

## Staying Connected to SW-Related Continuing Education Opportunities

Here are some ways to stay updated on ongoing learning opportunities to support your SW practice – and meet the SASW continuing education requirement!

- SASW – members receive the newsletter (emailed 4x/year) and can opt in to the email list (emailed between newsletters); all SWs can follow SASW on social media (branches and provincial offices). Some branches have their own email lists and/or newsletters as well.
- CASW – increasingly CASW offers [free webinars](#) on a wide range of SW-related topics. While intended for members, the recordings are accessible to anyone.
- [Hirose & Associates](#) – offers in-person training throughout Canada, as well as live and on-demand webinars on a range of health and human service topics, such as mental health issues, therapeutic techniques, and working with specific populations. Join their mailing list here: <http://www.jackhirose.com/news-updates/newsletter/>
- [Crisis & Trauma Resource Institute](#) – Canada/US-based training company that provides in-person and online sessions on a range of topics, including trauma, crisis response/intervention, counselling skills, restorative justice, conflict resolution, and leadership. Sign up for their newsletter here: <https://ca.ctrinstitute.com/subscribe-2/>
- Social Media – following practice-related pages (especially on Facebook) can also be a great way to learn about upcoming training opportunities. If you're not on Facebook, many also have email lists or newsletters. Some examples:
  - [Trauma-Informed Practice](#)
  - [FASD Network of Saskatchewan](#)
  - [Saskatchewan Prevention Institute](#)
  - [Dr. Gabor Maté](#)

### Some Recommended Trainings/Topics for New SWs

- [Motivational Interviewing Training](#) (MI) – If I had to recommend one training to do, it would be MI! It's useful in every practice setting and is very practical. Saskatchewan Prevention Institute offers this (and many other) professional development workshop on a consistent basis in locations throughout the province. They also offer [online training](#) on selected topics.
- [Mental Health First Aid](#) – This has become a standard requirement in many SW practice settings, and it's a generally helpful training to have.
- Applied Suicide Intervention Skills Training (ASIST) – This is another basic training that's recommended for all SWs. It's offered by various trainers throughout the country – visit [LivingWorks](#) to find a training near you.
- Trauma-Informed Care – This broad practice model is useful in all SW settings and roles and has become much more mainstream in recent years. CTRI (see above) and other organizations offer this training (often only in larger centres) on an ongoing basis. There

are also online options for training in this area – [Manitoba Trauma Education & Information Centre](#) is a great resource for training in this area (they also facilitate some excellent in-person workshops on trauma-related topics, if you're able to travel to Winnipeg).

- [Compassionate Inquiry](#) – This is a relatively new therapeutic communication approach developed by Dr. Gabor Maté. It's a great complement to other therapeutic approaches and can be particularly useful when working with folks on substance use, trauma, family of origin, and mental health issues. Training is offered online and is offered as a brief option as well as a longer-term (and more costly) course.