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and

COUNSELOR
The Magazine for Addiction Professionals

present

**CLINICAL
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COUNSELING
ADVANCES**

35th ANNUAL TRAINING INSTITUTE

Behavioral Health AND Addictive Disorders



**Clearwater Beach, Florida
February 10-13, 2014**

SPECIAL FOCUS ON:

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35th ANNUAL TRAINING INSTITUTE ON Behavioral Health AND Addictive Clearwater Beach, Florida February

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

It is a premier training event, specializing in 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 for clinicians and counselors.

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 Larry Mendoza, 954-531-5856

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.

Trauma, depression and anxiety, neuroscience and therapy, the brain and addiction, achieving clinical excellence, the drive to love, spirituality and attachment, psychopharmacology update, the hidden power of language, resilience, synthetic drugs, ethics, medical errors and other issues will be explored.

Clearwater Beach Faculty



Scott D. Miller, PhD



Helen Fisher, PhD



Clifton Mitchell, PhD



Christine Courtois, PhD



Mark Sanders, LCSW



John Preston, PsyD



Don Meichenbaum, PhD



Colin Ross, MD



Robert Ackerman, PhD



Mary Woods, RNC, LADAC



Judy Crane, LMHC



Dug McQuirk

Disorders 10-13, 2014

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

FACULTY ALSO INCLUDES

Rex Briggs, MSW
Robert Eagan, CADAC
Margot Escott, LCSW,
Sandra Felt, LCSW,
E. Gail Horton, PhD,
Sheri Laine, LAC,
Naelys Luna, PhD,
Tammy Malloy, MSW,
Carmine Pecoraro, PsyD,
Arlene K. Story, LMHC
Kerry P. Taylor



Join Us on Clearwater Beach

Conference Site

Hilton Clearwater Beach Resort

400 Mandalay Avenue, Clearwater Beach, FL 33767

Phone: (727) 461-3222 or (800) 753-3954

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 8, 2014. There is a possibility that the room block will fill prior to January 8, 2014. Room rates at the Hilton Clearwater Beach Resort are: \$184.00 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 TIBH. Please be aware of hotel's cancellation policy.

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).

Alternate Lodging (2½ blocks from Hilton)

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101 Coronado Drive, Clearwater Beach, FL 33767

Phone: (727) 683-0002

Room rates until January 8, 2014 are \$149/night with parking of \$10/day. A limited number of government per diem rooms will be available. To reserve rooms, please contact Pier House 60 directly and mention US Journal Training Conference.

USJT 2014 Upcoming Spring Events

5th Annual

Counseling Advances Conference

LAS VEGAS, NEVADA • MARCH 19-21, 2014

12th National Conference on

Adolescents/Young Adults

LAS VEGAS, NEVADA • APRIL 24-26, 2014

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

Sunday • February 9

5:00-7:30pm

Early Conference Registration at Hilton

Monday • February 10

8:00am Registration Continued
Continental Breakfast

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9:00-10:30am Reach: Pushing Your Clinical Skills and Effectiveness to the Next Level



Scott D. Miller, PhD

Co-founder of the Center for Clinical Excellence, an international consortium of clinicians, researchers and educators dedicated to promoting excellence in behavioral health. Dr. Miller conducts workshops and trainings throughout

the world, helping hundreds of agencies and organizations, both public and private, to achieve superior results. Co-author of The Heart and Soul of Change: What Works in Therapy (2nd ed.); and The Heroic Client.

“The era of average is over.” Dr. Miller and colleagues have tracked thousands of clinicians identifying specific practices that separate highly effective from average clinicians. Participants will learn specific strategies that separate good from great and how to develop a profile of their most and least effective practices.

10:30-11:00am Refreshment Break

Breaks will be held each am and pm

11:00-12:30am Treatment of Complex Trauma Across the Lifespan: A Sequenced, Relationship-Based Approach



Christine Courtois, PhD

Psychologist in independent practice in Washington, DC and National Clinical Training Consultant for Elements Behavioral Health/Promises, Malibu & LA. Chair of the American Psychological Association's PTSD Guideline Development Panel. Past-President of Division 56 (Psychological Trauma) of the APA and a Founding Associate Editor of the

Division's journal, Psychological Trauma: Theory, Research, Practice, & Policy. Co-editor (with Dr. Julian Ford) of Treating Complex Trauma in Children and Adolescents, and Treating Complex Traumatic Stress Disorders: An Evidence-Based

Guide; Co-author of The Treatment of Complex Trauma with Dr. Ford.

