



Training
Institute

Advance Yourself



Professional Development Workshop Catalog



2025-2026



**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 development courses that are recovery-focused, trauma-informed and 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 trainings 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 contracted affiliate providers in our network receive the first four trainings of their choice for free in a 12 month period and then a 50% discount on all Training Institute workshops after that.

Our training staff provided professional development & Mental Health First Aid training to 1,127 individuals from across the state in 2024.



Brand New Training Series!

LEADERSHIP

Join us for a series of courses that will strengthen your understanding of how teams are best managed & provide concrete, real-world discussions & activities to reinforce these practices.

Take 1 or
all in
sequence!



Lead the Way: A Modern Approach to Supervision (page 12)



Navigating Difficult Conversations with Confidence (page 15)



Becoming a Rockin' Supervisor (page 23)

WELLNESS

Caregivers need care, too! We're introducing new courses that will help you continue to help others by taking care of yourself.



Mindfulness Masterclass for Self-Care & Burnout Management (page 7)



Breathing Techniques to Manage Stress - Introductory Training (page 11)



The Alignment Diet Masterclass: Transform Your Relationship with Food, Weight and Your Body Through the Power of Intuitive Mind Body Alignment (page 16)

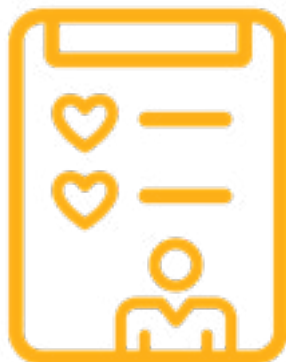


Benefits to Using Essential Oils (page 21)

New This Year for Clinicians

IMPROVING YOUR SKILLS, IMPROVING THEIR OUTCOMES

We are introducing new and exciting courses that will provide different methods for connecting with your clients and meeting them where they are in new and thoughtful ways!



- ✓ **Improv Skills for the Therapeutic Setting: Bringing More Creativity, Humor and Play to your Work** (page 6 or 19)
- ✓ **Trauma and Chronic Pain** (page 9)
- ✓ **Brief Therapy** (page 10)
- ✓ **Navigating the Relationship between Social Work and the Law** (page 12)
- ✓ **Using EMDR for Chronic Pain** (page 17)
- ✓ **The Cycle Starts Early: Intimate Partner Violence & Teen Dating Violence** (page 20)

Tuesday September 9th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



Heartsaver First Aid CPR AED is geared towards anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting. Upon successful completion of the course, students receive a course completion card, valid for two years. Please contact your employer to ensure that you are selecting the correct course.

Friday, September 12th

Improv Skills for the Therapeutic Setting: Bringing More Creativity, Humor, and Play to Your Work

Doni Tamblyn & Meryl Levin, Ph.D.

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

\$120



There are many biological reasons why all human beings play, but the reasons all boil down to this: Like all universally held biological functions, play exists to ensure survival. Studies suggest that it may do so by reducing stress, boosting problem-solving ability, and creating strong communal bonds, among other things. If so, this means we need to take play seriously! In this class, you will take part in improv-based games and exercises that will give you a day of laughter and rejuvenation, teach extraordinarily fun techniques to help deepen the counselor-client bond, and give you a take-home “toolbox” of games to play with your clients.

Friday, September 19th

Are the Kids All Right?

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

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

\$120



This training will cover the interplay of school issues, including mental health, substance use, gender issues, interpersonal violence, and behavioral problems. We will also cover family dynamics in relation to school. We will focus on how non-clinical staff can intervene and feel supported. We will also cover burnout, its effects on front-line staff, and mitigation strategies.

Tuesday, September 23rd

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$120



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Friday, September 26th

Art Used in a Therapeutic Setting

Nick Blunier, BA

Eslie J. Parquette School Art Room, 50 Moody St., Saco

1:00 p.m. - 3:00 p.m.

\$40



Hear from a working teacher at our Eslie J. Paquette school in Saco. Learn about how art is used in clinical collaboration, community outreach, and the expression of client needs. Finish the session with an art activity led by Nick!

Tuesday, September 30th

Mindfulness Masterclass for Self-Care and Burnout Management

Jerry Givens

Webinar 12:00 p.m. - 4:00 p.m.

\$80



For centuries, mindfulness practices have been valuable tools in managing physical and mental health. Building compassionate awareness around your thoughts and actions, along with your unmet needs, will help you make positive changes in your life, boost mental resilience, and tone down extreme nervous system activation. Unchecked nervous system dysregulation, caused by both physical and mental anguish, can cause burnout, life dissatisfaction, chronic pain and illness, anxiety, and depression. Learning and integrating mindfulness meditation, breathing techniques, and insight practices into your daily life will help you become and stay regulated and move your life in a direction that best suits your overall needs, mind, and body.

