About the Sweetser Training Institute

The Sweetser Training Institute is one of Maine’s most trusted resources for high-quality professional training in the treatment of mental health, substance use disorders and recovery best practices. We are committed to meeting the professional development needs of psychiatrists, psychologists, social workers, counselors and other integrated behavioral health professionals.

Courses listed are subject to change

Contact Us
Questions? Please call the Sweetser Training Institute at 207.294.4414 or email training@sweetser.org.

Customized Training
Does your organization need high-quality training at a reasonable price? Certain programs listed in this catalogue (as well as BHP, First Aid/CPR/AED, CRMA) can be targeted to meet the needs of your group and delivered on-site at your organization. For additional information, contact the Training Institute at 207.294.4414 or training@sweetser.org.

About Sweetser
Sweetser is a community mental health provider with a statewide network of care in Maine. Each year, our caring and compassionate professionals connect 20,000 children, families and adults with the mental and behavioral health, developmental, recovery, and educational services they need and deserve. Join our team! Visit sweetser.org

For information about services, or to make a referral, contact Sweetser’s PromiseLine at 1.800.434.3000.
Clinical Workshops

Workshops marked with an asterisk (*) are focused on intimate partner violence/domestic violence.

The Intersection of Technology and Ethics in Social Services $70
Wanda Anderson, LCSW
Sargent Family Community Center, 24 Chapman Road, Presque Isle
Friday, September 13, 2019, 9 a.m. – 1 p.m.
This training will provide a safe forum to discuss ethical dilemmas encountered in today’s fast moving era of technology. We will discuss boundaries, confidentiality, personal and professional relationships as they relate to cell phones, internet, digital notes, etc. as well as other pertinent topics.

Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) $279
Dr. Jessica Griffin, Psy.D.
Location: TBD
Thursday and Friday, September 19 & 20, 2019, 9 a.m. – 4:30 p.m.
TF-CBT is a conjoint child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a components-based hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles. TF-CBT is rated a “1 - Well-Supported by Research Evidence” on the Scientific Rating Scale based on the published, best peer-reviewed research available.

Ethical Considerations for Counseling in the 21st Century $70
Jamie Leavitt, LCSW
Sweetser, 2 Pendleton Dr., Saco
Friday, September 27, 2019, 9 a.m. – 1 p.m.
How do we manage our ethical responsibilities in the digital world? How do technological advances in communication influence and inform our practice and our relationships with clients? What do I need to know? How do I talk about this with clients and families? What choices do I make? This interactive workshop will produce lively conversation on the impact electronic communications and social media have on our clinical practice and relationships with our clients.

Ethical Issues with Intimate Partner Violence/Domestic Violence* $110
Amy Coha, LCSW
Sweetser, 329 Bath Rd., Brunswick
Friday, October 4, 2019, 9 a.m. – 4 p.m.
Social Workers will encounter intimate partner violence/domestic violence in all fields of practice. This seminar will focus on the intersectionality of race, gender, ethnicity, age, sexual orientation, religion and class and their impact on victims/survivors, children, and individuals who abuse their partners. IPV/DV ethical practices will include: screening/assessment, lethality and risk assessments, safety planning, and trauma informed practices in working with victims and survivors.
Clinical Workshops

Art Journaling: Developing Mental Health Strength Through Creativity $70
Amber Walker, LCSW and Deborah Gray, LCSW
Sweetser, 700 Mount Hope Ave, Evergreen Woods, Suite 650, Bangor
Friday, October 11, 2019, 9 a.m. – 1 p.m.
Do you ever wish to include more creativity and art in your work? If you have, this training is for you! This workshop will introduce the skill of art journaling and how to incorporate this skill into your existing theories of practice. You will even create your own art journal page in the process. No prior art experience is necessary. This innovative coping strategy is helpful in any goal setting, resource installation, and development phase of treatment, as well as a creative way for clients to tell their stories. Art journaling is appropriate for all ages and useful in individual and group settings.

