

EMPOWER IDAHO BEHAVIORAL HEALTH PROVIDER CONFERENCE 2020

October 26th - 30th, 2020 | Online
CEUs available (currently pending for
LSWs, LMSWs, & LCSWs) | Cost: Free



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www.empoweridaho.org/provider-activities

OCTOBER 26TH, 2020

8:00 AM - 10:00 AM MST



**Cecilee Heath, LCSW,
RYT 200, EAGALA**
Topic: Trauma and Addiction and
the Nervous System; How
Self-Management Techniques
Replace Regulation

October 26th, 2020 | 8:00 AM - 10:00 AM MST

[Click Here to Register](#)

Webinar Objectives:

- Gain an understanding of Polyvagal Theory and how it applies to both trauma and addiction.
- Define trauma and addiction through polyvagal lens.
- Understand the scope of the problem.
- Conceptualize addiction as a common response to trauma and as an attempt to regulate our autonomic nervous system (ANS).
- Understand how attempts to manage one's own ANS can replace AND regulation.
- Discuss interventions/treatments.

About the presenter:

Cecilee is a Licensed Clinical Social Worker and Social Work Clinical supervisor specializing in treating trauma as it is held in the body. Cecilee has devoted her career to developing an expertise in treating trauma and trauma-related disorders and syndromes through a bottom-up approach. Cecilee has studied under Dr. Peter Levine in Somatic Experiencing, is a registered yoga teacher through The Yoga Alliance, is certified to deliver equine-assisted therapies using the EAGALA method, and is a licensed trainer for the International Institute of Restorative Practices. Cecilee is also trained in EMDR, CBT and DBT. Cecilee delivers trainings across the state to clinicians and professionals on trauma, trauma-informed care, Restorative Practices, Polyvagal Theory, Incorporating the Body into Psychotherapy, etcetera. Cecilee maintains a clinical practice in Sun Valley while also working as a Social Worker for St. Luke's Wood River. Cecilee utilizes Somatic Experiencing and other therapeutic modalities, incorporating her knowledge of Polyvagal Theory and adaptive nervous system responses to assist clients in moving from "stuck" nervous system states (with accompanying symptoms of depression, anxiety, panic, ADD/ADHD, PTSD, complex trauma and others) to fluid nervous system states with the "safe and social" branch of the nervous system acting as primary, leading to health, growth and restoration.

OCTOBER 28TH, 2020

9:00 AM - 12:00 PM MST



**Jen Obenshain,
MSW, LCSW**

**Topic: Interviewing for Change:
Using Motivational Interviewing
Skills to Enhance Relationships with
Clients and Elicit Behavior Change.**

October 28th, 2020 | 9:00 AM - 12:00 PM MST

[Click Here to Register](#)

Webinar Objectives:

In this 3-hour interactive workshop, participants will be introduced to the spirit, principles, and core skills of motivational interviewing. Through practice within both dyads and small groups participants will gain experience in the use of motivational interviewing to enhance the interpersonal relationship between practitioners and clients and an understanding of how this allows for client change to occur.

About the presenter:

Jennifer Obenshain is an Assistant Clinical Professor at Boise State and the Program Coordinator of Boise State University's fully online Master of Social Work Program. She joined BSU in 2015 to lead the program's development and oversight. Jennifer has been a Clinical Social Worker in Boise for over 20 years having received her Master's Degree in Social Work from Boise State University in 1996. Prior to joining BSU she was a medical social worker and a clinical educator at St. Luke's for 16 years and also has additional training and experience in the field of bioethics. Jennifer presents locally, regionally and nationally on issues related to both clinical practice and ethics in social work and medicine. She is currently working towards her doctorate in social work with an emphasis in clinical practice and leadership at the University of Tennessee Knoxville and will graduate in spring of 2021.

OCTOBER 29TH, 2020

1:00 PM - 2:00 PM MST



**Karen Fortuna,
PhD, LICSW**

Topic: Digital Peer Support: A-Whole-of-Society Approach to Widespread Availability of Mental Health and Psychosocial Support

October 29th, 2020 | 1:00 PM - 2:00 PM MST

[Click Here to Register](#)

Webinar Objectives:

This webinar will discuss the influx of peer support specialists offering telehealth services and best practices in supervising digital peer support specialists. Dr. Fortuna will focus on practice guidelines to support education and on-going technology capacity building; supervision regulations (informed consent; technology platforms); and effective supervision of peer support specialists using technology. This webinar is designed for clinical and non-clinical supervisors of peer support specialists and technology personnel within organizations.

About the presenter:

Karen L. Fortuna, PhD, LICSW is an Assistant Professor of Psychiatry at Dartmouth College. Dr. Fortuna works in equal partnership with peer support specialists in the United States, Canada, Europe, New Zealand, and Australia in co-producing and empirically testing digital peer support technologies and related trainings. Dr. Fortuna received a NARSAD Brain and Behavior Foundation Early Investigator Award, a K01 NIMH Award (K01MH117496), and the Alvin R. Tarlov & John E. Ware Jr. Award in Patient Reported Outcomes from the Health Assessment Lab. She was recently awarded the National Association of Gerontological Education in Social Work's Faculty Achievement Award. She has served on the International Standards Advisory Committee to develop the first-ever international accreditation standards for behavioral health care for older adults. Dr. Fortuna currently serves as editor of the Journal of Participatory Medicine and is on the board of the National Association of Peer Support Specialists.

OCTOBER 30TH, 2020

1:00 PM - 3:30 PM MST



Ryan Melton, PhD

**Topic: Substance Use Disorders
and Early Psychosis**

October 30th, 2020 | 1:00 PM - 3:30 PM MST

[Click Here to Register](#)

Webinar Objectives: and Outcomes

- Understand the context in which substance use and psychosis interact.
- Integrate the research on the subject into day to day practice.
- Engage in differential diagnosis of SUDs and other mental health conditions using DSM 5 criteria.
- Identify treatment approaches for individuals with SUD and mental health conditions.

About the presenter:

Dr. Melton earned his Ph. D. in 2012. In addition to acting as Dean of the School of Psychology and Counseling at Bushnell, Dr. Melton is the clinical director of the EASA Center for Excellence at Oregon Health Sciences University where he provides clinical consultation and training to early intervention with mental illness to programs nationwide. Dr. Melton has published multiple papers and textbook chapters and has presented at multiple conferences. Dr. Melton's research focus is on the impact of interventions with individuals experiencing early schizophrenia, engagement strategies, effective treatment and reducing duration of untreated psychosis. Dr. Melton is certified for providing training for Cognitive Behavioral Therapy, Feedback Informed Treatment, using the Structured Interview for DSM 5 disorders (SCID) and one of seven in the world certified to train clinicians in the use of the Structured Interview for Psychosis Risk Syndromes (SIPS). Dr. Melton also has a private practice in which he supervises mental health clinicians for licensure and provides training on diagnosis and evidenced based mental health practices. He is a strong advocate for the health care needs for individuals with mental illness.