RUTGERS HEALTH
School of Health Professions
Psychiatric Rehabilitation and Counseling Professions

Rutgers Institute for Inpatient Psychiatric Rehabilitation (IIPR)

2026 Catalog



The Institute is comprised of three centers with a singular mission to identify, create, and disseminate best practice inpatient psychiatric rehabilitation interventions and connect them to community practice.

Visit our website:
sites.rutgers.edu/shp-shpri/

Table of Contents

IIPR Mission

Our Centers

Meet the Faculty

Continuing Education Courses

Free Online Trainings

Psychiatric Rehabilitation Webinars

Contact Us

IIPR Mission



The Institute for Inpatient Psychiatric Rehabilitation is comprised of three centers with a singular mission to identify, create, and disseminate best practice inpatient psychiatric rehabilitation interventions and connect them to community practice.

Our Centers

Research

The IIPR Research Center is interested in researching two basic assumptions:

Assumption #1

Inpatient psychiatric rehabilitation is different than outpatient psychiatric rehabilitation.

Assumption #2

Inpatient psychiatric rehabilitation is effective.

Education

The IIPR Education Center offers a variety of free online trainings, live monthly webinars, and continuing education courses related to inpatient psychiatric rehabilitation.

SHPRI

The State Hospital Psychiatric Rehabilitation Initiative (SHPRI) is a long term academic affiliation between Rutgers University and the New Jersey Department of Health and Department of Human Services. The mission of SHPRI is to improve the quality of care provided to New Jersey's state psychiatric hospitals through consultation, education, program development and evaluation, using psychiatric rehabilitation goals, values and principles.

Meet the Faculty



Tom Bartholomew

Director

Dr. Bartholomew has been working in the field of psychiatric rehabilitation since 1988. He has worked as a caseworker in a clubhouse. He was a residential coordinator of a supportive housing agency with numerous group homes, supportive housing sites and a respite unit. He was also a program director of a partial care program. For the last twelve years, he has been on the faculty of Rutgers University and a consultant to the state of New Jersey's state psychiatric hospital leadership. Dr. Bartholomew has provided and supervised the Illness Management and Recovery (IMR) program since 2006 and conducted extensive research into the program including research as part of a National Institute of Health grant. Dr. Bartholomew has presented over 100 trainings on IMR to mental health staff. Dr. Bartholomew's current research interests include prevention of psychiatric inpatient violence, implementing clinical supervision as well as research into the effectiveness of Trauma treatments.



Ken Kinter

Faculty

Kenneth T. Kinter, Ed.D., LPC has worked with people with mental illness and addictions throughout his 30-year career. This includes 25 years working in psychiatric emergency settings, partial care programs and in a county jail. Much of this work consisted of doing intake/lethality assessments, crisis interventions, and running therapeutic groups. His current faculty appointment is comprised of two different projects: implementing evidence-based practices in psychiatric hospitals, and implementing Motivational Interviewing at several NY/NJ service providers as part of the Mental Health Technology Transfer Center (MHTTC) grant by SAMHSA. Mr. Kinter is currently completing his Ed.D. and his dissertation involves predicting and preventing 30-day readmissions to state psychiatric hospitals. He has also published on Lean Thinking / Six Sigma, deinstitutionalization, wellness centers, and Illness Management and Recovery. He and his wife also operate a therapy practice in Bordentown, New Jersey. In his spare time, he plays bass, sleeps, and spoils numerous animals.



Jennifer Sperduto

Faculty

Jennifer Sperduto, MS, is a Lecturer in the Department of Psychiatric Rehabilitation and Counseling Professions at Rutgers University. She has over 25 years experience in the mental health field in a variety of academic and community settings, including a Clubhouse model psychiatric rehabilitation program, a vocational rehabilitation program, and community housing programs. Her current role is to provide technical assistance, consultation, and training to state psychiatric hospitals. Ms. Sperduto has participated in both quantitative and qualitative studies related to the effectiveness of inpatient treatment interventions and has been involved in several evaluation projects which examine the implementation and fidelity of Evidence Based Practices, including Illness Management & Recovery and Violence Reduction in a state hospital setting. She has developed curricula for recovery-oriented programming to improve discharge readiness and facilitate community re-integration for persons served in the state hospital system.

Continuing Education Courses

Rutgers IIPR offers continuing education courses on a variety of topics related to psychiatric rehabilitation in an inpatient setting.

These courses are offered at no cost to NJDOH staff at the webpage linked here.



Illness Management & Recovery

This course will introduce you to the Illness Management and Recovery (IMR) program as an evidence-based practice which helps individuals develop tools to manage their mental health conditions, set meaningful goals and make progress towards their personal recovery.
Developed by: Jennifer Sperduto, MS



Group Facilitation Basics

This course teaches new group facilitators the skills needed to lead sessions. You will learn how to run groups effectively, use manuals, and understand the different types of groups that can support clients. The course covers techniques such as balancing discussion topics and group interactions, creating a positive atmosphere, and addressing common issues that may arise in group settings.
Developed by: Kenneth Kinter, Ed.D., LPC and Jennifer Sperduto, MS



Direct Skills Teaching in Psychiatric Settings

This course provides practical methods for teaching essential skills in psychiatric settings. You will learn to implement Direct Skills Teaching (DST) through a structured, step-by-step approach. The training focuses on fostering patient independence and ensuring that skills are applied in real-world situations.
Developed by: Jennifer Sperduto, MS and Dawn Reinhardt-Wood, MA, DRCC



Best Practices in Clinical Supervision

How can clinical supervision transform both staff well-being and client outcomes? In this course, you'll discover the essential functions and best practices of clinical supervision, tailored for behavioral health supervisors and those aspiring to the role. Through a blend of foundational theory, practical strategies, and reflective exercises, you'll learn to foster accountability, develop clinical competencies, and support emotional resilience in your team.
Developed by: Tom Bartholomew, Ph.D. and Jennifer Sperduto, MS

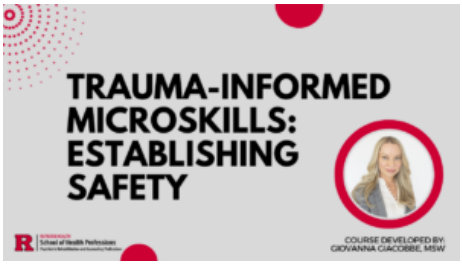
Continuing Education Courses



Safewards Training

This course will introduce you to Safewards as a multidimensional model for reducing violence in a hospital setting. Safewards is a program that encourages staff and patients to work together to make the hospitals safer for everyone. Safer means a calmer and more positive place. Safewards uses 10 simple strategies that staff and patients can use to decrease conflict.

