

**F****R****N**

*Caring for those who care for us.*

# **FREEDOM** & **RECOVERY** 2013



**Earn up to  
21 CEUs!**

**April 3-6, 2013**

**Hotel del Coronado, San Diego, CA**

*The leading conference on  
Integrated Treatment for Trauma & Addiction*

The 37th National Conference  
Hosted by Foundations Recovery Network

📍 **FoundationsEvents.com**

☎ **#FRC2013 | 877-345-3274**

# conference OVERVIEW

**T**his unique conference gathers psychologists, professionals, therapists, social workers and addiction counselors to share evidence-based practices through a combination of instructional levels on the following topics:

- ◆ Treating trauma and addiction
- ◆ Methods for integrating families into treatment
- ◆ Suicide prevention strategies

## Special Keynote Speaker



Captain Scott O'Grady was helping enforce the NATO no-fly zone policy in the skies over Bosnia when a Soviet-made anti-aircraft missile slammed into his F-16. O'Grady tells his incredible story of how he survived in hostile territory for six days before being rescued by the U.S. Marines in his book *Return With Honor*, which spent six weeks on *The New York Times* bestseller list. His courageous story has also been documented in the Discovery Channel presentation "Behind Enemy Lines." In addition, O'Grady

has been featured on CNN'S *Voices of the Millennium*, a *Then and Now* series that focuses on the most influential personalities of the 20th Century.

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# daily AGENDA

**Early registration is Tuesday, April 2, from 3:00 pm - 6:00 pm**  
**Registration is open daily from 7:00 am - 5:00 pm**

<p><b>7:00-8:00am</b></p>	<p><b>12-Step Meeting</b> (every morning)</p> <p><b>Yoga of Recovery</b> (Wednesday, Thursday, and Friday mornings) Durga Leela, BA, CAS, PKS, Yoga Acharya</p> <p><b>Boot Camp on the Beach</b> (Wednesday &amp; Friday) Kerry P. Taylor, Former NFL Player</p> <p><b>Motivational Morning Run</b> (*6:30 am Thursday &amp; Saturday) FRN's Richard Rodgers, COO &amp; Lee Pepper, CMO</p>
<p><b>7:30-8:30am</b></p>	<p><b>Continental Breakfast</b></p>
<p><b>8:30-10:00am</b></p>	<p><b>Keynote Presentation</b></p>
<p><b>10:00-10:30am</b></p>	<p><b>Break</b></p>
<p><b>10:30am-Noon</b></p>	<p><b>Workshops</b> (Choose from five)</p>
<p><b>Noon-1:30pm</b></p>	<p><b>Lunch</b></p>
<p><b>1:30-3:00pm</b></p>	<p><b>Keynote Presentation</b></p>
<p><b>3:00-3:30pm</b></p>	<p><b>Break</b></p>
<p><b>3:30-5:00pm</b></p>	<p><b>Workshops</b> (Choose from five)</p>
<p><b>5:00-6:00pm</b></p>	<p><b>Guest Speaker/Performer</b> (Wednesday: RE-MIX &amp; Laura Vivas) (Thursday: Darrell Hammond) (Friday: Special Networking Events)</p>
<p><b>6:00-7:00pm</b></p>	<p><b>12-Step Meeting</b> (*Friday - 5:00 pm)</p>

**Saturday Program Ends at 12pm**

Go online to [FoundationsEvents.com](http://FoundationsEvents.com) for detailed presentation and session information.

**FoundationsEvents.com**

special guest  
**SPEAKER**



**Thursday, April 4  
5:00 - 6:00 pm**

*Mind-Altering Mayhem*, which bravely chronicles his personal journey through trauma and addiction into recovery and is now being adapted into a Broadway play.

Darrell Hammond has brought to life a cavalcade of politicians, media figures, celebrities and newsmakers, including Bill Clinton, John Travolta, Jesse Jackson, Jay Leno and Donald Trump, among others. He holds the title for being the longest-running cast member on *Saturday Night Live (SNL)* and has appeared in numerous films and on Broadway.

Darrell is also the author of *The New York Times* bestseller, *God, If You're Not Up There, I'm*

*F\*\*\*ed: Tales of Stand-up, Saturday Night Live, and Other*

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**Special Events**



**Wednesday, April 3  
5:00 - 6:00 pm**



They have joined with Medivance Billing Service to help erase the stigma associated with having a behavioral health disorder. Attend what will be a memorable evening where RE-MIX and Laura Vivas perform songs from the 80s, 90s, and current Top 40 hits.

RE-MIX, a sensational high-impact cover band featuring Laura Vivas from NBC's *The Voice* will be bringing an exciting performance to FRC2013 in honor of the millions who have sought recovery and are encouraging millions more to do the same.

They have joined with Medivance Billing Service to help erase the stigma associated with having a behavioral health disorder. Attend what will be a memorable evening where RE-MIX and Laura Vivas perform songs from the 80s, 90s, and current Top 40 hits.

