



## **HEALTH PROFESSIONS PRE-LICENSURE**

### **NURSING ASSISTANT/GERIATRIC AIDE**

Certified Nursing Assistants/Geriatric Aides provide basic care to patients under the direct supervision of a nurse. They are able to perform delegated duties in a hospital, doctor's office, nursing home, or assisted living facility. This training consists of classroom and laboratory competency-based modules designed to prepare the student for employment in an acute care or long-term care facility. Many home care agencies also find this certification beneficial.

This course is approved through the Maryland Board of Nursing; successful completion allows the student to apply for certification in MD as a CNA and prepares students to take the National Nurse Aide Assessment Program Exam.

The four (4) courses that make up this certification are: Introduction to Health & Wellness, Nursing Assistant/Geriatric Aide Classroom (parts I & II), Nursing Assistant/Geriatric Aide Clinical, and BLS (Basic Life Support) CPR.

#### **Introduction to Health and Wellness (CHE321)**

This course is required as part of the Nursing Assistant/Geriatric Aide program. This course covers basic concepts needed in health care as well as wellness issues for patients and the health care workers. An overview of medical ethics, professional conduct, infection control, medical terminology, communicating with patients, body mechanics, wellness, proper eating habits, principles of fitness, stress and time management, and teaching patient awareness of healthy lifestyle options to enhance recovery will also be discussed. In order to meet program requirements, students must achieve a grade of "C" or better.

\*Prior to registering for CHE322 Nursing Assistant/Geriatric Aide Certification Training, prospective students must meet with the program coordinator. Please contact Program Coordinator, Deborah Henson at dhenson@allegany.edu or 301-784-5529. Students must also demonstrate successful achievement on a standardized test assessing reading.

#### **Option I**

2/18 – 4/24, T/TH (17 sessions)

1:00 PM – 3:25 PM

Location: CE19

Instructor: Lisa Humbertson

#### **OR**

#### **Option II**

2/18 – 4/24, T/TH (17 sessions)

3:30 PM – 5:55 PM

Location: CE19

Instructor: Heather Emerick

Course Cost:

In County: \$483

Out of County: \$939

Regional: \$1,017

Out of State: \$1,251

*No Senior Waiver/Discount*

Course cost includes the required course fees, Learning Harbor fee, CE registration fee, orientation fee and placement test fee for first time students. Books are not included in the course cost.

## Health and Human Service Professionals

### **Nursing Assistant/Geriatric Aide Certification Training (CHE322 and CHE342)**

This course is designed to provide students with the classroom theory and clinical skills essential in assisting nurses in delivering proper basic bedside care of patients across the life span. This program offers a broad foundation of knowledge and skills for the Certified Nursing Assistant and the Geriatric Nursing Assistant. Successful completion of the course qualifies the student to apply for Maryland certification and to sit for the National Nurse Aide Assessment examination. Graduates will be able to seek employment in a variety of health care settings. Course work emphasizes growth and development throughout the life span, basic personal care, vital signs, communication and interpersonal skills, nutrition, medical asepsis, legal and ethical responsibilities, safe and efficient work practices, and medical terminology. In order to successfully pass this course, students must achieve a grade of "C" or better along with meeting the academic standards of the college.

### **Nursing Assistant/Geriatric Aide Classroom (CHE322/CHE 342)**

#### **Option I**

2/19 – 05/09, M-TH (32 sessions)

8:00 AM – 11:10 AM

Location: CE19

Instructor: TBD

#### **OR**

#### **Option II**

2/19 – 05/09, M-TH (32 sessions)

6:00 PM – 9:10 PM

Location: CE19

Instructor: Brenda Castle

Course Cost:

In County: \$751

Out of County: \$1,359

Regional: \$1,463

Out of State: \$1,775

Course cost includes materials fee, criminal records history check, CE registration fee, record retention fee. Books are not included in the course cost.

### **Nursing Assistant/Geriatric Aide Clinical (CHE 332)**

#### **Option I**

4/28 – 05/09, M-F (10 sessions)

7:30 AM – 12:30 PM

Off-site nursing homes to be determined by instructor

Instructor: Deb Savage

#### **OR**

#### **Option II**

11/15 – 12/7, M/W/F 4:00 PM – 9:45 PM AND T/TH – 6:00 PM – 9:45 PM (10 sessions)

Off-site nursing homes to be determined by instructor

Instructor: Robin McGee-Cutter

Course Cost:

In County: \$563

Out of County: \$1,019

Regional: \$1,097

Out of State: \$1,331

*No Senior Waiver/Discount*

Course cost includes the CE registration fee, MBON (MARYLAND BOARD OF NURSING) certification fee and NNAAP Exam fee.

*Health and Human Service Professionals***PHARMACY TECHNICIAN CERTIFICATION**

This program prepares students with the knowledge and skills required for the registry exam for the state of Maryland. Students will learn about drug classifications, generic and name brands, dosage calculations, and state and federal laws regarding working in a pharmacy. The student will work with analytical balances and compounding equipment that will prepare them for clinical application. A variety of measurement systems will be covered in the course, as the student will need to be able to apply conversions properly. In order to successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college. The courses that make up this certification are: Introduction to Health & Wellness, Pharmacy Technician 101 (parts I & II), Pharmacy Technician 102 Internship Lecture, Pharmacy Technician Internship clinical (parts I, II & III) and BLS (Basic Life Support) CPR.

This training is approved by the Maryland Board of Pharmacy. Successful completion allows to student to apply for registration as a pharmacy technician in MD.

\*Prior to registering for the Pharmacy Technician Certification program, prospective students must meet with the program coordinator. Please contact Program Coordinator, Deborah Henson at dhenson@allegany.edu or 301-784-5529. Students must also demonstrate successful achievement on a standardized test assessing reading and math.

**Introduction to Health and Wellness (CHE321)**

This course is required for the Pharmacy Technician program. This course covers basic concepts needed in health care as well as wellness issues for patients and the health care workers. An overview of medical ethics, professional conduct, infection control, medical terminology, communicating with patients, body mechanics, wellness, proper eating habits, principles of fitness, stress and time management, and teaching patient awareness of healthy lifestyle options to enhance recovery will also be discussed. In order to meet program requirements, students must achieve a grade of "C" or better.