Response to Domestic Violence: Effective Helping Strategies* $110
Jim Gorham, LCPC
Sweetser, 2 Pendleton Dr., Saco
Friday, October 11, 2019, 9 a.m. – 4 p.m.
This training will provide an overview of the impact of domestic violence among both intimate partners and non-intimate family members. We will review screening tools and resources available for victims. The role of substance abuse and other co-morbid conditions will also be explored.

Complicated Grief: Introduction to Diagnosis and Treatment $70
Meredith Charney, Ph.D.
Sweetser, 329 Bath Rd., Brunswick
Thursday, October 17, 2019, 9 a.m. – 1 p.m.
Complicated grief is a debilitating experience characterized by intense, unrelenting grief following the loss of a loved one. Complicated grief is distinct from a normal grieving process in that the grief does not improve or change with time. This training will focus on the assessment, diagnosis, and treatment of complicated grief.

Treating Eating Disorders in a Weight-Biased World $70
Patrice Lockhart, MD
Sweetser, 2 Pendleton Dr., Saco
Friday, October 18, 2019, 9 a.m. – 1 p.m.
“You’ve lost weight! You look terrific!” (so what was wrong with me before?) We’ve all heard it, we’ve all been on diets, and most of us know that they don’t work. Explore the mythology about weight and size, and how it affects our sense of self. Then, learn about what eating disorder treatment looks like, and when someone you love might need it.
The Cycle Starts Early (Domestic Violence & Teen Dating Violence)* $110
Shayne Croy, LCSW, LADC and Jeanne Croy, LCSW, CCS
Sweetser, 2 Pendleton Dr., Saco
Thursday, October 24, 2019, 9 a.m. – 4 p.m.
The Cycle Starts Early training will provide an overview of DV/IPV, the context of DV/IPV in families, and its effects on children and adolescents. It will also cover how this contributes to Teen Dating Violence. In addition, the training will provide information on assessment, prevention and intervention strategies.

Decoding the Teenage Brain: Tips for Caregivers and Those Who Support Them $70
Emily DaSilva, MPH and Liz Blackwell-Moore, MPH, PS-C
The Opportunity Alliance, 50 Lydia Lane, South Portland
Thursday, October 31, 2019, 9 a.m. – 1 p.m.
Have you ever wondered why adolescents engage in such risky behavior, even if they know what the consequence may be? This workshop aims to demystify the adolescent brain, in order to help parents and those that serve them find a balance between supporting independence and protecting kids from danger. Join us for the opportunity to discuss what often drives adolescents toward risky behavior, which experiences can make them more likely to take risks, and effective tools and strategies for working with parents and keeping young people safe.

The Spirit of Motivational Interviewing Across the Lifespan $110
Jamie Leavitt, LCSW
Sweetser, 2 Pendleton Dr., Saco
Friday, November 1, 2019, 9 a.m. – 4 p.m.
Motivational interviewing is a conversational style designed, in part, to promote a person’s knowledge of self. When using MI skills, you can often notice an immediate shift in a person’s interest. How is this approach tailored to the unique stages of human development? Do we use the same questions for an 8 year old and a 45 year old? How can the spirit of motivational interviewing be effective with a senior? This workshop will be informative and fun. You will leave confidently able to use motivational interviewing skills with any age group in the life span.

Ethical Issues with Intimate Partner Violence/Domestic Violence* $110
Amy Coha, LCSW
Sweetser, 700 Mount Hope Ave, Evergreen Woods, Suite 650, Bangor
Friday, November 8, 2019, 9 a.m. – 4 p.m.
Social workers will encounter intimate partner violence/domestic violence in all fields of practice. This seminar will focus on the intersectionality of race, gender, ethnicity, age, sexual orientation, religion and class and their impact on victims/survivors, children, and individuals who abuse their partners. IPV/DV ethical practices will include: screening/assessment, lethality and risk assessments, safety planning, and trauma informed practices in working with victims and survivors.
Understanding Opioid Use Disorder: What Clinicians Need to Know to Help Clients at Risk  
Jim Gorham, LCPC  
Sweetser, 329 Bath Rd., Brunswick  
Thursday, November 14, 2019, 9 a.m. – 4 p.m.  
The opioid use disorder epidemic continues to have a devastating effect in Maine and across the nation. Clinicians are ideally situated to assist and intervene with clients struggling with addiction. This workshop will provide an overview of the unique challenges that opioid addiction presents and a thorough understanding of treatment options available today. Participants in this workshop will leave with practical knowledge to help speak the language of individuals in treatment or seeking treatment for opioid use disorder.

