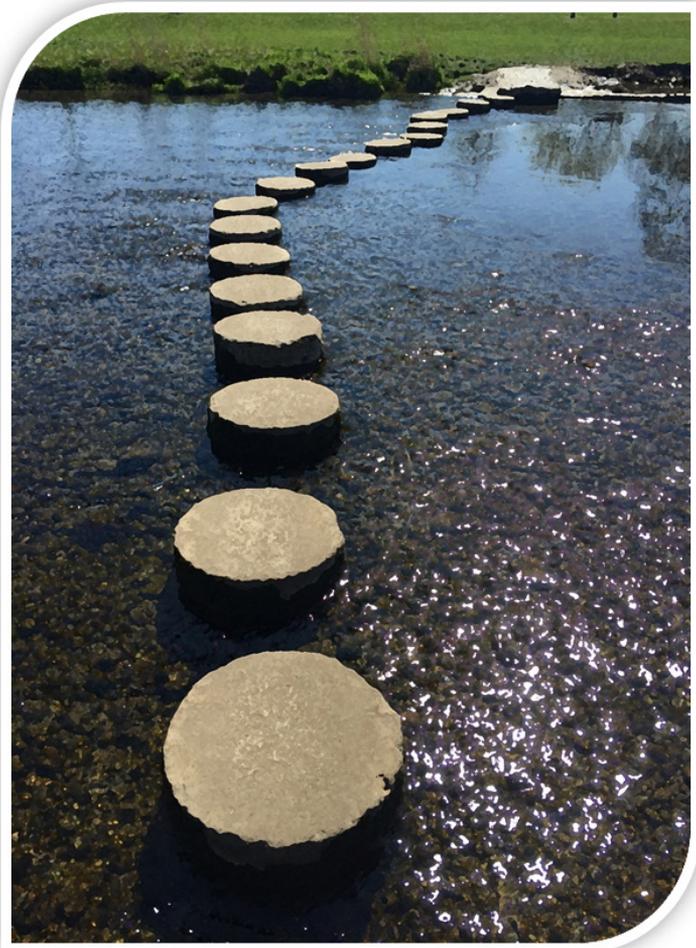




Training
Institute



2021 – 2022 Workshop Catalog

About the Sweetser Training Institute

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

Courses listed are subject to change

Most workshops are being scheduled for in-person and webinar attendance options. When registering on the website, you will need to select whether you would like to attend in-person or the webinar option. Please note that because of the COVID-19 precautions, the in-person attendance spaces have been significantly reduced and may fill up quickly. Should COVID-19 restrictions prevent us from being able to safely offer the in-person option, we will continue to hold the webinar option alone.

Contact Us

Questions? Please call the Sweetser Training Institute at 207.294.4414 or email training@sweetser.org.

Customized Training

Does your organization need high-quality training at a reasonable price? Certain programs listed in this catalog (as well as BHP, First Aid/CPR/AED, and 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.

About Sweetser

Sweetser is a community mental health provider with a statewide network of care in Maine. Each year, our caring and compassionate professionals connect 20,000 children, families and adults with the mental and behavioral health, intellectual and developmental, recovery, and educational services they need and deserve. Sweetser is the largest mobile crisis services provider in the state and a partner in the State of Maine OPTIONS (Overdose Prevention Through Intensive Outreach Naloxone and Safety) Initiative. Join our team! Visit sweetser.org/careers.

**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 substance use disorders.

LUNCH & LEARN

Each of the webinars in a Lunch & Learn series can be signed up for individually for the price listed below. However, if you sign up for an entire four (4) part series, you will receive a \$10 discount on your total cost.

Substance Use Disorders Series *

Presented by: Margaret F. Norbert, MSW, LCSW, LICSW
Location: Cisco Webex Webinar

Identification of Substance Use **\$20**
Wednesday, January 5, 2022, 12 p.m. - 1 p.m.

Part 1 of this four-part series looks at diagnosing substance use issues and identifying co-occurring mental health concerns that may impact treatment decisions and planning.

Treatment Phase of Substance Use Disorders **\$20**
Wednesday, January 12, 2022, 12 p.m. - 1 p.m.

Part 2 of this four-part series explores what treatment looks like concerning substance use and how we positively support those who are struggling with this disease.

