



# Breakfast 'N Learn

Fall/Winter 2019 Series

Join us as we continue our series of educational seminars focusing on mental health issues. Therapists, counselors, social workers, mental health practitioners, physicians, school social workers and school counselors are encouraged to attend. There is no cost to attend and a free continental breakfast will be served.

**September 11, 2019**

**Marilyn Booker, MA, LLPC/Program Manager & Restorative Practitioner for the Dispute Resolution Center of Western Michigan  
Restorative Practices**

Restorative Practices is an explicit practice that creates positive cultural climate, resolves conflict and repairs harm.

There is a great need for early conflict intervention in our educational system – school code violations, escalating conflict between peers, and delinquent behavior disrupt the school environment and negatively impact our community. This program teaches effective, non-violent ways to handle anger, frustration, and conflict. Restorative practices foster the development of empathy, which creates a more caring and safe environment.

**October 9, 2019**

**Alicia Wilder, LMSW/ Owner and Clinical Therapist at Allow Therapy Partners  
Healing Trauma with EMDR Therapy**

This presentation will provide an overview of the impact of trauma and how EMDR can assist as a clinical intervention. This will include an overview of the theory, basic components of the therapy, research and further applications.

**November 13, 2019**

**Randy Flood, MA, LLP/ Fountain Hill Center & Men's Resource Center  
How Toxic Masculinity Contributes to Sexual Misconduct**

In the era of the #MeToo movement, there is greater attention on sexual misconduct on college campuses, faith communities and work places as well as concern regarding the rise of sex and pornography addiction. This presentation will help participants better understand how toxic male socialization impacts the emotional and relational intelligences of men leading to externalization disorders and sexual misconduct for some men. It will offer a new paradigm for thinking about and working with male clients in an effort to prevent non-consensual sexual interactions while helping males develop an increased capacity for intimate sexuality.

**December 11, 2019**

**Caroline Hall, MA, LPC & Jennifer Heintskill, MA, LLPC/ Anxiety Resource Center  
Stealing Life's Joy: How Anxiety Impacts Lives and Reclaiming Happiness Once Again**

Everybody experiences anxiety from time to time, but when it robs individuals of their ability to confidently navigate their world, it can become debilitating, isolating, and demeaning. Due to its powerful impact on one's level of functioning and sense of self, it can often lead to depression. In this presentation, we will explore the many facets of anxiety through the lens of the presenters who together will share their observations and expertise from different professional perspectives: as group facilitator, case manager, private practice clinician, and teacher. They will discuss the ways anxiety presents itself in young children through adulthood providing the latest statistics, research and most effective treatment options.

**Snow Policy: Seminars canceled if Forest Hills Schools are closed**

*Forest View Hospital is an approved provider with the Michigan Social Work Continuing Education Collaborative.  
Certificates will be provided upon verification of attendance.*

2nd Wednesday of each Month 8:00 a.m. to 10:00 a.m. from September through May

**Kent Intermediate School District - Conference Center  
1633 East Beltline Ave. NE  
Grand Rapids, MI 49525**

**If you would like to register, contact Megan (Priester) DeJonge at  
[megan.priester@uhsinc.com](mailto:megan.priester@uhsinc.com) or call at 616.940.0280**

Forest View Hospital is committed to providing quality mental health care with compassion and respect.

## ABOUT FOREST VIEW HOSPITAL

Forest View Hospital has provided comprehensive treatment programs for all types of mental illnesses for adults, children, and adolescents for over 40 years. Forest View also provides specialized treatment services for individuals with eating disorders, trauma-related disorders, and co-occurring disorders. **SPECIAL NEEDS DUE TO DISABILITY:** Please contact our office three (3) weeks prior to the seminar. We will strive to accommodate your needs. For additional information, contact us at 616.940.0251 or visit us online at [www.forestviewhospital.com](http://www.forestviewhospital.com).

## DIRECTIONS

**Kent Intermediate School District Conference Center/ 1633 East Beltline Ave. NE Grand Rapids, MI 49525**

From the EAST, take 96 to Grand Rapids and exit at the East Beltline. Turn right (north) at the top of the exit ramp. Continue north past the Frederik Meijer Gardens, past Leonard Street, to the third turnaround north of Leonard. Turn left onto the East Beltline heading south and get in the right lane. The KENT ISD CONFERENCE CENTER is the first driveway on the right.

From the WEST, take 196 and go east to Grand Rapids. Just beyond where 196 and 96 merge, exit at the East Beltline exit. On the exit ramp stay in one of the left lanes and turn left (north) at the top of the exit ramp onto the East Beltline. Continue north past the Frederik Meijer Gardens, past Leonard Street, to the third turnaround north of Leonard. Turn left onto the East Beltline heading south and get in the right lane. The KENT ISD CONFERENCE CENTER is the first driveway on the right.



### Forest View Hospital

1055 Medical Park Drive SE  
Grand Rapids, MI 49546  
[www.forestviewhospital.com](http://www.forestviewhospital.com)



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