



2018 CIRC Training Schedule

January 19 "The Mindful Use of Techniques from Internal Family Systems Therapy," David J. Burkhard, M.A., LMFT, LCSW, LMHC, Burkhard Counseling Center, Indianapolis. This workshop offers participants experiences in exploring their internal lives through mindfulness and the Internal Family Systems Model which can be extended for use with clients to provide a path to healing, internal systemic change and becoming SELF-directed instead of fear-directed.

March 16 "A Soul's Search for Meaning; Intentionally Integrating Faith and Spirituality into Therapy," Christine Turo-Shields, ACSW, LCSW, LCAC, Kenosis Counseling Center, Greenwood. This workshop will provide insights, language and tools to help participants more effectively integrate faith and spirituality into therapy as they assist clients in navigating their journey through life and in addressing the question, "Why do bad things happen?"

May 18 "Adapting the 12 Steps to Mental Health Treatment," Carol Chase, LMHC, MAC, CMT, Therapist, Porter-Starke Services, Valparaiso. This workshop will present clinicians with strategies to enhance the use of CBT and Mindfulness utilizing the 12 Steps Principles and Practices in working through the Stages of Change with mental health and dual diagnosis treatment groups and in individual outpatient settings treating clients with depression, anxiety and traumatic stress.

July 20 "Mindful Recovery from Trauma - Mindfulness as an Holistic Approach to Trauma Treatment," Anne Halleck, MA, LMHC, Anne Halleck Counseling + Yoga, Indianapolis. Traumatic experiences are pervasive in our client populations, and their presentations are varied with wide ranges of psychological, physiological, and relational symptoms. This workshop will help attendees gain a better understanding of why mindfulness is so useful in treating these symptoms; provide the opportunity to practice mindfulness skills specific to the treatment of trauma; and assist attendees in learning how to utilize mindfulness techniques with their clients.

September 21 "Counseling the Calm after the Storm: Working with Previous Victims of Domestic Violence," Melissa J. Russell-Plunkett, MS, NCC, Associate, Kenosis Counseling Center, Greenwood. Intimate Partner Violence (IPV) can have long-lasting implications years and even decades after the ending of the unhealthy relationship. Participants will learn how a history of IPV may influence a client's mental health presentation and how to work with these clients from a trauma-focused/informed perspective.

November 16 "The Effects of Childhood Trauma on Adults," Toscha J. Wilkins, MSW, Dockside Services, Inc., Indianapolis. Adults who have experienced traumatic events as children can present with a myriad of complex symptoms and dysfunctional lifestyles. These adults may not understand that the adverse childhood experiences (ACEs) they suffered could be directly or indirectly related to how they respond to situations in their lives. now This workshop will inform attendees of long-term effects of ACEs and provide an interactive learning experience in presenting best evidence-based practices to utilize with these clients.

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2018 WORKSHOP REGISTRATION FORM

- Friday, January 19** "The Mindful Use of Techniques from Internal Family Systems Therapy"
- Friday, March 16** "A Soul's Search for Meaning; Intentionally Integrating Faith and Spirituality into Therapy"
- Friday, May 18** "Adapting the 12 Steps to Mental Health Treatment"
- Friday, July 20** "Mindful Recovery from Trauma – Mindfulness as an Holistic Approach to Trauma Treatment,"
- Friday, September 21** "Counseling the Calm after the Storm: Working with Previous Victims of Domestic Violence"
- Friday, November 16** "The Effects of Childhood Trauma on Adults"

Name _____

Address _____

Phone (____) _____ Fax (____) _____

Email _____

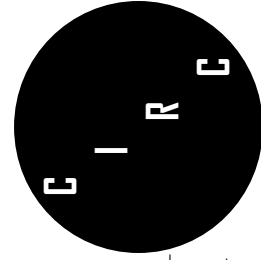
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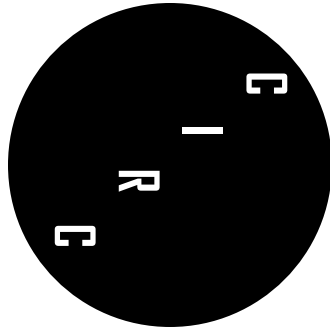
Zip _____

of Pre-Registered Workshops @ \$40 _____ Total enclosed \$ _____

of @ the door Workshops @ \$45 _____ Total @ door \$ _____



Checks should be made payable to CIRC Training and mailed to: CIRC Training, P.O. Box 20127, Indianapolis, IN 46220.