Relapse in Substance Use Disorders **\$20**
Wednesday, January 19, 2022, 12 p.m. - 1 p.m.

In part 3 of this four-part series, embracing the uncertainty of treatment and relapse will be explored. Finding ways to be supportive in this process while remaining in HOPE.

Substance Effected Others **\$20**
Wednesday, January 26, 2022, 12 p.m. - 1 p.m.

The conclusion of this four-part series will discuss the impact of substance use on those who love and support the individual battling this disease. How to remain whole in a world that seems so shattered.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

LUNCH & LEARN

Each of the webinars in a Lunch & Learn series can be signed up for individually for the price listed below. However, if you sign up for an entire four (4) part series, you will receive a \$10 discount on your total cost.

Treating Eating Disorders Series

Presented by: Patrice Lockhart, MD and other NEED practitioners (e.g., dietitians, clinicians, nurses, psychologist)
Location: Cisco Webex Webinar

Advanced Treatment of Eating Disorders **\$20**
Friday, February 4, 2022, 12 p.m. - 1 p.m.

The series opens with a deep dive into a discussion of the nature of the physiological impacts of common eating disorders and the medical approaches often used in treatment.

Advanced Treatment of Eating Disorders **\$20**
Friday, February 11, 2022, 12 p.m. - 1 p.m.

The series will continue with subsequent sessions that further examine particular considerations for eating disorders, including evidence-based therapeutic recommendations and dietary considerations, as well as discussion of specific needs/interests of the attendees.

Advanced Treatment of Eating Disorders **\$20**
Friday, February 18, 2022, 12 p.m. - 1 p.m.

Part three of this series continues the further examination of particular considerations for eating disorders, including evidence-based therapeutic recommendations and dietary considerations, as well as discussion of specific needs/interest of the attendees.

Advanced Treatment of Eating Disorders **\$20**
Friday, February 25, 2022, 12 p.m. - 1 p.m.

The series concludes with a final look into the specific considerations for eating disorders, including evidence-based therapeutic recommendations and dietary considerations, as well as discussion of specific needs/interests of the attendees.

Check out our website for the most up to date and detailed session descriptions.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

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

Jessica Griffin, Psy.D.

**Wednesday, September 8, Thursday, September 9, & Friday, September 10, 2021,
8:30 a.m. - 12:30 p.m.**

Online

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.

Ethical Issues & Intimate Partner Violence with LGBTQ Individuals \$70

Amy Coha, MSW, LCSW

Friday, September 24, 2021, 9 a.m. - 1 p.m.

Sargent Family Community Center, 24 Chapman Rd., Presque Isle & Cisco Webex Webinar

This workshop will explore the ethical issues in working with LGBTQ survivors of Intimate Partner Violence. Survivors of IPV/DV often face disbelief and discrimination from systems that may be their only option in seeking safety. This is especially true for LGBTQ survivors. This workshop will include assessment tools, trauma-informed interventions, safety planning, and resources. Participants are encouraged to share their expertise in their work with LGBTQ survivors.

The Cycle Starts Early (Domestic Violence & Teen Dating Violence) \$110

Shayne Croy, LCSW, LADC and Jeanne Croy, LCSW, CCS

Thursday, September 30, 2021, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

This training will provide an overview of DV/IPV, its context in families, its effects on children and adolescents, and how this contributes to teen dating violence. In addition, the training will provide information on assessment, prevention, and intervention strategies.

Ethics in Child and Family Work \$110

Jamie Leavitt, LCSW

Friday, October 1, 2021, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

This new training will answer some of the unique and challenging ethical questions and considerations that arise when working with children and families. Here are a few of the many topics that will be highlighted: managing the needs of the individual vs the family unit; confidentiality for the minor child; treatment types that fit for children; child welfare and mandated reporting; blended families with multiple caregivers, and multiple agendas for treatment. Don't miss this specialized training that highlights relevant and up to date guideposts for ethical decision making.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

Play Therapy and Trauma - Intro. \$110

Grace Brace, LCSW

Friday, November 5, 2021, 9 a.m. - 4 p.m.

Sweetser, 329 Bath Rd., Brunswick

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.

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

Patrice Lockhart, MD

Friday, November 12, 2021, 9 a.m. - 1 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

“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.

