

northshore

MAGAZINE

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Bridgewell, a nonprofit providing social and human services that empower people with disabilities and other life challenges to live safe, self-directed, and productive lives, announces the addition of Kristen Janjar as director of professional development.

"Kristen's strong experience in human services makes her a wonderful addition to our Bridgewell leadership team," says Kelly J. Martin, president and CEO, Bridgewell. "She will be a valued asset in helping people in need gain the necessary confidence, through essential education and corporate training, to further thrive in society."

In Janjar's role, she will oversee internal workforce development through Bridgewell's extensive training department. She will also manage external educational efforts, including workshops and corporate training under Bridgewell's professional development umbrella. Janjar previously served as director of training at North Suffolk Mental Health Association in Chelsea, and held positions in human service agencies in Massachusetts, Colorado and Vermont.

"I am inspired by the professional development opportunities Bridgewell offers, not only to its employees, but also other mental health and healthcare professionals and educators across New England," says Janjar. "I look forward to joining this incredible organization and contributing to the advancement of social and human services."

Janjar, a resident of Revere, graduated from Suffolk University with a Master's in Public Administration and the University of Vermont with a Bachelor's in Social Work. She is active in her local community, serving as a Board member at The Neighborhood Developers and president of her child's elementary school Parent Teacher Organization (PTO).

Additionally, Bridgewell has announced its series of spring workshops through its Center for Professional Innovation (CPI).

Bridgewell's CPI offers continuing education for mental health and healthcare professionals, holding daylong workshops throughout Massachusetts on clinical and management topics. Workshops offer CE Credits for social workers, mental health counselors, national certified counselors, marriage and family therapists, psychologists, occupational therapists and substance use disorder counselors. Bridgewell's CPI also offers certificates for educators and contact hours for nurses.

"For more than 30 years, CPI has been a leader in providing continuing education offerings for social and human service professionals," says Janjar. "CPI workshops are led by top experts leading innovative programs that are shaping the field of human and social services. We're pleased to be able to provide critical training to our employees, as well as to other mental healthcare professionals, and educators across New England."

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Bridgewell will offer the following CPI workshops this spring:

Friday, June 8

9:00 AM to 4:00 PM

Internal Family Systems Therapy (IFS): A Revolutionary & Transformative Treatment for Permanent Healing of PTSD, Anxiety, Depression, Substance Abuse and More

Cape Codder Resort and Hotel

Hyannis, MA

Continuing the legacy of Richard Schwartz, Ph.D., trauma expert Frank Guastella Anderson, M.D., offers training on IFS. With proven effectiveness in treating mental health issues, IFS is the need to know treatment for mental health professionals. Following the training, participants will be able to integrate IFS into their clinical practice, summarize an alternate view of symptoms and psychopathology and better approach difficult and challenging patients. Six CE credits are available.

Dr. Anderson completed his residency and was a clinical instructor in psychiatry at Harvard Medical School. He is the vice chair and director of the Foundation for Self Leadership.

Tuesday, June 12

9:00 AM to 4:00 PM

Virtual Addiction: Are We Controlling Our Devices or Are They Controlling Us?

Scottish Rite Masonic Museum & Library

Lexington, MA

Dr. David Greenfield, founder of The Center for Internet and Technology Addiction and assistant clinical professor of psychiatry at the University of Connecticut School of Medicine, will address issues associated with internet addiction and internet use disorders. Upon completion of the training, participants will receive 6 CE credits and come away with the ability to recognize neurobiological and reward patterns that contribute to internet addiction and internet use disorders.

Wednesday, June 20

9 AM to 12:30 PM (half-day workshop)

Another Way to Look at the Opioid Epidemic: A Journey of Self-Discovery

Bridgewell Headquarters

Peabody, MA

Mark Kennard, former director of community services at Bridgewell; Dr. Harvey Zarren, a physician who utilizes clinical hypnosis; and Richard Zombeck, co-host of the podcast T&Z Talk, will speak about the current opioid epidemic. By investigating the origins of substance use disorder, participants should gain a deeper understanding of the journey of substance misuse and better recognize the best course for recovery. Three CE credits will be given to attendees.

Mark Kennard is the former executive director of Project COPE, an organization that provided community-based prevention, education, and treatment services for individuals with substance use disorder, that merged with Bridgewell in January 2014.

For more information about the workshops, or to sign up for the workshops, please visit bridgewellcpi.org/workshop-search.