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*The 7th Annual*

# **West Coast Symposium On Addictive Disorders**

*June 2-5, 2016*

**La Quinta Resort & Club, La Quinta, CA**



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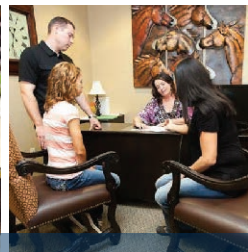
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# Welcome to the 7th Annual WCSAD Symposium

**NETWORKING. RELATIONSHIPS. RESULTS.**

**JUNE 2 – 5, 2016**

C4 Recovery Solutions (C4) is honored present the 7th annual West Coast Symposium on Addictive Disorders. The mission of C4, a non-profit organization, is to improve the accessibility and quality of addiction treatment, and to promote long-term recovery solutions. C4 uses four Cs - Collaboration, Convening, Conferencing, and Consultation to achieve its goals. In addition to WCSAD, C4 operates three other premier addiction conferences – CORE (Clinical Overview of the Recovery Experience), CCSAD (Cape Cod Symposium on Addictive Disorders), and AXIS (addiction eXecutives industry summit). We invite you to explore our array of educational opportunities.

We are indeed grateful for the commitment and support of the organizations that have made WCSAD possible. The agencies represented range from local 12-step groups to national and international corporations, yet each focuses on providing support and assistance to people struggling with addictive disorders. Their continued support and involvement has enabled the Symposium to continue to offer the broadest, most challenging education at very cost-effective rates. We welcome you to become part of the C4 Recovery Solutions family.

C4 is excited to announce the debut of the heART and Science of Addiction workshops in collaboration with the Pacific Southwest ATTC to focus specifically on emerging research and its impacts and application for the addiction professional. We offer a special debt of gratitude to our Collaborators as well as our Platinum, Gold, Silver, and Bronze Patrons, who with their generous support and underwriting, allow us to continue to provide you with the best return on your investment of time, energy and money.



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# Schedule of Events

## Wednesday, June 1

6:00 PM – 8:00 PM Registration—La Cita

## Thursday, June 2

Annual WCSAD Golf Tournament – Sponsorships Available!



**WCSAD Golf Tournament**  
**Thursday, June 2**  
**Shotgun Start at 7:30 a.m.**

La Quinta Resort Mountain Course  
Soaring Peaks and Challenging Play Elevate the Palm Springs Golf Experience. Famed for its unique Pete Dye design, playability and stunning visuals, this ultra-challenging course nestled at the base of the Santa Rosa Mountains features pot bunkers and rock formations, as well as incredible elevations of tee boxes and well-bunkered greens. Ascending to the top of the elevated tee box of the signature 16th enables you to fully appreciate the majesty of this course, named one of Golf Magazine's Top 100 You Can Play.

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## PRE-SYMPOSIUM

### Thursday, June 2

7:30 AM – 5:00 PM

2:00 PM – 5:00 PM

5:30 PM

Registration — La Cita

Exhibitor Set up

Exhibit Hall Opens — Fiesta Ballroom

**Pre-Symposium - All Day Workshops: 8:30 AM – 5:00 PM**

### #101. Creating Effective Family Therapy Programs Using Action Methods *(Part of the IAFAP Family Track)*

Jean Campbell, MSW, LCSW, TEP & Jim Tracy, DDS, MA, MFTi, CP, PAT, LAADC, BRI II |  **Supported by Cycles of Change, Balboa Horizons, Cirque Lodge**

*Level of Instruction: All*

When families come to a family program, they're often so anxious, consumed with shame and traumatized by addiction that they can't retain much information, let alone integrate any of it. So trying to teach them through power point presentations and lectures is not effective. By utilizing sociometric exercises to connect them with each other, we can lower their anxiety and warm them up to change, which allows them to truly integrate what is being taught, practice new ways of responding when their impaired family member completes treatment, and be open to doing their own work. In this didactic and experiential workshop, we will demonstrate effective techniques for engaging and working with family members that you can immediately take back to your own clinical setting.

**#102. Progress, Not Perfection—Principles of Process Driven Care**

Andrea Barthwell, MD, FASAM |  **Supported by Two Dreams**

*Level of Instruction: Intermediate*

Search treatment, or any number of treatment-related key words (i.e., sleep hygiene, non-twelve step recovery, luxury and tennis courts, etc.) in any search engine and it's easy to see that there is fierce competition for the public's newly minted ACA cards. These cards can pay for treatment or generate so much unrelated income from laboratory medicine (read- Urine Drug Testing [UDT]) that a provider can scholarship the whole treatment episode. So, what is a licensed clinician or mission-driven recovering person with a license to do when she finds herself working in a 28-day revolving door treatment mill? Answer: Focus on the NOW (no other way) within the setting and 1) declare your intention, 2) set your direction, and 3) put truly individualized treatment plans into action. While you may not be able to change the direction or purpose of the system, you can work with personal integrity and expect progress, though not perfection, in your efforts to provide excellent clinical care. How? With a focus on a) assessment for treatment planning, b) delivery of treatment services for outcomes, c) transition management for stability and resilience, and d) monitoring for success. While the horse providing equine therapy may be more fetching than you, he will not be as capable as when you employ Dr. B's clinical pearls.

**Pre-Symposium – Morning Workshop: 8:30 PM – 12:00 PM**

**#125. Treating Adolescents & Their Families: Distinct Challenges, Unique Opportunities**

Adrian Hickmon, PhD, MA, MEd, LPC-S, LMFT-S, LADAC, CSAT-S, CMAT-S, CTT, EMDR I |  **Supported by Capstone Treatment Center**

*Level of Instruction: All*

The current population of adolescents and young adults, the first generation to have grown up in the age of the internet, is virtually an entire cohort of vulnerable hosts to addictions including chemical, high risk sex, pornography and more. This presentation focuses on how to effectively treat this population with paradigm adjustments that fit their distinctive landscape including; neurobiology, family context, and culture, as well as the unique therapy opportunities therein. The significant differences between adolescents / young adults and fully matured adults are examined along with implications for treatment that can vastly improve outcome success.

**Pre-Symposium Afternoon Workshops: 1:30 PM – 5:00 PM**

**#150. The Interface between Addiction, Trauma, and Suicide**

Adele Ryan McDowell, LADC, LPC, PhD

*Level of Instruction: Intermediate/Advanced*

Like a Venn diagram with its intersecting circles, addiction, trauma, and suicide share common ground. In this workshop, we will explore the points of intersection and overlap. We will examine the fall-out from unresolved trauma and the influence of addiction on both trauma and suicide. Further, we will discuss how both trauma and addiction impact suicide and answer the question “Is addiction a slow form of suicide?” We will examine the pervasiveness of all three elements and their potent interrelationships.

The formidable overlap begs the questions, what came first, does it matter, what do clinicians address first, and how do we best serve our clients?

**#151. Living Out Loud: Psychodrama Sculpts Recovery (Part of the Rosewood Eating Disorder Track)**

Lee Neagle, MA |  **Supported by The Rosewood Institute/Rosewood Centers for Eating Disorders**

*Level of Instruction: Introductory/Intermediate*

Psychodrama experiential approaches are essential to addiction treatment because it facilitates a much needed journey into feelings. Psychodrama techniques increase access to emotions that otherwise create barriers to recovery. The open minded practitioner can use these visual and action oriented techniques to help their patient “break-through” defenses and provide “a picture” of unresolved core issues. Practitioners will observe a family sculpt, then learn techniques such as empty chair, roles, inner child, anger discharge approaches, grief work, and the use of props. These techniques will support a client's ability to see how their addiction history is interrelated, with emphasis on how to work with trauma without “re-traumatizing” your client.

# Schedule of Events


## Hors d'oeuvres & Networking Reception: 5:30 PM – 6:45 PM



*Please come celebrate the opening reception of the 7th Annual West Coast Symposium on Addictive Disorders hosted by Infinity Behavioral Health with a delicious Hors d'oeuvre reception in the Fiesta Ballroom & Exhibit Hall.*

## Opening Plenary: 7:00 PM – 9:00 PM

### #199. Leadership: The Journey to Authenticity

Miles Adcox, Paul Alexander, Lizzy McGlothlin, & Mike Neatherton |  Supported by Onsite & Northbound Treatment Services

*Level of Instruction: Intermediate*

How do we assist in developing the next generation of leaders? How does our ability as leaders to engage in an authentic, accountable, empowered, courageous, and compassionate manner affect our organizations, strategic partners, and our industry as a whole? How does our own personal growth work translate into a more balanced approach to work, family, and health and positively impact the lives of those we serve and make us more effective leaders? How does the emotional health of you and your staff impact your outcomes and your bottom line?

In this interactive and engaging presentation we will discuss and demonstrate the connection between vulnerability based trust, honesty, transparency, and organizational health. We will discuss the necessity of developing self to develop the leader. To get there, we will explore the common challenges that hold us back, and how our formative experiences as people play out in the workforce, and ways in which our own self-doubt and fears can restrict our ability as leaders to make brave choices.

## Friday, June 3

7:00 AM – 8:00 AM

Open 12 Step Meeting

7:30 AM



Hospitality Area Opens — Exhibit Area #57

Coffee & Tea Available all day hosted by Sunspire Health

7:30 AM

Registration Opens

7:30 AM – 8:30 AM

Continental Breakfast in the Exhibit Hall  
hosted by Evolve Treatment Centers





8:30 AM – 10:00 AM

**Join TPAS at WCSAD:** Treatment Professionals in Alumni Services (TPAS) is dedicated to sharing proven best practices for supporting treatment center alumni in their recovery efforts. In the addiction treatment industry, there is much talk about Recovery Oriented Systems of Care (ROSC) that offer a comprehensive menu of services to meet our clients' needs. Alumni Services or Recovery Support Services are poised to be an integral part of this recovery paradigm conversation. Join the TPAS meeting and learn how alumni programming and activities can be integrated into the continuum of care at your treatment organization. Whether you already have an alumni program or are thinking about starting a program, take advantage of this opportunity to network with your alumni professional colleagues.



## Treatment Professionals in Alumni Services

Recovery through Collaboration

Friday All Day Sessions: 8:30 AM – 5:45 PM

### #200. SAP Qualification and Requalification Training (DAY 1 OF 2—MUST COMPLETE DAY 2 ON SATURDAY)

Steven Garnham, MEd, LEAP, LAP-C |  Supported by Banyan Treatment Center

*Level of Instruction: Intermediate*

Effective January 1, 2004, before you can serve as a Substance Abuse Professional under the D.O.T. Regulations, you must have received 12 hours of qualifying training and then pass a qualifying examination. In addition, those qualified as SAP's must complete 12 hours of continuing education relevant to the SAP function, including recent updates in the regulations. This course contains the latest information.

### #201. Clinical Challenges in Opioid Prescribing: Balancing Safety and Efficacy

James Finch, MD & Stephen Wyatt, DO |  Supported by SAMHSA

*Level of Instruction: Intermediate*

This all day course consists of core modules that focus on best practices and evidence-based clinical protocols for the use of opioids in the treatment of pain. Topics addressed through lectures and case discussions include (1) strategies for patient selection, risk assessment, and education, (2) techniques for effective patient monitoring, (3) the risks and benefits of opioids, as well as how to incorporate clinical techniques and office policies and practices that reduce risk and enhance patient outcomes, (4) the use of state Prescription Drug Monitoring Programs (PDMPs) to reduce risk and rapidly detect problems, and (5) why, when, and how to stop prescribing opioids and pursue other treatment options.

Friday Morning Plenary: 8:30 AM – 10:00 AM

### #210. Trust the Process

Andrea Barthwell, MD, FASAM |  Supported by Two Dreams

*Level of Instruction: Intermediate*

Behavioral Health Programs are popping up like daffodils in spring- often inspired by a great piece of beach-front property, an idea, or the potential to cash out in 5 – 7 years. NIDA has defined the elements of treatment but many new programs resist adoption of these scientifically derived principles in favor of ones own recovery experience or a branded treatment model (packaged empirical ideas or research ideas without attribution) promoted by a charismatic speaker who is on the road so much you wonder when he has the time to see patients. Dr. Barthwell will compare and contrast two treatment processes that focus on disparate outcomes and setting informed by a comprehensive bio-psycho-social-spiritual-emotional assessment which is used to develop actionable treatment plans aimed at producing resilient, sustained recovery. The notion, and necessity, of a track for a certain condition (i.e. trauma, PTSD, pain, etc.) in the treatment setting will be explored.