Communities Responding to Domestic Violence: Reaching Men Who Batter \$110

Patricia Ledoux, LCPC-cc

Friday, November 12, 2021, 9 a.m. - 4 p.m.

Sweetser, 700 Mt. Hope Ave., Suite 650, Bangor & Cisco Webex Webinar

We will focus on clients who have committed domestic violence. Together we’ll explore: defining domestic violence, the clinician’s role, evidenced-based interventions and strategies, when to refer to additional services, and working in tandem with other intervening entities.

Yielding to Clients’ Needs: An Ethical Exploration \$70

Jamie Leavitt, LCSW

Thursday, November 18, 2021, 9 a.m. - 1 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

We are ethically responsible and dedicated to “do no harm” to our clients and to keep their best interest first and foremost. In practice, that means minute to minute “micro-decisions” that impact our personal freedom of expression. This training will bring forth the valid and sometimes ethically challenging decisions that are made to ensure client well-being. We will have open discussions about use of social media, being with clients who have differing political views, sharing the community, and navigating multiple connections across environments. Special recognition will be given to all the ways we yield and allow our clients to go first.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

Working with Autistic Adults and Adolescents **\$110**

Wilma Wake, LCSW; Laura Slap-Shelton, Psy.D.; Rob Lagos, statistician

Friday, November 19, 2021, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

Wake, Lagos, and Slap-Shelton are engaged in research, peer support, and therapy services for autistic adults and adolescents. They will share from their experiences in providing peer and professional support. Lagos and Wake are themselves autistic and will integrate their life experiences into the presentation along with a panel discussion by members of a local peer support network. Bring your ideas, experiences, and questions for a collaborative day of learning and sharing.

Motivational Interviewing with Adolescents **\$110**

Shayne Croy, LCSW, LADC and Jeanne Croy, LCSW, CCS

Friday, December 3, 2021, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

This workshop will start with an overview of the basics of the MI model. Then, we will delve into treatment factors specific to adolescents, to building effective therapeutic rapport, and to establishing a working relationship that fosters change. This will be an interactive training with opportunities to practice with trainers and other participants. Participants will come away with an understanding of the spirit of the MI model, an understanding of issues unique to treating adolescents, and strategies and skills to create effective treatment.

Our Ethical Responsibility to Social Justice **\$70**

Christine Rogerson, Ph.D.

Thursday, December 9, 2021, 9 a.m. - 1 p.m.

Cisco Webex Webinar

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.

Ethical Dilemma's in Dialogue Regarding Diversity, Equity, and Inclusion **\$70**

Margaret F. Norbert, MSW, LCSW, LICSW

Friday, December 10, 2021, 9 a.m. - 1 p.m.

Sweetser, 329 Bath Rd., Brunswick & Cisco Webex Webinar

This workshop will challenge you to reflect on the concepts of diversity, equity and inclusion (DEI) and how they inform the ethical decisions you make in the course of treatment. We will explore DEI's impact on our: interactions with others; personal growth; biases; and, expressing yourself for the sake of yourself or others. Bring your examples and/or dilemmas to an open dialogue of how we can all continue to learn and grow in regards to DEI.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

Psychosocial Assessment \$110

Ashley Wilock, LCSW, LICSW, CCS

Thursday, December 16, 2021, 9 a.m. - 4 p.m.

Sweetser, 329 Bath Rd., Brunswick & Cisco Webex Webinar

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.

Yielding to Clients' Needs: An Ethical Exploration \$70

Jamie Leavitt, LCSW

Friday, March 4, 2022, 9 a.m. - 1 p.m.

Sweetser, 329 Bath Rd., Brunswick & Cisco Webex Webinar

We are ethically responsible and dedicated to "do no harm" to our clients and to keep their best interest first and foremost. In practice, that means minute to minute "micro-decisions" that impact our personal freedoms of expression. This training will bring forth the valid and sometimes ethically challenging decisions that are made to ensure client well-being. We will have open discussions about use of social media, being with clients who have differing political views, sharing the community, and navigating multiple connections across environments. Special recognition will be given to all the ways we yield and allow our clients to go first.

