

## CICL SPRING/ SUMMER TRAINING SERIES:

CICL is offering a series of trainings for social workers, case managers, nurses, clinicians, parents, and community health providers working with vulnerable populations. The workshop series will offer social work theory and methods designed to enhance the knowledge of professionals working with parents, children and families in their practice/position.



**Tonya M. Logan**, LICSW and LCSW-C, has over 27 years of professional clinical experience working with those managing conflict and trauma. A native Washingtonian, she holds a bachelor's degree in psychology from the University of Virginia and a master's degree in social work from the University of Maryland at Baltimore. Ms. Logan spent the bulk of her career, in DC and Maryland, working with biological parents and foster parents by securing permanency whether via reunification, adoption or independent living. She was the clinical director of a program which provided in-home services to families at risk of abuse and/or neglect in an attempt to strengthen and stabilize families so they would be diverted from the child welfare system. Ms. Logan transitioned to being the supervisory social worker in a non-public school for students.

### **STRESS MANAGEMENT\* — MAY 12, 1:30-2:30**

This comprehensive and interactive seminar will enable all participants to define trauma and mental health based on social work theory. The various types of stress, its effects, and symptoms will be discussed specific to managing healthy and unhealthy stressors to establish a balanced life. Take-away strategies will be discussed and practiced.

*To register for Stress Management click here:*

<https://www.eventbrite.com/e/cicl-springsummer-training-series-tickets-336656768457>

### **DEPRESSION: HOPE THROUGH UNDERSTANDING AND TREATMENT\* — MAY 23, 1:00-2:00**

This presentation will incorporate social work theory and methods when identifying causes and symptoms of depression. This seminar is designed to underscore the impact of depression upon the human spirit while emphasizing the potential healing power of certain strategies to reduce or eliminate this form of suffering. Participants will be empowered to consider the differences when an adult or a teen is affected while working to alleviate the devastating disease of depression.

*To register for Depression: Hope through Understanding and Treatment click here:*

<https://www.eventbrite.com/e/cicl-springsummer-training-series-tickets-336680228627>

### **GRIEF AND LOSS: SKILLS FOR ADDRESSING YOUTH GRIEF\* — JUNE 20, 9:30-12:30**

Grief and loss have many facets when observed in youth. For them, these difficult moments can be voluminous. How and when do we talk about the sudden death or terminal diagnoses of their loved ones? We will expound on the definitions of grief, loss, bereavement, and mourning. Using evidence based social work theory, we will explore the various developmental differences and responses to normal versus complicated grief.

*To register for Grief and Loss: Skills for Addressing Youth Grief click here:*

<https://www.eventbrite.com/e/cicl-springsummer-training-series-tickets-336694621677>

\* Free Social Work Category 1 CEU (1 hour), May 12 • Free Social Work Category 1 CEU (1 hour), May 23  
Free Social Work Category 1 CEU's (3 hours), June 20