



## Five Easy Registration Options

- **Online:** [www.century.edu/continuinged](http://www.century.edu/continuinged)
- **Phone:** 651.779.3341
- **Fax:** 651.779.5802
- **Mail to:** Century College, CECT Dept.  
3300 Century Avenue North  
White Bear Lake, MN 55110
- **In Person:** East Campus, Rm E2330  
Mon–Thu 8:00am–7:00pm  
Fri 8:00am–4:00pm

For questions, contact  
Mary McKee at 651.779.3362  
[mary.mckee@century.edu](mailto:mary.mckee@century.edu)

## Continuing Education & Customized Training

### Nursing and Healthcare

#### **NEW! Sexual Abuse from a Children's Mental Health Perspective**

Information will be shared that describes the impact of sexual abuse on a child's overall development. Information will also be presented that outlines suggested therapeutic modalities and interventions.

**Timothy Wright, Psy.D.**, has worked with sexualized children, adolescents, and their families for 22 years. Dr. Wright has provided treatment, evaluation, and consultation in a variety of settings. He is currently the Program Director of Village Ranch Child and Family Services, a nonprofit agency that provides mental health and in-home services.

**Friday, Mar 12** 9:00am-12:00pm  
East Campus, Rm E2561 Contact hours: 3  
**Course 20105-002514 \$74**

#### **Energy Therapy**

This is an introductory class for those wanting to know more about Energy work. What is energy? How does it work? Who can do it? Where do I start? Is it safe? Our bodies consist of patterns of energy that vibrate at different frequencies. It is important that these intricate patterns of energy flow harmoniously because they are tied to the physical system of the body. Energy is the fuel to run the activity of every living cell. Energy blocks or imbalances cause discomfort or disease. This class is designed to answer the questions surrounding Energy Therapy with plenty of time for questions and answers. In the workshop we will discuss the body's energy system – the Auric Field, the Meridians, and Chakras. We will also discuss the different modalities available and how they benefit us, how emotions affect us, the power of positive thought, spiritual awareness, and self care techniques.

**Jolene Tschida, HTCP, RMT**, is an Energy Therapist in private practice. She has also offered her services at several Metro Hospitals and local Chiropractic and Wellness Clinics. Along with being a Usui

Reiki Master Teacher, she is Certified Healing Touch Practitioner, Certified Touch For Health Practitioner of Energy Kinesiology, and CranioSacral/Myofascial Therapist incorporating Medical Intuitive Quantum Healing and Emotional Clearing into her practice.

**Friday, Mar 26** 9:00am-12:00pm  
East Campus, Rm E2561 Contact hours: 3  
**Course 20105-002506 \$69**



## Perioperative Training for Registered Nurses

Operating room nursing is an increasingly complex area for patient care, characterized by rapid changes in technology and economic influences. The curriculum of the perioperative nurse course is designed to introduce nurses to the operating room. Nurses will learn the theory, principles and internal clinical experience in the operating room. This course is based on the AORN standards of recommended practice. This course includes 32 hours of classroom instruction along with 64 hours of clinical experience for a total of 96 hours. This course is intended for: \*Registered nurses who are interested in learning operating room technique \*Experienced OR nurses in need of a refresher course \*Nurses working in areas where surgical skills are required, i.e. clinics, day surgery, labor and delivery, and specialized doctor's offices.

**Required Textbooks:** Berry and Kohn's *Operating Room Technique*, approx. \$76 and *Surgical Care Made Incredibly Visual!*, approx. \$45. The online book code is 1NUR 0001. Textbooks should be purchased before the first class and are available at the Century College Bookstore located on the West Campus, 651.779.3281 or online at [centurycollegebookstore.com](http://centurycollegebookstore.com)

**Susan Pepin, Richard Grode**

**Wednesdays, Apr 7–May 26** 5:30pm–9:30pm  
East Campus, Room E1421  
**Course 20105-002536 \$810**

## Intercultural Communication Strategies

This course focuses on: cultural awareness, a definition of culture, the Iceberg Model, the communication style framework, high and low context in communication, and recognizing different communication patterns. This is a foundational, basic course that introduces concepts in this field. *(Qualifies for IC Leadership Certificate Program)*

**Brenda Ellingboe, Ph.D.**

**Saturday, Apr 10** 9:00am-12:00pm  
East Campus, Rm E2561 Contact hours: 3  
**Course 20105-002515 \$59**

## Managing Chronic Disease: Professional Partnering with Patients

The patient's experience with a chronic condition is not just one of disease but of illness which alters perceptions, challenges belief systems and creates psychological stressors and changes not present prior to disease manifestation. These changes may have a significant impact on the patient's ability

to communicate, partner with professionals, and engage in healthy management of the disease. The workshop will examine the patient/professional relationship and options in steps for building a collaborative partnership. The various techniques and tools are designed for professionals to help themselves and their patients move toward shared purpose and common goals while working together to reduce the impact of chronic disease. This program is applicable to any professional who works with chronic disease.

