

# Outline

## Unique Issues Impacting Women with Mental Illness

How sexual trauma poses a unique risk to women's mental health  
Sanctuary trauma in treatment settings  
Motherhood, family and relationships  
Work and financial challenges  
Research limitations, potential risks, and future directions in research and treatment

## Best Practices for Providing Culturally Sensitive Treatment with Respect to:

Race/ethnicity  
Sexuality (LGBQIA)  
Gender diversity (transgender and nonbinary people)  
Class and socioeconomic status  
Spirituality and religion

## Maximize Self-Determination and Empowerment:

*A How to Guide on Employing Gender Responsive Treatment Models in Your Practice*

Concrete tools for recovery-oriented care  
Interventions guided by the needs and nuances of women  
Incorporate a gender-sensitive lens to inform evidence-based interventions  
What is trauma-informed care for women experiencing PTSD?  
How to interweave a trauma-informed care perspective

## Live Webinar Schedule

(Times listed in Pacific)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## PTSD, Severe Depression and Other Serious Mental Health Disorders: Tools to Enhance Your Clinical Treatment of Female Clients

Case studies and interview excerpts  
Enhance self-growth - worksheets to complete with clients  
Treatment strategies with an evidence-base for women with PTSD and serious mental illnesses

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)

Psychiatric rehabilitation  
Applying a gender-responsive and intersectional framework  
Scales/inventories for clinical use

## Experiential Learning Activities and Treatment Planning

Self-assessment for clinical practice – where you can grow?  
Holistic perspective activity – why clinicians need to understand the history of mistreatment of women with mental illness?  
How a gender-responsive approach differs from treatment as usual  
Treatment planning exercise – conceptualize treatment from a gender-responsive lens

## Putting it All Together: Case Studies

"Raya," an African American, 30-year-old, bisexual woman with schizophrenia, physical disabilities and history of sexual trauma

"Emmie," a 50-year-old, heterosexual Asian American woman and mother who has struggled with severe depression and suicidality throughout her life

"Kris" a White American queer-identified person assigned female at birth in their 40s with bipolar disorder

FREE CE VIDEO

DSM-5™ Differential Diagnosis for Clients with a History of Trauma

Watch today at [pesi.com/dsm5video](http://pesi.com/dsm5video)

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID EAU CLAIRE WI PERMIT NO. 32729

PESI, Inc. P.O. Box 1000 Eau Claire, WI 54702-1000

# Women with Trauma and Serious Mental Health Disorders

## A Gender-Sensitive Treatment Guide for PTSD, Severe Depression and More

**LIVE Interactive Webinar**  
**Friday, October 22, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



**REGISTER NOW:**  
[pesi.com/webcast/85949](http://pesi.com/webcast/85949)



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

**REGISTER NOW:**  
[pesi.com/webcast/85949](http://pesi.com/webcast/85949)

Join us online for this live training!

# Women with Trauma and Serious Mental Health Disorders

## A Gender-Sensitive Treatment Guide for PTSD, Severe Depression and More

- Clinical strategies for compassionate and empowering care
- Case studies to guide you in providing non-pathologizing treatment
- Experiential activities, diagrams, and worksheets

**LIVE Interactive Webinar**  
**Friday, October 22, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.

## Women with Trauma and Serious Mental Health Disorders

Women's treatment needs are impacted by gender differences.

And in women with serious mental health conditions (PTSD, major depression, bipolar disorder, schizophrenia) traumatic experiences tied to gender and power differentials are often a major component in the development and presentation of their symptoms. From motherhood and family relationships to sexual, racial, ethnic, class, work and religion, these differences encompass every facet of female identity.

But traditional mental health models and training neglect to account for the impacts of female clients intersecting identities on treatment. Clinicians are left struggling to get results, lacking the tools to treat this population in a non-pathologizing way.

How can you provide compassionate care that empowers these women in treatment?

**Drs. Lauren Mizock and Erika Carr are the authors of *Women with Serious Mental Illness: Gender-Sensitive and Recovery-Oriented Care*** (Oxford University Press, 2021) and co-chairs of the American Psychological Association's Task Force for Women with Serious Mental Illness.

Join them for this groundbreaking one-day program as they provide you with a gender-sensitive therapy approach so you can more successfully address the issues impacting the treatment of women with mental health issues.

In just one day you'll get:

- Practical clinical strategies to meet women's specific treatment needs
- Tips on drawing from women's strengths to overcome mental health challenges
- Case narratives for easy to follow application
- Tools that enhance daily functioning and self-determination
- Guidance on empowering women on the complex paths to recovery

Don't miss this one of a kind training!