Developed by: Jennifer Sperduto, MS and Dawn Reinhardt-Wood, MA, DRCC



Trauma-Informed Microskills: Establishing Safety

This innovative training explores the Autonomic Nervous System through storytelling, humor, and evidence-based insights. Viewers are guided through engaging scenarios that vividly demonstrate key physiological concepts and therapeutic applications. Participants learn how stress and trauma affect the body and gain practical tools for self-regulation, establishing safety, and co-regulation.

Developed by: Giovanna Giacobbe, MSW



Practical Facts about Mental Illness

This course will provide an overview of mental illness, its causes, treatment, and common symptoms exhibited by people in inpatient psychiatric hospitals -- important concepts foundational to working with individuals recovering from mental health conditions. We will look at the practical facts about mental illness and identify ways in which we can support individuals through their recovery journey.

Developed by: Dawn Reinhardt-Wood, MA & Jennifer Sperduto, MS



Three Steps to Safety

This course will introduce you to an important strategy in violence prevention called Three Steps to Safety. This course is part of the larger series on violence prevention for MSO trainees.

Developed by: Tom Bartholomew, PhD. and Jennifer Sperduto, MS



Tools for Moving On

This course will provide an overview of Tools for Moving On (TFMO), a group curriculum for use in inpatient psychiatric settings to prepare patients for transition to community living and more successful discharges. This course will prepare you to facilitate TFMO in group or individual settings. TFMO was adapted by Rutgers University from SAMHSA's Tools for Tenants Toolkit content.

Developed by: Dawn Reinhardt-Wood, MA, DRCC

Continuing Education Courses



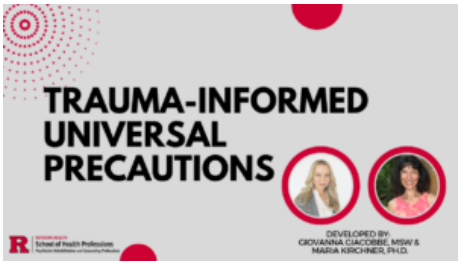
Self-Management and Recovery Training (SMART)

The purpose of this training is to teach you about SMART Recovery so you can facilitate more effective addictions groups. This training should take you approximately 60 minutes and contains exercises, video clips, and knowledge assessments.
Developed by: Kenneth Kinter, Ed.D., LPC



Managing Difficult LIfe Experiences (MDLE)

This course introduces Managing Difficult Life Experiences (MDLE), a manualized, trauma-focused group program that supports early trauma recovery by establishing safety and developing coping skills. Participants learn trauma-informed psychoeducation, grounding, and self-regulation to manage emotions, triggers, and overwhelming experiences in a structured group setting.
Developed by: Giovanna Giacobbe, MSW



Trauma-Informed Universal Precautions

This course will introduce you to 5 Universal Precautions for staff to use when interacting with patientsto prevent trauma and re-traumatization when interacting with patients. These precautions aim to foster a Trauma-Informed Culture through promoting communication, safety, collaboration, mutual respect, and healing.
Developed by: Giovanna Giacobbe, MSW and Maria Kirchner, Ph.D.



Introduction to Behaviorism

This course will provide an introduction to the strategies and interventions used to address problematic behaviors in an inpatient setting. We will explore integral concepts that help shape and reinforce positive behavioral change.
Developed by: Dawn Reinhardt-Wood, MA, DRCC



Social Skills Training

The purpose of this training is to teach you to utilize Social Skills Training for Schizophrenia (Bellack et al., 2004) and the Social Skills Group Manual (Kinter & Sperduto, 2022) to facilitate more effective social skills groups. This training should take you approximately 60 minutes and contains exercises, video clips, and knowledge assessments.
Developed by: Kenneth Kinter, Ed.D., LPC

Continuing Education Courses



Recovery & Wellness

This course will provide an overview of Recovery and Wellness — two important concepts foundational to working with individuals recovering from mental health conditions. The supports that help people recover and maintain their overall psychiatric and general health should be person-centered and individualized to the person in recovery. We will look at the basics of Recovery and Wellness and identify ways in which we can support individuals through their recovery journey.
Developed by: Jennifer Sperduto, MS and Dawn Reinhardt-Wood, MA, DRCC



OARS: Strategies for Effective Communication

This course will introduce you to the therapeutic communication techniques known as OARS. OARS represents communication strategies that can help a practitioner engage in therapeutic communication in a variety of ways: group settings, individual interactions, and are useful tools for de-escalation.
Developed by: Jennifer Sperduto, MS & Kenneth Kinter, Ed.D., LPC

Palo Alto Competency Restoration Trainings

The Palo Alto University curriculum, developed for the New Jersey Department of Health, is an on-demand professional training intended for mental health and other allied health professionals. The self-paced courses are designed for beginner, intermediate, and advanced level clinicians.
Developed by: Palo Alto University for NJ DOH

Free Online Trainings

Brief introductory trainings on topics related to inpatient psychiatric rehabilitation.

Short Hospital Online Rehabilitation Training

Introduction to Inpatient Treatment Malls

This 2-part series introduces the viewer to Inpatient Psychiatric Treatment Malls: what they are, what they do, and how and why to develop them at your facility and how to measure and improve fidelity in Inpatient Treatment Malls using the Inpatient Treatment Mall Scale (ITMS). Developed by Ken Kinter and Tom Bartholomew.

Introduction to Polydipsia for Mental Health Professionals

Polydipsia is a common yet potentially dangerous condition for individuals with mental illness, often overlooked by mental health professionals. This 17-minute educational video by Ken Kinter, Ed.D., and Tom Bartholomew, Ph.D., aims to inform professionals about polydipsia, its causes, and possible treatments.

The Relationship Between Genetics, Epigenetics, Trauma, and Brain Development

This 15-minute video, presented by Ken Kinter, explores the interplay between genetics, epigenetics, and the environment in human brain development. It highlights how trauma impacts development biologically and environmentally, emphasizing the need for trauma treatment in mental health and addiction care.

