

Samuel Field YM&YWHA, Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved Provider of continuing education for licensed social workers #0080

## Ethical Dilemmas: Analyzing and Exploring Essential Components in Ethical Decision Making

### Instructors:

Jane Bardavid, LCSW, Private Practice; Former Director, CAPE Mental Health Clinic;  
Jeri Mendelsohn, LCSW, Consultant; Former Executive Vice-President & CEO Samuel Field Y and Central Queens Y  
Michael Upston, LCSW, Assistant Vice President, Mental Health Services, Samuel Field Y and Central Queens Y

**(F1) Sunday, October 21, 2018**

Time: 9:30am-12:30pm

Fee: \$75 for this three-hour course – Pre-registration is required.

Location: Central Queens Y, 67-09 108<sup>th</sup> St. Forest Hills, New York 11375, 718-268-5011

Through didactic presentation, interactive panel discussion along with illustrative case material, the complex nature of ethical decision making will be analyzed and explored. Utilizing examples gleaned from work within a Mental Health Clinic, from Private Practice as well as within organizational management, the instructors will focus on instances when multiple, competing, mutually exclusive ethical principles arise, must be considered and, professional decisions made. The newly revised NASW Code of Ethics will be referenced and resources identified.

**Three contact hours with a Certificate provided upon completion of the course.**

## Introduction to Cognitive Behavioral Therapy

**Instructor:** Michael Upston, LCSW, Assistant Vice President, Mental Health Services, Samuel Field Y and Central Queens Y

**(F2) Monday, November 5, 2018**

Time: 8:30am – 10:30am

Fee: \$50 for this two hour course – Pre-registration is required.

Location: Samuel Field Y, 58-20 Little Neck Parkway, Little Neck, NY 11362, 718-225-6750

The basic principles and theoretical orientation underlying Cognitive Behavioral Therapy (CBT) will be explored. This will involve a review of how mental health issues are conceptualized from the perspective of CBT and identify interventions that can be used during each stage of treatment. We will discuss specific techniques that can assist with assessment, engagement, behavioral activation, treatment planning and structuring sessions.

**Three contact hours with a Certificate provided upon completion of the course.**

## Systemic Intervention with Children and Families

**Instructors:** Jane Bardavid, LCSW, Former Director, CAPE Clinic of the Samuel Field Y, Private Practice  
Michael Upston, LCSW, Assistant Vice-President of Mental Health Services, Samuel Field Y and Central Queens Y

*Participants may enroll in any one of the courses or, may enroll in all three.*

*Each participant will receive a two-hour CEU certificate for each workshop attended with a total possible of 6 CEUs for the comprehensive series.*

*Additional course dates are: December 3, 2018 and December 10, 2018.*

This course explores systemic interventions in families presenting with problem areas with children, such as acting out, childhood depression, and school problems. Case studies and video material will be used to operationalize interventions.

### Session One

**(F3 - session 1) Monday, November 26, 2018 8:30-10:30am**

Registration opens at 8AM

\$50 Fee Per Class – Pre-registration is required

**Location:** Samuel Field Y, 58-20 Little Neck Parkway, Little Neck, NY 11362, 718-225-6750

### Session Two

**(F4- session 2 ) Monday, December 3, 2018 8:30-10:30am**

Registration opens at 8AM

\$50 Fee Per Class – Pre-registration is required

**Location:** Samuel Field Y 58-20 Little Neck Parkway, Little Neck, NY 11362. 718-225-6750

### Session Three

**(F5 -session 3) Monday, December 10, 2018 8:30-10:30am**

Registration opens at 8AM

\$50 Fee Per Class – Pre-registration is required

**Location:** Samuel Field Y, 58-20 Little Neck Parkway, Little Neck, NY 11362, 718-225-6750