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5th NATIONAL
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Advances
CONFERENCE



SPECIAL FOCUS ON:

- **Neuroscience & Psychotherapy**
- **Treating Trauma**
- **The New DSM 5**
- **Mindfulness, Meditation & Spirituality**
- **Brain Science & Addictive Disorders**
- **Treating Anxiety & Depression**
- **Advances in Co-Occurring Disorders**

DELRAY BEACH MARRIOTT

Delray Beach, Florida
November 7-9, 2013



Joan Borysenko, PhD



Bill O'Hanlon, MS



Don Meichenbaum, PhD



Reid Wilson, PhD

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Located on Florida's Gold Coast, overlooking sandy beaches on Ocean Boulevard, the Delray Beach Marriott is easy walking distance to Atlantic Avenue's shopping boutiques, charming bistros, outdoor cafes, art galleries, restaurants and nightlife. A place to immerse yourself in sunshine and the unexpected delights of a charming seaside village.

NOVEMBER 7-9, 2013

Program Focus

This Conference will address clinical issues and their various manifestations and effects that counselors and therapists see in clients and families across the life span. The latest research advances will be shared with practical applications for those working in the mental health and addictions fields.

The training will be valuable for 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 Others**

The format will include insightful plenary sessions by nationally recognized experts with afternoon concurrent workshops offering focused interaction and skill building opportunities. Valuable networking opportunities will be available.

Topics Include:

- Trauma and its Treatment
- Overcoming Self-Defeating Behaviors
- The New DSM 5
- Brain Science and Addiction
- Mindfulness, Meditation and Psychotherapy
- Co-Occurring Disorders
- Food and Mood
- Women and Substance Abuse
- Narcissistic Wounds
- Treating Anxiety
- Bullying and Sibling Abuse
- Solution Oriented Therapy
- Treating Depression
- Anxious Kids, Anxious Parents
- Gender Differences in Treatment



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Conference Site

Delray Beach Marriott
10 N. Ocean Boulevard, Delray Beach, FL 33483
Phone: 561-274-3200

US Journal Training has reserved a block of rooms for registrants until October 7 (Room block may fill prior to this date). Room rates at the Delray Beach Marriott are \$165 single or double (plus tax). Reservations must be guaranteed with credit card. For reservations contact the hotel directly at 561-274-3200. To receive conference rate, mention US Journal Training, or reserve online at <http://delraybeachmarriott.com> and enter group code USJUSJA to receive the conference rate. Note hotel's cancellation policy.

Getting to Delray Beach

GO Airport Shuttle service currently provides service from West Palm Beach airport for \$27/one way and from Ft. Lauderdale airport for \$34.50/one way. Prices are subject to change. For more information or to book a shuttle call (800) 244-8252 or visit www.go-airportshuttle.com. For departure from hotel to airport a 24-hour advance reservation is required.

Also Plan Ahead for

The 35th Annual Training Institute on
Behavioral Health & Addictive Disorders
Clearwater Beach, Florida • Feb. 10-13, 2014

DELRAY BEACH FACULTY



Joan Borysenko, PhD



Bill O'Hanlon, MS



Don Meichenbaum, PhD



Reid Wilson, PhD



Pat DeChello, PhD



Robert Ackerman, PhD



Rokelle Lerner



Ralph Carson, PhD



Patricia O'Gorman, PhD



Holly Cook, LPC, MHSP



Ashish Bhatt, MD



Judy Crane, LMHC



Nancy Fox-Kilgore, MS

FACULTY ALSO INCLUDES

Paul Alleva, MSW
Phil Diaz, MSW
Sarah Gentry, MS
John Giordano, CAP
Dug McGuirk
Pat Pizzo, BS
Barb Schmidt
Dave Smith
Jodi Star, MD

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Thursday, November 7

8:00-9:00am **CONFERENCE REGISTRATION**

9:00-10:00am **KEYNOTE**

Ancient Wisdom Meets Modern Science



Joan Borysenko, PhD

*Harvard Medical School trained cancer cell biologist, a licensed psychologist, and bestselling author of 15 books including New York Time's bestselling *Minding the Body, Mending the Mind*. A pioneer in psychoneuroimmunology, mind-body medicine, and stress management, Joan is known for her tender exploration of the human spirit—what kindles it and what snuffs it out. Founder of Mind-Body Health Sciences, LLC in Boulder, CO.*

The new brain science is an exciting window into the nature of consciousness, emotional balance, physical health, and the interconnection of subtle energies—systems of information—we call the mind. The new field of interpersonal neurobiology describes how the mind is both embodied in our brain and nervous system as well as embedded in our relationships. The quality of those relationships—whether they evoke love, compassion, and mindfulness or fear, anger, and constriction affect us profoundly.

