

# UNLOCKING EXCELLENCE: A DEEP DIVE INTO ASSESSMENTS

Master the Art of Assessment and Early-Stage Therapy with our 5-Part Series

## PRESENTED BY:



Center for  
Mental Health Excellence

RWB | Institute for  
Relational Well-being

## IN PARTNERSHIP WITH:



California Family Institute  
A Center for Relational Health

**WHEN:** FRIDAYS, 11:00AM - 1:30PM

**WHERE:** ZOOM, 1 HOUR OF  
TRAINING FOLLOWED BY Q&A

**AUDIENCE:** GRADUATE STUDENTS,  
ASSOCIATES, UNIVERSITY FACULTY,  
TRAINING COORDINATORS\*

## JOIN US!

**FEB 23:** EFT W/ DR. VERONICA  
VIESCA

**MARCH 1:** SEX THERAPY W/ KARINA

**MARCH 15:** ASSESSMENT OF  
CHILDREN/ADOLESCENTS W/ KELLY  
ANN RILEY

**MARCH 22:** IFS W/ LIZETTE

**APRIL 12:** NARRATIVE DIALOGUE  
WITH DR. CHRIS HOFF

## AT A GLANCE

\*\*For students and clinical training coordinators seeking clinical training sites, we'll dedicate time to discuss placement site experience at four unique practices CFMHE, IRWB, and No Stress No Stigma

## TO REGISTER VISIT:

[HTTPS://CALENDLY.COM/CFMHE/CFMHE-ASSESSMENT-TRAINING-SERIES](https://calendly.com/cfmhe/cfmhe-assessment-training-series)

FOR QUESTIONS ABOUT THE EVENT  
PLEASE CONTACT:  
VERONICA.VIESCA@CFMHE.ORG

**\*50 SPOT LIMIT\***

# UNLOCK EXCELLENCE. TRANSFORM LIVES.

You've made it through informed consent of your first client session, but what comes next?

**How do you start therapy?** We will answer those questions through a variety of different theoretical perspectives in our Center for Mental Health Excellence Virtual Training Series. Designed for graduate students, associates, university faculty and training coordinators, this series offers invaluable insights and techniques across four essential areas:

## 1. Emotion-Focused Couple Therapy:

Explore techniques to help couples navigate conflicts, deepen emotional bonds, and cultivate resilience in their partnership.

## 2. Sex Therapy

The scope of sex therapy; developing your comfort with the subject and terminology; basics of the PLISSIT treatment model; and intake as both assessment and the first step of treatment.

## 3. Assessment with children

Equip yourself with age-appropriate assessment techniques and interventions that support the well-being of young clients.

## 4. Internal Family Systems:

Uncover the power of self-discovery and healing as you learn to navigate the complex inner dynamics of clients, fostering harmony and integration.

## 5. Assessment and early stage Narrative Dialogue

DON'T MISS THIS OPPORTUNITY TO ELEVATE YOUR PRACTICE AND MAKE A PROFOUND IMPACT IN THE LIVES OF YOUR CLIENTS. RESERVE YOUR SPOT TODAY FOR THIS EXCLUSIVE VIRTUAL TRAINING SERIES!

# LEARN MORE ABOUT OUR PRESENTERS!

## KARINA STARKHART

Karina StarkHart is a Licensed Mental Health Counselor Associate who interned and was subsequently a flex associate at No Stress No Stigma from 2022-23 and graduated in 2023 from Antioch University Seattle. Karina holds professional certificates in sex therapy and sex education and specializes in treatment of adult individuals and couples who are erotically marginalized or are seeking support for issues regarding relationships, sex, and sexuality.

## DR. VERONICA VIESCA

Dr. Veronica Viesca is a dynamic speaker and educator specializing in Marriage and Family Therapy (MFT) theory and couple therapy. With a PhD in Marriage and Family Therapy from Loma Linda University, she brings a unique blend of academic expertise and practical experience to her presentations. Dr. Viesca's engaging talks provide audiences with actionable strategies for improving their clinical practice through building strong and resilient relationships. Her insights into MFT theory and couple therapy empower individuals to navigate challenges, strengthen connections, and cultivate thriving partnerships.

## KELLY ANN RILEY

Kelly Ann Riley specializes in couples counseling/relationship counseling, parenting issues, and play therapy for children. As a certified Co-Parenting Specialist, she guides families through divorce-related parenting challenges. With extensive experience in play therapy and Cognitive Behavioral Therapy (CBT), she helps children and adults communicate and cope effectively. Kelly also teaches parenting classes, focusing on raising self-reliant, responsible children. With her expertise and compassionate approach, Kelly empowers families to navigate challenges and foster healthy relationships.

## DR. CHRIS HOFF

PhD, LMFT is Founder and Executive Director of the California Family Institute (CFI). CFI is a nonprofit organization that was established as a community counseling center that provides desperately needed low-cost counseling services for the community, and for the development of research and training for those interested in social constructionist, post-structuralist, post-oppositional, and narrative therapy approaches. Chris is also host of the internationally popular Radical Therapist Podcast and has co-authored several articles and is the co-editor of the forthcoming Encyclopedia of Radical Helping which will be released by Thick Press in 2024.