

January-March 2012

January

January 18th, 2012

Energy Leadership and Mindfulness

10:00 am- 1:00 pm

Samita Loomba, CPC, MP-ELI, ACC, Leadership Coach

Are you an energetic leader? Most leaders have years of training behind them, they are experts in their own fields, they are driven and yet they struggle to grow their teams or organization.

Join us as we discuss the 'Energy' (thoughts and perceptions) leaders use to drive their leadership. Most of what keeps us from being truly gifted leaders are our own past experiences, beliefs and behaviors that hold us back... but that doesn't have to be! You will be amazed how quickly you can create a shift within yourself and in your teams once you know how to play with your 'Energy'. We can shift our roles; make them more FUN, by being mindful of who we are and how we relate to our surroundings.

Experience the CHANGE yourself and then utilize your experience with your clients to help them strengthen their life and career skills.

Key benefits: Understand your 'Energy' and your engagement in your role and life; Learn to raise the level of individual and team energy; Discuss tools to create and sustain productive work environment

Who should attend: Leaders and Managers; People in Career and Life transition; People on the path of self-improvement.

\$10 NJCBW Member; \$35 Non-NJCBW Member

3 DVS Credits: Values and Attitudes

January 25th, 2012

Training Techniques

10:00 am – 4:00 pm

Leslie N. Malkin, Esq.

In the past, conventional theories held that adults could not learn new information as effectively as younger people. People believed that adults had passed their window of opportunity and adhered to the adage "you can't teach an old dog new tricks." Today we know that adults can and do learn new knowledge and skills. They just learn differently than children.

Educating the public on the dynamics of domestic violence can be challenging. There are typically three types of adult learners: visual, auditory, and kinesthetic, or those who have a need for tactile, or touch, learning. This highly interactive five hour training will provide a detailed understanding of how adults learn, how to plan and execute a training, and how to develop a power point presentation. They will learn how to explain the dynamics of domestic violence and deal with difficult questions or participants. This training is for anyone who wants to effectively speak in public but currently has little experience or confidence. We will physically walk through the steps in designing a PowerPoint. Participants are asked to bring a laptop if possible. **Register early, class size limited to 16 – 18 people.**

\$15 NJCBW Member; \$50 Non-NJCBW Member

5 DVS Credits: Group Dynamics

February

February 1st, 2012

10:00 am – 4:00 pm

Who wouldn't be depressed? Mental Health Symptoms and DV Survivors: What is Trauma Related and What Isn't.

Tracy Durkin, LCSW

The mental health community has come a long way in seeing the "client in context," which involves taking a more global, holistic view of an individual's family and community events and resources as part of assessment. As this applies to survivors of domestic violence, we can feel safer that not all symptoms of depression or anxiety will be automatically viewed as "illness" which requires medication, but may instead be viewed as normal reactions to abuse and trauma. However, the reality is that some survivors are indeed mentally ill and require skilled intervention. This workshop will focus on differentiating between trauma-based symptoms and organic mental illness, and on determining which forms of treatment are most appropriate.

\$15 Program staff; \$50 Non-Program Staff

5 DVS Credits: Mental Health

[Please click here to register by credit card](#)

[Please click here to register by mail](#)

February 8th, 2012

Forced Marriage: Impact of Honor & Shame

10:00 am – 1:00 pm

Vidya Sri, MBA

A unique workshop that uses the powerful personal narrative of a survivor of forced marriage to create context for the intersections of cultural identity, "honor" violence, forced marriage and domestic violence, from an American perspective. Participants in this workshop will be able to distinguish "forced" from "arranged" marriage, clearly identify "honor" violence and its impact within the home and community, understand the aspects of family honor and shame that challenge acculturation today in homes across America and increase domestic violence.

