**Diane Bigler Mental Health Training Catalog**

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

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| 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 |