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Adolescents AND Young Adults



Jack Canfield, MEd



Claudia Black, PhD

April 27-29, 2016
Las Vegas, NV

Tropicana Las Vegas



Jean Kilbourne, EdD



John Briere, PhD

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SPECIAL FOCUS ON:

Trauma Treatment • The Developing Brain and Mind

Addictions in Youth • Co-Occurring Disorders

Overcoming Depression and Anxiety • Neuroscience and Therapy

Up to **24 Credit Hours** for Continuing Education
6 Hours ETHICS Pre-Conference Workshop, April 26

Tuesday, April 26

Pre-Conference ETHICS Workshop

Meets ETHICS Licensing Requirements-6 Hours

Patient Welfare, Therapist Responsibility: Legal and Ethical Considerations

Pamela H. Harmell, PhD

Permanent Lecturer, Pepperdine Graduate School of Education & Psychology, Psychologist, Private Practice, Los Angeles CA. Past Chair, CA Psychological Association Ethics Committee, Former President, L.A. County Psychological Association.



This workshop addresses therapist responsibility to ensuring patient welfare in all aspects of practice. Participants will learn to deal with ethical dilemmas such as (1) when therapist values conflict with patient values (highlighting two precedent setting legal cases), (2) current trends in disciplinary process and ethical violations, (3) using risk management techniques to solve ethical dilemmas, (4) current ethical standard of care in the world of technology, reputation protection, Skype, texting, social media and HIPAA compliance, (5) background history and current updates related to the APA allegedly conspiring to participate in “torture” techniques after 9/11. Literature updates, along with relevant Codes of Ethics and current expert opinion will be included in all areas of discussion. This program overviews the current research findings and knowledge that inform the practice of ethical and legal practice.

8:30–9:00 am Pre-Conference Workshop Registration

9:00–11:00 am Introduction to Law and Ethics; Value neutrality; Use of “bracketing”; Referral due to lack of competence versus discrimination; Critical precedent setting cases related to patient discrimination; Disciplinary process; Four agencies holding therapist’s accountable; Diagnostic discrimination and insurance fraud.

11:15–12:15 am History of allegations about the APA and “torture”; APA and CIA involvement after 9/11; The Hoffman Report findings; Updates related to the allegations of conspiracy.

1:15–2:15 pm Suicide—Legal and Ethical issues; Statistics, prevention, precautions; NSSI—Non Injurious Self Injury; Doctrine of “Respectable Minority”.

2:30–4:30 pm Death with Dignity; Legal and ethical issues; Principles of suicide risk; Formal consultation with suicidal clients; Social media; World of technology; Precautions; HIPAA compliance and Skype; Reputation protection; Confidentiality and boundary violations.

Las Vegas Faculty Includes:



John Arden, PhD



Mendi Baron, LCSW



Claudia Black, PhD



John Briere, PhD



Jack Canfield, MEd



Ashley Chesky, MA



Patrick DeChello, PhD



Tanya Lauer, MC



Pat Love, EdD



Don Meichenbaum,
PhD



Jamison Monroe, Jr.



Pete Nielsen, MA



Barbara Nosal, PhD



Kathleen Parrish, MA

Wednesday, April 27

Level of Instruction: All Sessions are Intermediate/Advanced unless otherwise noted.

8:00 am

Conference Registration Continental Breakfast

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9:00–10:00 am

The Success Principles for Teens and Adults



Jack Canfield, MEd

Known as America's #1 Success Coach, is a former high school teacher, psychotherapist, a leading authority on self-esteem and peak performance, a highly-sought after motivational speaker and corporate trainer, the founder and coauthor of the Chicken Soup for the Soul® series—with more than 500 million books sold in 50 languages with a record 47 New York Times bestsellers. His recent books include The Success Principles™: How to Get from Where You Are to Where You Want to Be, The Success Principles for Teens, and The 30-Day Sobriety Solution. Having appeared on more than one thousand radio and TV shows, Jack was recently featured on Oprah's Super Soul Sunday.

Jack Canfield has devoted more than 40 years to the study, application and teaching of the universal principles of success. In this fast-paced, entertaining and powerful keynote, he will share the principles and techniques that keep working wonders for him and his students who work with adolescents in all kinds of situations—schools, treatment and recovery programs, drug prevention programs, correctional institutions and youth leadership programs.

10:00–10:30 am

Refreshment Break in the Exhibit Area

Breaks will be held each am and pm in the exhibit area.

10:30–11:30 am

Complexities of Treating the Young Adult



Claudia Black, PhD

Clinical architect of the Claudia Black Young Adult Center at The Meadows. She works with their team assessing and enhancing the quality of the program. She is a Senior Fellow and a clinical consultant at The Meadows Treatment Center in Arizona since 1998. Her seminal work with children impacted by substance abuse in the late 1970s created the foundation for the adult child movement. Renowned author of over 15 books and a trainer internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. She sits on the Advisory Board for the National Association for Children of Alcoholics and the Advisory Council of the Moyer Foundation.

