

# 2014 CIRC Training Schedule



**Friday, January 17**

**“Group Work for Women: Building Resilience and Strengthening Personal Power,”** Christine

Turo-Shields, ACSW, LCSW, LCAC, Kenosis Counseling Center, Greenwood, Indiana, and Carol Juergensen Sheets, LCSW, PCC, CSAT, Strategic Therapies, Indianapolis. This workshop presents a therapeutically sound, cost-effective and time-limited style of group work created for women to enhance self-empowerment and life skills and improve self-esteem. Participants will learn to utilize creative strategies, including cognitive restructuring, emotion stabilization, trauma recovery, mindfulness, anchoring, and visualization, in a structured approach to enhance ongoing recovery. **Note that this workshop is six hours in length, 9:15 a.m. - 12:15 p.m. and 1 - 4 p.m.**

**Friday, March 21**

**“The Neurobiology of Addictions,”** Alan D. Schmetzer, M.D., LCAC, Professor Emeritus of Psychiatry, Indiana

University School of Medicine, and Addiction Psychiatrist, Substance Abuse Treatment Service, Richard L. Roudebush Veterans Administration Medical Center, Indianapolis. Following a brief review of changes brought to the diagnosis of addictive disorders by the publication of *DSM-5* and *ICD-10-CM*, this workshop offers attendees the latest information on the three major biological underpinnings of addictive disorders – genetics, neurochemistry, and brain circuitry – and their interactions to produce and maintain addiction-related behaviors. The second half of the workshop will emphasize current and future implications of these substrates for treatment and provides an extensive opportunity for discussion.

**Friday, May 16**

**“Sexual Addiction: Diagnosis and Basic Treatment Principles,”** Carol Juergensen Sheets, LCSW, PCC,

CSAT, Strategic Therapies, Indianapolis. Hyper-sexuality is becoming epidemic, and this relatively new disorder is going undiagnosed and untreated because clinicians have not learned the assessment skills or treatment strategies necessary to assist clients in recovery. This workshop will present the components of a good sexual history; the sexual addiction cycle; the diagnostic criteria, the ten basic types, and the seven stages of sexual addiction; and present clinical exercises that promote healing to develop competency in the referral and treatment process.

**Friday, July 18 “Attachment Styles and Borderline Personality Organization: Psychodynamic Perspectives in Treatment,”**

K. Brynolf Lyon, Ph.D., LMHC, CGP, Christian Theological Seminary, Indianapolis. In the field of mental health treatment, borderline personality disorder presents a challenge to clinicians. This workshop will address psychodynamic models for the treatment of patients in the borderline personality organization spectrum and will give participants an understanding of the assumptions of attachment theory, the implications of disorganized attachment, and the implications of both mentalization theory and transference-focused therapies in the treatment of the disorder.

**Friday, September 19**

**“How Being Trauma-Informed Improves Provider Responses,”** Rachel H. Halleck, MA, LMHC,

LAC, Volunteers of America, Indianapolis. Remarkably high percentages of men and women with mental health disorders have experienced serious trauma throughout their lifetime. The reverberating effects of traumatic experiences can challenge a person’s capacity for recovery and pose significant barriers to accessing services. This workshop will allow the attendee to learn how to define trauma, understand the depth of trauma’s effects, identify symptoms of trauma exposure, and develop skills to more effectively treat those who have experienced trauma.

**Friday, November 21**

**“Seasonal Affective Disorder: Background, Diagnosis and Treatment,”** Matthew Grant, Psy.D., HSPP,

Clinical Health Psychologist, NorthStar + Psychological Consultation Services, LLC, Indianapolis. Seasonal Affective Disorder, also referred to as SAD, is more than just the blues, it’s a seasonal depression. Cyclically based on the seasons, if left untreated, SAD can have serious mental health consequences. This workshop will provide an overview of the origin, history, signs and symptoms of SAD, as well as of the risk factors which exacerbate the symptoms and increase vulnerability to the disorder. Treatment options, with an emphasis on light-based therapy, will be covered in depth.