\$10 NJCBW Member; \$35 Non-NJCBW Member

3 DVS Credits: Race and Culture

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February 15th, 2012

Volunteers of America's Family Violence Prevention Program

10:00 am – 1:00 pm

Nadine Thomas-Savoy

Willie E. DuBose

Volunteers of America's Family Violence Prevention Program is an integrated response to intimate partner violence providing treatment, counseling and accountability. It is a comprehensive treatment program in Camden, NJ for perpetrators of domestic violence aimed at helping batterers address and correct the causes of their problems. The Program's mission is to help batterers become responsible family members and useful adults by enabling them to develop skills to help eliminate violent behavior patterns and take responsibility for their actions.

During the workshop we will offer a rationale for treating male batterers as well as a brief discussion of early warning signs of Domestic Violence. Participants will receive an overview of the VOA Family Violence Prevention Program and its practices for working with perpetrators of domestic abuse.

\$10 NJCBW Member; \$35 Non-NJCBW Member

3 DVS Credits: Basic Domestic Violence Knowledge

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March

March 7th, 2012

Self-Care for the Helper

10:00 am – 1:00 pm

Robbin Loonan, MA, DVS, LPC

Have you ever felt emotionally exhausted at the end of a session or hotline shift? Have you ever felt powerless or worried that you were not helping enough? Have you ever had trouble sleeping or had nightmares regarding the traumatic experiences suffered by your client? If so, you may be suffering from Compassion Fatigue or Vicarious Traumatization.

As domestic violence professionals, we are often “in the trenches” with our clients. We listen to stories of unbelievable cruelty and bear witness to incredible human suffering. Research has shown that continual exposure to traumatic events can have negative effects. Those negative effects may be similar to those experienced by the primary victim of trauma/ abuse, such as intrusive thoughts or images, emotional numbing, and hyper vigilance. This interactive, experiential workshop will explore both the positive and negative impact on the helper in working with traumatized people. In addition, the workshop will offer practical, creative solutions for preventing, recognizing, and healing from Vicarious Traumatization. This hands-on workshop will offer participants a variety of strategies that promote greater emotional well-being for helpers so they can best assist the victims they work with. During this day-long workshop, helpers will have the opportunity to practice and experience valuable self-care exercises and survival strategies.

\$10 NJCBW Member, \$35 Non-NJCBW Member

3 DVS Credits: Values and Attitudes

[Please click here to register](#)

March 14th, 2012

Developing High Performance Teams

10:00 am -- 1:00 pm

Yvette Murry, MSW, LSW

Learn how to work with groups and teams to solve problems and accomplish goals. This workshop is designed to enhance participants’ understanding of group dynamic theory. Participants will learn how to identify group behaviors that foster engagement, collaboration and leadership. Strategies on evaluating group health, getting the most out of meetings and increasing team buy-in will be provided.

\$10 NJCBW Member, \$35 Non-NJCBW Member

3 DVS Credits: Group Counseling Skills

[Please click here to register](#)

March 22nd, 2012

History of Violence Against Women

10:00 am – 1:00 pm

Lisa Smith, MS, DVS

‘While presenting a lecture on domestic violence to a community group, I was asked ‘when did violence against women begin?’ The person asking the question thought it probably started about the time women left home to work, meaning during the late 1930’s and early 1940’s, and meaning in the United States.

Violence against women has been occurring for centuries. There are specific references to violence against women as early as 2500 B.C. Quite often, the government and/or religious institutions sanctioned this type of behavior.

As domestic violence advocates it is essential for us to learn about and understand this long history of violence against women since it has direct implications on the treatment of women today.’

\$10 NJCBW Member; \$35 Non-NJCBW Member

3 DVS Credits: Basic Knowledge

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March 28th, 2012

Creative Approaches to Working with Children

10:00 am – 1:00 pm

Marta Levy, BFA, Cat

Children who have experienced violence or who have been exposed to Domestic Violence have difficulty finding words to express powerful and overwhelming feelings, as a result of traumatic events.

Expressive Therapies helps children express strong emotions through non-verbal communications.

