

# COAAA Professional Education September 12, 2018

9:00AM– 12:15PM Registration begins at 8:30AM



**The Body, The Truth** This is laboratory training. The work of somatic psychologists, Peter Levine and Pat Ogden will be presented in a practicum style. A person's body takes on the stress in the environment. At times this stress can motivate healthy behaviors and other times; become exhausting. That is when the brain stem, the limbic system and the frontal lobes go to work in a survival attempt.

## Speakers

**Barbara Jo Dennison, PhD, LISW-S**, received her doctorate in psychology from California Southern University and her undergraduate and graduate degrees in social work from The Ohio State University. She is the owner of Dennison & Associates, Inc., a wellness firm in Powell, Ohio. She has over 30 years of professional experience working with families in crisis situations, and first responders after traumatic events. She is trained in Critical Incident Stress Management, certified as an EMDR therapist and is a licensed hypnotherapist. Dr. Dennison appeared on TLC's *Hoarding Buried Alive* and has developed treatment protocols for hoarding. Dr. Dennison is widely published to include a book on "Rise Above Your Stuff", a step by step guide for clients suffering from hoarding or chronic disorganization.

## Objectives

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

- Define Somatic Psychology and apply techniques to change negative or unhealthy thinking and behavior patterns
- Describe how brain works to maintain homeostatic balance and what happens in body when stress interrupts
- Discuss what disease processes in the body teach us about impact of stress on well being
- Identify barriers to client's homeostatic internal systems and relationships with others around them

## Hours

3.0 Social Work Clock Hours (#RSX059002) 3.0 BELTSS (Application has been made)  
3.0 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](http://www.coaaa.org) [coaaa@coaaa.org](mailto:coaaa@coaaa.org)

*Your Aging and Disability Resource Network*

# COAAA Professional Education September 12, 2018

9:00AM - 12:15PM  
Registration begins at 8:30AM  
Doors to Education Center Open at 8:30AM

## Fee \$60.00

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

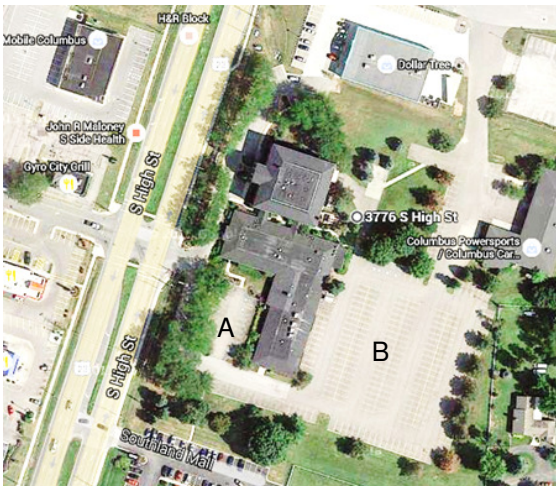
### LATE REGISTRATION: \$70.00 (after 9/5/18)

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 Education Center 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 facility will be on your right.

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

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

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

## Registration Form

## Deadline Sept 5

### The Body, The Truth

Name: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Agency: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

Special Accommodations needed due to disability: \_\_\_\_\_

**Registration Fee: \$60.00** (lunch is not included)

**Late Registration Fee: \$70.00** (after 9/5/18)

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.