COMMON DAY FALL 2017
New York University, Silver School of Social Work
Monday, November 6, 2017
Kimmel Center, 60 Washington Square South

10:00-10:30: CHECK-IN in the LOBBY

10:30-11:30: SESSION ONE

Acceptance Commitment Therapy and the Matrix
Brian Mundy, LCSW-R, Clinician, Trainer, and Author
Pain is a part of life. We human beings often respond to internal pain and discomfort by trying to avoid it or to control it. While these strategies are natural, they can often lead to lives that are narrow and inflexible. The Matrix is a tool developed by Kevin Polk, a contextual behaviorist who practices Acceptance Commitment Therapy. In this workshop, participants will learn a highly practical, simple tool designed to help clients sort through their responses to internal discomfort in order to develop perspective-taking and increased psychological flexibility.

Working with Survivors of Torture
Lauren Presso, LMSW, MPA, Director of Human Rights Clinic, HealthRight International
In this session, social worker Lauren Presso will describe her career path practicing global social work in the U.S., with a focus on her current work as the Director of HealthRight International’s Human Rights Clinic (HRC). Lauren oversees the HRC’s operations, including the training, mentoring and coordination of a network of hundreds of volunteer medical and mental health professionals who document the effects of human rights abuses on immigrant survivors of torture and abuse seeking immigration relief in the U.S. Over the last 15 years, Lauren has worked to address the health and wellbeing of vulnerable populations in the U.S. and abroad—as a program manager, counselor and research coordinator. Directly prior to her work at HealthRight, she helped establish and oversee an anti-human trafficking program in Westchester County, NY. Lauren received degrees in Social Work and Public Administration from Columbia University. She teaches a course at the NYU College of Global Public Health on Migrant Health and Human Rights.

Mass Incarceration & Trauma: Implications for Social Work Practice
Kirk James, AA, BA, MSW, DSW, Clinical Assistant Professor of Social Work
The United States, often considered “the land of the free,” currently holds the dubious distinction of being the world’s largest prison warden. While comprising a mere 5% of the world’s population, the United States nonetheless has managed to account for 25% of the world’s prisoners. No country, much less one that purports a democracy, has managed to incarcerate so many of its inhabitants. Furthermore, the challenges postrelease are often insurmountable, with research indicating that most people will return to prison within three years. The enmeshed consequences of incarceration and prisons are omnipresent throughout the social work profession. Social justice is often described as the “organizing value,” or catalyst, that drives the profession of social work. The NASW code of ethics as well as the curriculum policy statement of the Council on Social Work Education (CSWE), mandate that social workers and schools of social work education pay explicit attention to social and economic justice for all people. Yet, it is startling that critical discourse in schools of social work pertaining to mass incarceration is marginal, or in some cases
completely absent. This presentation aims to provide social workers with a historical and contemporary understanding of mass incarceration in the United States. Its goal is to facilitate informed social work practice and advocacy with individuals, families, and communities impacted by this destructive phenomenon. Join us in a discussion and exploration of what attracts you to the field of youth development and what will allow you to successfully work with inner city teens and young adults.

**Against Domestic & Intimate Partner Abuse**  
**Karina Aybar-Jacobs, MSW, Anti-Domestic Violence & Women's Rights Advocate**  
Domestic & Intimate partner violence is a global issue that affects us all, and very often it can be undermined, and not addressed appropriately. As social workers, we can be agents of change in the struggle against domestic violence, from a clinical, community organizing, & advocacy level interchangeably. In this session, we'll have an open discussion of the dynamics of abuse, cultural & linguistic approaches to services, and overall best practices to addressing domestic violence from a strength based perspective.

