

DEPARTMENT OF COUNSELING AND DEVELOPMENT SUMMER 2012 INSTITUTES

All summer institutes listed award 3 graduate credits. For further information, please call the Department of Counseling and Development at (516) 299-2814.

LIU POST

EDC 750	Helping Parents Help Their Children: Practical Strategies for LCMHC Practitioners and School Support Personnel (2836)	Dr. Keefe-Cooperman	7/9-7/13
EDC 750	Counseling the Gay, Lesbian, Bisexual or Trans-Gender Client/Student (1694)	Dr. Bordan	7/16-7/20
EDC 750	Counseling Through the Creative Arts (2835)	Dr. McGowan	7/30-8/3
EDC 750	Cognitive-Behavior Therapy (CBT): Theory, Practice And Techniques (1695)	Dr. Colangelo	8/6-8/10
EDC 750	Spirituality In Counseling and Psychotherapy: A Dimension of Integrative Healing (2837)	Dr. Mariska	8/13-8/17

LIU BRENTWOOD

EDC 750	Grief Counseling with Client Facing Dying, Death, Bereavement, Trauma and Loss (2838)	Dr. Smith	7/23-7/27
EDC 750	The Adolescent in Crisis: Detection, Intervention and Referral (2073)	Dr. Ciborowski	7/30-8/3

LIU POST

HELPING PARENTS HELP THEIR CHILDREN: PRACTICAL STRATEGIES FOR LCMHC PRACTITIONERS AND SCHOOL SUPPORT PERSONNEL

EDC 750 (2836)

M, T, W, Th, F July 9 – July 13

9 a.m.-4 p.m.

PROGRAM COORDINATOR: **Dr. KATHY KEEFE-COOPERMAN**

Numerous challenges face the children and adolescents of today, and dangerous behaviors are exhibited by many. It is easy for others to look at the parents and blame them for not doing an adequate parenting job. We will take a proactive approach and learn how to facilitate optimal parenting in the world of today. The focus of the course will be on how to provide counselors with the tools and techniques needed to support parents as they help their children journey from infancy towards early adulthood. Children and adolescents are exposed to potentially dangerous situations and have more expected of them at this point in time than ever before. Areas of potential pitfalls at each developmental stage will be identified and appropriate parental interventions introduced. Current parent/child communication enhancement strategies will be identified. Key problems that parents are typically unaware of will be discussed and appropriate methods of dealing with potential hot topics will be discussed. Counselors will learn how to work with parents to deal with issues such as aggressive behaviors, adjusting to a learning/developmental disorder, drug use/abuse, current issues in sexuality, being a “tiger mom,” competitive sports and cyberbullying. Parents are sometimes unaware of the potential life challenges that possibly await their children. Understanding the areas of danger and providing tools for counselors to help parents is a key area of the course.

This course is aimed at mental health counselors, school counselors, social workers, psychologists, nurses, pediatricians and any professional that interacts with parents. Counselors will learn current theories and strategies by the end of the course to facilitate optimal counseling experiences with parents. Counselors will be able to identify the most recent research available on troublesome topics for parents and how to proactively address those issues.

Guest Lecturers: To Be Announced

Instructor:

Dr. Keefe-Cooperman is a licensed NY State Psychologist who specializes in working with children and adolescents. She is an Assistant Professor at the C.W. Post Campus of LIU. Dr. Keefe-Cooperman has presented at national conferences. Works previously published have focused on the areas of perinatal loss and breaking bad news, childhood sexual abuse and its resultant impact on women's sexuality, and current research is being conducted with regards to sleeping patterns in children related to cognitive and adaptive functioning. Dr. Keefe-Cooperman also writes for the Irish dance magazine "Feis America."

COUNSELING THE GAY, LESBIAN, BISEXUAL OR TRANSGENDER CLIENT/STUDENT

EDC 750 (1694)

M, T, W, Th, F July 16-20

9 a.m.- 4 p.m.

