



Training
Institute



Professional Development Workshop Catalog



2023-2024



**Sweetser is a behavioral health nonprofit
that provides evidence-based treatment,
support and hope through a statewide
network of community-based **mental health,**
recovery, and educational services.**



Send Referrals for Services:

1-800-434-3000  • **info@sweetser.org**

50 Moody Street, Saco, Maine 04072

  **@sweetsermentalhealth** •  **@sweetsermaine**

Sweetser Training Institute



The Sweetser Training Institute is one of Maine's foremost resources for high quality professional training in recovery-focused, trauma-informed continuing education courses grounded in evidence-based practice.

For over 20 years, we have been committed to meeting the professional development needs of psychiatrists, psychologists, social workers, counselors, and other integrated health professionals from our team of experienced and compassionate instructors.

Note: Courses listed are subject to change. Please check our website at Sweetser.org/Training for the latest details and registration information. Most workshops are offered via an online platform, making it accessible from any location.

STAFF/AFFILIATE PERK

All Sweetser staff are able to take advantage of the entire Training Institute catalog of professional development courses free of charge. Simply use your Sweetser email for online registration. All independent affiliate providers in our network receive a 50% discount on all training institute workshops as well.

Our training staff provided continuing education to over 1,000 licensed Maine counselors and social workers from across the state in 2022.



Friday, September 8th

Boundaries, Dual Relationships & Ethics

Christine Rogerson, Ph.D.

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



Do you find yourself wondering about how to maintain boundaries and minimize dual relationships in our ever-changing social service world? If so, join us for this interactive workshop as we explore boundaries, how and who sets them, why they are set, and what we can do to preserve them. We will discuss challenges we face with dual relationships, and how to use ethical decision-making models to reduce instances of dual relationships.

Friday, September 15th

Motivational Interviewing with Adolescents

Shayne Croy, LCSW, LADC, & Jeanne Croy, LCSW, CCS

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



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, ways to foster ownership of the model, an understanding of issues unique to adolescents in treatment, and strategies and skills to create effective treatment.

Friday, September 22nd

Get in Control of Food

Shelby Levesque, LMFT

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



Discover the connection between OCD and dieting behaviors plaguing many clients, making them feel out of control with food, discouraged by their bodies, and weight. Learn to apply the industry's gold standard treatments like ERP and Intuitive Eating to end their struggles with food, weight, and body image.

Friday, September 29th

Ethical Issues with Intimate Partner Violence/Domestic Violence

Amy Coha, LCSW

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$110



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.

OCTOBER 2023

Monday, Tuesday, Wednesday October 2nd, 3rd, 4th

Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)

Jessica Griffin, PsyD, & Jessica Wozniak, PsyD

Zoom Webinar 8:30 a.m.- 12:30 p.m. each day

\$110



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.

Friday, October 6th

Working with Autistic Adults and Adolescents

*Wilma Wake, LCSW; Laura Slap-Shelton, PsyD;
Rob Lagos, statistician*

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



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.

Friday, October 13th

The Cycle Starts Early (Domestic Violence & Teen Dating Violence)

Shayne Croy, LCSW, LADC, & Jeanne Croy, LCSW, CCS

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



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.

Friday, October 20th

Beyond Self-Care: Ethical Considerations centered around the Social Work Code of Ethics

Margaret Norbert, MSW, LCSW, LICSW

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



In this training, the social work code of ethics will be utilized as the backdrop for exploring the ethical obligations regarding self-care. The impact of trauma has real consequences on not only how our clients interact in the world, but also on how WE, as clinicians, not only interact in our personal lives, but how present we are in relationship to our clients. Areas of interest will focus on how to integrate self-care into personal and clinical practices that allow clinicians to explore how these practices truly impact clinical treatment.

