



Change, Stress and Societal Norms

Webinar 9-12:15 pm

Wednesday, December 2, 2026

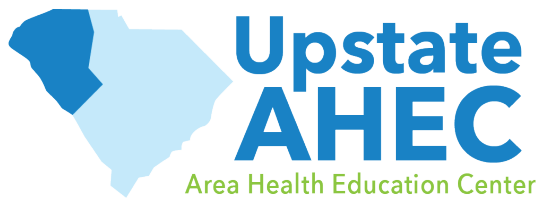
Purpose: Generally speaking, human beings are creatures of habit. We tend to develop routines that guide us in both our personal and professional lives. Change, when initiated outside of our own doing, can create stress. Living in an era of societal shifts at the national and global level can feel like an onslaught of bad weather raining down on us when an umbrella is no where in sight. This workshop is meant to explore shifting societal norms and ways to help you and your clients find our raincoats and boots even if that umbrella is still lost.

At the conclusion of this program, each participant will be able to:

- Identify societal shifts in your world
- Discuss managing change in both your inner circle and the larger context
- Define your stressors
- Revitalize/restore/refresh old habits to assist in today's environment
- List communication methods to help with self-talk and conversational openness
- Identify ways to build resilience

Cancellation and Refund Policy: Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) and our staff will be in touch with refund details— refunds are typically processed within 10-15 business days after that. Registrations for online modules and on-demand video programs are not eligible for refunds.

Program Fee: \$75 for non-members // Free for Upstate AHEC Members
To register: <https://www.scahec.net/learn/programs/4764>



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Program Instructor:

Francine (Cookie) Muscarella, LMSW, LCSW

Cookie Muscarella holds a Bachelor's and Master's degrees in Social Work from SUNY at Buffalo, NY. She has worked as a therapist with numerous populations to include: the mentally ill, active-duty service members and their families, adolescents and children, and families. She served as a supervisor and an agency director while working for the Department of Defense. She is the owner of Consulting Solutions & Associates, a consulting and training firm focusing on workplace issues. As a trainer and consultant, she has worked for approximately 20 years developing and presenting curriculum and assisting organizations in employee development. She has taught numerous courses for the University of South Carolina, College of Social Work. She ran a catering business and a bed and breakfast as a hobby.

Continuing Education Credit:

Licensed Nurses: This nursing continuing education activity awards **3.0 contact hours** upon successful completion. Upstate AHEC is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. www.nursecredentialing.org/accreditation.aspx.

Licensed Professional Counselors and Therapists: This program has been approved for **3.0 hours** of continuing education by SC AHEC under its accreditation by the SC Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists.

Social Workers: This program has been approved for **3.0 clock hours** of social work continuing education by Upstate AHEC, as part of the SC AHEC system, under its accreditation by the SC Board of Social Work Examiners.

Others: This program is approved for **0.3 CEUs (3.0 clock hours)** by Upstate AHEC and meets the SC AHEC Best Practice Standards.

Please Note: Licensees should verify with their state licensing board for acceptance of continuing education units.

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