10:00-10:30am **REFRESHMENT BREAKS** each AM and PM

10:30-11:30am **KEYNOTE**

The Solution-Oriented Approach to Change: Finding the Answer Within



Bill O'Hanlon, MS

*Clinical Member of AAMFT, winner of the New Mexico AMFT Distinguished Service Award, and a Fellow and Board Member of the American Psychotherapy Association. Author or co-author of 36 books including *The Change Your Life Book*, *Pathways to Spirituality: Connection, Wholeness, and Possibility for Therapist and Client* and *Collaborative, Competency-Based Counseling and Therapy*.*

Recent years have seen a shift in focus from what is wrong with people (diagnosis of deficits and damage) to what is right with people (strengths, competence and abilities). This approach has been validated by recent research findings about the plasticity of the brain and on what makes us happy and gives our lives meaning. Translating this research into practical interventions isn't always obvious. This session will help professionals to more rapidly join with clients and help them change. It can make your work easier, more cooperative and more joyful.

11:30am-12:30pm **KEYNOTE**

Understanding and Treating Trauma



Patrick DeChello, PhD

*Founder of D&S Associates; with over 25 years in training, consultation and direct care. 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 of the trauma such as substance abuse, Obsessive Compulsive behaviors and/or psychological such as 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 offer practical input on effective treatment strategies.

(Program continued on page 7)

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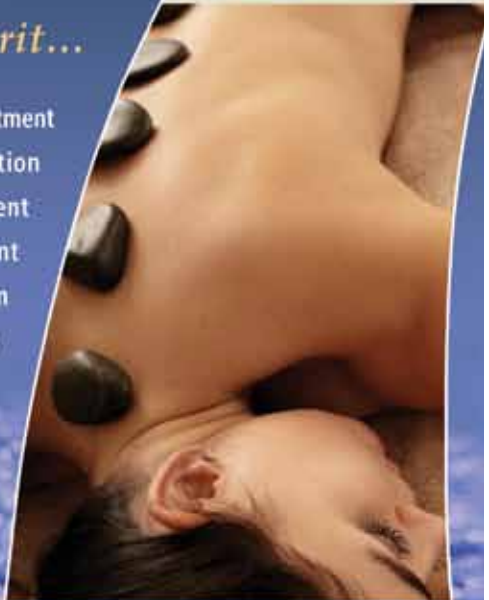
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(Program continued from page 5)

2:00-3:30pm **CONCURRENT WORKSHOPS**

The Cutting Edge of Mind-Body Medicine: From Immunology to Neuroscience

Joan Borysenko, PhD

The most important determinant of physical health is mental health. In this workshop, participants will learn how adverse childhood experiences set the stage for chronic illness and substance abuse later in life through epigenetic changes, neurochemistry, immune function, and brain wiring. We will examine how evidence-based psychological interventions can rewire neuro-hormonal circuitry and help to restore both physical and mental homeostasis. Some of the interventions covered include the modification of explanatory style, stress hardiness and resilience training, narrative medicine, meditation and mindfulness techniques, imagery, and cognitive approaches. There will be a focus on how to optimize the therapeutic bond.

You Can't Just Talk It Out of Them —The Neurobiology of the Addicted Mind

Ashish Bhatt, MD

Board Certified by American Board of Psychiatry and Neurology in Child, Adolescent and Adult Psychiatry. Former Assistant Professor of Psychiatry and Behavioral Sciences at University of Miami and currently serves as Medical Director of The Recovery Place in Fort Lauderdale, FL.

This workshop presents a multi-modal approach to the physical and neurobiological aspects in addiction as well as the emotional and psychological. The underlying neurobiological etiology and mechanics of addiction will be addressed. We will learn to more fully question the diagnoses previously given to “co-occurring” clients.