Going with the Flow: Ethics and MI with Mandated Clients \$110

Shayne Croy, LCSW, LADC and Jeanne Croy, LCSW, CCS

Friday, March 11, 2022, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

This workshop will cover ethical issues specific to providing therapy to mandated clients; maintaining our ethics with other professional entities; provide an overview of the basics of the MI model; delve into treatment factors specific to clients mandated into treatment; cover building effective therapeutic rapport; and, establishing a working relationship that fosters change. This will be an interactive training with opportunities to practice with trainers and other participants. Participants will come away with an understanding of the spirit of the MI model, ways to foster ownership of the model, understand issues unique to treating mandated clients, and strategies and skills to create effective treatment.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

Reaching Homeless Youth through a Harm Reduction Approach * **\$70**

Cheryl Daly, LCSW, LADC, CCS

Friday, March 11, 2022, 9 a.m. - 1 p.m.

Cisco Webex Webinar

This webinar will provide an open dialogue to explore the complexities of providing mental health and substance use counseling to homeless youth. Complexities such as: homeless youth as a unique treatment population; the clinical mindset needed for a harm reduction approach; how to individualize a harm reduction approach for homeless youth; common misconceptions or missteps when treating homeless substance using youth; and local facts and figures, what's really going on around our state.

Play Therapy with Autistic Children and Their Families **\$70**

Wilma Wake, LCSW

Friday, March 18, 2022, 1 p.m. - 5 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

This workshop brings an overview of the major issues for autistic kids and the dynamics in their families. We'll look at: tools to use in play therapy; ways to involve the family; and, autism and its impact on children and their families.

Ethical Issues in Intimate Partner Violence & Child Custody **\$110**

Amy Coha, MSW, LCSW

Friday, March 25, 2022, 9 a.m. - 4 p.m.

Sweetser, 329 Bath Rd., Brunswick & Cisco Webex Webinar

Intimate Partner Violence is one of the most challenging fields of practice for social workers/mental health providers because of the intersection with the criminal justice system. Although the best interests of the child requires the court to consider domestic violence, courts often view allegations of domestic violence during divorce and custody as a 'he said, she said' situation. Strategies and interventions in assisting survivors during this process will be explored. Participants are encouraged to share their expertise in their work with survivors during the court process before and after. The importance of self-care for both survivors and social workers/mental health providers will be discussed.

Living with Uncertainty: Understanding and Coping with Ambiguous Loss **\$70**

Christine Linnehan, LCPC, BC-DMT, FT

Thursday, March 31, 2022, 9 a.m. - 1 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

Ambiguous Loss is characterized by doubt and a lack of clarity as well as a situation that can change at any time making grieving particularly challenging. We will explore specific treatment principles and strategies for supporting others with the complexities of meaning making, coping, and grief around ambiguous loss. We will look at creative interventions and mind/body strategies to foster resilience and well-being; promote expression; and, build personal/interpersonal resources. Attendees will leave the workshop with several strategies in hand ready to implement.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

An Introduction to Perinatal Mental Health **\$110**

Erin Pontbriand, LCPC-cc, CADC and Brandy Rogers, LCPC, LADC

Friday, April 1, 2022, 9 a.m. - 4 p.m.

Sweetser, 329 Bath Rd., Brunswick & Cisco Webex Webinar

Please join us to have the important discussion around Perinatal Mental Health. This course includes a look at commonly missed symptoms, improving our screening processes, the different diagnoses (hint: it's more than just Postpartum Depression), and evidence-based theories to support our clients.

Dialectical Behavioral Therapy for Personality Disordered Behaviors **\$110**

Ashley Willock, LCSW, LICSW, CCS

Friday, April 8, 2022, 9 a.m. - 4 p.m.

Sweetser, 329 Bath Rd., Brunswick & Cisco Webex Webinar

This workshop includes an introduction to DBT skills training and specific concepts/skills to use in practice with clients diagnosed with or exhibiting symptoms of personality disordered behavior. Attendees will have the opportunity to examine boundaries and productive ways to operationalize skills for given populations.

Attachment Across the Lifespan **\$110**

Jamie Leavitt, LCSW

Thursday, April 14, 2022, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

Human attachment is a well-founded and progressive field of study in the health professions. Often siloed in the understanding of early development, attachment literature is plentiful. This training will take us further into the understanding of attachment across the lifespan. We will take a journey together from human conception to death with honor and respect given to the basic human need for safe, healthy, secure attachments and the complicated problems that arise when this basic need is unmet at the various developmental stages of life.