Suicide Among America's Veterans

This 15-minute video compares the suicide rates between America's military and general populations, discusses various risk factors and warning signs for suicide, and provides guidance and resources for veterans struggling with suicide and their loved ones. Created and presented by Ken Kinter, Ed.D.

Trauma-Informed Universal Precautions

Key principles of Trauma-Informed Care (TIC) include safety, trustworthiness, transparency, cultural sensitivity, collaboration, and empowerment among staff and patients. Implementing TIC requires leadership support, commitment, ongoing learning, and a shift in attitudes. Leaders should foster a TIC culture by addressing trauma-related challenges, especially in the context of crises like COVID-19, and focusing on five core areas: Consider impacts of widespread crises, Utilize therapeutic communication, Avoid judgments, Create a healing environment, and Practice Self-Care



RUTGERS HEALTH
School of Health Professions
Psychiatric Rehabilitation and Counseling Professions

Free Online Trainings

Fundamentals of Providing Inclusive Care to Transgender and Gender Diverse Patients

Research shows that transgender and gender diverse people in the United States have higher rates of mental health issues including suicidality, depression, anxiety and substance use than the general population. This webinar aims to provide attendees with the introductory knowledge and skills necessary to begin providing affirming care to transgender and gender diverse individuals. Presented by Dr. Christian Credle.

Readmission at State Psychiatric Hospitals

This 15-minute video discusses various aspects of readmissions, particularly 30-day readmissions to state psychiatric hospitals. It also details how readmissions have been studied and current research work in this area. Created and Presented by Ken Kinter, Ed.D.

Readmissions 2: Results and Discussion

This 17-minute video is the second part of a series on readmissions to a state psychiatric hospital. It covers the findings and implications, including ways to detect, predict, and prevent readmissions. You can check out Part 1 for more details about the origins of this study.

Supporting Recovery

Recovery from mental health conditions is possible! In this 19-minute video, we will talk about what it is, how we as mental health providers can support recovery, and what our service recipients need from us in order to recover sooner. Presented by Dr. Michelle Zechner.

Overview of the Illness Management and Recovery (IMR) Group Program for Mental Illness

This 30-minute video provides an introduction/review of the Illness Management and Recovery (IMR) Group Program for people with severe and persistent mental illness. The evidence-based practice can help inpatient and outpatient mental health programs provide better groups and treatment. Created by Jen Sperduto, Dawn Reinhardt, and Ken Kinter. Presented by Ken Kinter.

State Psychiatric Hospitals: History to the Present Day

This 24 minute video describes state psychiatric hospitals, from the time before their inception, through their growth into the 1950's, to de-institutionalization. It also covers current developments and challenges faced by these facilities. Presented by Ken Kinter, Ed.D.

Basics of Psychiatric Rehabilitation

This 17-minute video provides an introduction or review of Psychiatric Rehabilitation, including a definition and history as well as the goals, values and principles. Additional information is provided to help viewers implement Psychiatric Rehabilitation interventions into their practice. Presented by Ken Kinter, Ed.D.

Stages of Change and Motivational Interviewing

This 6-part series provides a comprehensive overview to the spirit and tools of Motivational Interviewing, such as OARS and Change Talk. This series includes an overview of the stages of change and how people move through them, including a description of interventions for each stage. There are a series of vignettes at the end to show people how to detect which stage(s) a person is in for different issues. Presented by Ken Kinter, Ed.D.

Group Facilitation Skills

This 4-part series on Group Facilitation includes the functions and types of groups, preparing for groups, group dynamics, stages of group and associated tasks, group focus, and various tools for dealing with problem situations and timing issues. Presented by Ken Kinter, Ed.D.

Social Skills Group Training

This 20-minute video is intended to help the viewer to run better social skills groups by using Social Skills Training for Schizophrenia, 3rd edition (Mueser et al., 2024) as well as the Rutgers' Facilitator's Guide. It describes the why and how of social skills groups (see our video - Group Facilitation Part 3 for more about this) and describes the content in the new edition of the textbook. Presented by Ken Kinter, Ed.D.

Free Online Trainings

Introduction to Cognitive Behavioral Therapy (CBT)

This 28-minute video introduces cognitive-behavioral techniques and differentiates techniques from cognitive-behavioral therapy. It details the relationship between thoughts, feelings, and behavior is and reviews several common cognitive distortions. It also discusses the utility of cognitive-behavioral techniques with people with severe and persistent mental illness. Presented by Ken Kinter, Ed.D.

A Primer in Clinical Supervision

This 27-minute video will cover a bit of the history of clinical supervision, the three functions of clinical supervision and the difference between administrative and clinical supervision. Presented by Dr. Tom Bartholomew

Best Practices in Clinical Supervision

This 3-part series discusses the potential effectiveness of psychosocial programs if done to fidelity and covers the restorative function of clinical supervision with examples of how to achieve this function. The normative and formative functions of Clinical Supervision, along with implementation theory, are also reviewed. Presented by Dr. Tom Bartholomew.

Best Practices in Restorative Supervision

This 40-minute presentation describes the best practices in restorative supervision. The term "restorative supervision" comes from the three functions of clinical supervision from the Alliance or Proctor Model, namely restorative, formative and normative functions. Presented by Dr. Tom Bartholomew.

DSM-5

This 28-minute video serves as an introduction/review of the DSM-5 as well as explaining how diagnosis works and how the DSM-5 differs from the DSM IV TR. Special attention is paid to diagnoses frequently seen in state psychiatric hospitals. Presented by Ken Kinter, Ed.D.

Diagnosis and the DSM

This 55-minute video provides an overview of the DSM 5 TR, while also discussing other topics pertinent to diagnosis, such as stigma, challenges in the diagnostic process, the underreporting of trauma, and PTSD, and the use of diagnosis as a clinical tool, for reimbursement, and as an educational tool. Created and presented by Kenneth Kinter, Ed.D.

Introduction to Trauma-Informed Care

This 17-minute video discusses the basics of trauma-informed care, particularly in working with people with severe and persistent mental illness in a hospital setting. Triggers and ways to mitigate them are also discussed. This video can be used to set up the 3 Steps to Safety video. Presented by Ken Kinter, Ed.D.

Gender Identity: Working with Gender Diverse Individuals

This 64-minue video reviews key terms to ground the discussion on gender and gender identity and highlights health disparities that impact the lives of gender diverse individuals. It also applies the Minority Stress Model to working with gender diverse individuals and explores different strategies to promote effective behavioral healthcare services. Resources for non-binary individuals are also included. Presented by Anthony Zazzarino.

