REGISTRATION INFORMATION
These courses provide continuing education hours (CEHs) for Interns, Trainees, MFTs & LCSWs requiring CEHs for license renewals by the Board of Behavioral Sciences.

HOW TO REGISTER:
Registration options are as follows:

MAIL-IN registration.
Mail the enclosed completed form with payment to:
Heidi Kwok
6068 Nevelson Ln
Simi Valley, CA. 93063

PLEASE NOTE: The Workshops Program and AHP are not responsible for mail that is misdirected, lost, or late.

EMAIL registration and include credit card information or mail in payment [follow mail-in directions above].
Email the registration form at the bottom to
heidikwok2000@yahoo.com.

WALK-IN registration: Pay before start of workshop.

SEMINAR FEES
$70.00 half day | $90.00 full day
AHP Members 10% Discount

METHODS OF PAYMENT
Acceptable methods of payment are credit card
(Visa or Mastercard) and check (mail-in registration).
Make check payable to AHP.

Since these workshops fill quickly, early registration is highly recommended. If you are unable to pre-register for a workshop and providing the workshop is not filled, you may be able to show up at the door and attend. However, the attendance verification certificate will be withheld until registration and payment have been processed.

REFUNDS
For a Refund request, you must contact us to drop or withdraw from the workshop before it meets; the refund is processed automatically within 3 weeks.

CANCELLED WORKSHOP
Every effort will be made to notify the attendee of a canceled workshop. Fees paid may be applied to an alternate workshop, or a full refund will be issued. Please allow three weeks to receive a refund.

WITHDRAWALS
Registered participants must officially withdraw by contacting us the day before the seminar begins to receive a full refund. The amount paid for the seminar in question will be automatically credited to the participant or may be applied to an alternate workshop. There are no withdrawals, refunds or credits granted after work hours of the day before the start of the workshop. Non-attendance, notifying the instructor or stopping payment does not constitute an official withdrawal. Retroactive withdrawal is not permitted.

PARKING
On-site parking near workshop room.

NEW LOCATION
14651 Oxnard St.
Van Nuys, CA. 91411

WORKSHOPS CONTACT INFORMATION:
diana.castle@csun.edu
heidikwok2000@yahoo.com

SPONSORED BY:
The Association for Humanistic Psychology.
http://www.ahpweb.org/

This program is open to advanced students and professionals in health-related fields and is not suitable for the general public. We provide affordable quality continuing education hours and training to the professional community of licensed MFTs, LCSWs, Teachers, Interns, Trainees and other mental health professionals.

We are an approved provider (#PCE 306) for mandatory continuing education hours for MFTs & LCSWs requiring CEHs for license renewals by the Board of Behavioral Sciences. Conference attendees who complete all required evaluations and attendance documentation are eligible to receive the number of contact hours for workshop(s) attended.
DOMESTIC VIOLENCE STRATEGIES: ENDING THE CYCLE FOR THE NEXT GENERATION
SATURDAY, NOVEMBER 14 | 9:00 a.m. – 4:00 p.m.
BBS Approved | 6 CEHs

REGISTER BEFORE NOVEMBER TO SECURE YOUR SPOT!

This 6-CEU workshop will cover the many characteristics and legal aspects of working with diverse domestic violence cases. Scott Barrella, Clinical Director of Cornerstone, will present many case examples of effective interventions with abusers based on his 25 years of treatment experience. Mr. Barrella will present several of his innovative approaches which have been the subject of published clinical studies. This dynamic workshop will also review treatment strategies used with children who have witnessed the abuse. When reviewing the subject of battered partners, Mr. Barrella will show several video examples of real cases and recovery after the abuse. These are deceptive and complicated clinical cases and many misperceptions and barriers to change come up.

Through attending this workshop, Mr. Barrella will provide the vital tips to be a well-informed professional with domestic violence cases. Even if this area is not your focus, this workshop will give you valuable information to make informed decisions and referrals.

