

Our continuing education courses help bolster staff knowledge, skill and confidence in working with vulnerable populations.

Course Selection

Cost: \$65 per person for up to 20 people

Cost: \$50 per person for 21+ people

Packages available on a case-by-case basis



» Motivational Interviewing: Change is HARD (3 CEU)

Motivational Interviewing is often recommended as an evidence-based approach to behavior change and was developed by William R. Miller and Stephen Rolnick. It is a collaborative, goal-oriented style of communication with particular attention to the language of change.

Motivational interviewing is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. In this introductory workshop, participants will learn the core elements of Motivational Interviewing, as well as Prochaska and DiClemente's Stages of Change model.

» Trauma, the Brain and Adversity (3 CEU)

Facing adversity at a young age can have lifelong effects on how people respond to challenges. In this workshop, participants will learn about the Adverse Childhood Experiences research study and how our strengths and protective factors can buffer against the negative impacts of adverse experiences.

» Trauma-Informed Care: Moving from 'What's Wrong with You?' to 'What Happened to You?' (3 CEU)

Traumatic experiences shape how a person responds to stressful or challenging situations. Understanding the "why" behind this trauma response is the first step in applying a trauma-informed approach. In this workshop, participants will learn the basics of how people are affected by trauma and how to apply the Substance Abuse and Mental Health Services Administration's Trauma-Informed Care model.

» Building a Trauma-Informed Team and Organization (3 CEU)

Learning about trauma and its effects as an individual service provider is the first step in becoming trauma informed. Is your organization ready to adopt a trauma-informed approach in all that it offers? This workshop allows participants to discuss and assess how their organization applies trauma-informed care and then plan how to incorporate these practices into their organization.