

California Community College Mental Health & Wellness Association

FALL 2018 CONFERENCE | OCTOBER 11-12

Santa Monica College

Business Building | 1900 Pico Blvd. | Santa Monica, CA 90405

REGISTER ONLINE AT MHWA.ORG

OR mail this form and check, payable to CCC MHW, to
Humberto Hernandez at Cerritos College, 11110 Alondra Blvd.,
Student Health, Norwalk, CA 90650

MHWA Member

1.5 days 100.00 early-bird
 160.00 after 9/28 \$ _____

1 day 75.00 early-bird
 135.00 after 9/28 \$ _____

Non-Member

1.5 days 140.00 early-bird
 200.00 after 9/28 \$ _____

1 day 115.00 early-bird
 175.00 after 9/28 \$ _____

CE credits \$25.00 (up to 4.5 credits) \$ _____

Total \$ _____

Name, Title _____

College _____

Address _____

City, Zip _____

Phone _____ Email _____

Will you require accommodations? (please circle) Yes No

Specify: _____

HOTELS:

The Gateway Hotel-Santa Monica, 1920 Santa Monica Blvd., Santa Monica
\$189.00/night. A limited number of room have been set aside at this rate.

To reserve by phone: 310.829.9100 and request MHW rate.

To reserve on-line: www.gatewayhotel.com (enter code: MHW1018)

The Ambrose Hotel, 1255 20th St., Santa Monica

\$270.00/night. A limited number of rooms have been set aside at this rate.

To reserve by phone 310.315.1555 and request MHW rate.

MHWA is a CE provider approved by the CA Psychological Association to provide continuing professional education for psychologists. The Board of Behavioral Sciences recognizes CE credit from CPA approved providers for LCSWs, MFTs, LEPs, and LPCCs. MHWA's CE programs meet the CA Board of Nursing's requirements for acceptable continuing education for BRN licenses. MHWA maintains responsibility for this program and its content. **If, after registering, you cannot attend the conference, please notify Humberto Hernandez for a CE refund (prior to 10/4) or credit for a subsequent training.**

AGENDA

Thursday, October 11, 2018

12:30 - 1:00 Registration
1:00 - 1:30 Introductions & Welcome
1:30 - 3:00 **Dr. Marvin Belzer, PhD: The Basics of Mindfulness for Self-Care and Stress Management** (1.5 CEs)
3:00 - 3:20 Break
3:20 - 5:00 Discussion & Elections
5:30 Networking Dinner (no host)

Friday, October 12, 2018

8:00 - 8:30 Registration
8:30 - 11:45 **Dr. Pamela Harmell, PhD: Legal & Ethical Considerations for CCC Therapists** (3 CEs)
11:45 - 12:30 Lunch
12:30 - 1:45 Roundtable Discussion
1:45 - 2:00 Closing Remarks

Speaker: Dr. Marvin Belzer, PhD

The Basics of Mindfulness for Self-Care and Stress Management

After this training participants will be able to:

1. Know basic principles of mindfulness practice, both in meditation and daily life activities.
2. Learn how to apply mindfulness in managing both physical pain and difficult emotions.
3. Practice the cultivation of positive emotions such as kindness, compassion, and equanimity.
4. Learn the principles of relational mindfulness (practicing mindfulness with other people).

Speaker: Dr. Pamela Harmell, PhD

Legal and Ethical Considerations for CCC Therapists

After this training participants will be able to:

1. Identify the difference between personal and professional values.
2. Effective ways to maintain value neutrality with regard to cultural competence.
3. Identify and learn to properly handle the difference between subpoenas and court orders.
4. Learn updates to dangerousness assessment and Tarasoff/Ewing and suicidal clients/students.

ATTENDANCE POLICY: Those who attend this training in full and complete the appropriate evaluation form will receive CE credits. Those arriving more than 15 minutes after the start time or leaving before the training is completed will not receive CE credit.