**Option I**

2/18 – 4/24, T/TH (17 sessions)  
1:00 PM – 3:25 PM  
Location: CE19  
Instructor: Lisa Humbertson

**OR  
Option II**

2/18 – 4/24, T/TH (17 sessions)  
3:30 PM – 5:55 PM  
Location: CE19  
Instructor: Heather Emerick  
Course Cost:  
In County: \$483  
Out of County: \$939  
Regional: \$1,017  
Out of State: \$1,251  
*No Senior Waiver/Discount*

Course cost includes the required course fees, Learning Harbor fee, CE registration fee, orientation fee and placement test fee for first time students. Books are not included in the course cost.

## Health and Human Service Professionals

### Pharmacy Technician 101 (CHE323/CHE343)

This course will cover knowledge areas and skills required and tested on the registry exam for the state of Maryland. Students will learn about drug classifications, generic and name brands, dosage calculations, and state and federal laws regarding working in a pharmacy. The student will work with analytical balances and compounding equipment that will prepare them for clinical application. A variety of measurement systems will be covered in the course, as the student will need to be able to apply conversions properly. In order to successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college.

1/15 – 05/09, M/T/W (45 sessions)

3:30 PM – 5:40 PM

Location: CE15

Instructor: TBD

Course Cost:

In County: \$921

Out of County: \$1,833

Regional: \$1,989

Out of State: \$2,457

*No Senior Waiver/Discount*

Course cost includes materials and CE registration fee. Book costs are not included in the course cost.

### Pharmacy Technician 102 (CHE324)

This lecture/lab course will reinforce student's clinical internship experiences. Students must complete both this lecture and the corresponding lab/internship to earn their Pharmacy Technician Certificate and to apply for MD registration.

1/15 – 05/09, Wednesdays (15 sessions)

5:45 PM – 6:35 PM

Location: CE15

Instructor: TBD

Course Cost:

In County: \$303

Out of County: \$455

Regional: \$481

Out of State: \$559

*No Senior Waiver/Discount*

Course cost includes the required criminal records history check, CE registration fee, and materials fee. Book costs are not included in the course cost.

### Pharmacy Technician Clinical Internship (CHE325/CHE326/CHE328)

Students will spend 15 to 18 hours each week for a total of 180 hours in a retail pharmacy, hospital pharmacy or institutional pharmaceutical setting receiving practice as a Pharmacy Technician under the supervision of a registered pharmacist. Times will vary based on facility needs. In order to successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college. Instructor consent is required to take this course.

Location: Various pharmacy sites as determined by instructor

Instructor: Krista Barry

Course Cost:

In County: \$580

Out of County: \$1,202

Regional: \$1,306

Out of State: \$1,618

*No Senior Waiver/Discount*

Course cost includes the CE registration fee and record retention fee.



*Health and Human Service Professionals***CERTIFIED MEDICINE AIDE RENEWAL CLASSES****Medicine Aide Certification (CHE659/CHE660)**

The purpose of this course is to prepare nursing home aides for the safe preparation (pouring), administration, and charting of non-parenteral medications. Content includes medications, their usage, dosage, and the side effects. **Minimum enrollment is required for this class to run.**

This course has been approved by the Maryland Board of Nursing.

\*Prior to registering, prospective students must meet with the program coordinator. Please contact Deborah Henson at dhenson@allegany.edu or 301-784-5529. Students must also demonstrate successful achievement on a standardized test assessing reading and math.

Prerequisites: Because of the serious nature of the tasks to be performed, participants are required to present evidence of having met the following criteria:

- Be currently employed in a Maryland skilled care or intermediate care facility and have at least two-years full-time work experience as a Certified Nursing Assistant in a licensed facility.
- Be currently employed and have at least 1-year full-time work experience as a GNA in a licensed MD facility.
- Provide written evidence of employment status from Director of Nursing and/or Administrator of employing agency and a letter from Director of nursing recommending participant for the class.
- Demonstrate successful achievement of a standardized test assessing reading and mathematical skills.
- Current completed physical exam form and a copy of employer background check, including drug screen, will be required before beginning clinical. If employer is unable to provide this documentation, a background check and drug screen must be completed. The fee for these services is not included in the course cost. Please contact Deborah Henson at 301-784-5529 or at dhenson@allegany.edu for more information.

**Included 39 hours of lecture and 36 hours of clinical experience for a total of 75 clock hours.**

**Limit of 8 students.** Determination of successful completion is at the sole discretion of the instructor.

**Medicine Aide I (CHE659)****Classroom Lecture**

1/29 - 03/12, M/W (13 sessions)

5:00 PM - 8:00 PM

Instructor: Deb Savage, RN

Location: CE (room TBD)

Course Cost: \$375

Maryland Senior Course Cost: \$365

Course cost does not include book cost.

**Medicine Aide Clinical (CHE660)**

3/17 - 04/11, M/W/TH (12 sessions)

6:30 PM - 9:30 PM

Instructor: Deb Savage, RN

Location: Off-site location

Course Cost: \$255

Maryland Senior Course Cost: \$245

Course cost does not include book cost.

**\*The lecture component is planned as a face-to-face class, but may be changed to online if necessary.**

## Health and Human Service Professionals

### CERTIFIED MEDICINE AIDE RENEWAL CLASSES

#### Medicine Aide Update (CHE433)

This course meets the requirements for the State of Maryland for recertification as a medicine aide. In order to successfully complete the course, students must be present throughout and score a minimum of 80% on the written final exam. Students must also provide a letter from a long-term care facility as verification of employment and proof that they are eligible to take the class. This course is approved by the Maryland Board of Nursing. **Minimum enrollment is required for this class to run.**

\*Prior to registering, prospective students must meet with the program coordinator. Please contact Deborah Henson at dhenson@allegany.edu or 301-784-5529.

#### Offered on a 3-month cycle (call for specific dates)

Tuesdays, 5:00 PM – 8:00 PM (3 Sessions)

Location: CE (room TBD)

Instructor: Deb Savage, RN

Course Cost: \$115

Maryland Senior Course Cost: \$105

#### Ethics for the HealthCare Professional (CHE363)

Health care professionals face difficult ethical decisions daily, a challenge heightened by the pandemic. This day-long course aims to equip them with practical skills and knowledge for ethical decision-making. Through lectures, case studies, and discussions, participants will gain a deeper understanding of common ethical issues in health care and methods to address them.