Out of the Blue: Six Non-Medication Ways to Relieve Depression

Bill O'Hanlon, MS

Recent research and insights have given a new understanding of depression, not as a deficit in chemicals, but as a problem with neurogenesis (new brain growth and connection). Antidepressants may work by promoting brain cell and neuronal growth and connection, but there are other ways, within the grasp of therapists, counselors and addiction specialists, which can make an immediate and lasting difference in helping relieve depression. This session will give three simple methods for relieving depression.

Assessment of Risk, Self Destructive Behaviors and Suicidality

Pat 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.

4:00-5:30pm **CONCURRENT WORKSHOPS**

The Resilient Woman: Using the 7 Steps to Personal Power in Treatment

Patricia O'Gorman, PhD

Author of The Resilient Woman: Mastering the 7 Steps to Personal Power (2013), and 7 other books including Healing Trauma Through Self-Parenting (2012), known for her work with women, trauma, children of alcoholics, and substance abuse. A former Director of the Division of Prevention for NIAAA, director of a rape crises center, and a co-founder of the National Association for Children of Alcoholics.

Even though we are most successful in life when we can achieve a balance between our two vital sources of strength—self and other—achieving this can be quite a challenge. And when women enter treatment it is a particular challenge as many women at this point in their lives have lost touch with this vital inner resource. Successful treatment requires us to use all of who we are and dares us to be in touch with our own needs.

(Workshops continued on page 9)

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(Workshops continued from page 7)

Creatures of Addict: Six Critical Needs for Successful Recovery and Beyond

Dug McGuirk

Chief Lifestyle and Transformation Officer at Palm Partners Treatment Center; Master Practitioner/Trainer of Neuro Linguistic Programming (NLP); speaker/trainer for Tony Robbins; co-author of Multiple Streams of Inspiration.

This workshop is an interactive lecture on unpacking addiction as it relates to coping skills to deal with underlying issues and behavior patterns using powerful insights on the variety of ways people meet their needs. Participants will learn that drugs and alcohol were not the original problem, they were the solution. If the underlying issue is not addressed, relapse is certain.

Healing the Heart with Meditation

Holly Cook, LPC

Over 25 years experience in addictions and mental health; she incorporates training she has received over the years from several of the masters in the field such as Jay Haley, Chloe Madanes, Luigi Boscolo and William Glasser. Executive Director, Integrative Life Center in Nashville, TN.

Dave Smith

Trained to teach meditation by Noah Levine who is the founder of Against the Stream Buddhist Meditation Society. As a long time Buddhist practitioner and recovering addict, he teaches over 250 meditation classes and workshops each year. Program Director of Against the Stream Nashville Meditation Center.

It is a fact of life that many people struggle with difficult emotional states in early recovery or therapy, but do little in terms of developing skills to deal with them. Yet even when our emotions are creating problems for us, it is within most people's capacity to arouse positive feelings to manage them. Mindfulness meditation has found its way into many treatment centers and in therapy offices. This workshop introduces the meditation practice of Loving-kindness, a meditation practice which brings about positive attitudinal changes as it systematically develops the quality of 'loving-acceptance'. It acts, as it were, as a form of self-psychotherapy, a way of healing the troubled mind to free itself.

The New DSM 5: What Every Clinician Needs to Know

Pat DeChello, PhD

The DSM 5 promises to be the greatest change in diagnosis since the DSM III. Moving from diagnostic classifications based on differential diagnoses to the use of dimensional descriptors, the end of the multiaxial system, a redefinition of mental illness, the inclusion of behavior addictions, a reformulation of the trauma and the personality disorders, and the consolidation of the autism based disorders could well change psychiatry as we have known it. The manual has been released and it is raising many eyebrows.

7:00-9:00pm THURSDAY EVENING PROGRAM (Optional)

Breathing "Soul" Back Into Psychotherapy

Bill O'Hanlon, MS

Soul and spirituality have often been left out of therapeutic work primarily because therapists haven't been shown a respectful, non-intrusive way to bring it in to change work. But leaving out this important resource in people's lives is impositional in another way. This session will provide a clear overview, definition of spirituality and provide easy to understand and use tools for spiritual assessment and intervention.