Ethical Considerations in Treating Adolescents: Typical Challenges Treatment Providers Face and How to Ensure You Provide the Best Possible Care  
Nikki Wetherell, LCPC, LADC, CCS  
Sweetser, 329 Bath Rd., Brunswick  
Friday, November 15, 2019, 9 a.m. – 1 p.m.  
An examination of the ethical issues and dilemmas involved in treating teens with mental health and substance use disorders. This training will take a look at the ethical guidelines, state laws, and best practices related to working with teens and how they differ from adults. An exploration of typical and common scenarios will be conducted.

Communities Responding to Domestic Violence: Reaching Men Who Batter*  
Brandy Rogers, LCPC, LADC  
Sweetser, 2 Pendleton Dr., Saco  
Thursday, November 21, 2019, 9 a.m. – 4 p.m.  
A presentation that teaches clinicians how to dance within the Coordinated Community Response framework. We will focus on clients who have committed domestic violence actions. Together we’ll explore: defining domestic violence, the clinician’s role, evidenced based interventions and strategies, when to refer to additional services, and working in tandem with other intervening entities.

Advanced Training in Eating Disorder Treatment: When to Ask for Help...When am I Not Enough?  
Patrice Lockhart, MD  
Sweetser, 2 Pendleton Dr., Saco  
Friday, November 22, 2019, 9 a.m. – 1 p.m.  
Do you stay awake worrying about your patient/client with an eating disorder? Do you ever get backed into a corner and wonder what to do next? This program will identify and allow participants to practice “ways out of the corner” that allow treatment to successfully continue, or to recognize that the current path is not working and another path is necessary.
Clinical Workshops

Ethics of Multiple Relationships  
Jamie Leavitt, LCSW  
Sweetser, 2 Pendleton Dr., Saco  
Friday, December 6, 2019, 9 a.m. – 1 p.m.  
This workshop will update participants with current ethical guidelines regarding multiple relationships. A framework for decision-making will be covered as well as discussions on potential problems that may emerge.

Play Therapy and Trauma – Intro.  
Grace Brace, LCSW  
Sweetser, 329 Bath Rd., Brunswick  
Friday, December 13, 2019, 9 a.m. – 4 p.m.  
This workshop will explore the effective use of play therapy with children and families who have experienced trauma. It will provide participants with an understanding of trauma, brain responses, tools and techniques to help clients successfully cope with difficult experiences, and will provide practical and strength-based hands-on techniques. Please come prepared to interact, play and explore. This workshop can serve as one of the requirements for attendance at the spring advanced workshop titled: Techniques For Working With Complex Families.

Ethics of Multiple Relationships  
Jamie Leavitt, LCSW  
Sweetser, 329 Bath Rd., Brunswick  
Friday, March 6, 2020, 9 a.m. – 1 p.m.  
This workshop will update participants with current ethical guidelines regarding multiple relationships. A framework for decision-making will be covered as well as discussions on potential problems that may emerge.

The ACT Matrix: An Introduction to Acceptance Commitment Therapy  
Dr. Kevin Polk, Ph.D.  
Sweetser, 700 Mount Hope Ave, Evergreen Woods, Suite 650, Bangor  
Friday, March 13, 2020, 9 a.m. – 4 p.m.  
Come to this interactive workshop that Dr. Polk has led all over the world. Acceptance and Commitment Therapy is an evidence-based therapy that is successful in treating a variety of issues. It has been shown to be extremely effective in helping people who are “stuck”. Dr. Polk’s ACT Matrix model streamlines the core processes. By the end of this workshop, you will be able to apply the basic principles of Dr. Polk’s ACT Matrix to help someone who is stuck in a pattern that is not working.

