**Diane Bigler Mental Health Training Catalog**

**Don’t see a topic listed that you’re interested in? No problem…just ask! Topics can be customized.\***

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| ETHICS &  BOUNDARIES | * Diving Into the SW Code of Ethics (general overview) * Ethics of Duty to Warn * Ethical Boundaries & Dual Relationships in Social Work * Ethics of Social Media for Social Workers * Ethics of Technology in Social Work * School Social Work Ethical Considerations * Ethics of Minor Confidentiality in Schools * Ethics of Self-Determination in Medical Settings * Ethical Considers in Working w/Older Adults * Mandated Reporting of Older Adult Abuse * Ethical Considerations in Hospice and End of Life |
| AGING | * Last Days of Life * Understanding Culture and Mistreatment of Elders * Addressing Challenging Behaviors in Older Adults * Ethical Considerations in Working w/Older Adults * Suicide Assessment of Older Adults * Motivational Interviewing w/Older Adults * Hoarding in Older Adults * PTSD Interventions for Older Adults * Treating Substance Use in Older Adults * Aging & Isolation: Impacts and Interventions * The Aging Brain and Resilience * Behavioral Activation in the Treatment of Older Adult Depression * Cultural Considerations in Working w/LGBTQ+ Older Adults |
| SCHOOL SOCIAL WORK | * Parent Collaboration in School Social Work * Brief Therapeutic Interventions in School Social Work * Addressing Suicide in School Settings * Understanding Self-Harm: School-Based Interventions * Incorporating Positive Psychology into Schools * Screening for Disordered Eating in Schools * Social Anxiety in Youth * Affect & Mood Disorders in Children * Teaching Adolescents Self-Regulation * Loss & Grief Interventions for Youth |
| DIVERSITY, CULTURE | * Understanding Culture and Mistreatment of Elders * Understanding Bias, Racism, Prejudice and Discrimination * Cultural Sensitivity and Elder Abuse * Substance Use Considerations in the Black Community * Cultural Considerations in Working w/LGBTQ+ Youth * Cultural Considerations in Working w/LGBTQ+ Older Adults * Honoring Cultural Diversity at End of Life * Understanding the Culture of Boys and Men’s Mental Health |
| DIAGNOSIS & TREATMENT | * Hoarding in Older Adults * Treating Substance Use in Older Adults * Diagnosis & Treatment of OCD * Screening & Diagnosis of Anxiety Disorders * Concrete Interventions for Anxiety Disorders |
| SPIRITUALITY/  MIND-BODY WELLNESS | * The Role of Spirituality in Mental Health * Spirituality & Ethical Considerations * Spirituality Assessment in Social Work |
| HEALTH CARE & MEDICAL | * Solution-Focused Therapy in Healthcare Settings * Depression in Cancer Patients * Ethics of Self Determination in Medical Settings * Adjustment to Cancer: Anxiety & Distress * Brief CBT in Healthcare Settings |
| LOSS & GRIEF | * Grief, Bereavement, and Coping with Loss * Loss & Grief Interventions for Youth * Adjustment to Cancer: Anxiety and Distress |
| DIAGNOSIS & TREATMENT, CLINICAL INTERVENTIONS | * Clinical Assessment: The Basics * Clinical Interventions for Suicide * Self-Harm Strategies for Youth * Motivational Interviewing: The Basics * An Overview of CBT * An Overview of DBT * DBT Informed Mindfulness * DBT Informed Emotional Regulation * DBT Informed Distress Tolerance * DBT Informed Interpersonal Effectiveness * An Overview of ACT * The Use of Metaphors in ACT * Diagnosis & Treatment of Anxiety Disorders * Brief CBT in Healthcare Settings * Behavioral Activation in the Treatment of Depression (general) * Solution-Focused Therapy in Healthcare Settings * Sleep Hygiene Solutions * An Overview of Personality Disorders * DBT Skills for Everyone: Practical Applications |
| SUICIDE | * Understanding Suicide (general overview) * Suicide Screening & Assessment * Clinical Interventions for Suicide * Suicide Assessment & Treatment for Veterans * Mindfulness Interventions for Suicide |
| SELF-CARE | * An Introduction to Trauma Stewardship * Trauma Stewardship: The Five Directions * Essentials of Self-Care for Helpers * Burnout, Compassion Fatigue and Self-Compassion |
| TRAUMA & PTSD | * Understanding Fundamentals of Trauma * PTSD Diagnosis & Treatment * Trauma & ACE’s: Understanding Adverse Childhood Experiences * Trauma Informed Care in Practice * Trauma & The Brain |
| DEPRESSION & ANXIETY | * Depression in Cancer Patients * Behavioral Activation in the Treatment of Depression (general or older adults) * Diagnosis & Treatment of Anxiety Disorders |
| MINDFULNESS, SOMATIC INTERVENTIONS | * Mindfulness for Anxiety * Somatic Interventions for Trauma * Breathing Exercises for Anxiety and Trauma * Mindfulness Interventions for Suicide |
| SAFETY | * De-Escalation and Safety for Social Workers |