

## ***Record of Continuing Education***

### First Quarter, 2026

**Book:** “Affective Neuroscience: The Foundations of Human and Animal Emotions” by Jaak Panksepp (Oxford University Press, 1998)

**CE Unit:** Therapeutic Technique, Academic CE, NBCC Provider# 7597, 10 hours

**CE Unit:** Protecting Children, Academic CE, NBCC Provider# 7597, 7 hours

**CE Unit:** Promoting Wellness, Academic CE, NBCC Provider# 7597, 5 hours

**CE Unit:** Neurofeedback, Academic CE, NBCC Provider# 7597, 4.5 hours

**CE Unit:** Client Point of View, Academic CE, NBCC Provider# 7597, 4 hours

**CE Unit:** Concerning Couples, Academic CE, NBCC Provider# 7597, 3 hours

**CE Unit:** Social Determinants of Mental Health in Schools, Academic CE, NBCC# 7597, 1.5 hours

**CE Unit:** Refugee Resilience, Academic CE, NBCC Provider# 7597, 1.5 hours

**CE Unit:** Exploring Barriers for Counselors of Color, Academic CE, NBCC Provider# 7597, 1.5 hours

**CE Unit:** PTSD and Negative Meta-Emotions, Academic CE, NBCC Provider# 7597, 1.25 hours

**CE Unit:** Alcohol Use and Perfectionists, Academic CE, NBCC Provider# 7597, 1 hour

### Third Quarter, 2025

**Book:** *Mama’s Last Hug: Animal Emotions and What They Tell Us About Ourselves* by Frans de Waal (W.W. Norton & Co., 2019)

**Book:** *Survival of the Friendliest: Understanding Our Origins and Rediscovering Our Common Humanity* by Brian Hare and Vanessa Woods (Random House, 2020)

**Article:** Faulkner, S.C. (2023). Drumming, rhythm, and regulation through a polyvagal lens. *JoCAT*, 18(1). <https://www.jocat-online.org/pp-23-faulkner>

### Third Quarter, 2024

**Book:** *The Serviceberry: Abundance and Reciprocity in the Natural World* by Robin Wall Kimmerer (Scribner, 2024)

**Book:** “On Consolation: finding solace in dark times” by Michael Ignatieff (Metropolitan Books, 2021)

**Book:** “The Geography of Thought: How Asians and Westerners Think Differently and Why” by Richard E. Nisbett (Free Press, 2003)

**Book:** “The Great Partnership: Science, Religion, and the Search for Meaning” by Jonathan Sacks (Schocken Books, 2011)

**Book:** “Determined: A Science of Life Without Free Will” by Robert Sapolsky (Penguin Press, 2023)

**Book:** “This Here Flesh” by Cole Arthur Riley (Convergent Books, 2022)

**Book:** “The Human Condition” by Hannah Arendt (University of Chicago Press, 1958)

### Second Quarter, 2024

**Book:** “Standing at the Edge: Finding Freedom Where Fear and Courage Meet” by Joan Halifax (Flatiron Books, 2018)

**Article:** “The Cass Review: Independent Review of gender identity services for children and young people” chaired by Dr. Hilary Cass, final report issued April, 2024

**Article:** “On the Perception of Incongruity: A Paradigm” (1949) by Jerome S. Bruner and Leo Postman in *Journal of Personality*, 18, pp. 206-223

**Article:** “The Evolution of Reciprocal Altruism” by Robert L. Trivers in *Natural Selection and Social Theory: Selected Papers of Robert Trivers* (Oxford University Press, 2002, pp. 3-55)

**Book:** “The Structure of Scientific Revolutions” by Thomas S. Kuhn, 4<sup>th</sup> ed (University of Chicago Press, 2012)

**Book:** “Our Inner Ape: A Leading Primatologist Explains Why We Are Who We Are” by Frans de Waal (Riverhead Books, 2005)

**Book:** “Mothers and Others: the Evolutionary Origins of Mutual Understanding” by Sarah Blaffer Hrdy (Harvard University Press, 2009)

**Book:** “Buddhist Meditation: Classic Teachings from Tibet” trans. by Kurtis R. Schaeffer (Penguin Books, 2024)

### First Quarter, 2024

**Book:** “Deaths of Despair and the Future of Capitalism by Anne Case and Angus Deaton (Princeton University Press, 2020)

**Lecture:** Chronic Pain I: Foundations of Pain Treatment, Rebecca Bernstein, MD, Mountain Area Health Education Center, two hours

**Lecture:** Chronic Pain II: Tools for Pain Treatment, Rebecca Bernstein, MD, Mountain Area Health Education Center, one hour