# Schedule of Events

Morning Break Hosted by Alo house Recovery Centers:

10:00 AM – 10:45 AM



Friday Mid-Morning Workshops: 10:45 AM – 12:15 PM

## #225. Reclaiming the Body: Treating Trauma and Eating Disorders (*Part of the Rosewood Eating Disorder Track*)

Dena Cabrera, PsyD |  Supported by The Rosewood Institute/Rosewood Centers for Eating Disorders

*Level of Instruction: Introductory/Intermediate*

Exposure to trauma during childhood is a risk factor for eating disorders in teenage years and adulthood. The prevalence and relationship between eating disorders and trauma are significant and needs to be understood and treated concurrently. This workshop will focus on the role of childhood adversity, especially sexual, emotional, and physical abuse as a risk factor for anorexia, bulimia and binge eating disorder. Understanding the mind, body, and soul connection in working with trauma and eating disorders will be discussed an overview of effective treatments will be reviewed such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), as well as other experiential movement treatments. Tools will be offered in this engaging workshop.

## #226. Three Steps, Three Hours: Start Saving Lives

Ian Gershman, MBA, MA, CADC, CPI

*Level of Instruction: All*

So much time is spent “working” the first three steps. This saves a few, confuses many, and causes plenty to disengage from treatment and relapse. This workshop gives a practical curricula for delivering and helping clients “take” the first three steps, although that is a misnomer as well because the only thing our clients need to do is understand these steps. The arguments are too compelling, and delivered in this format impossible to refute. The workshop will change the language of treatment and the steps hopefully, for many, returning it to the original intent and actions as the steps were intended. Understanding of the first three steps allows clients to move to the real heart of the work they have to do to build a strong foundation for recovery. Keeping the steps simple, straightforward and delivering them quickly while embedding them in our clients’ minds, allows them to get there.

## #227. Elite Patient Populations: A New Paradigm in Culturally Competent Care

Paul Hokemeyer, PhD, JD |  Supported by Caron Ocean Drive

*Level of Instruction: All*

While the treatment community has effectively marketed their services to high end patients and their families, there has been a lag in the recognition of this minority group of human beings as a culturally distinct group deserving of specialized treatment interventions. In this thought provoking presentation, Dr. Paul Hokemeyer, an internationally renowned expert in the unique identity constructs of elite patients and their families, will guide the participants through a discussion of why this needs to change and how the professionals who market to and work with this population can provide culturally relevant and clinically effective care.

## WCSAD Program Goals & Objectives

**GOALS** – to increase participants’ awareness, knowledge and skills related to effective substance use or abuse prevention, treatment and recovery, program administration and system development.

**OBJECTIVES** – participants will be able to: apply clinical skills from a broad range of professional core functions including assessment, therapeutic approaches; cite advances in the addiction field resulting from research and practice innovations; and discuss key issues such as cultural diversity, gender issues, sexual orientation and age-specific differences in relation to clinician/client interaction.

## #228. Lesbian Love Addiction: Understanding the Urge to Merge and How to Heal When Things Go Wrong

Lauren Costine, MA, PhD

*Level of Instruction: Advanced*

Lesbian Love Addiction: Understanding the Urge to Merge and How to Heal When Things Go Wrong makes visible the elements of love addiction that many lesbians suffer from. It shows why love addiction has made many lesbians incredibly unhappy. First it demonstrates to attendees why lesbians merge: how the female brain, childhood trauma and attachment styles impact addictive tendencies in lesbian relationships, how the female brain works and why the relationship with the mother uniquely affects the lesbian's sense of self. It then uses some traditional techniques such as 12-step tools, family of origin work and depth psychology. Finally, attendees will be led through lesbian-affirmative techniques, which help clinicians recognize and guide their lesbian clients toward recovery. The goal is to help them learn healthy dating—and eventually, the ability to sustain healthy relationships. This is precisely the thing all love-addicted lesbians crave, but often struggle for decades to achieve without help.

## #229. Stop the Gambling Train

Gary Lange, PhD, LMFT, ICGC, BACC, CAS

*Level of Instruction: All*

Different kinds of problem gamblers, other possible addictions, co-occurring disorders and potential consequences will be reviewed. Guidelines are offered for determining whether someone has a Gambling Disorder, how it compares and contrasts with Substance abuse and the best ways to involve others, support groups (e.g. GA, Celebrate Recovery) and new healthy behaviors that assist switching directions toward health and happiness. Part of the presentation reviews the effects of problem gambling on family members, youth, seniors and employers. Intervention techniques, stress management, trust, acceptance and hopeful alternatives are offered to assist the gambler and their families as well. Stopping a gambling addiction may take miles and an enormous amount of braking power to stop the train of gambling/other addiction before someone can proceed in the opposite direction of recovery. The stopping time and distance involved is also dependent upon the amount of freight (perhaps the severity of the addiction).

## #230. They're Going to Ban Smoking in Our Treatment Centers! An Ethical and Scientific Look at Tobacco Harm Reduction

Jack Kearney, MDiv, CATC IV, CATE |  **Supported by California Association for Alcohol & Drug Educators (CAADE)**

*Level of Instruction: All*

Recent research has shown that helping people quit smoking while in treatment may support long-term sobriety. The goal of the workshop is to examine the clinical, scientific, ethical and legal issues involved, particularly the use of Tobacco Harm Reduction (THR) and electronic cigarettes.

## #231. Shame Resilience—Parallel Processes—Heroic Families (Part of the IAFAP Family Track)

Louise Stanger, EdD, LCSW, BRI II, CIP & Jeffrey Merrick, ESQ |  **Supported by All About Interventions**

*Level of Instruction: Intermediate/Advanced*

This lively workshop will take a new look of how we engage Families in The Recovery Processes. Shame Resiliency, Parallel Processes, Crucial Conversations will be intertwined with evidenced based modalities such as MI and SFT. Case examples will allow participants to develop new skills for engaging the entire family in a quest for health and wellness.

## #232. Contingency Management/Motivational Incentives (Part of the heART & Science of Addiction Track)

Albert Hasson, MSW |  **Supported by Pacific Southwest Addiction Technology Transfer Center (PSATTC)**

*Level of Instruction: Introductory*

Research has demonstrated the effectiveness of treatment approaches using contingency management (CM) principles (also known as motivational incentives), which involve giving patients tangible rewards to reinforce positive behaviors such as abstinence or group or individual session attendance. Researchers have found that using low-cost reinforcements (e.g., prizes, vouchers, clinic privileges) in conjunction with on-site urine screening is an effective supplemental strategy in the treatment of substance use disorders. The use of motivational incentives in treating substance



# Schedule of Events

use disorders helps to develop a therapeutic culture centered on affirmation and celebration. Like motivational interviewing, motivational incentives address patients' ambivalence about stopping or reducing alcohol and other drug use. While motivational interviewing is a therapeutic approach that helps patients make the decision to pursue recovery, motivational incentive programs help patients modify and change a specific behavior.

## Friday Luncheon: 12:15 PM – 1:45 PM



*Join us for a delightful complimentary luncheon and discussion hosted by Sunspire Health (Pre-registration required)*

### #250. Bringing MAT to Residential Treatment: To Change is Hard, To Not Change is Fatal

Jonathan Horey, MD |  **Supported by Sunspire Health**

*Level of Instruction: Intermediate/Advanced*

Opioid use disorders (OUDs) are one of deadliest types of addictive illnesses, resulting in more than a 500% increase in overdose deaths between 1999 and 2011. As a result of increased management of prescription opioids, the subsequent increase in heroin overdoses further demonstrates that OUDs are a serious public health crisis. Ironically, opioid use disorders have the most effective medications that can be administered as part of Medication Assisted Treatment (MAT). Unfortunately, these medications have historically been underused, and continue to be unavailable to the majority of patients requiring them. In response to this crisis, the Obama administration has asked Congress to allocate 1.1 billion dollars towards tackling this epidemic. Insurance providers are also increasingly demanding that substance use disorder treatment facilities utilize MAT as part of their treatment protocols in order to be reimbursed. Despite the financial incentive, many treatment facilities have found it challenging to integrate MAT into their treatment programs. Dr. Horey will discuss the challenges of implementing MAT as a national policy, as well as individual patient and provider barriers using the paradigm of Sunspire Health's transition to an MAT driven treatment program.

## Friday Early Afternoon Workshops: 2:00 PM – 3:30 PM

### #251. The Assessment and Management of Non-Suicidal Self Injury in Patients with Eating Disorders and Addictive Disorders (*Part of the Rosewood Eating Disorder Track*)

Nicole Garber, MD |  **Supported by The Rosewood Institute/Rosewood Centers for Eating Disorders**

*Level of Instruction: Intermediate/Advanced*

The attendees will learn about the background of non-suicidal self-injury including epidemiologic data, clinical presentations, and risk factors. They will learn how to thoroughly assess self-injury and learn about treatment including pharmacology and therapy. The attendees will also learn about common reactions to self-injury by parents, school personnel, and clinicians and how to manage and discuss self-injury with these diverse groups. Finally attendees will learn about and how to manage the contagion effect of self-injury.

**#252. Cannabis—Implementing Successful Clinical Strategies**

Brian Hurley, MD, MBA & John Douglas, MD, MBA |  **Supported by Silver Hill Hospital**

*Level of Instruction: Introductory/Intermediate*

Cannabis sativa is the plant whose leaves are dried to make marijuana. In an evolving legal landscape, cannabis use has become increasingly prevalent, particularly among teenagers and young adults. In this context, addiction providers are on the front-lines in addressing the consequences associated with the changing landscape of cannabis use. This session will introduce the major forms of cannabis related-products for recreational use and will demonstrate how to assess and manage cannabis intoxication and withdrawal, and approach the treatment of cannabis use disorders. This workshop will use a case example to illustrate clinical assessment and treatment options for patients who use cannabis. Audience members will be invited to participate in a facilitated case discussion and asked to develop a diagnostic assessment, identify what additional data they would seek, and identify which treatment approaches they would utilize.

**#253. The Science of Unmanageability**

T. Roland Reeves, MD, FACS, ABAM |  **Supported by Destin Recovery Center**

*Level of Instruction: All*

Addiction is propelled by a physical and mental need for relief. Those with the disease have a brain that has “learned” that specific substances provide that relief. These substances become a motivational trump card over other natural biological needs. A biological imperative to obtain a substance controls thoughts, feelings and motivations that can be delusional, and they drive addiction. The neurobiology of this imperative shows where powerlessness starts. The pathway from instinct brain to thinking brain moves in one direction which also explains why will power is ineffective in achieving wellness. Awareness, mindfulness, and spirituality can restore abnormalities in the brain that are leading to addiction, and provide relief that previously was only found with the use of a substance. Research demonstrates these processes convincingly and will be reviewed. Knowledge of these processes can direct treatment.

**#254. Clinical Application of Genetic Testing with Co-Occurring Clients**

Juan-Sebastian Saldivar, MD, FACMG & Patricia Allen, MSN, PMHNP-BC |  **Supported by Summit Behavioral Health**

*Level of Instruction: Intermediate*

More than 65% of those with substance use disorders also suffer from a mood or anxiety disorder. For the past decade pharmacogenetics has emerged as a promising clinical tool for the treatment of those with co-occurring disorders. This testing enables individualized treatment and offers the client and practitioner valuable information that can positively impact the course of treatment. Many of our clients come to us with unresolved or worsening symptoms, a history of treatment non-compliance, or premature discontinuation of prescribed medications due to the medication not working or intolerable side effects. Genetic testing guides the prescriber, individualizes care, educates the client, and facilitates a clinical partnership that empowers the client and supports recovery. Participants of this workshop will learn how to review the genetic test and will be given techniques in how to utilize this data in counseling their patients and in forming continuing care plans. This workshop will use case studies which demonstrate the clinical value of genetic testing, its impact on clinical outcomes for clients with co-occurring disorders, and reduces the stigma that is a barrier to treatment.