Assessment and Treatment of Substance Use Disorders  
Jim Gorham, LCPC  
Sweetser, 2 Pendleton Dr., Saco  
Friday, March 13, 2020, 9 a.m. – 4 p.m.  
This training will provide a broad overview of the scope and impact of substance use disorders with a special focus on the current opioid epidemic. You will leave with helpful tips for careful assessment of substance use disorders and a practical understanding of local resources for care and treatment. We will also explore the impact of addiction upon family members and develop creative strategies for how to support affected others.
Clinical Workshops

Clinical Supervision  $70
Jeanne Croy, LCSW, CCS
Sweetser, 2 Pendleton Dr., Saco
Friday, March 20, 2020, 9 a.m. – 1 p.m.
Research affirms that the only consistent measure of success in the outcomes of therapeutic treatment is the quality of the relationship between client and clinician and the client’s perception of the relationship. Given that the counselor/client relationship can be viewed as a parallel process of the clinical supervision relationship, how can supervisors build relationships with supervisees in a way that fosters growth and resilience? This workshop will explore ways to build reflective capacity for social workers through supervision and leadership. We will explore intergenerational issues, boundaries, ethics, the impact of technology on the supervisory relationship, and the impact of administrative shifts within the field on ethical supervision.

Suicide Bereavement: Supporting Individuals, Children, and Families  $110
Christine Linnehan, LCPC, BC-DMT, FT
Sweetser, 329 Bath Rd., Brunswick
Friday, March 27, 2020, 9 a.m. – 4 p.m.
The path of grief after a suicide loss can be uniquely challenging and complicated for those left behind. The bereaved often feel shattered and at a loss as to how to restore their resilience and well-being. In this interactive session, we will explore a restorative, trauma-informed approach to supporting individuals, children, and families as they navigate the rocky terrain of grief after suicide. Prominent themes of suicide, bereavement, and the impact of stigma on the grieving process will be addressed. We will look at creative, restorative interventions and mind/body strategies that aim to help the bereaved cope with the interplay of trauma and grief reactions, process their stories of loss, and envision a path toward healing and hope.

Dialectical Behavioral Therapy (DBT)  $110
Richard Watson, LCSW
Sweetser, 329 Bath Rd., Brunswick
Friday and Thursday, April 3, 2020 and April 16, 2020, 9 a.m. – 12:15 p.m.
This DBT workshop includes an overview of DBT that includes the structure of DBT and 10 specific DBT skills (April 3rd). Attendees will practice using the skills with clients and return in two weeks (April 16th) to discuss their experiences and deepen their understanding. Six contact hours will be credited for this powerful opportunity.

Ethical Issues with Intimate Partner Violence/Domestic Violence*  $110
Amy Coha, LCSW
Sweetser, 329 Bath Rd., Brunswick
Friday, April 10, 2020, 9 a.m. – 4 p.m.
Social workers will encounter intimate partner violence/domestic violence in all fields of practice. This seminar will focus on the intersectionality of race, gender, ethnicity, age, sexual orientation, religion and class and their impact on victims/survivors, children, and individuals who abuse their partners. IPV/DV ethical practices will include: screening/assessment, lethality and risk assessments, safety planning, and trauma informed practices in working with victims and survivors.
The Intersection of Technology and Ethics in Social Services $70
Wanda Anderson, LCSW
Sweetser, 700 Mount Hope Ave, Evergreen Woods, Suite 650, Bangor
Friday, April 10, 2020, 9 a.m. – 1 p.m.
This training will provide a safe forum to discuss ethical dilemmas encountered in today’s fast moving era of technology. We will discuss boundaries, confidentiality, personal and professional relationships as they relate to cell phones, internet, digital notes, etc. as well as other pertinent topics.

Communities Responding to Domestic Violence: Reaching Men Who Batter* $110
Brandy Rogers, LCPC, LADC
Sweetser, 2 Pendleton Dr., Saco
Friday, April 17, 2020, 9 a.m. – 4 p.m.
A presentation that teaches clinicians how to dance within the Coordinated Community Response framework. We will focus on clients who have committed domestic violence actions. Together we’ll explore: defining domestic violence, the clinician’s role, evidenced based interventions and strategies, when to refer to additional services, and working in tandem with other intervening entities.

