

This year's conference takes a non-traditional approach to integrative behavioral health and will highlight alternative healing therapies utilizing activation, spirituality, and movement from a trauma informed lens. Please come prepared to think outside of the box. We welcome the Institute for Social Work Research, Education and Consultation; School of Social Work, Marywood University as a co-sponsor of this year's conference.

### **Target Audience**

This training is intended for individuals in various phases of recovery, family members, providers, case managers, therapists, counselors, social workers, nurses, state hospital staff, students, inpatient staff and interested community members **who reside or provide services in Columbia, Montour, Snyder and Union Counties.**

### **Program Information**

There is no fee for this training, however advance registration is required. Registration is on a first-come, first-served basis. Training materials, certificate of attendance, continental breakfast, lunch and afternoon refreshment will be provided.

### **Continuing Education Credits**

Marywood University School of Social Work, an approved provider, is providing 4.5 continuing education hours for social workers, applicable toward PA/LSW licensure renewal.

### **Program Agenda**

**7:45A.M.-8:30A.M.**

*Registration/Continental Breakfast*

**8:30A.M.-9:00A.M.**

*Welcome-Maxine Williams, CMSU Quality Improvement Specialist*

*Keynote Address-Richard D. Beach, CMSU County Administrator*

**9:00A.M.-9:45A.M.**

*Go MAD Players*

**9:45A.M.-10:00 A.M.**

*Break*

**10:00 A.M.-11:30A.M.**

*Mental Health Recovery and Spirituality Practice*

**11:30 A.M.-1:00 P.M.** Lunch

**1:00 P.M.-2:00 P.M.**

*Program Spotlight: Connect 2 Empower CT-R and Coordinated Specialty Care*

**2:00 P.M.-2:15P.M.**

*Break*

**2:15 P.M.-3:15 P.M.**

*Trauma Sensitive Yoga*

**3:15 P.M.-3:25 P.M.**

*Break*

**3:25 P.M.-4:25P.M.**

*Experiential Piece- Trauma Sensitive Yoga*

**4:25P.M.-4:30P.M.**

*Wrap-Up/Evaluations*

### **Presentation Descriptions**

**The Go MAD Players**- Be prepared to participate as the Go Make A Difference Players combine drama, comedy and music to share their experiences of being labeled with a mental illness.

**Mental Health Recovery and Spirituality Practice**-

The Mental Health Recovery Model is an empowering practice that guides social workers to instill hope that life can be lived well in spite of mental illness. Social worker's knowledge of difference regarding spiritual practices is vital in supporting consumers' recovery. It is paramount that social workers expand their knowledge of alternative healing practices that can complement consumers' traditional care.

Dr. Laurene Clossey and Dr. Michelle DiLauro are professors of the Sociology Department at East Stroudsburg University partnering in research with James P. Gillen, M.Ed., CPS.

**Connect 2 Empower (C2E)**- This presentation will highlight an innovative program new to the Columbia, Montour, Snyder, Union service area. Workshop presented by Connect 2 Empower staff.

**Trauma Sensitive Yoga**- This workshop will address treatment of trauma using a body-based approach through Trauma Sensitive Yoga. Participants will discover yoga –based interventions that can help regulate the autonomic nervous system and learn how to incorporate these interventions into group or individual psychotherapy sessions.

**Experiential Piece**- Join us around the room or in your chairs for a live experience of Trauma Sensitive Yoga. Susan Decker, LPC welcomes all levels of experience and ability to join her in this experiential workshop.

14th Annual Recovery Works  
Conference: Radical Recovery

**Registration Form**

Name \_\_\_\_\_

Agency \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

Please return completed registration  
form no later than **Friday, May 11** to:

**CMSU Administrative Office**  
**PO Box 219**  
**Terrace Building**  
**Danville, PA 17821**  
**ATTN: Maxine Williams**

Registrations may also be faxed to  
**(570)-275-6610**

Attendance confirmations will not be  
sent!

For general information, contact  
Maxine Williams at **(570)-275-5422** or  
[mwilliams@cmsu.org](mailto:mwilliams@cmsu.org)

**Program Objectives**

At the conclusion, participants will be  
able to:

- Understand different spiritual practices and how they complement mental health recovery.
- Name ways to promote the return of control and hope towards healing for individuals in mental health recovery.
- Understand CT-R and identify how it relates to the concept of “Radical Recovery”.
- Understand Coordinated Specialty Care and its innovative approach to supporting mental health recovery.
- Understand how the program will meet the complex needs of individuals served which is unique from traditional programs.
- Understand basic neurophysiology concepts of trauma.
- This training is designed for social workers, activists, mental health clinicians, yoga teachers, educators, and other health care professionals who are looking to deepen their understanding of the whole-system impact of complex, intersectional trauma.
- Ascertain symptoms of post-traumatic stress disorder which can be decreased through a trauma-sensitive yoga practice
- Practice trauma –informed breath, posture and meditation for adjunctive treatment for individual or group psychotherapy sessions
- Apply pieces of trauma sensitive yoga into their own practice or personal lives



**MAY 22, 2018**

**Country Cupboard**  
**Colonel John Kelly Room**  
**101 Hafer Road**  
**Lewisburg, PA**  
**(Directly off of Route 15)**

**Sponsored by**  
**CMSU Behavioral Health Services**  
**and**  
**Project SELF**  
**(Seeing Every Life Flourish)**

**Co-sponsored by the Institute for Social  
Work Research, Education and Consultation**  
**School of Social Work**  
**Marywood University**