This in person course was designed for Dental Professionals, Physical Therapists and Assistants, Psychologists, Professional Counselors, Social Workers, and Addictions Counselors.

#### **\*\*Professionals Only Please\*\***

Upon completion of this course, the learner will be able to:

- Identify and explain the key concepts, theories, and principles of health care ethics.
- Describe ethical issues that frequently arise in the health care environment.
- Apply a process of ethical decision making to clinical cases.
- Identify common obstacles to good ethical decision-making.
- Explain how to access professional and institutional resources related to health care ethics.

*Six (6) contact hours for PTs, psychologists, addiction counselors, social workers, and professional counselors. Four (4) role-related hours for Maryland occupational therapists. This course has also been approved for six (6) CEUs for dentists, dental hygienists, and dental assistants by AHEC West, designated as an Approved PACE Program Provider by the Academy of General Dentistry.*

5/30, Friday (1 Session)

9:00 AM – 4:30 PM

ACM: TBD

Instructor: Dr. David Atenasio

Course Cost: \$115

Maryland Senior Course Cost: \$100



AHEC West  
Locally Approved PACE Program  
Provider for FAGD/MAGD credit.  
Approval does not imply acceptance by  
any regulatory authority or AGD endorsement.  
04/01/2021 to 03/31/2024  
Provider ID# 301740

## Health and Human Service Professionals

### DENTAL

#### **Dental Radiology (CHE618)**

This course for dental assistants has been approved by the Maryland Board of Dental Examiners and is designed to provide you with the theory and techniques used in dental radiography. Successful completion of this course makes you eligible to sit for the DANB Radiation Health and Safety Exam.

Jennifer Thompson, RDH, BS, MHL, will facilitate this course, which has been redesigned to include ZOOM lectures and lab demonstrations with homework assignments completed under the direction of the employing dentist.

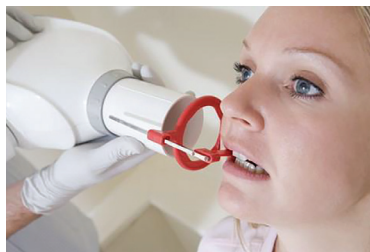
Topics included are:

the history of dental x-rays, radiation safety, quality assurance, radiology regulations, and patient management. We will also discuss intraoral and extra oral film exposure techniques (paralleling, bisecting, panorex) using conventional film, digital sensors and phosphor plates. Radiographic processing, mounting, and radiographic findings will also be covered.

Various study materials and aides will be available in hard copy as well as through ACM's Brightspace Online Learning platform. You will be provided Brightspace log-on instructions and hands on experience navigating Brightspace during the first in-class session. The course starts with an in-person session followed by 7 ZOOM sessions with lab demonstrations and homework assignments to be completed under the supervision of the employing dentist. Anyone without access to a compatible computer or the internet is welcome to complete the online portion on campus. (Please schedule in advance by calling 301-784-5528.) The required text, Dental Radiography Principles and Techniques, is included in the course cost.

Students must be at least 18 years of age, have a high school diploma or equivalent, and be working as a dental assistant with at least 6 months full-time experience. When registering for the course, students must submit a letter from the employing dentist stating the student has worked at least 6 months as a full-time dental assistant and that the dentist agrees to supervise the student's homework assignments at the place of employment. Upon completion of the course, the dentist must also sign a document stating the student has successfully completed all homework assignments under his or her supervision. Attendance at all sessions is mandatory.

**Dates to be determined for late spring 2025-** please email [casnyder@allegany.edu](mailto:casnyder@allegany.edu) or call Christa Snyder 301-784-5530 to inquire.



## Health and Human Service Professionals

### SHARED COURSES

#### ACLS (CPR-769)

##### WHO SHOULD TAKE THIS COURSE?

Healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care, and critical care units such as physicians, nurses, and paramedics.

##### COURSE COVERS:

- Basic life support skills, including effective chest compressions, use of a bag-mask device, and use of an AED
- Recognition and early management of respiratory and cardiac arrest
- Recognition and early management of peri-arrest conditions such as symptomatic bradycardia
- Airway management
- Related pharmacology
- Management of ACS and stroke
- Effective communication as a member and leader of a resuscitation team

Successful course completion includes demonstrating skills competency in all learning stations and passing the CPR and AED skills test, bag-mask ventilation skills test, a Megacode test and a written test. Upon successful completion, students received an ACLS Provider eCard, valid for two years.

**Prerequisite:** Current BLS (Basic Life Support) Provider CPR completion card, second year clinical Allied Health student or permission of instructor.

**\*The course described above is for continuing education only. No college credit will be received.**

4/05 – 04/12, Saturdays (2 sessions)

8:00 AM – 5:00 PM

ACM: AH108

Instructors: Paula Fuller

Course Cost: Includes \$50 fee

In-County: \$191

Out-of-County: \$343

Regional: \$369

Out-of-State: \$447

*No Senior Waiver/Discount*

#### Basic Phlebotomy Procedures (CHE-388)

This course is designed to train Allied Health students and practicing professionals in the skills necessary to ensure proper blood specimen collection. Participants will learn the techniques necessary to obtain a quality specimen for use in a laboratory setting or point of care testing environment. **\*This course as described above is for continuing education only. No college credit will be received.**

1/21 – 2/11, Tuesdays (4 session)

3:30 PM – 7:30 PM

ACM: AH251

Instructors: Tracy Koontz

OR

1/24 – 2/14, Fridays (4 session)

12:00 – 4:00 PM

ACM: AH251

Instructors: Tracy Koontz

Course Cost: Includes \$80 lab fee

In-County: \$221

Out-of-County: \$373

Regional: \$399

Out-of-State: \$477

*No Senior Waiver/Discount*



*Health and Human Service Professionals*

ALLEGANY COLLEGE of MARYLAND'S  
**AMERICAN HEART ASSOCIATION TRAINING CENTER**  
**OFFERS MANY COURSES EACH MONTH**  
**ON A YEAR-ROUND BASIS**



## Would You Know What To Do In An Emergency?

Courses taught at the ACM Training Center include Basic Life Support (BLS) Provider and Heartsaver First Aid/CPR. Students that successfully complete AHA courses receive an American Heart Association certification card valid for two years. Healthcare workers should be aware that most health-related scopes of practice require them to maintain CPR and/or First Aid certification. **After you have found a desired class, please call 301-784-5341 to register.**

**CONVENIENT SCHEDULE:** ACM offers CPR and First Aid courses each month and classes are taught in the Workforce Training Building on ACM's main campus. Check the available dates and times on the following pages to find a course that meets your needs.