SMART Recovery

This 20-minute video provides an overview of SMART Recovery. It reviews the origin, components, worksheets, as well as a comparison between it and the traditional 12-step approach to addiction recovery. Presented by Ken Kinter, Ed.D.

Addictions

This 32-minute video provides a clinical overview of addiction. The diagnoses, criteria, and types of addiction are reviewed, as is cormorbidity with Mental Illness and the influence of heredity and trauma. Basics of treatment options are also discussed and additional resources are suggested. Presented by Ken Kinter, Ed.D.

Free Online Trainings

Process Addictions

This 25-minute video describes and details the differences between Substance Use Disorders and Process Addictions. Several Process Addictions are discussed, as well as their implications for treatment. It illustrates the relationship between Addictions, Mental Illness, and Trauma and the concept of cross addiction is explored. Presented by Ken Kinter, Ed.D.

Introduction to/Review of Sex Addiction

This 23 minute video covers sex addiction from self-diagnosis to treatment options. Myths and facts about sex addiction are differentiated and resources are given for additional learning. Created and presented by Ken Kinter, Ed.D.

Helping vs. Enabling: How to Best Help Your Loved One

This 28-minute video is a presentation developed for Intensive Family Support Services. It is intended for families who have a loved one with severe and persistent mental illness and/or addictions who feel trapped and have questions about when helping becomes enabling. It describes challenges to independence for their loved one as well as strategies to overcome these challenges. Presented by Ken Kinter, Ed.D.

Compassion

This 20-minute video discusses empathy, compassion, self-compassion, and factors that increase and decrease our compassion. It focuses on implications for healthcare workers and those in the helping professions, particularly during the COVID-19 pandemic. It provides tips and tools for increasing compassion toward the self and others. Presented by Ken Kinter, Ed.D.

Burnout, Compassion Fatigue, & Grief

This 24-minute introductory video describes and differentiates between burnout, compassion fatigue, and different types of grief. Causes, symptoms, and many suggestions for coping with these are discussed. Presented by Ken Kinter, Ed.D.

Introduction to Crisis Intervention

This 18-minute introductory video describes what a crisis is and how to intervene and help prevent them. Presented by Ken Kinter, Ed.D.

Introduction to Critical Incident Debriefing

This 13-minute video reviews the process of debriefing critical incidents and provides a template for people responding to them. Presented by Ken Kinter, Ed.D.

Guardianships in the Mental Health Arena

Court-appointed legal guardians make decisions on personal and medical care, meals, transportation, and living arrangements for incapacitated individuals. They also manage assets, budgets, debts, and financial decisions. The government ensures guardians understand their significant authority and responsibility. Presented by Nicole Williams-Parks and Caroline Gargione.

Dynamic Assessment of Situational Aggression (DASA)

This 11-minute video was designed to assist trainers in introducing the Dynamic Assessment of Situational Aggression, or DASA, to hospital staff. It familiarizes the viewer with the form, the process, and the criteria for the assessment. Presented by Ken Kinter.

Three Steps to Safety

This is a 10-minute video is designed to assist people training in 3 Steps to Safety in a hospital setting. It provides a basic introduction to different types of violence in inpatient settings. Presented by Ken Kinter, Ed.D.

Safewards/Broset and Training Videos

This is a 32-minute introduction to Safewards/Broset. Presented by Tom Bartholomew. This training includes a series of 5 videos depicting scenarios that can be scored using the Broset Violence Checklist. The videos were developed by Eugene Colvin and the TPH SISU team.

Free Online Trainings

Suicide: Facts, Approaches, and Interventions

This 25-minute video relates various statistics about suicide, discusses the importance and ways to discuss suicide with people in a professional setting, and provides resources for additional information about suicide and suicide assessment. Presented by Ken Kinter, Ed.D.
Updated for 2022

Using Violence Risk Assessments for Court

The NJ state hospital system uses a violence risk assessment method to prepare patients for court hearings. Psychologists and psychiatrists create assessments, which are reviewed by the Special Status Patient Review Committee (SSPRC) to support patient recovery. A standardized review method for these assessments will be discussed by Michele Galietta, PhD, and Richard Jackson, MD.

Medications for Opioid Use Disorder

This 2-part series, presented by Drs. Clement Chen and Erin Zerbo, discusses Opioid Use Disorder (OUD) and the challenges of prescribing. OUD poses significant public health issues, increasing morbidity and mortality. Patients with chronic mental illnesses are more vulnerable to psychiatric decompensation due to opioid use, but Buprenorphine can help prevent relapse and aid recovery.

Introduction/Review of Personality Disorders

This 27-minute video informs the viewer about the diagnostic criteria for personality disorders and challenges in treating them. Special attention is paid to Borderline, Antisocial, and Narcissistic Personality Disorders and their impact in inpatient settings. The impact of people with personality disorders outside of psychiatric settings is also discussed. Presented by Ken Kinter, Ed.D.

Psychiatric Rehabilitation Webinars

Recordings of previous webinars highlighting important issues for inpatient psychiatric hospital staff.

Psychiatric Rehabilitation Education Program (PREP)



From Escalation to Regulation: Transforming Care Through Therapeutic Space

April 2026

This training will explore how environment can serve as a powerful clinical intervention—not an afterthought—particularly for complex, treatment-resistant populations. Participants will gain insight into how shared spaces of regulation can transform hospital culture, reduce burnout, and foster a model of healing rooted in shared humanity, dignity, and connection. Presenter: Sandy Everett, Principal Occupational Therapist, MTS, MSOT, OTR/L.

The Bleyzer Program

March 2026

The Bleyzer Program is an innovative initiative designed to support patients transitioning from long-term inpatient psychiatric care to successful independent living. This structured program simulates a real-world, independent living environment where participants build essential coping strategies, daily living skills, and self-management techniques crucial for maintaining stability in the community. Webinar participants will learn how the program was developed, key components of its curriculum, and evidence-based strategies that have contributed to its success. Presented by: Tyson Keller.

Attention Shaping to Improve Functioning

February 2026

This presentation reviews environmental and behavior modification strategies to improve functioning in individuals with chronic schizophrenia who have not benefited from traditional psychiatric rehabilitation interventions. The session will focus on the method of attention shaping (a manualized intervention), along with evidence from case studies and randomized controlled trials supporting its effectiveness. Presented by: Steven Silverstein, PhD.

