

# Spring 2023 Trainings



## How to register for a training:

### Step 1:

Log in to your Relias Account.

### Step 2:

Click on “Course Library” on the left-hand side of Relias homepage.

### Step 3:

Type name of training where it's labeled “Search Course Library” (you can also narrow down results by filtering module type as “live event”).

### Step 4:

- Click the magnifying glass to search
- When the desired training appears, click the green button that says “Enroll”
- You will receive a confirmation email from Relias to confirm your enrollment.

## Still experiencing problems?

Please reach out to Jaime Davis

✉ [davisj@shswny.org](mailto:davisj@shswny.org)

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 Spectrum Education and Training Institute

Please note: These trainings are being offered for a limited time each year. Sign up before they change next season!

## Facilitating Restorative Circles



**4.26.23**



**9:00am-12:00pm**

Humans are hardwired for connection. It's a basic need we have, just like food and shelter. Restorative practices are designed to help strengthen and repair connections among individuals, groups, and communities. This training is for participants who want to learn how to facilitate a restorative circle – a setting for a group of people to come together for building a community, repairing after conflict, or deepening their sense of belonging in a mindful, trauma-informed setting.

**CEUs:** 3.0 (LMSW/LCSW, LMHC, CASAC)

**Trainer:** Joe Canepa & Jaymee Caplan, LMHC

**Location:** In-Person

## Overview of Feeding & Eating Disorders



**5.10.23**



**9:00am-12:30p**

Learn to identify key features of unhealthy eating patterns, debunk food rules and review the diagnostic criteria of Eating Disorders in the Overview of Feeding and Eating Disorders training. This informational training will also cover medical necessity, levels of care and making referrals. Microphone and video required.

**CEUs:** 3.5 (LMSW/LCSW, LMHC, CASAC)

**Trainers:** Jaymee Caplan, LMHC

**Location:** Virtual

## Cognitive Behavioral Therapy



**5.22.23**



**9:00am-4:30pm**

Want to learn about one of the most effective, evidence-based treatments? The Cognitive Behavioral Therapy training provides the essential information to practice this popular therapy. Participants will explore theory, application and common techniques while given the opportunity to practice CBT skills. Video and microphone required.

**CEUs:** 6.5 (LMSW/LCSW, LMHC, CASAC)

**Trainer:** Jaymee Caplan, LMHC

**Location:** Virtual

**Interested in Department Specific Trainings? Individual  
Consultations on Behavioral Health Topics?**

**Email us for information!**  
[Training@SHSWNY.ORG](mailto:Training@SHSWNY.ORG)