**IN-HOUSE TRAINING AVAILABLE:** Would your group or agency benefit from a private CPR and/or First Aid training? For more information on this in-house training opportunity, contact David Smarik at 301-784-5077 or [dsmarik@allegany.edu](mailto:dsmarik@allegany.edu).

**INSTRUCTOR CLASSES ARE FORMING!** Are you interested in becoming a certified instructor for the American Heart Association? Contact David Smarik at 301-784-5077 or [dsmarik@allegany.edu](mailto:dsmarik@allegany.edu) for details and information regarding instructor training and certification. We typically run one per semester, pending interest.

*Health and Human Service Professionals***TRAINING FOR THE NON-HEALTHCARE PROFESSIONAL**

The ACM Training Center is committed to a standard of excellence in the teaching and training of the general public in the fundamentals of basic CPR and First Aid. An individual's survival and subsequent recovery from a heart attack or a serious accident is often directly related to the quality of care immediately provided by person(s) on the scene. The ACM American Heart Association Training Center will provide the highest caliber of instruction for individuals seeking certification.

**Heartsaver First Aid and Adult CPR (with optional Child CPR AED and Infant CPR) (CPR101)**

According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace, and nearly 80 percent of sudden cardiac arrests occur outside the hospital.

Heartsaver First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency. In this course, students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Upon successful completion of the course, students will receive an AHA Heartsaver First Aid CPR AED course completion card, valid for two years.

**Audience:** Non-Healthcare professionals including childcare workers, babysitters, firefighters, police, airline personnel, security guards, or family members of patients at high risk for cardiac arrest. *This course meets OSHA standards for First Aid.*

**Prerequisites: None.** This course is specifically designed for the Non-Healthcare person, so students are not expected to know any of the material or have related experience. The cost of registration includes a workbook and certification card.

01/25, Saturday, (1 session) 8:00 AM – 4:00 PM  
 03/04, Tuesday, (1 session) 8:00 AM – 4:00 PM  
 04/05, Saturday, (1 session) 8:00 AM – 4:00 PM  
 05/12 & 05/13, T/W (2 sessions) 5:00 PM – 9:00 PM  
 06/10, Tuesday, (1 session) 8:00 AM – 4:00 PM  
 07/12, Saturday, (1 session) 8:00 AM – 4:00 PM  
 09/23, Tuesday, (1 session) 8:00 AM – 4:00 PM  
 10/07 & 10/08, T/W (2 sessions) 5:00 PM – 9:00 PM  
 11/22, Saturday, (1 session) 8:00 AM – 4:00 PM

All Sessions:

Workforce Training Building

Instructor: Staff

Course Cost: \$100

Maryland Senior Course Cost: \$95

*Health and Human Service Professionals***TRAINING FOR HEALTHCARE PROFESSIONALS****Basic Life Support (BLS) Provider (CPR775)**

The Basic Life Support (BLS) Provider Course is a video-based, Instructor-led course that teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. This course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.

BLS Provider teaches skills using the American Heart Association's proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills. Upon successful completion of the course, including a CPR and AED skills test and a written test, students receive an AHA BLS Provider course completion card, valid for two years.

**Audience:** Physicians, nurses, paramedics, EMT's, respiratory, physical & occupational therapists, physician assistants, residents, medical/nursing students, aides, and other allied health personnel and lifeguards that choose to pursue this important credential for personal and/or work-related reasons.

**Prerequisites: None.** This course is recommended for the professional healthcare provider. The cost of registration includes the cost of the workbook and the certification card.

01/14, Tuesday, (1 session) 8:00 AM – 4:00 PM  
 02/03 & 02/04, M/T, (2 sessions) 5:00 – 9:00 PM  
 03/08, Saturday, (1 session) 8:00 AM – 4:00 PM  
 04/14 & 04/15, M/T (2 sessions) 5:00 – 9:00 PM  
 06/07, Saturday, (1 session) 8:00 AM – 4:00 PM  
 07/07, Monday, (1 session) 8:00 AM – 4:00 PM  
 08/09, Saturday, (1 session) 8:00 AM – 4:00 PM  
 08/21, Thursday, (1 session) 8:00 AM – 4:00 PM  
 10/18, Saturday, (1 session) 8:00 AM – 4:00 PM  
 12/02, Tuesday, (1 session) 8:00 AM – 4:00 PM  
 12/13, Saturday, (1 session) 8:00 AM – 4:00 PM

All Sessions:

Workforce Training Building

Instructor: Staff

Course Cost: \$100

Maryland Senior Course Cost: \$95

**BLS RENEWAL CLASS****Basic Life Support (BLS) Provider RENEWAL (CPR776)**

The AHA has added a BLS Renewal Course option for BLS providers to complete BLS training and receive a BLS Provider course completion card. The BLS Renewal Course is a video-based, Instructor Led Training course that features accelerated content. It is designed specifically for providers with a current BLS Provider course completion card and allows for time efficiency while teaching both single-rescuer and team basic life support skills in both in-facility and prehospital settings.

**Prerequisites:** Students must present their current (OR within 30 Days of Expiration) BLS Provider card to the instructor upon arrival to the class. The instructor maintains the right to dismiss a student that does not present a valid BLS Provider card.

The course cost includes the workbook which students will receive in class.

02/15, Saturday, (1 session) 9:00 AM – 3:00 PM

03/22, Saturday, (1 session) 9:00 AM – 3:00 PM

05/03, Saturday, (1 session) 9:00 AM – 3:00 PM

09/13, Saturday, (1 session) 9:00 AM – 3:00 PM

11/04, Tuesday, (1 session) 9:00 AM – 3:00 PM

All sessions:

Workforce Training Building

Instructor: Staff

Course Cost: \$90

Maryland Senior Course Cost: \$85

## Health and Human Service Professionals

### Advanced Cardiac Life Support (ACLS) (CPR769)

Who should take this course?

Healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care, and critical care units such as physicians, nurses, and paramedics.

#### COURSE COVERS:

Basic life support skills, including effective chest compressions, use of a bag-mask device, and use of an AED

- Recognition and early management of respiratory and cardiac arrest
- Recognition and early management of peri-arrest conditions such as symptomatic bradycardia
- Airway management
- Related pharmacology
- Management of ACS and stroke
- Effective communication as a member and leader of a resuscitation team

Successful course completion includes demonstrating skills competency in all learning stations and passing the CPR and AED skills test, bag-mask ventilation skills test, a Megacode test and a written exam. Upon successful completion, students receive an ACLS Provider eCard, valid for two years.

Prerequisites: Current BLS (Basic Life Support) Provider CPR completion card, second year clinical Allied Health student or permission of instructor. \*The course described above is for continuing education only, no college credit will be awarded.

04/12 & 04/19, Saturdays, (2 sessions)

8:00 AM – 5:00 PM

ACM Allied Health Building - AH108

Instructor: Paula Fuller and David Scott Diehl

Course Cost: Includes \$50 fee

In-County: \$184

In-State: \$329

Regional: \$354

Out-of-State: \$429

*No Senior Waiver/Discount*

*Health and Human Service Professionals***CHILD CARE TRAINING**

Classes are all **ONLINE** and available year-round- please call  
Christa Snyder 301-784-5530 or [casnyder@allegany.edu](mailto:casnyder@allegany.edu) for the complete schedule.

**Child Care Certification Preparation & Professional Development**

ACM's Division of Continuing Education & Workforce Development early childhood education and child care college programs are continually revised and updated to address new state requirements. Courses also meet annual continued training for child care teachers, directors, and family providers as required by MSDE

Flexible online classes use Canvas. Students will receive an email from prior to before the class start date. This email contains instructions for creating a login and password to use with Canvas. Coursework begins on the class start date.

**\*\* Open entry classes are indicated with an \* . Students may join these classes any time between the first-class date and the end class day.**

**SPRING 2025 (JANUARY-JUNE, 2025) Online child care classes are OPEN for seat sharing**

SPRING 2025	Hours	Start	End
Child Growth & Dev.	45	1/10/2025	2/28/2025
Child Growth & Dev.	45	4/4/2025	5/23/2025
School Age Child Care: Curric.	45	1/15/2025	3/5/2025
School Age Child Care: Curric.	45	4/9/2025	5/28/2025
Infant & Toddler Care	45	1/13/2025	3/3/2025
Infant & Toddler Care	45	4/7/2025	5/26/2025
Preschool Curric & Activities	45	1/13/2025	3/3/2025
Preschool Curric & Activities	45	4/7/2025	5/26/2025
Child Care Administration	45	2/6/2025	3/27/2025
Child Care Administration	45	4/10/2025	5/29/2025
Communication Skills	9	2/3/2025	2/17/2025
Communication Skills	9	5/5/2025	5/19/2025
Family Child Care Preservice	24*	1/6/2025	5/16/2025
Observation and Assessment birth-12	3*	1/6/2025	5/16/2025
Supervising Children in Child Care	3*	1/6/2025	5/16/2025
Positive Child Guidance & Discipline	3*	1/6/2025	5/16/2025
Developmentally Appropriate Practice	3*	1/6/2025	5/16/2025
Resources that Guide Daily Planning	3*	1/6/2025	5/16/2025
Taking Learning Outside	3*	1/6/2025	5/16/2025
Nutrition & Active Living	3*	1/6/2025	5/16/2025
Playground Safety	3*	1/6/2025	5/16/2025
Including all Children and the ADA	3*	1/6/2025	5/16/2025
Supporting Children with Disabilities	3*	1/6/2025	5/16/2025
Intro to Environmental Rating Scales	3*	1/6/2025	5/16/2025
The Child Care Provider as a Professional	3*	1/6/2025	5/16/2025
Conflict Resolution Strategies	3*	1/6/2025	5/16/2025

## *Health and Human Service Professionals*

SPRING 2025	Hours	Start	End
Cultural Competence & Awareness	3*	1/6/2025	5/16/2025
Family & Community Partnership	2*	1/6/2025	5/16/2025
SIDS	3*	1/6/2025	5/16/2025
Supporting Breastfeeding in Child Care	3*	1/6/2025	5/16/2025
Basic Health and Safety Training	5*	1/6/2025	5/16/2025
Pandemic and Infectious Diseases:			
Reducing Risks in Child Care	5*	1/6/2025	5/16/2025
Engaging Children with Remote Learning	5*	1/6/2025	5/16/2025
Pyramid Model for Social and Emotional Competence-Preschool	18	2/17/2025	3/24/2025
CDA Capstone:			
Portfolio, Application & Exam Prep	22	3/4/2025	4/29/2025

### **Credential Boosters**

These classes are designed to help you get your program aligned with Maryland EXCELS and to help you reach higher Maryland Child Care Credential levels. Credential Boosters are classes that are identified by Maryland State Department of Education (MSDE) in the staff credential modifications for levels 2, 3, and 4. For a complete list of credential booster classes please contact Christa Snyder at 301-784-5530 or [casnyder@allegany.edu](mailto:casnyder@allegany.edu).

Please note the following about these courses:

- You can complete online Credential Boosters courses at your own pace, with instructor guidance
- Each course takes approximately three hours to complete (completion times may vary).
- You will need access to a computer, the internet, and email to take an online Credential Boosters course.
- No refunds or transfers. No assignment deadline extensions.
- **Textbooks must be purchased prior to class** (unless provided)

**General guidelines for online classes:** You will need access to a computer, the internet and email to take these courses; sufficient computer skills are required, including using a word processing program to write and save your work on your computer. Provide your email address with your registration so we can send you log in instructions. Online classes fill up quickly, so please register early!

#### Child Care I: Child Growth & Development 45 hours

No textbook- all materials included.

