

## Julie Claire Gutterman



Before her untimely death, Julie Claire Gutterman was an integral part of Jewish Family Service (prior to the formation of JCS) for six years as Director of Professional Services, as a mentor and leader to her staff, and as a friend to colleagues and the

community. Julie cared passionately about professionalism and the continuous process of learning that is necessary to stay current in the field of social work. The Board, staff and friends of Jewish Collaborative Services feel that there is no more fitting tribute to Julie's memory than an annual lecture that brings mental health professionals together for a day of learning.

## 2026 Guest Speaker: Nancy Scherlong, LCSW-R



Nancy is owner of the psychotherapy, coaching and consultation and training business entitled Change Your Narrative LCSW PLLC. She is a corporate wellness educator, coach and trauma therapist trained in the methods of EMDR, SE, IFS, MBSR,

DBT, poetry, journal therapy and psychodrama. She presently serves as senior adjunct faculty for Adelphi University's online and residential MSW programs where she has also created a certificate program for the Applied Expressive Arts in Counseling. Later this year, Nancy is completing Columbia University's Narrative Medicine certificate and is a former field instructor and campus advisor for their school of social welfare program. She is core faculty at the Therapeutic Writing Institute and teaches for Kint Institute in their multi-year training program for trauma-focused expressive arts. She provides agency consultation as well as offers psychodrama and therapeutic writing training for professionals.

Julie Claire Gutterman Memorial Lecture  
Jewish Collaborative Services  
1165 North Main Street  
Providence, RI 02904

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Current Resident Or :

# Please join us for the 27th Annual Julie Claire Gutterman Memorial Lecture

Featuring Guest Speaker

**Nancy Scherlong**  
LCSW-R, CHHC, SEP, CP, PTR/CJT-CM

for a Live ZOOM Lecture on

## Making Peace with the Inner Critic through Expressive Arts and Parts (IFS) Work

**Friday, May 15, 2026**  
10:00 AM – 3:00 PM EST

### Earn 4 CE credits

Social workers completing this course receive  
4 clinical continuing education credits.

JCSRI.org **JCS** 401.331.1244

## Making Peace with the Inner Critic through Expressive Arts and Parts (IFS) Work

This highly experiential four-hour workshop will equip therapists with beginning skills to integrate self-compassion and the foundation of parts work (internal family systems) to reduce burnout, manage countertransference, and enhance therapeutic presence.

Through selected literature, written and enacted metaphors and expressive writing techniques, participants will learn to identify their own protective/critical parts, cultivate inner compassion, and guide clients in befriending difficult emotions to foster resilience and secure internal attachment. No prior experience is needed with either writing or action arts methods and is appropriate for generalists and specialists alike in their daily or therapeutic work. This workshop is an introduction only and does not substitute for in-depth training in IFS, expressive arts or journal/poetry therapy, all of which have their own certification and training programs.

### Learning Objectives: Participants will be able to...

- Identify the three key evidence-based components of self-compassion (self-kindness, common humanity and mindfulness) and be able to use them in their daily practice to reduce professional burnout and to enhance client resilience and nervous system regulation.
- Explain the fundamental principles of Internal Family Systems (IFS) and how they align with the cultivation of self-compassion (including the "8 C's" of Self-leadership) in clinical work.
- Discover how externalization techniques from IFS and the arts can reduce client defensiveness and enhance the therapeutic relationship.
- Implement at least 4 different writing techniques from the Journal Ladder to help clients structure, pace and contain therapeutic concerns.

### Course Outline:

10-10:15 Introductions/Community Agreements  
10:15-12:00 Didactic/Experientials  
12:00-12:30 Lunch Break  
12:30-1:45 Didactic/Experientials  
1:45-2:00 Bio/Stretch Break  
2:00-3:00 Closing Activities/Q&A

## Continuing Education Credit

Our organization has applied to ASWB/ACE for consideration of 4 CE credits for this course. See a map showing what jurisdictions accept ACE [here](http://aswb.org/ace/ace-jurisdiction-map/): <http://aswb.org/ace/ace-jurisdiction-map/>. ASWB ACE credit cannot be backdated. If you have questions about CE credit, contact us at 401.331.1244 or [Gutterman@JCSRI.org](mailto:Gutterman@JCSRI.org)

**Target audience:** Social workers, psychologists, marriage and family therapists, and licensed mental health counselors.

**Content level:** Beginner to intermediate

### Course completion requirements:

To earn CE credit, social workers must log in at the scheduled time, attend the entire course, and complete an online course evaluation. Certificates of completion will be emailed within 10 business days of course completion.

### Course interaction:

This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

### System requirements:

- Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher.
- Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher.
- Broadband Internet connection: Cable, High-speed DSL & or any other medium that is Internet accessible.

### Refunds:

The registration fee, minus the \$20 administrative charge, or a full credit for the lecture next year will be made, provided the cancellation is received in writing to [Gutterman@jcsri.org](mailto:Gutterman@jcsri.org) fourteen days before the lecture.

NO REFUNDS or CREDITS will be issued after 5/1/26.

*If JCS or the guest speaker must cancel or reschedule the lecture, registrants will receive a refund or credit to next year's lecture.*

Online Registration Available by Scanning the QR Code below or visiting [JCSRI.org](http://JCSRI.org)



Early Bird Registration postmarked by 4/3/26: \$55

Registration after 4/3/26: \$65

Student Registration: \$50

Registration Closes: 5/14/26

**To Pay via Check,  
Mail back this form to JCS**

Name: \_\_\_\_\_

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### Make Check Payable To:

Jewish Collaborative Services  
1165 North Main Street  
Providence, RI 02904

**For questions, concerns, or to request special accommodations, please call: (401)331-1244 or email [Gutterman@JCSRI.org](mailto:Gutterman@JCSRI.org)**