Each 2018
Workshop
Approved by the
NASW for 5 CEUs

CIRC Training,
P.O. Box 20127
Indianapolis, IN 46220



2018 CIRC Training

CIRC Training was established in Indianapolis in 1999 to help meet the training needs of Indiana behavioral health practitioners. Throughout its existence, CIRC Training has endeavored to provide low-cost, high quality workshops to help keep front-line clinical staff abreast of the most effective treatment modalities for individuals with various forms of addictions and individuals with mental health and co-occurring mental health and substance use disorders. In addition to education, CIRC Training serves a role in fostering networking opportunities among Indiana behavioral health providers, and over the years, it has attracted not only clinical personnel but professionals working in the criminal justice field, which plays a substantial role in bringing clients into treatment. CIRC Training keeps its cost low and its quality high by minimizing staff time through keeping in-between workshop communication to a minimum; utilizing the support of excellent volunteer assistance; capitalizing on its considerable provider network to identify excellent local presenters; and adhering to a non-transferable registration policy except with prior approval.

CIRC Training Workshops. In 2018, CIRC Training is offering its traditional series of six bi-monthly workshops, all of which are approved by the Indiana Chapter of the National Association of Social Workers (NASW) for five CEUs. All CEUs are valid for application to and renewal of the Indiana Professional Licensing Agency licenses for Social Workers, Marriage and Family Therapists, Mental Health Counselors, and Addiction Counselors, as well as for certification by both the Indiana Counselors Association on Alcohol and Drug Abuse (ICAADA) and the Indiana Association for Addiction Professionals (IAAP) and their national organizations, the IC&RC and the NAADAC Certification Commission. In 2018, all workshops are being held on the third Friday of alternating months beginning in January.

Please use the attached registration form.

- **Registration is not transferable to another workshop without prior CIRC Training approval.**
- **To qualify for the pre-registration fee, payment must be received in the CIRC Training post office box by no later than seven days prior to the workshop.**
- **The at-the-door fee applies if the deadline is missed and for at-the-door registration.**

Workshop Site. 2018 workshops are again being conducted at the North United Methodist Church, 3808 N. Meridian Street, Indianapolis, located on the northwest corner of N Meridian and West 38th Streets. Entrance is through the facility's west door, adjacent to a large parking lot accessible from both N. Meridian and N. Illinois Streets. Workshops are held in the basement Fellowship Hall, accessible via stairs to the left after you enter the main floor entrance or an elevator further down the hall. Please be aware that in the event of seriously inclement weather, such as incapacitating ice or snow storms impeding driving, CIRC Training will follow the closure schedule of the Indianapolis Public Schools (IPS). If there is any doubt in your mind about a closure, please tune in a radio or television station early on those mornings to be sure that IPS closure has not been announced.

Workshop Times. Registration for each workshop will begin at 8:30 a.m., and workshops will begin at 9:00 a.m. Workshop hours are 9:00 a.m. – 12:00 noon and 12:45 p.m. - 3 p.m., with 45 minutes for a catered lunch.

Payment policy. The per-workshop pre-registration fee is \$40 if payment is received in the post office by no later than seven days prior to the workshop and \$45 if payment is received at the door or past the seven-day pre-registration deadline. Registration fees include coffee in the morning, a catered lunch, and coffee throughout the day as the supply lasts. A certificate of attendance attesting to the CEUs achieved is provided at workshop close to all participants who attend the full workshop, and CEUs are adjusted if the full workshop is not attended. Registration is not transferable to another workshop without prior-to-the-workshop approval by CIRC Training.

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For more information or if interested in taking part in CIRC Training either as a presenter or a volunteer, please contact :

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