



Cambria-Somerset Council for Education of Health Professionals, Inc.  
Torrance State Hospital and Seclairer-Enlightening Self with Knowledge

**Mindful Zones: *Secrets to Healthy Life***

Friday, September 17, 2010

8:00am—4:45pm

Chestnut Ridge Inn on the Green  
Blairsville, PA

Course Directors: **Safdar I. Chaudhary, MD**  
**Edna I. McCutcheon, ACSW**

This conference will address the strategies for enhancing the ability of professionals and individuals to develop preventive health care strategies to lead successful and fulfilling lives. Topics presented will include incorporating community health and wellness; coordination of physical and behavioral health systems; understanding and utilizing principles of living longer and improve quality of health indicators; applying best practices to increase awareness of effective preventive behavioral health approaches for fulfilling life.

**For Brochure/Registration/Credit Information**

**Go To: [www.cscouncil.com](http://www.cscouncil.com)**

**Email: [jdhoff@pitt.edu](mailto:jdhoff@pitt.edu) Ph: 814-269-2939**

**Dialectical Behavioral Therapy  
An Intensive Training**

Friday, October 1, 8, 22 & 29, 2010

8:00am—5:00pm

McKinniss Auditorium  
Torrance State Hospital, Torrance, PA

Course Director: **Safdar I. Chaudhary, MD**

As clinicians are confronted with increasingly complex mental health issues, DBT offers evidence based, highly effective tools for clinical use in most clinical settings. This includes inpatient, outpatient mental health, as well as adult and juvenile forensic settings. This intensive program will provide the participants with review of the Dialectical Behavioral Therapy (DBT) and strategies to implement DBT based treatments in all clinical settings.

**Continuing Education Credits Available**

**Mindful Zones:** Category 1, APA, Social Workers, CEUs

**DBT:** APA, Social Workers, and CEUs.

For More Information: [www.seclairer.com](http://www.seclairer.com)



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140 Biddle Hall  
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