PROGRAM COORDINATOR: DR. TERRY BORDAN

This institute is designed for those students interested in learning about the diversity and complexity of the gay, lesbian, bisexual and transgender population. Counselors will, during their personal and professional lives, invariably come into contact with sexual minority clients, and it is necessary to have an awareness of and be able to distinguish between that which is culturally induced and that which is individually problematic for a client. The counselor will examine values, attitudes, homophobia, and heterosexism in order to be able to respond to the unique needs of these populations. This institute will enable students to expand their knowledge, awareness, and skills in working with the homosexual client.

COURSE OBJECTIVES:

- To expand students' knowledge, awareness and skills in working with the sexual minority client
- To identify resources specific to health, AIDS, legal issues, substance abuse matters
- To provide the opportunity to examine personal and societal attitudes and beliefs and the effect upon homosexual clients
- To facilitate increased awareness and empathy for the realities of the lives of gay, lesbian, bisexual and transgendered individuals in society.
- To gain knowledge of the many diverse groups within the homosexual community

Dr. Terry Bordan is the Chair of the Graduate Department of Counseling and Development at C. W. Post Campus. Dr. Bordan is the former editor of "The Journal for the Professional Counselor" and has hosted her own weekly radio show. She is a licensed Mental Health Counselor, Licensed Professional Counselor, Certified Clinical Mental Health Counselor, National Certified Counselor, and Approved Clinical Supervisor.

GUEST SPEAKERS:

Ruth Berman is a Certified Clinical Mental Health Counselor (CCMHC) and a National Certified Counselor (NCC) and a Certified Eating Disorders Therapist (CEDT). For 25 years, she was a counselor, teacher, and administrator for the New York City Board of Education. She is the co-founder of The Answer is Loving Counseling Center in Brooklyn, N.Y.

Connie Kurtz is a Certified Eating Disorders Counselor (CEDC) and is a Certified Co-Counseling teacher. Ms. Kurtz' leadership and counseling skills have helped hundreds of people improve the quality of their lives. She is the co-founder of The Answer is Loving Counseling Center in Brooklyn, N.Y. A documentary of Ms. Berman and Ms. Kurtz's lives, "Ruthie and Connie: Every Room in the House" is showcased on Cable television.

Lynn Walker, Ph.D., is the Director of the Transgender Transitional Housing Program for Housing Works in East New York. This agency provides transitional housing for people of transgender experience who are living with HIV/AIDS.

Speakers from Long Island GLBT Services Network. The Institute may also feature speakers from other agencies.

COUNSELING THROUGH THE CREATIVE ARTS

EDC 750 (2835)

M, T, W, Th, F, July 30-August 3

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **DR. A. SCOTT MCGOWAN**

This intensive five-day learning institute is designed specifically to present a comprehensive and developmentally- oriented approach for the application of play theories and techniques and the creative arts to the process of counseling clients of any age. Upon completion of the institute, students will have learned from a developmental viewpoint to recognize and to strengthen the underpinnings of a health self-concept necessary for learning and for positive self-growth. Also, they will have learned how to apply creative art approaches, such as visual arts, music and dramatics, to the counseling process when working with individuals, small groups, large groups, and families, and will have acquired and practiced techniques utilizing the creative arts (e.g., art, music, movement, dramatics, etc.) that can be used in counseling. The emphasis will be upon "hands-on" skill development.

COURSE OBJECTIVES:

- To increase understanding of the process of play
- To explore the historical development of play theories
- To increase knowledge and understanding of the theories and techniques related to play therapy, the expressive arts and counseling
- To explore the kinds of media available for use in counseling people throughout the life span
- To be able to develop a sense of play and creative arts experiences that can be used in counseling and guidance, and
- To develop competence in selecting and using play counseling techniques and the creative arts to help clients with different kinds of difficulties.

A. Scott McGowan, Ph.D., LMHC, NCC, ACS, Senior Professor, Department of Counseling and Development, Long Island University, C. W. Post Campus. He is a former Head Counselor in the public schools, the past editor of several scholarly journals, and is presently the editor of *The Journal of Counseling and Development*, the flagship journal of the American Counseling Association (ACA). He is the past president of the Association for Humanistic Counseling, a major division of ACA.

GUEST SPEAKER:

Heather Mask, EDS, LPC, NCC is an Adjunct Professor in the Department of Human Development and Psychological Counseling, Appalachian State University, Boone, North Carolina, and teaches in a department that promotes expressive arts in counseling. She is an expert in this area.