PRESENTER: SCOTT BARRELLA, MS, LMFT is the Clinical Director of Cornerstone Counseling Center. Cornerstone has multiple locations in Ventura County. Cornerstone has offered court-approved programs since 1997. The Criminal Court Treatment Programs (Probation and Parole Approved) include Anger Management and Batterer's Intervention (52-week). He also created a DV Treatment program for inmates and taught the course in the inmate population.

Batterer's Intervention (52-week). (Probation and Parole Approved) include Anger Management and many misperceptions and barriers to change come up.

Mr. Barrella has authored four Treatment Books to address Domestic Violence and Co-Custody Parenting. He also is a sought-after resource for therapists, healers and coaches to create a highly successful practice in person as well as on-line.

RELEASEING STRESS AND ANXIETY
SATURDAY, NOVEMBER 7 | 9:00 a.m. – 1:30 p.m.
BBS Approved | 4 CEHs

With the increase in change and uncertainty in our lives, stress and anxiety have become rampant. The gap has increased between expectations with one’s comfort level and what is occurring for so many people now. With the advent of computers and technology, it seems as though life is speeding up. Keeping up with the rapid changes in technology along with the financial stress of our times, has increased the sense of overwhelm for many. Severe and uncontrolled stress can create burnout as well as affect you on a physical level. Having a huge bag of stress and anxiety management tools has become a necessity for every therapist for our clients as well as for us.

In this workshop you will:
• Understand the difference between stress and anxiety and how they affect the body.
• Recognize and practice how Mindfulness Techniques are a great adjunct to any Stress Management or Anxiety Reducing Program.
• Learn calming and grounding processes.
• Practice a 5-minute daily routine to begin your day being more balanced.
• Experience using Meridian Tapping Techniques to rapidly release the effects of any stressors.
• Use hypnosis and easy progressive relaxation techniques
• Leave the workshop with a sense of calm and peace!

Most importantly, you will leave the class with tools for you and your clients to experience a sense of calm and serenity.

PRESENTER: HELAINE Z. HARRIS, MA, MFT has practiced psychotherapy and led workshops since 1980. Creator of An Awakening Process™- a blending of traditional and alternative psychotherapies including Reichian work, hypnosis, meditation, EMDR, TFT, EFT, and shamanism. She is trained and teaches many of the 45+ methods she utilizes. She specializes in relationship issues, empowerment, addictions, and survivors of physical and sexual abuse. Helaine is an award-winning poet and author of Are You in Love with a Vampire? Healing the Relationship Drain Game. She is a part of the Red Cross Disaster Mental Health Team since 1995. Helaine has been the Education Director for the Association of Comprehensive Energy Psychology (ACEP) and has appeared on NBC, ABC and KCBS Special Assignment. Helaine loves training therapists, healers and coaches to create a highly successful practice in person as well as on-line.

ENGAGING MEN IN THE PROCESS OF PSYCHOTHERAPY
SATURDAY, NOVEMBER 21 | 9:30 a.m. – 1:30 p.m.
BBS Approved | 4 CEHs

Men are coming into psychotherapy at a higher rate than ten years ago. This presentation will focus on relevant issues that counselors need to become familiar with in regards to how men “enter” therapy and how men “do” therapy.

The presentation will include discussion about men’s issues and the “rules of masculinity” as they relate to the counseling process. A video tape (produced by APA) of a real time counseling session with a male client and the presenter will be shown and discussed.

PRESENTER: MARK STEVENS, Ph.D. is a Professor in the Education Psychology and Counseling Department at California State University Northridge and teaches in the MFT program. Previous to this position he was the Director of the University Counseling Services at California State University Northridge (CSUN). He is the chair of the student-veteran advisory committee and also a member of the retention/graduation think tank group at CSUN.

