **Treating Co-Occurring Mental Health and Substance Use Disorders in Adolescents\***

**\$70**

**Nikki Wetherell, LCPC, LADC, CCS  
Sweetser, 329 Bath Rd., Brunswick**

**Thursday, November 1, 2018, 9 a.m. - 1 p.m.**

As a treatment population, adolescents have differing needs than children or adults and addressing co-occurring mental health and substance use disorders requires a different approach. Learn about unique considerations when treating youth with these concerns as well as information about engaging parents and caregivers, developmentally appropriate interventions, current local trends in substance use, how to engage youth and more.

## **Ethical Issues with Intimate Partner Violence/Domestic Violence**

**\$110**

**Amy Coha, LCSW**

**Sweetser, 329 Bath Rd., Brunswick**

**Friday, November 2, 2018, 9 a.m. - 4 p.m.**

Social Workers will encounter Intimate Partner Violence/Domestic Violence in all fields of practice. This seminar will focus on the intersectionality of race, gender, ethnicity, age, sexual orientation, religion and class and their impact on victims/ survivors, children and individuals who abuse their partners. IPV/DV ethical practices will include: screening/ assessment, lethality and risk assessments, safety planning and trauma informed practices in working with victims and survivors. Through this workshop, social workers can obtain 6 of the 12 hours needed in family or intimate partner violence coursework due by their renewal in 2020.

## **Advanced Training in Eating Disorder Treatment: When to Ask for Help...When am I Not Enough?**

**\$70**

**Patrice Lockhart, MD**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, November 9, 2018, 9 a.m. - 1 p.m.**

Do you stay awake worrying about your patient/client with an eating disorder? Do you ever get backed in a corner and wonder what to do next? This program will identify and allow participants to practice “ways out of the corner” that allow treatment to successfully continue, or recognize that the current path is not working, and another path is necessary.

## **Rediscovering Resilience**

**\$110**

**Jamie Leavitt, LCSW**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, November 16, 2018, 9 a.m. - 4 p.m.**

When people lose sight of their own resiliency, they become anxious/depressed and hopelessness sets in. Humans are profoundly resilient; we have capacity to recover quickly from difficulties. Helping a person realize this truth is rewarding. Using practical, creative and tangible techniques, this day will focus on how to call forth natural, organic strengths and help people use them to move forward. We will discuss how to identify physical resilience, spiritual strength, social and environmental resources and even technology as an asset. This session will be fun, interactive, at times deep and genuine, informative and useful in practice. You will end the day with a sense of renewal.



# Clinical Workshops

## **My Ethical Responsibility to Social Justice**

**Christine Rogerson, LCSW**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, November 30, 2018, 9 a.m. - 1 p.m.**

Social Justice is a key component to our role and identity as Social Workers. This workshop will address how we can pursue social change on behalf of our communities and strengthen societal bonds towards common goals. Participants will identify different types of ethical problems that contribute to barriers of social change.

**\$70**

## **Play Therapy and Trauma – Introduction**

**Grace Brace, LCSW**

**Sweetser, 329 Bath Rd., Brunswick**

**Friday, December 7, 2018, 9 a.m. - 4 p.m.**

This workshop will explore the effective use of play therapy with children and families who have experienced trauma. It will provide participants with an understanding of trauma, brain responses, tools and techniques to help clients successfully cope with difficult experiences, and will provide practical and strength-based hands-on techniques. Please come prepared to interact, play and explore. This workshop can serve as one of the requirements for attendance at the spring advanced workshop titled: Techniques For Working With Complex Families.

**\$110**

## **Advanced Clinical Supervision**

**Kelli Star-Fox, LCSW, LADC, CCS**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, December 14, 2018, 9 a.m. - 4 p.m.**

Research affirms that the only consistent measure of success in the outcomes of therapeutic treatment is the quality of the relationship between client and clinician and the client's perception of the relationship. Given that the counselor/client relationship can be viewed as a parallel process of the clinical supervision relationship, how do we provide for growth and professional development of supervisees and measure the outcomes? This workshop will explore our perceptions and conceptualization of clinical supervision and leadership. We will explore intergenerational issues, boundaries, ethics and the impact of technology on the supervisory relationship.

