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Faculty of Social Work



EXAMPLES OF
PRESENT M.S.W.
TRAINING
2004.

Continuing Education

2004–2005

ONE-DAY WORKSHOPS

- Therapeutic Family Mediation: A Better Way to Mediate
- No Easy Answers: Current Legal & Ethical Dimensions of Social Work
 - Responding to Negative Attitudes & Difficult People
- Stress Reduction Using Mindfulness Meditation, Parts I, II, III
 - Assessing Parenting Capacity Parts, I, II, III
 - Spirituality in Social Work Practice
 - Cybercounselling: Doing Therapy Online
- Collaborative Practice: A Holistic Approach to Separation and Divorce
 - Online Search Tools for Human Services Professionals
- Reconfiguring Practice: A Multiple Contingency Model of Clinical Social Work
 - Program Evaluation for Community Service Agencies
- Working With Children and Families: An Online Course for Frontline Staff

Certificate Programs:

- Cybercounselling Online
- Crisis Response in Disaster and Workplace Trauma
 - Therapeutic Family Mediation
 - Solution-Focused Counselling
- Brief Therapy with Families, Couples & Individuals—Level 1
- Brief Therapy with Families, Couples & Individuals—Level 2
 - Management of Human Service Organizations

WORKING WITH CHILDREN AND FAMILIES: AN ONLINE COURSE FOR FRONTLINE STAFF

Dates: - October 5 to November 30, 2004 or February 5 to March 30, 2005

Content: Families present themselves in many ways and offer varying challenges to helping professionals. As children change through their developmental stages, this presents new challenges to the counsellor. Past experiences with other agencies may have affected the parents' ability to trust and cooperate. Often the goals of parents and children are so different that they appear permanently and discouragingly polarized.

This flexible online certificate course offers an exciting educational opportunity to professionals aspiring to further their knowledge and work with families. Upon course completion you will be able to:

- Describe a competency-based theoretical framework for working with families,
- Utilize ideas that will build therapeutic rapport and cooperation with all family members,
- Develop methods for clarifying problem definition and family "goal consensus",
- Challenge intergenerational family scripts using genograms and time lines,
- Know when to include the children in counselling,
- Assess motivation and offer lines of inquiry to move change forward,
- Demonstrate familiarity with a broad repertoire of questions that elicit hope, focus and family resources.

Program Schedule:

This course requires an average of three hours a week of online participation for 8 weeks, a total of 24 hours. You will have opportunity to get to know the other participants and familiarize with the online format of learning. There are four modules that will contain online moderated discussions of the module content and course readings. Guest faculty may participate in some online discussions as per availability. Requirements for the course: Internet access, e-mail, MS Word, word processing and file management knowledge. Upon successful completion of this course, participants will receive a dual certificate through The University of Toronto, Faculty of Social Work and the Hincks-Dellcrest, Gail Appel Institute.

Fee: \$ 290

Please note that registration for this online course should be made directly through the Hincks-Dellcrest Centre at 416 972 1935 x3345 or via training@hincksdellcrest.org.

Instructors: Scot J. Cooper: Scot is the Director of The Brief Therapy Network and author of A Competency-Based Classroom: A Classroom manual. He is a child and family clinical therapist at a children's mental health centre where he works collaboratively with children and families in various contexts. Scot's focus is on precise questioning, techniques, and working assumptions that can assist clinicians in their everyday work.

Eric King M.S.W., RSW: Eric is a senior staff social worker at the Hincks-Dellcrest Centre, and a clinical director of Brief Therapy Training Centres – International. Eric has been actively involved in family therapy practice and training since 1985. His many years of working with families and children bring credibility and insight into his training. Eric has a cross-appointment to the division of Child Psychiatry at the University of Toronto.

CERTIFICATE IN SOLUTION-FOCUSED COUNSELLING

The Certificate program in Solution-Focused Counselling is intended to teach solution-building clinical skills at a specialist level. Students will learn the skills to conduct interviews in which clients' existing strengths and resources are utilized to help them find solutions to a wide range of human difficulties. This six module program is directed at professionals in the human service fields such as; social work, medicine, nursing and psychology.

The first module, Basic Skills, provides a foundation for understanding the philosophy and techniques of the model. For the final module, Clinical Case Presentation, students are required to demonstrate their ability to conduct solution-building interviews. Students will select four additional elective modules which provides opportunities to expand clinical practice to a wide variety of client problems. Successful completion of the program qualifies the student for a Continuing Education Certificate from the University of Toronto, Faculty of Social Work. Professionals who have had previous training in the Solution-Focused approach of at least two days duration may apply for an exemption to the Basic Skills module.