**#255. Attachment Theory, Trauma Resolution and the Grief Process; Applications for Work with Families Affected by Addiction (Part of the IAFAP Family Track)**

Alana Smith, LCSW, LCDC |  **Supported by Vista Taos Renewal Center**

*Level of Instruction: Intermediate/Advanced*

This workshop will focus on clinical applications of Attachment Theory, Trauma Resolution and the Grief Recovery Process in Family Addiction Treatment. The healing of families must move beyond merely identifying the problem of the impact of addiction. This workshop will specify key family recovery objectives and techniques applicable to inpatient, outpatient and private practice settings.

# Schedule of Events

## #256. Getting Back to Community: Attachment Theory in the Community Integration Model

Lauren Walther, LCSW, LCDC |  **Supported by The Menninger Clinic**

*Level of Instruction: Introductory/Intermediate*

This workshop reviews styles of attachment and examines data provided by the Menninger Clinic about its patients' styles of attachment. The presentation will then describe how a clinician might be able to utilize knowledge about attachment style to better approach and support a client in early recovery who is beginning to engage life outside of the patient role.

## #257. Medication-Assisted Treatment Approaches for Opioid Addiction (*Part of the heART & Science of Addiction Track*)

Thomas Freese, PhD |  **Supported by Pacific Southwest Addiction Technology Transfer Center (PSATTC)**

*Level of Instruction: Introductory*

The purpose of this full-day training is to provide participants with a detailed overview of medications that have been shown to be effective as a component of the treatment of opioid addiction. Topics will include: the context for medication-assisted treatment (positive and negative perceptions), the epidemiology of opioid dependence (user demographics), a review of the various classes of opioids, an overview of each medication, its indication, to whom it is administered, and how it works, and treatment settings for medication-assisted treatment. Medications will include: naltrexone, methadone, and buprenorphine. The training will conclude with a session on talking to clients about their use of medications, and strategies to address health disparities through increased access to medication-assisted treatment. Time will be provided throughout the training for discussion and questions.

## #258. Narcissistic, Borderline, and Psychopathic Personality Types in Addiction Treatment: A Psychodynamic Understanding

Evan Miller, PhD |  **Supported by Akua Mind & Body**

*Level of Instruction: All*

Narcissistic. Borderline. Psychopathic. Each of these names elicit a charged affective response. This presentation will undertake a deep understanding of these personality types as they each pertain to the addict or alcoholic. As a large portion of drug and alcohol treatment utilizes a cognitive-behavioral approach for case conceptualization, this presentation will follow the work of McWilliams and offer a psychodynamic understanding of addictive behavior. Key attention will be given to defensive structure and pattern recognition as important components for case conceptualization, thus ushering in a deeper understanding of our clients' motivations, both conscious and unconscious.

**Afternoon Break Hosted by Alkermes, Inc: 3:15 PM – 4:00 PM**



**Friday Late Afternoon Workshops: 4:15 PM – 5:45 PM**

## #275. Numbing the Urge: Chronic Dieting, Binging, and Addictions (*Part of the Rosewood Eating Disorder Track*)

Erica Trocino, MC, LAC, ICADC |  **Supported by The Rosewood Institute/Rosewood Centers for Eating Disorders**

*Level of Instruction: Introductory/Intermediate*

Impulsivity, control, and resistance are common behaviors for eating disorders and addictions. The purpose of this workshop is to provide an understanding of the prevalence between Eating Disorders (ED) and Addiction, exploring the "addicted mind," neurobiology of the brain, and discussing therapeutic interventions for working with ED patients with co-occurring addictions. The presentation integrates strategies from a variety of therapeutic modalities includes Mindfulness-based approaches from Dialectical Behavioral Therapy.



**#276. Digital Brain Health Advancements to Assess and Enhance Outcomes in Recovery***Evian Gordon, MD, PhD | [Supported by My Brain Solutions](#)**Level of Instruction: Introductory/Intermediate*

Review of key brain deficits in Addiction and the current main methods to help evaluate their effectiveness in brain training cognition, neurofeedback, biofeedback DBT, and brain stimulation. Concluding with an overview of how personalized medicine for the brain is aiding in recovery.

**#277. Healing Ancestral Trauma & Addiction***Johanna O'Flaherty, PhD, LADAC, CEAP | [Supported by Las Vegas Recovery Center](#)**Level of Instruction: All*

Explore the correlation between trauma (Ancestral and personal) and addiction from a Depth Psychological Perspective, specifically citing the work of Dr. Carl Jung. Noting that correlation does not mean causation. Reenactment and healing of trauma issues will be explored. 'We continue to inflict pain on that part of ourselves that is the most wounded. Be it from ancestral trauma, childhood trauma, or indeed trauma that is inflicted through the use and abuse of drugs and alcohol.

**#278. An Experiential View: Boundaries and Enabling Behaviors in the Family System (Part of the IAFAP Family Track)***Ashley Chesky, MA, LPC & Patricia Plum, MSW, LMSW | [Supported by The Claudia Black Young Adult Center](#)**Level of Instruction: Introductory/Intermediate*

The Claudia Black Family Team will offer a visual image of the dynamics of boundaries in the context of the family system struggling with trauma and addiction. Through an experiential exercise Trish and Ashley will demonstrate how to help clients identify their unhealthy boundaries and how their actions have contributed to enabling the disease, unhealthy communication, and dysfunctional roles. This experiential facilitates the family members in becoming more accountable for their own behaviors and shifts them from old patterns to empowering them with healthier choices.

**#279. A Venn Diagram Framework for Working with Co-Occurring Disorders and Trauma***Julio Rojas, PhD, LADC | [Supported by VizOwn](#)**Level of Instruction: All*

Co-occurring disorders and trauma are common among women who present for treatment. This presentation will focus on an overview of a Venn diagram heuristic Dr. Rojas uses in his clinical work to help clients understand the relationship between addiction, psychiatric illness and trauma. Dr. Rojas will also present psychological test findings from clients admitted to residential treatment at VizOwn and repeat testing results obtained just prior to discharge. Dr. Rojas will share how psychological test results can be used in treatment to engage, educate, encourage and prepare clients in their recovery journey.

**#280. It Happens to Boys***Carol Teitelbaum, MFT & Robert Teitelbaum | [Supported by Creative Change Conferences](#)**Level of Instruction: Intermediate*

Educational and experiential, this workshop will help those in the Behavioral Health and Recovery field gain insights and education about the effects of childhood sexual abuse on men, what to look for, how to help men begin their healing process. Learn Healing modalities and understand how to lead a group for male survivors. We begin with a psychodrama, educate about the various types of abuse, gain greater understanding about the correlation of using drugs and alcohol to numb pain. Gain an understanding of shame and how men are affected by it. Learn about the costs to our society dealing with men who are untreated survivors. Learn about triggers, why boys don't tell and how to begin the healing process.

**#281. Effecting Change Through the Use of Motivational Interviewing (Part of the heART & Science of Addiction Track)***Albert Hasson, MSW | [Supported by Pacific Southwest Addiction Technology Transfer Center \(PSATTC\)](#)**Level of Instruction: Introductory*

Motivational interviewing, a treatment approach developed by William Miller, has been well established as an effective way to promote change in individuals. These evidence-and-consensus-based techniques have been shown to elicit change in behavior and attitudes by helping clients to explore and resolve ambivalence. This daylong training will provide participants with a fundamental understanding of Motivational Interviewing and specific techniques for promoting behavior change.

# Supporters

C4 Recovery Solutions and WCSAD extend our gratitude to:

## PRESENTING PATRON



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## SUPPORTERS

Adcare Hospital • Addiction/Recovery Bulletin • Akua Mind & Body • All About Interventions • American Academy of Addiction Psychiatry (AAAP) • American Academy of Health Care Providers in Addictive Disorders • American Society of Addiction Medicine (ASAM) • Balboa Horizons • Banyan Treatment Center • Bright Heart Health • California Association for Alcohol & Drug Educators (CAADE) • California Association of Marriage and Family Therapists (CAMFT) • California Consortium of Addiction Programs & Professionals (CCAPP) • Choice Recovery • Circle of Care Consultants • Creative Change Conferences • Cumberland Heights • Cycles of Change • Decision Point Center • Destin Recovery Center • In Recovery Magazine • International Nurses Society on Addictions (IntNSA) • Jaywalker • Lakeview Health • Las Vegas Recovery Center • Nutrition in Recovery • Paradigm • Prevention Research Institute • Recovery Campus • Renew Magazine • SAMHSA • Sierra Tucson • Silver Hill Hospital • Sober World • Social Work Today • Summit Behavioral Health • The Claudia Black Young Adult Center • The Counseling Center of Florence, LLC • The Kiloby Center for Recovery, Inc. • The Menninger Clinic • Timberline Knolls Residential Treatment Center • Treatment Professionals in Addiction Services (TPAS) • Two Dreams • Vista Taos Renewal Center • VizOwn • Wellness Inc. Consulting

## Friday Evening Plenary: 6:00 PM – 8:00 PM

### #299. Trauma, Mood Disorders, Pain and Addiction – A Call for Modern Integrative Care

Michael Genovese, MD, JD |  Supported by Sierra Tucson

*Level of Instruction: Intermediate*

Patients commonly present with multiple diagnoses all of which must be considered when formulating a treatment plan. The inclusiveness of Integrative Medicine as practiced today allows for a wide range of treatment modalities which may be rendered in combination to address the totality of the patient's suffering. The presenter will explain a practical, modern definition of Integrative Medicine. A broad range of interventions spanning acupuncture, psychotherapy, pharmacogenomically informed pharmacology and Transcranial Magnetic Stimulation will be reviewed.

## Saturday, June 4

7:00 AM – 8:00 AM

Open 12 Step Meeting

7:30 AM



Hospitality Area Opens — Exhibit Area #57

Coffee & Tea Available all day hosted by Sunspire Health

7:30 AM

Registration Opens

7:30 AM – 8:30 AM

Continental Breakfast in the Exhibit Hall  
hosted by Resilience Treatment Center



## Saturday All Day Session: 8:30 AM – 5:45 PM

### #200. SAP Qualification and Requalification Training (DAY 2—MUST HAVE ATTENDED DAY 1)

Steven Garnham, MEd, LEAP, LAP-C |  Supported by Banyan Treatment Center

*Level of Instruction: Intermediate*

Effective January 1, 2004, before you can serve as a Substance Abuse Professional under the D.O.T. Regulations, you must have received 12 hours of qualifying training and then pass a qualifying examination. In addition, those qualified as SAPs must complete 12 hours of continuing education relevant to the SAP function, including recent updates in the regulations. This course contains the latest information.

## Saturday Morning Plenary: 8:30 AM – 10:00 AM

### #300. Substance Addiction and Human Trafficking Victims in the US: Challenges & Opportunities in Liberating Today's Sex Slaves

Kumara Sidhartha, MD, MPH, Jasmine Marino, Peter DiMarzio, MEd

*Level of Instruction: Intermediate/Advanced*

This workshop will educate the audience about the link between substance addiction and human trafficking, the scale of public health burden due to human trafficking, indicators to identify potential trafficking victims who present for healthcare encounters, managing safe referrals, and exploring the opportunities and challenges in rescuing and rehabilitating substance addicted trafficking victims in the US. The workshop will be presented by a panel of three experts in the field: Kumara Sidhartha MD, MPH, physician/public health advocate and the Chair of anti-trafficking task force, Cape Cod PATH ( People Against Trafficking in Humans); Peter DiMarzio, M.Ed., Trafficking Victims Specialist at the Homeland Security Investigations in the Department of Homeland Security; and Jasmine Marino, trafficking survivor and advocate, Ministry Associate at the Abolitionist Network and Director of Bags of Hope.



