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Integral Development
present



26th Annual
Northwest Conference on
**Behavioral
Health and Addictive
Disorders**

MAY 29-31, 2013
Seattle (Bellevue), WA

SPECIAL FOCUS ON:

- **The Brain, Neuroscience & Therapy**
 - **Affect Dysregulation**
 - **Trauma Treatment**
- **Co-Occurring Disorders**
- **Mind-Body Connection**
 - **Ethics**

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Allan Schore, PhD



Joan Borysenko, PhD



Pat Love, EdD



John Briere, PhD

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26th Annual Northwest Conference on

Behavioral Health and Addictive Disorders

MAY 29-31, 2013 **Seattle (Bellevue), WA**

Program Focus and Goals

The 26th Annual Northwest Conference on Behavioral Health and Addictive Disorders provides a forum for exploring the complex issues within the physical, emotional, social and spiritual dimensions of mental illness and addictive disorders. Emphasis will also be placed on special topics such as neuroscience, trauma, couples in recovery, co-occurring disorders, attachment, cognitive behavior therapy, mindfulness, loneliness, cultural diversity, affect regulation, ethics and more. The latest neuroscience and brain research will be explored as it applies to psychotherapy across an array of issues.

Who Should Attend?

The training will be valuable for those working in the areas of:

- Mental Health
- Addictions Counseling
- Marriage and Family Therapy
- Psychology
- School Counseling
- Registered Nursing
- Courts and Corrections
- Prevention
- Employee Assistance
- And Others

Seattle Tuition

Full Program: \$399.00

Daily Tuition: \$140.00

Exhibit Opportunities

For exhibit information contact: 800-851-9100 ext. 229 or 220

What is the Northwest Conference on Behavioral Health & Addictive Disorders?

A premier training event, specializing in mental health and the addictions field. US Journal Training, Inc. and The Institute for Integral Development present a combination of nationally recognized faculty who can address a wide variety of today's most relevant topics. The result is highly acclaimed national training events featuring customized training opportunities for developing new treatment strategies and the sharing of research advances for clinicians and counselors.

Seattle Faculty Includes



Allan Schore, PhD



Joan Borysenko, PhD



John Briere, PhD



Don Meichenbaum, PhD



Pat Love, EdD

Vibrant, modern and growing, Bellevue Washington is the gateway to the entire Puget Sound region. Surrounded by magnificent natural beauty and outdoor spaces, this one-of-a-kind place offers the ultimate in shopping, dining and cultural attractions all in a clean, safe, easy-to-walk environment. After a busy day, unwind at any of Bellevue's numerous spas, museums, performing arts groups and art galleries. Within minutes you can explore Seattle's culture and history. Possible excursions while in the Seattle area include the Space Needle, the Seattle Art Museum housing more than 21,000 art objects, and World Famous Pike Place Market (www.pikeplacemarket.org). For more information, visit the Seattle Convention and Visitors Bureau website (www.visitseattle.org) or the Bellevue Visitors Bureau website (www.visitbellevuewashington.com).



Conference Site

Hyatt Regency Bellevue is a Four Diamond hotel on Seattle's desirable Eastside with a stunning new guest tower. Stroll through connecting sky bridges and discover more than 250 shops, 45 restaurants and plenty of entertainment options harbored inside this chic urban streetscape. Room rates at the Hyatt Regency Bellevue are \$150 single/double (plus tax). To make a reservation, please call the Hyatt Regency directly and mention "US Journal Training". Reservations must be made by April 30, 2013 but room block may sell out prior to that date.

Hyatt Regency Bellevue, 900 Bellevue Way NE, Bellevue, Washington 98004
Phone: (888) 421-1442 or (425) 462-1234.

Transportation to the Hotel

Shuttle service from the Sea-Tac airport to the hotel is available. The Shuttle Express leaves approximately every hour. The current cost is \$38 per scheduled one way ticket. For departure from Bellevue hotel to Sea-Tac airport a 24-hour reservation is required. Prices are subject to change. Contact Shuttle Express at: www.shuttleexpress.com or (425) 981-7000. Taxi cabs are available and may be less expensive if two or more share the ride.

