

RED ROCK

COURSE CATALOG



Course Schedule for 2025

✱ CLINICAL DEVELOPMENT DEPARTMENT ✱



Here at Red Rock, we cultivate clinical excellence by offering an exceptional clinical learning environment.

Our Clinical Development Department (CDD) identifies and coordinates both internal and external training opportunities for provider staff of varying credentials and then embeds numerous seminars, workshops, and clinical consultations into staff work schedules.

Staff can meet and even exceed their annual CEU requirements by utilizing this plethora of opportunities.

CDD also ensures staff receive practical trainings on our electronic health record navigation, best practices of clinical documentation, annual coaching on fidelity to best practices, and on-the-job self-care.

* Free CEU Opportunities! *



ADULT MENTAL HEALTH **FIRST AID**



CLEVELAND and McCLAIN COUNTIES

Mental Health First Aid (MHFA) is an early intervention, public education program. It teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen non-judgmentally, how to give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to professional support and services.

LEARNING OBJECTIVES

- ✓ Purpose of MHFA
- ✓ Role of Aider
- ✓ Identify Mental Health Challenges and Substance Use Challenges
- ✓ How Recovery is Possible
- ✓ Principles of Safety, Privacy
- ✓ Impact of Early Intervention
- ✓ Appropriate Steps, Methods

THE WELL
210 JAMES GARNER AVE | NORMAN, OK

Learn more
and register
at red-rock.com/MHFA



EBPS AT RED ROCK

The American Psychological Association defines “evidence-based practice” as **“the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences.”**

Red Rock is proud to employ trainers with a variety of clinical expertise, allowing for the development of our **EBP Intensives!**

Each intensive offers **two days of training** devoted to a specific modality and will have you walking away more ready, willing, and able to implement best practices!

- COGNITIVE BEHAVIOR THERAPY**
- ACCEPTANCE AND COMMITMENT THERAPY**
- DIALECTICAL BEHAVIOR THERAPY**
- MOTIVATIONAL INTERVIEWING**
- BEHAVIOR PARENT TRAINING**
- APPLIED SUICIDE INTERVENTION**
- SKILLS TRAINING**



EBPS AT RED ROCK

COGNITIVE BEHAVIORAL THERAPY

CBT was developed to assist clients in their healing journey by focusing on cognitive appraisals of events in order to better understand their reactions. CBT has been demonstrated to be effective for a range of problems.

ACCEPTANCE & COMMITMENT THERAPY

ACT (pronounced "act") is a Mindfulness-informed model based on accepting emotions, cognitions and circumstances and acting upon values, all to serve the goal of a more rich, full, and meaningful life.

DIALECTICAL BEHAVIOR THERAPY

DBT invites therapists to embody the stances of Radical Acceptor and Change Agent. DBT found its roots in treatment of Borderline PD, but has since been expanded and researched in a wide array of mental illness that many suffer from daily.

EBPS AT RED ROCK

MOTIVATIONAL INTERVIEWING

MI is an evidence-based approach to communication that helps clients construct their own argument(s) in support of change. The skillful use of MI with clients leads to activation and strengthening of readiness, willingness, and ability to engage with a strategic change plan.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

ASIST is a person-centered prevention model designed to develop “suicide first aid” skills. It teaches participants to recognize when someone may have thoughts of suicide, to discuss suicide in a direct manner with that person, and how to intervene and work with the person to create a plan that supports their immediate safety.

BEHAVIORAL PARENT TRAINING

BPT helps change parenting behaviors to reduce child disruptive behavior, while improving parent mental health. It has been extensively studied and validated as an intervention that teaches better parenting skills, decreases child oppositional, aggressive and antisocial behavior and emphasizes the “bidirectional” nature of the parent-child relationship.

✱ Become an LPC Supervisor! ✱



Becoming a therapist is a purification process.

The CRUCIBLE of CLINICAL SUPERVISION

GETTING to the GOLD in LPC CANDIDATES

Board Supervision Class to Become A Supervisor

Hosted 4 times in 2025!

Paul B. Williams M.C. C-DBT LPC-S
Director, Clinical Development



FUNDED IN PART BY
OKLAHOMA
Mental Health &
Substance Abuse

The development of a new therapist occurs in a crucible: LPC Licensure candidates must be "smelted" in the high temperatures of professional development when candidates are most untrained, inexperienced, and often psychologically unprepared for the challenges. Becoming a therapist is a purification process: i.e. Learning the real art & craft of therapy, unlearning mythologies of being a therapist, and most importantly learning about Oneself. Therefore, Supervisors must be more than just "vending machines" of counseling theories, manuals, technical advice, and risk management. Supervisors must be strong vessels to support candidates in getting to their inner gold.