Dr. Stevens has written and presented extensively in two clinical areas: 1) counseling and psychotherapy with men and 2) rape prevention and education workshops for college students. He was the co-editor of the first Handbook on Counseling and Psychotherapy with Men, published by Sage in 1987. His latest book (Co-edited with Dr. Matt Englar-Carlson) is titled In the Room With Men: A Casebook of Therapeutic Change, was published by the American Psychological Association in 2006. Dr. Stevens is also the featured therapist in an APA produced video (2003) on Counseling and Psychotherapy with Men. For the past 10 years Dr. Stevens along with Dr. Englar-Carlson have been facilitating retreats for men at Esalen Institute in Big Sur, California.

At CSUN he developed Experience Confidence and Enjoyment of Learning (ExCEL) seminars and workshops and teaches a 1 unit class for students on academic probation called RAISE your GPA. Dr. Stevens has produced two videos on building academic confidence for students and is a co-author on a recent publication titled The development of academic self-efficacy among first-year college students in a comprehensive public university.

Dr. Stevens is a Fellow of the American Psychological Association and past President-Elect of APA Division 51-The Society for the Psychological Study of Men and Masculinity. In 2007, Dr. Stevens coordinated the first National Psychotherapy with Men Conference at CSUN.
TECHNOLOGY ADDICTION
Addressing the Dramatic Increase in Internet and Video Game Addiction, What Parents and Professionals Need to Know

SATURDAY OCTOBER 24 | 9:30 a.m. – 1:30 p.m.
BBS Approved \ 4 CEHs

Pathological internet & video game addiction, or “overuse”, is now at the forefront of concerns for both The American Medical Association and the American Psychiatric Association. The American Psychiatric Association considered it for inclusion in the DSM - 5, but decided there was not yet sufficient research to support including it as an “addiction”.

However, increasing numbers of school-age youth and young adults are becoming involved in the compulsive use of video games and the internet; especially those with emotional disturbances and those on the autistic spectrum. Video games and the internet (i.e., online games, social media, chat rooms, etc.) provide both escape from the normal developmental challenges of growing up (i.e., school, work, social life), and “safe substitutes” for real-life interpersonal relationships. In addition, they are intensely FUN – in part because they enhance the pleasure centers of the brain.

While parents are struggling to keep their children’s involvement with technology “in balance” with more traditional obligations such as school and social activities, some game designers are working on ways to “hook” the player in to longer and more intense involvement.

Session topics include: How and why technology of all types may become “addictive”; game types & ratings; symptoms of “overuse”; how technology abuse affects relationships and social life; prevalence rates; prevention strategies; and intervention/treatment options.

PRESENTER: PATRICK MADDEN, M.A., LEP, a Licensed Educational Psychologist, worked in the public school system as a school psychologist and program specialist for 32 years. Throughout that time, he has also operated a private practice. He is a popular speaker who has presented dynamic professional workshops at the state and national level on a variety of topics including the use of metaphors and storytelling in therapeutic practice, solution-focused approaches to counseling, and fundamental ingredients that underlie all effective therapeutic interventions. He has served on the board of the California Association of School Psychologists, is a past president of the Ventura County Association of School Psychologists, and has published numerous articles related to counseling. In addition, the California Association of School Psychologists (CASP) has recognized him as one of California’s Outstanding School Psychologists.

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WORKSHOPS FILL QUICKLY
Early Registration is HIGHLY Recommended!

WORKSHOPS REGISTRATION FORM

Name____________________________________________
Address___________________________________________
City________________________State ______Zip ______
Phone Number__________________________
E-Mail Address__________________________

□ ADD ME TO THE WORKSHOPS NOTIFICATION LIST.

SEMINAR FEES
$70.00 half day | $90.00 full day
AHP Members 10% Discount

Please enroll me in the following course(s) – check all that apply:

____ DOMESTIC VIOLENCE STRATEGIES: ENDING THE CYCLE FOR THE NEXT GENERATION
____ RELEASING STRESS AND ANXIETY
____ ENGAGING MEN IN THE PROCESS OF PSYCHOTHERAPY
____ TECHNOLOGY ADDICTION

TOTAL ENCLOSED $__________