Friday, October 27th

Restoring Resilience: supporting children, youth, and families after suicide loss

Christine Linnehan, LCPC, BC-DMT, FT

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



In this interactive session, we will explore a restorative, trauma-informed approach to supporting individuals, children, and families as they navigate the rocky terrain of grief after suicide. Prominent themes of suicide bereavement and the impact of stigma on the grieving process will be addressed.

NOVEMBER 2023

Friday, November 17th

\$110

The Intersectionality of Trauma and Personality Disorders: evidenced based treatment approaches

Margaret Norbert, MSW, LCSW, LICSW, & Ashley Wilock, LCSW

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.



In this workshop we will explore what trauma is and how it can be difficult to discern the criteria of trauma and diagnosing trauma related disorders; an outline of the diagnostic criteria surrounding personality disorders; and how trauma impacts the diagnosing and treatment approaches in supporting clients who may also have a personality disorder diagnosis. We will engage in a dialogue over the use of evidenced-based treatment approaches in relationship to the intersectionality of trauma and its impact on treating personality disorders.

DECEMBER 2023

Friday, December 1st

\$110

Ethical Issues & Intimate Partner Violence with LGBTQ+ Individuals

Amy Coha, LCSW

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.



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.

Friday, December 8th

\$110

Psychosocial Assessment

Ashley Wilock, LCSW

Cisco WebEx Webinar 9:00 a.m.-4:00 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.

Friday, December 15th 2023 & Friday, May 3rd 2024

Mindfulness and Neuroplasticity in working with Youth Parts I & II

Margaret Norbert, MSW, LCSW, LICSW

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$180



This two-part training will explore the concepts of mindfulness and how beneficial to the neuroplasticity of the brain are these practices. Utilizing Play Therapy techniques along with vibrant practical case discussions, the implementation of sound clinical practices will be processed and reviewed. As this is a two-part training, the first session will be focused on psychoeducation, practical clinical implementation of therapeutic strategies surrounding trauma-informed care and therapeutic techniques for play therapy. The second part of training, scheduled for May 3rd, 2024, will be devoted to breaking into workshop groups and processing how the utilization of these techniques and their implementation has impacted client growth. This will allow an opportunity for pragmatically sharing strategies with one another and how to negotiate the systems that clients work within. Additional play therapy techniques will be shared to further clinical growth.

*This highly practical workshop provides 12 contact hours for the price of 10.

JANUARY 2024

Friday, January 5th

An Introduction to Perinatal Mental Health

Brandy Rogers, LCPC, LADC

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



Please join us for 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 evidenced-based theories to support our clients.

Friday, January 12th

Ethical and Just Practice

Christine Rogerson, Ph.D.

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



This interactive workshop will support you in navigating the many facets to ethical and just clinical practice. Join us as we dive into Codes of Ethics, explore how values influence our decision-making, and examine the role of supervisor/supervisee in attaining ethical and just practice.

Friday, January 19th

Clinical considerations for running a successful therapy group

Ashley Wilock, LCSW

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



Group therapy is an effective treatment for a variety of mental health, substance use, and co-occurring disorders. This workshop will define the benefits of group work, focus on identifying different types of therapeutic groups, and provide tools to facilitate effective groups while avoiding common pitfalls.

Friday, January 26th

A Little This, A Little That: co-occurring disorders

Shayne Croy, LCSW, LADC, & Jeanne Croy, LCSW, CCS

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



A Little This, A Little That: Co-occurring Disorders training will delve into working with individuals dealing with mental health symptoms, in addition to substance abuse issues and other co-occurring issues, which complicate mental health symptoms. The training will review symptomology and differential diagnosis, and the importance of understanding the primary driver of symptoms and behaviors. In addition, we will address effects on natural support systems and strategies to create more helpful responses within those systems. We will focus on understanding the overarching concept of a harm reduction approach in interventions. Attendees will leave with a toolbox of assessment and intervention options.