Our Ethical Responsibility to Social Justice $70
Christine Rogerson, LCSW
Sweetser, 2 Pendleton Dr., Saco
Friday, May 1, 2020, 9 a.m. – 1 p.m.
Social Justice is a key component to our role and identity as Social Workers. This workshop will address how we can pursue social change on behalf of our communities and strengthen societal bonds towards common goals. Participants will identify different types of ethical problems that contribute to barriers of social change.

“The Night Comes On:” End of Life $110
Andrew Sokoloff, LMSW
Sweetser, 329 Bath Rd., Brunswick
Thursday, May 14, 2020, 9 a.m. – 4 p.m.
The focus of the consumer driven culture in which we live is on the young and the healthy. Yet Americans are aging, baby-boomers are retiring, and people of all ages are touched by loved ones who are facing the end of their lives. These situations present unique challenges and opportunities to search for, perhaps find, or even make meaning of our lives. This interactive workshop will deepen participants’ knowledge of end of life issues and provide tools to help clients address these issues. Topics will include death anxiety, spirituality, family dynamics, the hospice philosophy, “personal death awareness,” advance directives, difficult conversations, and care of the care giver.
Clinical Workshops

**Treating Co-Occurring Mental Health and Substance Use Disorders in Adolescents**
Nikki Wetherell, LCPC, LADC, CCS
Sweetser, 329 Bath Rd., Brunswick
Friday, May 15, 2020, 9 a.m. – 1 p.m.
As a treatment population, adolescents have differing needs than children or adults and addressing co-occurring mental health and substance use disorders requires a different approach. Learn about unique considerations when treating youth with these concerns as well as information about engaging parents and caregivers, developmentally appropriate interventions, current local trends in substance use, how to engage youth, and more.

**Neuropsychology and Clinical Topics in Neurocognitive Functioning**
Laura Slap-Shelton, Psy.D. and Ann Palozzi, Psy.D.,
Sweetser, 2 Pendleton Dr., Saco
Thursday, May 21, 2020, 9 a.m. – 4 p.m.
In this presentation by practicing neuropsychologists Dr. Laura Slap-Shelton and Dr. Ann Palozzi, you will gain an understanding of basic brain functioning, an understanding of what goes into a neuropsychological evaluation, and a review of the neurocognitive underpinnings of Attention Deficit Hyperactivity Disorder, Posttraumatic Stress Disorder and Concussion/Mild Traumatic Brain Injury. There will be opportunities for case discussion and dialogue with the presenters.

**Psychosocial Assessment**
Ashley Wilock, LCSW
Sweetser, 329 Bath Rd., Brunswick
Thursday, May 28, 2020, 9 a.m. – 4 p.m.
This workshop will provide a comprehensive overview of key aspects of psychosocial assessment, including understanding the requirements for medical necessity, exploring interview skills/strategies, formulating clinical impressions, determining diagnoses, and creating a foundation for treatment. It will focus on whom the assessment is for and writing to that audience in a single document. This workshop fulfills Maine’s requirement for psychosocial assessment and is designed for conditionally licensed clinicians.

**Advanced Techniques for Working with Complex Families**
Grace Brace, LCSW
Sweetser, 329 Bath Rd., Brunswick
Friday, May 29, 2020, 9 a.m. – 4 p.m.
This workshop will utilize play therapy techniques to explore the dynamics within families who have experienced complex trauma. This advanced workshop will also provide techniques to work with families where there are challenges with attachment. Techniques will be explored to help clients (children and adults) successfully cope with difficult experiences. The workshop will provide practical and strength-based hands-on play therapy techniques. Prerequisites required: Please provide to the Training Institute, via snail mail or email, attendance certificates of prior attendance at both a trauma informed Play Therapy workshop and a trauma informed CBT workshop before registering for this session.
Clinical Workshops

Ethical Issues with Intimate Partner Violence/Domestic Violence*  $110
Amy Coha, LCSW
Sweetser, 2 Pendleton Dr., Saco
Friday, June 5, 2020, 9 a.m. – 4 p.m.
Social workers will encounter intimate partner violence/domestic violence in all fields of practice. This seminar will focus on the intersectionality of race, gender, ethnicity, age, sexual orientation, religion and class and their impact on victims/survivors, children, and individuals who abuse their partners. IPV/DV ethical practices will include: screening/assessment, lethality and risk assessments, safety planning, and trauma informed practices in working with victims and survivors.