#### Child Care II: Preschool Curriculum and Activities 45 hours

No textbook- all materials included

#### Child Care III: School Age Child Care Curriculum 45 hours

No textbook- all materials included

#### Child Care IV: Infant & Toddler 45 Hours

No Text book purchase. MSDE's Healthy beginnings text is included

\*\*Other child care classes may also require book purchase\*\*\*\*

**DEADLINE TO REGISTER 2 weeks prior to start of each class.**

### **REGISTRATION INFORMATION**

45 Hour Course Cost: \$250

24 Hour Course Cost: \$250

22 Hour Course Cost: \$230

18 Hour Course Cost: \$175

9 Hour Course Cost: \$110

5 Hour Course Cost: \$75

3 Hour Course Cost: \$50

2 Hour Course Cost: \$50

## Health and Human Service Professionals

### HUMAN SERVICES

Spring 2025 classes will be offered in hybrid format. When registering, please select the number of in-person spots as well as virtual. Please call 301-784-5530 for more information.

**Classes are only open to specifically identified health care/human service professions (ex- Addictions, LCPC, Social Work, Psychologists)**

**If you have a question, please contact Christa Snyder 301-784-5530 to clarify. Verification of professional certification or licensure may be required.**



*Allegany County*  
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"

In partnership with the Allegany County Health Department – Local Behavioral Health Authority, the following DBT trainings will be offered to licensed human services professionals.

***\*If you attended the DBT trainings last year (fall23/spring24), these are different trainings - the structure will be very similar and there will be updated case examples, didactic activities, and a stronger focus on actively practicing DBT strategies and skills during the training sessions.***

#### **DBT: The Basics—Four Part Training (2024-2025)**

Dialectical Behavior Therapy (DBT) has gained increased recognition and popularity in recent years as the intervention has repeatedly demonstrated effectiveness in treating emotional dysregulation, impulsive behaviors, and suicidality. Originally developed to treat adults with symptoms of Borderline Personality Disorder, DBT has been adapted to help individuals with a variety of diagnoses and symptomology including eating disorders, complex mood disorders, substance use disorders, and adolescent suicidality. This four-part training will provide you with a solid introduction to DBT and will equip you with strategies you can integrate into your therapeutic practice, as appropriate, to begin offering DBT-informed care.

#### **DBT The Skills (DHR804– in-person) (DHR805 - online)**

This session will focus on the main skills modules that are part of comprehensive DBT. The skills modules in DBT focus on four categories—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The facilitator will introduce each module and its core skills and provide time for discussion and practice. There will also be discussion about how to adapt DBT skills training for your individual or group practice, troubleshooting common barriers to providing DBT skills training to patients. **6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals**

***\*Class to be offered in hybrid format, with a VERY LIMITED number of virtual spots.***

4/16, Wednesday (1 session)

9:00 AM – 4:00 PM

ACM: CE 12-14

Instructor: Nina Hotkowski

Course Cost: **Free**

Maryland Senior Course Cost: **Free**

## Health and Human Service Professionals

### A Deeper Dive into DBT and Implementation (DHR806) in person (DHR 807) online

In this training, we will start by building upon the principles, strategies, and skills discussed and practiced in previous sessions. The facilitator will introduce commitment strategies, common dialectical dilemmas for patients with pervasive emotional dysregulation, and a format for more detailed case conceptualization. There will also be discussion about guidelines for DBT phone coaching, how to develop and maintain a DBT consultation team, options for supervision, and how to adapt and implement DBT based on the unique needs of your practice and patients. Discussion, case examples, and questions are encouraged throughout the session. **6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals**

### **6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals**

*\*Class to be offered in hybrid format, with a VERY LIMITED number of virtual spots.*

5/21, Wednesday (1 session)

9:00 AM – 4:00 PM

ACM: CE12-14

Instructor: Nina Hotkowski

Course Cost: **Free**

Maryland Senior Course Cost: **Free**

### ACT: Introduction to Acceptance & Commitment Therapy: Helping Clients Increase Psychological Flexibility (DHR823 - in person) (DHR824- online)

This training is designed to give participants a foundation in ACT theory and practice and is ideal for beginning practitioners new to the model. The training will combine didactic instruction with experiential learning such that participants will have an overview of the model as well as skills to practice with clients.

The focus will be on how to recognize and enhance psychological flexibility. In addition, we will learn to identify unhelpful behaviors that occur inside and outside the skin (cognitive fusion and avoidance) and to differentiate between ineffective and meaningful actions. We will use experiential exercises, small group work and dyad work to encourage participants to

practice skills related to the six core processes of ACT.

### **6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals.**

*\*Class to be offered in hybrid format, with a VERY LIMITED number of virtual spots.*

5/14, Wednesday (1 session)

9:00 AM – 4:00 PM

ACM: CE 12-14

Instructor: Miranda Morris, PhD & Temple Morris, LCSW-C

Course Cost: \$79

Maryland Senior Course Cost: \$74

### **CBT Advanced Training (DHR in-person) (DHR online)**

This training is designed to further advance the clinician's skills to utilize CBT techniques in regards to clients struggling with mood and anxiety disorders. This will allow for clinicians to feel stronger in structuring sessions and find movement for client's symptoms while helping engage clients in the therapeutic process.

#### Course Objectives

1. Apply evidence-based CBT techniques to depressive and anxiety symptoms.
2. Identify and utilize CBT techniques to identify and challenge clients' dysfunctional self-talk, thoughts and behaviors to improve client level of functioning.
3. Determine behavioral activation strategies useful for improving treatment resistant
4. depression, and anxiety.

### **6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professional**

*\*Class to be offered in hybrid format, with a VERY LIMITED number of virtual spots.*

10/4

9AM-4 PM

ACM: CE 12-14

Instructor: Sarah Caligiuri, NCC, LPC

Course Cost: \$79

Maryland Senior Course Cost: \$74



## Health and Human Service Professionals

Save the Date

**SPRING DENTAL TRAINING****May 2, 2025 8 am - 12 noon** – *more information coming soon!*

Enhance your expertise with our specialized dental training on Sleep Apnea and the Role of Dentistry. This course for dentists, hygienists and some dental staff dives into the critical connection between oral health and sleep disorders.

Please contact Christa Snyder at [casnyder@allegany.edu](mailto:casnyder@allegany.edu) or 301-784-5530 for more information.