Dating and Romance: Supporting this Human Desire in the People You Serve

December 2025

In this engaging session, Emily Grossman shares her personal journey of navigating romance while living with and recovering from a serious mental health condition. Building on her lived experience and professional expertise, she will explore how practitioners can thoughtfully and effectively support individuals who identify intimacy, dating, or relationships as part of their personal recovery goals. Presented by: Emily Grossman, MA, CPRP.

Psychiatric Rehabilitation Webinars

Polydipsia in Mental Health Settings

November 2025

Polydipsia—excessive fluid intake—is a common but often overlooked concern in inpatient psychiatric settings. This training introduces mental health professionals to the risks, warning signs, and medical consequences associated with this behavior. Through brief case examples and practical strategies, participants will learn how to identify polydipsia early, monitor safely, and collaborate with medical teams to reduce harm and support better outcomes for individuals with serious mental illness. Presented by Ken Kinter, Ed.D, LPC.

From Hospital to Home: Understanding Housing First and Supportive Housing for Behavioral Health Recovery

October 2025

This session will explore Housing First and Supportive Housing models, two evidence-based approaches that prioritize stable housing as a foundational step in recovery for people living with serious mental illness (SMI). Participants will learn the core principles behind these models, examine clinical and systems-level outcomes, and discuss the vital role hospital staff play in connecting patients to housing resources. This webinar will equip inpatient teams with the tools to support patient recovery beyond the hospital walls and foster stronger partnerships with community providers. Presented by: Emilie Banz, Ph.D., LPC

Informal Carers' Involvement in Psychiatric Hospitalization

September 2025

Carer or family engagement has long been recognized as a key factor in promoting recovery and continuity of care during psychiatric hospitalization. This webinar provides an overview of empirical research, historical context, and evidence-based interventions that support carer involvement in treatment, discharge planning, and transition to community care. Participants will explore the benefits and challenges of collaboration, reflect on their own perspectives, and identify strategies for overcoming barriers to meaningful engagement. Presented by: Phyllis Solomon, Ph.D.

The Social Learning Program

August 2025

The Social Learning Program (SLP) is a comprehensive, evidenced-based treatment for psychiatric inpatients with schizophrenia or other psychotic disorders (Paul & Lentz, 1977), designed to treat individuals within inpatient settings. The purpose of this training is to provide a historical overview of the development and implementation of the SLP, as well as to orient participants to the basic principles of the intervention (e.g., the token economy, IMR, and CBSST). Furthermore, this training will introduce participants to the direct observational assessment system that is central to the SLP. Participants will also learn about the implementation of this intervention within a high-security forensic inpatient hospital in Missouri, and the effectiveness of the program following its inception in 1987. Presented by: Manfredo Flores Cruz, PsyD.

Beyond Stabilization: Building Lasting Support for Individuals with IDD/MH in Inpatient Settings

June 2025

Traditional inpatient psychiatric care for individuals with co-occurring intellectual/developmental disabilities (IDD) and mental health challenges often ends with short-term crisis stabilization—leaving long-term support overlooked. This session presents a paradigm shift: designing sustainable systems that promote autonomy, self-efficacy, and lasting well-being. Highlighting an award-winning psychosocial rehabilitation (PSR) model in a high-acuity hospital, participants will gain a practical framework for change, including key principles of autonomy-focused care, evidence-based PSR strategies, and systemic requirements for sustaining innovation in traditional settings. Presented by: Johnny Payne, MS BCBA.

Psychiatric Rehabilitation Webinars

Trauma and Psychosis

May 2025

The training will begin with a review of the high rates of trauma and posttraumatic stress disorder (PTSD) in people with serious mental illness (SMI), the clinical correlates of PTSD, and discussion of how PTSD interacts with and worsens the course of SMI. Methods for reliably screening and diagnosing PTSD in people with SMI will be described, as well as strategies for distinguishing between psychotic symptoms and PTSD symptoms. The remainder of the presentation will describe a 12-16 week standardized cognitive behavioral intervention for treating PTSD in people with SMI, the Cognitive Restructuring (CR) program, which has been shown to be effective in controlled studies. Research on the CR program will be briefly reviewed. Presented by: Kim Mueser, Ph.D.

Recovery Reimagined

April 2025

In this webinar, Emily Grossman will take a deeper look into mental health recovery, and what it can look like. She will chronicle her own story of recovery from a very serious experience with bipolar disorder that nearly left her institutionalized after 12 psychiatric hospitalizations. She will define what recovery looks like for her, as someone who hasn't had symptoms or hospitalizations in 15 years. She will explain how you or your clients can get there as well. Finally, she will discuss peer support, and its integral role in engaging clients towards recovery, and how she has worked with her own peer support clients to help them to live in recovery. Get ready to be inspired! Presented by: Emily Grossman, MA, CPRP

Recovery is Real

March 2025

As a teenager, Pat Deegan experienced psychosis and was hospitalized. She was diagnosed with schizophrenia and was told she would be sick and need to take high dose antipsychotic meds for the rest of her life. Today Pat has her doctorate in clinical psychology, runs her own company and brings hope for recovery to audiences around the world. In this talk, Pat will share how she made her recovery. She will share practical tools people can use to make progress in their recovery too. Presented by Pat Deegan, Ph.D.

Social Skills Training for Long-Term Psychiatric Inpatients

February 2025

The training will begin with a brief rationale for the importance of social skills training (SST) as a rehabilitation approach for improving social and community functioning in people with schizophrenia and other serious mental illnesses. This will be followed by a brief history of SST and its current status as an evidence-based practice. Next, the basic logistics and teaching methods of SST will be reviewed, including the selection of skills curricula taught. The remainder of the presentation will focus on providing SST in long-term inpatient settings, including logistical considerations for running SST groups, social skills curricula, and strategies for maximizing the generalization of skills from the group to patients' daily lives, including on the ward and in the community. Participants will be introduced to a new clinical resource for providing SST to people recovering from serious mental illness, including those living in inpatient settings. Presented by: Kim Mueser, Ph.D.

Empowering Patients Through Music: A Practical Guide to Person-Centered Care

January 2025

This presentation will explore key principles and strategies for applying person-centered care in music therapy. It highlights the evolution of individualized care and its importance in building meaningful therapeutic relationships. The acronym SOUL CRAFT is introduced, representing essential elements for effective person-centered care. The presentation also covers various assessment models to guide the selection of appropriate clinical and musical interventions for patients. Practical demonstrations will showcase how these principles can empower patients, improve well-being, and support healing in music therapy settings. Presented by: Nadya Dereskavich, MT-BC and Pauline Brogerg-Lewin, MMT, MT-BC, MSW, MEd.

