



**A Walk in My Shoes:**  
**Brief and Effective**  
**CBT to Promote**  
**Effective Change**

Friday, August 18, 2017  
9 a.m. - 1:15 p.m.

Location:

Cumberland County Dept. of Social Services  
1225 Ramsey Street - Room D  
Fayetteville, NC 28301

## Target Audience

This workshop will benefit counselors, social workers, psychologists, and other mental health professionals as well as educators, human service professionals, and community advocates interested in this topic.

## Program Description

The purpose of this informative, interactive workshop is to learn brief and effective cognitive behavioral strategies to utilize across settings, and to alter face-value assumptions and perceptions when interacting with and encountering emotionally vulnerable clients (e.g. ,children and adolescents).

In settings where time is at a minimum, and the desire to affect positive change is of utmost importance, this workshop will assist you with gaining clarity on brief tools to effectively promote change in the lives of those you serve. In addition, through real-life case examples, discover that there is often more to an individual's story than its face value, as you learn what it means to walk in someone else's shoes.

## Objectives

Upon completion of this workshop, participants will be able to:

- Describe brief and effective cognitive behavioral strategies across multiple settings;
- Identify and name assumptions and perceptions when interacting with and encountering emotionally vulnerable clients;
- List strategies to build rapport and promote trust in the therapeutic interactions with emotionally vulnerable clients; and
- Explore time-sensitive interventions.

## Fee

\$65 if registration and payment are postmarked on or before August 11, 2017; \$75 thereafter.

## Speakers

**Audrina Jones Bunton, MA, LPC**, is a gifted, compassionate, empathetic Licensed Mental Health Counselor and Christian Counselor. She has been effectively counseling since her youth. Ms. Jones Bunton has over 20 years of combined experience in mental health, youth, crisis, and family counseling. She serves as the Christian Counselor at the Come as You Are Evangelistic Center in Aberdeen, North Carolina where her mother, Lydia Jones is the pastor.

Ms. Jones Bunton has extensive experience providing in-homes services over the past 6 years as an Intensive In-Home Therapist and Supervisor. In addition, she serves as an Outpatient Therapist serving children, adolescents, and adults both in the home, school, church, and community settings. Ms. Jones Bunton is a NC-rostered TC-CBT clinician, and serves clients experiencing trauma. She is currently serving as Task Supervisor for the School of Social Work at UNC-Chapel Hill, as well as a Research Project Manager at UNC-CH, overseeing social and health-related research studies. In addition, she also specializes in Christian Counseling and has vast experience in retreat, workshop, and training facilitation.

This presenter is being supported through the partnership between UNC CH, School of Social Work and the NC AHEC.

## Credit

C.E.U.: 0.4

Contact Hours: 4.0

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 4.0 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.

### **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.

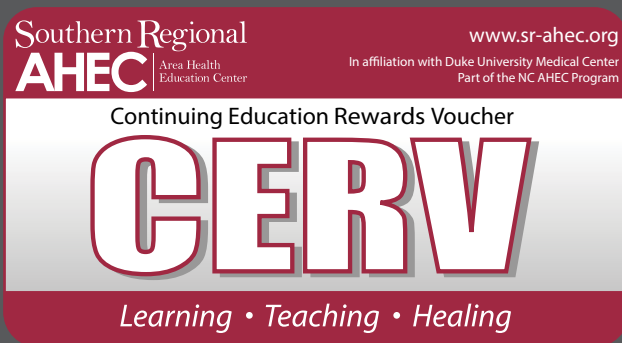
Please bring a light jacket or sweater for your own comfort; the temperature of the room is controlled by thermostat and we are unable to make any adjustments.

### **Contacts**

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

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

## **Earn \$35 toward a future program... Get Your CERV Card Today!**



Would you like \$35 toward one of our programs? It's yours with your 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 of saying, "thanks" to great

*\*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.

**A Walk in My Shoes: Brief & Effective CBT to Promote Effective Change**

CASCE #52858 / MH170818

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

**Online:** <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=52858>

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

Circle one: Dr. Mr. Mrs. Ms.

Name \_\_\_\_\_ Last 4 digits of SS# \_\_\_\_\_

Certifications/Degrees \_\_\_\_\_ Specialty Area \_\_\_\_\_ Are you an NCC? \_\_\_\_\_

Employer \_\_\_\_\_ Job Title \_\_\_\_\_

Work Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (work) \_\_\_\_\_ (home) \_\_\_\_\_

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) \_\_\_\_\_ (secondary) \_\_\_\_\_

Do not send email announcements of upcoming SR-AHEC programs.  Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies \_\_\_\_\_

## Payment Information

Check (Make payable to SR-AHEC)

Mastercard / Visa # \_\_\_\_\_ Expiration Date (mm/yy) \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

*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 access instructions will be sent with registration confirmation via e-mail.*

*For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <http://sr-ahec.org/ContinuingEd/CE.html>*

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

SR-AHEC.org  
1601 Owen Drive • Fayetteville, NC 28304  
(910) 678-7226

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**AHEC** | Area Health  
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