**\$110**

## **Ethical Considerations for Counseling in the 21st Century**

**Marissa Ritz, LCSW**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, March 8, 2019, 9 a.m. - 1 p.m.**

How do we manage our ethical responsibilities in the digital world? How do technological advances in communication influence and inform our practice and our relationships with clients? What do I need to know? How do I talk about this with clients and families? What choices do I make? This interactive workshop will produce lively conversation on the impact electronic communications and social media have on our clinical practice and relationships with our clients.

**\$70**

# Clinical Workshops

**The ACT Matrix: An Introduction to Acceptance and Commitment Therapy** **\$110**

**Dr. Kevin Polk, Ph.D.**

**Sweetser, 329 Bath Rd., Brunswick**

**Friday, March 15, 2019, 9 a.m. - 4 p.m.**

Come to this interactive workshop that Dr. Polk has led all over the world. Acceptance and commitment therapy is an evidence-based therapy that is successful in treating a variety of issues. It has been shown to be extremely effective in helping people who are “stuck”. Dr. Polk’s ACT Matrix model streamlines the core processes. By the end of this workshop you will be able to apply the basic principles of Dr. Polk’s ACT Matrix to help someone who is stuck in a pattern that is not working.

**Assessment and Treatment of Substance Use Disorders\*** **\$110**

**Jim Gorham, LCPC**

**Sweetser, 2 Pendleton Dr., Saco**

**Thursday, March 21, 2019, 9 a.m. - 4 p.m.**

This training will provide a broad overview of the scope and impact of substance use disorders with a special focus on the current opioid epidemic. You will leave with helpful tips for careful assessment of substance use disorders and practical understanding of local resources for care and treatment. We will also explore the impact of addiction upon family members and develop creative strategies for how to support affected others.

**Dialectical Behavioral Therapy (DBT)** **\$110**

**Richard Watson, LCSW**

**TBD-Augusta**

**Friday and Thursday, March 22, 2019 and**

**April 4, 2019, 9 a.m. - 12:15 p.m.**

This DBT workshop includes overview of DBT that includes the structure of DBT and 10 specific DBT skills (March 22nd). Attendees will practice using the skills with clients and return in two weeks (April 4th) to discuss their experiences and deepen their understanding. Six contact hours will be credited for this powerful opportunity.

**Treatment Approaches for Children** **\$110**

**Christine Rogerson, LCSW**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, March 29, 2019, 9 a.m. - 4 p.m.**

Looking for ways to expand your tool box when working with children? This workshop will discuss ways you can integrate treatment approaches such as Cognitive Behavioral Therapy, Narrative Therapy and Motivational Interviewing into your work with children under the age of 13. Spend time learning, developing and practicing specific skills you can take away for immediate use.

**The Art and Practice of Family Therapy** **\$110**

**Kelli Star-Fox, LCSW, LADC, CCS**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, April 5, 2019, 9 a.m. - 4 p.m.**

This workshop will provide an overview of family therapy theory and practice. Particular attention and focus will be on working with families in the process of recovery from substance use disorder. Participants will review the basic principles of family systems theory and family therapy practice models. Participants will also have an opportunity to engage in skills “practice” in order to develop or hone practical skills for working with families.

# Clinical Workshops

**Addictions Through an ACT Lens: *Using an Acceptance and Commitment Therapy Approach in Addiction Treatment\**** **\$110**

**Teresa Valliere, LCSW, LADC, CCS**

**Sweetser, 329 Bath Rd., Brunswick**

**Thursday, April 4, 2019, 9 a.m. - 4 p.m.**

Humans get stuck in feelings, thoughts, stories and repetitive behavioral patterns, called psychological and behavioral rigidity. These patterns can be seen as the core of most mental health issues including substance abuse and addiction. Acceptance and Commitment Therapy (ACT) views clients as stuck rather than sick and psychological rigidity and experiential avoidance as a part of the human condition. Using a combination of didactic presentation and experiential exercises, this workshop will introduce the ACT model, philosophy, and core concepts (psychological rigidity and flexibility) and how they can be used in addiction treatment.

**Family Caregiver Interventions for the Aging Population** **\$70**

**Betsey Gray, LCSW and Diane Beaupre, LCSW**

**Sweetser, 2 Pendleton Dr., Saco**

**Thursday, April 11, 2019, 9 a.m. - 1 p.m.**

Family caregiving is increasing drastically as our population ages. Family members are often unprepared and overwhelmed by the challenges of caring for their elder(s). Trying to juggle commitments at work and at home, the caregiver comes last and their needs are usually unmet. In this interactive workshop, participants will learn interventions to support their clients. These interventions include but are not limited to “how to say no” and ask for help from family and friends. This workshop will also explore moving beyond generational conflict, having quality time with their loved ones as well as addressing grief and loss.