Friday, October 3rd

Handle with Care: Structural Family Therapy

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

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

\$120



This training will delve deep into working with families using Structural Family Therapy. It will provide a brief overview of family therapy and review strategies for diagnosing family systems. We will focus on interventions with targeted practice. Attendees will leave with a toolbox of assessment and intervention options for families.

Tuesday, October 7th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Friday, October 10th

Ethical Issues with Intimate Partner Violence

Amy Coho, LCSW

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

\$120



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.

Tuesday, October 14th

The Dance of the Nervous System – Unlocking Your Potential with the BOCAS Method, a Polyvagal Theory Approach

Nancy Rubbico, LMHC

2 Pendleton Dr., Saco 1:00 p.m. - 3:00 p.m.

\$40



Discover how your nervous system influences every aspect of your life. In this two-hour workshop, learn practical self-regulation techniques through discussions, exercises, and gentle practices to enhance resilience and meaningful interaction. Understanding your nervous system is essential for everyone—think of it as getting the ultimate user manual for being human!

Friday, October 17th

Trauma and Chronic Pain

Beth Thibault, LCPC, LADC

Webinar 9:00 a.m. – 12:00 p.m.

\$60



This training provides evidence-based research demonstrating the connection between trauma and chronic pain. It also provides different skills used to manage the emotional connection to the pain, resulting in the alleviation of symptoms. This training is relevant for all who work with clients who have trauma and chronic pain.

Tuesday October 21st

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Friday, October 24th

Substance Use Disorder: The Role of Ethics and the Effects of Stigma

Tonya Thurlow, LCSW & Elise Chase, LMSW-CC, MHRT-CSP

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

\$80



This training will explore stigma related to substance use disorder and treatment, and the use of de-stigmatized language required for ethical practice. Discussion will focus on the effects of stigma and ethical dilemmas related to substance use disorders when creating a culture that actively supports recovery.

Wednesday, October 29th

Brief Therapy

Kristie Worster, LCSW, CCS

Webinar 9:00 a.m. - 11:00 a.m.

\$40



Brief Therapy is designed to provide treatment in a condensed timeframe and typically involves fewer sessions than traditional therapy. In this workshop, you will learn how to focus on specific goals and practical solutions for your clients while encouraging them to take an active role in their therapy. Participants will learn tips for working collaboratively with clients to define what success looks like in creating behavioral changes.

Friday, October 31st

Get in Control of Food

Shelby Levesque, LMFT

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

\$120



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

Tuesday, November 4th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Friday, November 7th

Treating Substance Use Disorders

Joanne Grant, LCPC, LADC, CCS

Webinar 9:00 a.m. - 12:00 p.m.

\$60



Often, behavioral health clinicians do not feel that treating addiction is within their scope and that they need specialized training. This course will provide a basic overview of how to diagnose and treat substance use disorders. It will also discuss stigma and engage the participants in an open conversation about the barriers to providing this much-needed service.

Friday, November 7th

Breathing Techniques to Manage Stress - Introductory Training

Jerry Givens

Webinar 1:00 p.m. - 4:00 p.m.

\$60



Many traditions and healing practices around the world have used prescribed breathing techniques to manage physical and mental health. Simple manipulations to the way you breath can have vast and lasting outcomes on your immediate and long-term health. Using the understanding of up-regulating and down-regulating the nervous system, you will learn an array of techniques to suit your needs. For clinicians, you'll be able to bring these techniques to your clients as well. This guided breathwork training includes a breakdown of breathwork from the yogic perspective, taking into account biology, nervous system regulation, and the regulation of stress hormones.

Tuesday, November 11th

Leadership Series: Lead the Way: A Modern Approach to Supervision

Holly Hall, PHR, SHRM-CP

2 Pendleton Dr., Saco 9:00 a.m. - 12:00 p.m.

\$60



This interactive training equips new and aspiring supervisors with practical tools to lead effectively in today's workplace. Participants will develop communication, delegation, feedback, and conflict management skills while exploring the shift from managing tasks to coaching teams. Ideal for those stepping into leadership roles, this course offers real-world practice and a personalized action plan for confident, people-focused supervision.

Friday, November 14th

Navigating the Relationship between Social Work and the Law

Catherine C. Miller, Esq.

2 Pendleton Dr., Saco 9:00 a.m. - 11:00 a.m.

\$40



This workshop will include an overview of Maine law and an interactive session on how the role of social workers might intersect with the legal system, especially given that there may be competing facts and perspectives.