COGNITIVE-BEHAVIOR THERAPY (CBT): THEORY, PRACTICE & TECHNIQUES

EDC 750 (1695)

M, T, W, Th, F, August 6-10

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **DR. JAMES J. COLANGELO**

Cognitive-Behavior Therapy (CBT) has become widely accepted as a cost-effective psychotherapy for many mental disorders and psychological problems. It is an evidence and empiricism-based treatment that has been shown to be an effective treatment for various kinds of psychopathology, including affective (mood) disorders, personality disorders, social phobia, obsessive-compulsive disorder (OCD), eating disorders, substance abuse, anxiety or panic disorder, agoraphobia, post-traumatic stress disorder (PTSD), insomnia, and attention deficit hyperactivity disorder (ADHD). CBT integrates the cognitive restructuring approach of cognitive therapy with the behavioral modification techniques of behavior therapy. There are a number of different approaches that fall under the umbrella of CBT including: Aaron Beck's Cognitive Therapy, Albert Ellis' Rational-Emotive Behavior Therapy (REBT), and Donald Meichenbaum's Cognitive Behavior Modification (CBM).

This five-day institute is designed to present an introduction and overview of the theory and techniques of CBT and their application in psychotherapeutic practice. It will provide a basic understanding of CBT and how it may be implemented in practice across a variety of treatments settings. Additionally, the institute will provide the participants with a foundation for future study and training in CBT.

COURSE OBJECTIVES:

- To understand cognitive-behavior theory and treatment conceptualization.
- To explore the major CBT approaches of Rational Emotive Behavior Therapy (REBT), Cognitive Therapy (CT) and Cognitive Behavior Modification (CBM).
- To learn how to structure and format therapeutic sessions within the CBT approach.
- To develop basic skills in cognitive-behavioral techniques and interventions.
- To learn how to identify and modify core beliefs
- To learn how to identify and respond to automatic thoughts and emotions.
- To learn how to develop treatment planning and deal with associated problems.

James J. Colangelo, Psy.D., LMHC, LMFT, ACS is the Executive Coordinator of Counseling Programs in the Department of Counseling and Development at Long Island University, C.W. Post Campus. He has maintained a private practice in mental health counseling, marriage and family therapy and sex therapy for over 30 years. He has New York State licensure and national certification in mental health counseling (CCMHC) and marriage and family therapy (Clinical Member and Approved Supervisor with AAMFT). He is also is certified as a sex therapist and has Diplomate status with both AASECT and the American Board of Sexology.

GUEST SPEAKERS:

Dr. Kristene Doyle is Executive Director and Director of Clinical Services at the Albert Ellis Institute in New York City. She is also the Training and Development Coordinator and Director of Child and Family Services at AEI, and an adjunct assistant professor in the Psychology Department at St. John's University. Her research interests include Rational-Emotive and Cognitive-Behavioral Treatment of Children and Adolescents and the Cognitive-Behavioral Therapeutic Process, Outcome and Dissemination. Dr. Doyle will be presenting on REBT and its application to a wide range of disorders. She has published extensively in professional journals on REBT.

Dr. William C. Sanderson, Professor of Psychology at Hofstra University, and co-founder of the Cognitive Therapy Center of Long Island will present on the practice of Cognitive Therapy and give a demonstrate utilizing various techniques of Cognitive Therapy and discuss evidence based approaches to the treatment of anxiety, phobias and panic. Dr. Sanderson has written extensively on Cognitive Therapy and has published books and professional articles related to various aspects of Cognitive Therapy.

SPIRITUALITY IN COUNSELING AND PSYCHOTHERAPY: A DIMENSION OF INTEGRATIVE HEALING

EDC 750 (2837)

M, T, W, Th, F August 13-17
9 a.m. – 4 p.m.

PROGRAM COORDINATOR: DR. MIKE MARISKA

This Institute is designed to help student counselors and other health care professionals understand the dynamics of spirituality with regard to the counseling process and psychotherapy. It focuses on the premise that spirituality and counseling deserve the practitioner's sensitive awareness, informed understanding, and, as ethically and therapeutically appropriate, skillful integration into effective counseling treatment for all populations. Participants will be exposed to various spiritual approaches to the counseling process and relationship, while assessing the appropriateness of including spiritual issues in counseling. The importance of the counselor's own spiritual awareness will be addressed. This integrative approach underscores the element of hope essential to the path of healing and appreciation of belief systems.

