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present

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37th ANNUAL TRAINING INSTITUTE

Behavioral Health AND Addictive Disorders

**Clearwater Beach, Florida
February 22–25, 2016**

SPECIAL FOCUS ON:

- TRAUMA TREATMENT
- CO-OCCURRING DISORDERS
- NEUROSCIENCE AND THERAPY
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37th ANNUAL TRAINING INSTITUTE ON Behavioral Health AND Addictive

Clearwater Beach, Florida February 22-25, 2016

Who Should Attend?

Enjoy networking with those working in the areas of:

- Mental Health
- Addictions Counseling
- Marriage and Family Therapy
- Psychology
- School Counseling
- Registered Nursing
- Courts and Corrections
- Prevention
- Employee Assistance
- Pastoral Counseling
- And Other Fields

Exhibit Opportunities

For exhibit information contact Lorrie Keip, 800-851-9100 ext. 220 or Stephen Cooke, 800-851-9100 ext. 222

What is the Training Institute on Behavioral Health and Addictive Disorders?

It is a premier training event, specializing in the core issues facing the mental health and the addictions field. It is where a unique combination of nationally recognized faculty address a wide variety of today's most relevant topics. The result is a highly acclaimed national training event featuring customized training opportunities for developing new treatment strategies and the sharing of research advances.

Program Focus and Goals

US Journal Training, Inc. and The Institute for Integral Development present an exceptional combination of inspiring speakers and trainers, addressing today's most relevant topics. This year's Training Institute tackles the issues of behavioral health and addictions using an integrated approach which considers the complex emotional, social and spiritual dimensions of each individual.

Topics Include:

Neuroscience and therapy, treating trauma, food and mood, the heart connection, co-occurring disorders, assessment of risk, post traumatic strength, treating anxiety, the power of story, eco-field recovery, problem solving theatre, deepening mindfulness, recovering the essential self, neuropsychodrama, baby boomers and SUD issues, ethics, medical errors and other issues will be explored. In addition a special series of talks, "The Industry Insider", relating to both the challenges and opportunities of the treatment field which will be of interest to executives, management and administrative staff.

Clearwater Beach Faculty Includes:



Reid Wilson, PhD



Ralph Carson, PhD



Pat Love, EdD



Andrea Barthwell, MD



Tian Dayton, PhD



Ronald D. Siegel, PhD



Vicki Berkus, MD



Don Meichenbaum, PhD



Meg Givnish, PhD



Dug McGuirk



Elaine R. Ferguson, MD



Fred Hanna, PhD



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Conference Site

Hilton Clearwater Beach Resort

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Spanning 10 acres along the Gulf of Mexico's shimmering coastline, we invite you to discover the Hilton Clearwater Beach and indulge in a modern, vibrant setting for this conference. US Journal has reserved a block of rooms for registrants until January 16, 2016. There is a strong possibility that the room block will fill prior to that date. Room rates at the Hilton Clearwater Beach Resort are: \$189.00 single/double (plus tax). Children under 18 are free. Reservations must be guaranteed with a credit card. For reservations contact the hotel directly. To receive conference rate mention hotel code USJT. Please be aware of hotel's cancellation policy.

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Room rates until January 22, 2016 are \$169/night with parking of \$10/day. Rooms typically sell out earlier. To reserve rooms, please contact Pier House 60 directly and mention USJT16.

Getting to Clearwater Beach

From Tampa Airport: The Super Shuttle transportation for the Hilton Clearwater Beach Resort is currently \$27.00 one-way or \$25.00 if booked on line. Prices are subject to change. Call (800) 282-6817 or (727) 572-1111 to make reservations or you may also make reservations online at www.supershuttle.com (24 hour advance notice is required for return to airport).



Promotional assistance and photos courtesy of "Visit St. Pete/Clearwater"

Plan Ahead for Other 2016 Upcoming Events, see page 16 for details.



Temple Hayes



Margot Escott, LCSW



Gerald Shulman, MA



Sandra Felt, LCSW



Patrick DeChello, PhD



Tanya Lauer, MA, LPC



Will Taegel, PhD



Kathleen Parrish, MA



Lee McCormick



Mary Faulkner, MA


INDUSTRY SYMPOSIUM

SPEAKERS INCLUDE:

William McCormick; Brian Crowley; Jeffrey Lynne; Alan Goodstat; John Lehman; Ruchi M. Sanghani; Melanie Haber; Jennifer Bolen; Andrea Barthwell; Mark Fontaine Michael DeLeon

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A young man and woman are smiling and embracing each other outdoors. The woman is leaning her head on the man's shoulder. They are in a sunny, tropical setting with palm trees and a building in the background. The man is wearing glasses and a dark shirt, and the woman is wearing a dark top. The overall mood is happy and hopeful.

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37th ANNUAL TRAINING INSTITUTE ON Behavioral Health AND Addictive Disorders

Clearwater Beach, FL February 22–25, 2016

(Level of Instruction: All sessions are Intermediate/Advanced unless otherwise noted)

Sunday • February 21

5:00–7:30pm **Early Conference**
Registration at Hilton

Monday • February 22

8:00am **Registration Continued**
Continental Breakfast

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8:50am **Opening and Welcome**

9:00–10:00am **Understanding and
Treating Trauma**

Patrick DeChello, PhD

Internationally recognized clinical social worker, clinical psychologist, and chemical dependency treatment specialist with well over 30 years of experience. He is the author of 29 books and numerous articles in the

mental health and chemical dependency fields, featured in numerous publications and author of Treating Trauma in Children and Adults, Personality Disorders, and Understanding Self-Injury.