**Ethical Issues with Intimate Partner Violence/Domestic Violence** **\$110**

**Amy Coha, LCSW**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, April 12, 2019, 9 a.m. - 4 p.m.**

Social Workers will encounter Intimate Partner Violence/Domestic Violence in all fields of practice. This seminar will focus on the intersectionality of race, gender, ethnicity, age, sexual orientation, religion and class and their impact on victims/survivors, children and individuals who abuse their partners. IPV/DV ethical practices will include: screening/assessment, lethality and risk assessments, safety planning and trauma informed practices in working with victims and survivors. Through this workshop, social workers can obtain 6 of the 12 hours needed in family or intimate partner violence coursework due by their renewal in 2020.

**Ethics of Multiple Relationships** **\$70**

**Marissa Ritz, LCSW**

**Sweetser, 2 Pendleton Dr., Saco**

**Friday, April 26, 2018, 9 a.m. - 1 p.m.**

This workshop will update participants with current ethical guidelines regarding multiple relationships. A framework for decision-making will be covered as well as discussions on potential issues that may emerge.



# Clinical Workshops

## **Psychosocial Assessment** **\$110**

**Nicole Dauphinee, LCPC**  
**Sweetser, 329 Bath Rd., Brunswick**  
**Thursday, May 2, 2019, 9 a.m. - 4 p.m.**

This workshop will provide a comprehensive overview of key aspects of psychosocial assessment, including understanding the requirements for medical necessity, exploring interview skills/strategies, formulating clinical impressions, determining diagnoses, and creating a foundation for treatment. It will focus on whom the assessment is for and writing to that audience in a single document. This workshop fulfills Maine's requirement for psychosocial assessment and is designed for conditionally licensed Clinicians.

## **Healthcare Teams-Interdisciplinary Ideals** **\$110**

**Jamie Leavitt, LCSW and Erin Maloney, RN**  
**Sweetser, 329 Bath Rd., Brunswick**  
**Friday, May 3, 2019, 9 a.m. - 4 p.m.**

Want to learn more about the health care landscape and opportunities for social workers? This training will explore the fast-growing role of social workers in health care as teams are increasingly in need of behavioral health professionals in medical care settings. The training will focus on clinical aspects that mental health professionals bring to the team. We will also look at how being part of an interdisciplinary team can be messy and counterproductive, or tremendously helpful and result in positive health outcomes.

## **Techniques and Tools to use with [and used by] Adults on the Spectrum** **\$110**

**Wilma Wake, LCSW; Laura Slap-Shelton, Psy.D.; Rob Lagos, statistician**  
**Sweetser, 2 Pendleton Dr., Saco**  
**Friday, May 10, 2019, 9 a.m. - 4 p.m.**

Wake, Lagos, and Slap-Shelton are researching spectrum adults around the world to learn how they are emerging from late-in-life diagnosis [or self realization] of being on the spectrum. They will share what they are learning and present it within a developmental model of autism based on the book: *The Nine Degrees of Autism: A Developmental Model for the Alignment and Reconciliation of Hidden Neurological Conditions* by Wylie and Wenn [Routledge,2010]. Spectrum adults from local support groups will share about their own journeys to wholeness. There will be opportunity for dialog both with the presenters and with spectrum adults. Participants are encouraged to share from their own personal and professional experiences.

## **Ethical Issues with Intimate Partner Violence/Domestic Violence** **\$110**

**Amy Coha, LCSW**  
**Sargent Family Community Center, 24 Chapman Rd., Presque Isle**  
**Friday, May 10, 2019, 9 a.m. - 4 p.m.**

Social Workers will encounter Intimate Partner Violence/Domestic Violence in all fields of practice. This seminar will focus on the intersectionality of race, gender, ethnicity, age, sexual orientation, religion and class and their impact on victims/survivors, children and individuals who abuse their partners. IPV/DV ethical practices will include: screening/assessment, lethality and risk assessments, safety planning and trauma informed practices in working with victims and survivors. Through this workshop, social workers can obtain 6 of the 12 hours needed in family or intimate partner violence coursework due by their renewal in 2020.