Dates: January 18th & February 1st

July 12th & 26th

April 12th & 26th

October 11th & 25th

This course is approved for LPC Board annual CEU requirements for clinical supervision to become an LPC supervisor. Two Saturdays and 45 total hours of classwork. Eligible for 45 Supervision CEUs for LPC and 3 Ethics CEUs.

☀ Course Offerings (in alphabetical order) ☀

Acceptance and Commitment Therapy Intensive

Approved for:

12 CEUs for LPC/LMFT, LADC, LCSW, and CM

Instructors

Clay Mattox, MEd, LPC, NCC
 Kayley Saunders, MS, LPC
 Paul Williams, MC, C-DBT, LPC

In this two-day Intensive, in addition to learning the fundamentals of ACT, participants will also gain a deeper understanding of the clinical principles that make ACT so effective.

Dates:

- April 11th & 14th
- October 9th & 10th

Accurate Diagnosis in Childhood Behavior Disorders

Approved for:

3 CEUs for LPC/LMFT, LADC, LCSW, and CM

Instructor(s):

Adrian King, MA, LPC

This workshop aims to support mental health professionals in engaging in a differential diagnosis process using DSM criteria, diagnostic interview techniques and case studies to help demonstrate the case conceptualization and assessment process.

Dates:

- July 25th

Adolescents and Self-Harm

Approved for:

3 CEUs for LPC/LMFT, LADC, LCSW, and CM

Instructor(s):

Adrian King, MA, LPC

This workshop guides clinicians on how to differentiate non-suicidal self-injury from active suicidality, while also demonstrating how to build a multi-systemic approach through case conceptualization, assessment, and effective treatment options for self-harming adolescents.

Dates:

- November 21st

Applied Suicide Intervention Skills Training (ASIST)

Approved for:

11 CEUs for LPC/LMFT, LADC, LCSW, CM, and RSS

Instructor(s):

Kayley Saunders, MS, LPC
 Kimberly McMahon, MEd, BHCM II, PRSS, BHWC
 Stephanie Fullbright, LPC

ASIST is a powerful, two-day in-person workshop where you'll learn how to recognize when someone may be thinking about suicide, provide a skilled intervention, and develop a safety plan with the person to connect them to further support.

Dates:

- April 24th & 25th
- October 23rd & 24th



Behavioral Parent Training

Approved for:

12 CEUs for LPC/LMFT, LADC, LCSW, CM, and RSS

Instructor(s):

Paul Williams, MC, C-DBT, LPC

Day one provides a comprehensive course in cognitive-behavior modification for children and teens with externalizing behaviors. Modules include using functional analysis to formulate effective parenting responses based in Behaviorism. Day two modules include instruction on cognitive behavior modifications when working with children and teens with attachment, sensory-processing, trauma, and/or neurodivergent challenges.

- Dates:**
- January 24th & 27th
 - July 18th & 21st

Dialectical Behavior Therapy Intensive

Approved for:

12 CEUs for LPC/LMFT, LADC, LCSW, and CM

Instructor(s):

Paul Williams, MC, C-DBT, LPC

Comprehensive course in Dialectical Behavior Therapy and all (5) modes and functions of DBT: Modules include Dialectical approaches to Individual Therapy, Group Skills, Telephone Coaching, Case Management, and Team Consultation.

- Dates:**
- March 14th & 17th
 - September 19th & 22nd

Ethical Dilemmas and Practical Considerations

Approved for:

3 Ethic CEUs for LPC/LMFT, LADC, LCSW, and CM

Instructor(s):

Clay Mattox, MEd, LPC, NCC

This is an Ethics training specifically focused on Therapists and the challenges they encounter. Case Managers may also attend for ethics credit.

- Dates:**
- May 16th
 - November 14th

Fundamental Frameworks for Crisis Intervention

Approved for:

12 CEUs for LPC/LMFT, LADC, LCSW, CM, and RSS

Instructor(s):

Clay Mattox, MEd, LPC, NCC
Kayley Saunders, MS, LPC
Paul Williams, MC, C-DBT, LPC

An intensive crisis workshop that includes steps for intervening in both suicide and homicide crises, as well as learning to use the Columbia Suicide Severity Rating Scale, and understanding and completing LMHP Statements.

- Dates:**
- February 5th & 6th
 - August 20th & 21st



Introduction to Acceptance and Commitment Therapy

Approved for:

3 CEUs for LPC/LMFT, LADC, LCSW, and CM

Instructor(s):

Clay Mattox, MEd, LPC, NCC
Kayley Saunders, MS, LPC

Participants will be introduced to the core tenets of ACT, as well as techniques they can begin implementing in their next session.

