



# CASRA Spring Conference

## Transitions: Navigating Life's Changes

**REGISTER NOW—**  
**Get the**  
**Early Bird Rate!**

May 1-2  
Crowne Plaza  
Concord

**Special Group Rate for the**  
**hotel— book by April 8.**

### CEU Information

CAMFT Provider # 135364  
California Board of Registered Nursing  
Provider # 13852  
Psychiatric Rehabilitation Association  
Provider # 103

CASRA is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, and LEPs. CASRA maintains responsibility for this program/course and its content. For more CE information, grievance policy, cancellation/refunds, reasonable accommodations, workshop descriptions and learning objectives, workshop schedules and presenter bio's, go to the [CASRA website](#).

For the full conference program, click [here!](#)

Got Questions?

Call the CASRA office at  
(925)229-2300 or email  
[debra@casra.org](mailto:debra@casra.org)



**Keynote: “Outside the Crayon Box: Creativity and Recovery”,**

Amanda Lipp, Founder & CEO of [The Giving Gallery](#), Creative Director of [Lipp Studios](#), and Specialist for the Center for Applied Research Solutions

### Featured Workshops



**Empathy Enhancement Training for Behavioral Healthcare Staff**, Sarah Wood, MPH, and Rhonda Van Cleve, LCSW, Crestwood Behavioral Health

The ability to empathize contains four qualities: taking on different perspectives; staying out of judgement; recognizing emotions; and communicating empathy. Learn core techniques to build this essential skill.



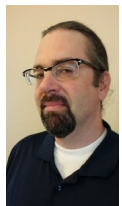
**PSR – From Paradigm to Practice**, Chad Costello, ACSW, CPRP, Vice President of Policy, Mental Health America of Los Angeles

Is Psychosocial Rehabilitation a paradigm or is it a practice, or is it both? What about recovery? Come and see how it all fits together.



**Doing the Right Thing: Living the Code of Ethics**, Debra Brasher, MS, CPRP, Director of Education and Training, CASRA

This dynamic workshop will provide an overview of the Psychiatric Rehabilitation Practitioner's code of ethics and give you a chance to work with situations that you'll find familiar – and determine the most ethical thing to do.



**Redefining Psychosis and Treatment: Eclectic, Effective Strategies to Promote Recovery**, Tim Dreby, LMFT, Rehabilitation Counselor, Alameda Health System

It's time to challenge how the medical model defines "psychosis". Participants will learn approaches to working with psychosis that emphasize acceptance and joining with the person in their experience.



**Dialectical Behavior Therapy: The Foundation and a Deeper Dive**, Bindu Khurana-Brown, LMFT, Momentum for Mental Health

The training will outline the core concepts of DBT including an overview of the four modules: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.



**How Talking Politics Can Heal: Peer Support Groups Busting Stigma**, Dan Evenhouse, LCSW, CPRP, San Francisco Veterans Administration

Join this live panel discussion with Veterans who have participated in peer support groups where creative arts and/or politics are regularly discussed. Learn about this individualized, effective model for providing mental health services.