**NASW OF MARYLAND TRAININGS****MUST REGISTER FOR THE FOLLOWING TWO CLASSES AT [WWW.NASW-MD.ORG](http://WWW.NASW-MD.ORG)**

**#3125 - LIVE/VIRTUAL or IN-Person- Racial Trauma and Minority Marginalization: A Clinician's Guide to Culturally Competent Assessment and Treatment**

In the United States, African Americans are five times more likely to experience mental and emotional injury caused by racial trauma and marginalization. Historical and current race-related events have highlighted that race-based discrimination can have detrimental psychological impacts on African Americans and other minority groups. African Americans who experience prolonged incidents of racial trauma might exhibit symptoms similar to PTSD such as depression, anger, recurring thoughts of the event, physical reactions (e.g., headaches, chest pains, insomnia), hypervigilance, low self-esteem, and mental distancing from the traumatic events. This training offers attendees a deeper understanding of the psychological distress experienced by African Americans who encounter racial bias, marginalization, ethnic discrimination, racism, and hate crimes. It provides an overview of conducting a culturally competent assessment and delivering treatment through an introspective and person-in-the-environment perspective.

**CE: 3 Category I CEU in Anti-Opressive Social Work Practice Content**

**Please Note: This workshop meets the BSWE Anti-Opressive Social Work Practice content requirement COMAR 10.42.06.03 A.(1)(d) and qualifies for 3 Category I continuing education units.**

4/10, Thursday (1 session)

9:00 AM – 12:15 PM

Presenter: Dwayne L. Buckingham, Ph.D., LCSW-C, BCD

Join Virtually at Allegany College of Maryland, 12401 Willowbrook Rd, Cumberland, MD  
 Cost: \$50 for NASW Members; \$75 for non-members; \$30 for retired NASW members; \$20 for Student members

**#3126 - LIVE/VIRTUAL or IN-Person - Strengthening Ethical Decision-Making in Social Work Practice with Critical Thinking**

This training offers a unique blend of theory and practice. Through dynamic discussions, interactive case studies, and collaborative group activities, participants will deepen their understanding of the ethical principles central to social work practice while honing their critical thinking abilities.

**CE: 3 Category I in ETHICS**

**Please Note: This workshop meets the MD BSWE's 3-hour Ethics requirement for license renewal**

6/5, Thursday (1 session)

9:00 AM – 12:15 PM

Presenter: Keisha Atlee, LCSW-C

Join Virtually or at Allegany College of Maryland, 12401

Willowbrook Rd, Cumberland, MD

Cost: \$50 for NASW Members; \$75 for non-members; \$30 for retired NASW members; \$20 for Student members

## Health and Human Service Professionals

THE ACM MIND-BODY CONNECTION  
IS NOW THE RESILIENCE INSTITUTE



For more than two decades, Allegany College of Maryland has partnered with The Center for Mind-Body Medicine (CMBM) to provide their highly acclaimed model of self-care and group support to our students and employees. More recently, through Continuing Education, mindfulness-based education has been expanded to individuals and organizations across our community. All of these training opportunities and more, including our new 2-day Mindful Reset, are now available through the ACM Resilience Institute. The Institute will also provide consulting services and training to educational institutions and organizations seeking tools to support the resilience of their own constituencies.



Mind-Body Skills are simple tools that mitigate the negative impact of stress on our physical and emotional health. CMBM's signature model of self-care and group support has been used successfully around the globe for more than three decades, long before

the current mental health crisis - and long before mindfulness was in vogue. Mind-Body Skills empower personal growth through effective, research-proven tools. Participants learn the science and skills of meditation, guided imagery, biofeedback, and self-expression in words, drawings, and movement. We offer a variety of ways to learn these transformative skills and all ACM Resilience Institute facilitators have been trained directly by CMBM.



The ACM Resilience Institute is supported by the Community Resilience Network, a group of local Mind-Body practitioners committed to using mind-body skills to enhance the well-being of our community. We are grateful for the passion and commitment of this amazing team!

Current Offerings of The Resilience Institute:

### Understanding and Supporting Conscious Dying with Presence: A Transformative Two-Day Course to Explore the Sacred Process of Dying (COC122)

Join us for a deep and compassionate exploration of the profound journey of conscious dying. This course is designed for caregivers, health and human service professionals, spiritual practitioners, and social workers seeking to enhance their clinical practice by better understanding the dying process through mindfulness, presence, and reverence. This course will give you the tools and insights to navigate the most transformative moment in life: death. You will walk away feeling more confident and compassionate in supporting the dying and their families, while deepening your own relationship with mortality. The course will support greater understanding of the wonderment of conscious dying and how it impacts the consciousness of the patient, caregiver(s), client(s), and loved ones. Laypersons are welcome.

*continued on next page...*

## Health and Human Service Professionals

The instructor, Lora DeVore-Matz, MS, LICSW, brings more than thirty years of experience in end-of-life care, with both adults and children. Lora has not only worked with end-of-life care for decades, she has also taught hundreds of others how to honor the dying, and themselves.

"Facts inform, stories enlighten." Lora is a natural storyteller whose rich experiences attending to the dying will help you to grow in profound ways and shift your own past and future experiences around death and dying. You will gain practical tools and techniques to provide compassionate end-of-life care, from a place of Loving Presence. This two-day course will not only provide a road map for your work with clients, but has the capacity to change your life and the lives of those who you might have the honor to accompany during this most important time of their life.

*"Life is a Luminous Pause Between Two Mysteries"*

*~ Carl Jung*

We hope you'll join us in honoring the journey of life and death.

**Learning Objectives:** Upon completion of this course, a participant will be able to:

- **Practice Presence:** Distinguish between being present and becoming a presence in the caregiving process, and explore how this awareness enhances the professional's role in end-of-life care.
- **Outline the Stages, States and Integrative Practices of Conscious Dying:** Understand and articulate the natural progression of life's final passage, integrating frameworks and practices relevant to client and family support.
- **Share Clarity about Stages of Consciousness' in the Life Cycle-** Those we work with, and our own
- **Provide Emotional and Spiritual Support:** Tools for holding space for yourself and others in the dying process.
- **Create a Sacred Environment:** Practical ways to create a peaceful and loving atmosphere for those transitioning.
- **Define the Role of Compassionate Communication:** How to support and listen deeply to the needs of the dying and their loved ones.

