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MAGAZINE

present

29<sup>th</sup> Annual Northwest Conference on

# Behavioral Health and *Addictive* Disorders

*June 1-3, 2016*

*Seattle, WA*  
(Bellevue)



John Briere, PhD



Tina Payne Bryson PhD

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# 29<sup>th</sup> Annual Northwest Conference on Behavioral Health and Addictive Disorders

## June 1-3, 2016

### PROGRAM FOCUS

#### 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

The 29th 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. Topics and issues covered include: Treatment of Complex Trauma, Combining Science and Compassion in the Treatment of Addiction, Failed Attachment and Addictive Behavior, Legacy of Neglect and Trauma, Ethical and Professional Issues, the Healing Power of Story, Whole-Brain Strategies, Treating the Young Adult, Winning the Anxiety Game, Nurturing the Developing Mind, Mindfulness, Strategies for Generalized Anxiety, How to Intervene with Addicts & Their Families, Treating Social Anxieties, Somatic Experiencing Principles, Recovering the Essential Self, Adolescent Cannabis Abuse, Intimacy and Attachment, the Pain Paradox, Intimacy: Women, Men and Relationships, Weapons of Mass Self-Destruction, Easily Triggered and 'Acting Out' Trauma Survivors, Gender Differences in Treatment and many more.

#### Seattle Tuition

Full Program: \$415.00  
Includes Complimentary one-year subscription to COUNSELOR magazine.

Daily Tuition: \$150.00

#### 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 a highly acclaimed national training event featuring customized training opportunities for developing new treatment strategies and the sharing of research advances for clinicians and counselors.

## Seattle Faculty Includes



Robert Ackerman, PhD



Jeff Barboa, PsyD



Claudia Black, PhD



John Briere, PhD



Ben Cort



Sandra Felt, LCSW



Tanya Lauer, MC, LPC



Gabor Maté, MD



Sue Neufeld-Ellis, LMHC, RN



Kathleen Parrish, MA, LPC



Tina Payne Bryson, PhD



Megan Ross, LPC



# Seattle (Bellevue), WA

## Exhibit Opportunities

For exhibit information contact:

Lorrie Keip Cositore,  
800-851-9100 ext. 220 or  
Stephen Cooke,  
800-851-9100 ext. 222



*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. Then, 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 and World Famous Pike Place Market ([www.pikeplacemarket.org](http://www.pikeplacemarket.org)). Enjoy a harbor cruise or walking tour. For more information, visit the Seattle Convention and Visitors Bureau website ([www.visitseattle.org](http://www.visitseattle.org)) or the Bellevue Visitors Bureau website ([www.visitbellevuewashington.com](http://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 \$169 single/double (plus tax). To make a reservation, please call the Hyatt Regency directly and use the code: ADIC. Reservations must be made by May 2, 2016 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 has a scheduled service to hotels which is approximately every ½ hour on the hour. The current cost is \$19 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](http://www.shuttleexpress.com) or (425) 981-7000 Taxi cabs are available.