Working with the young adult with addictive disorders most often also means working with co-occurring disorders of anxiety and depression. This presentation will focus on the dynamics of underlying trauma that fuels these disorders. Recognizing not just blatant traumas, but addressing developmental trauma is significant in their treatment. Claudia will conclude addressing treatment protocol that recognizes the development needs of this age group differ from their older counterparts.

Program continued on page 5



Michael DeLeon



Christopher Dorval
LCDP



Jennifer Golick, MFT



Jean Kilbourne, EdD



Sheri Laine, LAC



Patricia Plum, LMSW



Mark Sanders, LCSW




David Smith, MD



Reinhard Straub,
LICSW

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11:30 am–12:30 pm **Treatment of Depressed and Suicidal Youth**



Don Meichenbaum, PhD

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

This presentation begins with a discussion of the epidemiology and assessment of depression in adolescence and a consideration of the changes in brain development in youth. A review of the various treatment approaches of treating depressed and suicidal youth will demonstrate specific ways to implement the core tasks of psychotherapy. A Checklist on ways to conduct preventative interventions to reduce suicidal behavior will be presented.

2:00–3:30 PM **CONCURRENT WORKSHOPS**

Transformational Exercises for Empowering Adolescents for Success and Sobriety

Jack Canfield, MEd

This presentation will lead participants through a series of transformational interactive exercises that totally engage students and experientially teach the principles and practices that will accelerate success in any area.



Ways to Bolster Resilience in LGBTQ Youth

Don Meichenbaum, PhD

Some 6% to 10% of youth identify themselves as LGBTQ (lesbian, gay, bisexual, transgender and questioning). Some 70% of these youth report being harassed or bullied with a consequence of increased likelihood of missing school, dropping out and with the tragic result of double the suicide rate. This presentation will consider specific ways to bolster resilience on a preventative basis and what clinicians, educators, peers and parents can do to address these challenges.



An Experiential View: The Family System within Relapse or Recovery

Ashley M. Chesky, MA, LPC

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 Arizona. Ashley has completed Pia Mellody's Post Induction Training and Experiential Training from Onsite. Ashley's passions are finding new and creative ways to help families reach a deeper level of consciousness about their individual roles in their unique family system. Her other areas of training include Expressive Arts Therapy, Auricular Acupuncture, and Sensorimotor Psychotherapy.



Patricia Plum, MSW, LMSW

Family Therapist for the Claudia Black Young Adult Center. She holds a Master's Degree in Social Work from Arizona State University. Prior to working as a Family Therapist with The Claudia Black Young Adult Center, Patricia worked in an outpatient addiction clinic, serving in both a private and group setting. Her other areas of training include: Post Induction Therapy, Experiential Therapy, Auricular Acupuncture Therapy and DeHp Therapy. Patricia's passion lies in helping to bring education, collaboration, and insight to families, to encourage healing and hope.



The Claudia Black Family team will engage participants in an experiential role play exploring the dynamics of a family system moving from trauma and addiction into relapse or recovery. Families entering into early recovery from trauma and addiction quite often struggle with the ability to see and understand how their current family roles and behaviors impact the health of the family system. Offering the client an experiential enables a person and the family system to gain greater insights and emotional connection to the possibilities of health or dysfunction in the future. The presenters will discuss the adaptation of this model of work to other experiential modalities.

Reaching Young Adults and Reuniting Families

Guiding Young Adults On Their Journey Towards Recovery



Help for young adults struggling with emotional trauma, complex addiction, and mental health issues.

The **Claudia Black Young Adult Center** provides intensive, experientially based inpatient treatment specifically tailored to young adults ages 18 to 26 who are struggling with unresolved emotional trauma, addictions, or who have a dual diagnosis. Among other unique aspects of our 45-day treatment program:

- **Peer Power:** We provide young adults with an opportunity to interact and engage in a small, safe, and nurturing community comprised of their peers. Creating a community culture provides them an opportunity to mentor and engage with their peers and practice active participation in their recovery.
- **Family Matters:** Our strong emphasis on family systems has transformed the lives of young adults and their families. Through real-time webinars, we focus on the family system and engage our patients' family members into the process before they attend family week that is unique to young adult programming.
- **Back to Basics:** We empower young adults by teaching life skills such as effective communications, time management and organizational skills. We also add fun and laughter into the mix.
- **Experiential Emphasis:** Our expansive array of experiential healing modalities includes offerings such as neurofeedback, equine-assisted psychotherapy, mindfulness practices, challenge courses, and trauma-informed psychodrama, along with EMDR and Somatic Experiencing® (when recommended).
- **A for Assessment:** Our emphasis on the most current testing and assessment tools helps paint an accurate picture of each patient's status and unique needs.
- **Step by Step:** Twelve-step involvement provides a source of healing for our clients and their families.