Complex trauma refers to interpersonal victimization that is repeated, chronic, and long-lasting, that often begins in childhood and in the context of family or other significant relationships, and that has major developmental impact. It can result in patterns of re-victimization and continue over the lifespan or can begin in adulthood when it can cause developmental regressions and post-traumatic decline. This session offers an overview of typologies and of the various changes in the DSM 5 regarding the diagnoses of PTSD and the dissociative disorders. Treatment considerations will be discussed.

2:00-3:30pm CONCURRENT WORKSHOPS

Neurobiology of Addiction: The Addictive Brain

Carmine Pecoraro, PsyD, CAP

A licensed Psychologist & Neuropsychologist who has been in the field of counseling for over 20 years. Currently he is an Associate Professor and Program Coordinator for the graduate Master's of Science Degree in Mental Health Counseling at Springfield College's Tampa Bay Campus.

ASAM has defined addiction as “a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations.” In this workshop, participants will be introduced to the various aspects of neuroanatomy and the effects that several chemicals of addiction and addiction itself has on the neuroanatomy and neurochemistry of the brain.

The Relationships Among Spirituality, Attachment Styles and Axes I and II Disorders in the Treatment of Addiction

Tammy Malloy, MSW

Currently serving as Clinical Administrator in Phase I and Phase II of treatment at Behavioral Health of the Palm Beaches. She is also Associate Director of Research and conducts multiple internal research studies within her organization.

Naelys Luna, PhD

Currently an Associate Professor in the School of Social Work at Florida Atlantic University. She has been published in professional journals in the areas of substance abuse, mood disorders, and spirituality.

E. Gail Horton, PhD

Currently an Associate Professor in the School of Social Work at Florida Atlantic University, Boca Raton, FL. Her research focuses on substance abuse in adolescent and adult populations, with emphasis on spirituality and attachment.



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(Workshops continued from page 4)

The purposes of this presentation are to: (1) discuss the prevalence of Axes I and II disorders among individuals abusing substances, and their impact on treatment outcomes; (2) define and discuss attachment styles and the role of spirituality in the treatment of addiction; (3) discuss the relationship between attachment styles and severity of Axes I and II disorders; (4) present the results of several studies examining the complex relationships among Axes I and II disorders, attachment styles, and spirituality among substance abusers in a residential treatment setting; and (5) discuss clinical and treatment implications.

More Reach: Reaching Your Personal Best as a Clinician Step by Deliberate Step

Scott D. Miller, PhD

Building on material from the morning session, attendees will be given step by step, evidence-based instruction for using a profile to identify and eliminate weak spots while enhancing their effectiveness and efficiency. Each principle will be illustrated with videos of real life clinical work with challenging clinical encounters.

Trauma, Addictions, and Substance Abuse: Recognizing the Overlap and Interaction Between the Two

Christine Courtois, PhD

A history of trauma in childhood or later in adulthood (and especially from combat exposure), is found in many individuals with substance abuse and other addictive disorders. This history must be attended to during treatment to assist the client in understanding the interaction between the two and in relapse planning. Special attention will be given in this workshop to improving the practitioner's ability to identify and understand symptoms of trauma and their interaction with addictions.

4:00-5:30pm CONCURRENT WORKSHOPS

The Integrative Piece: The Value of Applying Oriental Medical Theory in the Treatment of Addictive and Mental Health Disorders

Sheri Laine, LAC, Diplomate AC

Author of the EnerQi Connection, Sheri is a nationally certified acupuncturist/herbologist licensed in Oriental Medicine. Director, Eastern Medical Arts, in the San Diego area for the past 27 years. Sheri writes a regular column, The Integrative Piece, for COUNSELOR Magazine.

Interactive workshop will explore the value of Yin/Yang Balancing Theory. We will discuss spirit or 'Shen' and how it relates to anxiety, depression, and sleep disorders. Participants will be introduced to the physiological Meridian energy fields, while gaining valuable tools to recognize and correct imbalances with themselves and their clients.