**Cheryl Como, LGSW**, joined the Lupus Foundation in 2007. She leads the Client Services Department with services that include raising awareness, case management, individual, group, resource referral, and outreach. They also implement educational programs for professionals, patients and their families, all in an effort to improve lives touched by lupus.

**Friday, Apr 16** 8:30am-3:30pm  
UAW Ford MnSCU Contact hours: 6  
Training Center, Rm 255,  
Intersection of Ford Pkwy & Mt Curve Blvd, St Paul  
**Course 20105-002516 \$110**

## NEW! What in the World is "Regulation"?

With the rise of information of how early traumatic events affect children's growing brains and developmental pathways comes new appreciation for what experts now call "regulation." Regulation is our internal "thermostat" to modulate and organize strong feelings, developed in our earliest attachment relationships and expanded as we grow. Come learn about one of the primary building blocks for emotional well-being and what happens to youth who too quickly become dys-regulated in daily life. Specific strategies will be shared for how regulation skills in children and teens can be strengthened by partnerships with adults in mental health treatment, in families, and classroom settings.

**Krista M. Nelson, MA, LICSW, LMFT**, has been practicing clinical social work and family therapy for twenty years in the areas of children and adult mental health, specifically working with families in significant life transitions. Krista specializes in working with survivors of trauma, neglect and sexual abuse, families in the foster care system, families with grief, attachment and chronic health concerns, depression, and parents and their adolescents with high risk behaviors. She is an adjunct faculty at the University of St. Thomas/St. Catherine School of Social Work.

**Friday, Apr 23** 9:00am-12:00pm  
East Campus, Rm E2561 Contact hours: 3  
**Course 20105-002517 \$69**

## Anger and Hostility in the Healthcare Workplace: Dealing with the Angry Employee and Patient

The employee becomes angry when you delegate a task to her; or provide him with negative feedback; and another disagrees angrily with your ideas! Conflict with staff affects patient care. Patients become angry with the nurse or the social worker for a variety of reasons. Through this workshop, learn to deal with the angry employee, co-worker or client/patient more quickly and effectively. Also build confidence regarding working with the angry individual.

**Barbara Kroll, R.N., B.S.N., M.A.**

**Thursday, Apr 29** 6:00pm–9:00pm  
East Campus, Rm E2313  
**Course 20105-002508 \$72**

## NEW! The Magic of Boys: Facing Special Challenges in Raising Boys into Men

Young males have incredible energy and promise as they grow from boys into men. Their large motor skills, mechanical aptitude, and autonomous self-assertion are often well advanced in contrast to their needs to improve reading and verbal skills, develop social empathy and cooperation, and express their human vulnerabilities. Unfortunately in today's world, the neurobiological gifts and needs of boys—the very magic of boys—get diminished attention due to disregard to the special and developmental learning needs of boys and social bias against males as competent people. This workshop promotes a gender-conscious and male-affirming view of raising boys into men. The very thing that has propelled men in the past to excel at writing great works of literature, advancing technical knowledge, and offering humanitarian compassion are still today part of the magic of boys.

**John Driggs, LICSW**

**Wednesday, May 5** 9:00am-12:00pm  
East Campus, Rm E2561 Contact hours: 3  
**Course 20105-002518 \$55**

## Dementia or Delirium? Nursing's Challenge

Have you ever wondered whether your patient has an organic mental disorder called Dementia? Do you know what the criteria is for diagnosis? Can you tell the difference between dementia and depression? Between dementia and delirium? Discover some simple questions and assessment techniques that will help you better understand your patient and differentiate appropriate nursing care.



**Barbara Nelson Kroll, R.N., B.S.N., M.A.** is an independent consultant and has presented numerous workshops nationally as well as written extensively for the St. Mary's Campus of the College of St. Catherine's. Barbara has worked with mentally ill clients as a Crisis Intervention Nurse evaluating them in the emergency room.

**Tuesday, May 11** 6:00pm–9:00pm  
East Campus, Rm E2313  
**Course 20105-002507 \$72**

### **NEW! Assessment and Evaluation of Youth with Sexual Behavior Concerns**

Participants will be presented with information that describes the assessment and evaluation process of youth with sexual behavior concerns. Specific assessment tools will be explained. Participants will also gain knowledge in the process of assigning risk for future sexual acting out in youth with sexual behavior concerns.

**Timothy Wright, Psy.D.**

**Friday, May 14** 9:00am – 12:00pm  
East Campus, Rm E2561 Contact hours: 3  
**Course 20105-002519 \$69**

### **NEW! Steps for Recognizing and Treating Childhood Depression**

Once thought "too immature" to have emotions of despair, children (even very young children) can experience the depths of sadness and apathy associated with clinical depression. This workshop will offer a variety of perspectives on childhood depression: biochemical, cognitive, relational, and cultural. What are the signs and symptoms? Why

is depression often missed in children? Maps for how to proceed with helping children regain a range of emotional experience, develop skills of mood regulation, and re-enforce positive connection with others will be offered through case studies and discussion.

