

# Hawai'i Pacific University School of Social Work

## 2017 CONTINUING EDUCATION WORKSHOPS



The Professional Development Workshop Series is intended for an audience of practicing professionals in the fields of health and human services, community development, entrepreneurship and innovation, and students and faculty in academia.

The workshops will be held on the second Friday of each month from 9 a.m. to 12 p.m. This year we will be conducting our workshops at two locations – so please note the location when you register. Our workshops will be held at either the Windward Hawai'i Loa HPU Campus (HLC), located at 45-045 Kamehameha Highway, Kaneohe, or at Aloha Tower Marketplace (ATM), 1 Aloha Drive, downtown Honolulu. A light continental breakfast will be served during sign-in, beginning at 8:30 am.

All workshops have been submitted for approval by NASW for certification of CEUs. This authorization will ensure the workshops count towards the State of Hawaii continuing education licensure requirements.

March 17, 2017

### Brain Change: An Entertaining Look at Neuroplasticity and Why it Matters to Social Workers (3 CEUs)

HLC



**Dr. Darrin Gould** is an Adult and Child & Adolescent Psychiatrist who specializes in recovery from psychological trauma as well as helping inspire people to make lasting lifestyle changes that support their total health. He enjoys writing, teaching and entertaining. He and his family enjoy living on the windward side of Oahu and spending time outdoors.

This workshop will be interactive and entertaining, utilizing a variety of learning styles. It will focus on practical application, in the social work setting, of neuroscience research about how the brain changes. Inspired by the material being studied, students will be challenged to embrace a new perspective about who they are and how they can best relate to their clients. Be prepared to ask questions and laugh together which will serve to enhance learning.

#### Learning Objectives:

- Define neuroplasticity
- Identify basic brain structures that provide a framework for understanding
- Compare and contrast old and new paradigms surrounding brain changes throughout the lifespan
- List the basic principles of changing the brain in a psycho-therapeutic setting
- Discuss what to look for in the next 10 years of neuroscience research

To Register for this workshop on Brain Changes [Click Here](#)

April 21, 2017

### A Taste of Motivational Interviewing (3 CEUs)

HLC

**Lisa Jicha, MSW, LCSW and Robin Demello, MSW, LCSW** grew up together, attending the same school since intermediate school. They both graduated from the MSW program at UH Manoa and have both been serving as supervision officers for the US Probation Office for over a decade. Both have been training in motivational interviewing for the last 10 years and recently both became MINTees of the Motivational Interviewing Network of Trainers.

Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to help strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. Research has shown Motivational Interviewing has positive effects across many disciplines including, corrections and behavioral health. This training will provide an introduction to Motivational Interviewing. The Spirit of Motivational Interviewing, key concepts, and processes will be covered. The training will incorporate videos, small group exercises, and discussion.

#### Learning Objectives:

- Describe the Spirit of Motivational Interviewing and articulate how it guides engagement, assessment and intervention
- Define Motivational Interviewing and the four processes of Motivational Interviewing conversations
- Experience the difference between trying to instill motivation and trying to evoke motivation for change

To Register for this workshop on Motivational Interviewing [Click Here](#)

May 12, 2017

### Non-profit Revenue Generation: A Path to Sustainable Funding in an Era of Diminishing Resources (3 CEUs)

ATM



**Peter Mataira, PhD** has interests in design thinking, health literacy, social entrepreneurship, indigenous development and research. Peter has extensive clinical and community-based experience particularly in working among indigenous people. He has published in a number of areas including indigenous leadership, evaluation research, social enterprise building, and working with men. When not working Peter enjoys running, reading, music, tennis, rugby, travel, and being with family. He is Maori from Aotearoa and is of Ngati Porou, Te Aitanga-a-Mahaki, Kahungunu and Te Arawa descent. He is the MSW Program Director at HPU.

In times of economic hardship, human service agencies find it more difficult to innovate and change than it is to cut back on essential services to their clients. As such, change that is imposed from outside is far more hostile and disempowering than any internally driven initiative that focuses on a need to innovate. Without the leadership courage and mindset of an agency culture to intentionally, as well as, internally generate new ideas, approaches and initiatives, human service organizations and the non-profit sector becomes stuck. Entrepreneurial activity, Peter Drucker (1985) argues, is the key stimulus to change. This workshop will introduce participants to entrepreneurial revenue generation as a pathway to sustainability.

#### Learning Objectives:

- Describe how entrepreneurial processes apply to social work practice
- Express the role of social workers in creating opportunities to build sustainable systems and impact measures in order to promote and foster community well being
- Demonstrate ability to assess and determine the viability of their agency and explore the strategies and pitfalls to creating a social enterprise model as a means of generating alternative revenue
- Describe the type of leadership skills and abilities necessary to become an effective non-profit social entrepreneur

To Register for this workshop on Revenue Generation [Click Here](#)

June 9, 2017

### Managing your Staff with a Trauma-Informed Approach (3 CEUs)

HLC



**Joey Keahiolalo**, Director of O'ahu Programs for Child & Family Service, has a Master's Degree in Social Work with over sixteen years' experience working with families and children, including adolescence with behavioral and psychological impairments and early intervention populations.

There is no shortage of training opportunities in trauma-informed approaches to working with clients. Trauma-informed approaches need to be incorporated throughout the organizational system in order to be most effective. This training is designed to assist supervisors in their efforts to provide a trauma-informed approach to common challenges encountered in the workplace.