## 2014 CIRC Training Pre-Registration Form

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“Seasonal Affective Disorder: Background, Diagnosis and Treatment,”



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone(\_\_\_\_) \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

\* \_\_\_\_ January Workshop **\$50**

\_\_\_\_ Number of other Workshops X \$35= \$ \_\_\_\_

Make checks payable to CIRC Training. Mail to: P.O Box 441275, Indianapolis, IN 46244



**CIRC Training** was established in Indianapolis in 1999 to help meet the training needs of Indiana behavioral health practitioners. Throughout its existence, CIRC Training has endeavored to provide low-cost, high quality workshops to help keep front-line clinical staff abreast of the most effective treatment modalities for not only individuals with various forms of addictions, but individuals with mental health and co-occurring mental health and substance use disorders as well. Besides education, CIRC Training is also proud to serve a role in fostering networking opportunities among attendees, which over the years have included not only clinical personnel but professionals working in the criminal justice field, an arena which plays a substantial role in bringing clients into treatment. CIRC Training has sustained its low-cost and high quality principles by minimizing staff time and utilizing the support of excellent pro bono assistance; keeping in-between-workshop communication to a minimum; and adhering to a non-transferable registration policy.

**CIRC Training Workshops.** In 2014, CIRC Training is offering its traditional six bi-monthly workshop series. The January workshop is approved for six CEUs, and the other five workshops are approved for five CEUs. CEUs are valid for application to and renewal of the Indiana Professional Licensing Agency licenses for Social Workers, Marriage and Family Therapists, Mental Health Counselors, and Addiction Counselors, as well as for certification by both the Indiana Counselors Association on Alcohol and Drug Abuse (ICAADA) and the Indiana Association for Addiction Professionals (IAAP) and their national organizations, the IC&RC and the NAADAC Certification Commission. CEUs are approved by the National Association of Social Workers (NASW).

**Training Site.** 2014 workshops are again being conducted at Northminster Presbyterian Church, 1660 Kessler Boulevard East Drive, Indianapolis, in the Broad Ripple area. Northminster Church is on the northwest corner of Kessler Boulevard East Drive and North Kingsley Avenue, several blocks west of North Keystone Avenue and several blocks east of North College Avenue. Entrance is through the main door off the parking lot, and workshops are in the basement, down the stairway to the left, and on the right in Calvin Hall. Please be aware that in the event of seriously inclement weather, such as incapacitating ice or snow storms impeding driving, CIRC Training will follow the closure schedule of the Indianapolis Public Schools (IPS). If there is any doubt in your mind about a closure please tune in a radio or television station early on those mornings to be sure that an IPS closure has not been announced.

**Work shop Times.** Because of facility policy, registration for each workshop will begin no sooner than 8:45 a.m., and workshops will begin at 9:15 a.m. Workshop hours are 9:15 a.m. – 12:15 p.m. and 1-3 p.m., with 45 minutes for a catered lunch. The January workshop, which provides six CEUs, will end at 4 p.m. instead of 3 p.m.

**Payment policy.** The per-workshop pre-registration fee is \$35 if payment is received no later than seven days prior to the workshop and \$45 if payment is received at the door or past the seven-day pre-registration deadline, with the exception of the January workshop, which is \$50 for pre-registration and \$60 at-the-door. Registration fees include coffee and donuts in the morning, lunch, and coffee throughout the day as the supply lasts. A certificate of attendance attesting to the CEUs achieved is provided at workshop close to all participants who attend the full workshop, and CEUs are adjusted if the full workshop is not attended. Registration is not transferable to another workshop without prior-to-the-workshop approval by CIRC Training. Checks should be made payable to CIRC Training and mailed to: CIRC Training, P.O. Box 441275, Indianapolis, IN 46244.

**For more information or if interested in taking part in CIRC Training, please contact Louise Polansky at [Louise-Polansky@sbcglobal.net](mailto:Louise-Polansky@sbcglobal.net)**

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PO Box 441275  
Indianapolis, Indiana 46244



Each Workshop  
Approved  
for CEUs

