



Department of Human Services
Human Services Institute
Professional Development Seminars

“Triggered in Session? Tools to Handle Delicate Situations”

Date: Thursday, October 18, 2018

Course times: 9:30 am – 3:30 pm

Location: One Bergen County Plaza • Room 460 • Hackensack, NJ 07601

About the Course:

All Clinicians and Social Workers experience some reaction or countertransference when working with a particular client. This workshop offers guidance and a tool kit to be used in the management of delicate moments when we, as Clinicians and Social Workers, get triggered. Using lecturer, discussions, and optional experiential activities, we will learn some of the typical indications that we may be triggered and/or disassociating. We will also explore why it matters if and when you get triggered. We will process when and how to calm the body. As well as how to use the wealth of information our reactions provide about the therapeutic process taking place.

About the Instructor:

Anat Samid, MSW, LCSW; Psychotherapist/Life Coach in Private Practice, Rothbart Group, LLC (NJ). Ms. Samid is an Instructor at Rutgers University School of Social Work. She teaches workshops on “Trauma and Mindfulness”; “Beyond Healing to Thriving: Post Traumatic Growth through Mindfulness, Cognitive Behavior Therapy, and the Arts”; “Triggered in Sessions? Tools to Handle Delicate Situations.” She is also the Founder/Organizer, Central NJ Mental Health Professionals Network.

Who Should Attend:

This intermediate level workshop is for Clinicians and Social Workers who are looking for tools and skills to handle delicate situations, as well as, understand why this is important to understand how being triggered affects the therapeutic process.

Learning Objectives:

1. Describe why we get “triggered”
2. Explain how to resource ourselves when we are “triggered” in session.
3. Apply the implications of being “triggered” in support of our clients.

Course Outline:

9:30am - 10:30am

- Review course goals, objectives and workshop schedule
- Introductions
- Signs you are being triggered

10:30am - 11:30am

- Why do we get triggered
- Countertransference – when a client triggers the therapist's issues.
- Group Discussion on experiences in sessions

11:30am - 12:30pm

- Why does it matter if you are being triggered
- What can go wrong when clinicians are triggered
- How can you use your responses to your benefit and your clients' benefit

12:30pm - 1:30pm

- Lunch break

1:30pm - 2:30pm

- Resources when being triggered in session
- Resources when being triggered between sessions
- Group Activity to practice resources

2:30pm - 3:30pm

- Implications to practice and the community
- Q&A

The cost is \$60.00 per person. No refunds are available.

Make check payable to: "County of Bergen"

Send registration to:

Terry Cannon
Department of Human Services
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #40, Course #2020 from 9/20/2018 to 9/20/2020. Social workers will receive the following type and number of credits: Clinical Social Work Practice 5

*ASWB NJ Continuing Education Course Approval Program
for the New Jersey Board of Social Work Examiners*

To receive a certificate (for CEs):

Participant must pay the fee, attend entire workshop, sign in, sign out, *and* complete an evaluation. Certificates will be distributed at the conclusion of the workshop.

If you have any questions or concerns, or need special accommodations, please call (201) 336-7425. Visit www.co.bergen.nj.us/hsi for more information.