#### Learning Objectives:

- Describe how common personnel challenges can be viewed as signs of Vicarious Trauma
- Demonstrate how to reframe in-program personnel situations as requiring a trauma-informed response
- Utilize techniques to address difficult personnel challenges using adaptations from a trauma-informed approach to service delivery

To Register for this workshop on Trauma-informed Management [Click Here](#)

August 11, 2017

## Self-mutilation: Crossing the Invisible Line Beyond Self-expression (3 CEUs)

HLC



**Bernie Strand, LCSW** has worked in human services across the public, private, and governmental sectors over 30 years. Ms. Strand provides clinical treatment for individuals, families and groups in private practice in Waimanalo. Ms. Strand completed special project focus on self-mutilation while at the University of Michigan.

Ms. Strand will explore the scope and variety of human behaviors around self-mutilation that range from reversible self-ornamenting through rejection of existence. The roles of culture, meaning, phenomenological experience, and mental health in labeling self-mutilation are considered. Practical skill building and strategies for intervention are suggested for practice.

### Learning Objectives:

- Identify the progression of self-harming behaviors
- Differentiate between benign and insidious behaviors
- Explore the phenomenon of self-harming contagion among special populations
- Identify pro-wellness strategies for helpers

To Register for this workshop on Treatment of Self-mutilation [Click Here](#)

September 8, 2017

## Nightmare Therapy: A Missing “Peace” of Traumatic Stress Recovery (3 CEUs)

HLC



**Lori Daniels, MSW, PhD** clinical practice treating traumatic stress among veterans spans over 20 years. She has provided workshops at international conferences, been a Consultant with the National Center for PTSD. Her publications include research articles in the *Journal of Gerontological Social Work* and *Traumatology*, as well as book chapters in *The Handbook of Post-Traumatic Therapy*, and *Healing War Trauma: Using Creative Approaches*. She is currently an Associate Professor in the School of Social Work at HPU.

Trauma survivors often report suffering from dreams that reference traumatic incidents. In addition, the re-occurrence of trauma memories during sleep has long-term, negative physical ramifications and emotional impact on interpersonal relationships and occupational functioning. Clients who experience dissociative episodes and traumatic stress symptoms can learn about issues underlying their nightmares and be empowered to better understand their symptoms, resulting in increased resilience. This presentation discusses Nightmare therapy/Dreamwork techniques designed to reduce the frequency and intensity of trauma-based nightmares. This workshop is designed for advanced clinical practitioners who wish to enhance their skills addressing specific traumatic memories that impact on their clients' lives.

### Learning Objectives:

- Identify and describe two methods of intervening with traumatically based nightmares
- Assess and intervene with a nightmare referencing a traumatic incident using a writing method
- Increase understanding and skill toward dialoguing with traumatized clients about their nightmares
- Use a template to facilitate their intervention with clients and process underlying issues stemming from clients' recurrent trauma-based nightmares

To Register for this workshop on Nightmare Therapy [Click Here](#)

October 13, 2017

## Developing Attention to Ethics: Work with Volunteers and Paraprofessionals (3 Ethics CEUs)

ATM



**Michaela Rinke, MSW, Ph.D.**, is a member of the faculty at the School of Social Work, Hawai'i Pacific University where she directs the field program. She has more than 27 years of social work experience as a practitioner and manager in human service organizations.

This workshop is intended for supervisors of volunteers/paraprofessionals. Developing a work force that is ethically aware is essential in our work. Strategies and techniques aimed at developing ethical and boundary awareness of volunteers and paraprofessionals will be explored.

### Learning Objectives:

- Identify the common pitfalls in the areas of boundaries and ethics for volunteers and paraprofessionals who work in human services fields.
- Describe the protective value of ethical codes to volunteers and paraprofessionals in decreasing stress and burnout symptoms.
- Carry out exercises to be used in trainings with volunteers and paraprofessionals that are aimed at increasing boundary and ethical awareness.
- Identify how to incorporate content around ethics in supervision, training or classes with volunteers or paraprofessionals.

To Register for this workshop on Ethics Development [Click Here](#)

November 10, 2017

## How to Communicate your Results Effectively (3 CEUs)

HLC



**Jessica Garlock, MSW** is a faculty member at the Hawai'i Pacific University School of Social Work, where she has been since 2016. Jessica has over 20 years of experience in social services and higher education, and has been a consultant with nonprofits since 2010. She enjoys assisting organizations with strategic planning, program evaluation, digital strategy development, staff training and development and volunteer management.

We all know that we take in information in visual form, but are we communicating what we think we are? The goal of this training is to identify the best ways to visualize our data so that it is best understood by our stakeholders, funders, legislators and the community at large. Learn about the best way to communicate your data through visual tools as well as how to use those tools!

### Learning Objectives:

- Understand the importance of data/evaluation for organizations
- Identify good and bad data visualizations
- Explore a variety of methods/tools to utilize in data visualization
- Practice using tools to present data in the most effective way

To Register for this workshop on Communicating Results [Click Here](#)

## Costs:

**Early bird registration:** \$45.00 per 3-credit workshop. Participants must register and pay at least two weeks in advance of the workshop date. VISA, MasterCard, and eCheck payments accepted online during registration.

**Registration/payment at the door:** \$55.00 per 3-credit workshop.

**Students:** \$25.00 per 3-credit workshop, payable at the door. Students must bring valid school ID.

**Hawai'i Pacific University Practicum Field Supervisors:** Receive one FREE workshop per year.