# Schedule of Events

**Morning Break Hosted by Infinity Behavioral Health: 10:00 AM – 10:45 AM**



**Saturday Mid-Morning Workshops: 10:45 AM – 12:15 PM**

**#325. The Truth of Intimacy: What It Is, What It Isn't, and Why It's So Important to Know the Difference (*Part of the Rosewood Eating Disorder Track*)**

*Lee Neagle, MA & Stephen Reeder, MA* | [Supported by The Rosewood Institute/Rosewood Centers for Eating Disorders](#)

*Level of Instruction: Introductory/Intermediate*

Intimacy plays an important part in our lives yet most people struggle to identify what it truly means. Throughout this presentation we will review the different aspects of intimacy, identify what healthy intimacy is, and barriers to experiencing it. This lecture will focus on working with clients that struggle to experience intimacy, how to help guide them through the process and overcome obstacles they may face. We will review and present psychodynamic techniques that can be used in day to day practice.

**#326. New Boundaries and Ethics: Are you Ready?**

*Philip Hemphill, PhD, LCSW* | [Supported by Lakeview Health](#)

*Level of Instruction: Intermediate/Advanced*

The lack of professional behavior is the single most common cause for disciplinary action among practicing professionals and academics. Society must feel and see one's professional code of ethics which is based on a commitment to competence, integrity, morality, altruism, and trustworthiness. Professionals are expected to be governed by a promotion of the public good within their domain. A growing and converging body of literature has established an association between professional's with boundary violations and safety/quality within these organizations. Professionals must rely on internal guides of character while external guides such as laws, policies, and ethical codes of conduct are fashioned into a practice. This workshop will explore professionalism in both individuals and groups while reinforcing ethical standards surrounding confidentiality and dual relationships. Through didactic and interacting in small group discussions on boundaries and professionalism you will learn effective tools and processes for managing relationships and distressing life events.

**#327. Current Trends in Addiction Medicine: The Times They Are A-Changin'**

*Chapman Sledge, MD, DFASAM* | [Supported by Cumberland Heights](#)

*Level of Instruction: Introductory/Intermediate*

Addiction Medicine is a medical specialty in a state of transformation. Patterns of substance use are rapidly changing. Marijuana use has become mainstream with the changing legal climate. Access to prescription stimulants is increasing dramatically. The opioid epidemic continues to evolve, and death from overdose has established addiction as more deadly than ever. Just as our patients presenting for treatment are evolving, so is the treatment that is rendered. Medication assisted treatment delivered in the physician office is an increasingly common scenario. Pharmacotherapy is often delivered in lieu of traditional psychosocial interventions and conventional abstinence based residential treatment. Diversion and abuse of buprenorphine must be monitored. It is critical that adequate outcome studies be carried out to dictate the direction treatment in the future.

**#328. Nutrition Therapy for the Addicted Brain**

*David Wiss, MS, RDN* | [Supported by Nutrition in Recovery](#)

*Level of Instruction: Intermediate*

Recent research has highlighted similarities between drug addiction and food addiction. Regardless of whether an addiction is behavioral or substance-related, nutrition therapy should consider the impact of food choices on the brain and on behavior. This presentation will highlight the importance of nutrition in recovery from addictions.

## #329. Law, Compliance and Addiction

Anelia Shaheed, JD

*Level of Instruction: Introductory/Intermediate*

In depth look at the legal requirements for providers in the mental health and substance abuse field about areas of concern, including legal compliance, risk assessment and management, employment practices, HIPAA, Fraud, False Claims Act, Assignment of Benefits, Audits, Claims Payer Guidelines and More.

## #330. Marijuana Impacts on Adolescents

Allan Barger, MSW |  **Supported by Prevention Research Institute**

*Level of Instruction: All*

Marijuana is often viewed as benign or even beneficial. However, a growing body of research published in peer reviewed journals suggests marijuana use during the teenage years has risks for more severe problems in the adult years. These include increased risks for addiction, other mental health disorders, impacts on IQ and cognitive functions, changes in brain structure, and certain forms of cancer.

This session will explore—with research references—what this new body of literature offers. These findings will be offered in a context of how to use the information to impact prevention and treatment practices and outcomes. In particular, participants will explore the findings in light of clients tasks necessary for behavior change.

## #331. Adolescent Co-Occurring Disorders: Diagnosis and Treatment Issues *(Part of the IAFAP Family Track)*

David Kahn, PhD, LPC, LPCS |  **Supported by The Counseling Center of Florence, LLC**

*Level of Instruction: Intermediate/Advanced*

The goals of the Co-Occurring training are to review the nature of the various mental illnesses and substance use disorders with an emphasis on practicing assessment and treatment skills for the co-occurring population.

## 2016 Annual Call for Submissions is Open for GRADUATE STUDENT & EARLY CAREER RESEARCHER COMPETITION

C4 Recovery Solutions is pleased to announce that the annual call for submissions for the **Graduate Student & Early Career Researcher Competition** is now open for both the *Cape Cod Symposium on Addictive Disorders* ([www.ccsad.com](http://www.ccsad.com)) held September 8-11, 2016 in Hyannis, MA and the *West Coast Symposium on Addictive Disorders* ([www.wcsad.com](http://www.wcsad.com)) held June 1-4, 2017 in La Quinta, CA.

The top four submissions will be invited to present their research orally in a special paper session at the conference, while an additional four submissions will be selected to present their work in a poster session. The overall winner of the competition will receive a \$500 Research Grant, \$400 Travel Award, three nights of lodging at the conference hotel, conference registration fee waiver, and an all-expense-paid trip to attend the weeklong *Rutgers Summer School of Addiction Studies* (valued at \$2,000) in New Brunswick, NJ. Honorable mentions and other submissions will receive awards as well.

### DEADLINE FOR SUBMISSIONS

**CCSAD - July 15, 2016**

**WCSAD - March 15, 2017**

For additional criteria and information, go to [www.ccsad.com/poster-submissions](http://www.ccsad.com/poster-submissions).

Please submit all questions and project abstracts electronically to Education & Training Committee Co-Chairs, Steven Proctor, Ph.D., and Al Kopak, Ph.D., at the following email address: [C4ResearchCommittee@gmail.com](mailto:C4ResearchCommittee@gmail.com).



**C4 Recovery Solutions**  
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# Schedule of Events

## #332. Screening, Brief Intervention, and Referral to Treatment (SBIRT) (*Part of the heART & Science of Addiction Track*)

James Peck, PsyD | [Supported by Pacific Southwest Addiction Technology Transfer Center \(PSATTC\)](#)

*Level of Instruction: Introductory*

Screening, brief intervention, and referral to treatment are effective in a variety of settings. SBIRT has shown to be effective in primary care settings, where it is incorporated into other routine medical assessments such as measuring blood pressure. It has also been proven effective in hospital emergency departments and trauma centers with individuals with alcohol-related injuries. This training focuses on screening procedures to identify risk; key motivational interviewing concepts and principles that are tied to effective use of the FLO (Feedback; Listen and Understand; Options Explored) brief intervention; and referral to treatment for patients with more serious alcohol use-related problems.

### Saturday Luncheon: 12:15 PM – 1:45 PM



*Join us for a delightful complimentary luncheon and discussion hosted by Rosewood Institute/Rosewood Centers for Eating Disorders*

## #350. The Role of Exercise in the Treatment of Addiction (*Part of the Rosewood Eating Disorder Track*)

David Baron, MEd, DO, DLFAPA, DFACN | [Supported by The Rosewood Institute/Rosewood Centers for Eating Disorders](#)

*Level of Instruction: Intermediate*

The overall health benefits of regular exercise are well established. In addition to benefitting virtually every organ system, the positive effects on mood and cognition have been demonstrated. The role of exercise as a primary, and adjunctive treatment for addiction is emerging as an effective treatment intervention. This presentation will review the extant literature and offer clinically relevant information on developing an exercise intervention for addiction treatment facilities. Key factors for success will be discussed.

### Saturday Early Afternoon Workshops: 2:00 PM – 3:30 PM

## #351. Dangerous Dieting (*Part of the Rosewood Eating Disorder Track*)

Jennifer Lentzke, MS, RD/N, CSSD | [Supported by The Rosewood Institute/Rosewood Centers for Eating Disorders](#)

*Level of Instruction: Introductory*

Our modern-day society is overwhelmed by the newest diet, the latest superfood, the most effective workout routine, and the most updated “healthy lifestyle” recommendations. Add in the presence of social media and targeted marketing to our visually-driven society and you have the perfect recipe for “dangerous dieting.” This presentation will provide insight into the intricate and complicated relationship between our health-focused culture and eating disorders.

## #352. Seeing Beyond Triggers: Shifting Focus from Symptoms to Values

Ben Pearson, LCSW | [Supported by Choice Recovery](#)

*Level of Instruction: Introductory/Intermediate*

This presentation will discuss the need and opportunity for new tools and additional flexibility in the world of recovery and mental health treatment. Join us for a discussion that focuses on the importance of clients connecting with deeply personal forms of lasting motivation and moving beyond symptom-centric and shame-based mindsets. The group will discuss the development and importance of psychological flexibility in treatment planning. It will also process how programs and clinicians can reduce rigid and short-sighted problem solving with clients and staff members. This interactive workshop will provide practical experiential tools and promote empowerment and creativity as clients move from victimhood to competence.

## #353. “I did not choose him, he did not choose me”: Families, Young Adult Addiction and Resistance (Part of the IAFAP Family Track)

Jevon Rice, MS LMHC | [Supported by Adcare Hospital](#)

Level of Instruction: Introductory/Intermediate

Utilizing the family in treatment has been proven to have a positive impact on addiction recovery. This training focuses on addressing the family dynamic from the perspective of young adult dealing with addiction to improve their potential for recovery from addiction. The main focus is to introduce providers to creative techniques for treatment engagement of the young adult in recovery to improve the use of their family as a support network as a relapse prevention strategy.

## #354. Process Addictions and the LGBT Community: Diverse Community, Diverse Treatment

Jeff Zacharias, LCSW, CSAT, CAADC

Level of Instruction: All

Process addictions—addictions based on an activity or behavior such as gambling, shopping, watching porn, internet surfing and eating disorders—are becoming more prevalent in the addiction community. Equally as debilitating, if not more so than more common addictions such as alcohol and drugs, evidence-based practices suggest it’s not enough to treatment these addictions one at a time but rather simultaneously in order to provide an individual with stronger longer lasting recovery. For the LGBT community, there exists a diversity of issues which often complicate the treatment process—trauma, co-occurring mental illness and attachment—and for this reason there exists a need to diversify the treatment process in order to achieve long lasting recovery.

## #355. Collegiate Recovery Programs and Social Supports—Resources for University Students in Long-term Recovery

Robert Ashford, PRS, PRC

Level of Instruction: Intermediate/Advanced

The present study assessed 103 students at the University of North Texas (UNT) who identify as in long-term recovery from a substance use disorder (SUD), quality of life (QOL) concern, or mental health illness (MHI). Thirty percent of respondents in long-term recovery for a SUD indicated they would not be in attendance at UNT without a collegiate recovery program, and 80% feel that the CRP adequately supports students in recovery. Additionally, 80% would utilize a sober living residence hall. Interestingly, every resource identified by students as beneficial was related to positive social support. Furthermore, students in long-term recovery who participate in the university’s collegiate recovery program scored higher on several measures of social support, as compared to students who do not participate in the CRP. The present research demonstrates the effectiveness of CRPs and explores concepts related to the benefit of integration of these programs.

## #356. Is the Cart Before the Horse: Failure to Launch and Substance Abuse Issues?

Gary Hees, MA, LPC | [Supported by Decision Point Center](#)

Level of Instruction: Intermediate

This presentation questions whether or not we as an industry could increase efficacy of treatment by approaching young adults in a more collaborative and developmental stance. Failure to launch is epidemic, particularly among young adult substance abusers and addicts and treatment often limits the paradigms of support groups and belief systems necessary to support sobriety. A model for treatment, including career planning, re-entry to college, job counseling, personality development and achieving the appropriate level of abstinence from substances is presented along with a model for collaboratively approaching the client in a respectful and firm manner.