What Works in Drug and Alcohol Treatment: Translating Outcome Research into Strategies for Effective Clinical Practice

Scott D. Miller, PhD

Professionals are increasingly confronted with the prospect of trying to match difficult-to-treat clients with a dizzying array of "best practice" treatment models described in the literature. What does the research actually say works in the treatment of clients with drug and alcohol problems? This presentation will separate empirical fact from attention-grabbing fiction, translating 40 years of outcome research into practical therapeutic skills that have been shown to improve the outcome and efficiency of clinical services. Participants will learn how to tailor the principles and practices to the individual client and how to apply them to the most challenging situations, including work with mandated and co-occurring clients.

Synthetic and Non-Synthetic Popular Drugs of Choice: The Old vs. The New

Carmine Pecoraro, PsyD, CAP

There has been an increase of new synthetic substances along with some of the "oldies and goodie" drugs returning by popular demand. This workshop will introduce the participant to the neurobiological, physical and behavioral effects of these substances.

Co-occurring Disorders: Recovery and Wellness

Mary Woods, RNC, LADAC

CEO of Westbridge Community Services, she has worked with people with Co-Occurring Disorders for over 20 years in a variety of programs, including residential and community based services and has been an adjunct professor at the University of New Hampshire School of Social Work. The Past President of NAADAC and has also served on a number of state and national committees related to professional development, advocacy, and treatment.

Recovery in dual disorders is multifaceted and it is a journey into self-actualization which includes physical, emotional, and spiritual growth. This workshop will provide an overview of the following wellness/recovery components; tobacco cessation, sleep hygiene, strength based approach and spirituality. This focus will be on people who experience severe and persistent mental illness and co-occurring substance use disorders.

Trauma-Informed Care in the Treatment of Addictions and Substance Abuse

Christine Courtois, PhD

Elements of trauma-informed care and their overlap with and distinction from trauma treatment approaches will be presented in this workshop. Treatment for trauma and addiction must address both issues in an integrated way and has as its

(Program continued on page 8)

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Photo courtesy of Jim Garner, Seattle, WA

(Program continued from page 6)

foundation sobriety and safety. The current standard of care is to treat both issues concurrently.

**5:30pm Monday Evening
Reception and Networking
Overlooking the Beach**

Tuesday • February 11

8:00-8:45am Continental Breakfast

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**9:00-10:00am The Drive to Love: Neural
Foundations of Romantic Passion and
Love Addiction**



Helen Fisher, PhD

A biological anthropologist, Dr. Fisher is a research professor and member of The Center for Human Evolution Studies in the Department of Anthropology, Rutgers University, and Chief Scientific Advisor to the internet dating site

Chemistry.com, a division of Match.com. She has conducted extensive research and written five books on the evolution and future of human sex, love, marriage, and gender differences in the brain. Titles include Why We Love: The Nature and Chemistry of Romantic Love and Why Him? Why Her?: How to Find and Keep Lasting Love.

We will describe three primary brain systems for mating and reproduction; the sex drive; romantic love; and feelings of deep attachment. We will focus on the traits, evolution and brain circuits (using fMRI data) associated with intensive early stage romantic love, rejection in love, long-term love and love addiction. She concludes that the neural system associated with romantic love is a core component of the worldwide incidence of love addiction and crimes of passion.

10:00-10:30am Refreshment Break

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**10:30-11:30am Balancing the Brain:
High Yield Strategies for Enhancing
Outcomes in Counseling and
Psychotherapy**



John Preston, PsyD

Professor emeritus with Alliant International University, Sacramento and formerly on the faculty of UC Davis School of Medicine. Author or co-author of twenty-one books addressing

psychotherapy, mood disorders, PTSD, neurobiology, psychopharmacology and spiritual aspects of emotional healing and psychotherapy. He received the Mental Health Association's President's Award.

This talk focuses on specific action strategies for improving outcomes in the treatment of anxiety and depression. These include non-medical approaches to improving brain functioning and reducing psychological symptoms. Included are: exercise, sleep enhancement, circadian stabilization, high intensity light therapy and diet.

**11:30am-12:30pm Understanding and
Treating Trauma: A Dissociative Model**



Colin Ross, MD

Clinician and Researcher in the field of dissociation and trauma-related disorders; author of Dissociative Identity Disorder and Trauma Model Therapy; President of The Ross Institute.