Friday, November 14th

Exploring Experiences of Autistic Adults: Diagnosis, Treatment, and Support

Rob Lagos, Statistician, Laura Slap-Shelton, Psy.D., & Wilma Wake, LCSW

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

\$120



We will explore newer concepts in the diagnosis of Autism Spectrum Disorder in adults. We will discuss the differences in experiences as related to their age at the time of diagnosis and explore interventions. Additionally, we will hear about Maine's AANE autistic adult support group and learn from an invited panel of autistic adults.

Tuesday, November 18th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Tuesday, November 18th

Harm Reduction: What Is It and How Does It Work?

Tom MacElhaney, LADC, CCS

Webinar 5:00 p.m. - 7:00 p.m.

\$40



Harm reduction is an evidence-based approach that aims to reduce the negative impact of substance use disorder on individuals and communities. This training will explore harm reduction, overdose prevention, and naloxone while learning about substance use disorder, how it develops, and its association with trauma.

Friday, November 21st

Ethical Issues in Intimate Partner Violence and LGBTQ+ Individuals

Amy Coha, LCSW

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

\$120



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.

Tuesday, December 2nd

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Monday, December 8th

Thinking Outside of the Box

Emma Richards, LCPC

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

\$120



In this training, we will explore several different and unique methods for engaging with your clients and hopefully have some fun! The goal of this session is to help people think “outside the box” when it comes to engaging with clients and to learn from each other’s unique experiences.

Friday, December 12th

Motivational Interviewing & Stage of Change

Michael Andrick, LCPC

2 Pendleton Dr., Saco 9:00 a.m. - 12:00 p.m.

\$60



This training will provide helpers with an understanding of Motivational Interviewing & Stage of Change relating to our work with addiction and co-occurring disorders. Topics include defining how we embrace the “Spirit of MI” as well as how to utilize a decisional balance sheet.

DECEMBER 2025

Tuesday, December 16th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Wednesday, December 17th

Substance Use Disorder: The Role of Ethics and the Effects of Stigma

Tonya Thurlow, LCSW & Elise Chase, LMSW-CC, MHRT-CSP

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

\$80



This training will explore stigma related to substance use disorder and treatment, and the use of de-stigmatized language required for ethical practice. Discussion will focus on the effects of stigma and ethical dilemmas related to substance use disorders when creating a culture that actively supports recovery.

JANUARY 2026

Tuesday, January 6th

Leadership Series: Navigating Difficult Conversations with Confidence

Carol Mundigler

2 Pendleton Dr., Saco 9:00 a.m. - 12:00 p.m.

\$60



This course provides participants with the skills and strategies needed to manage challenging conversations with clarity and confidence. Through interactive exercises and real-world examples, participants will learn how to handle tough situations—such as giving constructive feedback, resolving conflicts, and addressing performance issues—while maintaining respect and building trust. By the end of the course, participants will be equipped to approach difficult conversations calmly, communicate effectively, and achieve positive outcomes.

Tuesday, January 6th **Heartsaver First Aid CPR AED**

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

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\$80



Thursday, January 8th **The Price We Pay: Grief and Loss**

Andrew Sokoloff, LMSW

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

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 who 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.

\$80



Friday, January 16th **The Alignment Diet Masterclass: Transform Your Relationship with Food, Weight and Your Body Through the Power of Intuitive Mind Body Alignment** *Shelby Levesque, LMFT*

Webinar 9:00 a.m. - 12:00 p.m.

When it comes to food, weight, and body image, we've been taught to think that a healthy diet and exercise are the problem for why you cannot achieve good health. The real issue is not actually with food, weight or your body, however. The real issue is with how we've been thinking for SO LONG. If you think about it, your thoughts form your beliefs, and your beliefs drive your behavior. Our current ways of thinking about food and our bodies leaves us feeling stressed, frustrated and defeated. In this course, we will begin to revolutionize the way you THINK about food, weight, and your health that will begin to shift your mindset, so that you can finally have a happy, healthy, normal relationship with food and your body—all from the inside out.

\$60



Tuesday, January 20th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

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\$80



Friday, January 23rd

A Little This, A Little That: Co-Occurring Disorders

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

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

This training will delve into working with individuals dealing with mental health symptoms, substance use issues, and other co-occurring challenges. The training will review symptomology and differential diagnosis, and the importance of understanding the primary driver of symptoms and behaviors. Attendees will leave with a toolbox of assessment and intervention options.

\$120



Friday, January 30th

Using EMDR for Chronic Pain

Beth Thibault, LCPC, LADC

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

This training provides evidence-based research demonstrating the connection between trauma and chronic pain in the brain. This specific training reviews the standard protocol for EMDR and how to use EMDR for chronic pain. **EMDR Basic Training is a prerequisite for this training. This training is for clinical providers only.**

\$120



Tuesday, February 3rd

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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***Wednesday, February 4th; Thursday, February 5th;
Monday, February 9th***

Certified Residential Medication Aide (CRMA)

Jennifer Hirst, RN

50 Moody St., Saco 8:30 a.m. - 4:30 p.m.

\$250



This training is essential for those looking to work in residential care settings in Maine, ensuring that they are equipped with the necessary skills and knowledge to administer medications safely. Individuals must be 18 years of age or older to enroll in the course.

