



**University of North Carolina at Chapel Hill
School of Social Work
Clinical Lecture Series 2012-2013**

All lectures take place on Mondays 12-2pm at the UNC School of Social Work's
Tate-Turner-Kuralt Auditorium
Please arrive at 11:30 for sign-in and reception

- 1. Sept 17: [How mindfulness and compassion can free you from anxiety, fear, and panic](#) – Jeffrey Brantley, MD**
In this workshop, Jeff Brantley discusses the physiological and cognitive dimensions of anxiety and the effect of mindfulness practice—nonjudgmental, present-moment-centered awareness—in reducing anxiety and promoting greater resiliency and happiness.
- 2. Oct 15: [The use of religious CBT with people with chronic health problems](#) – Harold Koenig, MD**
Drawing from his research, Harold Koenig will address the complex interrelationships between chronic illness and depression, and the role that spirituality can play as part of therapeutic practice.
- 3. Nov 5: [Self-harm behaviors in adolescents and adults](#) – Jill Compton, PhD and Prue Cuper, PhD**
This workshop addresses the common functions of self-harm, the factors that maintain these behaviors, as well as strategies to evaluate and treat self-harm behavior in individual and family therapy.
- 4. Jan 14: [The ethical context of psychopharmacology: empowering therapists and clients adults](#) – Belinda Novik, MSCP, MD, PhD**
In this workshop, Belinda Novik addresses ethics of psychopharmacology by describing relevant history, legislation, and interrelationships among major players (including “Big Pharma”), which all contribute to drug companies’ influence in academic, research, and clinical practice.
- 5. Feb 11: [Multidimensional family tree: Best practices for working with members of step-families](#) – Anne Jones, MSW, PhD**
Participants will be encouraged to consider the relevance of stepfamily status in their practice, including their unique development and structural characteristics, and common dilemmas, and strategies for intervening with stepfamilies and their individual members.
- 6. March 25: [Evidence-based clinical hypnosis for clients and ourselves](#) – Bob Dick, PhD**
This workshop will demythologize hypnosis and demonstrate its usefulness in reducing anxiety, strengthening therapeutic relationships, and enhancing insight, self-support, and positive outcomes. Strategies, techniques, and exercises will be offered for use within any therapeutic model.
- 7. April 15: [Working effectively with hyper-arousal in individuals with PTSD](#) – Eric Elbogen, PhD**
Drawing from his research, Eric Elbogen focuses on characteristics of hyper-arousal symptoms in PTSD, offering strategies to assess and treat this subgroup of PTSD sufferers.

[Pre-registration is required for attendance.](#)

\$22 per lecture; \$110 for entire series

Free of charge to UNC SSW students, field instructors, faculty and staff.

[Two contact hours available for each workshop.](#)

For more information and to pre-register, please visit cls.web.unc.edu