Our experienced staff is committed to helping young adults overcome their often complex challenges so they can gain a sense of their true potential and take charge of their lives.

Conference speakers include these distinguished associates of the Claudia Black Young Adult Center:



Claudia Black, PhD
Senior Fellow and Founder of
Claudia Black Young Adult Center
Keynote



Ashley Chesky, MA, LAC
Workshop Presentation



Patricia Plum, LMSW
Workshop Presentation

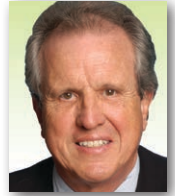
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The Opioid Epidemic: Adolescent & Young Adult Issues

David Smith, MD, FASAM, FAACT

Recognized as a national leader in the pharmacology and treatment of addictive disease, Dr. Smith is Founder and Medical Director of Haight-Ashbury Free Clinics in San Francisco, and Past President of the American Society of Addiction Medicine. He is currently Chair of Addiction Medicine for Muir Wood Adolescent & Family Services in Petaluma, CA and Consulting Physician for North Bay Recovery Center in San Rafael.



Prescription opioid abuse and heroin addiction are a growing concern in adolescents and young adults. Recent observations suggest that early recognition of and action on youth substance abuse issues are critical to brain health. Medical system interventions, e.g. SBIRT, are an important factor in this process.

4:00—5:30 PM **CONCURRENT WORKSHOPS**

Family-based Interventions with Adolescents: Addressing Issues of Conflict

Don Meichenbaum, PhD

Various ways to involve parents in the treatment of adolescents will be considered focusing on parent adolescent conflict, substance abuse and other forms of comorbidity. How to implement the core tasks of psychotherapy will be discussed.



Working with Young Men: How to Integrate Mindfulness with Trauma and Addiction Treatment

Christopher Dorval LCDP, LCDCS

Chris is a Licensed Chemical Dependency Clinical Supervisor and has a Master's degree in Clinical Social Work. He is the Program Manager of Clinical Services of Rhode Island at Greenville, RI. He is currently working with Griffin Recovery Enterprises as a consultant specializing in treating males, trauma and addiction. A person in recovery himself, Chris is passionate about working with men affected by addiction and trauma and has dedicated his practice to this focus.



Our society has often turned a blind eye to trauma's impact on males focusing on trauma as a "female issue." Mindfulness has been shown to be effective with females but there has been limited research with male populations. Using evidenced based research and case examples from clinical practice this presentation will offer a look at integrating mindfulness as a clinical intervention with traumatized young men in addiction treatment.

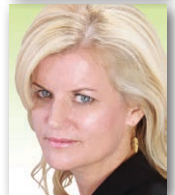
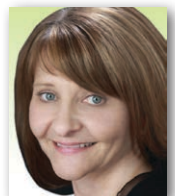
Resilience and the Healing Power of Story

Kathleen Parrish, MA, LPC

Clinical Director of Cottonwood Tucson, an internationally renowned, residential treatment program for co-occurring disorders in Tucson, Arizona. She holds a Master of Arts degree in Marriage and Family Therapy and an MA in Religious Education. Kathleen has worked in private practice, outpatient treatment, and residential treatment settings and has worked with trauma survivors for over 20 years, focusing on story, mindfulness, and self-compassion. She has written articles for Counselor, Addiction Professional, Addiction Today and Arizona Together magazines. She has presented seminars on trauma and eating disorder in the United States and Europe.

Tanya Lauer, MC, LPC

Holds a Master's Degree in psychotherapy and counseling and has over twenty years working in trauma healing in various settings including outpatient trauma centers, psychiatric hospitals, inpatient treatment centers. Tanya currently works as a trauma specialist at Cottonwood Tucson. She has presented at conferences and facilitated workshops in the United States and Europe. She believes in the importance of developing narrative, mindfulness and self-compassion as essential skills for supporting trauma resolution and emphasizes the need for integration and the mind body connection in her work.



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



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How to Connect with Teens and Start the Conversation Regarding Critical Issues

Mendi Baron, LCSW

CEO and founder of Evolve Treatment Centers and is a teen advocate and expert on how to start the conversation on critical issues that impact today's teens. Before launching Evolve Treatment Centers, Mendi conceived and built, from the ground up, successful, high end adolescent residential and outpatient programs in Los Angeles. The son of a Rabbi, eldest of 11 children, he is a part-time rock musician, cantor, and father of two.



The presentation demonstrates how to start the conversation and connect with teens to explore critical issues during various phases leading up to, during, and following the treatment process including education, aspirations, spirituality, and life development.

