

## Fairmount Behavioral Health System

is a private behavioral health facility that specializes in treatment for children, adolescents, and adults. Fairmount provides acute inpatient psychiatric and dual diagnosis, residential drug/alcohol detoxification and rehabilitation, and acute partial hospitalization programs.

**Philmont Guidance Center**, recognized as a leading local provider of comprehensive mental health services, dedicates itself to helping children, adolescents, adults, and couples. Our board-certified psychiatrists, psychologists, and psychiatric social workers are well-known throughout the Philadelphia area as warm, compassionate professionals who specialize in goal-directed, practical therapeutic approaches. Treatment is provided in a safe, comfortable, confidential environment. Visit us at [www.philmontguidance.com](http://www.philmontguidance.com) or join Dr. Hartman on his blog [www.thesidewalkpsychiatrist.com](http://www.thesidewalkpsychiatrist.com).

**The Horsham Clinic** is a private behavioral health hospital that provides inpatient hospitalization services to children, adolescents, adults and older adults. We also specialize in treatment for adult dual diagnosis. Partial hospitalization services are offered to children, adolescents and adults on our Ambler campus. We have two satellite partial hospitalization programs for children and adolescents on our Bristol, Bucks County and Springfield, Delaware County campuses.

### REGISTRATION FEES

\$55 per Lecture  
if received 10 days before lecture date  
\$70 per Lecture  
late registration and at the door  
\$95 discount for both Lectures  
if paid in advance

#### All lectures to be held at The Horsham Clinic

Registration and breakfast- 8:00am-8:30am  
All programs will start promptly at 9:00am

**Make checks payable to:**  
Philmont Guidance Center.

**Send payment to:**  
Fairmount Behavioral Health System  
ATTN: Megan Early  
561 Fairthorne Avenue, Philadelphia, PA 19128

**Register on-line:**  
[www.fairmountbhs.com](http://www.fairmountbhs.com)  
or by calling (215) 487-4030



**Fairmount**  
Behavioral Health System

561 Fairthorne Avenue, Philadelphia, PA 19128

PRSRT STD  
U.S. POSTAGE  
PAID  
LANSDALE, PA  
PERMIT # 444

The Philmont Guidance Center is approved by the American Psychological Association to offer continuing education to psychologists. The Philmont Guidance Center maintains responsibility for the program. The program is offered for three (3) hours of continuing education for psychologists. According to the Rules and Regulations for Continuing Education (49 PA Code 48.36) promulgated by the Pennsylvania State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors on December 23, 2006, The Philmont Guidance Center as an approved American Psychological Association training provider, is approved to offer this program for three (3) hours of continuing education for social workers and counselors.



**Philmont Guidance Center, P.C.**  
Comprehensive Mental Health Services

### Fall 2009 Lecture Series:

#### HEALTH PSYCHOLOGY:

*Non-medical Techniques to reduce stress and anxiety, strengthen the immune system, increase wellness, and stabilize moods.*

— **Ruth Hoskins, PhD., HHS, LCSW**

Wednesday, October 21, 2009

9:00am - Noon

#### UNDERSTANDING THE SEX OFFENDER

— **Bob Bair, LCSW**

Thursday, November 12, 2009

9:00am - Noon

All lectures to be held at The Horsham Clinic

## HEALTH PSYCHOLOGY:

*Non-medical Techniques to reduce stress and anxiety, strengthen the immune system, increase wellness, and stabilize moods.*

**Wednesday, October 21, 2009**

**9:00am – Noon**

Upon completion of this training participants will gain the following understanding:

1. In depth understanding of the field of Health Psychology, the Mind-Body-Spirit connection to health and wellness.
2. The field of psychoneuroimmunology, the study and interrelationship between the mind and body, endocrine and immune system and physical and psychological health.
  - a. Participants will understand the primary influences on the immune system.
  - b. How Mind and Body collaborate in meeting serious challenges in the immune system.
3. An in depth look at the research on meditation and relaxation for healing. Effortless Meditation will be taught.
4. The "Relaxation Response," and other stress management techniques will be presented.
5. Participants will learn how psychological health can be improved through the use of cognitive techniques.
6. Ability to apply the knowledge with clients, families, and in the community.
7. Understanding food as medicine.
8. Demonstration and practice in dyads.