# Clinical Workshops

## **Ethical and Clinical Considerations in Rural Psychotherapy** **\$110**

**Bette Freedson, LCSW, LICSW, CGP**

**Sweetser, 2 Pendleton Dr., Saco**

**Thursday, May 16, 2019, 9 a.m. - 4 p.m.**

Participants will explore the ethical and clinical considerations between what we know we must do, what we know we must not do, and the dilemmas concerning what we think we “should” do in ambiguous situations that arise when conducting psychotherapy in rural settings. We will discuss the way these considerations interact with professional and clinical values in the practice of rural therapy to inform and impact clinical/ethical decisions as counselors and therapists.

## **The Spirit of Motivational Interviewing across the Lifespan** **\$110**

**Jamie Leavitt, LCSW**

**Sweetser, 329 Bath Rd., Brunswick**

**Friday, May 17, 2019, 9 a.m. - 4 p.m.**

Motivational interviewing is a conversational style designed, in part, to promote a person’s knowledge of self. When using MI skills, you can often notice an immediate shift in a person’s interest. How is this approach tailored to the unique stages of human development? Do we use the same questions for an 8 year old and a 45 year old? How can the spirit of motivational interviewing be effective with a senior? This workshop will be informative, and fun. You will leave confidently able to use motivational interviewing skills with infants, elderly and any age group in the life span.

## **Meditation in the Classroom** **\$70**

**Elisabeth Heij, BSN, LCSW, RCYT**

**Sweetser, 329 Bath Rd., Brunswick**

**Thursday, May 23, 2019, 9 a.m. - 1 p.m.**

Would you like to include meditation in the work you do with children and youth, and need practical guidance and tools for implementation? Maybe you are familiar with mindfulness activities and some meditation but have no clear idea how and when to use them? You’re running low on good options for working with your most challenging kids? At this workshop you will learn how Meditation practices can help kids soothe the protective part of their brain and engage the thoughtful part. This engaging and inspiring workshop will give you practical tools to integrate these critical life skills immediately into your work, leaving you and your students/clients feeling calm, empowered, and ready to learn.

## **Advanced Techniques for Working with Complex Families** **\$110**

**Grace Brace, LCSW**

**Sweetser, 329 Bath Rd., Brunswick**

**Friday, May 31, 2019, 9 a.m. - 4 p.m.**

This workshop will utilize play therapy techniques to explore the dynamics within families who have experienced complex trauma. This advanced workshop will also provide techniques to work with families where there are challenges with attachment. Techniques will be explored to help clients (children and adults) successfully cope with difficult experiences. The workshop will provide practical and strength based hands-on play therapy techniques. Prerequisites Required: Please provide to the Training Institute, via snail mail or email, attendance certificates of prior attendance at both a trauma informed Play Therapy workshop and a trauma informed CBT workshop before registering for this session.

# Clinical Workshops

## Neuropsychology and Clinical Topics in Neurocognitive Functioning

\$110

Laura Slap-Shelton, Psy.D. and Ann Palozzi, Psy.D.

Sweetser, 2 Pendleton Dr., Saco

Friday, June 7, 2019, 9 a.m. - 4 p.m

In this presentation by practicing neuropsychologists Dr. Laura Slap-Shelton and Dr. Ann Palozzi, you will gain an understanding of basic brain functioning, an understanding of what goes into a neuropsychological evaluation and a review of the neurocognitive underpinnings of Attention Deficit Hyperactivity Disorder, Posttraumatic Stress Disorder and Concussion/Mild Traumatic Brain Injury. There will be opportunities for case discussion and dialogue with the presenters.

## My Ethical Responsibility to Social Justice

\$70

Christine Rogerson, LCSW

Sweetser, 329 Bath Rd., Brunswick

Friday, June 14, 2019, 9 a.m. - 1 p.m.

Social Justice is a key component to our role and identity as Social Workers. This workshop will address how we can pursue social change on behalf of our communities and strengthen societal bonds towards common goals. Participants will identify different types of ethical problems that contribute to barriers of social change.

 **UNE SCHOOL OF SOCIAL WORK PRESENTS:**  
**TRAINING IN AGING DIVERSITY (TRIAD)**

Training will cover a variety of topics in working with older people including ethical considerations, sexuality and health, and exploring issues of diversity.

