



Upstate AHEC is pleased to partner with the **South Carolina Society for Clinical Social Work (SCSCSW)** to provide three great continuing professional development opportunities.

**Target Audience:**  
Clinical Social Workers  
Counselors  
Marriage & Family  
Therapists

## South Carolina Society for Clinical Social Work Continuing Education Fall Sessions

Each session will take place at the following times and location -

**Time:**

12:00 pm - 12:30 pm Refreshments and Networking  
12:30 pm - 3:30 pm Continuing Education Presentation

**Location:** The Lottie Beal Gibson Center of Excellence  
130 Industrial Drive, Greenville, SC 29607

**To Register Before September 10, 2017:**

Visit [www.upstateahec.org](http://www.upstateahec.org) and click on "CE" and then "Live Classes"

**To Register After September 10, 2017:**

Please call Upstate AHEC at 864-349-1160 to register by phone with a credit or debit card

**Session Fee Structure:**

All Three Sessions  
SCSCSW Members - \$90  
Non-Members - \$125

*\*For discounted rate, you must register for all three sessions no later than September 10, 2017.*

Single Session(s)  
SCSCSW Members - \$40  
Non-Members - \$55

*\*If you register less than 7 days prior to session date, there will be a \$10.00 late fee per session.*

**Disclaimer:** Neither SCSCSW or Upstate AHEC have vetted all of the opinions, findings, recommendations, or conclusions expressed by our guest presenters. We do not necessarily endorse the material presented as being effective and appropriate within your individual practices. You are responsible for using your own clinical ethics and knowledge of your skills to determine whether and how this material is utilized within your clinical work. We also reserve the right to substitute a qualified instructor for any presentation due to unforeseen circumstances.

# Session One • September 15, 2017

## “The Reason I Need You”

### Purpose

The workshop will give therapists tools to assist parents with recognizing and releasing the early childhood burdens using Internal Family System model and attachment theory. Upon reflecting on how their young parts were impacted by others early in life, parents will understand the importance of embodying self energy in their everyday experiences of child rearing. The differentiation of parents' and children's parts will be demonstrated through the use of experiential exercises: play activities, art projects, yoga poses, body sculpting postures (similar to Virginia Satir's model), and other movements. Upon accessing their Self energy, parents will be able to be with the children in a way that will further optimal emotional growth. Special attention will be dedicated to different sensory dysregulation experiences the children face in an overly stimulating environment/situation and what helps children access their inner peace during those challenges.

### Learning Objectives

Objective 1 - Participants will learn to integrate the traditional and contemporary attachment theory with the IFS model and explain it to the children and parents in a language that makes sense to them.

Objective 2 - Participants will learn to help the parents recognize that their own childhood burdens are being triggered in the present by their children and help the parents release those burdens so that they can be more present when the children need them the most.

Objective 3 - Participants will learn to identify the burdens placed upon the children's parts that result from the miss attunement with attachment figures and/or overload of the environment/situation.

Objective 4 - Participants will learn to recognize parts activated in children and parents and help them unblend/differentiate their parts through the use of different play activities, art projects, sensory-based yoga postures, body sculpting poses, and movements.

### Presenter Biography - Elena E. Corral, LISW-CP

Elena E. Corral, LISW-CP is a clinical therapist with an independent clinical practice in Greenville, SC. She began her career in Romania, working with children from orphanages and specializing in issues of adoption and reactive attachment, to later become a Circle of Security Parenting Educator. Elena continues to assist children, adolescents, adults, families and couples, focusing on issues of trauma, particularly attachment trauma. Although Elena uses primarily Internal Family System model in her practice, she integrates attachment theory, the psychodynamic model, play and art therapy, cognitive behavioral therapy, as well as mindfulness. Elena is also a board member of South Carolina Society for Clinical Social Work.

### Presenter Biography - Amy M. Starkey, COTA/L

Amy M. Starkey, COTA/L is a pediatric occupational therapy assistant, certified children's yoga instructor, and published children's author/illustrator. For over 15 years, she has practiced pediatric occupational therapy in school, clinic, hospital and home-based settings, working with children ages 2 and older to address a variety of social/emotional, behavioral, physical, sensory, and developmental delays and disabilities. She is the owner of "YOGA-2-GO, LLC", a therapeutic-based children's yoga company offering group yoga classes and private yoga therapy for children of all ages and ability levels.

