



Register before: 10/14/2026
www.impactbehavioralhealth.org/impact

Join us for a dynamic series of presentations featuring outstanding speakers covering a wide range of impactful mental health topics. These interactive sessions are designed to **expand your expertise**, **enhance your skills**, and **spark new ideas**. Our hope is that you **leave feeling inspired and empowered**.

 **DATE**
October 16th, 2026

 **TIME**
10:00am - 4:30pm

 **LOCATION**
Northern Quest
Resort & Casino

~ IMPACT has partnered with STACIA LLC to offer Free CE Trainings ~

CE TRAINING SERIES

(each session provides 1.0 NBCC Credit Hours)

Ethics and AI in Behavioral Health
Lay of the Land: Fentanyl
TMS Today
Trauma-informed Care in Virtual Settings
The Athlete's Mind and the Power of Brainspotting
Early Childhood Emotional Regulation
Developing Children's Grief Narratives
Unlocking Fear: Mastering Inhibitory Learning
Better Conversations, Better Outcomes
Safety Planning Intervention Using Client Narrative



STACIA LLC, Specialized Training And Consultation has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7801. Programs that do not qualify for NBCC credit are clearly identified. STACIA LLC, Specialized Training and Consultation is solely responsible for all aspects of the programs.



If you need accommodations or have questions, please contact us:
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12015 N Dakota Lane | Spokane, WA | 99218
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Advanced Recovery Solutions
PO Box 9654, Spokane, WA 99209
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Ethics and AI in Behavioral Health

Speaker: Staci Cornwell, LMHC, CMHS, GMHS

Organization: STACIA LLC, Specialized Training and Consultation

Time: 10:00-11:00

NBCC Continuing Education: 1.0 Credit Hour.

Description:

Join us for the imperative ethical conversation on the integration of artificial intelligence (AI) in suicide prevention. While AI has the potential to improve access and efficiency, it also raises important ethical considerations that must be addressed.

Objectives:

- Analyze the pros/cons of AI and Behavioral Health.
- Assess the Ethical Considerations for using bots in mental health and suicide support.
- Identify ethical expectations regarding counselor competence in suicide risk assessment and crisis intervention.
- Apply ethical decision-making models to complex scenarios involving suicide risk and crisis response.

Lay of the Land: Encouraging Signs and Persistent Challenges Dot the Terrain of America's Drug Use Epidemic

Speaker: Kelly Olson, PhD

Organization: Millennium Health

Time: 10:00-11:00

NBCC Continuing Education: 1.0 Credit Hour

Description:

Although Fentanyl's contribution to the overdose crisis has dominated the national conversation for over a decade, overdoses involving stimulants alone and in combination with Fentanyl have increased and are gaining more attention. This presentation provides insight into the broader picture of illicit stimulant and Fentanyl use.

Objectives:

- Participants will be able to better understand effects of illicit stimulant use.
- Participants will be able to observe recent polysubstance trends.
- Participants will be able to compare and contrast overdose death rates and Fentanyl positivity rates.



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TMS Today: What Mental Health Clinicians Need to Know

Speaker: Kiira Tietjen, DNP, ARNP, PMHNP-BC

Organization: New Chapter TMS

Time: 11:15-12:15

NBCC Continuing Education: 1.0 Credit Hour

Description:

This session provides a practical overview of Transcranial Magnetic Stimulation (TMS), an evidence-based treatment for major depressive disorder and other psychiatric conditions. Participants will learn how TMS works, common indications and contraindications, what patients can expect during treatment, and how it compares with medication, psychotherapy, ECT, ketamine, and other treatment approaches.

Objectives:

- Describe the basic mechanism, treatment experience, and common clinical indications for TMS.
- Identify client characteristics that may suggest a referral for TMS evaluation is appropriate.
- Compare standard TMS and accelerated TMS treatment models, including key benefits, limitations, and areas of emerging evidence.
- Discuss how therapists, case managers, and other behavioral health clinicians can support clients before, during, and after TMS treatment.
- Explain common client questions and concerns about TMS using clear, clinically accurate language.

Trauma-informed Care in the Virtual Setting for Youth and Families

Speaker: Amber Latham, LMHC, SUDP, LPC

Organization: Charlie Health

Time: 11:15-12:15

NBCC Continuing Education: 1.0 Credit Hour

Description:

This presentation explores the application of trauma-informed care in virtual treatment settings for youth and families. Participants will review core principles, including safety, trust, collaboration, empowerment, and cultural responsiveness, examine how these translate to telehealth environments, and learn practical strategies to build rapport, enhance engagement, recognize trauma responses, and support psychological safety in virtual care.

Objectives:

- Identify core principles of trauma-informed care and their application within virtual behavioral health settings for youth and families.
- Recognize common barriers to engagement and emotional safety in telehealth environments and describe strategies to support trauma-informed virtual care.
- Apply practical interventions to foster rapport, psychological safety, and family engagement, during virtual treatment sessions with children and adolescents.