"Kids are Dying"—An American Epidemic

This session not offered for CE credit

Michael DeLeon, Director/Producer

Award-winning filmmaker and founder of 'Steered Straight,' a New Jersey-based organization that offers drug intervention and education services. He has produced documentaries chronicling the drug addiction epidemic in New Jersey and across the nation. Steered Straight speakers visit schools to share their message of making responsible, informed choices. In addition to working with addicts and trying to steer young people away from drugs, he advocates for legislative measures to address drug addiction, and has taken his mission to the national discourse in Washington, DC during the last year.



He presents his powerful filmed documentary, *American Epidemic*, focusing on the heroin epidemic, how it is affecting families from every youth demographic in the United States, and how we can be a part of the solution. This presentation brings to this conference a presentation of vignettes and stories from this film chronicling his interviews with hundreds of young addicts across the nation.

Thursday, April 28

8:00 am Continental Breakfast

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8:00–8:45 am Tender Mercies and Young Adults (Optional)

This session not offered for CE credit

Sheri Laine, LAC

Diplomate of Acupuncture and president of Eastern Medical Arts in Del Mar, CA. Author of *Living the Energy Connection*, she is a licensed acupuncturist, herbalist and nutritionist, with a focus on integrative lifestyle medicine.



Adolescents and young adults can be trying for the entire family, and their support team. The use of natural therapeutics, and meditation can be very helpful in moments of changing maturity, anxiety, sleeplessness, and the overall well-being for many patients and their family members that you may be seeing clinically. She will discuss appropriate Bach Flower Remedies in depth, as well as give helpful here and now homeopathic remedy's, massage techniques, yoga postures, nutritional strategies, and breathing/ meditation tools that you can begin using to quell the changing tides of adolescence behaviors.

9:00–10:00 am Opening Keynote: Understanding and Treating Complex Trauma in Adolescents and Young Adults

John Briere, PhD

Associate Professor Psychiatry at the Keck School of Medicine, University of Southern California, and Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network. He is recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association. Author of numerous books including *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment*.



Complex trauma usually involves a combination of early and late-onset adverse events, often including not only recent violence or maltreatment, but also childhood

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sexual, physical, and/or psychological abuse, sometimes compounded by emotional neglect. Empirically and phenomenologically-informed treatment of trauma in adolescents and young adults will be introduced, providing cutting-edge information on the integration of various modern treatment approaches to provide a “customized” approach for each individual youth.

10:30–11:30 am

Deadly Persuasion: Advertising and Addiction



Jean Kilbourne, EdD

Her films, lectures, and television appearances have been seen by millions of people throughout the world. Recognized for her pioneering work on alcohol and tobacco advertising and the image of women in advertising. Author of Can't Buy My Love: How Advertising Changes the Way We Think and Feel which won the Distinguished Publication Award from the Association for Women in Psychology in 2000 and So Sexy So Soon: The New Sexualized Childhood and What Parents Can Do To Protect Their Kids. Creator of the Killing Us Softly: Advertising's Image of Women film series. In 2015 she was inducted into the National Women's Hall of Fame.

This presentation exposes the manipulative marketing strategies and tactics used by the alcohol and tobacco industries to introduce to and keep young Americans hooked on their dangerous products and presents a compelling argument that these cynical industries have a clear and deep understanding of the psychology of addiction—an understanding they exploit to create and feed a life-threatening dependency on their products.

11:30–12:30 pm

Co-occurring Treatment for Adolescents and Young Adults



Pat DeChello, MSW, PhD

Internationally recognized clinical social worker, clinical psychologist, and chemical dependency treatment specialist with well over 30 years of experience. He is the author of 29 books and numerous articles in the mental health and chemical dependency fields, featured in numerous publications and author of Treating Trauma in Children and Adults, Personality Disorders, and Understanding Self-Injury.

Adolescence is a time of developmental change which effects choice and decision-making, judgment and insight. Given the structure of the brain coupled with the acting out behaviors, testing and generally often hedonistic tendencies of adolescence, substance use, behavioral addictions and other pathological states tend to put adolescents at greater risk. Skills in both the mental health and the substance abuse areas are required to be able to successfully navigate the treatment arena of dual diagnosed clients. Systems issues, program design, clinician orientation and client motivation all play a significant part in treatment.