## WCSAD Welcomes Service Animals



All service animals are welcome at WCSAD but must have visible indication/work vest and documentation at the ready. Service animals are welcome in common areas and at conference-related workshops and events.



# Schedule of Events

## **#357. Culturally Responsive Services for LGBT Clients (*Part of the heART & Science of Addiction Track*)**

Thomas Freese, PhD |  **Supported by Pacific Southwest Addiction Technology Transfer Center (PSATTC)**

*Level of Instruction: Introductory*

This workshop will provide a detailed overview of substance abuse and health related issues among Lesbian, Gay, Bisexual and Transgender (LGBT) individuals, which is intended to help improve the awareness and response of treatment providers (including, but not limited to physicians, dentists, nurses, and other allied medical staff, therapists and social workers, and counselors, specialists, and case managers) to the needs of LGBT clients. Key topics presented will include epidemiological data focused on LGBT substance use trends and HIV prevalence; health related issues and provider considerations to support the move to improve treatment effectiveness; and evidence-based and promising clinical strategies. A portion of the workshop will focus specifically on the substance use and HIV risk factors of racial and ethnic young men who have sex with men (YMSM).

## **#358. Women and Addictions**

Kim Dennis, MD, CEDS |  **Supported by Timberline Knolls Residential Treatment Center**

*Level of Instruction: Introductory/Intermediate*

Addiction is on the rise among women in America today. A recent report indicated that one in four women in the United States today is taking some type of prescription psychiatric medication. It is thought that the number is even higher among women living in urban areas. Whether anti-depressants, anxiety aids or sleeping pills, the use of such psychiatric medications among women is escalating at a rapid rate. Accordingly, so is the incident of addiction in the female population. During this presentation, Dr. Dennis will review the standard definition of addiction and discuss its prevalence in this important population. The etiology of addiction in women will be reviewed as well as assessment tools and treatment interventions. Lastly, Dr. Dennis will share the various obstacles to treatment that women often face and some practical recovery resources and tools outside of treatment.


**Afternoon Break Hosted by Simple Recovery:**

**3:15 PM – 4:00 PM**



**Saturday Late Afternoon Workshops: 4:15 PM – 5:45 PM**

## **#375. Acceptance and Commitment Therapy in the Treatment of Adolescents Struggling with Eating Disorders (*Part of the Rosewood Eating Disorder Track*)**

Stephen Reeder, MA, NCC |  **Supported by The Rosewood Institute/Rosewood Centers for Eating Disorders**

*Level of Instruction: Introductory/Intermediate*

Many forms of Behavioral Therapy focus on challenging our Negative Automatic Thoughts. This can be a lot of work for an adolescent moving through the body changes that occur during puberty. Amongst 15–24yr old females, anorexia and bulimia are the third most common chronic illnesses. Acceptance and Commitment Therapy (ACT) is an empirically based psychological intervention that focuses on Mindfulness and Acceptance with the goal to achieve Psychological Flexibility rather than Experiential Avoidance.

## **#376. Yoga and Recovery**

Carrie Schell, BA, LM, MAHSA, PhD |  **Supported by Wellness Inc. Consulting**

*Level of Instruction: All*

Workshop will explore the benefits of yoga, meditation and physical activity in the recovery process. This mind, body, spirit approach to wellness is backed by sound research to be explored during workshop.

## #377. Telemedicine and the Treatment of Addiction and Eating Disorders

Lois Zsarnay, MS, LMFT, BCPC, RD, DCC |  **Supported by Bright Heart Health**

*Level of Instruction: Introductory/Intermediate*

Healthcare is starting to see the collision of technology and consumerism. This is creating disruptive business opportunities, which includes telehealth. The convenience presented by having a therapist encounter whenever/wherever and the dramatic cost advantage versus traditional settings is likely to reach new patients previously locked out of the market. The adoption of telehealth presents new challenges to practitioners. In this workshop we review market trends, offerings, challenges, risks, strengths and opportunities. From reviewing licensure laws and HIPAA compliance to patient engagement and outcomes, we explore the many facets of telehealth in the treatment of SUD and ED.

## #378. Advanced Uses of Mindfulness in Addiction Treatment

Scott Kiloby, CATC |  **Supported by The Kiloby Center for Recovery, Inc.**

*Level of Instruction: Intermediate/Advanced*

The Kiloby Center for Recovery is one of the first addiction treatment centers in the U.S. to focus almost exclusively on mindfulness. Scott Kiloby will be demonstrating some of the advanced uses of mindfulness in the treatment of addiction as well as its underlying issues of anxiety, depression and trauma. Mindfulness is particularly helpful for those are who prone to subsequent relapses because it is a skill an addict can apply anywhere, no matter where he is, including in cases where he is not likely to go to a meeting or call a sponsor. This additional tool saves lives in those cases.

## #379. Integrating the Creative Arts into Trauma and Addiction Treatment

E. Hitchcock Scott, PhD, LPCC, LAADC, CADC-II, ATR-BC, REAT, NCC

*Level of Instruction: All*

Dr. Ericha Scott offers a didactic, theoretical, and academic research literature review (1.5 hours), with vibrant slides of art by clients and graduate students collected over 31 years of professional practice. These paintings, coupled with a mask and paintings by the presenter Dr. Scott regarding grief after the death of her husband, clearly illustrate many complex principles of the practice of creative arts therapy for addiction, trauma, grief and loss.

## #380. Rethinking the Role of Shame

Adi Jaffe, PhD

*Level of Instruction: Introductory/Intermediate*

Clinical and social expectations can alter individual's performance and bias those who are labeled towards meeting their reduced expected success. Yet, nearly every manifestation of a disorder is unique, with its own symptoms, its own strengths and weaknesses. We as clinicians are able to diagnose and categorize and take our best shot at nailing down conditions, causes, and treatments, but the reality is that mental health as a profession is in an ongoing state of reevaluation and refinement, and labels are approximations. This talk will incorporate and expand on different cognitive biases such as expectancy effect and stereotype threat that exacerbate the feelings of shame in the clinical and recovery setting as well as discuss what clinicians can do to reduce the effects of shame on their patients.

## #381. Marijuana (Part of the heART & Science of Addiction Track)

James Peck, PsyD |  **Supported by Pacific Southwest Addiction Technology Transfer Center (PSATTC)**

*Level of Instruction: Introductory*

This 90-minute workshop will provide participants with a review of marijuana, including how it works, who tends to use it, and its acute and chronic effects. The workshop will continue with a discussion of how marijuana is used as a medicine and the legal questions surrounding medical marijuana. The workshop will conclude with a review of specific strategies that clinicians can use to communicate effectively with clients who are either using marijuana for medical or recreational purposes or considering its use. In addition to didactic lecture, the workshop includes group activities to encourage dialogue among participants, and to illustrate how the information contained within the presentation can be used in clinical practice.

# Schedule of Events

## Sunday, June 5

7:00 AM – 8:00 AM

Open 12 Step Meeting

7:30 AM



Hospitality Area Opens — Exhibit Area #57

Coffee & Tea Available all day hosted by Sunspire Health

8:00 AM

Registration Opens

7:30 AM – 8:30 AM

Continental Breakfast in the Exhibit Hall

hosted by Whole Life Recovery



### Sunday Morning Workshops: 8:30 AM – 10:00 AM

#### #400. An Industry Divided: Putting the Patient First in the Abstinence vs. Medication Debate

Dirk Eldredge CADC-I, CIP, BRI I, & Alan Nelson MD | [Supported by Jaywalker](#)

*Level of Instruction: Intermediate*

While complete abstinence from drugs and alcohol is an essential strategy in recovery, is not the ultimate goal of sobriety to live a life of joy, abundance and meaning? Sustainable and authentic recovery is achieved through rigorous attention to our spiritual condition, working the steps and helping another alcoholic/addict. The philosophical divide between medication-assisted treatment and abstinence based recovery threatens to split our field down the middle. This session will examine what's working and how to best serve each precious life that is entrusted with our care. With passionate and responsible advocates on both sides, treatment providers must weigh the evidence and consider which approach is best suited for which client profile and why. The session will present new research on abstinence-based models, and participants will examine clinical and ethical considerations in the context of both 12 Step and medication assisted treatment.

Morning Break Hosted by Awakenings:

10:00 AM – 10:30 AM



### Sunday Closing Plenary: 10:30 AM – 12:00 PM

#### #425. Reducing Risk of Relapse Using a Comprehensive Program of Resilience Training

Stephen Sideroff, PhD

*Level of Instruction: Intermediate/Advanced*

Stress is a powerful trigger for relapse and a source of dysregulation. This workshop will identify stress related factors that create the neuropsychological conditions for addiction liability. To address this, Dr. Sideroff will present an innovative model of resilience that incorporates physical, emotional and mental healing and optimal functioning. He will present a strong argument for a dedicated track within treatment and recovery for reestablishing the ability to self-regulate. In this workshop, participants will learn a comprehensive model of self-regulation factors along with teaching tools and how to apply this model of resilience to help the recovering addict cope better with their inevitable life stresses. Dr. Sideroff will also present his own resilience tool, a 40 item questionnaire that can be self-scored and gives a person their own "Resilience Profile" showing their strengths and areas needing more development; and how this can be used to help guide treatment and recovery.

# Faculty Biographies

**Miles Adcox** is the CEO/Owner of Onsite, an internationally known therapeutic workshop center that has been featured on *Good Morning America* and *The Wall Street Journal*. He is the owner of Onsite Music Publishing and co-founder of Inspire Productions. Passionate about helping others and leading people to positive change, Miles has created and managed multiple counseling centers, trauma programs and emotional wellness workshops. Miles speaks nationally on various topics including connection, emotional wellness, and inspired leadership. Miles is a communication, personal growth, and mental health consultant to the entertainment industry. He has been a featured guest expert on *The Dr. Phil Show*, *The Doctors*, and A&E's *Intervention*.

**Paul Alexander** is the Founder, President & COO of Northbound Treatment Services in Newport Beach, California. He believes wholeheartedly in transformational leadership, organizational health and effective, fully integrated substance use disorder treatment. With almost 20 years of experience in behavioral healthcare, Paul has extensive knowledge of “in vivo” treatment modalities, clinical development, operations, strategy, marketing and financial planning. He has been widely recognized for his development of collegiate-based residential treatment programs for students in recovery and authored a research study at The University of California confirming this modality's effectiveness. Paul's comprehensive professional experience, willingness to innovate, and emphasis on organizational health are vital factors in Northbound's continued success. Paul received his Certified Addiction Treatment Specialist training at Saddleback College in Mission Viejo, CA, and was awarded Outstanding Alumni Service Award in 2002. Paul holds a Bachelor of Arts degree in Criminology, Law and Society, Summa Cum Laude, from University of California, Irvine, and a Juris Doctorate degree from Loyola Law School of Los Angeles. Paul has served on The REACH Foundation and CarePossible boards in Orange County; both organizations committed to raising funds for treatment for the underserved and former military personnel. Paul is in recovery himself and lives in Orange County with his wife Silvana and his two young sons, Noah and Dean.

**Patricia Allen** is a Psychiatric Mental Health Nurse Practitioner practicing at Summit as well as in an inpatient psychiatric hospital. She is pursuing a doctorate in nursing practice. She has presented at APNA and AAOHN on topics related to case management for those with co-occurring disorders.

**Robert Ashford, PRS, PRC** is a certified Peer Recovery Coach & Peer Recovery Support Specialist. Robert is the Program Director and Founder of the UNT Collegiate Recovery Program and chapter lead of Young People in Recovery–Texas, a chapter of the national advocacy organization, Young People in Recovery.

**Allan Barger, MSW**, a Research Analyst for 25 years, reviews published research to translate science to practice to reduce alcohol and drug problems in our nation. A member of the NAADAC Speakers Bureau, he presents nationally to professionals in the prevention and treatment fields.

**David Baron, MSeD, DO, DLFAPA, DFACN** is currently a Professor & Interim Chair of Psychiatry at the Keck School of Medicine at University of Southern California, Director, & Global Center for Exercise, Psychiatry & Sports at USC & Adjunct Professor at the USC School of Cinema–Television.