**Neurobiology Research Will Affect Your Practice**  
**Judith Siegel, Ph.D, Director of the Post-Master's Certificate Program in Child and Family Therapy**  
Social work lives beyond the brain through psychotherapy. We can process trauma through our bodies, we can create safe spaces to allow processing to occur, we can even use breath and intention to ground ourselves and our clients. During this interactive workshop, students will be asked to move their bodies, participate in activities and consider what other tools are available to them. Whether you’re going into psychotherapy, case management, or community advocacy, we work with people and people need to process mindfully and sometimes in community. Presenter Note: This workshop is available to all students, regardless of their physical ability; accommodations and modifications are available.

**Advocating for New York City's Children**  
**Karri Mayhan, LMSW**  
**Bari Cohen, LMSW, Adolescents Confronting Transition (ACT) Project**  
**Carmita Cortes, LMSW, The Immigration Rights Project, Senior Social Worker**  
Lawyers For Children uses a multi-disciplinary approach to effectively advocate for abused and neglected children, children in foster care, and children in high conflict custody cases. Every client is assigned an attorney and social worker to provide critically needed, top-quality legal representation and social work services. Everyday, LFC staff can be found in the courtroom and in the community, advocating on behalf of children in New York City. Lawyers For Children gives our clients the representation and resources they deserve—a voice in the decisions that affect them, guidance in evaluating their options and support for the next steps in their lives. By advocating, educating and empowering, we dramatically improve the lives of youth in foster care and compel comprehensive reform of the foster care system.
Social Work License Exam Prep Boot Camp
Edith Chaparro, LCSW, PhD Candidate
The session will provide an overview of the social work license exam. In addition, the session will provide proven methods and useful tips on how to pass the licensing exam. A discussion on test anxiety and study tips will be addressed.

Working in Child Welfare
Jacqueline P. Martin, DSL, LMSW
Dr. Jacqueline Martin has been dedicated to improving the child welfare system in New York City for over twenty-five years. She is currently the Deputy Commissioner for the Division of Preventive Services at the Administration for Children’s Services (ACS). In this capacity she promotes a best practice and policy agenda through collaborative work with ACS and Preventive Service Providers. She is also the Co-Chair of the Racial Equity and Cultural Competency Committee (RECCC) which has a mission to promote racial equity and social justice throughout the ACS child welfare, juvenile justice, and early care and education system here in New York City. Before joining ACS in 2001, she was the director of a General Preventive and Family Rehabilitation child welfare service program at a non-profit agency in the South Bronx. Jacqueline holds a Master’s in Social Work from Hunter College. In 2015 she completed her doctorate in Strategic Leadership at Regent University, with a focus on Servant Leadership and Executive Coaching.

Point Source Youth: Innovative Solutions to Youth Homelessness & Scaling Solutions
Jenna Mellor, Associate Director of Point Source Youth
Come learn more about the practice field of macro work to end youth homelessness. How are youth homelessness systems in NYC and beyond set up? What advocacy is happening on local and national levels? How can students and practitioners be involved?

Forensic Social Work
Brenda Zubay, Brooklyn Defender Services
Brooklyn Defender Services is a public defender organization that represents nearly 40,000 people each year who are too poor to afford an attorney. Our staff consists of specialized attorneys, social workers, investigators, paralegals and administrative staff who are experts in their individual fields. People who are arrested face many obstacles, even if their case was resolved in their favor. Some examples are loss of employment, suspension from school, eviction from public or private housing, deportation, forfeiture of property and loss of licenses. Our goal is to help clients with these issues as they arise. We also work to change these systems by challenging their legality and advocating for changes in the law. Many of our clients are people with a mental illness. Many of our clients are under the age of 18. A growing number are veterans facing difficulties in returning home. A large portion are suffering with drug addiction or alcoholism. It is only through a zealous voice advocating for those unable to speak for themselves that justice is done. BDS is that voice.

Social Service vs. Social Change: Macro-Level Thinking for Micro-Level Problems
Ashley Merriman
Join the Undoing Racism Internship Project (URIP) for a dialogue on the role of social workers in social change. As
social workers, many of us engage in social service work, providing services for those most in need, for those trying to survive, and for those barely making it. Though this is essential work, how do we also work to change our systems and institutions to make them more equitable and just, especially for the most vulnerable? Together we will identify the socio-political systems that we are a part of as social workers and explore strategies to change them.