Trauma in the light of a dissociative structural model of mental disorders is discussed. The model unifies a broad range of different disorders and leads to a unified treatment plan for the extensive comorbidity resulting from severe, chronic trauma.

2:00-3:30pm CONCURRENT WORKSHOPS

**Love Addiction and the Biology
of Personality
Helen Fisher, PhD**

Dr. Fisher discusses the biological foundations of four broad personality styles to hypothesize on how basic physiological temperament affects one's manner of loving and one's susceptibility to a variety of love addictions.

**Slipping Through the Cracks:
Intervention Strategies for Clients with
Multiple Addictions and Disorders
Mark Sanders, LCSW**

His most recent book is Slipping Through the Cracks: Intervention Strategies for Clients with Multiple Addictions and Disorders. He is a lecturer at the University of Chicago

Many chemically dependent clients have multiple addictions and disorders, which, if unaddressed, lead to chronic recidivism. They include hidden psychiatric disorders, unresolved trauma, unresolved grief, and process addictions. Participants will learn strategies to help them effectively address multiple addictions and disorders common among chemically dependent clients.

**Trauma, Depression and Borderline
Personality Disorder
Colin Ross, MD**

Depression is one of the core psychological consequences of trauma. Trauma Model Therapy for de-

(Workshops continued on page 10)

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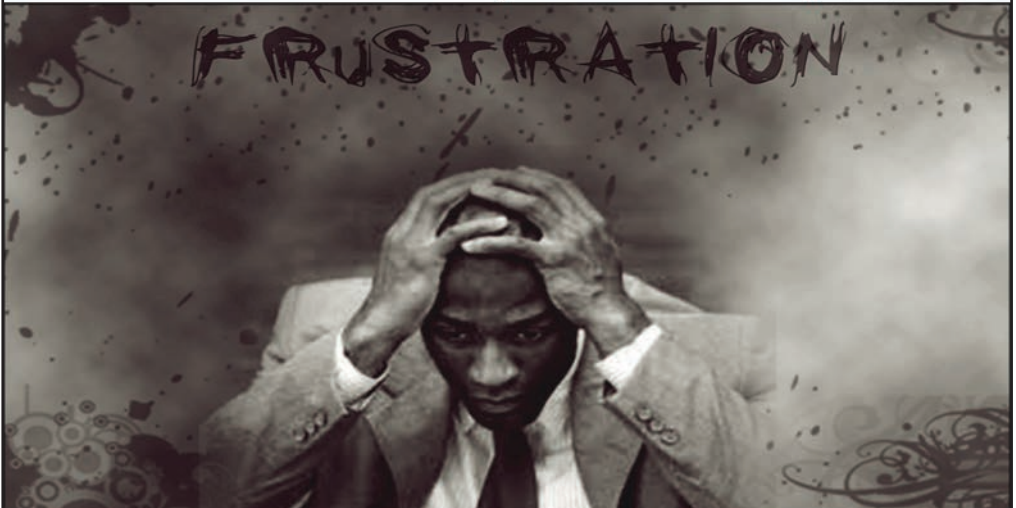
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FRUSTRATION

(Workshops continued from page 8)

pression utilizes classical cognitive therapy techniques plus a focus on grief, attachment conflicts and self-blame, all of which must be addressed in the trauma survivor. Therapy interventions for depression will be illustrated. The model accounts for the co-occurrence of borderline personality, trauma and depression.

Psychopharmacology Update: New Strategies and Controversies

John Preston, PsyD

This workshop reviews new developments in the field of psychopharmacology with a focus on new developments, controversies (e.g. antidepressants and increased suicidality), what drug companies do not want you to know, experimental medications (e.g. medications for PTSD), and the limitation of pharmacologic treatments. Also discussed is the use of over-the-counter medications.

3:30-4:00pm Refreshment Break

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4:00-5:30pm CONCURRENT WORKSHOPS

15 Strategies for Engaging the Most Difficult-To-Reach Clients with Substance Use Disorders

Mark Sanders, LCSW

Participants will leave this workshop with tools that will enable them to increase programmatic retention, decrease premature termination, and facilitate change more effectively with difficult-to-reach clients with substance use disorders.