Very few things can affect an individual as much as being a victim of trauma. The results can be changes in neurochemistry, behaviors that are designed to numb or avoid re-experiencing the trauma such as substance abuse, obsessive compulsive behaviors, PTSD, anxiety or a host of other psychological problems. Current research indicates that clients may have experienced a trauma which later becomes manifest in a myriad of pathologies such as addictions to drugs and alcohol, food, sex, self-injury and many more. This session will explore this and briefly review effective treatment strategies



10:00–10:30am **Refreshment Break**

Breaks will be held each am & pm

10:30–11:30am **The Brain Fix: Using
Neuroscience as a
Metaphor for Recovery**

Ralph Carson, PhD

Executive Director of FitRx, Ralph Carson has been involved in the clinical aspects of nutrition, obesity and eating disorders for over 30 years. He is a board member of the International Association of Eating Disorder Profes-



sionals and author of The Brain Fix: What's The Matter with Your Gray Matter?.

With a “fixed” brain, you can improve your quality of life by thinking more clearly, enjoying a sharper memory, feeling happier and less stressed and being in control of your habits. This presentation takes on the challenge of explaining how your diet provides the much needed ingredients for maintenance and repair, and will reveal the latest breakthroughs that nutritional science has to offer in accelerating and providing a more permanent recovery.

11:30–12:30pm **Trust the Process**

Andrea Barthwell, MD, FASAM,

Founder and Director at Two Dreams Outer Banks, Dr. Barthwell served as Deputy Director for Demand Reduction at Office of National Drug Control Policy (ONDCP). She received her Doctor of Medicine from the University of Michigan.

Following post-graduate training she began her practice in the Chicago area. Dr. Barthwell served as President of the Encounter Medical Group, is a Past President of The American Society of Addiction Medicine and Chief Medical Officer of The Manor.

NIDA has defined the elements of treatment but many new behavioral health programs resist adoption of these scientifically derived principles. This presentation will compare and contrast two treatment processes that focus on disparate outcomes. Our goal should be informing a comprehensive bio-psycho-social-spiritual-emotional assessment which is used to develop actionable treatment plans aimed at producing resilient, sustained recovery.

(Program continued on page 7)



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2:00–3:30pm CONCURRENT WORKSHOPS



**Problem Solving Theatre
Meg Givnish, PhD**

A nationally recognized clinician, teacher, trainer and motivational speaker, she was among the first professionals to be certified as a Trainer, Educator and Practitioner by the American Board of Examiners in Group Psychotherapy and Psychodrama, training directly under Dr. J. L. Moreno, the founder of psychodrama. From 1981 to 1983, she served as President of the Moreno Institute, an organization that has helped individuals from all over the world learn about Psychodrama. In 1980, she created the Problem-Solving Theater Troupe. She was also featured in “When Hopes Become Despair”, an award-winning documentary on teen suicide, and received an Emmy for her work on the special “What Will We Do about Momma?” of which she was the writer, director and narrator. She is Executive Director for Clinical Development for Behavioral Health of the Palm Beaches.

In this performance of the Problem Solving Theatre our troupe of Therapeutic Thesians will dramatize special challenges inherent in the treatment of “The Celebrity”, “The Sports Star” and “The Financial Success!” You will be able to identify interesting adaptations of defense mechanisms as well as to uncover your own “counter transference” as each scene develops. The Problem Solving Theatre is an audience participation adaptation of the therapeutic techniques of Psychodrama which was developed by Dr. J. L. Moreno, and is an important therapeutic modality in the treatment of addictions and other behavioral health problems. This is therapeutic, improvisational drama with a purpose and a solution.



**Progress, Not Perfection- Principles of Process-Driven Care
Andrea Barthwell, MD, FASAM**

If one searches online for treatment, or for any number of treatment-related keywords, the modern consumer will see intense competition for the public’s attention. This workshop will focus on what the licensed clinician can do on the “NOW” (no other way) within the treatment setting. Elements include declaring your intention, setting your direction, and putting truly individualized treatment plans into action, allowing clinicians to work with personal integrity and expect progress, though not perfection, in efforts to provide excellent clinical care. The workshop will highlight those best practices with a focus on assessment for treatment planning, delivery of treatment services for outcomes, transition management for stability and resilience, and monitoring for success.



**Advances in Treating Co-occurring Disorders
Patrick DeChello, PhD**

Skills in both the mental health and the substance abuse areas are required to be able to successfully navigate the treatment arena of dual diagnosed clients. Systems issues, program design, clinician orientation and client motivation all play a significant part in treatment.



**Food and Mood: When Food and Eating is a Problem in Life
Ralph Carson, PhD**

Many emotions and behaviors are tied into the eating disorder patient’s relationship with food. This presentation deals with the neurophysiological basis of how trigger foods control a person’s life to the point it takes on characteristics of an obsession or even an addiction. A recommended intervention plan will be covered as well.



What’s your measure? Understanding The Importance of KPI’s (Key Performance Indicators)

(This session is not offered for CE Credit)

William McCormick, MBA

Chief Executive Officer of Medivance Billing Service based in Ft Lauderdale, FL. He is a highly experienced healthcare professional with comprehensive skills in strategic planning, sales, operational management and implementation.

Throughout the Behavioral Healthcare industry, treatment providers and successful organizations are not only finding ways to ensure they have robust finances, they’re also attracting the interest of investors looking to help them grow their operations. Staying on top of your key performance indicators will be an important factor to your program’s success.

Join Medivance Billing Service CEO, William McCormick as he discusses KPI’s and other relevant issues facing providers of all stripes in mental health, substance use, and eating disorder treatment organizations: residential treatment centers, IOP settings, sober living homes, and private practices, among others.