**Ruth Hoskins, PhD., HHS (Holistic Health Sciences) LCSW, BCD,** is the Director of Holistic Health in Philadelphia, an organization that provides education and training and disseminates information on stress management, critical incident stress, holistic health, and complimentary medicine. A licensed psychotherapist and trainer for fortune 500 companies, Ruth is recognized in the 2005 National Register of Who's Who in Executives and Professionals and in the 2008-2009 Cambridge Who's Who. She is an adjunct professor at Chestnut Hill College teaching Health Psychology, The Mind-Body Connection. Ruth is a stress management consultant, certified relationships counselor, approved critical incident stress trainer for the International Critical Incident Stress Foundation, and Co-captain and trainer for the American Red Cross Disaster Mental Health Team. Ruth teaches Psychological First Aid (PFA) to disaster response organizations, the American Red Cross and VOAD. She is a consultant for a local hospice, providing support services and workshops for their staff and in-patient facilities. She is a national speaker presenting information on the integration of body, mind, and spirit, and the author of several products to enhance one's mood, audios and books including No Time for Down Time and Easy Stress Solutions For You, Dream Moments, and Wholeness Words Guided Visualization.

## UNDERSTANDING THE SEX OFFENDER

**Thursday, November 12, 2009**

**9:00am – Noon**

This program is designed for psychologists, professional counselors, and social workers. This presentation is aimed at helping professionals who interact, deal with, or treat individuals with a history of sexual offender behavior; better understand the dynamics of their clients.

By the end of the seminar, participants will be able to:

1. Understand the nature and scope of sex offending
2. Identify the common characteristics of sex offenders
3. Identify and understand the subtypes and typologies of sex offender behavior
4. Understand the etiology/explanatory theories of sex offender behavior
5. Understand judicial and treatment issues surrounding sex offender behavior.

**Bob Bair, LCSW** has over thirty years of experience in the mental health and criminal justice fields. He was a field trainer in Physical Conflict Control Tactics, is trained in Critical Incident Stress Management (CISM), and is an active member of the Bucks County and Keystone Crisis Response Team. He has over 13 years of experience working with perpetrators of sexual abuse.

### Cancellation Policy

Refunds minus a \$15.00 processing fee will be given up to 48 hours prior to the start of the seminar. No refunds will be made subsequent to that time. Refunds are not provided for individuals who do not cancel and do not attend. If a seminar cannot be held for reasons beyond the control of the sponsor, the registrant will receive free admission to a rescheduled seminar or a voucher, good for one year, for admission to a future seminar.

### Special Accommodations

If you require special accommodations due to a disability, contact our office at least three weeks prior to the seminar. We will do our best to respond to your request.

## Directions to Horsham Clinic:

### From Philadelphia International Airport

After exiting the airport, take 95 South to Route 476 North to PA Turnpike (Route 276). Take PA Turnpike East towards New Jersey to Exit 339 (Ambler/Ft. Washington). After the toll booth, turn right onto Route 309 North for approximately 2 miles.

Exit onto Susquehanna Road, turning left at stop sign. Turn right at first traffic light onto Butler Pike. Cross over Welsh Road approximately 1.7 miles and The Horsham Clinic will be the first driveway on the left.

*Drive time: 1 hour*

### From Allentown/Bethlehem Area

Take Route 309 South to Route 63. Proceed East on Route 63 (Welsh Road) for 2.4 miles to Butler Pike. Turn left on Butler Pike. The Horsham Clinic is the first driveway on the left.

*Drive time: 40 minutes*

### From Pennsylvania Turnpike

Take PA Turnpike (Route 276) to Exit 339 (Ambler/Ft. Washington). Follow Route 309 North to Ambler, Susquehanna Road Exit (approximately 2 miles). At stop sign turn left to the first traffic light. Make a right onto Butler Pike for 1.7 miles. The Horsham Clinic is on the left after you crossover Welsh Road.

*Drive time: 35 minutes*

### From the Schuylkill Expressway

Take the Schuylkill Expressway to Route 476. Take Route 476 North to PA Turnpike (Route 276). Take PA Turnpike East towards New Jersey to Exit 339 (Ambler/Ft. Washington). After the toll booth, turn right onto Route 309 North for approximately 2 miles.

Exit onto Susquehanna Road, turn left at stop sign. Turn right at first traffic light onto Butler Pike. Cross over Welsh Road approximately 1.7 miles and The Horsham Clinic will be the first driveway on the left.

*Drive time: 35 minutes.*

### From Norristown

Take Route 202 to Route 63 East. Proceed on Route 63 for 4.1 miles to Butler Pike. Turn left on Butler Pike. The Horsham Clinic is on the left.

*Drive time: 20 minutes.*