Plan Ahead for Other 2013 Upcoming Events Visit Our Website at www.usjt.com

1st International Conference on
Sex & Love Addiction
Brooklyn, New York • April 4-6, 2013

11th National Conference on
Adolescents/Young Adults
Las Vegas, Nevada • April 11-13, 2013

19th National **Counseling Skills** Conference
Las Vegas, Nevada • September 25-27, 2013

4th Western Conference on
Behavioral Health & Addictive Disorders
Newport Beach, CA • October 10-12, 2013
Counseling Advances
Delray Beach, Florida • November 7-9, 2013



Steven Passik, PhD



Beverly Berg, MFT



Cardwell Nuckols, PhD

Faculty Includes:

Beverly Berg, PhD, MFT; Joan Borysenko, PhD; John Briere, PhD; Sylvia Dobrow, MPH; Lorie Dwinell, MSW; Sandra Felt, LCSW; Roland Fleck, EdD; Michael Galloway, MA; Michael Kahn, LPC, JD; Pat Love, EdD; Don Meichenbaum, PhD; Marcia Nickow, PsyD; Cardwell Nuckols, PhD; Steven Passik, PhD; Kenneth Perlmutter, PhD; Gordon Scheible, MDiv; Allan Schore, PhD; Jodi Star, MD; Monica von Eggers, MC; Wallace Wilkins, PhD

Tuesday May 28

6:00-8:00pm **Early Conference Registration at Hyatt Regency Bellevue**

Wednesday May 29

7:45am **Registration Continued/Danish & Coffee in Exhibit Area**

9:00-10:30am **Treating Trauma: Clinical Advances**

John Briere, PhD



Associate Professor of Psychiatry and Psychology, Keck School of Medicine, USC; Director, Psychological Trauma Program, LAC-USC Medical Center; past president of the International Society for Traumatic Stress Studies; recipient of APA's award for Outstanding Contributions to the Science of Trauma Psychology; author of numerous articles and books including Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment and Treating Complex Trauma in Adolescents and Young Adults.

The newest information on empirically and phenomenologically-informed treatment of trauma will be explored, providing cutting-edge information on the integration of cognitive-behavioral, attachment/relational and biological approaches to trauma and its effects.

10:30-11:00am **AM and PM Breaks each day in Exhibit Area**

11:00am-12:30pm **Ancient Wisdom Meets Modern Science**

Joan Borysenko, PhD

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



The new brain science is an exciting window into the nature of consciousness, emotional balance, physical health, and the interconnection of subtle energies- systems of information- we call the mind. The new field of interpersonal neurobiology describes how the mind is both embodied in our brain and nervous system as well as embedded in our relationships. The quality of those relationships- whether they evoke love, compassion, and mindfulness or fear, anger, and constriction-affect the release of informational molecules. These "mind molecules" in turn create epigenetic changes that affect both physical and mental health.

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

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

Joan Borysenko, PhD

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

It's Never Too Late to Grow a New Life

Gordon Scheible, MDiv

Chemical Dependency Counselor, Hemet Valley Recovery Center where he manages/facilitates the Older Adult Program.

Sylvia Dobrow, MPH

Group Facilitator, Hemet Valley Recovery Center

The good news is that Older Adults can learn how to effectively break free from the past, grow more self-confident and claim a new life in recovery. There are ways to help Older Adults discover healing and renewal after addiction treatment that lead to the restoration of hope for a positive future. This workshop will explore some of the issues that led the Older Adult into addiction and present strategies to assist them in making positive life changes.

Working with Easily Triggered and 'Acting Out' Trauma Survivors

John Briere, PhD

Many of the most troubling long-term effects of interpersonal trauma is the tendency for some survivors to be involved in externalizing or "acting out" behaviors. This workshop will describe the typical process through which this occurs, including the notion of "triggering", affect dysregulation, and tension reduction behaviors. Interventions specifically useful for such individuals will be explored.

Neuroscience is the Rosetta Stone: Integrating 12-Step Principles with CBT, DBT and other Emerging Practices

Michael Galloway, MA

Over thirty years experience working with teenagers, families and groups in a variety of educational and treatment settings. Michael's counseling practice in Seattle specializes in mental health, family life, trauma/PTSD and addiction recovery for adolescents and adults. Michael's workshops are built on a solid foundation of educational and clinical experience and are always well seasoned with humor, metaphor, case examples and a dash of the unexpected!

This session is about the actual course one takes in recovery to repair healthy mental functioning. Without taking our eye off the disease we examine how neuroscience illuminates the regulation and dysregulation of the brain's motivational systems; and interpret how various evidence based methods are represented in 12 step principles and practices.

