



Breakfast 'N Learn

Winter/Spring 2017 Series

Join us as we continue our series of educational seminars focusing on mental health issues. Therapists, counselors, social workers, mental health practitioners, physicians, school social workers and school counselors are encouraged to attend. There is no cost to attend and a free continental breakfast will be served.

**January 11, 2017 - Joe Martino, MA, LPC, Joe Martino Counseling Network
Dealing with the Anger: A Four Step Method of Learning a New Narrative**

Attendees will learn a systematic approach to helping their clients to consider their inner narrative that is driving their anger. They will learn how to teach their clients how to determine what thoughts are driving these responses, how to debate those thoughts, diffuse the situation and discover a new narrative.

**February 8, 2017 - Gary Watson, LMSW, Turning Point Therapy
Solution Focused Brief Therapy**

In this presentation, participants will get an introduction to Solution Focused Brief Therapy principles, techniques, and practices. Gary will focus on using Scaling and Exception building questions to elicit client strengths, skills and past successes in order to help bring clients closer to their goals. The underlying principles of SFBT will also be explained allowing an easier process to finding useful applications for their clients in different situations.

**March 8, 2017 - Christy Buck, Executive Director / Cat Lanting, Student Engagement Coordinator, Mental Health Foundation
Be Nice: A Proactive Approach to Combating Bullying**

Bullying is a significant issue that affects not just those directly involved, but the bystanders among them and takes away from every student's right to feel safe, respected and accepted. In 2010, the Mental Health Foundation created be nice, a proactive bully prevention program that strives to educate students and community members about how simply "being nice" is an effective way to promote a safe and civil environment within the school and community. Participants will not only gain an understanding of bullying and the effect it has on a person's mental health but also Be Nice. (Notice, Invite, Challenge, Empower) action plan.

**April 12, 2017 - Dr. Christina Warholc, PsyD / Dr. Jennifer Maurer, PsyD, BRAINS
Developmental Trauma: It's Complicated**

When a person hears the word, trauma, one quickly assumes PTSD, flashbacks, and avoidance of the situation. In today's world, trauma focused CBT rises to the fore as "this is what you need to make you better." Yet, trauma is a complex developmental process that not only has an immediate consequence, but can fundamentally change the physiological response of the body, the neural connectivity and functioning of the central nervous system, and fundamentally change how this person perceives their world. They may not meet criteria for PTSD, but attachment and development, whether the event(s) occurs in childhood or as an adult, has ongoing consequences well after the acuity of "the event." Join us as we review the complicated multi-systemic influence of trauma.

**May 10, 2017 - Jay Miller, LLP, Claystone Clinical Associates
The Anxious Adolescent: A Closer look at Anxiety Related Disorders as they apply to our Adolescent Population**

Anxiety is very much a prevalent issue in our society today. We will take a closer look at some of the symptoms and diagnostic criteria that distinguishes anxiety as a mental illness. We will explore how this illness is impacting the adolescent population in our society. We will address some ways that we can approach and treat anxiety that have both a clinical element and a non-clinical focus.

Snow Policy: Seminars cancelled if Forest Hills Schools are closed

*Forest View Hospital is an approved provider with the Michigan Social Work Continuing Education Collaborative.
Certificates will be provided upon verification of attendance.*

2nd Wednesday of each Month 8:00 a.m. to 10:00 a.m. from September through May

**Kent Intermediate School District - Conference Center
1633 East Beltline Ave. NE
Grand Rapids, MI 49525**

**If you would like to register, contact Matt Johnson at
matt.johnson@uhsinc.com or call at 616.940.0251**

Forest View Hospital is committed to providing quality mental health care with compassion and respect.

ABOUT FOREST VIEW HOSPITAL

Forest View Hospital has provided comprehensive treatment programs for all types of mental illnesses for adults, children, and adolescents for over 40 years. Forest View also provides specialized treatment services for individuals with eating disorders, trauma-related disorders, and co-occurring disorders. **SPECIAL NEEDS DUE TO DISABILITY:** Please contact our office three (3) weeks prior to the seminar. We will strive to accommodate your needs. For additional information, contact us at 616.940.0251 or visit us online at www.forestviewhospital.com.

DIRECTIONS

Kent Intermediate School District Conference Center/ 1633 East Beltline Ave. NE Grand Rapids, MI 49525

From the EAST, take 96 to Grand Rapids and exit at the East Beltline. Turn right (north) at the top of the exit ramp. Continue north past the Frederik Meijer Gardens, past Leonard Street, to the third turnaround north of Leonard. Turn left onto the East Beltline heading south and get in the right lane. The KENT ISD CONFERENCE CENTER is the first driveway on the right.

From the WEST, take 196 and go east to Grand Rapids. Just beyond where 196 and 96 merge, exit at the East Beltline exit. On the exit ramp stay in one of the left lanes and turn left (north) at the top of the exit ramp onto the East Beltline. Continue north past the Frederik Meijer Gardens, past Leonard Street, to the third turnaround north of Leonard. Turn left onto the East Beltline heading south and get in the right lane. The KENT ISD CONFERENCE CENTER is the first driveway on the right.



Forest View Hospital

1055 Medical Park Drive SE
Grand Rapids, MI 49546
www.forestviewhospital.com



Breakfast 'N Learn

Winter/Spring 2017 Series