Friday, February 6th

Ethical Issues in Intimate Partner Violence and Child Custody

Amy Coha, LCSW

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

\$120



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 interest 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 and after the court process. The importance of self-care for both survivors and social workers/mental health providers will be discussed.

Friday, February 13th

Improv Skills for the Therapeutic Setting: Bringing More Creativity, Humor, and Play to Your Work

Doni Tamblyn & Meryl Levin, Ph.D.

329 Bath Rd., Brunswick 9:00 a.m. - 4:00 p.m.

\$120



There are many biological reasons why all human beings play, but the reasons all boil down to this: Like all universally held biological functions, play exists to ensure survival. Studies suggest that it may do so by reducing stress, boosting problem-solving ability, and creating strong communal bonds, among other things. If so, this means we need to take play seriously! In this class, you will take part in improv-based games and exercises that will give you a day of laughter and rejuvenation, teach extraordinarily fun techniques to help deepen the counselor-client bond, and give you a take-home “toolbox” of games to play with your clients.

Tuesday, February 17th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Friday, February 20th

Treating Substance Use Disorders

Joanne Grant, LCPC, LADC, CCS

Webinar 9:00 a.m. - 12:00 p.m.

\$60



Often, behavioral health clinicians do not feel that treating addiction is within their scope and that they need specialized training. This course will provide a basic overview of how to diagnose and treat substance use disorders. It will also discuss stigma and engage the participants in an open conversation about the barriers to providing this much-needed service.

FEBRUARY 2026

Friday, February 20th

\$60

Breathing Techniques to Manage Stress – Introductory Training

Jerry Givens

Webinar 1:00 p.m. - 4:00 p.m.



Many traditions and healing practices around the world have used prescribed breathing techniques to manage physical and mental health. Simple manipulations to the way you breath can have vast and lasting outcomes on your immediate and long-term health. Using the understanding of up-regulating and down-regulating the nervous system, you will learn an array of techniques to suit your needs. For clinicians, you'll be able to bring these techniques to your clients as well. This guided breathwork training includes a breakdown of breathwork from the yogic perspective, taking into account biology, nervous system regulation, and the regulation of stress hormones.

Friday, February 27th

\$120

The Cycle Starts Early: Intimate Partner Violence & Teen Dating Violence

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

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



The Cycle Starts Early training will provide an overview of DV/IPV and the context of DV/IPV in families, its effects on children and adolescents, and how this contributes to Teen Dating Violence. The training will provide an understanding of how to identify early signs of teen dating violence and review a range of screening tools for assessment. Strategies for prevention will be reviewed, including educational as well as therapeutic interventions for individuals, groups, and families.

MARCH 2026

Monday, March 2nd

\$80

Thinking Outside of the Box – Ethics Edition

Emma Richards, LCPC

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



This training will encompass “hard topics” for counselors to consider, including several case studies for group discussion, ethical considerations, and references to current ethical guidelines. It will also include a specific section on ethical considerations around diagnosis, including recent changes to Maine Law.

Tuesday, March 3rd

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

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\$80



Tuesday, March 10th

Trauma-Informed Training on the Brain, Segway to CBT Treatment Modality, and De-Stigmatizing Behavioral Health

Michael Andrick, LCPC

329 Bath Rd., Brunswick 9:00 a.m. - 11:00 a.m.

This interactive webinar will highlight the impact of complex trauma. This training works towards de-stigmatizing behavioral health. This training has been facilitated by Mike Andrick at countless conferences, agencies, schools, colleges, and programs in New England.

\$40



Friday, March 13th

Benefits to Using Essential Oils

Beth Thibault, LCPC, LADC

2 Pendleton Dr., Saco 9:00 a.m. - 12:00 p.m.

This training provides information on how to use essential oils and the benefits the top ten could bring to your life. Learn how essential oils are different and what to look for when choosing which ones to buy.

\$60



Tuesday, March 17th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

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\$80



Friday, March 20th

Give it a Name! Clinical Diagnosis Basics and Ethics

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

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

This training will review understanding diagnosis, history of the DSM, and how we got here. We will review ethical issues related to diagnosis. This training would be helpful for both clinical and adjacent non-clinical staff who work in the field to help understand what diagnoses mean and how to utilize them for a framework in intervention.

\$120



Thursday, March 26th

The Price We Pay: Grief and Loss

Andrew Sokoloff, LMSW

329 Bath Rd., Brunswick 9:00 a.m. - 1:00 p.m.

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.

