

Record of Continuing Education

First Quarter, 2024

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/dacher-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 2nd 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=aWmq9gw4RqQ>

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 Heilpädagogical 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 21st 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 Tippett 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/>