

# Methodist College Continuing Education Series - Fall 2018

The Fall Continuing Education Series offers continuing education credit opportunities to Nurses, Social Workers, Counselors and K-12 Teachers. Each session is worth 1.5 hours of Continuing Education credits. All classes are open to both professionals and community members.

**Wednesday, September 12**  
8:30 to 10 a.m.

## How to Improve Interactions with Challenging Personalities Through Increased Compassion

Presented by:  
**Jean Clore, PhD**



Interacting with interpersonally challenging people is part of all professions. Healthcare and education professionals can become easily “burnt out” from frequent interactions with difficult patients

and students. Insights and techniques from psychological research and empirically supported psychotherapies have much to offer other professionals in effectively coping with interpersonal conflicts, thereby improving resiliency. This workshop will provide an overview and hands-on practice of some of these techniques.

**Thursday, October 18**  
4 to 5:30 p.m.

## Every (Wo)Man for Himself: Breaking Free of Heteronormative Gender Roles

Presented by:  
**Alissa Selburg, MS**



Human identities are not static or homogeneous, so why should our practices be? For too long our social institutions have ignored the trans-gendered community, resulting in uncomfortable and

even dangerous situations for gender-queer individuals. In this session, you’ll learn more about the complex concept of gender, how to be more inclusive of individuals across the gender spectrum, and actions you can take to develop yourself as a gender-queer advocate.

**Wednesday, November 7**  
4 to 5:30 p.m.

## In Crisis: A Look at Opioid Addiction in Central Illinois

Presented by:  
**Terence Hodges, DHSC, MED, MA**



According to the U.S. Centers for Disease and Control Prevention, opioid overdose deaths in the United States quadrupled between 1995 and 2015, reaching 64,000 in 2016. In Illinois, there were 1,946 opioid-related deaths in 2016, an increase of more than three-quarters since 2013. In this session you will

learn about trends and incidences of opioid abuse in Central Illinois. We will discuss opioids that are commonly abused by individuals and we will explore signs and symptoms of opioid misuse and treatment options. Finally, health professionals will learn about best practices in referring a patient or client displaying signs and/or symptoms of opioid misuse.

 **Methodist College**  
UnityPoint Health

**Methodist College Continuing Education**  
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**Cost:**  
\$20 per class (for continuing education credit)  
\$15 per class (general community)  
\*Save \$10 if you register for all three!\*

For more information or to register, visit [methodistcol.edu/continuing-education](http://methodistcol.edu/continuing-education)