(Program continued on page 11)

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Friday, November 8

9:00-10:00am **KEYNOTE**

Cognitive Behavior Therapy with Individuals with Impulse Control



Problems: Core Tasks of Psychotherapy

Donald Meichenbaum, PhD

Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada and Research Director, The Melissa Institute of Violence Prevention and the Treatment of Victims of Violence, Miami, FL. Author, Cognitive Behavior Modification: An Integrative Approach and Treatment of Patients with Anger Control Problems.

This presentation will demonstrate applications of Cognitive Behavior Therapy (CBT) with applications to impulse control and related therapeutic issues. The nature of decision-making and implications for understanding impulse control problems will be addressed along with specific ways to bolster self-regulatory behaviors.

10:30-11:30am **KEYNOTE**

The Brain Fix: Using Neuroscience as a Metaphor for Recovery



Ralph E. Carson, PhD

Involved in the clinical aspects of nutrition, obesity and eating disorders for over 30 years. Board member of the International Association of Eating Disorder Professionals; author of The Brain Fix: What's the Matter with Your Gray Matter, and Harnessing the Healing Power of Fruit.

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 recovery.

11:30am-12:30pm **KEYNOTE**

Narcissistic Wounds: The Challenge of Recovery and Strategies for Healing



Rokelle Lerner

Clinical Director of InnerPath Retreats at Cottonwood Tucson. She has received numerous awards for her work with children and families including the National Association of Children of Alcoholics lifetime achievement award for her work with adult children of alcoholics. Author of Affirmations for Adult Children of Alcoholics, Affirmations for the Inner Child, Living in the Comfort Zone: The Gift of Boundaries in Relationships and her latest book The Object of My Affection is in My Reflection: Coping with Narcissists.

Many addicts suffer from false pride, entitlement and grandiosity that unfortunately do not disappear with sobriety. This narcissism interferes with personal and professional relationships that are so filled with conflict and pain that relapse often occurs. This lecture will examine the relational consequences of narcissism and offer tools to clinicians who recognize this destructive dynamic in treatment and recovery.

2:00-3:30pm **CONCURRENT WORKSHOPS**

Healing the Loss of Dreams: Strategies for Resolving Loss

Rokelle Lerner

The loss of a dream is difficult to articulate and clinicians often miss their impact. When dreams are shattered it causes inexplicable grief that others may have difficulty comprehending. For every tangible loss there is always a dream attached and until those dreams have been identified and processed, losses will never be resolved and optimism is thwarted. This lecture focuses on specific tools that allow clients to move beyond loss.

(Workshops continued on page 12)

Bullying Linked To Sibling Abuse: The New Epidemic

Nancy Fox-Kilgore, MS

Recognized expert and consultant for the U.S. Department of Justice, Office for Victims of Crime and California Alcohol and Drug Department. She has become a national trainer on PTSD and abuse issues with a researcher's background combined with that of a survivor. Author of Every Eighteen Seconds, The Source Book For Working with Battered Women and her most recent Girl in the Water: A True Story of Sibling Abuse.

Several research studies have linked sibling abuse to the upsurge of bullying. Bullying actually starts in the American home. Sibling abuse has affected countless individuals. It is largely unrecognized and remains behind the closed doors of "family privacy." It is the most under reported and least understood of all forms of family violence.

Core Tasks of Psychotherapy: Achieving Expertise in Practice

Don Meichenbaum, PhD

Following a brief discussion of the nature of expertise, this presentation will consider the implications for psychotherapy. We will demonstrate the Core Tasks of Psychotherapy and how they can be implemented with challenging clients and will offer a Case Conceptualization Model that informs both assessment and treatment decision-making.