4:00-5:30pm CONCURRENT WORKSHOPS

Working with Sober Couples in Second Stage Recovery: Help Is On The Way!

Beverly Berg, MFT, PhD

Therapist and author whose work has been founded on cutting edge, postmodern therapies, such as EMDR, EFT and indirect hypnosis methods of Milton H. Erickson, which integrate the psychological, emotional, physical, and spiritual well-being of the whole person and focus on the complex relationship between the body and the mind. Much of her life has been devoted to the study of the 12-Step model of recovery and the practice of meditation.

The greatest challenges the sober couple faces in daily living is in finding ways to emotionally connect, resolve conflict, and integrate differences in ever changing value systems. It is essential for sober couples to be able to regulate anxiety and other negative emotions in order to maintain harmony in the sober relationship. Mental health professionals should be able to provide a simple and dependable set of behaviors and rituals for daily practice in keeping the peace and facilitating intimacy one day at a time for the sober couples they work with. In order to bring new skills to clinicians, this workshop will provide concrete case studies of tried and true tested methods.

The Science and Art of Mindfulness: Applications for Psychotherapy

John Briere, PhD

Recent research indicates that a philosophy and technology of mind developed 2,500 years ago and has direct relevance to recovery from traumatic events. This presentation introduces mindfulness principles that can be helpful in the treatment of clients, both in terms of increasing therapist attunement and client processing of traumatic material and other issues.

Visualizing a Bridge Between Psychoanalysis and Cognitive Behavioral Therapy in the Treatment of Addictions

Monica von Eggers, MC, LPC, LISAC

Clinical Director, Desert Palms Recovery. Works with therapeutic modalities such as: Cognitive Behavioral Therapy, Motivational Therapy, Rational Emotive Behavioral Therapy, Dialectical Behavioral Therapy, and Exposure Therapy. She has extended experience of facilitating ego-strengthening work, trauma, bereavement, tobacco cessation, creative expression, and she uses experiential approaches including all senses and intelligences. She has worked with a wide variety of populations including military members and their families, various socio-economic levels, and different ethnicities.

This presentation is an invitation to explore current psychoanalytic research in the field of addiction. The purpose is to uncover how psychoanalysis can assist CBT. The suggestion is that CBT strengthens the ego container, while psychoanalysis assists in identification and relating to the energy that needs to move through.

Workshops continued on page 7

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

Sandra Felt, LCSW

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

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

Thursday May 30

9:00-10:00am **Cognitive Behavior Therapy with Individuals with Impulse Control Problems: Core Tasks of Psychotherapy**

Don Meichenbaum, PhD



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

This presentation will demonstrate Cognitive Behavior Therapy (CBT) applications for individuals with impulse-control disorders and related comorbid problems (anger/aggression, suicidality and substance abuse). The nature of decision-making processes and ways to bolster self-regulatory behaviors will be discussed.

10:30-11:30am **Entitlement, Loneliness and Addiction: A Terrible Trilogy**

Pat Love, EdD

Family Life Educator; Consultant, Master Trainer for Imago Relationship Therapy; author of several books including The Emotional Incest Syndrome, The Truth About Love and her newest Never Be Lonely Again: The Way Out of Emptiness, Isolation, and a Life Unfulfilled.



Research indicates entitlement is increasing throughout the US population. Taking the issue of self-focus far beyond the “me generation”, this myopic perspective is resulting in serious consequences, not the least of which is loneliness and addiction. Come join us as we take a serious look at our culture and gain inspiration and practical suggestion for helping others turn toward a more meaningful and healthy lifestyle.

11:30am-12:30pm **The Crossroads of Pain and Addiction**

Steven Passik, PhD

Director of Clinical Addiction Research & Education, Millennium Laboratories. Served as Chief Fellow and Associate Attending Psychologist, Memorial Sloan-Kettering Cancer Center; very active in clinical research with an emphasis in researching the devastating effects of pain on the patient’s life, particularly resultant depression and fatigue as well as aberrant drug-taking behaviors and their effects on optimal pain management. More than 150 publications, book chapters and abstracts under his authorship served on the editorial board of the Journal of Pain and Symptom Management and as Editor in Chief of the National Cancer Institute’s PDQ Supportive Care Editorial Board.



Opioid therapy has reached the Crossroads at the collision of the two present public health crises—the dual epidemics of chronic pain and prescription drug abuse/overdose. The rhetoric presently focuses on controlling and limiting opioids as the way to contain drug abuse, though this approach is overly simplistic and plays one public health crisis against the other. Is there a way forward? Dr. Passik will discuss the need to integrate pain management and addiction medicine in ways that will benefit people with pain and contain the risks of addiction and overdose.