**Register today!**

### Target Audience:

Counselors • Social Workers • Psychologists • Marriage & Family Therapists  
Addiction Counselors • Psychiatrists • Nurse Practitioners



**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

### PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [www.pesi.com/info](http://www.pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Ryan Bartholomew** at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or call **715-855-8225**.

## Meet Your Speakers

**Lauren Mizock, PhD**, is a licensed clinical psychologist in private practice as well as core faculty in the clinical psychology PhD program at Fielding Graduate University and director of the social justice and diversity concentration.

Dr. Mizock is on the executive committee of the Society for the Psychology of Women (Division 35) of the American Psychological Association (APA) and co-chairs the Women with Serious Mental Illness Committee and Motherhood Committee.

She is the co-author of *Women with Serious Mental Illness: Gender-Sensitive and Recovery-Oriented Care* (Oxford University Press, 2021), *Acceptance of Mental Illness: Promoting Recovery among Culturally Diverse Groups* (Oxford University Press, 2016) and *Researcher Race: Social Constructions in the Research Process* (Information Age Publishing 2012), in addition to over 60 publications. Dr. Mizock's research and clinical interests are in cultural competence in teaching and clinical practice, mental illness, women's mental health, and transgender and gender diverse populations.

Speaker Disclosure:

Financial: Lauren Mizock maintains a private practice. She is a core faculty at Fielding Graduate University. Dr. Mizock is an author and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Lauren Mizock is a member of the American Psychological Association, Div 35, Psychology of Women; and the American Psychology Association.

**Erika Carr, PhD**, is a licensed psychologist and associate professor in the department of psychiatry at Yale University School of Medicine. She also serves as director of the inpatient psychology service at Connecticut Mental Health Center in New Haven, CT.

Dr. Carr is the co-author of *Women with Serious Mental Illness: Gender-Sensitive and Recovery-Oriented Care* (Oxford University Press, 2021) and the chair of the Task Force for Women who Experience Serious Mental Illness in the Society for the Psychology of Women (Division 35) of the American Psychological Association (APA).

Dr. Carr has a particular interest in women who experience serious mental illness, as evident by her focus on women's issues and recovery-oriented care. Dr. Carr directs the psychology service at her institution for an inpatient psychiatric unit and specifically focuses on providing training experiences for psychology fellows from a recovery-oriented perspective so as to help empower the individuals they serve, mitigating the impact of stigma and oppression, and partnering in the recovery journeys of individuals who experience serious mental illness as they build lives of meaning as they so define.

Speaker Disclosure:

Financial: Erika Carr is an associate professor at the Yale University School of Medicine. She serves as the director of the Inpatient Psychology Service at Connecticut Mental Health Center. Dr. Carr is an author and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Erika Carr has no relevant non-financial relationship to disclose.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Social Workers, Psychologists, Marriage & Family Therapists, Addiction Counselors, Psychiatrists, and Nurse Practitioners.**

For specific credit approvals and details, visit [www.pesi.com/webcast/85949](http://www.pesi.com/webcast/85949)

#### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/85948>.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association

of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to  
**6.25 CE**  
Hours for one  
low price!

For all credit approvals and details, visit: [www.pesi.com/webcast/85949](http://www.pesi.com/webcast/85949)

## SIGN UP-TODAY! Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesi.com/webcast/85949](http://pesi.com/webcast/85949)**

### Live Interactive Webinar (Option 1)

October 22, 2021 [PWZ85948]

**\$219.99** tuition

8am Pacific time

**Live Webinar Experience:**

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar  
*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [pesi.com/info](http://pesi.com/info) to save for groups of 5 or more

### On-Demand Digital Seminar (Option 2)

**\$219.99** [POS058410]

**Digital Seminar Experience:**

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate  
CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability.

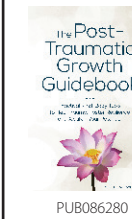
### DVD (Option 3)

**\$219.99** [RNV058410]

**DVD Experience:**

- Self-study CE certificate available  
CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

### Recommended Reading:

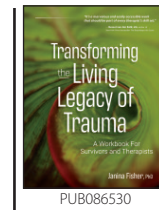


**The Post-Traumatic Growth Guidebook**  
*Practical Mind-Body Tools to Heal Trauma, Foster Resilience and Awaken Your Potential*

Arielle Schwartz, PhD

~~\$24.99~~ **\$19.99\***

PUB086280



**Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists**

Janina Fisher, Ph.D.

~~\$29.99~~ **\$22.99\***

PUB086530

*\*Discount Included with purchase of the Webinar*

### OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000

Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

### TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2021