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The Athlete's Mind and the Power of Brainspotting

Speaker: Bree Sutton, LMHC

Organization: Bree Sutton Therapy PLLC

Time: 1:00-2:00

NBCC Continuing Education: 1.0 Credit Hour

Description:

Participants will gain an introduction to Brainspotting, a brain-body therapeutic approach that accesses subcortical processes involved in performance, trauma, and emotional regulation. Through this lens, attendees will learn how Brainspotting can help athletes move beyond insight alone, enhance resilience, overcome performance barriers, and return to optimal functioning in both sport and life.

Objectives:

- Identify common mental health concerns and unique clinical considerations associated with working with athletes and high performers.
- Describe factors that contribute to athletes being an underserved population and explain how athletic culture influences symptom presentation and treatment engagement.
- Recognize signs that traditional talk therapy may have plateaued and identify barriers that can limit desired performance and emotional outcomes in athletes.
- Explain the theoretical foundations of Brainspotting and its role in addressing trauma, performance issues, and emotional regulation.

Early Childhood Emotional Regulation

Speaker: Amanda Russell, LMHC

Organization: AKIN

Time: 1:00-2:00

NBCC Continuing Education: 1.0 Credit Hour

Description:

This interactive presentation explores the foundations of infant and early childhood mental health, with a focus on emotional regulation and healthy development. Participants will learn key concepts including co-regulation, sensory system development, and the role of positive childhood experiences in building resilience and emotional well-being. Attendees will gain practical insights and strategies to support young children's emotional growth and strengthen caregiver-child relationships.

Objectives:

- Identify the window of tolerance and how it applies to working with others.
- Identify normal development fears and what adults can do to help young children navigate anxiety.
- Identify what felt safety is and how to cultivate it.



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Developing Children's Grief Narratives: Helping Kids to Own Their Stories of Loss

Speakers: Margaret Rowe, LICSW, CCLS and Krista Reeder, CCLS, MT-BC

Organization: Lion's Hearth Grief Center

Time: 2:15-3:15

NBCC Continuing Education: 1.0 Credit Hour

Description:

This session will explore how to communicate honestly and developmentally appropriately about death with children at different ages and stages. Participants will learn to recognize healthy childhood grief responses, understand the unique needs of grieving children, and identify community resources that can support children and families through the healing process.

Objectives:

- Develop clinical skills in hard conversations with children & caregivers around loss.
- Identify what children need for healthy mourning and grief experiences.
- Participants will be able to name local resources for grieving children in the Spokane area.

Unlocking Fear: Mastering Inhibitory Learning

Speaker: Kristin Cronin Boone, LMFT

Organization: OCD Anxiety Centers

Time: 2:15-3:15

NBCC Continuing Education: 1.0 Credit Hour

Description:

Step into an interactive and thought-provoking exploration of inhibitory learning principles and their role in enhancing ERP. Through vivid metaphors, practical demonstrations, and real-world examples, this session will bring inhibitory learning to life. Discover how to apply these principles with flexibility and creativity, empowering you to deliver client-centered interventions that foster lasting change.

Objectives:

- Define inhibitory learning and explain how new learning can inhibit old learning in the context of anxiety and exposure-based treatment.
- Explain how inhibitory learning compares to emotional processing theory.
- Recognize the importance of flexibility in adapting exposure-based treatment to individual cases.



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Better Conversations, Better Outcomes: Using Fidelity Based Motivational Interviewing

Speaker: Aly Gibson, LMHC, CHMS

Organization: Institute for Individual and Organizational Change (IFIOC)

Time: 3:30-4:30

NBCC Continuing Education: 1.0 Credit Hour

Description:

Integrating contemporary brain science with Fidelity-Based Motivational Interviewing (MI), participants will learn practical strategies to strengthen engagement, reduce defensiveness, and foster meaningful behavior change.

Objectives:

- Identify how accurate empathy reduces defensiveness and resistance in the individuals they serve.
- Identify core Motivational Interviewing intentions that reduce discord, increase engagement, and strengthen collaboration and support trauma informed care.
- Describe the impact trauma has on the brain and behavior.

Safety Planning Intervention Using the Client's Narrative

Speaker: Sabrina Votava, LMHC

Organization: Failsafe for Life

Time: 3:30-4:30

NBCC Continuing Education: 1.0 Credit Hour

Description:

While many providers are familiar with safety planning, an essential element is often overlooked: incorporating the client's personal narrative and helping them understand how the plan supports their safety and well-being.

This session explores how to use client-centered conversations to create more meaningful, individualized, and effective safety plans.

Objectives:

- Describe elements of a safety plan.
- Demonstrate how to gather narrative using the suicide risk curve.
- Identify and apply collaborative strategies in safety planning.



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