\$80



Friday, April 3rd

Ethical Issues with Intimate Partner Violence

Amy Coha, LCSW

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

\$120



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.

Tuesday, April 7th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



Heartsaver First Aid CPR AED is geared towards anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting. Upon successful completion of the course, students receive a course completion card, valid for two years. Please contact your employer to ensure that you are selecting the correct course.

Thursday, April 9th

Leadership Series: Becoming a Rockin' Supervisor

Holly Hall, PHR, SHRM-CP & Carol Mundigler

2 Pendleton Dr., Saco 9:00 a.m. - 12:30 p.m.

\$60



Join us to learn how to become a rocking supervisor as we discuss building a strong leadership foundation and how to set leadership development goals. Learn how to support and motivate your team to band together to accomplish goals and rock productivity requirements. During this fun and informative course, we will also work towards maintaining and retaining an engaged and rockin' workforce. Bring your sense of humor and favorite song. Be prepared to talk about how it could relate to a leadership style.

Friday, April 17th

Mindfulness Masterclass for Self-Care and Burnout Management

Jerry Givens

Webinar 12:00 p.m. - 4:00 p.m.

\$80



For centuries, mindfulness practices have been valuable tools in managing physical and mental health. Building compassionate awareness around your thoughts and actions, along with your unmet needs, will help you make positive changes in your life, boost mental resilience, and tone down extreme nervous system activation. Unchecked nervous system dysregulation, caused by both physical and mental anguish, can cause burnout, life dissatisfaction, chronic pain and illness, anxiety, and depression. Learning and integrating mindfulness meditation, breathing techniques, and insight practices into your daily life will help you become and stay regulated and move your life in a direction that best suits your overall needs, mind, and body.

Tuesday, April 21st

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Friday, April 24th

The CORE Model: An Integrated Approach to Treating Trauma

Bette Freedson, LCSW, LICSW, CGP

2 Pendleton Dr., Saco 10:00 a.m. - 3:30 p.m.

\$100



This workshop introduces the CORE Model, Connect, Orient, Resource, Establish, an intuitively integrated approach for treating trauma. With didactics, case examples, and exercises, participants will explore the partnership of clinical skills with intuitive guidance to facilitate alliances, promote achievement of psychosocial goals, and foster re-consolidation of newly accessed phenomena of resilience. The relevance of individual and cultural diversity will be addressed.

Friday, May 1st

\$120

Going with the Flow: Ethics and MI with Mandated Clients

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

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



This workshop will cover ethical issues specific to providing therapy to mandated clients; providing guidelines for maintaining our ethics with other professional entities; give an overview of the basics of the MI model; delve into treatment factors specific to clients mandated into treatment; and explore 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.

Tuesday, May 5th

\$60

Navigating Relationships with Difficult People

Alaina Knox

Webinar 9:00 a.m. - 12:00 p.m.



Maintaining a positive relationship can be difficult when dealing with individuals who are challenging to communicate with. This training will help attendees develop techniques to navigate such circumstances and retain the relationship. Attendees will learn to navigate even the most difficult interpersonal relationships with skill and confidence.

Tuesday, May 5th

\$80

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.



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Friday, May 15th

Get in Control of Food

Shelby Levesque, LMFT

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

\$120



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

Tuesday, May 19th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Tuesday, May 26th

Harm Reduction: What Is It and How Does It Work?

Tom MacElhaney, LADC, CCS

Webinar 9:00 a.m. - 11:00 a.m.

\$40



Harm reduction is an evidence-based approach that aims to reduce the negative impact of substance use disorder on individuals and communities. This training will explore harm reduction, overdose prevention, and naloxone while learning about substance use disorder, how it develops, and its association with trauma.

Tuesday, June 2nd

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



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Friday, June 5th

How to Bring Fun to Work

Joanne Grant, LCPC, LADC, CCS

Webinar 2:00 p.m. - 4:00 p.m.

\$40



We spend a significant part of our lives at work, so why not make it fun? Research suggests that fun has a positive impact on employee engagement, creativity, and retention. Learn strategies to make your job more fun for yourself and your teams!

Tuesday, June 16th

Heartsaver First Aid CPR AED

Andy Coburn

50 Moody St., Saco 12:30 p.m. - 4:30 p.m.

\$80



Heartsaver First Aid CPR AED is geared towards anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting. Upon successful completion of the course, students receive a course completion card, valid for two years. Please contact your employer to ensure that you are selecting the correct course.