\*Both Elena and Amy presented nationally at the Internal Family System Annual Conference.

## Session Two • October 20, 2017

# “Eating Disorders: From Warning Signs to Prevention”

### Purpose

The presentation will describe the complex interplay between genes and the environment that contribute to the development of eating disorders. Therapeutic interventions will include family based treatment, the multi-disciplinary team, Acceptance and Commitment Therapy, and Exposure Therapy. Explanation of the recovery process and key factors in relapse prevention will be highlighted.

### Learning Objectives

Objective 1 - Participants will become familiar with the causes and warning signs of eating disorders including Anorexia, Bulimia, Binge Eating Disorder and other disorders.

Objective 2 - Participants will gain an understanding of the best practice standards for eating disorder treatment and key components of the recovery process.

Objective 3 - Participants will become familiar with the treatment model, levels of care in eating disorder treatment, when to refer to a higher level of care and the importance of a continuum of care.

Objective 4 - Participants will learn about prevention and advocacy for individuals with eating disorders and their families.

### Session Two Presenter Biography - Beth Riley, LISW-CP, CEDS

Beth Riley, LISW-CP, CEDS graduated with distinction from Stanford University. She earned a Master's Degree in Social Work from the University of South Carolina. She has been practicing for 18 years and has developed a local, regional and national reputation as a leader in clinical excellence and innovation in the field of eating disorders. She frequently lectures at regional hospitals and healthcare providers. Beth is a CEDS (Certified Eating Disorder Specialist) and a CEDS supervisor through the International Association of Eating Disorder Professionals. She is an MSW field placement supervisor for the University of South Carolina School of Social Work. Beth is a member of the International Association of Eating Disorder Professionals (IAEDP), National Eating Disorder Association (NEDA), the Academy of Eating Disorders (AED), the Upstate Behavioral Health Alliance and the South Carolina Society for Clinical Social Workers (SCSCSW).

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## Session Three • November 17, 2017

# “Tending the Tender”

### Purpose

The purpose of this study group, Tending the Tender, is to provide caregivers with support/affirmation, information/inspiration, and tools/ideas for effective self care. This study group will address the multidimensional, yet integrative, realms of the physical body, the emotional (mind) body, and the spiritual body utilizing didactic, experiential (interactive), and creative teaching/learning modalities.

### Learning Objectives

Objective 1 - Participants will describe at least two activities or tools that could be employed for beneficial physical body self care.

Objective 2 - Participants will describe at least two activities that could be put into practice towards beneficial emotional (mind) body self care.

Objective 3 - Participants will describe at least two ways one could implement towards beneficial spiritual body self care.

**Session Three Presenter Biography - Susanne Latessa, RN, BSN, MEd, LISW-CP**

**Certified Grief Recovery Specialist, Certified Spiritual Director**

**Grief and Spiritual Counselor/Companion and Educator**

Website: [supportheals.com](http://supportheals.com)

Latessa (who prefers to be called by this, her last name) is a self-described old soul, earth walker, and somewhat of a free spirit, with a heart full of compassion and a desire to serve. One of the ways she serves is as a grief and spiritual counselor, educator, and presenter in private practice in Greenville, SC. She believes fully in the mind, body, spirit interconnection and feels all three must be tended to for a person to live as wholly as possible. She finds it a true honor and privilege to teach and to walk with/companion those with grief and spiritual concerns.

## SCSCSW Fall Sessions Continuing Education Credit

Each session provides the following continuing education credit -

**Social Workers** - This program has been approved for 3 clock hours of social work continuing education by Upstate AHEC, as part of the SC AHEC System, under its accreditation by the SC Board of Social Work Examiners.

**Licensed Professional Counselors and Therapists** - This program has been approved for 3 hours of continuing education by SC AHEC under its accreditation by the SC Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists.

Successful completion of the program requires attendance for at least 90% of the session and a completed online evaluation by participants within 10 calendar days of session date. Certificates of completion cannot be offered to participants after 10 calendar days.

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**South Carolina Society for  
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Legislation • Community • Education