**As you navigate being fully present with death,** you will learn how to live with greater awareness, kindness and compassion, for your patient and for yourself.

*continued on next page...*

## Health and Human Service Professionals

2/5 and 2/6, 2025, W/Th (2 sessions)

Instructor: Lora DeVore Matz, MS, LICSW

9:00 AM – 4:00 PM, lunch for in-person participants included both days

Location: ACM Zimmer Theatre

ZOOM participants will be required to complete a pre and post-assessment, as well as a course evaluation to receive a certificate of completion.

Course Cost: Free for students

Non students: \$99 Professionals seeking up to 12 CEUs: \$149

### About the Presenter:

**Lora DeVore-Matz, MS., LICSW**, integrates more than forty years of experience as a psychotherapist and educator with adults and children. In addition to end-of-life care, Lora has specialized in healing individual and community wide trauma as a senior faculty member with the internationally recognized, Center for Mind-Body Medicine ([www.cmbm.org](http://www.cmbm.org)). Lora is considered a national leader in the field of Integrative Medicine and has been the director of a number of innovative programs. She has an advanced education and interest in spiritual psychology, transpersonal development and Jungian theory and practice. Her work integrates the wisdom traditions, scientific knowledge and her own personal experiences. As documented in her award-winning memoir, *Darkness Was My Candle: An Odyssey of Survival and Grace*, Lora has transformed her own trauma into a force for healing others across the globe. Her powerful story (currently being developed as a motion picture) reveals the roots of Lora's passion for healing trauma and transforming mental health practices, including her support of conscious dying.

Lora has become a catalyst for transformational change for both individuals and systems. Her wisdom comes from the field of psychology, transpersonal development and spiritual psychology. Most importantly, it comes from the inside out, from facing the darkest aspects of human experience and mining the dark for the treasures that can be found. She is a sought-after speaker and we are pleased to welcome her back to Allegany College of Maryland for this insightful and impactful 2-day course.

## Health and Human Service Professionals

### THE MINDFUL RESET

This 2-day, retreat-style program is available at various times throughout the year. Held in-person over 2 (and sometimes 3) consecutive days, the new program provides a highly interactive opportunity to experiment with CMBM tools and other activities designed for self-reflection, stress-reduction, connection and renewal. Groups meet 6-8 hours a day and are led by CMBM trained-facilitators who have received additional training on the retreat-style model.

If you are a trained Mind-Body Medicine facilitator, enrolling in a 2-Day program is the first step toward offering your own 2-Day group(s). Any of the open enrollment groups qualify and additional details are included under “Facilitator Training Opportunities” below.

The following 2-Day Groups are currently available for open enrollment. OR, if you have a group of 8 - 10 participants, you can request a trained facilitator(s) who will work with your group to provide a program to meet your specific needs. Additional groups will be available throughout the year.

#### **The Mindful Reset: 2-Day Mind-Body Wellness Retreat (COC110)**

Join Mind-Body Medicine facilitator Jenn Jeudy for a transformative 2-days designed to introduce many mind-body skills and other techniques for stress reduction, self-awareness, and group connection. This is an open enrollment group is open to all adults ages 18 and up. Tap into your own inner wisdom and gain tools to reduce stress, increase wellbeing and navigate life!

#### **Learning objectives include:**

- Develop a deeper understanding of the Mind-Body Connection.
- Enhance self-awareness.
- Practice mindfulness techniques for stress reduction.
- Connect with a supportive community.

2/8 & 2/9, Saturday/Sunday

9:00 – 5:00 PM each day

OR

3/7 & 3/8, Friday/Saturday

Friday 1:00 – 8:00 PM; Saturday, 9:00 AM – 5:00 PM

Location: ACM H-58

Facilitators: Jenn Jeudy

Orientation by Zoom to be scheduled by instructor

Course Cost: \$129 (*includes lunch each day*)

*Health and Human Service Professionals*

The Resilience Institute will again be partnering with the Remarkable Women of Mountain Maryland to offer a fall Women's Weekend Wellness Retreat. Dates will be finalized in early March. Please scan the QR code to be notified when this limited enrollment opportunity is finalized and available for registration.



Scan to be added to the distribution list and be among the first to register when dates are finalized.

*Retreat-style and traditional Mind-Body Skills programs are available for open enrollment as listed above. However, if you have a group of 8-10 participants, please contact the ACM Resilience Institute and we will happily create a contract group to meet your specific needs.*

**2-Day Model Facilitator Training (COC124)**

The Community Resilience Network has piloted a new 2-day Mind-Body Retreat Style program. Individuals who have completed the Professional and Advanced Trainings in Mind-Body Medicine through CMBM are eligible to receive training in this new 2-Day model. The model blends CMBM tools with other activities and techniques into a concentrated, but relaxing format. The results of the CRN pilot were outstanding and we believe the 2-Day format will bring many who are deterred by the 8-session commitment to experience the benefits of mindfulness. To expand the reach of this new model, we encourage facilitators previously trained by CMBM to register for a 2-day retreat-style program, which is the first step in offering this new model yourself.

**Steps for CMBM Facilitators to offer the 2-Day program:**

- Complete CMBM's Professional and Advanced Training (a prerequisite for this course)
- Participate in a 2-Day Retreat style group (Part One- COC110, \$129)
- Co-facilitate a 2-Day Retreat with a member of the Certified CRN pilot team, (Part two, 2 session)
- Receive mentorship (similar to CMBM Supervision) when offering your first solo group. (Part three, 3 sessions.)
- Receive a recommendation from co-facilitator or Mentor to lead 2-Day Retreat Style groups through the ACM Resilience Institute.

The training cost is just \$160 (plus the cost of COC110 for a total cost of \$289). Facilitator training cost includes 4 lunches. Candidates interested in pursuing this training will work with ACM to recruit participants for the co-facilitated group and ACM will schedule supervision for the first independent group. Dates for parts two and three, (the co-facilitated group and solo group mentorship) will be established after completion of COC110. Please register separately for part one. You will have two years from the start of part one to complete the three parts of the training.

Instructor(s): Various

Completion of The Center for Mind-Body Medicine's Professional and Advanced Training programs is a pre-requisite for this course.

Course Cost: \$160 (includes 4 meals and supervision)