**Krista Nelson, LICSW, LMFT**

**Friday, May 21** 9:00am– 12:00pm  
East Campus, Rm E2561 Contact hours: 3  
**Course 20105-002520 \$69**

### **NEW! ADHD and the Predictably Maddening Effects on Parents and the Family**

The goal of this workshop is to increase the caregivers' ability to gain cooperation, reduce conflict, and increase nurturing with ADHD-affected children. This workshop focuses on parenting practices that recognize and engage two domains of a child's intrinsic motivational center: self-interest and yearning for attachment.

**Paul Buckley**

**Friday, June 18** 9:00am – 12:00pm  
East Campus, Rm E2561 Contact hours: 3  
**Course 20105-002521 \$69**

### **Workplace Spanish for Hospitals & Nurses: Section I**

Workplace Spanish for Hospitals & Nurses was developed specifically to enable nurses and other hospital staff to communicate in a simple, effective manner with Hispanic patients and their families. No prior Spanish experience is necessary. The job specific materials use bite-size terms, easy phonetic pronunciations, and carefully selected expressions

that can be learned today and used tomorrow.

**Required Textbook:** *Workplace Spanish for Hospitals and Nurses*, approx \$38. Please purchase before the first class. Contact the Century College Bookstore located on the West Campus, 651.779.3281 or online at [centurycollegebookstore.com](http://centurycollegebookstore.com)

**Iris Myers**

**Tuesdays, Jun 1 – 22** 6:30–8:30pm  
East Campus, Rm 2313 Contact hours: 8  
**Course 20105-002325 \$129**

### **Workplace Spanish for Hospitals & Nurses Section II**

Workplace Spanish for Hospitals & Nurses was developed specifically to enable nurses and other hospital staff to communicate in a simple, effective manner with Hispanic patients and their families. No prior Spanish experience is necessary. No grammar to learn - no rules to memorize. The job-specific materials use bite-size terms and phrases, easy phonetic pronunciations, and carefully selected expressions that can be "learned today and used tomorrow."

**Required Textbook:** *Workplace Spanish for Hospitals and Nurses*, approx \$38. The online book code is 1NUR 0072 (for Sect II). Please purchase before the first class. Contact the Century College Bookstore located on the West Campus, 651.779.3281 or online at [centurycollegebookstore.com](http://centurycollegebookstore.com)

**Iris Myers**

**Tuesdays, July 13–Aug 3** 6:30–8:30pm  
East Campus, Rm E2313 Contact hours: 8  
**Course 20111-000538 \$129**

# Nursing & Healthcare Registration Form

Code: Nurs10W

Please fill out all information completely. Date of birth **or** social security number is required. This data is for student tracking purposes only, and will not be released or used for any other purpose.

Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Social Security # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (Confidential—to be used in registration system as your Student ID.) \_\_\_ Male \_\_\_ Female

Business Name \_\_\_\_\_ Business Phone (\_\_\_\_) \_\_\_\_\_

Business Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

Course Number	Course Name	Course Fee
1. _____ - _____	_____	\$ _____
2. _____ - _____	_____	\$ _____
3. _____ - _____	_____	\$ _____
4. _____ - _____	_____	\$ _____

Total Course Fees: \$ \_\_\_\_\_

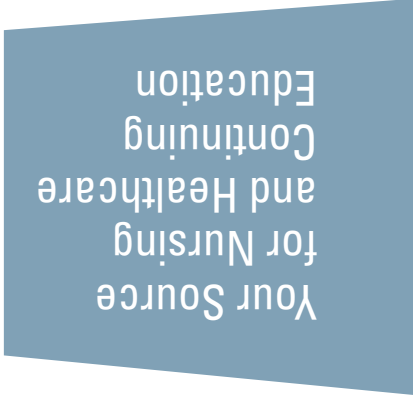
## PAYMENT INFORMATION

- Check(s) Enclosed (Please write a separate check for the exact amount of each course, payable to Century College).
- Business purchase order attached
- Please charge to my: \_\_\_ VISA \_\_\_ MasterCard \_\_\_ Discover Account # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Century College, Continuing Education and Customized Training, 3300 Century Avenue N., White Bear Lake, MN 55110 T 651.779.3341 • F 651.779.5802

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 This document can be available in alternative formats to individuals with disabilities by calling 651.779.3354 or 1.800.228.1978 x 3354 voice, 651.773.1715 TTY, or through the Minnesota Relay Service at 1.800.627.3529.



[www.century.edu/continuinged](http://www.century.edu/continuinged)

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