

NORTHSTAR LEARNING LAB- 2023 QUICK REFERENCE TABLE OF OFFERINGS



TITLE	BRIEF DESCRIPTION	CE HRS	APPROVED BY
Applying Trauma-Focused Care in your Systemic Practice: Collaborative Strategies for Healing	Presented by Dr. Amanda Brown, LMFT; Learning Goals: - Describe the impact of trauma on client well-being, including mental and physical health outcomes. - Define the six principles of trauma-informed care and their connection with systemic practice. -Apply systemic interventions in their work with clients from a trauma-focused care lens.	3	KY SW KY MFT KY LPC
Aspirational Ethics in the Practice of Marriage and Family Therapy	Presented by Nathan D. Wood, Ph.D., LMFT; At the completion of this workshop, participants will: - Be able to distinguish between foundational and aspirational ethics. -Gain insight into the foundational and aspirational aspects of the AAMFT and Kentucky ethical codes. -Identify a process of ethical decision making that is informed by aspirational ethics.	3	KY MFT, ETHICS LPC General
Autism and the Family	Presented by Justin Romney, Ph.D., LMFT; Participants who complete this course will be able to: - Demonstrate knowledge of the autism diagnosis and the role of therapist - Be able to describe best practices in autism treatment. -Be able to integrate the experiences of families with a child diagnosed with autism into their conceptualization and treatment planning. - Be able to evaluate the best practices in systemic treatment of autism.	3	KY SW KY MFT KY LPC
Becoming an Effective Telehealth Provider: 15 Hour Certificate in Telehealth with 3 Hours of Ethics and New Revision Updates	Presented by Amanda Villavescas, LMFT; Learning Goals: - Understand terminology of telehealth and basic information for beginning practice - Identify legal and ethical considerations to maintain best practices and keep HIPAA compliance. - Identify strategies to enhance the quality and outcomes of telehealth therapy for Individuals, Couples, Families and Children. -Explore barriers to providing quality mental health remotely and methods for decreasing these barriers. This includes, but is not limited to: technological limitations and knowledge of technology for both practitioners and clients.	15	KY SW KY MFT KY LPC

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Couples Therapy Intensive	Presented by Dr. Eli Karam, LMFT; Participants who complete this course will be able to: - Identify the pioneers of couples therapy. - Compare and contrast various theories of couples therapy. -Assess, diagnose & monitor couples therapy progress from a variety of theoretical and model specific, systemic orientations. -Demonstrate knowledge of the primary legal and ethical aspects of couples therapy.	12	KY SW KY MFT KY LPC KY Psych
Cultural Competency and Language Access: Working with Refugee and Immigrant Communities	Presented by Holly Cunningham, MDiv Learning Objectives: - Understand who refugees and immigrants are, and what impacts the migration experience has on mental health. - Identify cultural perspectives of health and wellness, and common barriers faced by refugees and immigrants. - Describe cultural competency and discuss how it can improve care practices in various contexts - Identify and discuss ways to increase language access and utilize interpreters and translation services effectively.	1.5	KY SW KY MFT KY LPC
Cultural Humility in a post-Roe reality: Responding to intersections of Mental and Physical Healthcare, Politics, and Clients' Need for Safety	Presented by Frances Mican, LMFT Learning Objectives: Increase understanding of the connections between physical and mental health within a systemic context - Explore the impact of loss of bodily autonomy on client mental health - Explore options for creating safety for clients in the face of diminished autonomy/politicized identity and choice -Recognize and navigate the impact of systems on client wellness, including family, culture, medical, and legal - Explore options for moving forward from mistake making and getting it wrong with an emphasis on humility and growth	3	KY SW KY MFT KY LPC
Embodied Connection: Sex Therapy for Our Relationships with Others and Within	Presented by: Coralie Mceachron, LMFT, Sex Therapist; Participants who complete this course will be able to: -Identify 2 differences between a problem-focused model and sexual potential/enrichment model as it applies to sexual health issues. -Name 2 examples each of 'gas' and 'brake' pedals within the Dual Control Sexual Response Model. -Verbalize through experiential/somatic approaches that can be used in the therapy room. -Identify a 'sexual script' and identify 2+ questions that can be used to learn more about this with individuals and couples.	2	KY SW KY MFT KY LPC