12:45-1:45: LUNCH BREAK

Please enjoy the lunch voucher provided to you at check in.
There is a cafeteria on the 3rd Floor of the Kimmel Center, Lipton Dining Hall - 33 Washington Square West, Weinstein Passport Dining - 5-11 University Place and other dining locations on campus. Please refer to NYU Dining Guide for additional locations.

1:45-2:45: SESSION THREE

Stress Management and Self-Care in Troubled Times
Ben Sher, Director, Office of Global and Lifelong Learning, NYU Silver SSW
Goal: To assist students in pressing the pause button for themselves as we face a new and demanding sociopolitical world. Objective: Define the basic principles of stress and stress management. Identify and practice 3 simple stress management exercise. Discuss self-care and the strategies to complete it. Identify one evidence-based assessment tool that can examine Quality of Life (Pro-QL)

It's Not Rocket Science: Quick Tips for Passing the Licensing Exam
Dr. Aminda Heckman Chomczuk
Dr. Heckman Chomanczuk will provide a short overview of content and study tips for for the LMSW exam.

Social Work License Exam Prep Bootcamp
Edith Chaparro
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Cultural Diversity & Implicit Bias: Dialoguing Towards Self Understanding
Amy Meyers, Ph.D
Let's understand our implicit biases and how students can improve cultural competence/humility, self-awareness, and critical thinking. "Differences" are a hot topic and something that even seasoned professionals must continue to dialogue about. Let's navigate the “growing pains” of self-exploration and consider encounters that push us to question our boundaries, roles, and self-understanding.

The Impact of Neoliberalism on Homelessness in New York City
Antoine Lovelle, LMSW, MPA
Even though New York City is known as a liberal bastion, homelessness is being exasperated by neoliberal policies
that seek to transfer wealth into the hands of private real estate companies. Neoliberalism as a political and economic theory will be used to explain the current state of homelessness in New York City. Also, this session will examine current housing interventions and how neoliberalism impacts the construct and implementation of these social policies. Social workers are charged with helping clients navigate systems and will benefit from understanding structural and economic barriers for those that experience homelessness.

**Psychodrama Therapy Group**
**Valerie Simon, LCSW, PAT**
This workshop will discuss the origins of psychodrama and demonstrate the method in action. Participants will experience and learn basic psychodramatic techniques first hand. Valerie, a Silver Social Work School graduate, is a certified practitioner and trainer in psychodrama and has a private practice at Columbus Circle. She has created The Inner Stage workshops, trainings, and therapeutic intensives, and has presented both nationally and internationally about psychodrama.

**A Guide for Sustaining Conversations on Racism, Identity, and Our Mutual Humanity**
**Linda Laurel Bryant, MSW, Ph.D**
A Guide for Sustaining Conversations on Racism, Identity, and our Mutual Humanity is a hands-on guide for teachers, students, and agency professionals seeking to respond skillfully and sensitively to the often daunting challenges of classrooms, as students demand both answers and accountability concerning issues of race, power, privilege, and oppression and the emotional responses they provoke.

**3:00-3:45: Featured Guest Speaker**
**Dr. Mayowa Obasaju**
**What about Liberation? Questions about the Intersections of Clinical and Community Work**
Mayowa Obasaju, PhD, is a trauma and healing focused, clinical and community psychologist, trainer, and educator who will be exploring the role of a liberation based focus in social service work. Integrating clinical and community based theories and practices, Dr. Obasaju will briefly review the history of radical social work and identify the need for social service providers to engage in both personal and relationship to community exploration as it relates to power and privilege, particularly in the current climate. Additionally, Dr. Obasaju will explore liberatory, anti oppressive, community based theory and strategies.

*Room 914 and via Facebook Live*