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4:00–5:30pm CONCURRENT WORKSHOPS



Eating Disorders— Separating the Person from the Disease

Vicki Berkus, MD, PhD

Remuda Ranch at The Meadows Medical Services Advisor. She serves as a con-

sultant, supervisor, program developer, speaker, and general advocate for Remuda Ranch. Dr. Berkus specializes in adolescent and adult psychiatry, eating disorders full spectrum, and sports psychiatry. She has served as president of the International Association of Eating Disorders Professionals (iaedp), holds eating disorders certification (CEDS) through iaedp and is a current board member and head of the iaedp education committee.

We will examine the state-of-the-art treatment options and biggest challenges with eating disorders. Participants will learn what to do with their “dual diagnosis” patients and learn that there is seldom just one diagnosis. The “hands-on” approach to therapeutic options will give participants some tools to use in their practice.



The Heart Connection— Relationship Medicine Bag

Mary Faulkner, MA

A pioneer in the field of mind and body healing as a teacher and psychotherapist in private practice for the last 25 years.

Currently, Mary is Director of Women’s Programming at Integrative Life Center in Nashville. She has published several books in the field of religion and spirituality.



Lee McCormick

Lee McCormick is co-founder of Integrative Life Center, and founder of Spirit Recovery Inc., which produces recovery conferences, Sacred Journeys, workshops and other personal growth experiences. Author of Spirit Recovery Medicine Journal and Spirit Recovery Medicine Bag (with Mary Faulkner). He is executive director of Dreaming Heaven, a documentary on spiritual awakening, and co-creator of Dreaming House in Teotihuacan, Mexico, a group retreat center at the foot of the pyramids.

Addiction is a disease of isolation, characterized by damaged belief in self and a long string of broken relationships. It is identified as a primary cause of addiction. Recovery begins by learning how to love one’s self. While that is a noble intention, few of us have a good plan for assisting clients in accomplishing it. Healing requires a careful exploration of relationship patterns. Our heart holds the key. The Relationship Medicine Bag becomes the container for our heart’s truth transforming relations with self, others and with life. Through the use of symbol and ceremony participants will experience the transforming power of their Relationship Medicine Bag to heal the heart—a helpful tool for your healing work.



Rules and Values— Essential Elements of the Blue Print of Success!

Dug McGuirk

Dug McGuirk is an accomplished entrepreneur, musician, producer and

inspirational speaker. Having run his own production company for 10 years, he toured the United States as musician and a top speaker/trainer for Tony Robbins. He was a contributing author in the book Multiple Streams of Inspiration and is a Master Practitioner and Trainer of NLP (neuro linguistic programming) and certified in Neo Ericksonian Hypnosis. He is Vice President of Training and Development for Palm Healthcare in Delray Beach, Florida.

This workshop will involve participants in a discussion in what a “blue print” is in reference to the human model of the world. We will discuss and elicit issues regarding “Toward” and “Away” values while having the group generate their own hierarchy of these values. The group be able to list and compare rules for achieving these values and write new rules congruent with desired outcomes.



Assessment of Risk, Self-Destructive Behaviors and Suicidality

Patrick DeChello, PhD

This workshop will provide clinicians with an overview of the necessary tools to perform accurate and effective mental status examinations and suicide assessments. A review of four major mental status assessment methods—observations, conversation, exploration and testing—will be covered.

Developing a Comprehensive Digital Marketing Plan: Avoiding Ethical Pitfalls, Generating Valid and Relevant Research Data, and Creating a Transparent Marketing Mix

(This session is not offered for CE Credit)



Ruchi M. Sanghani, MA

Holds a Master’s degree in Bioethics with a concentration in health care research ethics. Her previous work includes research at The Cleveland Clinic Department of

Bioethics, as well as research at Harvard University, where she served as a Research Ethics Fellow. She is an expert in quantitative methodologies with extensive experience in utilizing survey tools to increase efficiency. She currently serves as Director of Research at Recovery Brands, She oversees the development and implementation of research investigations to synthesize meaningful and relevant analyses for public consumption to aid in the decision-making process of those seeking addiction treatment.

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Melanie Haber, MA

Vice President of Brand Development at Recovery Brands, where she develops and executes strategic projects and partnerships with industry collaborators in order

to elevate the caliber of digital resources available to professionals and individuals seeking addiction treatment information. Prior to joining Recovery Brands, she developed and ran The Helpline for TheFix.com, where she supported thousands struggling with addiction in their quest to find help, and worked as a therapist for several years at Trenton Psychiatric Hospital. She holds a Master's degree in Creative Arts Therapy.

In this workshop, attendees will learn how to develop a robust and comprehensive digital marketing strategy. Attendees will first learn to identify ethical dilemmas in digital marketing, and how to avoid these pitfalls. Then, the speakers will provide a detailed overview on how to collect high quality research data to be used as part of your marketing mix. Finally, strategies for combining research findings with other traditional, high-impact marketing techniques will be shared for attendees to learn to create their own marketing mix.

5:30pm MONDAY EVENING

Reception and Networking Overlooking the Beach

7:00–8:30pm Film Showing and Lecture

(Not offered for CE Credit)

An American Epidemic—Kids are Dying



**Michael DeLeon
Director/Producer**

Founder of 'Steered Straight,' which offers drug intervention and education services, has received national acclaim for documentaries chronicling drug addiction across the nation. He will present vignettes and stories from his latest work, "American Epidemic," which chronicles his interviews with hundreds of addicts across the nation.

Parts of this film were shot on location in Florida, featuring Floridian families who are suffering the consequences of physician narcotic overprescribing that has included opioid poisoning (OD) and death. Following the segments, Barbara Theodosiou, President of "Addict's Mom," will provide powerful personal testimony.



Finding Me—The Art of Coming Home

Temple Hayes

Spiritual trailblazer for our time. After a traumatic youth filled with alcoholism, drugs and fear, she built a seemingly successful professional career in the corporate world.