The Intersection of Technology and Ethics in Social Services  $70
Wanda Anderson, LCSW
Sargent Family Community Center, 24 Chapman Road, Presque Isle
Friday, June 5, 2020, 9 a.m. – 1 p.m.
This training will provide a safe forum to discuss ethical dilemmas encountered in today’s fast moving era of technology. We will discuss boundaries, confidentiality, personal and professional relationships as they relate to cell phones, internet, digital notes, etc. as well as other pertinent topics.

Navigating Social Media: Helping Parents Support their Teens  $70
Christine Rogerson, LCSW and Kyle T. Ganson, LCSW
Sweetser, 2 Pendleton Dr., Saco
Friday, June 12, 2020, 9 a.m. – 1 p.m.
This workshop will provide practicing clinicians an in-depth overview of the impact social media has on adolescent mental health and how to support parents in navigating their teen’s social media use. Current research and statistics will provide clinicians with a strong background of the current state of social media usages and mental health in adolescents. Skills and techniques will be provided for clinicians to practice and share with parents that will help parents set limits and boundaries with their teens.
How do I register for a program?
Visit sweetser.org, email training@sweetser.org, or call the Training Institute at 207.294.4414.

Do you have any online content available for rent?
The following courses are available for online streaming. Upon return of the completed post-viewing assessment, you will receive a certificate with contact hours.
  • DSM 5, three contact hours, $55
  • Psychosocial Assessment, six contact hours, $65

Where is Sweetser’s administration building located?
2 Pendleton Drive, Saco has replaced 43 Industrial Park Road as our address. If you have difficulty finding 2 Pendleton Drive with a GPS or other mapping device, please use 43 Industrial Park Rd., Saco.

What is your refund policy?
A full refund, less a $20 administrative fee, will be granted for cancellations received one week prior to an event. No refunds or credits will be granted after this period.

What if there is inclement weather the day of my training?
In general, programs will take place “snow or shine” and weather-related refunds or credits will generally not be granted. Please check our website the morning of the workshop to confirm that the workshop is still being held or call 207.294.4414 for weather-related cancellations.

Will I receive Continuing Education Units (CEUs) for the workshops I am attending?
You will receive a certificate for contact hours. Full-day workshops are eligible for six hours and half-day workshops are eligible for three or four hours.

Each clinical workshop is eligible for contact hours by the following groups: Maine LCSW, LMSW, LSW and conditionally licensed; LCPC and conditionally licensed; and LMFT. Psychologists and substance use disorder counselors can use contact hours towards their CEUs with their Board of Licensure.

All Sweetser Training Institute courses can be used for continuing education and relicensure credit.

Do you need assistance with registering or have additional questions?
Please call the Sweetser Training Institute at 207.294.4414 or email training@sweetser.org.
Brief Instructor Biographies

**Wanda Anderson**, LCSW, is a native of Northern Maine. She has been a faculty member at the University of New England, MSW Program since 2003. Her area of interests include: working with children and families, sexual abuse issues, special needs children, case management, working with adult survivors, poverty issues and strength-based services. Wanda is the Coordinator for Online Field Education and has presented extensively on Social Work Ethics, including: Rural Social Work, Ethical Decision Making Models, and Ethical Supervision.

**Liz Blackwell-Moore**, MPH, PS-C, is a Master of Public Health, Prevention Specialist, and has been in the public health/substance use prevention field for over 15 years.

