



# Using *Inside Out*™



Thursday

## March 16, 2017

9 a.m. - 12:15 p.m.



Partnership for Children,  
351 Wagoner Dr # 200  
Charles Morris Room #1256  
Fayetteville, NC 28303



In affiliation with Duke University Medical Center  
Part of the NC AHEC Program

## Target Audience

Mental health professionals, including psychologists, clinical social workers, marriage and family therapists, pastoral counselors, substance abuse counselors and others interested in this subject.

## Program Description

*Inside Out™* has not only won awards for best animated film, but it has also won the hearts of children all over the world. The characters of *Inside Out™* give children a way to identify their basic feelings and start a dialogue about the complexities of their emotions. This presentation will help children build a toolbox of coping skills to handle emotional challenges. It includes a dynamic learning format with hands-on experiential activities.

## Objectives

Upon completion of this program, participants should be able to:

- Identify coping strategies for basic feelings and emotions; and
- Describe how to craft coping skills for each feeling by engaging in experiential discussion and hands-on activities.

## Speaker

**Megan Numbers, MA, LPC** is a doctoral student at Adams State University. She works as a counselor with military families at Fort Bragg and specializes in working with children and adolescents. Her interests include group counseling with military families, complex childhood trauma, supervision and counselor education, and counseling military children.

## Agenda

8:30 – 9 a.m.	Registration/Welcome
9 – 9:30 a.m.	Introductions/overview of group
9:30. – 10 a.m.	Experiential activities for Joy, Sadness, and Anger
10 – 10:10 a.m.	Break
10:10 – 11 a.m.	Experiential activities for Joy, Sadness, and Anger (continued)
11 a.m. – 12 p.m.	Experiential activities for Disgust and Fear
12 – 12:15 p.m.	Q & A
12:15 p.m.	Adjournment

## Contact(s)

Bertina Parkins, Director Mental Health CE, SR-AHEC  
910-678-7032 / Bertina.Parkins@sr-ahec.org

Kate Smith, Program Assistant Mental Health CE, SR-AHEC  
910-678-7305 / Kate.Smith@sr-ahec.org

## Fee

\$65 if registration and payment are postmarked on or before March 9, 2017; \$75 thereafter.

## Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

## Credit

CEU: 0.3

Contact Hours: 3.0

Credit will be awarded to participants who attend 100% of the program.

SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit). The program will provide 3.0 contact hours (category A) continuing education credit to NC Psychologists.

Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.

Southern Regional AHEC is solely responsible for all aspects of the programs.



No partial credit will be given.

Individuals arriving 15 minutes or more after the starting time will not receive credit.

For information on program registration, call 910-678-7226.

## Important Information

The handouts for the program will be provided online through MyCE located on the SR-AHEC website ([www.sr-ahec.org](http://www.sr-ahec.org)). Early registration is encouraged, as full instructions will be sent with a registration confirmation via e-mail. For continuing education references concerning inclement weather, tobacco policy and ADA requirements, please go to: [sr-ahec.org/ContinuingEd/CE.html](http://sr-ahec.org/ContinuingEd/CE.html)

**PLEASE NOTE:** Construction at Southern Regional AHEC will limit parking availability, therefore, locations for continuing education programs will vary. Please check the communications you have received, including the front of this brochure, to ensure that you know the program's location.



***Earn \$35 toward a future program...Get your CERV Card today!***

**SOUTHERN REGIONAL AHEC**  
AREA HEALTH EDUCATION CENTER

[www.sr-ahec.org](http://www.sr-ahec.org)  
In affiliation with Duke University Medical Center  
Part of the NCAHEC Program

Continuing Education Rewards Voucher

# CERV

*Learning • Teaching • Healing*

Would you like \$35 toward one of our programs? It's yours with a Continuing Education Rewards Voucher (CERV). When you attend your next program with us, you will receive a CERV card. Bring it with you each time you attend a program and one of our continuing education staff members will initial it for you. After you have attended five programs, your card can be redeemed for \$35 toward a future program\*.

It's just our way to say, "thanks" to great customers, like you!

*\*Not redeemable for CME series or contract programs and must be initialed by SR-AHEC personnel at current program.*

# Registration Form

Form may be duplicated.

**Using Inside Out™**  
CASCE #517181 / MH170316

**Phone:** 910-678-7226 **Fax:** 910-323-0674

**Click Here for Online Registration:** <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=51718>

**Mail:** SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Dr.  Mr.  Mrs.  Ms.

First Name Last Name Last 4 digits of SS#

Email (primary) (secondary - only used if primary is undeliverable)  
 Do not send email announcements of upcoming SR-AHEC programs.  Do not share my information with participants and/or exhibitors.

Home Address City State Zip Code

Employer Job Title

Work Address City State Zip Code

Phone (work) (home) (cell)

Certifications/Degrees Specialty Area(s) Are you an NCC?

Special Needs / Food Allergies

How did you hear about this SR-AHEC program?

Printed Publication  Email  Fax  Word of Mouth  AHEC web site  MyAHEC  Facebook

## **Payment Information**

SR-AHEC requires full payment for all registrations prior to the program date. We no longer accept purchase orders or supervisor's approval signatures in lieu of payment. Access to workshop materials and handouts cannot be released until payment is received. Early and regular rates will be determined by the date of receipt.

Check (Make payable to SR-AHEC)

Mastercard / Visa # Expiration Date (mm/yy)

Name on Card Signature

**Office Use Only:** Check Auth # \_\_\_\_\_ Date \_\_\_\_\_ From \_\_\_\_\_ Amount \$ \_\_\_\_\_

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