This training is recognized by the Brief Family Therapy Centre—home of Solution-Focused Brief Therapy; and also fulfils the educational requirements for the Certified Solution-Focused Therapist (CSFT) and Certified Solution-Focused Practitioner (CSFP) specialty designations granted by the Canadian Council of Professional Certification.

NATIONAL CERTIFICATION OPPORTUNITY

National recognition and certification as a Certified Solution-Focused Therapist (CSFT), and Certified Solution-Focused Practitioner (CSFP) is available from the Canadian Council of Professional Certification (website: www.cccpprofessionals.com). The CSFT designation requires a relevant graduate degree, full membership in a recognized professional association, and a supervision component. The University of Toronto Certificate Program in Solution-Focused Counselling meets the educational requirements of both of these professional specialist designations.

INSTRUCTOR PROFILES

Ronald E. Warner, Ed.D., C.Psych (Program Director) is a psychologist, Professor Emeritus at Ryerson University, and holds adjunct appointments in the Counselling Psychology Program at the OISE/University of Toronto, and the Department of Family Medicine at Queens University in Kingston. He is also the Examiner for the Certified Solution-Focused Therapist (CSFT) and Practitioner (CSFP) professional designations offered by the Canadian Council of Professional Certification. Email: ronald.warner@utoronto.ca

Mo Yee Lee, Ph.D., is a co-author of the book, *Solution-Focused Treatment of Domestic Violence Offenders: Accountability Change*, Oxford University Press 2003. She is a Professor at the College of Social Work, Ohio State University. She has practiced as a clinician in Hong Kong, Los Angeles and Toronto and is currently a clinical consultant in Columbus, Ohio. E-mail: lee.355@osu.edu

Dr. Frank Young, Ph.D., is a chartered psychologist and executive coach in Calgary, AB. AAMFT Clinical Member. Editorial Advisory Board Member, *Journal of Systemic Therapies*. Author and producer of hypnotic tapes and CDs for stress management and personal development (website: members.shaw.ca/frankyoung). E-mail: frankyoung@shaw.ca

Brenda Zalter, M.S.W., RSW Our People Care Facilitator responsible for designing and implementing a customer service solution program for the Credit Valley Hospital using a Solution Focused approach. Brenda is also a supervisor of social work at the same hospital. She was trained as a trainer of Solution-Focused Brief Therapy at the Brief Family Therapy Centre in Milwaukee. E-mail: bzalter@cwh.on.ca

Michael Kennedy, BA, M.S.W., RSW, CSFT is an experienced certified solution-focused-practitioner and clinical supervisor with the Canadian Council of Professional Certification. He has provided solution-focused counselling in the hospital setting, community mental health, and private practice (including EAP). He has received his training from the Brief Therapy Family Centre in Milwaukee, the University of Toronto, and the Brief Therapy Centres International. Email: michael.kennedy@uhn.on.ca

Douglas Saunders, Ph.D., C.Psych is an experienced solution-focused practitioner providing assessment and treatment for individuals and couples. He is a Principal with Kelly, Saunders & Associates, a downtown Toronto psychological practice, an Assistant Professor in the Department of Public Health Sciences, Faculty of Medicine, University of Toronto and has recently assumed the position as the President-Elect for the Ontario Psychological Association. E-mail: Douglas.saunders@utoronto.ca

Dr. RONALD E. WARNER, C. Psych. - Program Director, Solution-Focused Counselling Faculty of Social Work, University of Toronto Voice mail 416 978 3259; email fw.conted@utoronto.ca <http://www.utoronto.ca/facsocw/conted/page07.html>