Meet Your Instructors

2025-2026

Mike Andrick, LCPC, joined Sweetser as the Senior Director of Adult Crisis & Residential Services in 2024. In this role, he oversees mobile crisis services, adult crisis stabilization units, crisis aftercare programs, OPTIONS, and adult PNMI. He is a Licensed Clinical Professional Counselor and has presented at numerous professional conferences during his career. Prior to joining Sweetser, he served as Director of Outreach & DMH MATCH Services at Pine Street Inn. Mike holds a master's degree in counseling and education from the University of Maine, Orono.



Nick Blunier is a teacher at Sweetser's Saco School, first serving as an Ed Tech upon his graduation from the University of New England in 2012. Since joining Sweetser, he has held many positions at the school. Five years ago, he revived the school's Art Program, which had been eliminated seven years prior. Nick was able to build the entire program from scratch. Adapting the projects to meet the clients' specific needs can be a challenge, but it allows for creativity in supporting them.



Andy Coburn has been with Sweetser for three years. Before joining Sweetser, Andy was a corrections officer in New Hampshire for approximately four years where he held the title of Field Training Officer. Andy has a passion for assisting individuals who are experiencing mental health, behavioral health, and substance use challenges and a passion now for training staff members who are on the frontlines of Sweetser's critical programs. Prior to joining Sweetser's training department, he worked as a Crisis Stabilization Counselor at one of Sweetser's adult crisis residential programs where he obtained his MHRT-1. Andy then moved on to supervise an adult crisis residential program before transitioning into the Residential Training Coordinator role at Sweetser. In this role, Andy has been certified to teach various trainings to staff from programs throughout the agency's statewide locations. Andy has been certified to teach American Heart Association Heart Saver CPR/First Aid for two years.

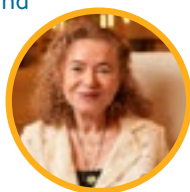


Amy L. Coha, MSW, LCSW, retired from the University of New England School of Social Work in 2021. Her social work experience includes working with survivors of intimate partner violence and individuals with mental illness. She continues her work in the field of IPV/DV.

Jeanne Croy, LCSW, CCS (she/her) has over 25 years of experience, working with children, adolescents, and adults in the fields of mental health, substance abuse, child welfare, and forensic interviewing and evaluations. She is the recipient of fellowships at the Yale School of Medicine as a Psychiatric Social Work Fellow and Zigler Fellow, and is a former faculty member at the Yale Child Study Center. She has specialized training in a range of therapeutic modalities, including evidence-based treatment for anxiety, depression, trauma, and other concerns. She currently has a private practice & provides training, supervision, & consultation.

Shayne Croy, LCSW, LADC (he/him) has over 25 years of experience in mental health and substance abuse, including extensive work with high-risk adolescents and young adults. He received his master's in social work from the University of Connecticut, an internationally leading program in the field. He is trained and certified in several evidence-based modalities for substance use, trauma, anger, and aggression, depression, issues of gender and sexuality, and other challenging life issues. He has received specialized training and supervision in Brief Strategic Family Therapy under Olga Hervis, one of the model's developers, and the Duluth Model in domestic violence interventions. He currently has a private practice and provides training, supervision and consultation.

Bette Freedson, LCSW, is a clinical social worker, speaker and author of two books: *Soul Mothers' Wisdom: Seven Insights for the Single Mother*, and *Other Realms, Other Ways: A Clinician's Guide to the Magick of Intuition*. Bette is also a contributing author to *ERICKSONIAN THERAPY NOW: The Master Class* with Jeffrey K. Zeig, Ph.D. An approved consultant of The American Society of Clinical Hypnosis, Bette incorporates hypnosis methodology along with guidance of the non-conscious mind into her work. With early roots in public education, Bette remains mindful of connecting presented material with the diverse needs of each audience. She is a frequent faculty member and moderator for conferences and training of the Milton H. Erickson Foundation. Bette also served for two years as a contributing member of the NASW specialty practice section on Children, Adolescents and Young Adults. Currently, she serves on the board of the North Carolina Society of Clinical Hypnosis. She lives and practices in Southern Maine.



Joanne Grant, LCPC, LADC, CCS, is the Chief Growth Officer at Sweetser. She has held both administrative and clinical leadership positions in Maine for over 20 years. The majority of her career has been spent overseeing services for adolescents/families who have substance use disorders. She has an undergraduate degree in rehabilitation services with a specialty in substance use counseling from UMF and a master's degree in clinical mental health counseling from USM. Joanne also has specialized training in clinical supervision and has several certifications in Evidenced-Based Practices.



Jerry Givens has spent the past two decades studying and applying the concepts of mindfulness, the Theory of Human Motivation, yoga, and modern psychology to better his life and the lives of his clients, students, and workshop participants. You will leave his trainings with a new perspective on yourself, effective tools for Self-Care, and insight practices that you can take into your life and your career.