WORKSHOP LEADER:
Dr. Mike Mariska, Ph.D., NCC

GUEST SPEAKERS:
To be announced.

LIU BRENTWOOD

GRIEF COUNSELING WITH CLIENT FACING DYING, DEATH, BEREAVEMENT, TRAUMA AND LOSS

EDC 750 (2838)
M, T, W, Th, F July 23-27
9 a.m. – 4 p.m.

PROGRAM COORDINATOR DR. JUNE ANN SMITH, LMHC, LMFT, LCSW, NCC, ACS

Many people are unprepared to face the end on life experiences, more so to help others while they go through the trauma and stress that accompanies these events. The fear of death, and particularly, of violent dying, presumably becomes adaptive in enhancing survival. As a corollary, its emotional aftermath is so painful and driven that helping individuals cope with the experiences and emotions is an essential service for ALL professional counselors.

There are "natural" restorative resources within the family unit and surrounding community to make meaning of the experiences of loss. Those professional who are able to assist clients in clarifying their experiences will provide a most helpful and supportive function in addition to a clinical intervention. Traumatic stress is experienced by survivors of disasters and catastrophes (e.g., earthquakes, hurricanes, airplane crashes, terrorist attacks, floods, and train derailment). However, it does not have to take a highly publicized event with a two-inch headline to cause significant stress. Rather traumatic stress has many "faces," and is experienced every day during and in the aftermath of our personal tragedies (e.g., facing a serious illness, dealing with the loss of a loved one, experiencing an automobile accident, etc.). Early intervention and identification may ultimately prevent debilitating stress disorders, (Lerner, M. & Shelton. R. 2005).

This course is designed to provide counselors and other related professionals, the opportunity to explore the dynamics of dying, and the ensuing processes. It aims to prepare counselors with the skills necessary to realize more clearly; the differences and the complex interactions between normative, developmental tasks in adolescence, and the specific situational risks that are involved in coping with loss.

Participants will reflect on their own experiences with dying, death and trauma in order to sensitize them to what is considered a shared human experience. Through group discussions, lectures, guest presenters

and class presentations, students will develop the awareness, pedagogy and skills required to help clients cope better in times of crises.

COURSE OBJECTIVES:

Examine the social construction of dying death and bereavement
Understand the development of children's understanding of death
Develop awareness of the stereotypical thinking about dying, death, death and bereavement
Develop skills and strategies necessary to work with children, adolescents and families who experience trauma and loss
Examine the concept of "ANGER" and understand its correlation with violence and the implication of working with victims when the perpetrator is family
Explore the psychology of dying, death and bereavement
Learn about community interventions, educational programs, and support groups that are available to assist participants in their work with individuals and families who are coping with trauma and loss
Explore the emergent psychological needs of individuals, group and organizations before, during and after a traumatic event

COURSE OBJECTIVES:

- Examine the social construction of dying, death and bereavement
- Understand the development of children's understanding of death
- Develop awareness of stereotypical thinking about dying, death and bereavement
- Develop skills and strategies that are necessary for a counselor to have when they work with children, adolescents, and families who experience crises
- Examine the concept of "anger" and understand it's correlation with violence and the implications of dying, death and bereavement
- Explore the psychology of dying, death and bereavement
- Learn about community interventions, education programs, and support groups that are available to assist participants in their work with individuals and families in crises
- Explore your personal blind spots and unfinished business with your own loss issues

Dr. June Ann Smith, full time faculty at the C.W. Post and Brentwood campuses, Long Island University

- 2005 recipient of the prestigious David Newton Award for Teaching Excellence
- Licensed Mental Health Counselor
- Licensed Marriage and Family Therapist
- Licensed Clinical Social Worker
- National Certified Counselor
- Approved Clinical Supervisor

GUEST SPEAKERS

Dr. Simcha Raphael, Ph. D Psychology, California Institute of Integral Studies, San Francisco, CA