- Dates:**
- March 7th
 - July 11th
 - November 7th

Introduction to Cognitive Behavior Therapy

Approved for:

3 CEUs for LPC/LMFT, LADC, LCSW, and CM

Instructor(s):

Clay Mattox, MEd, LPC, NCC
Kayley Saunders, MS, LPC

This course reviews the basic foundational information and a few simple CBT tools for clinicians to implement quickly. It serves as a good foundation to build upon for clinicians new to CBT.

- Dates:**
- April 4th
 - August 1st
 - December 5th

Introduction to Dialectical Behavior Therapy

Approved for:

3 CEUs for LPC/LMFT, LADC, LCSW, and CM

Instructor(s):

Paul Williams, MC, C-DBT, LPC

Dialectical Behavior Therapy (DBT) invites therapists to embody the stances of Radical Acceptance and Change Agent—both person-centered and CBT, both validating and challenging, and weaving those therapeutic moves into a dance. This introductory training provides an overview of the therapeutic stance of DBT, the five modes and functions of DBT treatment, and teaches four core techniques that clinicians can start using right away.

- Dates:**
- February 7th
 - June 6th
 - October 3rd

Introduction to Motivational Interviewing

Approved for:

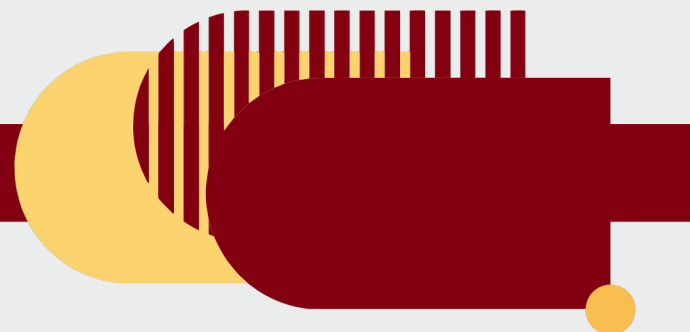
**3 CEUs for LPC/LMFT, LCSW, LADC, CM, RSS,
and Wellness Coach**

Instructor(s):

Adrian King, MA, LPC
Jessie James, LMSW U/S, BHWC

This three-hour workshop is intended for participants to learn and practice the basic techniques of Motivational Interviewing to encourage and motivate clients to come up with their own reasons for change.

- Dates:**
- January 3rd
 - May 2nd
 - September 5th





More Than Just a Worksheet: Using TEAM-CBT to Empower Clients and Change Lives

Approved for:

12 CEUs for LPC/LMFT, LADC, LCSW, and CM

This 12-hour workshop is intended for therapists who are interested in learning how to implement TEAM-CBT. Participants will focus on learning and understanding the acronym of TEAM and will include instruction and practice in each step of the model.

Dates: • May 9th & 12th

Instructor(s):

Courtney Hill, MS, LPC
Kayley Saunders, MS, LPC

Motivational Interviewing Intensive

Approved for:

**10 CEUs for LPC/LMFT, LADC, LCSW, CM, RSS,
and Wellness Coach**

This 10-hour workshop is intended for participants to learn and practice the techniques of Motivational Interviewing to encourage and motivate clients to change destructive behavior.

Dates: • February 21st & 24th
• August 12th & 13th

Instructor(s):

Adrian King, MA, LPC
Jessie James, LMSW U/S, BHWC

Navigating Ethics: Unique Considerations for the PRSS and F-PRSS

Approved for:

3 Ethics CEUs for CM and RSS

This is an Ethics training specifically focused on Peer Recovery Support Specialists and Family Support Providers and the challenges they encounter. Case Managers may also attend for ethics credit.

Dates: • May 16th
• November 14th

Instructor(s):

Caleb Schompert, BHCM II, PRSS
Kimberly McMahan, MEd, BHCM II, PRSS

Parent-Child Conflict: Practical Interventions for Family Therapy

Approved for:

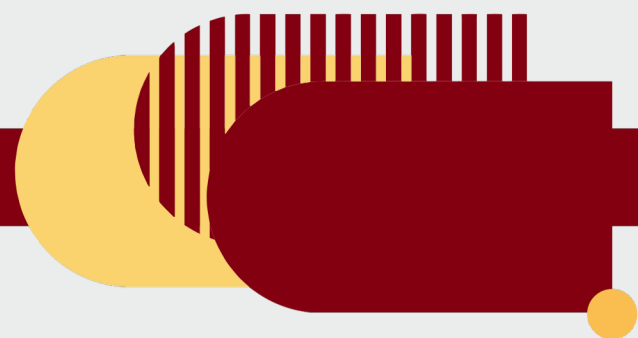
3 CEUs for LPC/LMFT, LADC, LCSW, and CM

This workshop explores strategies that can help families acquire effective communication, collaborative problem-solving, and relationship-building skills needed to build a culture of connection and understanding.

