



# 2025 Psychology Tools Series

Earn 1.5 Clock Hours\* during each of our Thursday virtual learning sessions

The Psychology Tools Series offers educators and professionals ideas and concepts to help refine skills and further their personal growth. Organized by CCEA, BHO, and THT, it explores tools for personal and school use. Each session is worth 1.5 Clock hours and is tailored for CCEA members, along with MFT/CPC and SW Board CEU certificates.

\*Please indicate on the registration form if CEUs are required

Date and Time	Title	Registration Link
Thursday, January 16 4 to 5:30 p.m.	<b>2-Word Check In</b>	<b>Register here</b>
Thursday, February 6 4 to 5:30 p.m.	<b>Brain Health Exercises</b>	<b>Register here</b>
Thursday, February 27 4 to 5:30 p.m.	<b>Killing the ANTS</b> Automatic Negative Thoughts	<b>Register here</b>
Thursday, March 20 10 to 11:30 a.m.	<b>Languages of Appreciation</b>	<b>Register here</b>
Thursday, April 10 4 to 5:30 p.m.	<b>Attitude 101</b> - What does my energy have to do with it?	<b>Register here</b>

**About the Facilitator:**

**Rebecca Sultan, MA, LMFT, LCADC**

Rebecca holds a BA in psychology and education from Whittier College and an MA in counseling psychology from Regis University. She is the manager of Employee Assistance Program services at Behavioral Healthcare Options, where she has worked for over ten years.

