The Welcome Orange Training Institute and The Trauma Institute of Orange County
Present:

Lifestyle Changes and Brief Therapeutic Practices to Enhance Recovery

Event

When:
Friday, January 25 2019
Snow date: January 30, 2019
9:00 AM—12:00 PM

Where:
Emergency Services
22 Wells Farm Road
Goshen, NY 10924

Registration is required:
www.bookeo.com/octraumainstitute

Cost: $25

Continuing Education/CASAC:
This educational offering is acceptable for 3 continuing education contact hours for social workers, mental health counselors, psychoanalysts, creative arts therapist, and marriage & family therapists.

This workshop is PENDING approval by the NYS Office of Alcoholism and Substance Abuse Services (OASA) for 3 education and training clock hours which satisfy CASAC/CPP/CCPS/CASASC-G Renewal.

Full attendance is required to receive credit; variable credit for partial attendance may not be awarded

About the Program:

Lifestyle and behavioral choices have a profound impact on the health of adults in this country, contributing to close to half of the premature deaths. For those with addictions and serious mental illness, the numbers go even higher. One of the best ways to improve outcomes is for the individual to be in a solid and consistent wellness/recovery program. This workshop focuses on presenting and practicing brief therapeutic interventions that clients can be taught, either in group or individually, to keep them on track with their recovery. Beneficial lifestyle changes will be reviewed to demonstrate how they can be integrated into one’s daily routine to support ongoing wellness and physical/emotional well being. Participants will also learn how life stress can undermine this process and what can be done to counteract its effect from a proactive and strength-based perspective.

About the Presenter

Warren Skov is a licensed clinical social worker and certified substance abuse counselor in private practice in Millbrook and Florida, NY. He focuses on the mental health care of adults and teenagers dealing with issues related to anxiety, depression, stress, substance use and relationship challenges. He is approved by the New York State Department of Motor Vehicles as an assessor and treatment provider for those in the Impaired Driver’s Program for DWI offenses. Warren is the former Director of Program Operations at Mid Hudson Forensic Psychiatric Center in New Hampton, NY.

Steven M. Neuhaus
County Executive