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Getting Creative with Telehealth: Adapting your Work to Meet the Needs of Clients	<p>Presented by Justin Romney, Ph.D., LMFT</p> <p>Learning Goals: - Be able to demonstrate the basics of establishing telehealth. - Be able to integrate best practices working with diverse populations. - Be able to critique their interventions and be able to formulate creative adaptations to telehealth.</p>	2	KY SW KY MFT KY LPC
Integrating Spirituality into Marriage and Family Therapy	<p>Presented by Toddy Holeman, Ph.D., LMFT, LPCC;</p> <p>Learning Goals: - Comprehend the current research on the inclusion of spirituality within marriage and family therapy. - Differentiate positive spiritual/religious coping strategies from negative spiritual/religious coping strategies. -Practice engaging clients in spiritually-oriented therapeutic conversation in compliance with AAMFT ethical standards.-Discuss the self-of-therapist when confronted with “spiritual counter transference.”</p>	2	KY SW KY MFT KY LPC
Introduction to Domestic and Interpersonal Violence: Intimate Partner Violence, Intimate Partner Homicide, Sexual Violence, Elder Abuse, and Child Maltreatment	<p>Presented by Chelsea M. Spencer, Ph.D., LCMFT</p> <p>Learning Goals: 1. Identify risk and protective factors for intimate partner violence (IPV), intimate partner homicide (IPH), sexual violence (SV), elder abuse (EA), and child maltreatment (CM). 2. Identify barriers that exist for victims of violence to exit abusive relationships,including unique barriers for marginalized groups. 3. Identify reporting requirements for abuse in the state of Kentucky. 4. Identify legal protections and resources for victims of domestic and interpersonal violence. 5. Identify additional models of therapy that can be explored further that may be useful when working with victims of domestic and interpersonal violence.</p>	3	KY SW KY MFT KY LPC
KY Supervision for Non-AAMFT Approved Supervisors	<p>Presented by Mary Badami, LMFT, AAMFT Approved Supervisor</p> <p>Learning Objectives: 1. The participant will be able to articulate their working approach to supervision. 2. The participant will be aware of ethical considerations and resources in the practice of supervision. 3. The participant will understand the primary responsibilities of thesupervisor as outlined by Kentucky law.</p>	1	KY MFT

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TITLE	BRIEF DESCRIPTION	CE HRS	APPROVED BY
KY Supervision Law Review for AAMFT Approved and non-AAMFT Approved Supervisors	<p>Presented by Mary Badami, LMFT, AAMFT Approved Supervisor</p> <p>Learning Objectives: 1. The participant will be able to locate Kentucky statutes and regulations that govern the practice of supervision of marriage and family therapist associates. 2. The participant will be able to articulate and put into practice the Kentucky statutes and regulations that govern the practice of supervision of marriage and family therapist associates.</p>	1	KY MFT
Legal & Ethical Issues in Couples Therapy /Assessment	<p>Presented by Eli Karam, Ph.D, LMFT;</p> <p>Participants will be able to: -Identify the most common assessment & ethical challenges that occur when treating couples -Describe the potential role conflicts resulting from duties owed to multiple clients in the couple context. -Articulate policies surrounding the handling of individual secrets in couples therapy. -Utilize a step-by-step strategy to ethically manage the informed consent process,treatment, and record keeping when treating couples.</p>	3	KY MFT (Ethics) KY LPC
Legal & Ethical Considerations in Telehealth Practice	<p>Presented by Amanda Villaveces, LMFT;</p> <p>Participants will be able to: -Understand HIPAA compliance and ethical considerations related to the practice of telehealth - Explore security and risks to ensure client safety and privacy - Understand payment processing options for telehealth services - Understand state and interjurisdictional laws related to the practice of telehealth - Understand Informed Consent, Mandated Reporting and Duty to Warn as it pertains to telehealth practice</p>	3	KY SW KY MFT KY LPC
MFT Model Review and Exam Prep	<p>Presented by Eli Karam, Ph.D, LMFT;</p> <p>Participants will be able to: 1.Identify the pioneers of family therapy. 2. Compare and contrast various theories of family therapy. 3. Assess, diagnose & monitor therapy progress from a variety of theoretical and model specific, systemic orientations. 4. Demonstrate knowledge of the primary legal and ethical aspects of MFT. 5. Prepare for test taking strategies and the specifics surrounding the AMFTRB National MFTExam.</p>	15	KY MFT