Psychiatric Rehabilitation Webinars

Promoting Recovery Through Positive Psychology

December 2024

This presentation will provide an overview of the history and philosophy of positive psychology. It will discuss how positive psychology concepts align with a recovery orientation. This presentation will provide an overview of positive psychology interventions which have been implemented and studied among individuals living with serious mental health conditions. This presentation will also include specific applications of positive psychology strategies such as strengths, resilience, and gratitude practices that may be useful in an inpatient setting. Presented by: Michelle Zechner, PhD, LSW, CPRP and Kaitlin Mitchell, MSW, LCSW.

Understanding Functional Physical Health

November 2024

This webinar will explore what is functional physical health and discuss the recommendation and factors that impact physical health using the Socio-ecological model. Specific factors that impact those with mental health conditions will be explored including existing literature and research around physical activity. Recommendations for what healthcare providers, both mental and physical, can do to support those with mental health conditions to engage in physical activity and improve functional health. Presented by: Sean Karyczak, PhD, CRC.

Trauma-Informed Therapeutic Milieu

October 2024

The inpatient psychiatric treatment setting has unique challenges that are often influenced by trauma and chronic stress which impacts the ability to maintain a therapeutic environment. This training provides an overview of the principles of Trauma Informed Care, polyvagal theory, and an understanding of responses to trauma and chronic stress. You will learn interventions for self- and co-regulation that will help to promote a trauma-informed, therapeutic milieu. Presented by: Deborah Mizell, LCSW

Using Motivational Interviewing Techniques to Address Fear of Change

September 2024

This presentation explores using Motivational Interviewing (MI) to help individuals overcome their fear of change, addressing factors like resistance and ambivalence that impede personal recovery. We will discuss what fear of change might look and sound like in our clients and learn practical MI strategies, including collaboration, empathy, and eliciting change talk, to empower individuals to achieve positive change. Presented by: Dr. Anne Sullivan-Soydan.

Compassion Satisfaction

August 2024

Compassion Fatigue sets in when any combination of the demands of our workplace, the stress of our work content or the distance between our personal integrity and duties is stretched beyond our capacity. This presentation will walk through, perceptual maturation, an element of compassion fatigue that is most within our power. As components of this internal work is explored, we will identify areas where we can level up our resilience towards compassion satisfaction. Presented by: Darla Dixon, Psy.D.

Executive Functioning: Why It Matters, How to Improve

June 2024

This webinar will provide an introduction to the concept of executive functioning (EF), how EF skills are impacted by mental health conditions, and simple strategies to improve EF that not only staff can use but can also be taught to patients to improve cognition. Presented by: Derek Malenczak, PhD, CPRP, LCADC.

Psychiatric Rehabilitation Webinars

Spirituality & Psychosis

May 2024

The presentation will explore the complex interplay between spirituality and psychosis. We'll provide a broad working definition of spirituality before diving into the ways that psychosis can impact spiritual expression. Next we'll discuss how religious beliefs and practices can aid in coping and offer a framework for spiritual assessment. Finally, we'll share some case examples based on our own work with patients to help contextualize the discussion and highlight how chaplains navigate the complexities of spirituality and psychosis. Presented by: Rev. Miriam Diephouse-McMillan and Rev. Ali Van Kuiken.

Things People Don't Get about Electroconvulsive Therapy (ECT)

April 2024

There has always been a misconception regarding electroconvulsive therapy (ECT). "It causes brain damage, permanent memory loss, it's a "last resort" treatment, it's not safe…" the list goes on and on. This presentation will highlight what type of patient is a good candidate for ECTs, what the contraindications to ECTs and treatment alternatives besides ECT for depression, including a discussion about Ketamine and TMS. Presented by: Mark Messer, DO.

Reducing Census at a State Psychiatric Hospital

March 2024

State psychiatric hospitals have been shrinking (and closing) since 1955, although that has plateaued and, in some places, reversed in recent years. We will discuss some of the reasons for this. Readmissions (particularly 30-day readmissions) are disruptive to patients, families, hospitals, and community mental health providers and are increasingly being used as a metric of quality and as a basis for funding decisions. Readmissions are a combination of patient factors, hospital factors, and discharge/aftercare factors, and the data shows which of these impact readmission rates. Our patient population is also changing, and hospitals must adapt to meet those changing needs. Presented by: Kenneth T. Kinter, Ed.D, LPC

Tools for Moving On: Preparing for Community Living

February 2024

Housing skills are essential to community integration and increasing community tenure. In this webinar, we will review the importance of identifying housing preferences, housing skills assessments, and matching those preferences and skills deficits to adequate supports through the use of the Tools for Moving On curriculum. Materials will be introduced that can be used with individuals served in the inpatient, shelter, or group home settings that can begin to build motivation and skills for housing success. Presented by: Dawn Reinhardt-Wood, MA & Jennifer Sperduto, MS.

Banishing Burnout by Exploring Self-Care Practices

January 2024

In this webinar, participants will explore self-care strategies and learn ways to build resilience during stressful work and/or life experiences. Additionally, participants will have the opportunity to take an assessment on self-care, resiliency, burnout, secondary traumatic stress, and compassion satisfaction, and identifying social support. Lastly, participants will have the opportunity to create their own self-care plan in order to foster resiliency. Presented by: Giovanna Giacobbe, MSW.

Engaging and Supporting Individuals Experiencing Psychosis

December 2023

This webinar will focus on educating staff on the necessary knowledge to understand the warning signs and symptoms of psychosis and identify skills-based interventions to effectively engage and support individuals experiencing psychosis. Presented by: Crystal Socha, MS, LPC, CRC, NCC, ACS,

Psychiatric Rehabilitation Webinars

Prevention of Inpatient Violence Using Three Steps to Safety

November 2023

The PREP for this month is a conversation with Dr. Tom Bartholomew about inpatient violence and Three Steps to Safety (3STS). Three Steps to Safety is an approach to preventing inpatient violence through the development of therapeutic relationships and communication. Dawn Reinhardt will interview Dr. Bartholomew about some of the science behind inpatient violence and the development of 3STS. Additional areas covered will be research conducted in NJ state psychiatric hospitals and the selected literature on the subject. Presented by: Dr. Tom Bartholomew.