**Lecture:** Chronic Pain III: Treating Pain with Mindfulness and other Effective Approaches, Rebecca Bernstein, MD, Mountain Area Health Education Center, one hour

**Lecture:** Diversity in Neurodivergence: Girls and Women with Autism, Caroline Garrett, MSW, UNC School of Social Work, one hour

**Lecture:** Psychedelic-assisted Therapy: Ethics and Efficacy in Context, Tatyana Kholodokov, Ph.D, MPH, MSW, UNC School of Social Work, two hours

**Lecture:** Motivational Interviewing: Helping People Walk through Change, Step by Step, Teresa Donegan, PhD, UNC School of Social Work, twelve hours

**Lecture:** Ethics in End of Life Care, Karen Bullock, PhD, LCSW, APHSW-C, UNC School of Social Work, three hours

**Panel Discussion:** Ethics, Access, and Advocacy, Donna Carrington, Kay Castillo, Michelle Laws, Jonathan Oberlander, Bebe Smith, UNC School of Social Work, two hours

**Lecture:** Hoarding Disorder: The Diagnosis They Never Taught You in Graduate School, Annette R. Perot, PhD, UNC School of Social Work, two hours

**Lecture:** Evidence-based Approaches to Supporting Emerging Adulthood, Becca Edwards-Powell, LCSW, UNC School of Social Work, two hours

**Lecture:** Trauma, Attachment, Transgender/Non-Binary Experiences, Heather Branham, LCSW, UNC School of Social Work, two hours

**Lecture:** Working with Whiteness in Racialized Society, Rorri Geller-Mohamed, LCSW, UNC School of Social Work, two hours

**Panel Discussion:** Promoting Child Maltreatment Prevention and Advancing Equity, Allison Metz, PhD, et. al., UNC School of Social Work, six hours

**Home-Study Course:** Legal and Ethical Issues in Clinical Supervision, Advanced Counselor Training, LLC, six hours

**Home-Study Course:** Using Telehealth, Virtual Supervision, and Other Technology Issues in Supervision, Advanced Counselor Training, LLC, six hours

### Fourth Quarter, 2023

**Book:** “Meister Eckhart: Selections from his Essential Writings,” ed. by Emilie Griffin and trans. by Edmund Colledge, O.S.A. and Bernard McGinn (Paulist Press, 1981)

**Book:** “Becoming Wise: An Inquiry into the Mystery and Art of Living” by Krista Tippett (Penguin Press, 2016)

**Book:** “How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen” by David Brooks (Random House, 2023)

### Third Quarter, 2023

**Book:** “Teachings on Love” by Thich Nhat Hanh (Parallax Press, 1998)

**Book:** “A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life” by Jack Kornfield (Bantam Books, 1993)

### Second Quarter, 2023

Article: “Health Advisory on Social Media Use in Adolescence” published by American Psychological Association, (May, 2023) <https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use.pdf>

### First Quarter, 2023

**Book:** “Bringing Home the Dharma: Awakening Right Where You Are” by Jack Kornfield (Shambhala, 2011)

**Book:** “Teaching to Transgress: Education as the Practice of Freedom” by bell hooks (Routledge, 1994)

**Book:** “Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience” by Brené Brown (Random House, 2021)

**Podcast:** “The Thrilling New Science of Awe” interview of Dachner Keltner by Krista Tippett, OnBeing, February 2, 2023: <https://onbeing.org/programs/dachner-keltner-the-thrilling-new-science-of-awe/>

**Book:** “Proust was a Neuroscientist” by Jonah Lehrer (First Mariner Books, 2008)

### Fourth Quarter, 2022

**Book:** “The Wounded Healer: Ministry in Contemporary Society” by Henri J.M. Nouwen 2<sup>nd</sup> ed (Doubleday, 1972)

**Book:** “The Way of Paradox: Spiritual Life as taught by Meister Eckhart” by Cyprian Smith, OSB (Paulist Press, 1987)

**Book:** “The Tree of Knowledge: The Biological Roots of Human Understanding” by Humberto R. Maturana, PhD & Francisco J. Varela, PhD (Shambhala, 1992)

**Book:** “Loving the Hell Out of Ourselves: A Memoir” by Elaine A. Heath & Jeanine B. Heath-McGlenn (Birch & Alder, 2022)

### Third Quarter, 2022

**Book:** “For the Inward Journey: The Writings of Howard Thurman” selected by Anne Spencer Thurman (Harcourt, Brace, Jovanovich, 1984)

