

Helping Clients Rewrite Their Narratives:

How The Stories They Tell Themselves are Ruining Their Lives.

FEATURING:

- The unique, clinical topic of Narrative Therapy
- “Hands on” exercises

Friday, July 19, 2019

8:00 – 8:30 am: Registration & Networking

8:30 – 2:45 pm: Presentation
See back page for detailed agenda

Peachford Hospital **Peachford Conference Center**

2151 Peachford Road
Atlanta, GA 30338

A light lunch will be provided.

\$75 Early Bird Registration;
\$95 At the Door (If space is available)
(includes lunch and 5 CE hours!)

*Space is limited. Please register online
at www.ceucreationsinc.com.*



Creative. Educational. Unique.

Continuing Education Event, Lunch & 5 CE Hours

— **5 Credit Hours Approved For:** —

- Social Work (ASWB ACE – 5 Clinical Hours)
- Case Managers (CCMC – 5 Clock Hours)
- RN (CA Board of Registered Nursing – 5 Contact Hours)
- LPC (5 NBCC Hours) 
- *Attendance or applied credit certificate available for other credentials.*

— **Presenter:** —

Linda Buchanan, Ph.D.
Senior Director of Clinical
Services, Walden Behavioral Care

**This Event is Generously
Sponsored By:**



Helping Client's Rewrite Their Narratives: How the Stories They Tell Themselves are Ruining Their Lives

The narratives of our clients, are often full of fallacy that can negatively impact efforts toward recovery. This presentation will provide a step-by-step procedure for dealing with this problem. Useful definitions of schemas, narratives and scripts will be given so that techniques can be chosen to aid in dealing with each of these phenomena. The presentation will also provide very specific strategies for helping clients increase awareness of the narrative they have developed and how the projections of their narrative can be ruining their lives and interfering with recovery. Attendees will be given handouts that clients can fill out to serve as a template for writing their old story in narrative form. Additionally, they will be given handouts which enable their clients to write a new story which utilizes aspects of their authentic self. These strategies will focus on identity and values. Finally, since insight is not enough to change the brain, participants will be given specific strategies that are well-designed for rewiring the brain to be receptive to the new narrative. Strategies will be chosen from ACT, DBT, and CBT.

Agenda:

8:00 – 8:30am:	Registration, and Networking
8:30 – 11:45am:	Session 1 - Linda Buchanan, Ph.D.
11:45 am – 12:30pm:	Lunch
12:30 - 2:45pm:	Session 2 - Linda Buchanan, Ph.D.

By attending our workshop, you will be able to:

1. Identify (and help educate clients) on the at least 2 factors which affect the nature of narrative.
2. Utilize templates designed to enable their clients to re-evaluate their false narratives and write a new narrative which is more effective and true to their authentic selves.
3. Name specific mindfulness strategies from a variety of sources such as ACT, DBT, and CBT for rewiring the old story and replacing it with the new narrative.
4. State at least 2 strategies for dealing with ambivalence
5. Demonstrate experientially an ability to avoid being the target of their clients' projections.

SOCIAL WORKERS: CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/18-11/22/21]. Social workers completing this course receive 5 clinical continuing education credits.

In order to receive credit, you must attend the entire presentation and complete an evaluation. Certificates will be provided on-site. Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals – beginning to intermediate level of learning. *The GA Board governing social work CE's accepts ACE Programs.*

NURSES: 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

LPC's: 5 NBCC hrs - CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

Cancellation Policy: Registrants must cancel through Steve McSweeney only via email or phone at steve@ceucorationsinc.com or 404-421-6055 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25- Refunds will not be given for cancellations within five (5) business days prior to the workshop date

All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Anne McSweeney at info@ceucorationsinc.com or 404-421-6055.

Speaker Information:

Dr. Linda Buchanan founded Atlanta Center for Eating Disorders in 1993 which was acquired by Walden Behavioral Care in 2017. She is now Senior Director of Clinical Services with Walden, a leading national healthcare system specializing in the treatment of eating disorders. Dr. Buchanan received an M.Ed. in Counseling from Georgia State University and a Ph.D. from Georgia State in Counseling Psychology including an internship at the Medical College of Georgia. She has just published a book with TPI Press titled *A Clinician's Guide to Dealing with Pathological Ambivalence: How to be on Your Client's Side Without Taking a Side* the content of which she has presented both locally and nationally and has a second book in progress titled *I'm Not Good Enough: How the Stories You Tell Yourself Are Ruining Your Life*.

Dr. Buchanan serves as a peer reviewer of American Psychological Association Journals for Practice Innovations and was a reviewer for the APA guidelines for treating eating disorders. Dr. Buchanan has published two chapters on her model of treatment of eating disorders which have been used as texts in a local doctoral program for Clinical Psychology students. Additionally, she has published four research articles on the treatment of eating disorders including two outcome studies of the treatment provided at Atlanta Center for Eating Disorders. She is on the board for EDIN and is a member of APA, GPA, AED, IAEDP, IAEDP-Atlanta Chapter and is an approved supervisor for the Certification of Eating Disorder Professionals. She has been married for over 30 years and is the mother of two adopted sons.