12:30–2:00 pm

Lunch Break

This session is part of the Industry Insider Symposium

12:45–1:45 pm 'Drugs Over Dinner' At lunch

Onsite Registration Required: Limited to 50 Participants (Box lunch provided)

This session not offered for CE credit

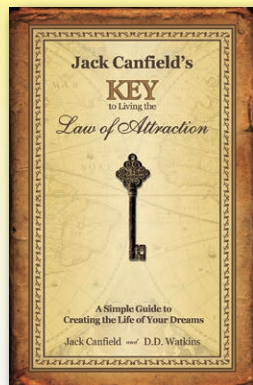
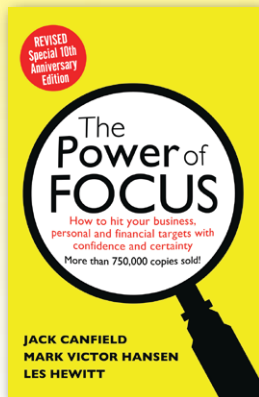
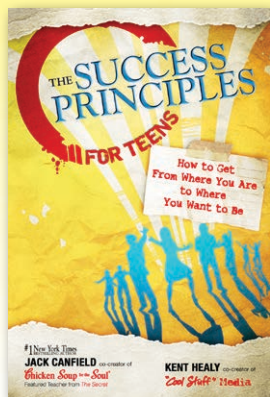


Jamison Monroe, Jr.

Founder and CEO of Newport Academy, Jamison is a prominent voice in the field of adolescence, mental health and addiction treatment. He is an active participant in the movement to reduce social stigma and substance abuse and mental health challenges. Jamison is also a writer, media spokesman and fierce advocate of holistic learning and compassionate care for struggling teens.

'Drugs Over Dinner' is an interactive online platform that provides the tools to have a conversation about drugs and addiction over dinner, with anyone. It's time to have an open conversation about drugs and addiction. There is a critical need to reframe the conversation. 'Drugs Over Dinner' is an opportunity to push through the fear and embrace a compassionate perspective on this very important topic.

meet the **AUTHORS** ...



Jack Canfield, MEd

The Success Principles for Teens • Item 7272 • \$14.95

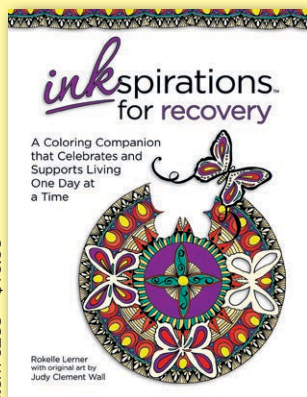
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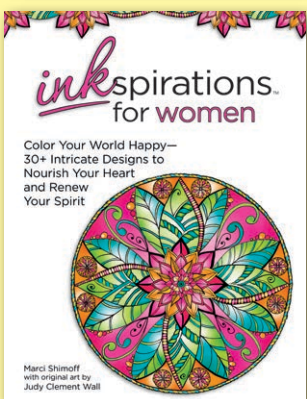
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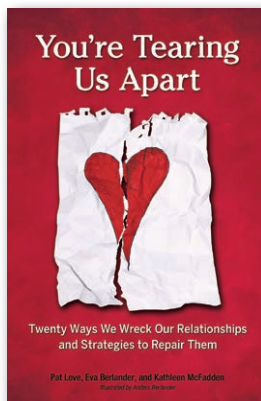
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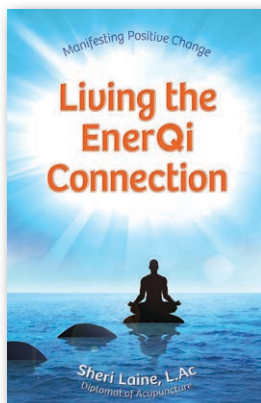
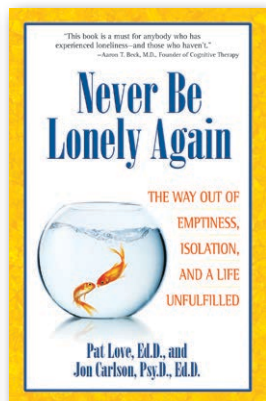
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Pat Love, EdD

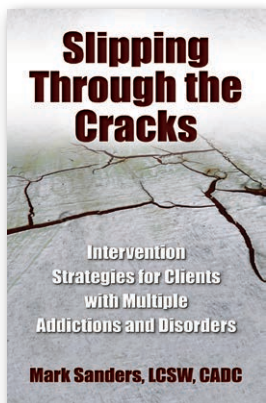
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Mark Sanders, LCSW, CADC

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2:00–3:30 pm **CONCURRENT WORKSHOPS**

Integrative Treatment of Complex Trauma for Adolescents and Young Adults (ITCT-A)

John Briere, PhD

ITCT-A is an empirically-validated treatment for multiply traumatized, multi-problem adolescents and young adults. This innovative approach includes relational, cognitive—behavioral, affect regulation, and mindfulness components that are specifically crafted to engage and assist seriously traumatized—and sometimes alienated—young people. Grounded in the real world of clinical practice, but informed by cutting-edge behavioral science, it offers a flexible, nonjudgmental, but focused approach to posttraumatic stress, and issues such as substance abuse, tension reduction behaviors (e.g., self-mutilation, “acting out”), and dysfunctional sexual behavior.