Nuances of Cognitive Behavioral Counseling **\$70**

Teresa L. King, LCPC

Friday, April 15, 2022, 9 a.m. - 1 p.m.

Sweetser, 2 Pendleton Dr., & Cisco Webex Webinar

This course will provide strategies for encouraging clients to integrate knowledge, interests, and experiences to promote healthy cognitive behavioral interaction. The goal is to strengthen client confidence in successfully managing stresses that negatively impact their self-view and quality of life.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

Handle With Care: Family Therapy with Adolescents **\$110**
Shayne Croy, LCSW, LADC and Jeanne Croy, LCSW, CCS
Friday, April 29, 2022, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

This training will provide a brief overview of family therapy and review strategies to diagnose family systems. We will focus on interventions with targeted practice. Attendees will leave with a toolbox of assessment and intervention options for families.

Cognitive Behavioral Therapy for Post-Traumatic Stress Disorders **\$70**
Meredith Charney, Ph.D.
Thursday, May 5, 2022, 9 a.m. - 1 p.m.

Sweetser, 329 Bath Rd., Brunswick & Cisco Webex Webinar

This seminar will provide an overview of the evidence-based treatments for PTSD with a specific focus on Cognitive Processing Therapy and Prolonged Exposure. In addition, this seminar will include a discussion on novel treatments with a growing evidence base for treating PTSD.

Cognitive Behavioral Therapy for Eating Disorders **\$70**
Laura Sproch, Ph.D.
Friday, May 6, 2022, 9 a.m. - 1 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

Cognitive behavioral therapy-enhanced (CBT-E) is the current transdiagnostic evidence-based treatment for adults struggling with eating disorders. This presentation will provide an introduction to CBT-E theory, a phase-by-phase outline of the CBT-E protocol, and an overview of specific clinical skills and procedures used in the treatment.

Social Worker Self-Care and Ethical Obligation **\$70**
Wanda Anderson, LCSW and Rebecca Diggins, MSW, LCSW
Friday, May 6, 2022, 9 a.m. - 1 p.m.

Sweetser, 700 Mt. Hope Ave., Suite 650, Bangor & Cisco Webex Webinar

This workshop will define Self-Care, Trauma Stewardship, and explore our ethical obligation to practice self-care. Self-care is not only critical to our professional self but a requirement of our NASW Code of Ethics. How do we care for others when caring for ourselves and the stressors of the world we live in is overwhelming? We will explore concrete strategies for self-care, work in small groups, and create individualized self-care plans for use now and in the future.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

Advanced Techniques For Working with Complex Families **\$110**

Grace Brace, LCSW

Friday, May 13, 2022, 9 a.m. - 4 p.m.

Sweetser, 329 Bath Rd., Brunswick

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. **Prerequisites Required:** Please provide to the Training Institute, attendance certificates of prior attendance at both a trauma informed Play Therapy workshop and a trauma informed CBT workshop before registering for this session.

Fostering Resiliency in Supervision **\$70**

Jeanne Croy, LCSW, CCS

Friday, May 20, 2022, 9 a.m. - 1 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

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 can supervisors build relationships with supervisees in a way that fosters growth and resilience? This workshop will explore ways to build reflective capacity for social workers through supervision and leadership. We will explore intergenerational issues, boundaries, ethics, the impact of technology on the supervisory relationship, and the impact of administrative shifts within the field on ethical supervision.

Ethics in Child and Family Work **\$110**

Jamie Leavitt, LCSW

Friday, June 3, 2022, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

This new training will answer some of the unique and challenging ethical questions and considerations that arise when working with children and families. Here are a few of the many topics that will be highlighted: managing the needs of the individual vs the family unit; confidentiality for the minor child; treatment types that fit for children; child welfare and mandated reporting; blended families with multiple caregivers; and multiple agendas for treatment. Don't miss this specialized training that highlights relevant and up-to-date guideposts for ethical decision making.

Neuroscience of Mindfulness **\$110**

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

Thursday, June 9, 2022, 9 a.m. - 4 p.m.