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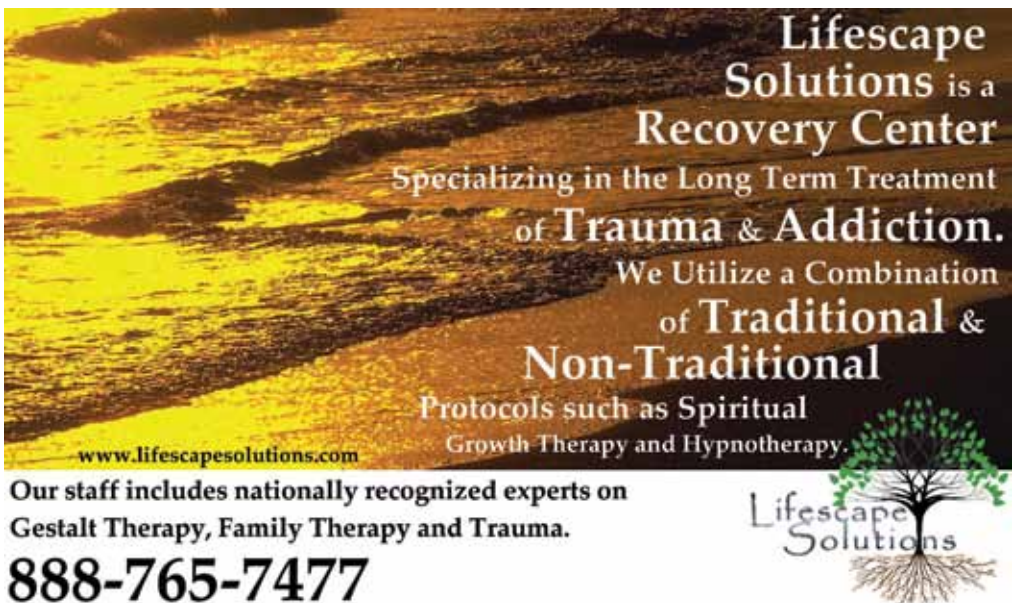


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The Role of Impulsivity in Treatment of Dual-Diagnosis Patients

Jodi Star, MD

She has held a number of Clinical and Academic positions in the field of Child, Adolescent, and Adult Psychiatry before coming to Seaside Palm Beach. Certified by the American Board of Psychiatry and Neurology in Psychosomatic Medicine and Child & Adolescent Psychiatry and has conducted research in the areas of: Attention Deficit Disorder, Autism Spectrum Disorders, Mood Disorders, Eating Disorders, and "hands on" psychotherapy methods for children, adolescents, and adults.

Recent studies suggest that impairment in impulsivity can play a critical role in initiation and continuation of substance use. Eating disorders, attention deficit hyperactivity disorder, post-traumatic stress disorder and mania all impact a patient's impulsivity. Review medical definitions of impulsivity, identify these in dual diagnoses patients, learn multi-model interventions using interactive techniques and examine clinical cases.

4:00-5:30pm **CONCURRENT WORKSHOPS**

Treatment of Individuals with PTSD, Complex PTSD and Co-Occurring Psychiatric Disorders

Don Meichenbaum, PhD

A Case Conceptualization Model will be offered that informs assessment and treatment decision-making. The core psychotherapeutic tasks for implementing integrative treatment with clients with PTSD, Complex PTSD and comorbid psychiatric disorders will be presented. A Constructive Narrative Perspective will be used to frame a strengths-based intervention approach.

Healing Trauma through Spiritual Growth Therapy (SGT)

Phil Diaz, MSW

Private practice specializing in the treatment of addiction and trauma at Lifescope Solutions in Delray Beach, Florida. Founding director of Project Rainbow, the first center for young children of alcoholics. Former assistant deputy director for prevention in the Office of Demand Reduction with the White House Office of National Drug Control Policy. Co-author (with Patricia O'Gorman) of Healing Trauma through Self-Parenting: The Codependency Connection.

Paul Alleva, MSW

Worked with clients at South County Mental Health Center's Baker Act and Dual Diagnosed Unit as well as various drug treatment centers in the South Florida area. Achieved outstanding recognition for his clinical work with addictions and trauma and in various administrative duties.

SGT utilizes ancient philosophy, new age spirituality, traditional psychotherapy, logo therapy, hypnotherapy, neuroscience and quantum mechanics to create a new model for healing from mental illness and addiction. This innovative and therapeutic approach treats the whole person; the physical, mental, spiritual and emotional self; and is constructed and grounded in pre-Socratic philosophical principles, and current scientific data regarding mind-body theory. This workshop will teach participants new tools for healing their clients.

Drug Use Today: "Legal Highs", Designer Drugs and Emerging Natural Substances

Pat Pizzo, BS

Director of Toxicology, Alere Toxicology Services, Inc.; worked as a chemist in the Toxicology Lab for the Federal Bureau of Investigation in Washington, DC. Member of the Federal Drug Testing Advisor Board. Inspector for the National Laboratory certification Program and the College of American Pathologist Forensic Urine Drug Testing Program. Board Certified Forensic Examiner. Certified as an expert witness in Federal and State courts and has testified throughout the country.