Friday, February 2nd

Teamwork Makes the Dreamwork: Family Therapy

Shayne Croy, LCSW, LADC, & Jeanne Croy, LCSW, CCS

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



Teamwork Makes the Dreamwork Family Therapy training will delve into working with families dealing with parents in conflict and the unique dynamics in working with blended families. The training will provide a brief overview of family therapy, review strategies to diagnose family systems, and cover varying types of conflict and strategies to intervene. We will focus on interventions with targeted practice. Attendees will leave with a toolbox of assessment and intervention options for families.

Friday, February 9th & 23rd

Dialectical Behavioral Therapy for Personality Disordered Behavior Part I & II

Ashley Willock, LCSW

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m. &

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$150



Part I of this two-part workshop covers 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 this population. Attendees will come back two weeks later (February 23, 2024) for Part II of this workshop. This half-day training gives participants a chance to review and practice concepts learned. They will be given a chance to reflect, clarify, and reinforce concepts for effective differential diagnosing and treatment with dialectical behavioral therapy and the identified population.

FEBRUARY 2024

Friday, February 16th

Ethical Issues in Intimate Partner Violence & Child Custody

Amy Coha, LCSW

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



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 in determining custody, 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 and after. The importance of self-care for both survivors and social workers/mental health providers will be discussed.

MARCH 2024

Friday, March 1st

Ethical and Just Practice *Christine Rogerson, Ph.D.*

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



This interactive workshop will support you in navigating the many facets to ethical and just clinical practice. Join us as we dive into Codes of Ethics, explore how values influence our decision-making, and examine the role of supervisor/supervisee in attaining ethical and just practice.

Friday, March 8th

Beyond Self-Care: Ethical Considerations centered around the Social Work Code of Ethics

Margaret Norbert, MSW, LCSW, LICSW

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



In this training, the social work code of ethics will be utilized as the backdrop for exploring the ethical obligations regarding self-care. The impact of trauma has real consequences on not only how our clients interact in the world, but also on how WE, as clinicians, not only interact in our personal lives, but how present we are in relationship to our clients. Areas of interest will focus on how to integrate self-care into personal and clinical practices that allow clinicians to explore how these practices truly impact clinical treatment.

Friday, March 15th

Fetal Alcohol Spectrum Disorders

Christie Petrenko, Ph.D.

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



Fetal alcohol spectrum disorders (FASD) are lifelong and affect 2-5% of the population. People with FASD often seek mental health care, but few providers can recognize and serve them effectively. Learn important principles and skills of FASD-informed care to benefit the children, adults, and families with FASD in your practice.

Friday, March 22nd

The Price We Pay: Grief and Loss

Andrew Sokoloff, LMSW

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



This 4-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.

Friday, March 29th

Fostering Resiliency in Supervision

Amy Coxa, LCSW

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



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.

Friday, April 5th

Ethical Considerations for protecting patient confidentiality in treating substance use disorders

Ashley Wilock, LCSW

Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.

\$70



This workshop will take an in-depth look at confidentiality protections for substance use disordered patients. We will discuss how to appropriately maintain documentation and handle collateral contact/coordination of care while treating SUD patients. We will also explore safety and harm reduction in disclosures while working with this population.

Friday, April 12th

Are you prepared to treat trauma: a clinician's guide to determining readiness for client and clinician

Nikki Yardy, LCPC, CCTP

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



This workshop will provide an overview of traumatic stress, including definitions of PTSD and other types of traumatic stress, basic neurobiology, and more. Assessing personal and professional readiness for clinicians, including review of necessary skills to begin trauma work with clients, and an overview of top modalities will be covered.

Friday, April 26th

Ethical Issues with Intimate Partner Violence/ Domestic Violence

Amy Coha, LCSW

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

\$110



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.

Friday, May 10th**Going with the Flow: ethics & MI with mandated clients***Shayne Croy, LCSW, LADC, & Jeanne Croy, LCSW, CCS***Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.****\$110**

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 mandated clients in treatment, and strategies and skills to create effective treatment.