Trauma and Eating Disorders

Colin Ross, MD

The relationship between psychological trauma and eating disorders is addressed. Using sexual abuse as an example, we will describe the dynamics of how eating disorder behavior can act as a defense against unresolved trauma. Environmental as well as genetic influences are covered.

Bipolar Spectrum Disorders

John Preston, PsyD

This talk explores new criteria for diagnosis, manifestations and specific pharmacological treatment guidelines. Additionally, the workshop covers important strategies for lifestyle management and empirically validated approaches and psychotherapies that target those suffering from bipolar disorders.

Power-Up Recovery . . . It's Real & It's Lasting

Kerry P Taylor

Retired NFL football player, Certified Strength and Conditioning Specialist, an AOD certified instructor, the Speed and Conditioning Director in the state of Rhode Island and owner of 212 Health and Performance.

Robert Eagan, CADAC

A Certified Alcohol and Drug Addiction Counselor who devotes his life to helping others overcome their addictions through treatment.

Focusing on wellness increases understanding of how a healthy lifestyle contributes to long-term recovery and sobriety, and exercise counteracts some of the physical symptoms of withdrawal that patients experience early in the recovery process. This workshop aids in discovering new activities that are part of a healthy, addiction-free lifestyle and taking a proactive role in your own recovery.

Recognition and Prevention of Medical Errors: Skills for Mental Health and Substance Abuse Staff

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

Margot Escott, LCSW

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

Preventable medical errors are still a concern in behavioral health, and this session will describe the risk of medical errors, their patterns and strategies to reduce them.

7:00-8:30pm Tuesday Evening Program The Future of Addictions Treatment in America

Mark Sanders, LCSW

This presentation will outline contextual changes in key areas that will influence the future of addictions treatment, including: The New Healthcare Initiative; New Partnerships; New Funding Streams; Recovery Mutual Aid Groups; The Need for Recovery Industries; Recovery Schools; New Recovery Research; Technology in Recovery; and Substance Use Trends and the Economy.

Wednesday • February 12

7:00-8:00am Power-Up Recovery Morning Boot Camp

Kerry P Taylor and Robert Eagan

Health and fitness activities are an important part of recovery. Power-Up Recovery is a motivational boot camp designed to inspire participants to be their best physically, and then to apply the same intensity and drive that they demonstrate in the workout room to every aspect of their lives.

9:00-10:00am Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement



Clifton Mitchell, PhD

Licensed psychologist and Professor of Counseling at East Tennessee State University. Author of Effective Techniques for Dealing with Highly Resistant Clients, and has published in many journals including the Journal of Personality Assessment, Journal of Psychological

Type, and The Professional School Counselor. His research includes investigations of subliminal message tapes, stress and coping, PMS, and personality styles. He has trained thousands of mental health professionals in the management of difficult, perplexing legal and ethical issues in a game show format.

Participants will learn how to program the first computer you ever owned--your mind. This entertaining, educational presentation teaches the primary principles governing how your mind-computer works and provides the essential tools for effective mind-management. Understanding these principles will radically intensify the impact of your counseling communications upon clients and increase your therapeutic effectiveness.

10:00-10:30am Refreshment Break

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10:30-11:30am 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 outpatient practices; hypnotherapist and specialist for healing sexual trauma and addiction.

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.

11:30am-12:30pm I’m Trying Every Technique I Know but Nothing Happens: Understanding the Importance of Social Context and Precursors to Facilitate Change



Robert Ackerman, PhD

Professor and Program Director of Sociology, University of South Carolina at Beaufort. Editor of COUNSELOR, The Magazine for Addiction Professionals. 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 and Silent Sons.

Change and recovery do not occur in a vacuum. Just as an individual’s negative behavior is often influenced by others so too is the desire, motivation and setting for change equally impacted by others. We will explore the impact of the social context on personal change and recovery.

2:00-3:30pm CONCURRENT WORKSHOPS

Legal and Ethical Issues for Counselors: The Game Show

Clifton Mitchell, PhD

This seminar will address the legal and ethical duties of mental health professionals with regards to critical incidents involving boundary issues, informed consent, confidentiality, elder abuse, insurance fraud, treatment mandates, suicide obligations, and advertisements. Foundational concepts of codes as well as a study of legal terms with which mental health professionals should be familiar will be included. Some specific terms and concepts that will be addressed include: autonomy, beneficence, nonmaleficence, justice, fidelity, malfeasance, nonfeasance, liability, good faith.