**Andrea Grubb Barthwell, MD, FASAM** is the President of Two Dreams Outer Banks. President George W. Bush nominated and the U. S. Senate confirmed Dr. Barthwell to serve as Deputy Director for Demand Reduction in the Office of National Drug Control Policy (ONDCP). Dr. Barthwell was a principal advisor in the Executive Office of the President on policies aimed at reducing the demand for illicit drugs. Dr. Barthwell received a BA from Wesleyan University and an MD from, the University of Michigan Medical School. Dr. Barthwell is a past President of the American Society of Addiction Medicine (ASAM).

**Dena Cabrera, PsyD** is a licensed psychologist & serves as the executive clinical director for Rosewood Centers for Eating Disorders. Dr. Cabrera is the co-author of *The Mom in the Mirror: Body Image, Beauty & Life After Pregnancy*. She presents nationally & internationally on mental health issues.

**Jean Campbell, MSW, LCSW, TEP** is a Trainer/ Practitioner of Psychodrama and a Psychodramatic Bodywork®. As Director of the Action Institute of California, she uses action to affect change on a body, mind and spiritual level and creates safe spaces for professionals to do their own transformational work.

**Ashley Chesky, MA, LPC** is a current Family Therapist at The Claudia Black Center; previously Primary and Family counselor at The Meadows. She holds a Master of Arts Degree in Counseling Psychology and Expressive Arts Therapy from Prescott College in Prescott, Arizona.

**Lauren Costine, PhD**, Licensed Clinical Psychologist (PSY 22916) author, activist, instructor and founding member of the nation's first LGBT Specialization in Clinical Psychology. Currently Chief Clinician and Founder of The LGBT-Affirmative Track at BLVD Treatment Centers. With specializations in LGBT-Affirmative Psychotherapy, Addictions and Depth Psychology, Lauren is a pioneer in the specialized field of Lesbian-Affirmative Therapy. Her first book, *The Urge to Merge: How to Understand and Heal Lesbian Love and Romance Addiction*, will be released in November 2015.



# Faculty Biographies

**Kim Dennis, MD, CEDS** is a board-certified psychiatrist specializing in eating disorder treatment, addictions recovery, trauma/PTSD and co-occurring disorders. As CEO & Medical Director at Timberline Knolls, she supervises the medical staff and sets the overall vision for the treatment program.

**Peter DiMarzio** has over 30 years of experience in serving victims of violence and currently serves as Victim Assistance Specialist with Homeland Security Investigations where he is assigned to the Human Trafficking and Cybercrimes Units.

**John Douglas** is a board certified addiction psychiatrist and Clinical Director of the Outpatient Addiction Program at Silver Hill Hospital in New Canaan, Connecticut. He completed his Addiction Psychiatry Fellowship at NYU and graduated medical school from Georgetown University.

**Dirk Eldredge, CADC-I** lives a purposeful and passionate life in recovery. He is the founder and former CEO of Surrender Interventions & Alchemy Interventions; both based in Los Angeles, CA. As CEO, Dirk oversees all aspects of Jaywalker's administrative, clinical, & financial operations at Jaywalker as well as supervising the marketing, admissions and alumni functions. He has recently completed a four-year stint as Life Coach with the 2014 Super Bowl Champion Seattle Seahawks.

**James Finch** obtained his medical training at the University of South Florida College of Medicine. He continues to have an active Addiction Medicine practice in Durham, NC and works within a collaborative mental health practice called "Changes By Choice." He is a Fellow of the American Society of Addiction Medicine (FASAM) and the Immediate Past President of the NC Society of Addiction Medicine.

**Thomas Freese, PhD** is Director of Training for UCLA Integrated Substance Abuse Programs. He is Director of the Pacific Southwest Addictions Technology Transfer Center and Co-Director of the Center of Excellence on Racial/Ethnic Minority Young Men Who Have Sex with Men and Other LGBT populations; both SAMSHA funded. Dr. Freese has worked in the addiction field since 1983 and has developed and conducted trainings in 46 US states and internationally.

**Nicole Garber, MD** graduated from Saint Louis University School of Medicine, completed her general psychiatry residency training at Emory University School of Medicine, and completed a child & adolescent psychiatry fellowship at Baylor School of Medicine.

**Steven Garnham, MEd, LEAP, LAP-C** holds a Sociology degree from LaSalle University, a Masters Degree from Temple University and obtained his Certified Employee Assistance Professional credential in 1997. He has been an EAP counselor with Amtrak, covering New York, Pennsylvania, New Jersey and Delaware since 2006. He holds a certification in Pennsylvania as a Certified Alcohol and Drug Counselor, Certified Trauma Responder, Licensed Employee Assistance Professional, Labor Assistance Professional - Certified, and is a qualified SAP. He serves on the Board of Directors of EAPA and is a member of LAP.

**Michael Genovese, MD, JD** is a Diplomate of the American Board of Psychiatry and Neurology and The American Board of Integrative Holistic Medicine. Dr. Genovese was appointed as the Medical Director of Sierra Tucson, a dually licensed Special Hospital and Residential Treatment Center.

**Ian Gershman, MBA MA, CADC, CPI** has twenty five years working in the field of behavioral health both in the United States as well as England. He has presented at conferences in NJ, PA, and IL as well as two intensive trainer exercises for professionals in Africa—Nigeria and Kenya. Experienced in modalities: detox, residential, OP, MAT.

**Evian Gordon, MD, PhD** formed the world's first integrative human brain database, which underpins MyBrainSolutions. This platform is used by 50+ companies, including Fortune 500 and 80+ addiction programs. His methods yielded a personal treatment prediction test (depression) that is under FDA review.

**Albert Hasson, MSW** received his MSW from UCLA and has worked in the field of addiction medicine as a researcher and a treatment provider since 1977. Mr. Hasson was an Administrative Director of the Matrix Institute and Board Chairman from 1993 to 2005. Mr. Hasson has extensive experience in providing cognitive behavioral therapy (CBT), and as the Node Coordinator of the Pacific Region Node of the NIDA Clinical Trials Network, conducted clinical trials using medications and behavioral therapies for substance use disorders. He now serves as a Project Director and Trainer at UCLA ISAP.

**Gary Hees, MA LPC** has worked in Behavioral Health for 22 years. He has worked with adolescents, with adult SMI, in a private Therapeutic Boarding School and presently in addiction treatment with young adults. His clinical orientation is developmental and relational taking trauma into account.

# Faculty Biographies

**Philip Hemphill, PhD, LCSW** He is the Chief Clinical Officer of Lakeview Health, a premier addiction treatment facility where he is responsible for the planning, organizing, implementing, and directing all of the company's behavioral health. He has presented workshops at national conferences during the past 25 years.

**Adrian Hickmon, PhD, MA, Med, LPC-S, LMFT-S, LADAC, CSAT-S, CMAT-S, CTT, EMDR I**, coached football for 14 years, 11 as a head coach in high school. From 1993 until 2013, he served as a Professor of MFT in the graduate program at Harding University. In 2001 he founded Capstone Treatment Center in Searcy, Arkansas, where he now serves as the CEO. Dr. Hickmon has over 25,000 hours of therapy and supervision-of-therapy experience. He and his wife JoAnna have been married for 40 years and live in their childhood hometown in Arkansas. They have 2 daughters, 36 and 34; twin sons, 26; and 4 grandsons, 4 and under. His favorite activities are outdoors with his family.

**Paul Hokemeyer, PhD, JD** is an internationally recognized expert on treating the clinical issues that arise at the intersection of wealth, power, celebrity and behavioral health. His research has been peer reviewed and published by Lambert Academic Press and The Journal of Wealth Management. Dr. Hokemeyer served on the board of directors for the New York Association of Marriage and Family Therapists, is a clinical member of the American Association of Marriage and Family Therapists and received his certification as a clinical trauma professional.

**Jonathan Horey, MD** is Chief Medical Officer and serves as the steward of Sunspire Health's method of treatment. In this role, he ensures each patient receives the highest quality clinical care using evidence-based clinical interventions supported by medication assisted treatment, across all of the facilities nationwide. In addition to his role with the executive team, Dr. Horey sees patients at Sunspire Health Astoria Pointe and The Rosebriar facilities, and maintains a small practice in Portland. After graduating medical school at Columbia University in New York City, Dr. Horey worked as an attending psychiatrist at a dual diagnosis inpatient unit at New York Presbyterian Hospital and at a dual diagnosis intensive outpatient program for Columbia University. He then became the Director of Addiction Services at the Columbia University West 51st Street Clinic and maintained a private practice focused on addiction. He also served as a psychiatrist at Hazelden Springbrook, an addiction treatment facility in Portland.

**Brian Hurley, MD, MBA** is an addiction psychiatrist and UCLA Robert Wood Johnson Foundation Clinical Scholar. Dr. Hurley is the national treasurer of the American Society of Addiction Medicine, the delegate from GLMA: Health Professionals Advancing LGBT Equality to the American Medical Association, and serves on the Learning Environment Ad-Hoc Sub-Committee for the Association of American Medical Colleges' Advisory Committee on Sexual Orientation, Gender Identity, and Sex Development. Dr. Hurley is a 2015-2017 Group for Advancement of Psychiatry Fellow.

**Adi Jaffe, PhD** has been involved in substance abuse research at UCLA for the past 10 years and has worked within the public health, epidemiology, and evaluation areas in the field. He is currently exploring the intersection of technological advances and behavioral health science including prevention, intervention, and evaluation. He brings a mix of personal and clinical experience, research knowledge, and innovative thinking to the addiction field.

**David Kahn, PhD, LPC, LPC/S** is the founder, President and owner of The Counseling Center of Florence, LLC. He has over 28 years of experience working with adolescents, adults and their families. Dr. Kahn is an accomplished trainer in both Substance Use Disorders and Mental Health issues.

**Jack Kearney, MDiv, CATC IV, CATE** has taught Addiction Studies at Cypress College, Loyola Marymount University, and Cal State Fullerton. He specializes in Laws & Ethics, and smoking cessation. He is a Commissioner for the Los Angeles County Commission on Alcohol and Other Drugs and is a Past President of CAADE.

**Scott Kiloby, CATC** is a noted author, international speaker and the director of the Kiloby Center for Recovery, Inc., the first addiction, anxiety & depression treatment center in U.S. to focus primarily on mindfulness. The Kiloby Center is located in Rancho Mirage, California.

**Gary Lange, PhD LMFT ICGC BACC CAS** Licensed Marriage and Family Therapist International and California Certified Gambling Counselor CalGETS, California Gambling and Education Treatment Service, Certified Addictions Specialist Psychology Professor, CSUSB

**Jennifer Lentzke, MS, RD/N, CSSD** is the lead dietitian at Rosewood Centers for Eating Disorders adult unit. She specializes in working with athletes and creating wellness-based nutritional programs for recovering eating disorder clients and patients.

# Faculty Biographies

**Jasmine Marino** is a thoughtful, well-spoken survivor leader in the anti-trafficking movement. In addition to her life experience as a survivor of sexual exploitation, she brings the commitment, perspective, and necessary advocacy skills to the conversation.

**Adele Ryan McDowell, LADC, LPC, PhD**, described by one of her smaller clients as “The Feelings Doctor,” Adele Ryan McDowell is psychologist, teacher, and writer. Her latest book is *Making Peace with Suicide: A Book of Hope, Understanding, and Comfort*.

**Lizzy McGlothlin** first came to the mental health field nine years ago as the Executive Assistant for an extended care treatment center. In 2009, she joined the Onsite team where she developed professionally, taking on more and more key responsibilities, roles and titles. Today, she serves as Vice President of Programming, including oversight of Onsite’s new long-term trauma program, Milestones at Onsite. Lizzy’s own recovery journey sparks her love for the mental health field and inspires her desire to continue to grow as a leader. Beginning as an assistant and working her way up provides Lizzy with a unique perspective on leadership. She contributes this valuable leadership knowledge and awareness to both her experience collaborating with Onsite CEO Miles Adcox as well as her involvement overseeing, planning, and participating in Onsite’s Leadership Retreats, where individuals in the field come together to learn more about themselves and how to become leaders from the inside out. Lizzy is a certified Yoga instructor, but more importantly is the mother to an adorable little boy, Owen.