Friday, May 17th**Advancing the Discussion: Social Justice, Ethics, & Our Community***Christine Rogerson, Ph.D.***Cisco WebEx Webinar 9:00 a.m.-1:00 p.m.****\$70**

This training asks participants to dive into 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.

Friday, May 31st**Living with Uncertainty: Understanding and Coping with Ambiguous Loss***Christine Linnehan, LCPC, BC-DMT, FT***Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.****\$110**

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 wellbeing; promote expression; and build personal/interpersonal resources. Attendees will leave the workshop with several strategies in hand ready to implement.

Friday, June 7th

\$110

Neuroscience of Mindfulness

Laura Slap-Shelton, PsyD, & Ann Palozzi, PsyD

Sweetser, 2 Pendleton Dr., Saco 9:00 a.m.-4:00 p.m.

This interactive participant class 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.



Friday, June 14th

\$110

Eating Disorders and Athletes: Overlap and Differences in Comparison to the General Population

Christine L. B. Selby, Ph.D., CEDS

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

This training will focus on the Feeding and Eating Disorders category of the DSM-5 (i.e., anorexia nervosa, bulimia nervosa, and binge eating disorder), and how they are experienced and expressed by athletes. Attendees will learn the ways in which the characteristics of an “ideal athlete” can mask one of the deadliest psychiatric disorders, anorexia nervosa. An overview of treatment approaches will be provided as well as the presenter’s approach to working with eating disorders in athletes. Finally, additional emphasis will focus on important provider characteristics when working with individuals with eating disorders, including athletes, and the importance of provider self-awareness.



Friday, June 21st

\$110

Trauma and Grief: moving forward while respecting the past

Margaret Norbert, MSW, LCSW, LICSW, & Kristel Hill, LMSW-cc

Cisco WebEx Webinar 9:00 a.m.-4:00 p.m.

This workshop will explore the complex work surrounding holding space for someone’s grief while allowing them to recognize any related trauma and its importance in their journey. Intended objectives include helping clients review their trauma and how to honor the grief that may be involved with it; exploring evidenced-based approaches to working with clients who have identified grief and are struggling to move forward; and discussing the concept of forgiveness relative to a client’s own journey and how that may impact their ability to move forward while respecting their past.



Meet Your Instructors

2023-2024

Amy L. Coha, MSW, LCSW, retired from the University of New England School of Social Work in 2021. Her social work experience includes working with survivors of intimate partner violence and individuals with mental illness. She continues her work in the field of IPV/DV.

Jeanne Croy, (she/her), LCSW, CCS, has over 20 years of experience in mental health, working with children, adolescents and adults in a variety of fields. She has specialized training in evidence-based treatment for anxiety, depression, trauma, and other concerns. She is currently in private practice in Springvale, Maine.

Shayne Croy, (he/him), LCSW, LADC, has over 20 years of experience in mental health, including extensive work with high-risk adolescents. He received his Master's in Social Work from University of Connecticut and has specialized training and supervision in Brief Strategic Family Therapy and the Duluth Model. He is currently in private practice in Springvale, Maine.

Jessica Griffin, PsyD, is an Associate Professor of Psychiatry and Pediatrics at the University of Massachusetts Medical School, where she has been a faculty member since 2006. Dr. Griffin is a nationally recognized expert in Trauma-Focused Cognitive Behavioral Therapy.

Kristel Hill, LMSW-cc, is passionate about working with a variety of teenagers and adults who have been impacted by trauma-related grief. Kristel is certified in Trauma Focused Cognitive Behavioral Therapy.



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.

Shelby Levesque, LMFT, has been practicing therapy for 17 years. She was the President of the Maine Association of Marriage & Family Therapy from 2015-2016 and is the Founder of Connections Rising, LLC, whose mission is teaching social/ emotional/ mental health to the public.



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.

Margaret Norbert, LCSW, is an adjunct professor at the Wurzweiler School of Social Work at Yeshiva University and field instructor for master's level social work students. She has worked within school systems and primary care offices most of her career supporting individuals, families and children within non-profit mental health agencies. Her background is in child (Play Therapy) and family work. Maggie is certified in TF-CBT.