The Golden Thread of Documentation in PsyR Services

October 2023

Documentation is an essential component of the delivery of effective services, maintaining compliance with professional standards and reimbursement requirements. It is precisely why we are constantly reminded that “if it wasn’t documented, it wasn’t done.” Documenting the full scope of services provided and related outcomes can be complicated; particularly given the varying requirements of third-party payers, ethical requirements to professional standards, legal jurisdiction and client wishes. The Golden Thread of documentation provides a documentation framework that supports best practices in assessment, service planning, and delivery and ultimately reflects a comprehensive story of the client's progress throughout service engagement. The Golden Thread is as vital a resource for maintaining compliance and reimbursement as it is for ensuring the delivery of quality care. Presented by: Earle Leitch, MS.

The Role of CRIPA in Monitoring Public Psychiatric Hospitals

September 2023

CRIPA (Civil Rights of Institutionalized Persons Act) protects the constitutional and federal statutory rights of people confined to residential institutions, including psychiatric hospitals. The Dept. of Justice’s Civil Rights Division Special Litigation Section is charged with CRIPA enforcement. In this webinar, seminal court cases, CRIPA legislation, the investigative processes, and settlement agreements will be presented. Additional topics will include a discussion of other monitoring agencies and how all staff can support the civil rights of individuals in their care. Presented by: Joe Young.

Supporting the Social Determinants of Mental Health for People in Psychiatric Inpatient Settings

August 2023

The social determinants of health refer to the complex, integrated, and overlapping social structures and economic systems responsible for most health inequities. The relationship between the social determinants of health and mental health conditions is intricate. Many studies have indicated that diminished social determinants of health can influence the onset, severity, and progression of a mental health condition. In this 60-minute webinar, practitioners will learn about these contextual barriers to recovery and explore how inpatient providers can begin the process of developing the core social determinants of health factors. Presented by: Amy Banko, MS, LAC, NCC, CPRP.

Recovery Oriented Acute Inpatient Care

June 2023

The webinar will provide an overview of recovery-oriented inpatient care, including its history and prior research. It will then present the Recovery-oriented Acute INpatient Mental Health (RAIN-MH) study, including its design and results. Finally, future areas of research and implications for clinical practice will be discussed. Presented by: Alan McGuire, Ph.D., HSPP and Richard L Roudebush VAMC.

Psychiatric Rehabilitation Webinars

Introduction to DBT

May 2023

Dialectical behavior therapy (DBT) is a type of therapy that is especially effective for people who have difficulty managing and regulating their emotions. DBT focuses on helping people change unhelpful behaviors and learn healthier ways to cope with problems and negative emotions. This webinar will introduce you to the basics of what DBT is and who and how it can help. The inception and foundation of DBT will be discussed, including the modules and components that are pertinent to running an adherent milieu/DBT program in a hospital setting. Presented by: Sara Cordero Celso.

NJ State Civil Hospitals Medical Security Officers: Putting a Focus on What We Fear

April 2023

The obstacle of danger hinders not only the work of mental health care providers but also the very people that are receiving services. The task of taking on this threat has been shared by many disciplines, with not one discipline having it as its primary focus. This has led many to demand a change within the state hospital system, and many have asked for that change to be in line with adding more security. This cry has reached the point that, for the first time, the state will implement a security department within the three civil hospitals that primarily focus on reducing hospital violence. Eugene Colvin, one of the architects of this new program, will discuss the philosophy, formation, training, and deployment of this program. Presented by Eugene Colvin.

Using an ABA Model to Treat Complex Problem Behaviors

March 2023

Description: Individuals with autism spectrum disorder (ASD) may engage in severe problem behaviors such as aggression, self-injurious behavior, and property destruction. These behaviors can lead to severe injury to themselves or others as well as to limit their participation in therapeutic activities. Treatments based on applied behavior analysis (ABA) have been demonstrated to be some of the most effective interventions for reducing these problem behaviors and increasing more adaptive behaviors. An ABA treatment model emphasizes determining the functions or cause of the behavior. Once identified, treatments based behavioral functions are developed. This presentation will provide an introduction to this ABA-intervention model for complex problem behaviors and how it can be used to support patients in psychiatric hospitals. Presented by: SungWoo Kahng, Ph.D., BCBA-D.

Spirituality in Recovery from Grief and Trauma

February 2023

The term "spirituality" means the quality of being concerned with the human spirit or soul as opposed to material or physical things. It is an important aspect of the lives of many, in and out of our hospitals. This webinar will provide an overview of the role of spirituality in recovery from trauma for individuals receiving care in the NJ state psychiatric hospitals. Rev. Stevens will share his experience as a trauma specialist and mental health chaplain. Techniques will be discussed that have helped him comfort and guide people through the experience and healing from traumatizing experiences from a spiritually informed perspective. Presented by: Rev. Mark Stevens, B.Th., M.Min, Th.D., CPRP.

Spirituality in Recovery from Grief and Trauma

February 2023

The term "substance use disorder" is very often used in place of "addictions", which ignores the growing issues of addictions that do not require a substance, but rather a process or repeated behavior. Many people with "substance use disorders" are also suffering from at least one process addiction and are at risk for cross-addiction in the future. This webinar will provide an overview of these process addictions and treatment implications, particularly those where abstinence is not desirable or not possible. Presented by: Ken Kinter, Ed.D., LPC

Psychiatric Rehabilitation Webinars

Process or Behavioral Addictions

January 2023

The term "substance use disorder" is very often used in place of "addictions", which ignores the growing issues of addictions that do not require a substance, but rather a process or repeated behavior. Many people with "substance use disorders" are also suffering from at least one process addiction and are at risk for cross-addiction in the future. This webinar will provide an overview of these process addictions and treatment implications, particularly those where abstinence is not desirable or not possible. Presented by: Ken Kinter, Ed.D, LPC

Using Trauma-Centered Care & Sensory Mod to Promote Wellness in Inpatient Settings

December 2022

Individuals with significant trauma histories often have difficulty processing sensory stimuli, which may result in isolation, self-harm, and other socially maladaptive behaviors. Patients get labeled as being "difficult" or "manipulative" when sometimes they are seeking or avoiding sensations that are triggering of past trauma. This webinar will address the need for mental healthcare providers to gain a deeper understanding of how trauma affects the nervous system and one's ability to regulate emotions and behavior. We will be discussing strategies for using sound, touch, movements, smell, and other sensory interventions to help individuals increase their ability to self-regulate and promote overall wellness. Presented by: Sandy Everett, MSOT, OTR/L.