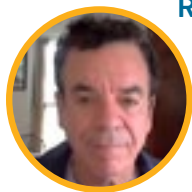
Holly Hall, PHR, SHRM-CP, is Sweetser's Chief Human Resources Officer. She provides administrative leadership and oversight of the HR functions, ensuring that policies, standards, and services are consistent with the organization's mission, vision, and values. Holly started her career in behavioral healthcare in 1997, before moving to HR in 2007, when she was promoted to HR Manager. She graduated from the University of Southern Maine with a B.A. in Social Sciences, and has also completed the Project Management and Human Resources Certificate programs at the University of Southern Maine. Holly is an active member of the Human Resources Association of Southern Maine and Society for Human Resource Management.



Alaina Knox is the Director of Recovery Services overseeing peers who work on the Peer Support Line, in the Emergency Department, Peer Training Network, and Integrated Teams. In this role, she promotes the professional development and growth of Sweetser's Peer Support Team. Alaina joined the Sweetser team in 2023, but she has worked in various roles as a professional with lived experience.



Rob Lagos, statistician, was diagnosed with autism as a young adult when there was no peer support. He is the facilitator of the Maine-based support group for autistic adults, and has presented in numerous autism workshops, webinars, and conferences. He is a computer programmer/developer and statistician. He is a co-author, along with Wilma Wake (LICSW) and Eric Endlich (Ph.D.), of the book *Older Autistic Adults: The Lost Generation*.



Shelby Levesque, LMFT, has been practicing therapy for 18 years. She served as President of the Board of the Maine Association of Marriage & Family Therapy from 2015- 2016, and is the CEO and Founder of Connections Rising, LLC, a personal development brand whose mission is to coach and educate people on communication, relationships, inner growth, and well-being.



Dr. Meryl Levin has 25 years of experience as a Licensed Psychologist, working both as a college instructor and clinician. She has taught graduate students at SUNY Albany (Doctoral Pre-practicum and Master's practicum supervision; Community Counseling), Boston College (Group Therapy, Career Counseling), and Pine Manor College (Master's Thesis in Counseling). Dr. Levin has maintained a private clinical practice since the year 2000, giving her direct experience applying a wide range of counseling theories and techniques to a diverse clientele. In support of her interest in having fun and in the healing aspects of the therapeutic relationship, Dr. Levin has participated in numerous Improv training courses, including those at Improv Boston in Cambridge, MA, True Story Theater in Arlington, MA, Artistic New Directions, NYC and at Second City in Chicago, IL. Most recently, Dr. Levin served for 11 years as the Internship Capstone Coordinator in the Department of Psychology and Neuroscience at Emmanuel College Boston, which included providing group supervision to undergraduate interns.



Catherine Miller is the founder of Miller Law & Mediation, the predecessor firm to MillerAsen. Throughout the firm's growth, Catherine has never lost sight of her primary focus: to ensure clients receive the best possible representation. Catherine is also responsible for managing the efforts of her team and enhancing the firm's service offering legal advice throughout the State of Maine. Catherine has continued her study of issues pertaining to children and families, taxes, finances, alternative dispute resolution, mediation, and conflict management. complex financial estates, children and families, mediation, and conflict management. She is a Certified Mediator and a Fellow of the American Academy of Matrimonial Lawyers. In 2019, Catherine joined University of Maine School of Law as an Adjunct-Professor to teach Family Law. Catherine is very active in the legal community and is passionate about the growth of the legal profession. She formerly served as a member of the Executive Board Member to the Maine Guardian Ad Litem Institute (2004-2005; 2014-2015); Maine State Bar Association Family Law Section (Chair – 2006-2008); (Vice Chair – 2005-2006), (Secretary – 2004-2005); the Kids First Center (Board of Directors – 2006-2015) (President 2018-2019); Maine Board of Bar Overseers Grievance Commission; and the Maine Guardian Ad Litem Review Board to preside over attorney and guardian ad litem grievance complaints. She currently serves on Maine's Family Law Advisory Committee (FLAC) to advise the legislature on issues pertaining Maine family law. She is a frequent speaker on family law for the Maine State Bar Association. Catherine is a graduate of Le Moyne College (B.A. 1993) and the University of Maine School of Law, (J.D. 1997).

Carol Mundigler joined Sweetser in the summer of 2021 as Director of Talent Acquisition & Retention, moving into the Director of Human Resources role in 2023. She oversees employee relations, recruitment, retention, interns, and volunteers. Carol enjoys supporting employees throughout the organization and is passionate about retention and engagement at Sweetser. She graduated from the University of Puget Sound in Washington state with a BA in Business and has spent the last 11 years working in the HR space.