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TITLE	BRIEF DESCRIPTION	CE HRS	APPROVED BY
Mind Your Ethics: An Overview of the Social Work Code of Ethics	<p>Presented by Dr. Atiya Nathan, LCSW</p> <p>Learning Objectives: 1.Review the NASW Code of Ethics and learn the basic types of ethics including duty-based,virtue, situational, etc. 2.Review the NASW Code of Ethics Cultural Competence revision for 2021. 3.Learn how to use ethics in their decision-making through the use of scenarios faced by social workers. 4.Examine statistics related to self-care and the various reasons why self-care was added to the Code of Ethics. 5.Identify the future of Social Work ethics and ethical dilemmas which need to be furtherexamined in today’s remote world.</p>	3	<p>KY SW (Ethics)</p>
Preventing and Intervening with Pediatric Abusive Head Trauma	<p>Presented by Elizabeth “Beth” Truman, MSN, RN, LCSW, LMFT</p> <p>Learning Objectives: Define and describe pediatric abusive head trauma. - Review statistics related to abusive head trauma. - Identify risk factors of abusive head trauma. - Describe the role of the social worker in education and prevention of abusive head trauma.</p>	1.5	<p>KY SW KY MFT</p>
Special Topics in Couples Therapy: Couples on the Brink	<p>Presented by Eli Karam, Ph.D, LMFT;</p> <p>Participants will be able to: 1. Identify the goals and three potential outcomes of successful discernment counseling. 2.Utilize practical techniques to work with “leaning-in” & “leaning out” partners. 3. Understand the different players & components of the legal system involved in the divorce process. 4.Integrate systemic strategies into MFT practice to more competently treat difficult clientsgoing through the divorce process.</p>	3	<p>KY SW KY MFT KY LPC</p>
Suicide Assessment and Management: An Overview for Clinicians Working with Individuals and Families	<p>Presented by Laura Frey, Ph.D, LMFT; This workshop is designed to meet the requirements of KRS 210.36 for social workers, licensed professional counselors, licensed psychologists, and marriage and family therapists.Through this workshop, participants will be able to: -Demonstrate an ability to screen for self-harm behavior and suicide risk -Recognize a systemic perspective of suicide that highlights the role of family members, friends, and treatment providers -Understand their scope of practice for suicide and know where to refer individuals beyond their scope of practice.</p>	6	<p>KY SW KY MFT KY LPC KY Psych</p>

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TITLE	BRIEF DESCRIPTION	CE HRS	APPROVED BY
Systemic Tele-Therapy: Tools for Navigating Multiple People “In The Zoom”	<p>Presented by Allison Howell, LMFT;</p> <p>Participants will be able to: -Be knowledgeable and up to date about current regulations related to the practice of telehealth/online therapy -Explore and understand ethical issues and potential barriers to systemic,online therapy - Become familiar with and practice therapeutic tools for online family,couples, and systemic therapy -Identify ways to organize sessions and bring in-person therapy tools to the online platform</p>	<p>2</p>	<p>KY SW KY MFT KY LPC</p>
Telehealth and Your Practice: Integrating Remote Therapy in a Post Covid-19 World	<p>Presented by Amanda Villaveces, LMFT;</p> <p>Learning Objectives: Identify new methods for executing therapeutic interventions via telehealth that are equally effective to in-person treatment. -Identify strategies to enhance the quality and outcomes of telehealth therapy for Individuals,Couples, Families and Children.-Explore barriers to providing quality mental health remotely and methods for decreasing thesebarriers. This includes, but is not limited to: technological limitations and knowledge of technology for both practitioners and clients.-Review best practices for telehealth regarding reporting and confidentiality.</p>	<p>2</p>	<p>KY SW KY MFT KY LPC</p>
Telehealth Review: Best Practices Recap	<p>Presented by Amanda Villaveces, LMFT;</p> <p>Learning Objectives: Review ethical considerations and implications related to the practice of telehealth</p> <ul style="list-style-type: none"> -Understand legal and ethical requirements for providers - Discuss adapting tools and techniques for telehealth practice - Explore best practices and professionalism specific to telehealth practice - Have a general overview of successful telehealth practice as a mental health professional 	<p>2</p>	<p>KY SW KY MFT KY LPC</p>

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TITLE	BRIEF DESCRIPTION	CE HRS	APPROVED BY
The Art of Being Consciously Aware of Cultural Competence in Systemic Practice	Presented by Dr. Atiya Nathan, LCSW; Participants who complete this course will: 1. Gain an understanding implementing cultural competence in your systemic practice. 2. Gain an understanding of how to apply concepts of Cultural Competence into micro and macro practice through the use of scenarios faced by systemic therapists. 3. Identify the rationale for practicing Cultural Competence through self-reflection and by identifying trends.	2	KY SW KY MFT KY LPC
Understanding and Treating BIPOC Youth Racial Trauma	Presented by Steven Kniffley, PsyD, MPA, ABPP, HSP; Learning Objectives: - Participants will increase their awareness about the systemic impact of racial trauma on BIPOC youth in the context of family and community systems. - Participants will improve their knowledge concerning the systemic assessment of racial trauma in BIPOC youth. - Participants will be exposed to an evidence based manualized therapy approach for the systemic treatment of racial trauma in BIPOC youth	2	KY SW KY MFT KY LPC