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; contributing 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.

The Faces of Trauma: Unravel the Trauma Story—Understand the Addiction Story—Create the Recovery Story

Arlene K. Story, LMHC, TEP

Certified Trainer, Educator, Practitioner (TEP) in Psychodrama, Sociometry, and Group Psychotherapy and is a Certified Sex Addiction Therapist Supervisor (CSAT-S). She has conducted thousands of training seminars throughout the U.S and in Europe, and is currently the Clinical Program and Staff Development Coordinator at The Refuge—A Healing Place in Oklawaha, FL.

This is the process of healing from our addictions. The faces of trauma show up in many ways in our lives, especially through acting out behaviors and addictions. When we address the symptoms of addiction without addressing the underlying trauma, we are left with the trauma wounds that will only manifest in other self-destructive or addictive ways. This experiential and didactic workshop will focus on looking at the whole story as we walk through the journey of healing through psychodrama.

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 are maintained. Instead of helping, they now cause harm by limiting the potential to develop healthy behaviors. Examples of self-defeating behaviors include procrastination, defensiveness, perfectionism and isolation.

4:00-5:30pm CONCURRENT WORKSHOPS

Legal and Ethical Issues for Counselors: The Game Show Part II

Clifton Mitchell, PhD

Case examples will be presented from which to consider proper legal and ethical actions and mandates. A state of the art audience response system will be incorporated from which attendee answers to various scenarios can be graphed and examined to discover where additional learning and clarification is needed.

Ways to Treat Clients with Prolonged and Complicated Grief

Donald 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, Roadmap to Resilience

Following a significant loss, whether it is of a loved one or some other form of loss (financial or

job loss, loss of property due to natural disasters, physical capacity due to injury, cultural or spiritual loss due to victimization), the severity of bereavement often subsides. In a minority of cases (10% -20%), some individuals evidence prolonged and complicated grief that interferes with their daily functioning. This presentation will consider what distinguishes this effected group and ways to assess and intervene at the individual, familial and community levels. A variety of interventions will be considered to help the bereaved to reengage and reconnect.

Silent Sons & Perfect Daughters: Appreciating Gender Differences in Treatment

Robert Ackerman, PhD

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.

DSM V at the Movies

Margot Escott, LCSW

There are many changes in the DSM V that are significant for therapists. Some of these changes are removal of multi-axial system, inclusion of PTSD, removal of the bereavement exclusion and substance abuse/disorders. By using film clips from movies and television, we will illustrate some of these changes and how they impact our field.

The Essential Search for a Client's Missing Sense of Self

Sandra Felt, LCSW

Board Certified Diplomate in Clinical Social Work with 30 years experience in private practice treating survivors of extreme childhood trauma. She once directed a child abuse treatment research program and is currently completing a book about trusting the call to come fully alive.

When clients are “not home,” what exactly is missing? Why is it essential to connect with a client's sense of self and how do we do it? The sense of self is defined as a key developmental issue strongly impacted by childhood trauma. Six specific tools to strengthen it are delineated.

7:00-8:30pm **Wednesday Evening**

Running With Our Hair On Fire: It May Be Normal, But It's Not Healthy
Rex Briggs, MSW

Author of Transforming Anxiety, Transcending Shame. Yearly selected speaker at the Anxiety Disorders Association of America conferences since 1986. Over 25 years in practice specializing in treating anxiety and stress-related conditions. Conducts a private practice in Rapid City, South Dakota.

An overall picture of the prevalence of the number one condition affecting humans today—Anxiety. The lecture will describe how we create it, what we can do to better manage it, and what we can learn to eliminate it in our lives.

Thursday • February 13

8:45-10:15am The Emerging Neurobiology of Resilience: Implications for Psychotherapeutic Interventions



Don Meichenbaum, PhD

In the aftermath of traumatic and victimizing experiences, some 75% of individuals will be impacted, but they go onto evidence resilience, and

in some instances, Post Traumatic Growth. In contrast, 25% of trauma exposed individuals experience persistent adjustment problems, PTSD and related comorbid psychiatric disorders. This presentation will consider what distinguishes these two groups and examine the neurobiology of resilience.