Temple joined the ministry in 1991, and is now the spiritual leader at Unity Campus in St. Petersburg, Florida, revered internationally, and a key member of the Leadership Council of the Association of Global New Thought. Her most recent book, When Did You Die? (HCI Books) is anchored in her work to accelerate people of all ages, who she deems to be 'dying' every day, to the impassioned and energized living they want and deserve.

Tuesday • February 23

8:00–8:45am Continental Breakfast

9:00–10:00am Do You Believe in Post-Traumatic Strength? Pat Love, EdD



Known for her warmth, humor, and practical, research based wisdom. Distinguished professor, licensed marriage and family therapist and long-standing clinical member and approved supervisor in American Association for

Marriage and Family Therapy and served as President of the International Association for Marriage and Family Counseling. Pat has authored/co-authored six books including Never Be Lonely Again: The Way Out of Emptiness, Isolation and a Life Unfulfilled, and her most recent book You're Tearing Us Apart: Several Ways to Wreck a Relationship and Strategies to Fix Them, and numerous professional articles.

Do you believe in the power of post-traumatic strength as well as post-traumatic stress? Either way, your clients are likely to prove you right. Helping clients move beyond their history is vital to positive therapy outcome. Learn to identify and encourage healthy coping strategies in the clinical setting.

10:30–11:30am Brief Strategic Treatment of Anxiety Disorders

Reid Wilson, PhD



Director of the Anxiety Disorders Treatment Center and Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine; author/co-author of Anxious Kids, Anxious Parents: 7 Ways to Stop

the Worry Cycle and Raise Courageous and Independent Children; Don't Panic: Taking Control of Anxiety Attacks; Facing Panic and Stop Obsessing: How to Overcome Your Obsessions and Compulsions. Recipient in 2014 of the Anxiety and Depression Association of America's Jerilyn Ross Clinician Advocate Award.

The cutting-edge anxiety treatment is now pushing further into the confrontational. You will learn

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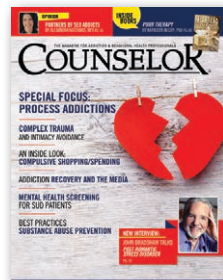
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(Program continued from page 11)

a persuasive strategy, built out of whole cloth within the first session, which will help clients find the courage and motivation to purposely seek out anxiety as their ticket to freedom from crippling fear. Practical methods enable clients to ignore the content of their worries and to explore the feeling of uncertainty rather than fleeing from it.

11:30–12:30pm Resisting Change, Changing Resistance: Techniques from the Precursors Model



Fred Hanna, PhD

Professor in the Department of Counseling at Adler University, Chicago, Illinois and also currently serves as a Faculty Associate at Johns Hopkins University. He has held positions on the editorial boards of six scholarly journals

and has published a wide range of professional articles. His research interests have focused on developing the Precursors Model of Change. Fred has also developed and published many innovative clinical techniques aimed at positive change for aggressive adolescents, addicted clients, suicidal clients, victims of personal and cultural oppression, and criminal personalities. Author of the book, Therapy with Difficult Clients: Using the Precursors Model to Awaken Change.

Graduate schools typically do not teach courses that address how to approach involuntary, highly resistant and defiant clients. The Precursors Model offers a host of innovative and immediately applicable techniques that soften resistance and converts unwilling clients into those who willingly engage in counseling. This can often be done in one session. Over a dozen strategies and techniques are offered. You know about the defense mechanisms. The precursors are the offense mechanisms of change.

2:00–3:30pm CONCURRENT WORKSHOPS



**If Einstein Did Psychotherapy
Pat Love, EdD**

How would one of the most brilliant minds approach the process of psychotherapy? Would he “spend 55 minutes thinking about the problem and only 5 minutes thinking about solutions?” And if he did, might this process lead to more positive outcomes in therapy? Clearly Einstein would not try to “solve the problems in the state in which they were created,” so should we make sure we are not doing the same? This workshop presents a succinct model for defining desired client goals and strategies for creating problem solving states.



Resilience and the Healing Power of Story

Kathleen Parrish, MA, LPC, and Tanya Lauer, MC, LPC

Kathleen is Clinical Director at Cottonwood de Tucson with 20 years of experience, including seven years of professional service in the areas of clinical supervision and administration; Tanya is a primary therapist for the Adult Unit at Cottonwood de Tucson where she facilitates individual and group therapy sessions.



Many clients suffer from the effects of trauma and PTSD. At any age, PTSD can also co-occur with many other problems, including depression, low self-esteem, substance use disorders, struggles with interpersonal relationships and self-harm behavior. Clinicians must understand the underlying negative beliefs that often complicate trauma recovery in clients. This workshop will review recent changes to diagnostic criteria for PTSD and will examine evidenced-based interventions in the treatment of trauma. Further, it will provide strategies to support trauma survivors in telling and transforming their story as they reclaim personal identity and integrity.



No Worries! Strategies for Generalized Anxiety

Reid Wilson, PhD

This session will explore the fundamental structure of worry—how it ignores data that isn't negative, how it squeezes out room for corrective information, and how it gives rise to erroneous beliefs. Stemming from this knowledge, participants will learn a set of therapeutic strategies based on the latest research.



NEUROSCIENTIFIC PATHWAYS TO RECOVERY: Forming New Neural Pathways for the Purpose of Tuning into Larger Eco-fields

Will Taegel, PhD

Dean of the Wisdom Graduate School of Ubiquity University. In his three decades of the practice of psychotherapy, he co-created a model of Wisdom Recovery based on neuroscience, eco-physics, and eco-psychology. Dr. Taegel integrates his Native American tribal background with ancient wisdom and the newer sciences. He is author of numerous books and professional articles, but is best known for down-to-earth experiences of love and transformation.