This session will introduce attendees to federally non-regulated drugs available on the internet to include the many synthetic marijuana metabolites, bath salts, methamphetamine-like drugs and others. Updates on where they can be tested and cost of analysis will also be discussed.

(Workshops continued on page 14)

(Workshops continued from page 13)

Food and Mood: When Food and Eating is a Problem in Life

Ralph E. Carson, PhD

Many emotions and behaviors are tied into the eating disorder patient's relationship with food. This presentation deals with 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.

7:00-9:00pm **FRIDAY EVENING PROGRAM** **FILM FESTIVAL** (Optional)

BOB AND THE MONSTER

Facilitator-Mary Woods, RNC LADC

Past President, NAADAC; CEO, Westbridge Community Services

Six years in the making, this documentary film follows outspoken indie-rock hero Bob Forrest, through his life-threatening struggle with addiction, to his transformation into an influential and controversial addiction counselor. BOB AND THE MONSTER crafts contemporary footage, animation and compelling interviews with archival performances and personal videos from Bob's past to reveal the complex layers of this troubled but hopeful soul.



SATURDAY, November 9

9:00-10:00am **KEYNOTE PRESENTATION**

Winning the Anxiety Game: Brief Strategic Treatment for the 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 and Facing Panic; Stop Obsessing: How to Overcome Your Obsessions and Compulsions.

The anxiety disorders manipulate people by injecting rules into consciousness, then using that set of laws to take over mental territory. Phobias, panic, social anxiety, generalized anxiety and OCD will be discussed and treatment strategies explored.

10:30-11:30am **KEYNOTE**



Thou Shalt Not: Unraveling Moral Injury, The Soul Wound **Judy Crane, LMHC**

Founder and Executive Director of The Refuge-A Healing Place with over 20 years experience in residential and out-patient practices; hypnotherapist and specialist for healing sexual trauma and addiction.

It is the essence of humanity to seek a path to live and make sense of our existence. Over the time and space of our species we have created codes to honor, commandments, tenets, principles to live by, paths to follow and a Purpose for our lives. This presentation will explore the value and imperative of such a "path" of Thou Shall and Thou Shalt Not, and the pain and consequences for the perception of the transgression from that path. We will focus not only on this Moral Injury as our military experience it but also on this Moral Injury as an integral part of the trauma spectrum and the urgency to integrate evidenced based modalities into treatment.

11:30am-12:30pm KEYNOTE

Silent Sons & Perfect Daughters: Appreciating Gender Differences in Treatment



Robert Ackerman, PhD

Professor and Program Director of the Human Services Program Degree at the University of South Carolina at Beaufort. Editor of Counselor, The Magazine for Addiction Professionals. He is the previous Director of the Mid-Atlantic Addiction Research and Training Institute in Pennsylvania. He is a co-founder of the National Association for Children of Alcoholics; author of thirteen books, including Perfect Daughters.

This presentation will focus on developing an appreciation for gender differences in treatment/counseling. Additionally it will focus on how dysfunctional families affect gender development and, in turn, to assess how this development affects personal change for women and men. An appreciation for gender implications in alcohol and drug usage patterns, etiological differences, relapse and recovery issues, and associated problems will be addressed. This session will not treat women and men from dysfunctional families or addicted individuals as victims, but rather as survivors with strengths.

2:00-3:30pm CONCURRENT WORKSHOPS

Creative Healing and Recovery: The Use of Creative Healing to Foster Emotional Well Being

Sarah Gentry, MS

Clinical Director of the Delray Recovery Center where her Creative Healing Program is implemented campus wide; presented nationally on genders specific issues and addiction treatment. She maintained a private practice in West Palm Beach for the past six years.

In this experiential workshop clinicians will learn techniques to help their clients express feelings often difficult to put into words. Creative healing is a powerful tool for recovering people to have in their arsenal. Creative healing techniques allow people to express emotions directly and effectively and expand their ability to access emotions.

Treatment of Generalized Anxiety Disorder

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.