10:30am-12:00pm

CONCURRENT WORKSHOPS

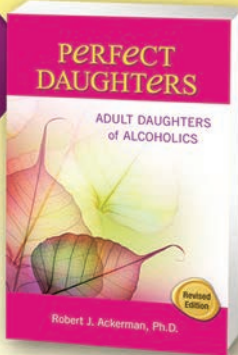
Learning Mindfulness Techniques to Calm Our Minds; Learning to Respond Instead of React to Life
Rex Briggs, MSW

This presentation will describe three things we can learn to do simultaneously to effectively calm our self and take charge of our stress level. Part of living mindfully is developing awareness of our unconscious thoughts so we can begin to adjust our thinking and thus our attitude. These skills become a platform for learning to live more mindfully, and to deal more effectively with stressors.

(Workshops continued on page 14)

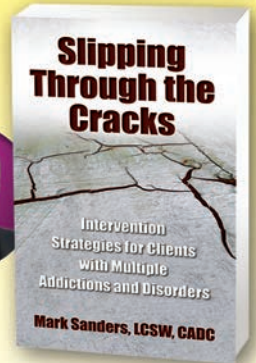
meet the **AUTHORS** ...

Robert Ackerman, PhD
Item: 9527 • \$14.95

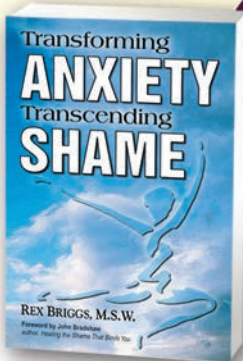


This revised edition is a pivotal book in the ACoA movement, contains updated information throughout the text as well as completely new material on eating disorders and abuse.

Mark Sanders, LCSW
Item: 5720 • \$14.95



A sourcebook for working with difficult to reach clients who do not fit neatly into the rubrics of an evidence-based practice. This is a concise guidebook to effective strategies that will be useful to anyone working with clients who have both mental health and substance abuse issues.



Rex Briggs, MSW
Item: 7222 • \$11.95

By sharing his personal triumph over excessive anxiety, as well as his clients' successes, the author offers readers the confidence and the tools they need to reclaim their lives.

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(Program continued from page 13)

Ways to Enhance Compassion Toward Oneself and Others

Don Meichenbaum, PhD

Compassion is a positive emotion that enhances the recovery process from trauma exposure and victimization experiences. This presentation will consider a variety of intervention strategies designed to enhance compassion toward self, others, and where indicated, toward God. These strategies include forgiveness activities, gratitude exercises, loving-kindness meditation, engaging in meaning-making activities and altruistic behaviors.

Specific interventions that address guilt, shame, anger, and moral injuries will be considered.

Six Stages of a Traumatic Experience = Six Places to Get Stuck

Sandra Felt, LCSW

Trauma is not a simple experience. Six distinct stages help us identify which aspects require our specific focus to complete healing. Six different kinds of related flashbacks give us the clues. The clinician's role includes teaching flashback skills, managing safety issues, and completing the flashbacks.

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.

US Journal Training, Inc. is an approved provider by: National Association of Alcoholism and Drug Abuse Counselors (NAADAC). Provider Number 000194.

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Florida Certification Board, Inc. Provider #17A.

State of Florida Agency for Health Care Administration for Mental Health Counselors, Clinical Social Workers and Marriage/Family Therapists. Provider Number 50-2076.

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

California Board of Behavioral Sciences. Provider Number PCE 78. Course meets the qualifications for up to 24 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 24 PDHs. (Approved for last year's conference.)

Florida Board of Nursing. Provider Number 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.

US Journal Training, Inc. is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events (or programs) that meet NBCC requirements. Sessions for which NBCC-approved clock hours will be awarded are identified on the program Web site. The ACEP is solely responsible for all aspects of the program.

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.

Program 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. Identify symptoms of trauma and PTSD and appropriate therapeutic treatment for a range of co-occurring disorders.

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs by January 2, 2014. We cannot ensure the availability of appropriate accommodations without prior notification.

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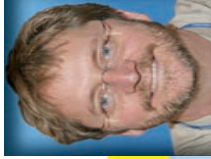
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