



Dual Diagnosis Professional Conference Series

Exploring the Use of Biographical Timelines and EMDR to Better

Support Individuals with Complex Needs

June 18, 2026

10:00am – 2:30pm

What is the Dual Diagnosis Professional Conference Series?

The Department of Human Services' **Office of Developmental Programs (ODP)** and the **Office of Mental Health and Substance Abuse Services (OMHSAS)** are pleased to announce the Dual Diagnosis Professional Conference Series, which offers presentations focused on supporting individuals with intellectual disabilities and autism (ID/A) and mental health needs. The selected presenters share their expertise on best and promising practices as well as providing general knowledge. Session topics, which focus on increasing capacity to serve individuals with dual diagnosis in the community, are chosen based on identified needs and with input from the field of professional stakeholders.

- The invited audience of all professional stakeholders, including direct and clinical supporters for individuals with ID/A, are encouraged to attend.
- Registration is required and at no charge to attendees.
- Four (4) hours of training credit and a certificate of achievement are provided.

**Exploring the Use of Biographical Timelines and EMDR to Better Support
Individuals with Complex Needs**

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DESCRIPTION

Despite all the advances we have made in supporting people with dual diagnoses, we still struggle to support many people with complex needs. In this seminar, we will look at ways to delve into a person’s biography to explore the hidden impact of life events, from the cellular level to the whole person, in order to meet the person’s needs more fully and to raise the level of compassion toward the person, better enabling supporters to “hang in there” longer and be more creative and supportive in their daily interactions. In the second part of the training, we will explore EMDR as a trauma therapy of choice, in conjunction with a multidimensional, holistic approach.

AGENDA

10:00am - 12:00pm: Overview and Introduction to Biographical Timelines

12:00pm - 12:30pm: Break

12:30pm - 2:30pm: Therapeutic Modalities: EMDR, Mind-Body Approaches,
and Other Resources

PRESENTER

Beth I Barol, PhD, LSW, BCB, NADD-CC

Dr. Barol has devoted the past 50 years to serving and supporting individuals with intellectual, developmental, and neurological differences (ID) who have experienced trauma and, as a result, often display challenging behaviors and co-occurring mental health issues.

She began her career as a direct support worker and live-in "houseparent," later taking on roles including community-based project director, residential program director, facility director, and clinician. For 10 years, she served as Clinical Director for the Pennsylvania office of the Developmental Programs' Statewide Training and Technical Assistance initiative, focusing on individuals with dual diagnoses. She retired from her positions as Associate Professor, Associate Dean, and Director of the Center for Social Work Education at Widener University, where she taught graduate students in clinical social work for 17 years.

She has worked with Biographical Timelines for over 35 years and has trained facilitators and trainers in the process at national and international levels.

Her areas of special interest include positive strategies for individuals with intellectual disabilities and challenging behaviors, including those with co-occurring mental illnesses, the effects of trauma, and neurological differences. She advocates for these individuals through her clinical roles and experience in group processes, conflict resolution, partnership building, leadership development, systems change, and management. She is trained in EMDR, biofeedback, brain health, and neurofeedback, and integrates these modalities

with healthy lifestyle enhancements into her current teaching and clinical practice.

In 2020, Dr. Barol received the National Association for Dual Diagnosis (NADD) Earl L. Loschen, MD Award for clinical practice.

She has served as co-director of the Capacity Building Institute for Pennsylvania for the past nine years. Dr. Barol consults regularly in the U.S. and internationally.

[REGISTER HERE](#)

The session will be offered virtually via the Zoom© platform. The Zoom link for joining the session will be sent to the email you used to register. This link will be unique to your registration. Please do not share this link.

For questions on registration, email: patraining@columbusorg.com