In this learning experience we will explore an emerging recovery paradigm based on forming neural pathways through the physical and energetic body/mind/soul. Along the way we will look

(Program continued on page 15)

TREATMENT
& RECOVERY

INDUSTRY INSIDER

CLEARWATER SYMPOSIUM

PROGRAM AT-A-GLANCE

Designed for treatment program owners, administrators, admissions and marketing personnel, and all providers interested in the future of addictions/behavioral health treatment.

MONDAY • FEB 22



2:00–3:30 pm

What's Your Measure? Understanding the Importance of Key Performance Indicator (page 7)

William McCormick, Medivance Billing Services



4:00–5:30 pm

Developing a Comprehensive Digital Marketing Plan (page 9)

Ruchi, M. Sanghani, Melanie Haber, Recovery Brands, Inc.

TUESDAY • FEB. 23



2:00–3:30 pm

Distinguishing Quality Client-Centric Providers (page 15)

John Lehman, Jeffrey Lynne, Mark Fontaine



4:00–5:30 pm

Urine Drug Testing in Addiction (page 15)

Brian Crowley, Andrea Barthwell, Alan Goodstat, Jennifer Bolen

'At an exciting time for the treatment industry, we are proud to launch the 'Industry Insider' edition of COUNSELOR magazine and its accompanying 'special track' at several USJT conferences. In the midst of fast-moving changes in the nation's health-care agenda, and with so much tumult in the business machinations of the SUD (substance use disorder) industry, this regular publication and its digital presence will be an invaluable guide to a world where long-term, sustainable recovery is supported by quality services and ethical providers. The 'Insider', as a magazine and as a conference track with compelling speakers and expertise, will focus on our future'.

—Stephen Cooke, Editor



(Program continued from page 13)

at a 2.0 understanding of the addictive urge as a neural longing for wholeness. We will then look at cleansing the traumatic and vulnerable aspects of our interiors as initial steps toward a return to the larger system of eco-fields. The first half of our time will be didactic and the second half experiential. Together, we will aspire to a fresh map of recovery and open ourselves to an experience of purification of the toxicity inherent in the therapeutic process. Fresh neural pathways lead to deep compassion for ourselves and an opening to larger possibility.

Distinguishing Quality Client-Centric Providers and How that May Play into Payer Behaviors—in Florida’s Ground Zero and the World

(This session is not offered for CE Credit)



John Lehman **Jeffrey Lynne** **Mark Fontaine**
President, Florida Association for Recovery Residences (FARR) *Attorney, Weiner, Lynne, Thompson* *Executive Director, Florida Alcohol & Drug Abuse Assn. (invited)*

The new legislation presents challenges for certification and accreditation as a basis for distinguishing quality client-centric ethical providers in the unique Florida landscape. In the midst of fast-moving changes in the nation’s healthcare agenda, and with so much tumult in the business machinations of the SUD (substance use disorder) industry, these events at USJT conferences provide an invaluable guide to a world where long-term, sustainable recovery is supported.

4:00–5:30pm CONCURRENT WORKSHOPS



20 Strategies and Techniques for Counseling Difficult, Defiant Clients **Fred Hanna, PhD**

This program is all about techniques and strategies, delivered to the audience one after the other in a highly useful format. Many memorable, moving stories are included that illustrate the use of the techniques. The emphasis is on what a counselor can do sooner rather than later.



Loneliness: The Hidden Ingredient in Relationships, Recovery and Real-life Contentment **Pat Love, EdD**

Clients rarely come for help citing loneliness as the primary problem yet this issue may just be the true elephant in the living room. Presentation takes a comprehensive look at the underlying issues of loneliness; five different types of loneliness and practical strategies for recovery and life contentment.



The Logic and Power of Self-Talk Cues During Performance **Reid Wilson, PhD**

Taking advantage of our ever-present inner dialogue, we can help clients alter their self-talk in a way that transforms their relationship with any intimidating performance. By activating “approach” emotions and an opportunity-mindset clients can decrease fear and improve performance. This protocol eliminates one significant step in the typical treatment process, since it is arousal congruent: the client does not need to shift their anxiety down before they step forward.



Prevention of Medical Errors in Behavioral Health **Margot Escott, LCSW**

(Please note this ME session will extend until 6:00 pm for those who need to meet Licensure Requirements)

Clinical Social Worker in private practice in Naples, FL with 30 years’ experience in diverse behavioral treatment areas including addiction, psychiatric and forensics.

The purpose of this updated course is to satisfy the requirement of the Florida law and provide all licensed mental health professionals with information regarding the root cause analysis process, error reduction and prevention, and patient safety. Specific topics include “compassion fatigue” and the impaired professional.

(Program continued on page 17)



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Urine Drug Testing in Addiction Medicine Panel Discussion: A New Paradigm to Improve Outcomes and Reduce Costs

(This session is not offered for CE Credit)



Brian Crowley

Founder/CEO Integra Lab Solutions, Chair of Diagnostic Testing, FL Behavioral Healthcare Association



Andrea Barthwell, MD, FASAM

Medical Director, Encounter Medical Group, Director of the Two Dreams facilities, Chicago and the Outer Banks, NC



Alan Goodstat

Senior Vice President & Compliance Officer, Lakeview Health, FL



Jennifer Bolen, JD

Former Assistant, US Attorney, Department of Justice, Founder Legal Side of Pain®

This presentation will discuss and recommend guiding principles to best comply with the health care law and focus on best practices in medical, clinical and business guidelines for sustainable drug testing with all essential elements to data analytics. It will also explore the science of various legal doctrines under which a practitioner may face civil and criminal liability for fraudulent practices in Urine Drug Testing (UDT), including the False Claims Act and federal and state anti-referral and kickback laws, and identify—with a focus on recent developments in Florida—on common UDT arrangements of questionable legality.