Dates: • April 18th

Instructor(s):

Adrian King, MA, LPC





Precision Diagnostics

Approved for:

5 CEUs for LPC/LMFT, LADC, LCSW, and CM

This six-hour training provides a thorough overview of the DSM-5-TR applying to culture and differential diagnostics and provides deep analysis of major diagnostic categories, making this also a stand-alone class in diagnostics.

- Dates:**
- March 25th
 - August 8th

Instructor(s):

Paul Williams, MC, C-DBT, LPC

The ABCs of LGBTQIA+: An Updated Look at the Queer Community

Approved for:

6 CEUs for LPC/LMFT, LADC, LCSW, CM, RSS, and Wellness Coach

This training will serve as a starting point for providers looking to learn more and be better allies to the community. We'll go beyond just defining the "LGBT alphabet" to explore cultural considerations.

- Dates:**
- March 7th
 - September 12th

Instructor(s):

Houston Payne, BHCM II
Paul Williams, MC, C-DBT, LPC

The Tao of Crisis Intervention

Approved for:

6 CEUs for LPC/LMFT, LADC, LCSW, CM, and RSS

A full-day comprehensive course in the technology of crisis intervention compiled from the study of multiple evidence-based models, to give clinicians confidence and competence in navigating difficult situations. Covers the different types of crisis intervention, as well as the tasks, techniques, and steps necessary to aid clients in any type of crisis they may be experiencing.

- Dates:**
- March 28th
 - September 25th

Instructor(s):

Paul Williams, MC, C-DBT, LPC

Theories of Attachment

Approved for:

3 CEUs for LPC/LMFT, LADC, LCSW, CM, and RSS

This training will provide an overview of the brain science that relates to Attachment development. Trainees will also learn the four attachment styles, how they develop, and how they interact with each other within relationships.

- Dates:**
- April 28th

Instructor(s):

Clay Mattox, MEd, LPC, NCC
Kimberly McMahan, MEd, BHCM II, PRSS, BHWC



Treating Habits and Addictions with TEAM-CBT

Approved for:

12 CEUs for LPC/LMFT, LCSW, and CM

12 Alcohol and Drug CEUs for LADC

Instructor(s):

Courtney Hill, MS, LPC

Kayley Saunders, MS, LPC

This 12-hour workshop is intended for therapists looking to “level up” their substance use treatment skills. Participants will revisit the acronym of TEAM as it relates to habits and addictions and will include instruction and practice in each step of the model. Throughout the workshop, clinicians will gain the chance to practice these valuable skills by role-playing using various cognitive treatment methods as well as observing a live- recorded session demo.

Dates:

- November 10th & 11th

Uncover the SELF: An Introduction to IFS

Approved for:

6 CEU's for LPC/LMFT, LADC, LCSW, and CM

Instructor(s):

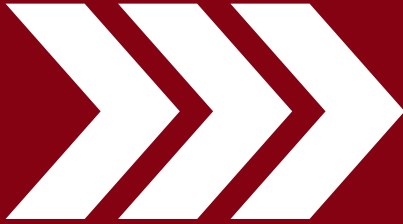
Clay Mattox, MEd, LPC, NCC

This workshop will introduce the core components of IFS, introducing participants to the “parts” that operate inside of us all. In addition to core components, this workshop will introduce you to the IFS course of treatment as well as provide guidelines, tips, and resources for those interested in learning more about this exciting new form of therapy.

Dates:

- June 13th
- November 4th

REGISTER HERE:



CONTACT US FOR MORE INFORMATION:



ClinicalDevelopment@red-rock.com



<https://red-rock.enrollware.com/calendar>



405-482-0519

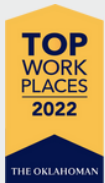




Red Rock Behavioral Health Services



Red Rock is a 501(c)3 nonprofit organization, a certified CMHC by the state of Oklahoma, and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). In addition, Red Rock is nationally recognized as a Certified Community Behavioral Health Clinic (CCBHC). CCHBCs provide specialized whole person care for individuals with complex needs. We are based in Oklahoma City and have offices in Chandler, Chickasha, El Reno, Elk City, Hobart, Kingfisher, Lawton, Norman, Shawnee, Watonga, Weatherford, Yukon, and Colorado Springs, CO.



OKLAHOMA
Mental Health &
Substance Abuse

Red Rock is funded, in part, by the Oklahoma Department of Mental Health and Substance Abuse Services.