**Grace Brace**, LCSW, is a licensed Clinical Social Worker with more than 25 years of experience in the social work field. She has significant experience with youth and families who have experienced complex trauma. Grace enjoys supporting families and youth to explore and find options and solutions for the challenges that they are experiencing. Grace has worked with children, individuals, couples and families. She has experience with adoption and foster care; and has worked with families within agencies, clinical settings and within their homes. Grace obtained her Master of Social Work degree from the University of Connecticut and is a Registered Play Therapist, a Certified Trauma Consultant and a Certified Trainer for TLC.

**Meredith Charney**, Ph.D., is a licensed clinical psychologist who recently joined the Psychology Specialists of Maine practice. Prior to joining, she spent the past 7 years at the Center for Anxiety and Traumatic Stress Disorders (CATSD) at Massachusetts General Hospital providing clinical care and conducting research on traumatic stress, anxiety disorders, and complicated grief. For the last 2 years of her time at CATSD, she was the director of psychotherapy and training.

**Amy Coha**, MSW, LCSW, is a Clinical Associate Professor at the University of New England, School of Social Work. She has been a member of the field faculty since 2000. Her social work experience includes working with individuals with mental illness and substance abuse issues and survivors of battering. Amy was the Associate Director of the Domestic Violence Project/SAFE House in Ann Arbor, Michigan for 15 years. Amy has also provided ongoing training and consultation to mental health providers on domestic violence issues.

**Jeanne Croy**, LCSW, CCS, has 20 years of experience in mental health and child welfare, including as a forensic interviewer, clinician, and supervisor. She’s a former faculty member at the Yale Child Study Center with specialized training in a range of therapeutic modalities.

**Shayne Croy**, LCSW, LADC, has 20 years of experience in mental health, including extensive work with high-risk adolescents. He has specialized training in Brief Strategic Family Therapy and the Duluth Model for work with domestic violence perpetrators.

**Emily DaSilva**, MPH, works in substance use prevention, is a Master of Public Health, and has a Bachelor of Science in Psychology.

**Kyle T. Ganson**, LCSW, is a clinical social worker in private practice in Kittery. He works with adolescents and adults experiencing a variety of mental health concerns, including depression, anxiety, and eating disorders, as well as individuals going through stressful life transitions. Kyle is also a doctoral candidate in social work at Simmons University in Boston. His research interests include eating disorders and boy’s and men’s mental health.
Jim Gorham, LCPC, has worked in the mental health field for nearly 20 years. He has expertise in CBT, group therapy and addiction treatment. He has taught college-level psychology courses and presented on a variety of mental health topics to organizations in southern Maine. He currently operates a private practice in South Portland and works in a clinic for medication assisted treatment for clients struggling with opioid use disorder.

Deborah Gray, LCSW, founded Life by Design in August of 2003 which has locations from Fort Kent to Veazie. Deborah maintains a full caseload, provides supervision, and is currently pursuing her PhD in Mind Body Medicine.

Jessica L. Griffin, Ph.D., is an Associate Professor of Psychiatry and Pediatrics at the University of Massachusetts Medical School (UMMS), where she has been a faculty member since 2006. Dr. Griffin is a nationally recognized expert in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She has trained and provided consultation for thousands of clinicians across the United States. As Principal Investigator and Executive Director, with funding from SAMHSA/NCTSN in 2012, she developed the UMMS Child Trauma Training Center, with a focus on training, treatment, and resolving access issues for youth who have experienced trauma. Dr. Griffin is a clinical and forensic psychologist with a specialty in forensic assessment of children and families, particularly with regard to childhood trauma.

Jamie Leavitt, LCSW, has been a proud and passionate clinical social worker for over 20 years. She has experience in a variety of settings such as residential, school based, child welfare, and health care. Jamie has also been in private practice for 8 years and has used animal assisted therapy with her Goldendoodle-Ollie.

Christine Linnehan, LCPC, BC-DMT, FT has been in private practice for over 20 years and has been a clinical consultant at the Center for Grieving Children since 2004. Christine is certified as a Fellow of Thanatology and is trained in Restorative Retelling, Suicide Bereavement, EMDR, and Creative Arts Therapies. She has a special interest in the impact of suicide loss on children and families.