- Rabbinic Pastor, ordination by Rabbi Zelman Schachter-Shalomi
- Transpersonal Psychotherapist, Mount Airy Counseling Center, Philadelphia, PA
- Adjunct Faculty, Department of religion, La Salle University, Philadelphia
- Adjunct Assistant Professor, Department of Jewish Studies, temple University, Philadelphia, PA
- Spiritual Director, Reconstructionist Rabbinical College, Wyncote, Pa
- Free-lance adult educator on topic of mysticism, spirituality, death, afterlife and bereavement Author Jewish Views of the Afterlife

Dr. Alanzo Smith, D. Min., Ed.D., Director of Personal Ministries, greater New York Conference of SDA

- E.Min, Andrews University, Theological Seminary, Berrien Springs, Michigan
- Ed.D, Counseling Psychology, Argosy University, Sarasota, Florida
- Licensed Marriage and Family Therapist, NY
- Licensed Mental health Counselor, NY
- Adjunct Professor, Andrews University, Michigan

- Ordained SDA Minister
- Director of Professional Family Counseling, Manhasset, NY
- Author

Professor Marjorie Demshock

- Adjunct Professor, Long Island University
- Presenter at Workshops on Death and Dying at Local Counseling Conferences
- Private Practice, Long Island, NY
- Licensed Mental Health Counselor

THE ADOLESCENT IN CRISIS: DETECTION, INTERVENTION AND REFERRAL

EDC 750 (2073)

M, T, W, Th, F, July 30-August 3

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **DR. PAUL J. CIBOROWSKI**

Adolescents in crisis can indicate that they are troubled in many ways, ranging from academic underachievement to antisocial actions. These behaviors will be systematically examined for greater understanding and identification. The practical focus will be on more effective counseling interventions for use with teens and their families and on the development of working relationships with other concerned professionals and agencies.

Students will be visiting a number of sites during the week including Long Island Gay and Lesbian Youth in Bay Shore and Sunshine Prevention in Port Jefferson Station.

COURSE OBJECTIVES:

- To become familiar with current research findings addressing adolescents in crisis.
- To develop practical competencies in intervening in helpful ways with troubled adolescents and their families.
- To understand the stressors impacting on adolescent behaviors.
- To foster an attitude of viewing a crisis as an opportunity to redirect or regain a sense of mastery and/or direction over one's own life.
- To develop a greater sense of teamwork among agencies directly involved with the adolescent, i.e., developing constructive working relationships between school, medical and judicial personnel.

TOPICS TO BE COVERED INCLUDE:

- Crisis intervention and suicide prevention
- Teen Runaways: Where to place them
- Drug and alcohol abuse
- Understanding and reporting child sexual abuse
- "Gang" and the youth culture
- Gender identity and self-esteem

Dr. Paul J. Ciborowski is the author of the Changing Family Series, a set of manuals for the professional working with "children of divorce," and Survival Skills for Single Parents! a "how-to" handbook for the single parent. A nationally-known lecturer and consultant, Dr. Ciborowski is currently Chair of the Brookhaven Town Youth Board and Co-Chair of the Suffolk County Executive's Anti-Bias Task Force. Dr. Ciborowski has conducted many regional, state, national, and international workshops on the family. He is listed in Who's Who In America and has appeared on numerous TV programs including Good Morning America, Geraldo, The Jerry Springer Show and News 12 Long Island. Dr. Ciborowski has a private practice in family counseling.

GUEST SPEAKERS:

Carol Carter and **Sal Bush**, youth agency directors, "Youth Agencies and the Teen Safety Net"
Sharon Kelleher, RESPONSE, "Crisis Intervention and Suicide Prevention"
Vicki Paley, Clinical Director-Eating Disorder Associates, "Eating Disorders"
Charles Fox, SNAP, "Adolescent Sexual Behaviors and Pregnancy"
Debbie Arundale, Supervising Counselor-Babylon Youth Institute, "Self-Cutting"
Mike Chiappone, Project Coordinator, LIGALY, "Gender Role Identities"
Jill Porter, Suffolk County Police, "Gangs on Long Island"
Margie Demshock, LMHC, "Processing Bereavement Issues"