**Book:** “The Miracle of Existence” by Henry Margenau (Oxbow Press, 1984)

**Book:** “We Live for the We: The Political Power of Black Motherhood” by Dani McClain (Bold Type Books, 2019)

**Book:** “Lost & Found” by Kathryn Schulz (Random House, 2022)

**Book:** “Emergent Strategy: Shaping Change, Changing Worlds” by adrienne maree brown (AK Press, 2017)

**Podcast:** “Teaching Toddlers Healthy Eating” interview with Dr. Robert Nix at *Pediatrics On-Call*, (published by the American Academy of Pediatrics, episode #41, January 19, 2021)

**Recorded Essay:** “Uses of the Erotic: The Erotic as Power” by Audre Lorde (printed version published in “Sister Outsider,” 1984) <https://www.youtube.com/watch?v=aWmq9gw4Rq0>

**Interview:** “We are in a Time of New Suns” unedited interview with adrienne maree brown by Krista Tippett at OnBeing.org, June 23, 2022, <https://onbeing.org/programs/adrienne-maree-brown-we-are-in-a-time-of-new-suns/>

**Book:** “The Life You Can Save: How to Do Your Part to End World Poverty” by Peter Singer, Ten Year Anniversary edition (Random House, 2019)

**Book:** “Autism and Asperger Syndrome” by Simon Baron-Cohen (Oxford University Press, 2008)

**Book:** “Biofeedback: A Practitioner’s Guide” Second edition by Mark S. Schwartz and associates (Guilford Press, 1995)

**Podcast:** “Screen Time” interview with Dr. Jenny Radesky at *Pediatrics On-Call*, (published by the American Academy of Pediatrics, episode #39, January 5, 2021)

**Book:** “Guidance on Community Mental Health Services: Promoting Person-Centered and Rights-Based Approaches; Technical Package” by World Health Organization (World Health Organization, 2021)

**Article:** “Wealth of Two Nations: The U.S. Racial Wealth Gap, 1860-2020” by Ellora Derenoncourt, Chi Hyun Kim, Moritz Kuhn, Moritz Schularick, National Bureau of Economic Research working paper, No. 30101, June 2022

**Book Chapter:** “Transgender” by Andrew Solomon in *Far From the Tree: Parents, Children, and the Search for Identity* (Scribner, 2012, pp. 599-676)

**Book Chapter:** “Autism” by Andrew Solomon in *Far From the Tree: Parents, Children, and the Search for Identity* (Scribner, 2012, pp. 221-294)

**Book:** “An Anthropologist on Mars: Seven Paradoxical Tales” by Oliver Sacks (Vintage Books, 1995)

### Second Quarter, 2022

**Book:** “Ask and Tell: Self-Advocacy and Disclosure for People on the Autism Spectrum” ed. by Stephen M. Shore (Autism Asperger Publishing Co, 2004)

**Podcast:** “Whole Body Mental Health” unedited interview with Kimberley Wilson at *onBeing with Krista Tippett*, May 19, 2022, <https://onbeing.org/programs/kimberley-wilson-whole-body-mental-health/>

**Book:** “The Siege: The First Eight Years of an Autistic Child; with an epilogue fifteen years later” by Clara Claiborne Park (Little, Brown & Co., 1967, 1982)

**Book:** “The Hidden Curriculum: Practical Solutions for Understanding Unstated Rules in Social Situations” by Brenda Smith Myles, Melissa L. Trautman, and Ronda L. Schelvan (Autism Asperger Publishing Co, 2004)

**Podcast:** “Maximize Your Motivation: Dopamine, Discipline, and Accepting Our Nature” *Being Well* hosted by Forrest Hanson and Dr. Rick Hanson, May 2, 2022 <https://www.rickhanson.net/being-well-podcast-maximize-your-motivation/>

**Book:** “Neurotribes: The Legacy of Autism and The Future of Neurodiversity” by Steve Silberman (Avery, 2015)

**Article:** “The Heilpedagogical Station of the Children’s Clinic at the University of Vienna” by Joseph J. Michaels, MD *American Journal of Orthopsychiatry* (July, 1935, pp. 266-275)

**Book:** “What Are People For?” by Wendell Berry (Counterpoint, 1990, 2010)

**Book:** “The Autistic Brain: Thinking Across the Spectrum” by Temple Grandin with Richard Panek (Houghton Mifflin Harcourt, 2013)

**Book:** “Autism Spectrum Disorder: A Clinical Guide for General Practitioners” by V. Mark Durand (American Psychological Association, 2014)

**Book:** “Uniquely Human: A Different Way of Seeing Autism” by Barry M. Prizant, PhD (Simon & Schuster, 2015)

### First Quarter, 2022

**Book:** “Doughnut Economics: Seven Ways to Think Like a 21<sup>st</sup> Century Economist” by Kate Raworth (Chelsea Green Publishing, 2017)