CERTIFICATE MODULES

SFC 1501-1601-1701	Basic Skills (compulsory)
SFC 1501	Sept. 17 - 18, 2004 (R. Warner)
SFC 1601	Oct. 8 - 9, 2004 (R. Warner)
SFC 1701	Jan. 14 - 15, 2005 (M. Kennedy)
Acquire an understanding of the principles, assumptions, and techniques of SFC and develop the skills to collaboratively build solutions with clients.	
SFC 1035	Crisis Intervention
Instructor:	M. Kennedy
Dates:	October 15 - 16, 2004
Develop the skills necessary to assess & respond to clients experiencing a mental health crisis from a solution-focused therapy perspective.	
SFC 4009	Brief Helping Interviews
Instructor:	R. Warner
Dates:	November 12 - 13, 2004
Directed at improving skills to conduct single session interviews and very brief discussion (5 to 20 minutes) that clients find helpful in facilitating the "next step" towards achieving their goals.	
SFC 4001	Adjustment to Loss & Grief
Instructor:	B. Zalter
Dates:	December 3 - 4, 2004
The emphasis in this module is on developing the clinical skills to conduct strength-based interviews with clients experiencing loss and grief including living with an injury and chronic illness.	
SFC 4004	Child and Adolescent
Instructor:	B. Zalter
Dates:	March 4 - 5, 2005
Develop skills to work with children and adolescents in individual, group, family and school contexts.	
SFC 4003	Couple and Family
Instructor:	D. Saunders
Dates:	February 4 - 5, 2005
Develop skills to work with couples and families helping them achieve their goals and improve their communication.	
SFC 4005	Positive Psychology
Instructor:	F. Young
Dates:	May 13 - 14, 2005
Learn about the new field of Positive Psychology and new professional opportunities in strength-based coaching.	
SFC 4006	Group Treatment of Mandated Clients
Instructor:	Mo Yee Lee
Dates:	June 10 - 11, 2005
Applicable to all goal-oriented groups, the emphasis will be on the treatment of domestic violence offenders, and based on the presenter's landmark book on this topic (see instructor's bio)	
SFC 9010	Clinical Case Presentation (compulsory)
Instructor:	R. Warner
Dates:	Dec 10 - 11, 2004 June 24 - 25, 2005
Directed at improving skills to conduct single session interviews and very brief discussion (5 to 20 minutes) that clients find helpful in facilitating the "next step" towards achieving their goals	

STRESS REDUCTION USING MINDFULNESS MEDITATION II - TEACHING INTENSIVE FOR MINDFULNESS-BASED GROUPS

Dates - April 29-30, 2005

Content: This part of the course will be offered for those interested in running Mindfulness-Based clinical groups. Participants will practice leading and reviewing Mindfulness meditation practices. We will discuss how to respond to difficult group questions. Participants will have the opportunity to be critiqued on their skills and learn from one another.

Participants will:

- Begin to teach the practices with supervision,
- Review Mindfulness Group work from the perspective of the group leaders,
- Discuss challenging questions that group members often ask,
- Discuss case examples and explore how to work with clients Mindfully,
- Participants who complete all Levels (I, II, and III) will receive a certificate stating the nature of the work completed, the hours of course work and teacher training that was completed.

Instructors: *Kate Kitchen, M.S.W., RSW* is a clinical social worker who currently works in the Mood and Anxiety Program of the Centre for Addiction and Mental Health. She has been providing individual, couple and group psychotherapy for twenty years, in addition to leading professional and community workshops.

She leads Mindfulness-Based Cognitive Therapy (MBCT) groups for patients of the Mood and Anxiety Program at the Centre for Addiction and Mental Health and teaches mindfulness workshops for professionals. She also provides consultation for professionals leading MBCT groups. Kate Kitchen is unique in her training in mindfulness and as a mindfulness meditation teacher. She has received training in both of the leading mindfulness approaches, MBSR and MBCT and combines the strengths of both in the groups she leads. Kate Kitchen has attended educational mindfulness retreats in both MBSR, led by Jon Kabat-Zinn and MBCT, led by Zindel Segal and has assisted in teaching professionals in seven-day mindfulness retreats taught by Zindel Segal.

Kirstin Bindseil, M.S.W., RSW currently works as a Social Worker at the Centre for Addiction and Mental Health. She works in a Residential Treatment Program for Addiction. Previously, Kirstin has provided counselling in the Opiate Clinic and has worked in both inpatient and outpatient mental health. Kirstin has provided Mindfulness groups for Chronic Pain and Addiction. She also conducts training to health care professionals who are interested in adding Mindfulness to their clinical practice. Kirstin has attended educational mindfulness retreats in both MBSR, led by Jon Kabat-Zinn and MBCT, led by Zindel Segal.

Bill Gayner BSW, M.S.W., RSW is a Psychotherapist in the Clinic for HIV-Related Concerns, a psychiatry clinic in Mount Sinai Hospital. He is Co-Principal Investigator of a randomized controlled trial of MBSR with men living with HIV funded by the Canadian Foundation for AIDS Research. He also uses mindfulness in individual psychotherapy. Bill has practiced meditation since the mid-1980s and attended an MBSR professional training week led by Jon Kabat-Zinn and Saki Santorelli.