Emma Richards, LCPC, opened her private practice, Moving Mountains Mental Health LLC, in Brewer, ME in 2022 and is expanding her business into professional consulting/training. She has a special interest in advocating for mental health awareness in the community and assisting her fellow helping professionals through training/development. She works with folks of all ages, including children/adolescents, with experience working with Anxiety, Depression, Bipolar Disorder, PTSD, ADHD, Autism Spectrum Disorder, and Gender Dysphoria. She is also trained in EMDR Therapy and incorporates tenants of Play Therapy into her daily work.



Nancy Rubbico, LMHC, a skilled psychotherapist, integrates mind and body for overall well-being. With expertise in EMDR, Sensorimotor Psychotherapy, AEDP, yoga, and Polyvagal Theory, she has extensive experience with trauma, dissociation, addiction, and couples therapy. As a former international trainer for The Polyvagal Institute, Nancy brings rich knowledge to her engaging, playful, and accessible workshops, helping you understand and harness your nervous system's potential.



Laura Slap-Shelton, Psy.D., is a licensed psychologist who has been in practice for over 20 years. She specializes in neuropsychology and has worked extensively with the autistic and neurodiverse community, including children, adolescents and adults.

Andrew Sokoloff, LMSW, is the Coordinator of Grief and Bereavement Services at CHANS Home Health & Hospice in Brunswick. He is a 2010 graduate of the University of New England School of Social Work and has served on the Board of the Maine Hospice Council and Center for End-of-Life Care for eight years.



Doni Tamblyn is an author and the former CEO of the corporate training company HumorRULES, LLC. Ms. Tamblyn has been a regular invited presenter at international conferences of the American Society for Training and Development and presented at numerous other conferences on learning and humor. The HumorRULES system of training has been taught through the

University of California Extension Business and Management program and the College of Health and Human Services at Western Michigan University. Ms. Tamblyn's books, *Laugh and Learn: 95 Ways To Use Humor for More Effective Teaching and Training* (AMACOM, 2002), and *The Big Book of Humorous Training Games* (McGraw-Hill, 2000), have been translated into five languages. She is now retired from corporate work and deeply interested in working with those in the helping professions.

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.

Kristie Worster is the Chief Program Officer, joining Sweetser after holding both administrative and clinical leadership positions in Maine. She was an outpatient therapist for several years in York County prior to becoming a Regional Director in the Mid-Coast region, where she managed outpatient, community-based, crisis and residential services. More recently Kristie implemented clinical programs for a large health system. She has an undergraduate degree in English and a master's degree in social work, both from The University of New England. Kristie also has specialized training in clinical supervision and has several certifications in Evidenced Based Practices, including Dialectical Behavioral Therapy, MATCH-ADTC, and Cognitive Behavioral Therapies. She has a Certificate as a Lean Six Sigma Green Belt from Acuity Institute and has experience with leading employee engagement projects. Kristie loves the simple things like spending summers outside discovering new parts of New England and Maine with her family.



Mental Health First Aid

FREE Skills-Based Certification Training



LEARN HOW TO:

- Recognize signs & symptoms of mental health / substance use challenges in others
- Respond to & support adults facing mental health / substance use challenges
- Intervene & de-escalate mental health crisis situations
 - including suicide prevention/intervention, psychosis intervention, & overdose response
- Connect people in need to appropriate mental health supports
 - including resources for Maine mental healthcare options & services
- Develop & practice self-care habits (better support yourself to better support others!)



For More Info

Connect with our training team!

Questions?
Interested in bringing
Mental Health First Aid
Training to your group?
Reach out to our
Training Coordinator:

✉ MCashman@Sweetser.org

✉ [Sweetser.org/
FreeMentalHealthTraining](http://Sweetser.org/FreeMentalHealthTraining)

What is Mental Health First Aid?

- Skills-based course for general adult audiences
- Developed by the National Council for Mental Wellbeing, supported by the Substance Abuse & Mental Health Services Administration (SAMHSA), taught by Certified MHFA Instructors from Sweetser
- Grants 3yr NCMW *Mental Health First Aider* certification

Training Details

- **8-hour** total course time
- **5 to 25 participants** per training session
- Available **fully in-person** – 8hr instructed at your facility
blended – 2hr online self-guided + 6hr instructed at your facility
OR virtual – 2hr online self-guided + 6hr instructed via webinar

Mental Health Awareness Trainings brought to you by Sweetser
FREE for all who live or work in Maine

Mental Health Matters

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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.

"It has everything I need right here. It's really all about convenience!"

- Shannon



Start Your Compassionate Career with Sweetser



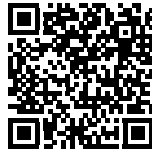
"We're all here for the same mission, for the same reason. We want to help others that are in need and need the help."

- Andy





50 Moody Street
Saco, Maine 04072



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