Janina Fisher, PhD



Jennifer Golick,  
LMFT



Michael Kahn, LPC



Todd Langus, PsyD



Reinhard Straub,  
LICSW



Robert Weiss, LCSW



Wallace Wilkins, PhD



Reid Wilson, PhD

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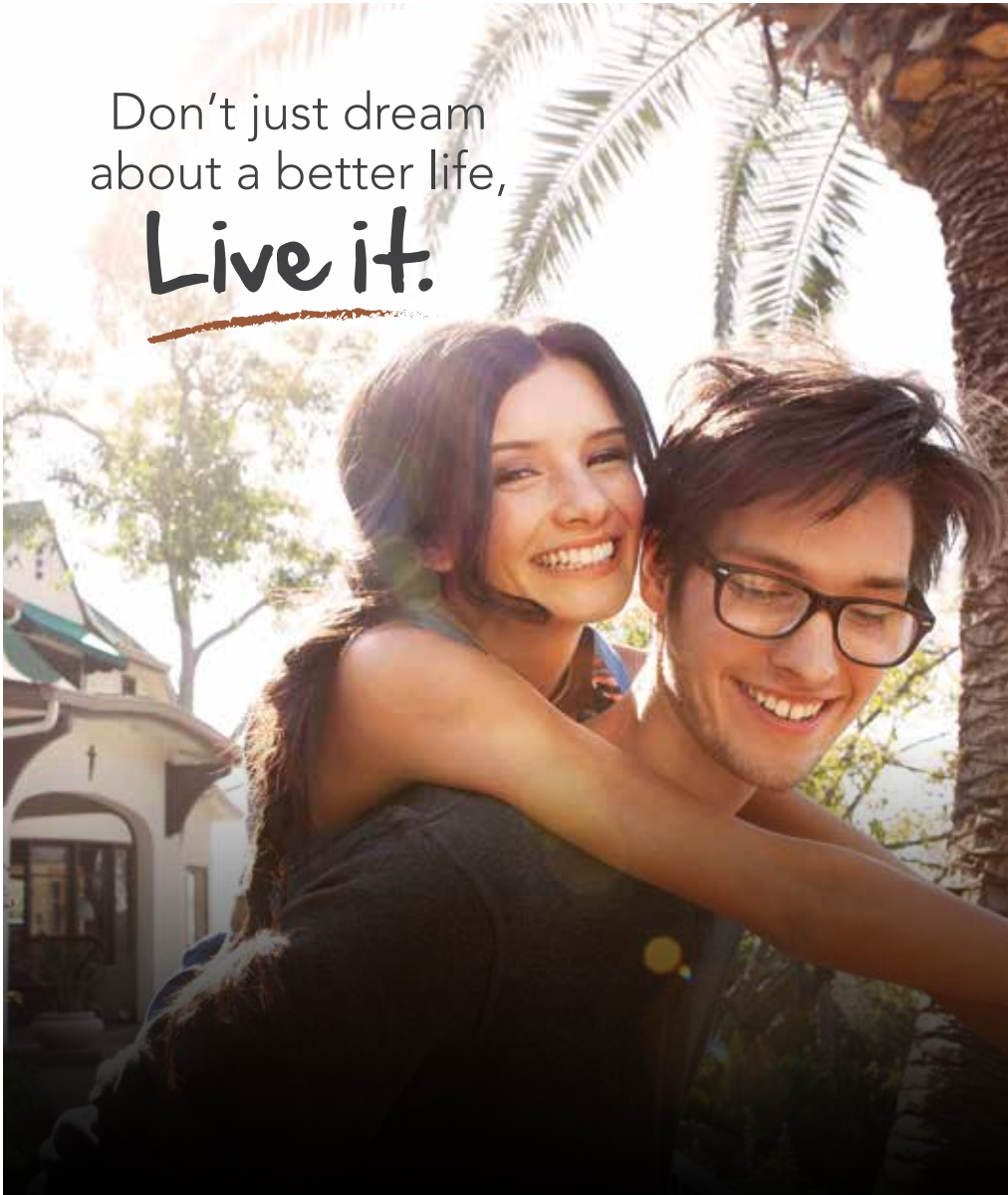
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## TUESDAY • MAY 31

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

## WEDNESDAY • JUNE 1

7:45am **Registration Continued**

8:00–8:50am **Continental Breakfast**

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8:50am **Welcome**

**Dan Barmettler and Gary Seidler**, *US Journal Training, Inc.*

9:00–10:30am **The Hungry Ghost: Combining Science and Compassion in the Treatment of Addiction**



**Gabor Maté, MD**

Gabor Maté is a medical doctor recently retired from active practice. He was a family physician for two decades and for seven years he served as Medical Coordinator of the Palliative Care Unit at Vancouver Hospital. For twelve years he worked in Vancouver's Downtown Eastside with patients challenged by hard core addiction, mental illness, HIV and related conditions. He is internationally known for his work on the mind/body unity in health and illness, on attention deficit disorder and other childhood developmental issues, and his breakthrough analysis of addiction as a psychophysiological response to childhood trauma and emotional loss. He is the author of four best-selling books published in twenty languages on five continents, including *When The Body Says No*; and the award winning *In the Realm of Hungry Ghosts*.

Contrary to popular and medical misbelief, addictions—whether to substances or to behaviors such as gambling—are not caused by poor choices or bad genes. They are rooted in childhood emotional loss or trauma. This session outlines the latest research regarding the true source of addictions and offers treatment approaches based on science and compassion.

10:30–11:00am **AM & PM Breaks will be held each day in Exhibit Area**

11:00–12:30pm **Healing Broken Bonds: Failed Attachment and Addictive Behavior**



**Janina Fisher, PhD**

Licensed Clinical Psychologist and Instructor at the Trauma Center, an outpatient clinic and research center founded by Bessel van der Kolk. Known for her expertise as both a clinician and consultant, she is also past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, a faculty member of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological and attachment research and the newer trauma treatment paradigms into traditional therapeutic modalities.

When attachment bonds feel frightening, intrusive, overwhelming, or simply missing, altered relationships to our emotions develop. Without a secure attachment relationship as a source of safety and soothing, the child's nervous system fails to develop the ability to tolerate emotional experience or to self-soothe, increasing vulnerability to emotional overwhelm and driving frantic efforts to regulate affect behaviorally. Instead of experiencing relationships as havens of safety, traumatized clients will be driven by powerful wishes and fears of relationship, even the therapeutic one. Is it any wonder that addictions develop in this context? This presentation will address how to work with the contribution of traumatic or failed attachment in the development and perpetuation of addictive disorders.

