

COAAA Professional Education

March 6, 2018

9:00AM - 4:30PM Registration begins at 8:30AM



Mind Over Madness: Changing How We Feel By Changing How We Think: Habitual beliefs, also known as mindsets, have a profound and pervasive influence over how we experience stress, anxiety, sadness, anger, shame and other painful emotions. Mindsets will also directly influence the development of habitual behaviors for coping with painful emotional states. Behaviors which may initially be highly adaptive can, over time, become extremely maladaptive or otherwise problematic. This program provides participants with evidence-based strategies for revising and transforming maladaptive mindsets and the problematic behaviors they spawn. Special attention will be paid to a paradigm for bringing about lasting change utilizing the

Speaker

Joseph W. Shannon received his Ph.D. in Counseling Psychology in 1982 from the Ohio State University. He has over 30 years of successful clinical experience as a psychologist, consultant and trainer. An expert in understanding and treating a broad range of mental disorders, Dr. Shannon has appeared on several television programs including the CBS "Morning Show" and "PBS: Viewpoint." Dr. Shannon has developed and presented training programs for medical, allied medical, mental health and substance abuse professionals in the United States and Canada. He is recognized for innovative teaching methods including the use of film excerpts to illustrate distinct mental disorders. Dr. Shannon presents key insights and practical approaches with clarity, enthusiasm and humor.

Objectives

At the conclusion of this workshop, participants will be able to:

- Describe several attributes of a mindset
- Discuss the etiology of problematic mindsets
- List and describe ten maladaptive mindsets that lead to problematic behaviors and painful emotions
- Describe the Neurological aspects of mindset change
- Develop a comprehensive plan for challenging and changing maladaptive mindsets
- Apply the process of mindset change to preventing/treating caregiver burnout

Hours

6.0 Social Work Clock Hours (#RSX059002) 6.0 BELTSS (038-C-18)
6.0 Counselor Clock Hours (#RCX109207)

The Ohio Board of Nursing accepts events approved for Counselors & Social Workers for Continuing Nurse Education Contact Hours.



Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207

614-645-7250 1-800-589-7277 www.coaaa.org coaaa@coaaa.org

Your Aging and Disability Resource Network

COAAA Professional Education March 6, 2018

9:00AM - 4:30PM
Registration begins at 8:30AM
Doors to Education Center Open at 8:30AM

Fee \$90.00

The workshop fee includes coffee, tea, and handouts. Lunch is not included.

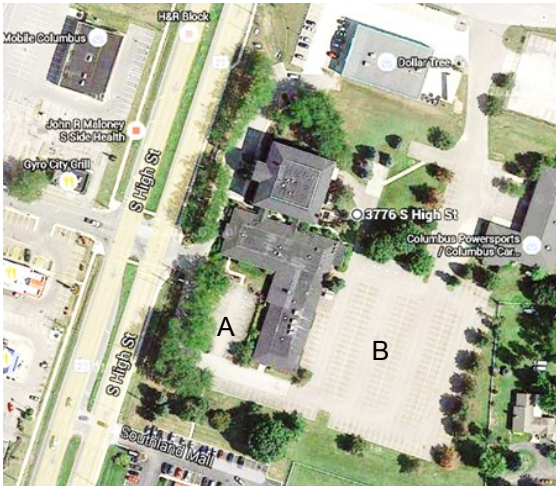
LATE REGISTRATION: \$100.00 (after 2/27/18)

A **REFUND** will be made **ONLY for cancellations received 5 work days prior to the event**. If less than 5 days, a credit can be issued for use at another program within the next year. If notice of cancellation is not received before the date of the program, no credit can be issued. Any checks returned will be subject to a \$15 bad check fee by the City of Columbus.

Please Note

Room temperatures can be difficult to control; dressing in layers adaptable to warm and cool temperatures is recommended. This training will be held at COAAA, 3776 S. High St., Columbus, OH 43207. The entrance to the training facility is in the low rise building to the far right when you enter the grounds. Parking is free, and light refreshments are available.

Directions



COAAA is located at 3776 S. High St., Columbus, OH 43207. When you arrive, please park in front of the low rise building to the far right when you enter the grounds (Parking Lot A). If this lot is full, please park in the back of the building in the larger lot (Parking Lot B) and then return to the training facility entrance.

Directions from 315 S/71 S: Continue onto 71 S. Take I-71 S to 270 E. Take exit 52 from I-270 E, and merge onto US-23 N/S High St. The new facility will be on your right.

Directions from 270 E: Take exit 52, and merge onto US-23 N/S High St. The new facility will be on your right.

Directions from 270 W: Take exit 52A, and merge onto US-23 N/S High St. The new facility will be on your right.

Please Note: US-23 and S. High St. run concurrently.

In case of inclement weather, please call (614) 645-3885 to see if the workshop has been cancelled or rescheduled. In the event of a cancellation or change of date, you will have the option to attend on the new date or receive a credit to attend another workshop within one year.

Registration Form

Deadline February 27

Mind Over Madness: Changing How We Feel By Changing How We Think

Name: _____

Phone: (____) _____

Agency: _____

Email: _____

Address: _____

City/St/Zip: _____

Special Accommodations needed due to disability: _____

Registration Fee: \$90.00 (lunch is not included)

Late Registration Fee: \$100.00 (after 2/27/18)

Purchase Order Attached: # _____

\$ _____ Federal ID# _____

Make checks payable to **City of Columbus**, & mail with registration form to:

COAAA Training & Education
3776 S. High St., Columbus, OH 43207

If using a purchase order, please attach a copy to the completed registration form. Questions? Call (614) 645-7250 or 1-800-589-7277; fax (614) 645-6146. COAAA will not accept registrations over the phone or fax without a purchase order number.