7:00–8:30pm TUESDAY EVENING



ECO-FIELD RECOVERY: Tuning Into Nature's Resources for Becoming Whole

Will Taegel, PhD

Is it possible that the eco-systemic fields in which we live are interested in our recovery? If so, how can we tune into those resources and vested interest in our evolutionary consciousness? Here is where the eco-field scientist and shamanic worker create specific interventions that can assist us. Within the confluence of Thought Field Therapy, EFT, Heart Reconnection Therapy, Ecodrama, and the primordial medicine wheel is a sea of possibility. In this learning experience we spend part of our time constructing a map of this possibility and then diving deep into the actual experience of this tuning into these fields as treatment for clients and renewal of ourselves.

Wednesday • February 24

9:00–10:00am Harnessing Mindfulness: Tailoring the Practice to the Person



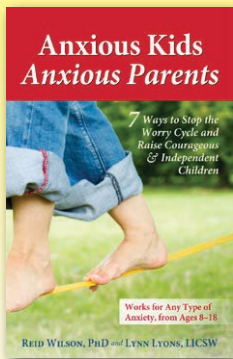
Ronald D. Siegel, PsyD

Assistant Professor of Psychology, part time, at Harvard Medical School, where he has taught for over 30 years. A long time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute

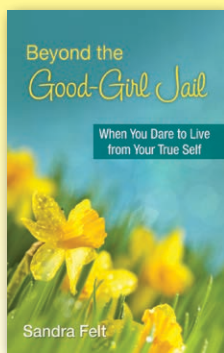
for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, MA. Co-editor of the critically acclaimed text, Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice, with a foreword by the Dalai Lama; author of a book for general audiences, The Mindfulness Solution: Everyday Practices for Everyday Problems; and co-author of the new volume for clinicians, Sitting Together: Essential Skills for Mindfulness-based Psychotherapy. He is co-director of the annual Harvard Medical School Conference on Meditation and Psychotherapy.

Mindfulness practices hold great promise not only for our own personal development, but also as remarkably powerful tools to augment virtually every form of psychotherapy. Mindfulness is not, however, a one-size-fits-all remedy. Practices need to be tailored to fit the needs of particular individuals—and this presentation will show you how to creatively adapt them to meet the needs of diverse people and conditions.

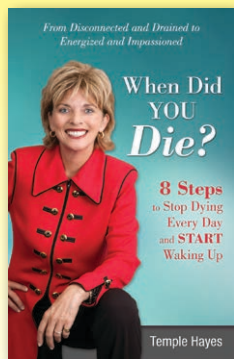
meet the **AUTHORS** ...



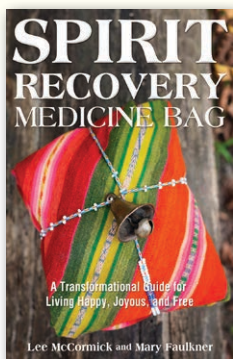
Reid Wilson, PhD
Item 7626 • \$14.95



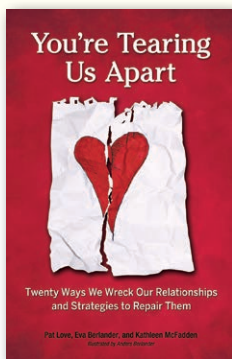
Sandra Felt, LCSW
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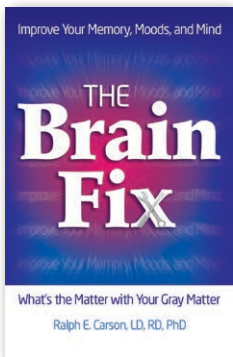
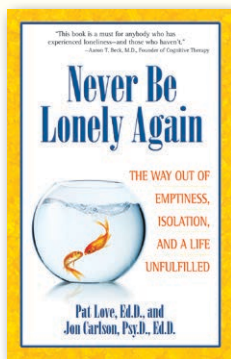
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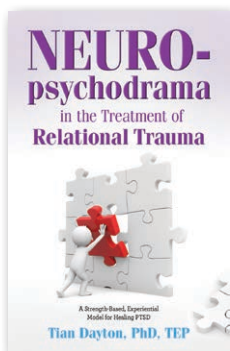
Lee McCormick and Mary Faulkner, MA
Item 7944 • \$14.95



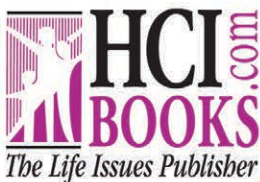
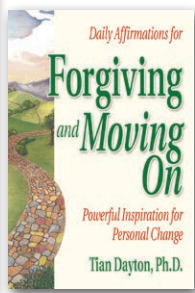
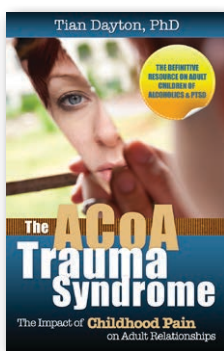
Pat Love, EdD
You're Tearing Us Apart • Item 8622 • \$12.95
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Ralph Carson, PhD
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Tian Dayton, PhD
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10:30–11:30am Treatment of Clients with Substance Abuse and Co-occurring Disorders: How to Achieve “Lasting Changes”



Don Meichenbaum, PhD
Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada, and Research Director, The Melissa Institute of Violence and Prevention and the Treatment of Victims of Violence, Miami, FL, author of Roadmap to Resilience.

75% of individuals with Substance Abuse Disorders will relapse, no matter what substances they abuse. How health care providers can increase the likelihood of achieving “lasting changes” and reduce the likelihood of relapse will be discussed, including ways to employ a Case Conceptualization Model that nurtures hope by means of initiating collaborative goal-setting; by teaching emotional regulation and interpersonal skills incorporating generalization guidelines; and relapse prevention procedures. In addition, how to conduct active aftercare, involve significant others and employ computer technology and social media will be examined. How to conduct integrative, as compared to sequential and parallel concurrent treatment approaches will be demonstrated.