# THE MEADOWS FAMILY OF TREATMENT CENTERS: APPROACHING TRAUMA THROUGH NEUROSCIENCE

*Trauma is a fact of life... but it doesn't have to be a life sentence. This is because we possess an innate capacity to rebound from even the most devastating events and return to equilibrium and wholeness; this is our birthright.*

— Peter A. Levine, PhD,  
Senior Fellow, The Meadows

The Meadows' family of treatment centers provides a multidisciplinary approach to treating trauma and the most complex, co-occurring conditions. We offer holistic care that heals mind, body, and spirit. We do this by examining the **CORE ISSUES** through multiple brain level interventions from a bottom up approach that addresses unresolved developmental trauma.

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## Featured Conference Speaker:



**Claudia Black, PhD**

The Meadows Senior Fellow and Founder  
of the Claudia Black Young Adult Center  
*June 2 Keynote*

## Our specialized treatment programs, including

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- **Remuda Ranch at The Meadows**—Acute care, inpatient, and residential programming for women and young girls with eating disorders
- **Claudia Black Young Adult Center**—Complex addiction and mental health treatment for young adults
- **Gentle Path at The Meadows**—Confidential inpatient treatment for men with sexual addiction, relationship addiction, and sexual anorexia

## 2:00–3:30pm **CONCURRENT WORKSHOPS**

### **The Myth of Normal: Depression, Anxiety and Addictions from a New Perspective**

**Gabor Maté, MD**

For all our progress in understanding and treating mental illness, it continues to be a subject of misapprehension, prejudice and stigmatization. The reason for that may be not its strangeness but its familiarity. Very few individuals or families are not touched by at least some aspects of mental dysfunction, some periods of the discouragement, disconnect or anxiety that, on a deeper and more chronic level, characterizes the mind state of the mentally ill. And beyond individual experience or predisposition, many factors in this stressed and confused culture conduce to mental malfunction on a broad social scale. This talk will explore the causes and “normality” of depression, anxiety and addictions in our society.



### **Reel Therapy 1: Ethical and Professional Issues for Therapists**

**Michael Kahn, LPC, JD**

Presents training workshops on ethics, grief, diversity, self-care and other topics for mental health professionals throughout the U.S. and abroad. He wrote the chapter “Saying Goodbye: Loss and Bereavement” in *Cinemameducation, Volume 2: Using Film and Other Visual Media in Graduate and Medical Education*. He is among the forefront in his field on the use of film in therapy and workshops. In his free time, Michael makes documentary films.



Research has shown that the main factor leading to successful clinical outcomes is the therapeutic relationship. The primary tool we have toward developing that relationship is ourselves. The challenge is in deciding whether or how much of ourselves to bring to any given therapeutic moment. This session will focus on the differences between boundary violations and crossings using entertaining and provocative film clips. Issues discussed will include self-disclosure, dual relationships and touch.

### **Healing the Body, Healing the Mind: Working with the Legacy of Neglect and Trauma**

**Janina Fisher, PhD**

In surviving trauma and neglect, individuals are left with a host of easily re-activated physiological responses and an inadequate memory record. Uncertain about what happened, they interpret the somatic activation as data about “me:” “I am still not safe,” “I am worthless and unlovable.” This presentation will review recent neuroscience research that explains how traumatic experience becomes embedded in both mind and body, extending the trauma far beyond the original events. Addictive and self-destructive behavior bring temporary relief but quickly progress as it takes increasingly larger ‘doses’ to achieve the same effect. New neurobiologically-informed somatic techniques can directly address the non-verbal memories and physiological responses, offering renewed hope for long-term sobriety and emotional relief to victims of abuse.



### **Substance use Disorders: The Effect of Cultural Social Attachments and the Importance of Longer Term Care**

**Jeff Barboa, PsyD**

Holds a doctoral degree in clinical psychology and a Master’s of Science degree in community mental health from the University of Nevada, Las Vegas. He is a licensed Clinical Professional Counselor as well as a National Certified Counselor. He has experience in child and adult mental health, substance use and co-occurring disorders. He also has served as adjunct professor, therapist, supervisor and he currently holds a position as the Clinical Director at North Bay Recovery Center.