**Jeffrey Merrick** is an experienced attorney who specializes in the defense of California drug, alcohol and mental health-related criminal cases. Known for his expertise in alternative sentencing, he is also a well-respected interventionist known for his advocacy and work with families.

**Evan Miller, PhD** is widely considered a leader in the field of addiction. His research areas include addiction, sport psychology and personality disorders. He holds a Ph.D. in Clinical Psychology and lectures nationally and internationally on addiction.

**Lee Neagle, MA** obtained his Bachelor of Arts in Psychology from Lakeland College and his Master of Arts in Clinical Psychology from Cardinal Stritch University. Lee is also a board member of the Residential Eating Disorders Consortium. (REDC) He speaks nationally on mental health issues.

**Mike Neatherton** is an industry leader with a career spanning more than 30 years. When Mike joined Northbound he immediately began to transform the corporate culture by building on the transformational leadership principles of transparency, authenticity, and collaboration. Mike believes that successful leadership requires not only vision, but the ability to gain the agreement and commitment of all of the other people in the organization. As President and CEO of Northbound, Mike’s passion for treatment is founded upon the belief that all individuals can recover. Mike maintains a solid 12-Step program as the foundation for treatment at Northbound, informing all aspects of treatment, and serving as the core philosophy for the organization. Mike embraces the challenge of providing superior treatment services to the entire family system impacted by drug addiction, alcoholism, and mental illness. He cites his strong spiritual values and the ability to find balance in his personal life as the keys to his professional success. Prior to Northbound, Mike served in various executive positions at the Betty Ford Center in Rancho Mirage California, where he worked for more than 20 years. Mike holds a bachelor’s degree from Wright State University in Dayton, Ohio, and a master’s degree from Indiana State University in Terra Haute, Indiana. He is a member of both the American College of Healthcare Executives and the American College of Addiction Treatment Administrators. Mike and his wife, Maria, have 3 daughters, and they reside in Newport Beach, California.

**Alan Nelson, MD** is a board certified Psychiatrist, and the Medical Director of Jaywalker Lodge. He obtained his MD from Loma Linda University School of Medicine Residency Training at Duke University. He has a practice in Carbondale and Aspen CO, and has been in practice for over 25 years. He has spoken locally and nationally on topics ranging from addictions medicine to the issues involved in a Dual Career Marriage. He has been the recipient of numerous awards for Medical Service. He is the Psychiatric Consultant to both the Aspen Police Department and the Pitkin County Sheriffs Department. Previous positions include Chairman, Department of Psychiatry, Loma Linda University School of Medicine. Medical Director; Behavioral Health Medicine; Aspen Valley Hospital, Consultant to C Everett Koop, M.D. Surgeon General of the United States.1987.

**Johanna O’Flaherty, PhD, LADAC, CEAP CEO, LVRC**. Former V.P. Betty Ford Center. Over 20 years experience in Airline EAP s. Responded to the aftermath of TWA, Flight 800 and 9/11 in New York. Presented numerous workshops and key notes in the US as well as in Asia, Europe and the Middle East. featured on ABC, NBC, and CNN.

# Faculty Biographies

**Ben Pearson, LCSW** has over 16 years experience ranging from in home, outpatient, wilderness treatment, and adult residential treatment. Addiction and mental health treatment are issues close to Ben's heart and motivates his desire to help create a unique treatment experience for individuals and families.

**James Peck, PsyD** is a licensed clinical psychologist and senior clinical trainer at the UCLA Integrated Substance Abuse Programs. Dr. Peck has extensive experience conducting curriculum development, clinical trainings, and clinical supervision on the etiology, assessment, and treatment of substance-related disorders, and on the treatment of individuals with co-occurring substance-related and psychiatric disorders. He currently works at UCLA in a clinical training role and maintains a busy practice treating individuals with co-occurring disorders including HIV and HCV.

**Patricia Plum, MSW, LMSW** is a Family Therapist for the Claudia Black Young Adult Center. She holds a Master's Degree in Social Work from Arizona State University. Her areas of training include Post Induction Therapy, Experiential Therapy, and Auricular Acupuncture therapy.

**Stephen Reeder, MA, NCC** holds his M.A. in Counseling Psychology from the University of Denver in Denver, CO. Received undergraduate degree in Psychology from Kent State University Ohio. As Program Director, he oversees that clients are offered individualized care in order to facilitate long term recovery.

**T. Roland Reeves, MD, FACS, ABAM** practiced many years as a Board Certified Vascular Surgeon and now Board Certified Addiction Medicine. Fellowships at University of Tennessee and Stanford University. Founded the Addiction Medicine Service at Sacred Heart Hospital in Destin, FL, and he is co-founder of Destin Recovery Center

**Jevon Rice, MS, LMHC** is an outpatient clinician at Adcare Hospital, Boston. She is currently lead clinician for the Family and Friends support and education group as well as the Young Adults Therapy group, the Intensive Outpatient program and Day Treatment program with a dual diagnosis focus.

**Julio Rojas, PhD, LADC** is a licensed psychologist and Associate Professor in the Department of Psychiatry and Behavioral Sciences at OU College of Medicine. Dr. Rojas is a program consultant and consulting psychologist at VizOwn, a women's residential program that specializes in integrated treatment.

**Juan-Sebastian Saldivar, MD, FACMG** is from the UT Southwestern. Fellowships include Medical Genetics & Clinical Molecular Genetics at Harvard, board certified Clinical Molecular Genetics & Molecular Genetic Pathology, fellow of American College of Medical Genetics & AMP & American Society of Human Genetics & CAP.

**Carrie Schell, PhD** has been immersed in health and wellness since beginning her career as a licensed midwife twenty-five years ago. Her career has evolved over the years as a health consultant, physical activity practitioner and yogi. Carrie's involvement in addiction recovery spans decades.

**E. Hitchcock Scott, PhD, LPCC, LAADC, CADC-II, ATR-BC, REAT, NCC** has 31 years professional experience with complex trauma and co-occurring addictions, Licensed Professional Counselor in California (LPCC917), as well as an Addictionologist (CADC-II, LAADC, ICRC), board certified registered art therapist (ATR-BC), registered expressive arts therapist (REAT). Dr. Scott's research and theory of creative arts psychotherapy for trauma and addiction treatment has been published in peer review academic journals in the U.S. and abroad.

**Anelia Shaheed, Esq.** is a licensed attorney in the State of Florida and practices with the Law Office of Julie W. Allison P.A. which is a healthcare boutique law firm catering to providers in the Mental Health and Substance Abuse community. A member of the National Health Lawyers Association.

**Stephen Sideroff, PhD** is a Clinical Psychologist and internationally recognized expert in addiction, optimal performance, resilience, neurofeedback, and alternative approaches to stress and mental health. He is Assistant Professor in the Psychiatry Department at UCLA. He is the former Clinical Director of the Stress Strategies program of UCLA/Santa Monica Hospital and the former Clinical Director of Moonview Treatment Center. He has published ground breaking work in addiction, neurofeedback and resilience; along with his new book "The Path: Mastering the nine pillars of resilience and success".

**Kumara Sidhartha MD, MPH** graduated medical school at GMK Medical College in India. He is board-certified in Internal Medicine. He is a public health advocate with a Master of Public Health in Nutrition degree from UMass, Amherst, MA. He is a certified researcher through the Collaborative Institutional Training Initiative training at the University of Miami. He is the Chair of Cape Cod PATH (People Against Trafficking in Humans), a volunteer task force working to end human trafficking and its risks. Cape Cod PATH's study in 2015 confirmed that substance use is a risk for one to get trafficked.



# Faculty Biographies

**Chapman Sledge, MD, FASAM** is Chief Medical Officer at Cumberland Heights in Nashville, TN. He was trained in Family Medicine and Addiction Medicine. Dr. Sledge is a Diplomate of the American Board of Addiction Medicine and a Distinguished Fellow of the American Society of Addiction Medicine.

**Alana Smith, LCSW, LCDC** is a Clinical Social Worker and Chemical Dependency Counselor. She has worked in Inpatient, Outpatient, and Private Practice settings for over 13 years, developing treatment programming and family programming. She is the Clinical Director of Vista Taos and Vice Chair of IAFAP.

**Louise Stanger, EdD, LCSW, BRI II, CIP** is a lecturer, professor, clinician, trainer and international interventionist. She is a published author and her work has been featured in the *Huffington Post*, *Journal of Alcohol Studies*, *Recovery View*, *Sober Way*, and various other magazines and scholarly publications.

**Carol Teitelbaum, MFT** has been a licensed therapist since 1985, Private Practice in Rancho Mirage since 1999, workshop leader and conference speaker for over twenty years recently for Labor Assistance Professionals, CCAPP, Evolution of Addiction, US Journal.

**Robert Teitelbaum** is co-chair of the non-profit Creative Change Conferences and author of *Frogs and Snails and Mobster Tales: Growing Up in Al Capone's Shadow*. Active member of the Screen Actors Guild and the Director of Palm Springs TheatreSport. Recently was co-presenter LAP and CCAPP.

**Jim Tracy** has been conducting Professional and Family Interventions for over 20 years, including Family Reintegration Workshops and ongoing family case management. He has developed and facilitated family programs for some of the most respected treatment centers in the country.

**Erica Trocino, MC, LAC, ICADC** possesses a Masters of Counseling degree from Arizona State University, Internationally Certified Alcohol and Drug Abuse Counselor (ICADC), Nationally Certified Counselor (NCC) and Board member for the Arizona Board for Certified Addiction Counselors.

**Lauren Walther, LCSW, LCDC** works at the Pathfinder Program, the Menninger Clinic's community integration program in Houston, TX. She graduated from Smith College School for Social Work in 2011 and received post-graduate training on the Professionals in Crisis unit at the Menninger Clinic.

**David A. Wiss, MS, RDN, CPT** is the founder of Nutrition In Recovery, which specializes in the nutritional management of Food Addiction, Substance Abuse, Eating Disorders, Weight Management, Sports Nutrition, and General Wellness, operating throughout the greater Los Angeles area.

**Stephen Wyatt, DO** completed a NIDA Clinical Research Fellowship at the Yale School of Medicine. He is an addiction psychiatrist at Middlesex Hospital in Connecticut. He is the Past President of the Connecticut Society of Addiction Medicine and the American Osteopathic Academy of Addiction Medicine, and is on the Exec. Board of Mental Health and Addiction Services in Connecticut. He has been active in all levels of medical education. He is a Co-PI, on two SAMHSA initiatives, the Provider's Clinical Support System (PCSS) for Medication Assisted Treatment, and Opioids. He is a co-chair of the CSAT Buprenorphine Expert Panel and a consultant on the use of buprenorphine for the Federation of State Medical Boards.

**Jeff Zacharias, LCSW, CSAT, CAADC** is the Clinical Director of New Hope Recovery Center/Chicago and has a private practice. His interests include working in the LGBTQI community, all forms of addiction and trauma with its impact on recovery. He was voted the 2015 NASW Social Worker of the Year.

**Lois Zsarnay, MS, LMFT, BCPC, RD, DCC** has worked in addiction and eating disorder treatment field for 25 years. She has also been practicing telemedicine for 7 years and is a Group Clinical Director for Bright Heart Health that provides treatment completely through a telemedicine platform.

## Satisfactory Completion

In order to receive a continuing education certificate, the following must be met: 1) registration fee must be paid; 2) each session attended must be attended in its entirety.

## ADA Statement

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs by May 15th, 2016. We cannot ensure the availability of appropriate accommodations without prior notification.