Let's Get Going! How to Intervene, Engage and Retain Young Adults and Their Families

Reinhard Straub, LICSW, LCDCS

A Licensed Independent Clinical Social Worker and a Licensed Chemical Dependency Clinical Supervisor. He has worked in the Substance Abuse and Mental Health field for 27 years and has conducted over 1,000 clinical interventions. In 2011 Reinhard founded Clinical Services of Rhode Island, a system of 3 licensed substance abuse outpatient facilities, and is the Clinical & Business Development Liaison for American Addiction Centers.



If all you have is a hammer, everything looks like a nail. This presentation will address how every patient and their family situation is different and necessitates “a made to order” clinical approach. When it comes to intervention, treatment and retention one size does not fit all. The uniqueness of a family’s situation demands ongoing flexibility and the savvy clinician should have several clinical strategies and philosophies at their disposal in order to be effective.

The Unholy Trinity—ADHD, Oppositional Defiant/Conduct and Conduct Disorders

Patrick DeChello, MSW, PhD

Recent research indicates that there is a direct connection and potential progression in the etiological development of the Attention Deficit Hyperactivity Disorders with the Oppositional Defiant and the Conduct Disorder. Often a source of etiological confusion, clinicians often find themselves thinking too linearly that clients have only one of these disorders but not accounting for the comorbidity of disorders. These disorders often lead to a life of substance abuse, self-medication, bullying, incarceration and tragedy. Systems are often overloaded and unable to provide the level of intervention necessary and these individuals often get labeled as “bad people” instead of sick people. This seminar offers practical “how to” information and interventions.



Integrating Multi-dimensional Family Therapy with Adolescents in a Residential Treatment Setting

Barbara Nosal, MFT, PhD

A Marriage and Family Therapist who has been in the mental health and addiction treatment field for over 20 years. She has held managerial and clinical positions in a variety of treatment settings including inpatient, outpatient, and school based programs. Specializing in Family Systems, she has had private practices in La Jolla and Newport Beach. She is trained in a variety of therapeutic modalities and her clinical work focuses on restructuring family dynamics, multigenerational transmission and relational parenting. Executive Clinical Director of Newport Academy where she oversees the clinical and family programs.



This session will present an overview of the treatment principles, objectives, and stages of MDFT, along with the correlating goals within the MDFT domains of adolescent, parent, family and community. Specifically it will identify how MDFT can be integrated in residential treatment for adolescents with co-occurring disorders.

4:00–5:30 pm **CONCURRENT WORKSHOPS**

Working with the Pain Paradox

John Briere, PhD

Although our culture teaches us to avoid “negative” experience, Buddhist and Western psychologies agree that avoiding pain leads to long-term suffering, whereas engaging pain ultimately reduces it. In this way, ongoing trauma-related distress represents access to experiences that can be cognitively, emotionally, and existentially processed. Work with this paradox offers clients the opportunity to change their relationship to the past, thereby decreasing its power over their lives.



The Dark Side: Treating Clients Who Self-Injure and Self-Harm

Patrick DeChello, MSW, PhD

Self-injury is more than a maladaptive coping mechanism; it acts like a drug and can be as addictive as any drug of abuse. This presentation will provide up to date information as to the nature, purpose, etiology and treatments for these behaviors. Clinicians will also learn the best approaches in dealing with the families of those that self-injure.



Spin the Bottle: Sex, Lies and Alcohol

Jean Kilbourne, EdD

Against the backdrop of a popular culture that glamorizes and normalizes excessive drinking and high-risk behaviors, this presentation explores the role alcohol plays in adolescents and young adults and offers concrete strategies for countering the ubiquitous presence of alcohol propaganda and challenges young people to make conscious decisions about their own lives.



This session is part of the **Industry Insider Symposium**

MARIJUANA: The Costs and Benefits of Decriminalization of Cannabis, including Medical Marijuana, Legalization, and Adolescent Treatment Implications

Expert Panel will include:



David Smith, MD
Founder/Medical Director,
Haight-Ashbury
Free Clinic



Jennifer Golick, MFT
Clinical Director, Muir Wood
Adolescent and Family
Services



Pete Nielsen
CEO, California Consortium
of Addiction Programs and
Professionals.



Gary Seidler
Executive Editor,
COUNSELOR Magazine,
(Moderator)

Friday, April 29

8:00–8:45 am **Tender Mercies and Young Adults** (Optional)

This session not offered for CE credit

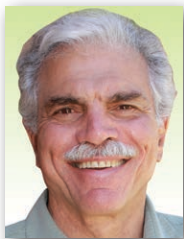
Sheri Laine, LAC

We will explore the benefits of meditation for adolescents; the dialogue needed in connecting with the youthful mind, and the didactic experience of meditation.