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**Sponsored Luncheons**



**Wednesday, April 3**  
**Pat Pizzo, BS, BCPE**  
*Director of Toxicology, Alere Toxicology*



**Friday, April 5**  
**Alex Cahana, MD, DAAPM, MEdics**  
*University of Washington, Chief of the Division of Pain Medicine & Professor*



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# daily keynote SPEAKERS



**Andrea Barthwell, MD, FASAM**  
*Director, Two Dreams Outer Banks*

“Recovery Planning for Substance Dependent Veterans with PTSD”

(Sponsored by Two Dreams Outer Banks)



**Tara Dixon, MD**  
*Staff Physician & Veterans' Services Liaison, The Refuge*

“Wounded Warriors: Past, Present and Prevention”

(Sponsored by The Refuge-A Healing Place)



**James Gordon, MD**  
*Founder & Director, The Center for Mind-Body Medicine*

“Trauma and Transformation”

(Sponsored by CRC Health Group)



**Murray Rosenthal, DO, FAPA**  
*CMO for Millennium Laboratories, Emeritus*

“The Bio-Psych-Social Model, a Comprehensive Approach for Understanding Pain”

(Sponsored by Millennium Laboratories)



“The Invisible War” - An Expert Panel Discusses and Explores Issues Presented in the Award-Winning Documentary

**Regina Kulik Scully** *Founder, Artemis Rising Foundation & Executive Producer of “The Invisible War”*

**Loree Sutton, MD** *Psychiatrist Brigadier General (Retired) U.S. Army*

**Additional Speakers Include:**

**Rawland D. Glass, MSW, LCSW** *Chief Clinical Officer, The Bridge to Recovery*

**Joanne Mednick, MFT** *Doctoral Candidate, Licensed Marriage & Family Therapist, Serenity Trauma Healing Center*

**Laurie Leitch, PhD** *Co-founder, Threshold GlobalWorks*

## Noteworthy Workshops

**Alan Downs, PhD & Kathleen Bigsby, PhD**

“The Trauma of Treating Trauma: A Treatment Provider’s Guide to Sustainable Inspiration and Passion”

**Ronald E. Smith, MC, USN, MD, PhD**

“Medication in Recovery”

## Additional Workshops

“DBT Application to Co-occurring Mental Health and Addictive Disorders”

“Integrating Treatment of Trauma into Substance Abuse Treatment”

“The Trauma of Treating Trauma: A Treatment Provider’s Guide to Sustainable Inspiration and Passion”

“Negotiating with Trauma: The Rapidly Growing Role PTSD, Substance Abuse and Suicidality Play in Crisis Negotiations”

“Using Acceptance and Commitment Therapy with Mental Imagery and Movement to Construct and Treat Dynamic Expectations of Trauma Memories”

“Intervening on the Returning Vet – Panel”

“The Hidden Addiction: Compulsive Gambling and Its Effects on Service Members and Their Families”

“Trauma’s Impact on Addiction Recovery for Women”

“Metrics in the Clinical Process: Essential for Quality Care”

**To speak or present, contact (877) 345-3360  
or [events@frnmail.com](mailto:events@frnmail.com)**

# conference DETAILS

**2013 ANNUAL CONFERENCE PASS**

## SAVE \$299 with the FRN ANNUAL PASS

Register for **Freedom & Recovery**  
(April 3-6) and **Moments of Change**  
(September 23-26) together and save!

*Purchase an Annual Pass for \$699 BEFORE  
3/15/13 (Regular rate for two registrations is \$998)*

Workbook and flash drive, entertainment, hotel discount for rooms booked at the Hotel del Coronado, continental breakfasts and all breaks are included. All requests for refunds must be made in writing. Cancellations will be charged a \$100 fee, no money will be refunded for cancellations after February 17, 2013. No full refunds offered. For general information about the conference, please call (877) 345-3360.

More information can be found on our website at [wwwFOUNDATIONSEvents.com](http://wwwFOUNDATIONSEvents.com)

**SINGLE CONFERENCE PASS**

## REGISTER for FREEDOM & RECOVERY ONLY

Full Registration: \$499

Early Bird Rate: \$449

*(Regular rate \$499 after 3/15/13)*

# THE HOTEL DEL CORONADO

## A National Historic Landmark and Southern California Luxury Resort

1500 Orange Avenue, Coronado, CA 92118

Reserve your room by March 8, 2013,\* to receive the discounted \$249/night room rate.

Call 1-800-468-3533; Group Code: **Foundations Recovery**

\*After March 8, 2013, reservations will be accepted on a space and availability basis. Early registration is recommended; group room blocks may fill before discount deadline.

## Continuing Education Units

**SATISFACTORY COMPLETION:** Participants must have paid tuition fee and completed an online Attendance/Evaluation form in order to receive a continuing education certificate. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the online Attendance/Evaluation form will result in a forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Certificates are available immediately after completing the online form.

**ADA STATEMENT:** ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. We cannot ensure the availability of appropriate accommodations without prior notifications.

**Psychologist:** This course is co-sponsored by Amedco and Foundations 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. 19.5 hours.

**Social Workers:** this course has been submitted for review in Washington, DC.

**California Board of Behavioral Sciences:** Course meets the qualifications 19.5 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE4848.

**California Association of Alcoholism & Drug Abuse Counselors:** This course has been submitted for review.

**Licensed Alcohol and Drug Counselors:** \*select the counselor skill group that applies to the conference. Return to me so I can finalize the CE language for you.

**Florida Board of Behavioral Sciences:** Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39 Exp. 3-31-2015. 19.5 hours.

**Nevada Social Worker:** This course has been submitted for review.

**Nevada Chemical Dependency:** This course has been submitted for review.



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# conference SPONSORS

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# FREEDOM & RECOVER 2013

**Integrated Mental Health & Addiction Treatment for  
Service Members and First Responders**

**April 3-6, 2013**

**Register Online Today!**

for quickest and easiest registration and special discount rates!

**Save \$50!**  
**Early Bird Discount**  
**by March 15th, 2013**  
**ONLY \$449!**

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