**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
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| 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
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| 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
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| 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
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| 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
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| SPIRITUALITY/MIND-BODY WELLNESS | * The Role of Spirituality in Mental Health
* Spirituality & Ethical Considerations
* Spirituality Assessment in Social Work
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| 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
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| LOSS & GRIEF | * Grief, Bereavement, and Coping with Loss
* Loss & Grief Interventions for Youth
* Adjustment to Cancer: Anxiety and Distress
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| 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
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| SUICIDE | * Understanding Suicide (general overview)
* Suicide Screening & Assessment
* Clinical Interventions for Suicide
* Suicide Assessment & Treatment for Veterans
* Mindfulness Interventions for Suicide
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| SELF-CARE | * An Introduction to Trauma Stewardship
* Trauma Stewardship: The Five Directions
* Essentials of Self-Care for Helpers
* Burnout, Compassion Fatigue and Self-Compassion
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| TRAUMA & PTSD | * Understanding Fundamentals of Trauma
* PTSD Diagnosis & Treatment
* Trauma & ACE’s: Understanding Adverse Childhood Experiences
* Trauma Informed Care in Practice
* Trauma & The Brain
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| DEPRESSION & ANXIETY | * Depression in Cancer Patients
* Behavioral Activation in the Treatment of Depression (general or older adults)
* Diagnosis & Treatment of Anxiety Disorders
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| MINDFULNESS, SOMATIC INTERVENTIONS | * Mindfulness for Anxiety
* Somatic Interventions for Trauma
* Breathing Exercises for Anxiety and Trauma
* Mindfulness Interventions for Suicide
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| SAFETY | * De-Escalation and Safety for Social Workers
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