The use of two or more Expressive Therapies, or the Integrated Arts Approach, helps foster self-awareness, encourages growth and self-expression, enhances healthy relationships with others by managing behavior and problem solving, it helps reduce anxiety, helps with reality orientation and helps increase self-esteem.

In this workshop we will explore four Expressive Therapies, in individual and group setting with children: Art Therapy, Play Therapy, Sand Play Therapy and Nature Classroom. Through many visual examples and hands on exercises, we will gain a better understanding how creative expression gives children another language with which to share feelings, perceptions and observations about themselves, others and their world.

\$10 NJCBW Member; \$35 Non-NJCBW Member

3 DVS Credits: Intervention

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April

April 11th, 2012

Emotional Freedom Techniques

10:00 am – 1:00 pm

Carol Bemmels, MA

Emotional Freedom Techniques is the fastest growing of the many new systems of energy psychology that are revolutionizing how therapy is done. Often just called “tapping”, it is acupuncture without the needles, a simple, gentle and fast acting tool to relieve the body of physical and emotional pain. From minor daily irritations to PTSD, EFT often works when nothing else has. It’s so easy and safe, even children can use it. Gary Craig, the founder of EFT, has a motto - “Try it on everything!” And that approach has made for some surprising results with “incurable diseases” and long term intractable problems

Participants will come away from the 3 hour training session with enough personal experience and success to use it on themselves and share with others. Resources for further research will be provided.

\$10 NJCBW Member; \$35 Non-NJCBW Member

3 DVS Credits: Mental Health

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April 18th, 2012

Group Development and Management

10:00 am – 1:00 pm

Yvette Murry, MSW, LSW

Domestic violence providers are often asked to “run” a myriad of groups within the scope of our professional responsibilities. The focus of this session is to discuss the genesis and health of groups. Theories related group life cycle will be provided. Special attention will be made to provide the nuances and variations among adult and children’s groups, self-help groups, therapeutically facilitated groups and psycho-educational groups.

\$10 NJCBW Member; \$35 Non-NJCBW Member

3 DVS Credits: Group Counseling Skills

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April 25th, 2012

The Impact of Oppression: Diversity Training for Domestic Violence Advocates

10:00 am – 4:00 pm

Rose A. Williams, MSW and Sara Zesski

This five-hour training workshop presents diversity from a social justice perspective highlighting issues of oppression to various marginalized groups, but primarily focusing on racism. The goal of the workshop is to build the capacity of advocates to provide services to survivors in the most sensitive manner. Participants will be guided through a series of interactive exercises, mini lectures and experiential activities that are designed to define and illustrate oppression in its various forms. By the end of the training participants will be able to describe the impact of oppression on marginalized groups.

\$15 NJCBW Member; \$50 Non-NJCBW Member

5 DVS Credits: Values and Attitudes Towards Violence

[Please click here to register](#)

May

May 2nd, 2012

Sexual Terrorism

10:00 am – 4:00 pm

Jill Zinckgraf, M.P.A.

In this workshop we will be exploring the theory of sexual terrorism via articles, essays, mass media and discussion. We will examine the current statistics of violence against women as a backdrop to the status of women in the United States. Human trafficking, pornography and sexual violence as modes of reinforcement of violence will be investigated.

\$15 NJCBW Member; \$50 Non-NJCBW Member

5 DVS Credits Gender Issues and Empowerment

[Please click here to register](#)

May 9th, 2012

Counseling Survivors of Child Sexual Abuse

10:00 am – 4:00 pm

Robbin Loonan, MA, DVS, LPC

This interactive, didactic workshop is designed for professionals working with adult & child survivors of child sexual child abuse. The workshop will give participants a better understanding of the dynamics, the issues, and the consequences for survivors of all ages. Counseling techniques will be presented in a variety of modalities (group, individual, family) within a feminist framework of empowerment and safety. Challenges facing both survivors and helpers will be discussed.

\$15 NJCBW Member; \$50 Non-NJCBW Member

5 DVS Credits: Sexual Abuse

[Please click here to register](#)