**Diane Bigler Mental Health Training Catalog**

***These are new topics as of June 2023!***

|  |  |
| --- | --- |
| ETHICS &BOUNDARIES | * A Journey into Ethics in Mental Health: A General Overview
* Ethics of Duty to Warn
* Ethical Boundaries & Dual Relationships in Mental Health
* Ethics of Technology for Clinicians
* Ethical Considerations of Termination and Endings
* Ethics of Self-Disclosure
* Exploring Ethical & Clinical Considerations in Harm Reduction Approaches
* Ethical Complex Ethical Dilemmas in Clinical Practice
* Ethical Perspectives & Considerations of Transference and Countertransference
* School Social Work Ethical Considerations
* Involuntary Hospitalization: Ethical Considerations for Clinicians
* 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
* An Overview of Mandated Reporting: Ethics and Laws
* Ethical Considerations in Hospice and End of Life
* Cultural & Ethical Considerations in Elder Mistreatment & Abuse
 |
| AGING | * Understanding Culture and Mistreatment of Elders
* Addressing Challenging Behaviors in Older Adults
* Ethical Considerations in Working w/Older Adults
* Suicide Assessment of Older Adults
* Spirituality and Aging
* 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
* Supporting LGBTQ+ Elders
 |
| 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
* Bias, Racism & Discrimination: Cultural Humility and Competence
* Substance Use Considerations in the Black Community
* Cultural Considerations in Working w/LGBTQ+ Youth
* Challenging Mental Health Stigma, Changing Lives: Empowering Clinicians to Transform Attitudes Towards Mental Illness
* 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
 |
| SPIRITUALITY/MIND-BODY WELLNESS | * The Role of Spirituality in Mental Health
* Spirituality & Ethical Considerations
* Spirituality Assessment in Social Work
* Spirituality and Aging
 |
| HEALTH CARE & MEDICAL | * Solution-Focused Therapy in Healthcare Settings
* Depression in Cancer Patients
* Ethics of Self Determination in Medical Settings
* Ethical Considerations of Hospice and End of Life
* Adjustment to Cancer: Anxiety & Distress
* Brief CBT in Healthcare Settings
* Exploring the Value of Social Determinations of Health
 |
| LOSS & GRIEF | * Grief, Bereavement, and Coping with Loss
* Loss & Grief Interventions for Youth
* Adjustment to Cancer: Anxiety and Distress
* Prolong Grief Disorder: An Overview
* Grief and Loss Counseling with Older Adults
 |
| DIAGNOSIS & TREATMENT, CLINICAL INTERVENTIONS | * Clinical Assessment: The Basics
* Diving Into Documentation: Progress Notes, Treatment Plans, and Goal Setting
* Clinical Interventions for Suicide
* A Comprehensive Overview of Mental Health Assessments
* Motivational Interviewing: The Basics
* Mental Health Treatments for Adolescents
* An Overview of CBT
* An Overview of DBT
* DBT Informed Mindfulness
* DBT Informed Emotional Regulation
* Solution-Focused Brief Therapy: An Introduction to Clinical Practice
* DBT Informed Distress Tolerance
* DBT Informed Interpersonal Effectiveness
* Assessing and Treating Non-Suicidal Self-Injury
* An Overview of ACT
* The Use of Metaphors in ACT
* Diagnosis & Treatment of Anxiety Disorders
* Supporting the Family in Navigating Addiction
* 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
* Hoarding in Older Adults
* Treating Substance Use in Older Adults
* Diagnosis & Treatment of OCD
* Treatment of Depression with Behavioral Activation
* Diagnosis & Treatment of Prolonged Grief Disorder
* Screening & Diagnosis of Anxiety Disorders
* Concrete Interventions for Anxiety Disorders
 |
| SUICIDE | * Understanding Suicide (general overview)
* Suicide Screening & Assessment
* Interventions for Self-Injurious Behaviors
* Clinical Interventions for Suicide
* Suicide Assessment & Treatment for Veterans
* Mindfulness Interventions for Suicide
 |
| SELF-CARE | * Beyond Bubble Baths: Exploring Trauma Stewardship Practices for Self-Care
* Essentials of Self-Care for Helpers
* Burnout, Compassion Fatigue and Self-Compassion
 |
| TRAUMA & PTSD | * Understanding Fundamentals of Trauma
* PTSD Diagnosis & Treatment
* LGBTQ+ Trauma Assessment Competencies & Skills
* Trauma & ACE’s: Understanding Adverse Childhood Experiences
* Trauma Informed Care in Practice
* Trauma & The Brain
* Trauma Informed Approaches to Addiction and Loss
 |
| DEPRESSION & ANXIETY | * Understanding and Responding to Depression in Cancer Patients
* Behavioral Activation in the Treatment of Depression (general or older adults)
* ACT Interventions for Chronic Depression
* Diagnosis & Treatment of Anxiety Disorders
* Assessing & Treating Anxiety Disorders in Youth & Adults
* The ACT Approach to Anxiety Management
* The CBT Approach to Anxiety Management
 |
| MINDFULNESS, SOMATIC INTERVENTIONS | * Mindfulness for Anxiety
* Somatic Interventions for Trauma
* Breathing Exercises for Anxiety and Trauma
* Mindfulness Interventions for Suicide
* Mindfulness: The First DBT Skill
 |
| SAFETY | * De-Escalation and Safety for Mental Health Professionals
* Safety for Mental Health Professionals
 |