**October 19, 2018**  
**8:30am -4:30pm**  
**Hampton Inn**  
**48 Industrial Park Rd**  
**Saco, ME 04072**  
**\*Lunch will be provided**

Click [HERE](#) for directions

Event is co-sponsored by Sweetser 

**ADVANCING LONG AND PRODUCTIVE LIVES ACROSS DIVERSITY AND DIFFERENCE**

**KEYNOTE SPEAKER: Dr. THOMAS M. MEUSER, DIRECTOR OF UNE'S CENTER FOR AGING AND HEALTH**

RSVP to Robert Chance at [rchance@une.edu](mailto:rchance@une.edu)



# Frequently Asked Questions

## *How do I register for a program?*

Call the Training Institute at 207.294.4414, visit [www.sweetsertraining.org](http://www.sweetsertraining.org) or email [training@sweetser.org](mailto:training@sweetser.org).

## *Do you have any DVDs available for rent?*

The following DVD courses are available for a two-week rental. Upon return of the DVD, along with completed assessment, you will receive a certificate with contact hours.

- DSM 5, three contact hours, \$55
- Psychosocial Assessment, six contact hours, \$65

## *Where is Sweetser's administration building located?*

2 Pendleton Drive, Saco has replaced 43 Industrial Park Road as our address. If you have difficulty finding 2 Pendleton Drive with a GPS or other mapping device, please use 43 Industrial Park Rd., Saco.

## *What is your refund policy?*

A full refund, less a \$20 administrative fee, will be granted for cancellations received one week prior to an event. No refunds or credits will be granted after this period.

## *What if there is inclement weather the day of my training?*

All programs will generally take place “snow or shine” and generally no weather-related refunds or credits will be granted. Please check our website the morning of the workshop to confirm that the workshop is still being held or call 207.294.4414 for weather-related cancellations.

## *Will I receive Continuing Education Units (CEUs) for the workshops I am attending?*

You will receive a certificate for contact hours. Full-day workshops are eligible for six hours, half-day workshops are eligible for three or four hours.

Each clinical workshop is eligible for contact hours by the following groups: Maine LCSW, LMSW, LSW and conditionally licensed; LCPC and conditionally licensed; and LMFT. Psychologists and substance use disorder counselors can use contact hours towards their CEUs with their Board of Licensure.

All Sweetser Training Institute courses can be used for continuing education and relicensure credit.

## **Do you need assistance with registering or have additional questions?**

Please call the Sweetser Training Institute at 207.294.4414 or email [training@sweetser.org](mailto:training@sweetser.org).

# Brief Instructor Biographies

For full instructor biographies, please visit: [www.sweetsertraining.org/instructors](http://www.sweetsertraining.org/instructors)

**Ray Amidon**, LCPC, LMFT is a licensed Clinical Professional Counselor, a Licensed Marriage and Family Therapist and an experienced hypnotherapist. Trained and experienced in treating a variety of emotional and behavioral issues including ADHD, anxiety, depression and oppositional defiant disorders, Ray provides services for families, couples, adults and children, including adolescents. Ray was a behavioral consultant to SAU 35 in South Berwick and Eliot for the past nineteen years. Ray practices and lives in South Berwick, Maine. <http://www.rayamidon.com/about/>

**Grace Brace**, LCSW, is a licensed Clinical Social Worker with more than 25 years of experience in the social work field. She has significant experience with youth and families who have experienced complex trauma. Grace enjoys supporting families and youth to explore and find options and solutions for the challenges that they are experiencing. Grace has worked with children, individuals, couples and families. She has experience with adoption and foster care; and has worked with families within agencies, clinical settings and within their homes. Grace obtained her Master of Social Work degree from the University of Connecticut and is a Registered Play Therapist, a Certified Trauma Consultant and a Certified Trainer for TLC.

**Diane Beaupre**, MSW, LCSW is a licensed clinical social worker in ME, NH, NY & NJ and is a graduate of the University of New England School of Social Work. Currently employed as a clinical social worker for Humana's Medicare Managed Program, she previously worked in various clinical settings including long term/skilled rehab, assisted living facility, home health agency and acute rehab hospital. Diane also has extensive experience working with the elderly population and their family support systems including having facilitated a caregiver support group for many years. She has presented at various national & international conferences as well.

**Amy Coha**, MSW, LCSW, is a Clinical Associate Professor at the University of New England, School of Social Work. She has been a member of the field faculty since 2000. Her social work experience includes working with individuals with mental illness and substance abuse issues and survivors of battering. Coha was the Associate Director of the Domestic Violence Project/SAFE House in Ann Arbor, Michigan for 15 years. Coha has also provided ongoing training and consultation to mental health providers on domestic violence issues.