Evidence-Based Holistic Approach to Addiction and Mental Health Treatment

John Giordano, CAP

Program Director, Holistic Addiction Treatment Center, author of Proven Holistic Treatment for Addicts with a History of Chronic Relapse and How to Beat Your Addictions and Live a Quality Life.

This workshop demonstrates the integration of the most current evidence-based holistic modalities with the best of the traditional treatment model. The session will also cover the utilization of group/individual/family therapy with nutrition, massage, acupuncture, natural/ibogaine detoxification, yoga, and hyperbaric oxygenation.

The Emotional and Behavioral Impact on Children/Adolescents Living in Dysfunctional Families

Robert Ackerman, PhD

This workshop will focus on the emotional and behavioral issues and problems for children who are living in a dysfunctional family. It will emphasize a developmental approach to children and will address why children in dysfunctional families are not all affected in the same way. Intervention and the development of achievement and resiliency skills in children will be included as well as gender implications for intervention.

(Workshops continued on page 17)

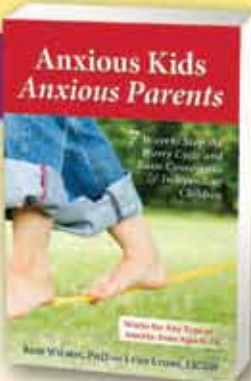
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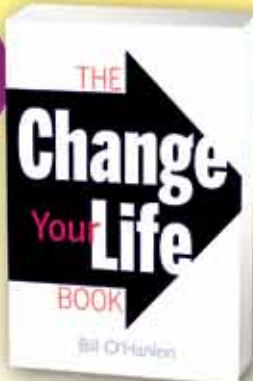
Wilson offers a revolutionary approach to break the cycle of childhood anxiety and expose the most common treatment mistakes.



Bill O'Hanlon

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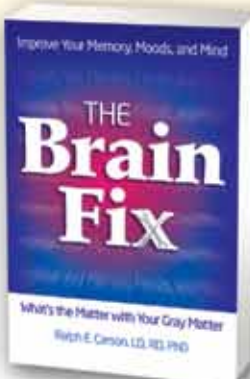
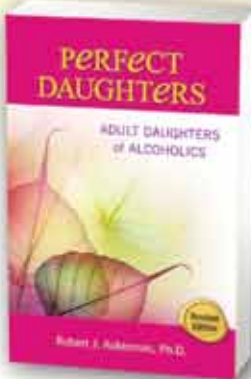
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Robert J. Ackerman

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Ralph Carson

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Patricia O'Gorman

Item: 709X • \$14.95

O'Gorman answers questions for today's generations of women including women in transition, those who have suffered trauma, and anyone who works with this population.



Patricia O'Gorman and Phil Diaz

Item: 614X • \$14.95

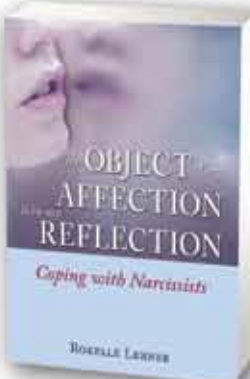
Learn the neurobiology of trauma and healing plus a simple, 12-step process specifically tailored for healing.



Nancy Kilgore

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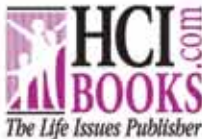
This shocking memoir chronicles Kilgore's triumph over extreme bullying and torture from the hands of her sister, and shares the after-effects of the abuse.



Rokelle Lerner

Item: 768X • \$14.95

Lerner helps you understand the complexities of the narcissist disorder and shows you how to navigate through your relationship.



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(Workshops continued from page 15)

4:00-5:30pm **CONCURRENT WORKSHOPS**

Change your Thinking; Change your Life: Break Negative Patterns, Conditioned Behaviors and Experience Permanent Change

Barb Schmidt

With over 30 years of the study of religion, sacred text, psychology, meditation, and self-help and with nearly 10 years of teaching Barb founded the not-for-profit Peaceful Mind Peaceful Life as an organization that provides educational and inspirational opportunities for individuals to create a happy, loving, peaceful life. In 2001, Barb partnered with the Peace Studies program at Florida Atlantic University to promote dialogue and guidance for individuals seeking peace within themselves and their communities. Author of The Practice: A Way of Life.