ASSESSING PARENTING CAPACITY I: INTRODUCTION TO THE STEINHAEUER GUIDELINES

Date: March 19, 2005

Content: Early and prompt assessments of parenting capacity are crucial to determining and improving the service offered to infants and children who are neglected, deprived or abused in their own families. Such families are often complex and hard to engage. Attempting to assess their strengths and weaknesses can be difficult and stressful.

This workshop will review a series of guidelines for the accurate and objective assessment of parenting capacity developed by the multidisciplinary and multi-agency *Toronto Parenting Capacity Assessment Project* initiated and chaired by Dr. Paul Steinhauer. The guidelines can be used:

- to guide decision-making and case planning,
- to predict which parents are capable of significant change,
- to recognize when help is not helping,
- to present material effectively in court.

For those enrolled in Part I and Part II of the 2004-2005 session, enrollment in Part III will be limited, so register early. Registration will be accepted on a first-come, first-served basis until the maximum number has been reached.

Instructor: *Dr. Marion Perpick-Breton MSc, Ph.D., MD, FRCP(C)* is a child psychiatrist who practices in the community and is affiliated with the Women's Clinic at Toronto Hospital. She studied intensively with Dr. Paul Steinhauer, and currently conducts parenting capacity assessments for child welfare organizations as well as custody and access assessments for family courts.

ASSESSING PARENTING CAPACITY I - PRODUCING THE REPORT

Date: April 2, 2005

Content: This workshop is intended for professionals interested in learning how to write a Parenting Capacity Assessment Report for the Court and/or case planning, based upon the Toronto Parenting Capacity Assessment Project Guidelines spearheaded by the late Dr. Paul Steinhaur. The day will consist of the presentation of an actual case of moderate complexity. The participants will be divided into small groups and guided through the process of organizing the material according to the broadbased set of Guidelines, which focus on the parenting of the child/children. The workshop will culminate in the pulling together of each small group's ideas into a Formulation and set of Recommendations, which presents the participants' views of how the best interests of the child/children can practically be served. At the completion of the workshop, participants should be able to:

- Organize clinical data, information from corroborators, material in the case file, and Court-related materials according to the Parenting Capacity Assessment Guidelines,
- Pull together all available information into a coherent formulation from which recommendations can be drawn,
- Consider the factors involved in preparing a document for the Court, including potential pitfalls and professional risks.

For those enrolled in Part I and Part II of the 2004-2005 session, enrollment in Part III will be limited, so register early. Registration will be accepted on a first-come, first-served basis until the maximum number has been reached.

Instructors: *Dr. Marion Perpick-Breton MSc, Ph.D., MD, FRCP(C)* is a child psychiatrist who practices in the community and is affiliated with the Women's Clinic at Toronto Hospital. She studied intensively with Dr. Paul Steinhauer, and currently conducts parenting capacity assessments for child welfare organizations as well as custody and access assessments for family courts.

Jr. Martin Breton is a family physician with training in psychiatry and a long standing interest in child welfare. He has done Parenting Capacity Assessments and has worked with street youth as well as having run wards at the Centre for Addiction and Mental Health. He has co-developed this workshop and assisted in its facilitation for five years.

Prerequisite: Participation in Assessing Parenting Capacity—Part I

ASSESSING PARENTING CAPACITY III - PRACTICAL APPLICATIONS

Date - April 23, 2005

Content: This Workshop is geared toward those who are currently using the Steinhauer Parenting Capacity Assessment Guidelines, or intending to incorporate them into their practice.

The forum will be informal, wherein the participants are invited to submit cases from their own experience to Continuing Education at the Faculty of Social Work no later than one week prior to the Part III workshop. Three or four of the most illustrative of these cases will be chosen by the presenter. For each case, we will work together as a group to:

- map the information onto the nine Guidelines in a systematic fashion,
- identify gaps and/or areas of confusion, and finally,
- formulate conclusions and make recommendations about parenting capacity.

Graduates of the 2003-2004 session of Assessing Parenting Capacity who have taken Parts I and Parts II have up to November 30th, 2004 to register for Part III. Enrollment will be limited for Part III and will be accepted on a first-come, first-served basis until the maximum number has been reached. So register early.

For graduates of Parts I and Parts II in 2004, registration will be accepted up to November 15, 2004 or until a maximum number is reached, so enrol early. For learners taking Parts I and Parts II, it is recommended that you register early for Part III since the number of registrations accepted for Part III will be limited.

Prerequisite: Parts I and II.