# Hotel Information

## **LA QUINTA RESORT & CLUB® AND PGA WEST® “The Waldorf Astoria Collection”**

Address: 49-499 Eisenhower Drive, La Quinta, California 92253  
1-800-598-3828 Mention: C4 Recovery Solutions or Code ZC416  
Website: [www.laquintaresort.com](http://www.laquintaresort.com) • [www.pgawest.com](http://www.pgawest.com)

**Rate: \$157 Single/Double\***

**Check in Time: 4:00 PM Check Out Time: 12:00 Noon**

### **A Soul Stirring La Quinta Hotel, With Majestic Desert Ambiance**

Come experience the grandest of Greater Palm Springs hotels, nestled at the base of the Santa Rosa Mountains. As a stirring desert oasis renowned for world-class hospitality, La Quinta Resort & Club offers superb relaxation amidst 45-acres of lushly landscaped grounds. Unwind in exquisite Spanish-style casitas, suites and villas, some featuring private patios and glowing fireplaces. Revitalize body and mind at Spa La Quinta or spend the day lounging by one of 41 sparkling pools. From unique dining experiences and an assortment of shops and boutiques to five world class championship golf courses, this exceptional La Quinta California hotel is an inspired destination for vacationers and business travelers.

### **The Pinnacle Of Desert Luxury For Palm Springs Accommodations**

As a tranquil desert hideaway only 19 miles from Palm Springs, La Quinta Resort & Club sets an unmatched luxury standard for luxurious Palm Springs accommodations. Arranged in elegant Spanish-style haciendas, each casita, suite, or villa offers its own patio and access to one of many pools throughout the lush grounds. Spend crisp desert nights by your glowing fireplace. Sunbathe in solitude by the El Presidente Suite's private pool and hot tub. Or reserve a Spa Villa and enjoy easy strolls to the main pool and tennis club. Come discover these stylish Palm Springs California accommodations – the premier choice for family vacations, corporate trips, spa escapes, or golfing getaways.

### **Resort Casitas**

These garden setting rooms feature one king or two queen beds and bathroom with bathtub/shower combination or shower only. Rooms with a fireplace are available. Room rates are \$157 single and double \*exclusive of applicable state and local taxes, (currently 11%), a local Riverside County BID Assessment (currently 2%), in addition to a California Tourism Fee of .2% per room per night, in effect at the time of check-in. \*\* Quoted rates will be offered, based on space and rate availability, three days before and three days after the above dates. A block of guest rooms is being held at the group rate until May 1, 2016. Please note that the number of rooms being held may be sold out prior to this date. We encourage you to make reservations early to ensure group rate and availability. Be sure to mention that you will be attending C4 Recovery Solution's WCSAD in order to receive the special Symposium rate. If an individual sleeping room is cancelled within 72 hours prior to arrival or guest does not arrive on date specified, they will be billed for one night's room and tax. Please be advised that when a guest no-shows, the reservation drops out of the system and is not automatically reinstated.

### **\*\*RESORT CHARGES**

In addition to the rates set forth above, there will be a daily resort charge, \$5.00 (Normally \$27.00) per room, per night, plus tax that will be posted to all guest rooms to cover the following:

- Unlimited use of the Fitness Center
- In-room coffee services
- High speed Internet access
- Shuttle for individual transfers to resort golf courses
- Local and 800 phone calls
- Daily newspaper delivered to each room (Saturday and Sunday upon request)
- Complimentary self and valet parking

### **Travel Information/Directions**

For more detailed information on airports, driving directions, and other travel related information, please see the Hotel & Travel tab on [www.wcsad.com](http://www.wcsad.com).



# 2016 WCSAD - CE Information

## Satisfactory Completion

Participants must complete an attendance/evaluation form in order to receive a certificate of completion/attendance. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available.

**American Academy of Health Care Providers in the Addictive Disorders** – (an international certifying body) has approved C4 Recovery Solutions to offer Continuing Education credit for Certified Addiction Specialists in accordance with the Academy's guidelines. Approved for up to 28 CE Credit Hours towards the Certified Addiction Specialist (CAS) credential.

**CCAPP** – C4 Recovery Solutions is a provider approved by CCAPP-EI, Provider Number #OS-15-522-0517 for 28 CEH'S.

**CAADE** – Certified Addiction Treatment Counselor (CATC) – C4 Recovery Solutions is an approved CE provider by the California Association for Alcohol/Drug Abuse Educators (CAADE). This Symposium meets criteria for CATC I, II, III, IV, V, or N certification for up to a maximum of 28 hours. CAADE (CP-30-694-P-0000)

**California Nurse - Amedco is approved by the CA Board of Registered Nursing, Provider #CEP13683, for 28 contact hours.**

**Certified Addiction Treatment Counselor (CATC)** – C4 Recovery Solutions is an approved CE provider by the California Association for Alcohol/Drug Abuse Educators (CAADE). This Symposium meets criteria for CATC I, II, III, IV, V, or N certification for up to a maximum of 28 hours.

**Certified Eating Disorders Specialist (CEDS)** – application has been submitted to iaedp for The Rosewood Institute sessions for 1.5 hrs each (of eating disorders specific continuing education for iaedp certification renewals, and approved supervisor renewals, for up to a maximum of 13 hours. (Rosewood Institute Sessions Include: #151, #225, #251, #275, #325, #350, #351, #375).

**Certified Eating Disorders Registered Dietitian (CEDRD)** – application has been submitted to iaedp for The Rosewood Institute sessions for 1.5 hrs each (of eating disorders specific continuing education for iaedp certification renewals, and approved supervisor renewals, for up to a maximum of 13 hours. (Rosewood Institute Sessions Include: #151, #225, #251, #275, #325, #350, #351, #375).

**Employee Assistance Professionals** – Application has been submitted to The Employee Assistance Certification Commission (EACC) for review and approval for PDH award.

**Family Physicians** – Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

**NAADAC** – Application for renewal of provider status has been submitted to NAADAC. This course deals with Counselor Skill Groups: Ongoing Treatment Planning, Counseling Services.

**Nurse - Amedco is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.**

**This course is co-provided by Amedco and C4 Recovery Network. Maximum of 28 contact hours.**

**Psychologists** - This course is co-sponsored by Amedco and C4 Recovery Network. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 28 hours.

**Physicians** - This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Amedco and C4 Recovery Network. Amedco is accredited by the ACCME to provide continuing medical education for physicians.

## Credit Designation Statement

Amedco designates this live activity for a maximum of 28 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Social Workers - Amedco, #1346, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org)**, through the Approved Continuing Education (ACE) program. Amedco maintains responsibility for the program. ASWB Approval Period: 06/24/2015 – 06/24/2016. Social workers should contact their regulatory board to determine course approval for continuing education credits.

Social workers participating in this course may receive up to 28 clinical continuing education clock hours.

**Don't see the CE that you need listed here?**

Email me at [katie@c4recovery.org](mailto:katie@c4recovery.org) and we will get to work on it for you!

# Registration Form

**To Register**, please complete this form and forward with payment by mail or fax with credit card information to:

WCSAD Registration PO Box 622588, Bronx, NY 10462

1-347-945-0799/ FAX 1-347-964-6944 Email Questions to [wcsadhelp@c4recovery.org](mailto:wcsadhelp@c4recovery.org)

## SYMPOSIUM REGISTRATION FEES

Symposium Registration fees (Thursday evening through Sunday noon) include all presentations, the Opening Reception, Friday Luncheon, Saturday Luncheon, all Coffee/Beverage Breaks and all Snack Breaks.

## MAIN SYMPOSIUM

(Thurs Evening – Sunday Noon)

- Early Registration through 5-01-16 ☐ \$395
- Registration On / After 5-02-16 ☐ \$460
- Group Registrant Registration Fee: ☐ \$350 (4 or more registrations received together)
- The Rosewood Institute only (not attending the rest of the symposium) ☐ \$350
- IAFAP Family Track only (not attending the rest of the symposium) ☐ \$350

## SPECIAL OFFERINGS & OPTIONS

- Pre-Symposium Workshops  
Thursday June 2, 8:30 AM-5:00 PM ☐ \$100
- Day Ticket: ☐ Friday \$175 ☐ Saturday \$175 ☐ Sunday \$75
- 7th Annual WCSAD Golf Tournament:  
Thursday, June 2 ☐ \$135 for 18 holes
- TPAS (Treatment Professionals in Alumni Services) Meeting Only  
Friday, June 3, 8:30 AM – 10:30 AM ☐ \$25

**TOTAL:** \_\_\_\_\_

**NAME BADGE** Please print your name, organization, city and state to appear on your name badge:

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## PAYMENT INFORMATION

**CHECK #** \_\_\_\_\_ Please make check payable to **C4 Recovery Solutions**

All cancellations MUST be submitted in writing, telephone requests WILL NOT be honored. Cancellations received more than 30 days prior to the symposium, paid or unpaid invoices, will incur a \$35.00 administrative fee. Cancellations received 14 to 30 days prior to the symposium, paid or unpaid invoices will be refunded at 50% of the invoice. No refunds will be given for cancellations received within 14 days of the symposium and all unpaid invoices will be due in full. Refunds will be sent or credited within four to six weeks after the conference has concluded.

## CREDIT CARD

☐ Visa ☐ Mastercard ☐ American Express ☐ Discover

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Signature \_\_\_\_\_

Please Check the Workshops you Plan to Attend.

## PRE –SYMPOSIUM WORKSHOPS—\$100 ADDITIONAL

Thursday, June 2 8:30 AM – 5:00 PM

All Day Workshops (choose one)	<input type="checkbox"/> #100	<input type="checkbox"/> #101
AM Workshop (choose one)	<input type="checkbox"/> #125	
PM Workshop (choose one)	<input type="checkbox"/> #150	<input type="checkbox"/> #151

## MAIN SYMPOSIUM – Thursday evening, June 2 – Sunday Noon, June 5

Opening Reception (No cost but pre-registration is required) ☐ #199

## FRIDAY, JUNE 3

2 Day Workshop ☐ #200 (this is an all-day for 2 full days and there are no other options for Friday or Saturday)

All Day Workshop ☐ #201

AM Plenary ☐ #210

Mid-Morning Workshops ☐ #225 OR ☐ #226 OR ☐ #227 OR ☐ #228 OR ☐ #229 OR ☐ #230 OR ☐ #231 OR ☐ #232

Luncheon Plenary ☐ #250 (Complimentary—pre-registration required)

Early Afternoon Workshop ☐ #251 OR ☐ #252 OR ☐ #253 OR ☐ #254 OR ☐ #255 OR ☐ #256 OR ☐ #257 OR ☐ #258

Late Afternoon Workshops ☐ #275 OR ☐ #276 OR ☐ #277 OR ☐ #278 OR ☐ #279 OR ☐ #280 OR ☐ #281

Friday Evening Plenary ☐ #299

## SATURDAY, JUNE 4

2 Day Workshop ☐ #200 (this is an all-day for 2 full days and there are no other options for Friday or Saturday)

AM Plenary ☐ #300

Mid-Morning Workshops ☐ #325 OR ☐ #326 OR ☐ #327 OR ☐ #328 OR ☐ #329 OR ☐ #330 OR ☐ #331 OR ☐ #332

Luncheon Plenary ☐ #350 (Complimentary—pre-registration required)

Early Afternoon Workshop ☐ #351 OR ☐ #352 OR ☐ #353 OR ☐ #354 OR ☐ #355 OR ☐ #356 OR ☐ #357 OR ☐ #358

Late Afternoon Workshops ☐ #375 OR ☐ #376 OR ☐ #377 OR ☐ #378 OR ☐ #379 OR ☐ #380 OR ☐ #381

## SUNDAY, JUNE 5

Morning Workshop ☐ #400

Closing Plenary ☐ #425



## Join us at these upcoming C4 Conferencing Events

### wcsad

West Coast Symposium on Addictive Disorders  
LA QUINTA, CA // JUNE 2 - 5, 2016

### core

Clinical Overview of the Recovery Experience  
AMELIA ISLAND, FL // JULY 10 - 13, 2016

### ccsad

Cape Cod Symposium on Addictive Disorders  
HYANNIS, MA // SEPTEMBER 8 - 11, 2016

### axis

Addiction eXecutives Industry Summit  
NAPLES, FL // JANUARY 29 - FEBRUARY 1, 2017



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Dirk Eldredge, CADC-I



Lizzy McGlothlin



Mike Neatherton



Alan Nelson, MD



Kumara Sidhartha,  
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