Ann Palozzi, PsyD, earned her undergraduate and master's degrees in education from the University of Maine at Orono. 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.

Christie Petrenko, Ph.D., is a Research Associate Professor at the University of Rochester. She brings together technological advances to develop novel interventions and improve treatment for people with fetal alcohol spectrum disorder.



Brandy Rogers LCPC, LADC, has training primarily in Cognitive Behavioral Therapy and Motivational Interviewing. Her ongoing study has been focused on how our body and mind influence each other, the brain, exploring our relationships with substances, with ourselves and with others, and violence in relationships.

Christine Rogerson, graduated from Simmons University in 2021 with a Ph.D. in Social Work and in 2007 with her MSW in Social Work from the University of New England. She has over 13 years of clinical experience working with children, young adults and families. She is passionate about social inclusion, kindness and social justice.



Christine Selby, Ph.D., CEDS, earned her Ph.D. in Counseling Psychology from the University of North Texas in 2000 and her Master's Degree in Athletic Counseling from Springfield College in 1994. In 2000, she completed intensive training in psychodynamic psychotherapy during her Pre-Doctoral Internship at the Department of Psychiatry, School of Medicine and Dentistry at the University of Rochester.

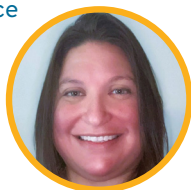


Laura Slap-Shelton, PsyD, is a licensed psychologist specializing in neuropsychology and has extensive experience evaluating children and adults with Autism, Asperger's Disorder, and Developmental Disorders.

Andrew Sokoloff, LMSW, is the Coordinator of Grief and Bereavement Services at CHANS Home Health & Hospice in Brunswick. He is a graduate of the University of New England School of Social Work and is on the Board of the Maine Hospice Council and Center for End-of-Life Care.

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

Ashley Wilock, LICSW, LCSW, CCS, currently provides substance abuse and mental health counseling in outpatient, residential and MAT program settings. She is a graduate of the State University of New York at Albany. Ashley has worked with all ages in a variety of settings in a clinical and supervisory capacity.



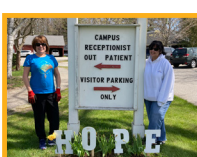
Jessica Wozniak, PsyD, is a clinical psychologist and the Clinical Research and Development Manager at Baystate Medical Center's Department of Psychiatry in Springfield, MA, and an Assistant Professor of Psychiatry at the University of Massachusetts Medical School-Baystate. Dr. Wozniak is a nationally recognized trainer in Trauma-Focused Cognitive-Behavioral Therapy and conducts trainings at national and international conferences.



Nikki Yardy, LCPC, CCTP, EMDR trained, has been working in the mental health field since 2009 serving women and high-risk youth. She's skilled in treating single incident, complex and developmental trauma. She is the founder and owner of Virago Wellness, a women's counseling center in Southern Maine and in recovery from complex trauma.



Create a Promising Future of Your Own



Interested in Private Practice?



If you are a licensed social worker, therapist, psychiatrist, or mental health professional starting out in private practice, Sweetser's Affiliate Network can help you with billing, client documentation, quality assurance, referrals, and more. Take the administrative stress away from your true passion of helping your clients.

"I really enjoy helping people. I love to watch them grow. I joined Sweetser over 10 years ago when I was first starting out as a counselor. The staff at Sweetser are so helpful and it's been such a great relationship because I do this part time. Given the need right now, it's a beautiful partnership."

- Nickie



Start Your Compassionate Career with Sweetser



"I'm with Sweetser because what we do matters. It fuels me. It drives me every day. I get up and think, this is where I want to be. You will find yourself in this work."

- Annie





50 Moody Street
Saco, Maine 04072



Schedule a training with us online at Sweetser.org/training