Patrice Lockhart, MD, is a board-certified psychiatrist who serves as Medical Director of the New England Eating Disorders (NEED) Program which recently moved to Sweetser. She loves her work almost as much as her family and making music.

Ann Palozzi, Psy.D, earned her undergraduate and master’s degrees in education from the University of Maine at Orono. As an educator, Dr. Palozzi worked with children and adolescents addressing a full spectrum of issues and disabilities. She returned to school in Honolulu, Hawaii in the early 1990’s to obtain her Doctorate in Clinical Psychology. While in Hawaii, she was exposed to a multicultural diverse population and worked as a neuropsychologist through 2017. With over 20 years of experience specializing in neuropsychology, Dr. Palozzi currently serves as a private practitioner in Southern Maine working with a broad spectrum of clients.

Kevin L. Polk, Ph.D. is a practicing clinical psychologist. For 26 years, he has helped people with a variety of problems including troubling trauma memories. For the past eleven years, he has dedicated himself to the study of Acceptance and Commitment Therapy (ACT)—spending over 30,000 hours studying the philosophy and theory behind ACT, and eventually developing the ACT Matrix diagram. He has designed PTSD and Pain programs based on the ACT Matrix. He is also a peer-reviewed ACT trainer who is passionate about teaching others how to use the ACT Matrix to increase psychological flexibility and valued living. He is the co-editor of The ACT Matrix (2014) and co-author of The Essential Guide to the ACT Matrix (2016). You can find out more at www.drkevinpolk.com.
**Brief Instructor Biographies**

**Brandy Rogers**, LCPC, LADC, has training primarily in Cognitive Behavioral Therapy and Motivational Interviewing. Her ongoing study has been focused on how our body and mind influence each other, the brain, exploring our relationships with substances, our relationships with ourselves and others, and violence in relationships. She teaches classes with Violence No More.

**Christine Rogerson**, LCSW, earned her MSW from the University of New England in 2007. She has dedicated the majority of her post MSW career to work with children, families and communities.

**Andrew Sokoloff**, LMSW, is the Coordinator of Grief and Bereavement Services at CHANS Home Health & Hospice in Brunswick. He is a graduate of the University of New England School of Social Work and is on the Board of the Maine Hospice Council and Center for End of Life Care. Andy also has a Masters’ in Fine Arts in Theater from Indiana University and later worked at Portland’s Mad Horse Theatre for many years before becoming a social worker. He found that the difference between theater and social work was a lot smaller than he initially thought.

**Amber Walker**, LCSW, has a part-time private practice in Bangor, ME and serves in the Maine Army National Guard as a Behavioral Health Officer. Amber has facilitated art journaling groups with the homeless population, veterans and their family members, and adolescents.

**Richard Watson**, LCSW, is a clinical social worker employed at the Edmund Ervin Pediatric Center in Augusta. He has been a clinician since 1977 and has experience in hospital, school and mental health and substance abuse settings. He is intensively trained in DBT and runs 4 DBT groups a week. He has developed DBT for Parents which teaches DBT based skills as they apply to the task of raising children. He is also a consultant to Kennebec Behavioral Health, Care and Comfort and RSU 18 providing consultation to other clinicians in those settings.

**Nikki Wetherell**, LCPC, LADC, CCS, has been working with adults and adolescents since 2009. She utilizes holistic practices that include the mind-body connection, mindfulness, and Cognitive Behavioral Therapy, Motivational Interviewing and more. Nikki is passionate about social justice and environmental concerns and believes it’s important to take into account all forms of oppression and challenges and to increase awareness and understanding of these concerns.

**Ashley Wilock**, LCSW is a licensed clinical social worker and a graduate of the State University of New York, University at Albany. Currently employed as a clinical supervisor for school-based services at Sweetser, she previously held a clinical license (LICSW) and worked in mobile and emergency room crisis services as well as Medication Assisted Opiate Treatment in Massachusetts before relocating to Maine. She has worked with ages 2-98 and provided assessment, diagnosis, and level of care determinations as well as ongoing clinical treatment.