Sweetser, 2 Pendleton Dr., Saco & Cisco Webex Webinar

This interactive workshop will focus on the neuroscience behind the practice of Mindfulness. We'll explore emotional regulation and which areas of the brain become activated. Then, we will review how mindfulness appears to impact both functional and structural differences in our brain.

Clinical Workshops

Workshops marked with an asterisk (*) are focused on substance use disorders.

Social Worker Self-Care and Ethical Obligation

\$70

Wanda Anderson, LCSW and Rebecca Diggins, MSW, LCSW

Friday, June 10, 2022, 9 a.m. - 1 p.m.

Sargent Family Community Center, 24 Chapman Rd., Presque Isle & Cisco Webex Webinar

This workshop will define Self-Care, Trauma Stewardship, and explore our ethical obligation to practice self-care. Self-care is not only critical to our professional self but a requirement of our NASW Code of Ethics. How do we care for others when caring for ourselves and the stressors of the world we live in is overwhelming? We will explore concrete strategies for self-care, work in small groups, and create individualized self-care plans for use now and in the future.

Advancing the Discussion: Social Justice, Ethics & Our Community

\$70

Christine Rogerson, Ph.D.

Friday, June 10, 2022, 9 a.m. - 1 p.m.

Sweetser, 329 Bath Rd., Brunswick & Cisco Webex Webinar

This training continues the discussion started in Our Ethical Responsibility to Social Justice, asking participants to dive in to community oriented social justice and ethical challenges. Participants should prepare to think critically, brainstorm, and collaborate with colleagues as we work together to develop ways to increase inclusivity in our communities.

The Price We Pay: Grief and Loss

\$70

Andrew Sokoloff, LMSW

Friday, June 17, 2022, 9 a.m. - 1 p.m.

Sweetser, 700 Mt. Hope Ave., Suite 650, Bangor & Cisco Webex Webinar

This four-hour training will examine the all too human and universal experience of grief. Specifically, the grief we feel when someone we love, or is important in our lives, dies. For some in our death denying culture grief is a topic that is too uncomfortable or painful to discuss openly. In this training, we will talk about the differences between Normal Grief and Complicated Grief, discuss various models of grief, examine some of the differences between grief and depression, and explore styles of grief.

2021-2022 Workshop Presenters

Detailed biographies can be found on our website at sweetser.org/training-institute/about/faculty

Wanda Anderson, LCSW

Grace Brace, LCSW

Marylena Chaisson, LCPC

Meredith Charney, Ph.D.

Amy Coha, MSW, LCSW

Jeanne Croy, LCSW, CCS

Shayne Croy, LCSW, LADC

Cheryl Daly, LCSW, LADC, CCS

Rebecca Diggins, MSW, LCSW

Jessica Griffin, Psy.D.

Teresa King, LCPC

Rob Lagos

Patricia Ledoux, LCPC-cc

Jamie Leavitt, LCSW

Christine Linnehan, LCPC, BC-DMT, FT

Patrice Lockhart, MD

Rebekah McIntyre, MSW, LMSW-cc

Margaret Norbert, MSW, LCSW, LICSW

Ann Palozzi, Psy.D.

Erin Pontbriand, LCPC-cc, CADC

Brandy Rogers, LCPC, LADC

Christine Rogerson, Ph.D.

Laura Slap-Shelton, Psy.D.

Andrew Sokoloff, LMSW

Laura Sproch, Ph.D.

Wilma Wake, LCSW

Ashley Wilock, LCSW, LICSW, CCS

Melissa Winchester, LCPC

Frequently Asked Questions

How do I register for a program?

Visit www.sweetser.org or call the Training Institute at 207.294.4414.

Do you have any online content available for rent?

The following courses are available for online streaming. Upon return of the completed post-viewing assessment, you will receive a certificate with contact hours.

- Psychosocial Assessment, six contact hours, \$60

Where is Sweetser's administration building located?

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

In general, all programs will take place "snow or shine" and weather-related refunds or credits will generally not 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 (CEU) 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.

How is COVID-19 going to effect the scheduled training?

Most workshops are being scheduled for in-person and webinar attendance options. Should COVID-19 restrictions prevent us from being able to safely offer the in-person option, we will continue to hold the webinar option alone.

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.



50 Moody Street
Saco, ME 04072



Join our team! Visit sweetser.org/careers