9:00–10:00 am

Opening Keynote: ACEs, Adolescence, and the Pre-Frontal Cortex



John Arden, PhD

Author of 14 books, including Brain2Brain, The Brain Bible, Rewire Your Brain, and Brain-Based Therapy with Adults and Brain-Based Therapy with Children and Adolescents (with Lloyd Linford). He serves as Director of Training in Mental Health for Kaiser Permanente in the Northern California region where he oversees the training programs in 24 medical centers where over 130 postdoctoral residents and interns are trained each year. He also provides individual and group therapy through Kaiser Permanente. He presents workshops on brain-based therapy internationally and in the U.S.

This keynote presents information on how Adverse Childhood Experiences (ACEs) can present challenges for adolescents with the maturation of the prefrontal cortex. Therapy with adolescents requires engagement of and care for the adolescent's prefrontal cortex. Therapy with adolescents' requires a mind brain changing process that transforms dysregulation to the re-regulation of mood, cognition, and behaviors.

10:30–11:30 am

Affluenza: A Necessary Evil or Permission for Failure to Launch?



Pat Love, EdD

Known for her warmth, humor, and practical, research based wisdom. Distinguished professor, licensed marriage and family therapist and long-standing clinical member and approved supervisor in American Association for Marriage and Family Therapy and served as President of the International Association for Marriage and Family Counseling. Pat has authored/co-authored six books including Never Be Lonely Again: The Way Out of Emptiness, Isolation and a Life Unfulfilled, and her most recent book You're Tearing Us Apart: Several Ways to Wreck a Relationship and Strategies to Fix Them, and numerous professional articles

In an effort to prepare our children for the complexities of 21st century living, have we inadvertently robbed them of vital life skills and resilience? Come explore the challenges and clinical approaches to help adolescents and young adults matriculate to adulthood.

11:30–12:30 pm

Integrating Spirituality and Psychotherapy with Adolescents and Emerging Adults



Mark Sanders, LCSW, CADC

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

Two-thirds of Americans surveyed say they would prefer to work with a therapist who has a spiritual foundation. This presentation focuses on strategies to integrate spirituality into psychotherapy with adolescents and emerging adults. A partial list of topics includes: The Differences between Religion and Spirituality; Integrating Religion and Spirituality with Traditional Psychotherapy; Conducting a Spiritual Assessment. Special emphasis will be placed upon working with adolescents and emerging adults with addictions and mental illnesses.

1:45–3:15 pm

CONCURRENT WORKSHOPS

Shifting the Paradigm: Adolescent Cannabis Abuse and the Need for Early Intervention

Jennifer Golick, LMFT

Clinical Director at Muir Wood Adolescent and Family Services and has over 16 years of clinical experience in a variety of outpatient and residential treatment facilities treating severe mental illness, chronic pain and addiction. Clinical specialties include family systems models focusing on helping individuals and families. She has co-authored several published articles and has been a clinical consultant for an episode of This Week with George Stephanopoulos as well as with the BBC Health Documentary Department.



This presentation will address the increasing risks of use of marijuana and related products by adolescents. As THC content increases and methods such as “dabbing” increase frequency of use, risks of marijuana use as perceived by youth are decreasing. At a time when marijuana access is increasing nationally, a new marijuana landscape is forming in which both adolescents

Program continued on page 16

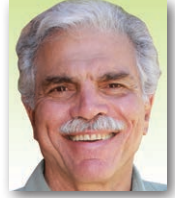
and treatment providers must adjust their perceptions of what was once thought of as a “harmless” drug. This presentation will discuss this new landscape, and what it means for adolescent drug treatment. Case material will be presented to highlight treatment challenges and recommendations.

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Helping People with Autostress Disorders

John Arden, PhD

The effects of alcohol and marijuana effects the brain in dramatic ways, especially during adolescence. This workshop will address how substance abuse during adolescence can contribute to a variety of psychological problems and how this is related to autostress disorders.



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Love in the Time of Twitter: The Challenge of Intimacy and Relationships in the Age of Social Media

Pat Love, EdD

Other than breathing, we are streaming technology more than any other single activity. Our brains are consistently bombarded with music, news, stories, pictures, games, emails, chats, texts, and IM's. So how is this constant state of stimulation affecting the lives of adolescents and young adults? Does a real life relationship have a chance against the constant stimulation of technology?



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Intervention Strategies with Adolescent Girls and Young Adult Women Impacted by Fatherlessness

Mark Sanders, LCSW, CADC

Researchers have focused a great deal of attention on the father-son relationship and its impact. This workshop will discuss the impact of father hunger and father wounds on adolescent girls and young adult women. Seven intervention strategies will be presented.



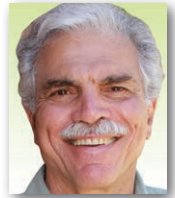
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3:30–5:00 pm **CONCURRENT WORKSHOPS**

Brain-Based Therapy and Anxiety Disorders

John Arden, PhD

Recent advances in neuroscience have increased our knowledge of how and why people change. Brain-based therapy synthesizes neuroscience, evidence-based treatment, psychotherapy research, and attachment theory into a hybrid therapeutic model to help adolescents with anxiety disorders. This training will also examine the use of brain-based therapy to enhance outcome with adolescents who have been traumatized. The role that brain function plays in mood, memory and behavior.



