Title	Objectives	Summary
Utilizing Evidence-Based Practices to Manage Disruptive Behaviors in Children: Using Parent-Child Interaction Therapy Skills *Dr. Emily Deming*	1. Identify and summarize the efficaciousness of Parent Child Interaction Therapy (PCIT) 2. Describe the purpose of utilizing PCIT in managing behavior concerns 3. Implement PCIT skills that can be incorporated into therapy sessions to manage behavior concerns	The majority of children are referred to mental health providers because of disruptive behavior problems (Kazdin & Weisz, 2017). These behaviors have been proven to have adverse effects on friendships, family relationships, academic achievement, and overall functioning in various settings. This training provides participants with an opportunity to gain knowledge about Parent-Child Interaction Therapy (PCIT), a well-researched and manualized behavioral treatment. PCIT focuses on enhancing the parent-child relationship and effectively reducing disruptive behaviors. Participants also acquire evidence-based strategies that can be integrated into the treatment of children facing disruptive behavior problems.
Community Violence: Exposure and Victimization *Dr. Essence Rivers*	1. Define and community violence 2. Describe the impact of community violence exposure 3. Learn system approaches to violence prevention 4. Select resources and strategies to support individuals exposed to violence	This training offers a comprehensive understanding of community violence using a systemic and developmental approach. The presenter defines community violence, supporting their insights with relevant statistics and examples to highlight its prevalence at both local and national levels. The training delves into identifying the risk and protective factors associated with community violence exposure and victimization. Additionally, it provides a detailed exploration of the consequences stemming from such exposure in urban communities. To address the challenges posed by community violence, the training equips participants with resources and strategies applicable in clinical, school, and community settings. The focus is on promoting resilience and facilitating healing after experiencing community violence. The presenter will also spotlight community partners and national organizations actively engaged in combating community violence. Throughout the training, real events and media portrayals of community violence will be integrated to enhance understanding and relevance.
Creating a Safe Space for Everyone: LGBTQ+ Informed Individual and Family Therapy *Dr. Emily Deming*	1. Identify and utilize appropriate LGBTQ+ terminology 2. Describe the impact of LBGTQ+ history on past and current therapeutic techniques 3. Discuss individual and family therapeutic skills used to create safe and inclusive environments	Establishing safe and inclusive therapy environments for LGBTQ+ individuals and families may pose challenges, particularly if you feel unfamiliar with the vocabulary or are not a member of the LGBTQ+ community. Creating a space for meaningful conversation, healing, or support becomes challenging without the use of appropriate language, terminology, and skills. This beginner-level training aims to address these challenges by reviewing the language and vocabulary commonly employed within the LGBTQ+ community. Through the use of videos and discussions, participants will have the opportunity to practice and integrate appropriate vocabulary and terminology specific to the LGBTQ+ community. This training also explores the impact of LGBTQ+ history and introduces skills that can

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		foster the creation of safe and inclusive therapy environments for LGBTQ+ individuals and their families.
Helping Clients Face Their Fears: Utilizing Exposure and Response Prevention to Manage Anxiety *Dr. Emily Deming*	1. Identify and list symptoms of anxiety disorders. 2. Describe and summarize the methodology of Exposure and Response Prevention. 3. Implement Exposure and Response Prevention skills that can be incorporated into in person and telehealth therapy sessions.	Exposure and Response Prevention (ERP) stands out as the leading approach for addressing anxiety concerns, including obsessive-compulsive disorder, specific phobias, and avoidance behaviors. While guiding individuals through confronting anxiety-inducing items, thoughts, and environments may seem challenging, it is an integral aspect of treatment for many. Given that approximately 31.1% of U.S. adults and an estimated 31.9% of U.S. adolescents have experienced anxiety disorders, this beginner-level training aims to provide insights into the symptoms and impact of anxiety disorders. It will explain the significance of anxiety disorders, explain why ERP is considered the gold standard treatment, and delve into best practices for its implementation. Through the use of case examples and discussions, participants will not only gain an understanding of Exposure and Response Prevention but also acquire diverse strategies for its implementation, both in-person and via telehealth.
From Risk Factors to Resilience: Therapeutic Approaches to Adolescent Substance Use *Dr. Essence Rivers*	1. Describe patterns of adolescent substance use. 2. Discuss the use of evidence-based interventions. 3. Address the unique challenges that adolescents face when receiving treatment for substance use.	More than 50% of adolescents acknowledge experimenting with or using substances before their high school graduation (NIDA, 2020). While this may be a somewhat common experience, adolescent substance use poses significant challenges to the well-being of teens and their families. This training is designed to offer guidance to mental health professionals working with adolescents, providing essential insights and strategies for addressing substance use. The emphasis of the training will be on advocating for a family-centered approach to treatment. It will explore the use of evidence-based interventions and address the distinctive challenges adolescents encounter during substance use treatment. Practical strategies for overcoming these challenges and fostering long-term recovery will be discussed in detail.
Allyship: What does it mean to be a Safe Space? Defining Your Role in Promoting an Inclusive Community *Dr. Essence Rivers*	1. Provide an overview of the historical and theoretical underpinnings and rationale for allyship and related concepts 2. Review and discuss the need for allies and their role in systemic change. 3. Identify practical strategies for engaging in and navigating barriers to allyship	Allies are individuals from dominant social groups who actively strive to eliminate prejudicial practices against non-dominant groups in both their personal and professional lives (Hildebrand, 2020). This training will delve into the history of the marginalization of socially disadvantaged groups and discuss the theoretical foundations of allyship. The presenter will provide an overview of key terms related to allyship, articulate the necessity for allyship, offer practical steps for being an ally, and identify strategies for navigating and addressing personal bias.

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Coping with Adversity Using Self Compassion *Dr. Essence Rivers*	1. Describe self-compassion and distinguish it from other related concepts 2. Describe the impact of stress on helping professionals and the people they serve 3. Select appropriate and effective strategies to increase self-compassion	This training aims to support the use of self-compassion as a coping mechanism in the face of adversity. Drawing on examples from current events, it delves into constructs such as compassion fatigue and burnout, exploring how self-compassion can be beneficial. The presenter will compare and contrast self-compassion with other "self"-related concepts while differentiating it from self-care and empathy. The training will comprehensively explain the components of self-compassion and demonstrate practical applications. Psychological assessment tools and interventions will be covered, and a thorough review of both the advantages and limitations of self-compassion will be provided. The presenter will illustrate how self-compassion can be integrated across various roles, supporting its efficacy for both clinical and non-clinical concerns through research evidence. To enhance learning, the training incorporates experiential activities and practice exercises for real-life application of self-compassion. Lastly, it offers additional resources and guidance for individuals interested in incorporating self-compassion practices into their daily lives.