11:30–12:30pm Neuropsychodrama in the Treatment of Relational Trauma



Tian Dayton, PhD, TEP
Author of 16 books, including Relationship Trauma Repair, The ACoA Trauma Syndrome, Emotional Sobriety, Trauma and Addiction: Forgiving and Moving On, The Living Stage, and Neuropsychodrama in the Treatment of Relational

Trauma. In addition, she has developed a model for using sociometry and psychodrama to resolve issues related to Relationship Trauma Repair. Tian is a board certified trainer in psychodrama, sociometry and group psychotherapy and is the director of The New York Psychodrama Training Institute. Director of Program Development for Breathe Life Healing Center.

Neuropsychodrama is a trauma informed approach to psychodrama. Working with trauma experientially is a delicate balance of remembering, reliving, release and recuperation. While role play can access relational material in unique and immediate ways, keeping the work focused and contained becomes important to the efficacy of healing and integration. Role play allows clients to reach beyond the story and into the actual experience of relatedness from both the role of the self and the role of the other person. Its body involvement allows natural interaction to stimu-

late emotion and role relationship bringing the nuances of past relating into the present moment for re-experiencing and reexamination.

2:00–3:30pm CONCURRENT WORKSHOPS



Mindfulness for Anxiety and Depression
Ronald D. Siegel, PsyD

Mindfulness is being touted lately as the cure of everything that ails us as human beings. How can a simple set of practices possibly help with so many psychological disorders? This presentation will examine the common factors in psychological difficulties, and explore how mindfulness practices can help us with two of the most common: anxiety and depression.



Relational Trauma Repair: An Experiential Model for Treating Relational Trauma and PTSD
Tian Dayton, PhD, TEP

RTR is designed to fit into any treatment program clinic or one to one practice, it is a multi-sensory model that uses psychodrama, sociometry, journaling and guided imagery in the treatment of trauma related issues. Sociometry allows for many small connections with self and others. Working in small and incremental moments of connection and repair can help clients to move in and out of their own freeze state without becoming overwhelmed and stuck. This process can also help clients to chunk down and regulate overwhelming emotions without becoming flooded. Repair within the relationship: RTR is designed to facilitate moment after moment of connection and repair. There are many moments of sharing in dyads and clusters so that we strengthen skills of opening up, reaching out, sharing and then listening to others do the same.



Trauma, Spirituality and Recovery: Ways to Integrate Spirituality and Psychotherapy
Don Meichenbaum, PhD

In the aftermath of traumatic and victimizing experiences, the major ways individuals, families and communities cope is to use some form of spirituality and/or religious practices. How to systematically assess for the role of spiritual coping efforts and ways to integrate evidence-based spiritually-oriented interventions and psychotherapy will be discussed. For example, how best to integrate 12 Step AA programs and cognitive behavioral interventions with clients

(Program continued from page 19)

with substance abuse disorders will be considered. Finally, the potential dangers and contraindications of employing spiritually-based interventions will be discussed.



Ethics for Clinicians Part 1 **Margot Escott, LCSW**

This course fulfills the (3) hour CE requirement for Ethics and Boundary Issues. This two-part workshop will cover legal and ethical

issues that may contribute to confusion about therapeutic boundaries including confidentiality, duty to warn and protect, mandated reporting, and treatment of minors. Discussion of case studies to provide insight into applying legal and ethical issues such as boundary violations, informed consent, privilege, involuntary hospitalization, record keeping, risk management, and various ethical issues.

4:00–5:30pm CONCURRENT WORKSHOPS



Deepening Mindfulness: Wisdom and Compassion in Psychotherapy **Ronald D. Siegel, PsyD**

What do we look for in a psychotherapist? When we are in pain,

the answer probably isn't academic knowledge or training. Rather, we hope that our therapist will be wise—have a deep understanding of how to live life—and compassionate—able to supportively enter into our suffering with us. This presentation will explore how, using mindfulness practices, wisdom and compassion can be cultivated in both the therapist and the client, leading to richer, more fulfilling treatments.



How Many Tools in Your Toolbox?

Gerald D. Shulman, MA, MAC

Clinical psychologist, Master Addiction Counselor and Fellow of the American College of Addiction Treatment Admin-

istrators who has been providing treatment or supervising the delivery of care to alcoholics and drug addicts full time since 1962. Among his current interests are older adults with substance use disorders (he was a workgroup leader for TIP #26, "Substance Abuse among Older Adults"), effective and efficient assessment for the clinician, implementation and use of the ASAM Patient Placement Criteria (of which he was an author and an ASAM-identified trainer).

This workshop will compare and contrast the changes in persons with substance use disorders, the treatment for those disorders and the implications for counselor competencies. Recommendations and rationale will be offered for the clinical attitudes, competencies and strategies required to

meet the challenges of today's clients and patients and systems by which to acquire them. Resources for enhancing counselor skills will be provided. All of the material will be presented within the framework of NIDA's "Principles of Drug Addiction Treatment."



Recovering the Essential Self: A Paradigm Shift for Life

Sandra Felt, LCSW, BCD

Sandra is the author of the newly-released (Jan 2016) Beyond the Good-

Girl Jail: When You Dare to Live from Your True Self. A grateful recovering good-girl, she draws on her own hard-won life experiences as well as more than 30 years of private practice as a Licensed Clinical Social Worker treating courageous survivors of extreme trauma and neglect. A Board Certified Diplomate in Clinical Social Work and former director of a child abuse treatment research program, she trains therapists at national conferences, enjoys sunrise hikes, and plays bluegrass bass.

When we listen from a deeper place, we hear a deeper truth. Everyone once lived from the true self. How was this aspect of development interrupted? Where did the true self go? How do we tap into this essential anchor now to strengthen healing from the long-term impact of trauma, addiction, and eating disorders? Learn the language of the self and sure-fire strategies to Recognize, Reconnect, Rebuild, and Return to living from the strength of the true self.