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Slipping Through the Cracks: Intervention Strategies with Adolescents and Young Adults with Multiple Addictions and Disorders

Mark Sanders, LCSW, CADC

In this presentation participants will learn techniques that are effective in working with adolescents and young adults with multiple addictions and disorders, ranging from PTSD, process addictions, co-occurring disorders, antisocial personality disorder, and criminality.



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Teen Sex Shocker: It's Not Just for the Tabloids!

Pat Love, EdD

It's easy to stay in denial about the hardcore (no PUN intended) facts about adolescent sexual practices but it is not helpful nor prudent. Come explore the facts as well as the fictions and take away practical clinical strategies.



Program Focus:

Nationally recognized speakers and authors will discuss a wide range of topics in a compelling array of keynote sessions and in depth workshops. The topics, which will focus on Adolescent/Young Adult issues, include: Brain-Based Therapy with Adolescents; Adolescent Family-based Interventions; Treating Depression; Marijuana: The Good, Bad & Ugly; Experiential Approaches to Family Systems; The Opioid Epidemic; Anger & Aggression; Mindfulness, Trauma and Addiction; Resilience; Complex Trauma in Adolescents & Young Adults; Co-occurring Treatment; Youth, Advertising & Addiction; Clients Who Self Harm; Sex, Lies and Alcohol; Loneliness & Youth; Love in the Time of Twitter; Young Girls & Fatherlessness; The Brain & Anxiety Disorders; Ethics and many more. Join us in Las Vegas!

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14th NATIONAL CONFERENCE ON
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Las Vegas, Nevada | **April 27-29, 2016**

3rd NATIONAL CONFERENCE ON
Trauma, Addiction & Intimacy Disorders
Nashville, Tennessee | **May 4-6, 2016**

29th ANNUAL NORTHWEST CONFERENCE ON
Behavioral Health & Addictive Disorders
Seattle (Bellevue), Washington | **June 1-3, 2016**

22nd ANNUAL
Counseling Skills CONFERENCE
Dallas, Texas | **September 22-24, 2016**

7th ANNUAL WESTERN CONFERENCE ON
Behavioral Health & Addictive Disorders
Newport Beach, California | **October 24-26, 2016**

FOR MARKETING AND EXHIBITING OPPORTUNITIES, CONTACT:

Lorrie Keip Cositore | 1-800-851-9100 x220 | lorrie@usjt.com

Stephen Cooke | 1-800-851-9100 x222 | stephen.cooke@usjt.com

James Moorhead | 949-706-0702 | JamesM@CounselorMedia.com

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FOR RESERVATIONS CALL: 800-634-4000 (Request rooms for the Adolescents Young Adults Conference group code 699) or Reserve Online at <http://bit.ly/1myN97y> before **March 29** to receive the conference rate. Each reservation requires one night's deposit. Please be aware of hotel's cancellation policy.

The Tropicana Las Vegas is located at 3801 Las Vegas Blvd. South, Las Vegas, NV 89109.

CONTINUING EDUCATION

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18 HOURS Full Time Conference March 30–April 27-29

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- **EAP Association/EACC-Program** Approved for 24 PDHs.
- **California Foundation for Advancement of Addiction Professionals (CFAAP)** Provider #OS-86-057-0516.
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Note: If you are seeking continuing education credit for a speciality not listed above, it is your responsibility to contact your licensing/certification board directly to determine eligibility of this training to meet your CEU requirement.

Conference Objectives

Participants will be able:

1. To identify treatment approaches for successfully treating adolescents and young adults with chemical dependence, trauma, co-occurring disorders and other psychological and behavioral issues.
2. To be able to discern symptoms and characteristics manifested in these disorders and to diminish/correct their negative impact on the client's interpersonal and family relationships.
3. To identify the impact of trauma, best practices to treat it and how to bolster resilience in its aftermath.
4. To identify advances in the assessment of at-risk factors for adolescents and young adults and their treatment.

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs by March 23, 2016. We cannot ensure the availability of appropriate accommodations without prior notification.

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April 26

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\$115.00

*Registrations received in our office by midnight (EST) March 23, 2016 will qualify.

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Enter the 2 digit code printed above your address on the mailing you received.

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REGISTRATION POLICIES: Check, credit card information or agency purchase order must be attached to this registration form. All registration fees are refundable, less a \$50.00 processing fee, when requests for cancellation are submitted in writing and postmarked by April 6. **No refunds are available after April 6.** Your name and address will be added to our mailing list unless otherwise requested.

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