**Nicole Dauphinee**, MA, LCPC, has been working for Sweetser since 2004 after she graduated with her Master's Degree in Mental Health Counseling from Boston College. She has worked as an MST Home-Based Clinician, Day Treatment Clinician, and Assessment Clinician, and is currently the Utilization Review Specialist.

**Bette Freedson**, LCSW, LICSW, CGP, specializes in issues related to stress management, trauma recovery, and the development of effective coping tools. Bette is passionate about helping all parents, including single parents, grandparents, and foster parents become more skilled in solving problems and achieve more peaceful living. Bette is professionally trained in Ericksonian Hypnosis, and conducts seminars that combine cognitive/behavioral aspects of coping with the inner wisdom of the mind. Bette Freedson practices psychotherapy in South Berwick, Maine with her husband Ray Amidon, LMFT, LCPC.

**Jim Gorham**, LCPC has worked in the mental health field for nearly 20 years. He has expertise in CBT, group therapy and addiction treatment. He has taught college-level psychology courses and presented on a variety of mental health topics to organizations in southern Maine. He currently operates a private practice in South Portland and works in a clinic for medication assisted treatment for clients struggling with opioid use disorder.

**Betsey Gray**, MSW, LICSW is a licensed clinical social worker in New Hampshire and a graduate of the University of Connecticut School of Social Work. She was a member of the faculty of the University of New England, School of Social Work, serving as Director of Field Education for 15 years before retiring in June 2015 but continues to teach on an adjunct basis. She is also a member of the NH Disaster Behavioral Health Team. Betsey's area of expertise is in the field of gerontology and, in particular, work with family caregivers. She has published and presented at numerous conferences, both nationally and internationally. In this area, she has also led a number of Family Caregiver Groups in the NH Seacoast area.

# Brief Instructor Biographies

For full instructor biographies, please visit: [www.sweetsertraining.org/instructors](http://www.sweetsertraining.org/instructors)

**Jessica L. Griffin, Psy.D.**, is an Associate Professor of Psychiatry and Pediatrics at the University of Massachusetts Medical School (UMMS), where she has been a faculty member since 2006. Dr. Griffin is a nationally recognized expert in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She has trained and provided consultation for thousands of clinicians across the United States. With initial funding from SAMSHA/NCTSN in 2012 and continued funding in 2016, as Principal Investigator and Executive Director, Jessica developed the UMMS Child Trauma Training Center, with a focus on training, treatment, and resolving access issues for court-involved youth who have experienced trauma.

**Els (Elisabeth) Heij, BSN, LCSW, RCYT**, has been teaching yoga and meditation since 1993 in schools, community centers, prisons, and private yoga studios. She has been a psychotherapist since 2001 working with children, adolescents, adults, couples and families in a variety of settings. Els has been in psychodrama, sociometry and sociodrama training since 2003. She combines all modalities in order to create the safest conducive healing environment where all can thrive. She strongly believes in the healing power of community.

**Rob Lagos**, has facilitated the Adults with Asperger's group, in Portland, Maine, for 10 years. He is a computer programmer analyst and statistician. He is collaborating with Wilma Wake and Eric Endlich, Ph.D. in research and writing for a book on older adults on the spectrum.

**Jamie Leavitt, LCSW** has been a proud and passionate clinical social worker for over 20 years. She has experience in a variety of settings such as residential, school based, child welfare, and health care. Jamie has also been in private practice for 8 years, and has used animal assisted therapy with her Goldendoodle, Ollie.

**Christine Linnehan, LCPC, BC-DMT, FT** has been in private practice for over 20 years and has been a clinical consultant at the Center for Grieving Children since 2004. Christine is certified as a Fellow of Thanatology and is trained in Restorative Retelling, Suicide Bereavement, EMDR, and Creative Arts Therapies. She has a special interest in the impact of suicide loss on children and families.

**Patrice Lockhart, MD** is a board-certified psychiatrist who serves as Medical Director of the New England Eating Disorders (NEED) Program at Sweetser. She loves her work almost as much as her family, and making music.