Too often today we are at the mercy of the external world and the thoughts in our minds. In this workshop you will learn how to incorporate The Practice into daily life. This set of spiritual tools, starting with a five minute morning meditation aligns our mind, body and heart, as we begin our day. We want to find peace in our lives but we don't always choose things that will bring us peace, even when we know better. You will see that by "training the mind" daily we experience shifts in attitude and release conditioned negative behaviors and patterns.

Weapons of Mass Self-Destruction: Helping Clients Eliminate Self-Defeating Behaviors

Robert Ackerman, PhD

This workshop will focus on identifying and eliminating behaviors that cause defeat and harm to people. Many "self-defeating" behaviors often are behaviors that once helped a person survive a crisis. Once the crisis is over the behaviors, even though no longer needed, are maintained. Instead of helping the person they now cause harm by limiting the potential to develop healthy behaviors. Examples of self-defeating behaviors include procrastination, defensiveness, perfectionism, under—achievement, and isolation.

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children

Reid Wilson, PhD

One in every five kids suffers from a diagnosable anxiety disorder, and anxiety is the most frequent reason that parents bring their children to a mental health program. Unfortunately, when parents offer help in traditional ways—reassurance, accommodation, avoidance and poor problem solving— they unknowingly reinforce a child's worry and avoidance. You will learn a concrete plan employing 7 key principles that help children, teens and families push through their fears, worries and phobias.

PTSD: Women with Substance/Alcohol Issues

Nancy Fox-Kilgore, MS

It has four letters and affects over 20 million Americans everyday: PTSD (Post Traumatic Stress Disorder). Over half of these individuals are women. As gender-related research in this arena has increased, the findings demonstrate important differences between men and women with PTSD and comorbid substance use disorders. These findings highlight the need to focus on PTSD in women with substance abuse issues. This workshop will provide participants with methods and materials for making therapy more efficient.

Continuing Education

PROFESSIONAL CREDITS: A maximum of 20 contact hours are available for this conference. 18 core credit hours (6 hours for Th, F, S) and 2 optional evening hours for Thursday's Evening Session.

US Journal Training, Inc. is an approved provider by:

The National Board for Certified Counselors (NBCC). Provider # 5130.

National Association of Alcoholism and Drug Abuse Counselors (NAADAC). #000194.

Association of Social Work Board (ASWB) (1-880-225-6880) through the Approved Continuing Education (ACE) program. #1143.

Florida Certification Board, Inc. # 17A.

Florida Board of Clinical Social Work, Marriage/Family Therapy and Mental Health Counseling, CE Broker Provider #50-2076.

California Association of Alcoholism and Drug Abuse Counselors (CAADAC). #OS-86-057-0514.

California Board of Behavioral Sciences. Provider #78. Course meets the qualifications for up to 20 hours of continuing education credit for **MFTs and /or LCSWs** as required by the California Board of Behavioral Sciences.

Canadian Addiction Counselors Certification Federation (CACCF)

Certified Employee Assistance Professionals. Application pending for up to 20 PDHs.

Florida Board of Nursing. Provider # 50-2076.

US Journal Training, Inc., is approved by the American Psychological Association (APA) to sponsor Continuing Education for psychologists. US Journal Training, Inc., maintains responsibility for this program and its content.

Full-Time conference attendees who complete all required evaluation and attendance documentation are eligible to receive the maximum number of contact hours. Daily registrants can receive credit for each day in attendance.

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 . . .

- Identify treatment approaches for successfully treating trauma, addictive disorders, anxiety, co-occurring disorders and other psychological and behavioral issues.
- Discern symptoms and characteristics manifested in these disorders and to diminish/correct their negative impact on the client's interpersonal and family relationships.
- Identify the key implications of neuroscience research as it applies to trauma and addictive disorders, relationships and other clinical concerns.
- Identify symptoms of trauma and PTSD and appropriate therapeutic treatment for a range of co-occurring disorders.

Plan Ahead

The poster features a scenic background of a tropical beach with turquoise water, white sand, and lush greenery. At the top, logos for U.S. Journal Training, Inc., The Institute for Integral Development, and COUNSELOR are displayed. The main title is prominently centered, and the location and dates are clearly stated at the bottom. A circular badge on the left highlights the focus on clinical and counseling advances.

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