Suicide Prevention is Everybody's Business

November 2022

This presentation will cover basic suicide statistics, address suicide-related definitions, highlight risk and protective factors, and discuss suicide evaluation and assessment tools. It will give an overview of how the field of suicide prevention has developed, how to identify individuals at risk for suicide and how to best help them. Important resources in NJ will also be shared. Presented by: Maria Kirchner, PhD.

Individuals who Sexually Offend: Introduction to Assessment, Treatment, & Management

October 2022

This presentation provides an overview of practical considerations for practitioners who may work with Individuals who Sexually Offend in a variety of settings through the lens of the Risk-Needs-Responsivity model. Similarities and differences between standard mental health treatment and treatment for those who offend will be discussed. Participants will receive an overview of assessment instruments and their implications for treatment, an introduction to best practices in therapy, as well as current supervisory practices in NJ. Presented by: Dr. Doreen Stanzione.

Supported Employment Works

September 2022

Supported Employment (SE) is an evidence-based practice in which individuals with serious mental illnesses are provided with services to assist them in obtaining competitive work in the community and provides the necessary supports to ensure success in the workplace. This interactive training will explore the benefits of work and role of work in recovery for people with mental health conditions. We will provide an overview of SE at the state hospitals, discuss the barriers to employment and highlight some of the unique strategies the hospitals are using to prepare individuals for working in the community post discharge. Presented by: Terri Roth.

Building Resilience to Thrive

July 2022

This interactive workshop will explore the positive psychology research and offer practical tips for building resilience and thriving despite the challenges that we experience. Our actions can build our resilience and lead to thriving. Participants will be encouraged to consider their resilience, review what is working well, consider adding new positive resiliency strategies to their daily activities and make their resilience a priority. Presented by: Michelle R. Zechner, PhD, LSW, CPRP.

Psychiatric Rehabilitation Webinars

Cognitive Impairment and Treatment Approaches within the Inpatient Population

June 2022

Cognitive impairments in the inpatient setting are not just limited to those with developmental delays and brain injuries; cognition is impacted at all levels of illness, from congenital neurological difficulties, such as epilepsy, to typically seen psychiatric problems, such as schizophrenia and bipolar disorder. Recovery in an inpatient setting for those with cognitive problems is dependent upon a holistic approach to treatment that encompasses a variety of not only medication and therapy interventions, but also behavioral analysis and efforts to directly remediate cognitive challenges. The material presented in this webinar will provide a broad description of cognitive challenges associated with a variety of illnesses commonly seen in the inpatient setting and will discuss treatment in the context of a behavioral and rehabilitative approach. Presented by: Suzanne E. Roussel, PsyD.

SMART Recovery in an Inpatient Psychiatric Setting

May 2022

SMART Recovery is a mutual self-help group that provides assistance for individuals seeking abstinence from addiction. This is a unique program compared to the traditional 12-Step model due to its 4-point program and lack of emphasis on spirituality. During this webinar we will discuss the key differences between SMART and the 12-Step model, identify the barriers to using SMART Recovery in an inpatient psychiatric setting, and explore how the integrative approach and meeting structure impacts the experience. Presented by: Katie Onitiri, Ed.S, LMFT, LCADC, CCS and Kenneth Kinter, Ed.D, LPC

Racial Trauma-informed Services

April 2022

Trauma can result from a range of triggering events. In this webinar, Dr. Buchbinder will explain ways in which people are exposed to racial discrimination and may experience subsequent trauma. Assessment tools will be reviewed for use in clinical practice. Presented by: Shelley Buchbinder, PhD, MSW.

Music Therapy in Mental Health

March 2022

This webinar will cover the history, theoretical foundations, fundamental research, and primary populations served by Music Therapists with a focus on Music Therapy in Mental Health. Presenters will illustrate the practice of Music Therapy in Mental Health settings through case examples, common interventions and anecdotal experience, highlighting the unique implications of this modality within the Wellness and Recovery Model. Presented by: Loren Gildar, MA, MT-BC and Kara Drane, MMT, MM, MT-BC

Cognitive Behavioral Therapy for Treatment of Criminogenic Thinking and Behavior

February 2022

This webinar is a brief overview a clinical intervention to help individuals change self-defeating and law-breaking behavior often associated with a criminal lifestyle. The components of this treatment have been used in a variety of settings and similarly researched. Dr. Morfe will explain the basics of rational emotive behavior therapy (REBT), rational self-analysis, criminal thinking errors, and how these concepts, combined, can be used in individual and group formats. Presented by Anna Rehwinkel-Morfe, PsyD.

Trauma-Informed Care & ACEs

January 2022

In this webinar, a presenter with lived experience walks learners through the Adverse Childhood Experiences (ACEs) questionnaire and provides an opportunity for participants to complete their own ACE screening. We will explore how ACEs can affect long term development and discuss the importance of positive relationships and their role in building resilience. Presented by: Kathleen Engstrom, RN.

Psychiatric Rehabilitation Webinars

Stages of Change

December 2021

The Stages of Change Model (Transtheoretical Model) was developed in the late 1970s by studying smokers who were trying to quit, however, it has become widely accepted as a model for intentional change in the behavioral healthcare field. This training will discuss change in general, the stages of change, matching clinical interventions to stages of readiness, limitations of the model, and why the stages may be more relevant than we realize. Presenter: Christopher Dorian, LCADC, CCS.

Psychiatric Rehabilitation 101: Back to Basics

November 2021

Psychiatric rehabilitation (PsyR) is a strengths-based approach to rehabilitation for individuals living with psychiatric conditions. In this training, we will introduce the goals, values, and principles of PsyR, identify treatment interventions aligned with these values and principles, and explore strategies to incorporate the PsyR approach into inpatient care. Presented by: Dawn Reinhardt-Wood, MA & Jennifer Sperduto, MS.

Are you interested in becoming notified of upcoming live PREP webinars?

Are you interested in becoming a PREP presenter?

CLICK HERE

RUTGERS HEALTH
School of Health Professions
Psychiatric Rehabilitation and Counseling Professions



Address

675 Hoes Lane West
Research Tower, 8th Floor
Piscataway, NJ 08854