**Erin Maloney, RN** graduated with her BSN from Villanova University in 1996. Since that time she has practiced nursing in fields, including Adult and Pediatric Medical/Surgical nursing, Home Health nursing, and Health Management/Complex Case Management. She is currently employed by Maine Medical Center as a Discharge Planning Case Manager. Erin believes that there can be a tremendous impact when barriers to good health are identified and removed. Her passion is to improve healthcare and decrease costs by continuing to help and support the patients and families she encounters to find balance in their physical, mental, and social health."

**Ann Palozzi, Psy.D.**, earned her undergraduate and master's degrees in education from the University of Maine at Orono. As an educator, Dr. Palozzi worked with children and adolescents addressing a full spectrum of issues and disabilities. She returned to school in Honolulu, Hawaii in the early 1990's to obtain her Doctorate in Clinical Psychology. While in Hawaii, she was exposed to a multiculturally diverse population and worked as a neuropsychologist through 2017. With over 20 years of experience specializing in neuropsychology, Dr. Palozzi currently serves as a private practitioner in southern Maine working with a broad spectrum of clients.



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**Kevin L. Polk**, Ph.D. is a practicing clinical psychologist. For 26 years he has helped people with a variety of problems in living, including troubling trauma memories. For the past eleven years he has dedicated himself to the study of Acceptance and Commitment Therapy (ACT)—spending over 30,000 hours studying the philosophy and theory behind ACT, and eventually developing the ACT Matrix diagram. He has designed PTSD and Pain programs based on the ACT Matrix. He is also a peer-reviewed ACT trainer who is passionate about teaching others how to use the ACT Matrix to increase psychological flexibility and valued living. He is the co-editor of *The ACT Matrix* (2014) and co-author of *The Essential Guide to the ACT Matrix* (2016). You can kind find out more at [www.drkevinpolk.com](http://www.drkevinpolk.com).

**Marissa Ritz**, LCSW, has been in the field for over a decade using her extensive training in MI and CBT to work with children, adults and families. Marissa is an adjunct staff at University of New England. She holds a commitment to Unconditional Positive Regard and the belief that people want to be well and are doing the best they can with what is before them.

**Christine Rogerson**, LCSW, earned her MSW from the University of New England in 2007. She has dedicated the majority of her post MSW career to working with children, families and communities.

**Laura Slap-Shelton**, Psy.D., Licensed psychologist specializing in neuropsychology who has extensive experience in evaluating children and adults with Autism, Asperger's Disorder, and Developmental Disorders.

**Kelli Star Fox**, LCSW, LADC, CCS holds an MSW from University of New England, School of Social Work and a BA in Psychology from Rutgers University. Kelli has been in the field of social work and addictions since 1985. She has provided clinical and administrative supervision to students, master and bachelor level clinicians and supervisors for 24+ years. Kelli is the Director of Field Education at the UNE School of Social Work, where she has been an adjunct faculty member since 1994.

**Teresa Valliere**, LCSW, LADC, CCS is an individual therapist, group facilitator, clinical supervisor and trainer with 19 years of experience in a variety of settings. For the last 16 years she has been facilitating trainings on addiction, mental illness, co-occurring disorders and supervision for a wide variety of agencies and organizations in Maine. She currently serves as visiting faculty in the psychiatry residents program at Maine Medical Center (Tufts Medical School) and maintains a private practice in Portland, Maine.

**Wilma Wake**, LCSW: Affiliate with Sweetser working with autistic children, adults, and families; co-author of upcoming book on spectrum adults over 50.

**Richard Watson**, LCSW, is a clinical social worker employed at the Edmund Ervin Pediatric Center in Augusta. He has been a clinician since 1977 and has experience in hospital, school and mental health and substance abuse settings. He is intensively trained in DBT and runs 4 DBT groups a week. He has developed DBT for Parents which teaches DBT based skills as they apply to the task of raising children. He is also a consultant to Kennebec Behavioral Health, Care and Comfort and RSU 18 providing consultation to other clinicians in those settings.

**Nikki Wetherell**, LCPC, LADC, CCS, is a clinician and program manager at Day One's outpatient program. She's worked for Day One providing mental health and substance use counseling services for youth and families since 2011. Nikki has worked with youth and families in various settings including community, residential, and school as well as in wilderness therapy programs since 2004.

**Ben White**, is a 20 year old entering his junior year at the University of Maine in Presque Isle where he is majoring in elementary education.

**Mary White**, LCSW has provided clinical services since 1997. She currently works for the School of Social Work at Yeshiva University in NYC and is the owner of a small mental health company, Your Journey, LLC, located in Caribou.



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