**Book:** “Regarding the Pain of Others” by Susan Sontag (Farrar, Straus, and Giroux, 2003)

**Book:** “Absence of Mind: The Dispelling of Inwardness From the Modern Myth of the Self” by Marilynne Robinson (Yale University Press, 2010)

**Podcast:** “Building Resilience Through Play” *The Brain Architects* podcast hosted by Sally Pfitzer, Center on the Developing Child at Harvard University, February 22, 2022

**Book:** “Born to Rebel: An Autobiography” by Benjamin E. Mays (Charles Scribner’s Sons, 1971)

**Book:** “Women of Crisis: Lives of Struggle and Hope” by Robert Coles and Jane Hallowell Coles (Merloyd Lawrence Book, 1978)

**Podcast:** “Altered States, Shamanism, and Beliefs;” a *Fitmind* interview with Roger Walsh, MD by Liam McClintock, episode 72, July 17, 2021

**Course:** “Ethical Decision-Making in Supervision: Overview and Practical Application” by Dr. Cheryl Meola, PhD provided by Eastern AHEC, recorded February 19, 2020, completed February 17, 2022

**Course:** “Models, Techniques, Roles, and Functions in Clinical Supervision” by Advanced Counselor Training, LLC, February 14, 2022

**Book:** “An Enquiry Concerning the Principles of Morals” by David Hume (1751)

**Course:** “Trauma-Informed Clinical Supervision” Instructor Celeste Crawford; provided by Eastern AHEC, recorded June, 2020, completed February 7, 2022

**Podcast:** “A Cognitive Skill to Magnify Humanity” unedited interview with Trabian Shorters by Krista Tippet at OnBeing.org, February 3, 2022

**Podcast:** Rick Hanson, PhD “Self-Directed Neuroplasticity;” a *Fitmind* interview by Liam McClintock, episode 60, December 8, 2020

**Podcast:** James Nestor “The Science of Breathing;” a *Fitmind* interview by Liam McClintock, episode 61, December 22, 2020

**Book:** “The Moral Life of Children” by Robert Coles (Atlantic Monthly Press, 1986)

**Podcast:** Apkar V. Apkarian, Ph.D “Pain and Placebo;” a *Fitmind* interview by Liam McClintock, episode 79, October 12, 2021

#### Fourth Quarter, 2021

**Podcast:** David Perlmutter, MD “Nutrition for the Brain;” a *Fitmind* interview by Liam McClintock, episode 68, March 30, 2021

**Podcast:** Robynne Chutkan, MD “Your Microbiome & the Gut-Brain Connection;” a *Fitmind* interview by Liam McClintock, episode 70, April 27, 2021

**Podcast:** “The Fullness of Things” unedited conversation with Jane Hirshfield at *OnBeing with Krista Tippett*, December 16, 2021, <https://onbeing.org/programs/jane-hirshfield-the-fullness-of-things/>

**Book:** “The Age of Dignity: Preparing for the Elder Boom in a Changing America” by Ai-Jen Poo with Ariane Conrad (The New Press, 2015)

**Book:** “The Art of Solitude: A Meditation on Being Alone with Others in the World” by Stephen Batchelor (Yale University Press, 2020)

**Book:** “Poverty and Progress: An Ecological Perspective on Economic Development” by Richard G. Wilkinson (Praeger Publishers, 1973)

**Podcast:** “The Future of Well-Being” unedited conversation with Vivek Murthy & Richard Davidson at *OnBeing with Krista Tippett*, December 2, 2021, <https://onbeing.org/programs/vivek-murthy-and-richard-davidson-the-future-of-well-being/>

**Book:** “The Buddha and His Dhamma” by B.R. Ambedkar (Siddharth College Publication, 1957)

**Book:** “The Impact of Inequality: How to Make Sick Societies Healthier” by Richard G. Wilkinson (The New Press, 2005)

**Article:** Brodish, P.H., M. Massing, and H.A. Tyroler. 2000, Income inequality and all-cause mortality in the 100 counties of North Carolina. *Southern Medical Journal* 93(4): 386-91

**Article:** “When Children Say They’re Trans: Hormones? Surgery? The choices are fraught and there are no easy answers” by Jesse Singal (The Atlantic, July/August, 2018)  
<https://www.theatlantic.com/magazine/archive/2018/07/when-a-child-says-shes-trans/561749/>

**Podcast:** “Finding Ease in Aloneness” interview of Stephen Batchelor at *OnBeing with Krista Tippett*, September 23, 2021, <https://onbeing.org/programs/stephen-batchelor-finding-ease-in-aloneness/>