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

Integrated Treatments for Individuals with Substance Abuse and Co-Occurring Disorders

Don Meichenbaum, PhD

The incidence of co-occurring disorders is as high as 80% and this provides a treatment challenge. This session will consider the concept and incidence of comorbidity and the various sequential, parallel and integrative treatment approaches. Presentation will provide a Case Conceptualization Model that informs treatment decision making and highlight ways to reduce the likelihood of relapse.

THURSDAY

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Ten Research Facts to Make Therapy More Fun and Effective

Pat Love, EdD

Our code of ethical practice requires us to stay current with research pertaining to our field. At times this can seem an overwhelming task, like taking a drink from a fire hose; but a few facts from the most salient studies can truly make your work more enjoyable—not to mention more effective.

The Lies That Bind: Dismantling Impaired Coping in Families with Addiction and Mental Illness

Kenneth Perlmutter, PhD

Psychologist and educator specializing in family systems, addiction and training and education. Based in San Francisco Bay area, he serves as Clinical Director for the MindTherapy Clinic and conducts family workshops for Morningside Recovery in Newport Beach.

A set of powerful stories, “the lies that bind” holds members in rigid ways of responding and interferes with efforts to create system shifts towards health. This workshop will explore these distorted beliefs and offer clinical tools to intervene and open the clinical conversation in these families.

A Case Study Approach to Law and Ethics for Clinicians (Ethics Part 1)

Roland Fleck, EdD

Chair of the Department of Psychology at National University, San Diego, CA. Author or co-author of a book, several book chapters, numerous peer-reviewed journal articles and many papers presented at conference including several at the annual meeting of the American Psychological Association.

A case study approach will be used to teach the most important issues that clinicians face in managing legal and ethical issues in clinical practice. Case studies will be used to discuss such important clinical issues as: Informed consent; confidentiality; privilege; duty to warn; boundary issues including boundary crossings and boundary violations; working with minors; HIPAA regulations; HIV; and other specific issues of raised by workshop participants.

4:00-5:30pm CONCURRENT WORKSHOPS

Why Sex Sucks and Love Doesn't Last

Pat Love, EdD

Relationships are far more difficult to maintain in this day and age if for no other reasons than greater expectations and more temptations. We invite you in this workshop to take a current and somewhat sobering look at the reality of love and sex in the 21st century, via lecture and video clips.

Ways to Bolster Resilience: A Roadmap to Improving Coping Skills

Don Meichenbaum, PhD

In the aftermath of traumatic and victimizing experiences, more than 70% of individuals will evidence resilience, if not post-traumatic growth. What distinguishes this 70% from the 30% who evidence persistent psychiatric disorders and adjustment difficulties? Specific ways to bolster resilience across the life-span will be considered.

Reel Therapy: Ethical and Professional Issues for Therapists (Ethics Part 2)

Michael Kahn, LPC, JD

Lectures and facilitates workshops in the U.S. and internationally on grief, diversity, self-care and ethics, including work with the U.S. military. He is among the forefront in his field on the use of film in group therapy and workshops and makes documentary films.

Building on some of the material in Ethics Part 1, this session will focus on the differences between boundary violations and crossings using entertaining and provocative film clips. Issues discussed will include self-disclosure, touch and setting limits with clients who violate boundaries. **(Please note: This session will extend to 6:30 PM for those requiring a total of 4 hours of Ethics)**

Workshops continued on page 11

PROGRAM OBJECTIVES

Participants will be able:

- 1 Identify treatment approaches and develop counseling skills for a range of issues in mental health, behavioral health, addictions and co-occurring disorders.
- 2 Identify symptoms of trauma and PTSD and appropriate therapeutic treatment for a range of co-occurring disorders.
- 3 Identify the neuropsychological and neurobiological underpinnings of addictive disorders, compulsive behaviors and other problematic behavior and the therapeutic implications of these findings.