Ethics for Clinicians Part II: Ethics at the Movies **Margot Escott, LCSW**

Building on material from Part I through the use of films and television shows depicting psychiatry

and psychotherapy, clinicians will learn about issues of concern for counselors and therapists. Some of the media viewed include: "In Treatment", "The Sopranos", "Ordinary People" and "What about Bob?"

7:00–8:30pm WEDNESDAY EVENING



How to Maintain and Enhance Your Health While Taking Care of Your Clients

Elaine R. Ferguson, MD

A practicing physician, pioneer in the field of holistic medicine bestselling author, wellness expert, and health coach. A graduate of Duke University School of Medicine completing her residency training at the University of Chicago. She is the host of the upcoming PBS pledge program special: Superhealing Secrets that will begin airing nationally in December, 2015. She is the author of several books, most recently, the international bestseller, Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal

Health and Well-Being. *She passionately advocates a common sense, evidence based approach to health enhancement and disease treatment that encompasses the mind, body, and spirit, that she calls, "whole being health."*

In this lecture, Dr. Ferguson shares the latest scientific breakthroughs that will empower counselors and therapists to take charge of their health and well-being while taking care of others. She will reveal: why your DNA and family medical history are irrelevant to your health; the overlooked risk factor that is a major contributor to the development of chronic diseases; how to create a healthy internal cellular environment that is the foundation of good health and the vital ingredient necessary for optimal health and well-being.

Thursday • February 25

8:45–10:15am **What the DSM-5 Never Told Us about Substance Use Disorders**



Gerald D. Shulman, MA, MAC

When the APA revised the DSM-IV to the DSM-5 it created a new category of diagnoses called "Substance Use and Addictive Disorders," the "Addictive Disorders" referring to the new diagnosis of "Gambling Disorder." "Addictive Disorder" now had come to characterize all severities of substance use disorder that now characterizes 20 million new people (those previously diagnosed with abuse under the DSM-IV) as addicts. In addition, the DSM-5 carries forward the practice of weighting all the criteria for a diagnosis equally while research had indicated that this is not so. Identifying those criteria which carry the most weight in making the diagnosis can enable us not only to determine illness severity from a qualitative perspective but also to better match patients to the intensity of treatment.

10:30–12:00pm **CONCURRENT WORKSHOPS**



Ways to Bolster Resilience and Enhance Relapse Prevention Skills in Substance Abuse Clients **Don Meichenbaum, PhD**

This presentation will examine the nature of resilience, the building blocks that contribute to resilient-engendering behaviors, and their neurophysiological and psycho-social correlates. A Constructive Narrative Perspective will be offered that considers the nature of the "stories" that individuals tell themselves and others that contribute to relapse and consider ways

to help clients develop alternative intra- and inter-personal coping and relapse prevention strategies that will contribute to long-term abstinence and improve their Quality of Life.



Claiming and Letting Go: Parallel Life Skills to Clear the Fog Regarding Boundaries and Integrity **Sandra Felt, LCSW, BCD**

When we claim without judgment what genuinely fits our true self and let go without judgment all that does not fit, the boundaries that surround and protect us naturally develop and slide into place. The result is genuine integrity. These two skills are parallel and intertwined, are best learned together, and apply to all areas of treatment. Effective teaching strategies and clinical examples are included.



Baby Boomers and Substance Use Disorders— "It's Not Your Grandpa Anymore"

Gerald D. Shulman, MA, MAC

We cannot provide "treatment as usual" to older adults and expect good outcomes. There are differences when working with young and middle age adults in terms of: (1) sources of motivation; (2) mechanisms by which older adults are identified as people with SUDs; (3) problems of identification and diagnosis using the DSM Substance Abuse and Dependence Criteria; (4) specific areas requiring assessment; (5) intervention; (6) co-occurring medical problems; (7) co-occurring mental health problems; (8) recovery environment issues; (9) medication problems; (10) differences in this population depending on age of onset; (11) cognitive concerns; and (12) sexuality. Once we negotiate this paradigm shift we are then confronted with a subgroup group of older adults, the "baby boomers" which will require yet another shift in the ways which we do outreach and marketing, and treatment.

Continuing Education

PROFESSIONAL CREDITS: A maximum of 24 contact hours are available for this conference. 21 core credit hours (6 hours for M, T, W, 3 hours for Th) and 1.5 optional evening hours for Tuesday's Evening Session and 1.5 optional evening hour for Wednesday Evening's session. This training includes 3 hours of Ethics and Boundaries and 2 hours of Medical Errors. (This Medical Errors course is approved by State of Florida Agency for Health Care Administration for Mental Health Counselors, Clinical Social Workers and Marriage Family Therapists but not for Florida Board of Psychologists.)

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Canadian Addiction Counselors Certification Federation (CACCF)

Certified Employee Assistance Professionals. Application pending for up to 24 PDHs. (Approved for last year's conference.)

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Note: If you are seeking continuing education credit for a specialty not listed above, it is your responsibility to contact your licensing/certification board directly to determine eligibility of this training to meet your CEU requirement.

Conference Objectives:

Participants will be able to:

1. Identify treatment approaches and develop counseling skills for a range of issues in mental health, behavioral health, addictions and co-occurring disorders.
2. Identify the neuropsychological and neurobiological underpinnings of addictive disorders, compulsive behaviors and other problematic behavior and the therapeutic implications of these findings.
3. To discern symptoms and characteristics manifested in these addictive/behavioral disorders and to diminish/correct their negative impact on the client's interpersonal and family relationships.
4. Identify the common elements in anxiety, depression, trauma and other psychological disorders and specify how mindfulness practices can be tailored to the needs of particular types of clients.

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