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From Ruptured Bonds to Healing Connections: Group Work for Trauma Survivors and Healers

Marcia Nickow, PsyD, CADC, CGP

Licensed Clinical Psychologist and Timberline Knolls Clinical development Institute Faculty Member

The scars of psychological trauma and ACOA issues underlying addiction often lead to self-sabotage and relapse. This experiential workshop will highlight ways that group therapy can provide a healing community for addicted people with trauma histories. Utilizing a demonstration group, it also will address the benefits of a group context for clinicians to explore their own personal histories of trauma and loss and counter-transference reactions. The presentation will include a “fishbowl” process group made up of workshop participants who are interested in exploring their personal histories as well as struggles and turbulence they have encountered in their work with addiction and trauma. Attendees will be invited to contribute observations as well as clinical vignettes.

7:00pm-9:00pm EVENING SESSION (Optional)

Reel Diversity: Cultural Self-Awareness as a Prerequisite to Cultural Competence

Michael Kahn, LPC, JD

This workshop will explore a broad definition of diversity, including religion, sexual orientation, age and physical condition. In addition, the main focus will not be on specific characteristics of different groups. Rather, we will discuss how the helping professional’s cultural identity, experiences and biases could affect personal and professional relationships. In this highly interactive workshop, multiple film clips from mainstream and independent films will be used to illustrate the issues.

Friday May 31

9:00-10:30am **The Science of the Art of Psychotherapy— The Paradigm Shift in Psychotherapy: From Conscious Cognition to Unconscious Affect**



Allan Schore, PhD

Clinical Faculty of the Department of Psychiatry and Biobehavioral Sciences, UCLA David Geffen School of Medicine and at the UCLA Center for Culture, Brain and Development, Author, Affect Regulation and the Repair of the Self, Affect Dysregulation and Disorders of the Self, and the newly released

The Science of the Art of Psychotherapy.

This presentation will describe the impact of recent findings of research in emotion, neuroscience, neuropsychanalysis, attachment theory and traumatology for updated models of psychotherapy.

11:00am-12:30pm **Treating Moral Injury**

Cardwell Nuckols, PhD

Widely published, having authored more than 60 journal articles, 30 books and workbooks, 50 DVDs, CDs and videos, and 25 audiotape series. His latest publication is entitled The Ego-Less SELF: Achieving Peace and Tranquility Beyond All Understanding. Dr. Nuckols’ formal educational background includes advanced work in such areas as medical research, pharmacology, neurobiology, education and psychology. His personal spiritual path has involved studies into various spiritual traditions.



The neurobiology, goals for treatment and therapeutic approaches are different for moral injury as compared to Post-traumatic Stress Disorder (PTSD). Although there is overlap in symptoms, moral injury may present with re-experiencing and avoidance symptoms but not the hyperarousal symptoms observed when a real or perceived life-threatening situation is encountered. Extinction is not the goal in the treatment of moral injury. This skills-training event will provide clinicians with a treatment model and rationale for managing those suffering the guilt and shame of moral injury. A cognitive-behavioral framework with spiritual interventions will be discussed.

1:45-3:15pm **CONCURRENT WORKSHOPS**

A Regulation Model of Clinical Expertise for Treatment of Attachment Trauma

Allan Schore, PhD

Clinical data and neurobiological studies will be offered to show that both developmental and psychotherapeutic change mechanisms are expressed in affective-relational processes that act at nonconscious rapid time frames, rather than at slower time frames of conscious cognitive insight.

Using Sociometry to Track Loss, Grief and Addiction Recovery

Lorie Dwinell, MSW

More than 46 years of experience in the field of addiction and recovery. Co-Author of After the Tears: Hope and Help for Adult Children of Alcoholics. As a former addiction specialist at the University of Washington's School of Social Work, she trained many of today's esteemed leaders in the chemical dependency field. A therapist in full time private practice since 1977, she specializes in all aspects of addictive disorders, grief, depression, stressful life events, and transitions.

Jacob Moreno, the originator of psychodrama and sociometry, developed the concept of “the social atom,” a schematic for mapping an individual’s social surround and for tracking changes in the person’s social network over time. Addiction is characterized by loss. For some, significant losses preceded the onset of addiction. For all, losses accrue as an inevitable consequence of addiction. The role of grief work and social reconstitution to the process of addiction recovery are discussed.

The Role of Impulsivity in the Treatment of Dual-Diagnosis Patients

Jodi Star, MD

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

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

Managing Axis II, Cluster B Personality Disorders: Borderline, Antisocial and Narcissistic Personality Disorders

Cardwell Nuckols, PhD

The dramatic and erratic Cluster B Personality Disorders (Narcissistic, Borderline and Antisocial) are among the most difficult to treat clinical presentations. Based on over 30 years of clinical experience with this population, the facilitator will give the participant clinical protocols helpful in treating (managing) these clients. This advanced skills development training presents “hands on” technique and the neurobiological research that supports the approach.

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

Clinical Enactments: Working in Right Brain Windows of Affect Tolerance

Allan Schore, PhD

Regulation theory will be applied to understand the change mechanism occurring within the stressful heightened affective moments of clinical enactments.

Conquering Your Cravings: Alcohol, Drugs, Nicotine, Food

Wallace Wilkins, PhD

Serves as conflict mediator, organizational advisor, leadership coach, professional speaker and Substance Abuse Professional; Senior Consultant and Master Trainer for the Conflict Resolution Resource Center.

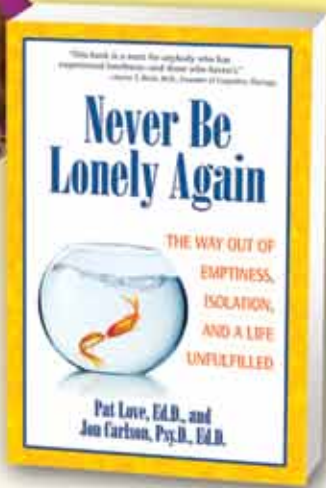
Chemically-dependent clients can learn effective, cognitive-behavioral strategies to manage their behavior while they experience impulses, urges and cravings for unwanted substances. You can provide your clients with five methods to overcome that pesky, inner voice when it tempts them to consume. Learn how to replace self-limiting, Mood-Driven Thoughts and Barrier-Driven Thoughts with self-enhancing, Goal-Driven Thoughts. These strategies can help clients to sit with an unsatisfied craving until it dissipates.

Removing Defects of Character

Cardwell Nuckols, PhD

Character defects are a source of suffering and can lead to relapse and other self-defeating behaviors. At the root of these defects are narcissistic beliefs about the self (I, me and mine) and a distorted self-image. Defects of character respond poorly to psychotherapy and pharmacotherapy and are more amenable to change utilizing spiritual tools such as humility, honesty, acceptance and surrender. This skills-training event will teach clinicians how to assist clients in the removal of these defects including pride, greed, jealousy and envy. Understanding that “I am jealous and I will change” is an illusion and the fact that change occurs in the “moment” will be the focus.

meet the **AUTHORS**...



Pat Love, EdD

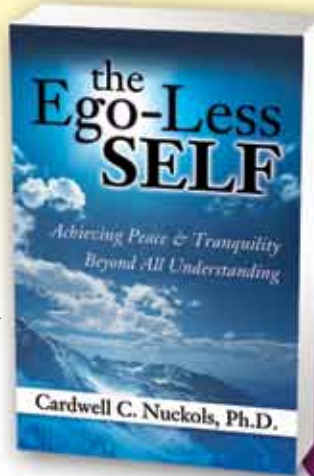
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Nuckols looks closely at the notion of “spiritual transformation” by showing how the ego develops over time to cause suffering in our lives.



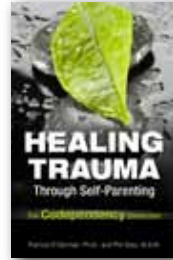
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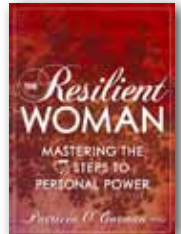
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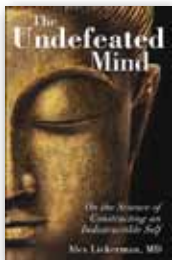
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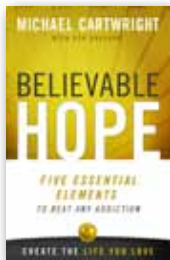
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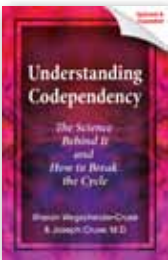
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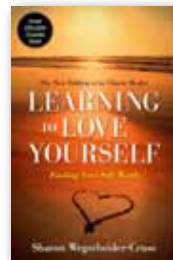
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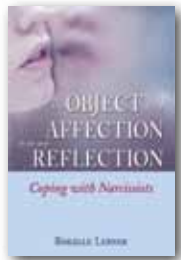
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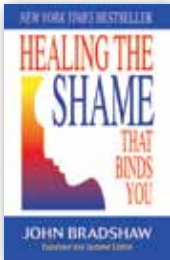
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