When we examine issues such as brain chemistry and heredity that can cause addictions or contribute to substance use disorders, are we ignoring other factors that may play a role? Are mental health providers, clinicians, and researchers seeing the whole picture? The fact that our current approach does not always result in successful treatment outcomes suggests that we are overlooking something crucial and that we therefore need to look beyond issues of neurochemistry and human behavior. Exploring and illuminating the cultural and social aspects of substance use disorders can provide us with additional perspectives that can supplement our understanding of how brain chemistry and developmental issues impact these disorders and other mental health problems. Such an approach would help clinicians and providers make sound, ethical assessments of whether current treatments such as longer-term care and interventions are working.

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## 4:00–5:30pm **CONCURRENT WORKSHOPS**

### **Transforming Shame and Self-Loathing**

**Janina Fisher, PhD**

Therapists regularly confront the negative impact of shame on their clients' ability to find relief and perspective. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. Despite the therapist's best efforts, unshakeable feelings of shame and self-hatred often undermine treatment. This workshop will introduce participants to understanding shame from a neurobiological perspective—as a survival strategy driving somatic responses of “total submission,” disconnection and numbing. Using lecture, videotape, and experiential exercises drawn from Sensorimotor Psychotherapy, participants will learn to help clients relate to their shame with mindful awareness and curiosity. When traditional psychodynamic and cognitive-behavioural techniques are integrated with Sensorimotor Psychotherapy interventions emphasizing posture, movement, and gesture, issues of shame can become an avenue to transformation rather than a source of stuckness in treatment.



### **The Ethics of Cultural Awareness: Enhancing Reflective Practice**

**Michael Kahn, LPC, JD**

Understanding cultural issues is critical to providing superior care and is an ethical mandate. The various ethics codes discuss culture as it relates to the counseling process. As examples, the APA code states that psychologists “ensure that their potential biases... do not lead to or condone unjust practices” and the ACA code requires that counselors “explore their own cultural identities and how these affect their values and beliefs about the counseling process.” In this workshop we will explore how the therapist's cultural values and biases can affect interactions with people who are different from them in various ways, including and especially their clients. We will discuss bias as it applies to many “categories,” such as race, gender, religion, sexual orientation, age and physical condition. Of course, the goal of this workshop is not to eliminate biases, an impossible task, but to increase awareness of them so that they do not interfere with the client's progress.



### **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 disorders 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, and 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.

### **“Responding to the Responder” Treating Trauma and Addiction within Emergency Personnel**

**Todd Langus, PsyD**

Has dedicated the last 10 years to treating public safety personnel and their families. He has responded to national emergencies such as 9/11, treating hundreds of emergency responders. He has treated victims of Hurricane Katrina and military personnel from Iraq and Afghanistan and has responded to countless officer-involved shootings, line-of-duty deaths and critical incidences. Private corporations have called





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(Program continued from page 9)

on him to handle large-scale traumas. He served as a law enforcement officer for 20 years. Not only has he seen trauma from the front lines as a law enforcement officer, he is also a trauma survivor and provides training and lectures to agencies throughout the U.S.

Helps clinicians identify personality traits and behaviors that are unique to the job and are needed to successfully handle emergency situations, that later become a deterrent to the responder in coping with their personal life. These learned occupation traits lead to negative defense mechanisms and self-defeating behaviors. This workshop will also address aspects of trauma specific to the first responder that commonly are left unidentified and address those aspects which can prevent a positive outcome in treatment.

## Perfectionism and Procrastination for Counselors and Clients

### Wallace Wilkins, PhD

Wallace Wilkins, PhD, serves as seminar facilitator, organizational consultant, psychologist and conflict mediator. His workshops help individuals and organizations create low conflict, low stress and high achievement. His Seattle-based psychotherapy practice focuses on chemical dependency, mood problems, and relationships



This interactive workshop will show you the reasons for procrastination and what you can do about it. Learn why some people use procrastination to undermine their success. Instead of putting things off until the last minute, you can take the initiative, follow through and get the job done—even when you're not in the right mood. With new strategies, you can set audaciously high goals without the distress of perfectionism. Easy-to-learn strategies can keep you and your clients on-track when you encounter surprises and setbacks.

**THURSDAY JUNE 2, 2016**

## 9:00–10:00am Whole-Brain Strategies: From Reactivity to Resilience



### Tina Payne Bryson, PhD

Co-author (with Dan Siegel) of two *New York Times* Best Sellers: *The Whole-Brain Child* and the recent *No-Drama Discipline*. She is a pediatric and adolescent psychotherapist, the Director of Parenting for the Mindsight Institute, and the Child Development Specialist at Saint Mark's School in Altadena, CA. She keynotes conferences and conducts workshops for clinicians, educators and parents all over the world. Dr. Bryson earned her Ph.D. from the University of Southern California, where her research explored attachment science, child rearing theory, and the emerging field of interpersonal neurobiology.

In this presentation, Dr. Bryson presents the latest scientific research—with a special emphasis on neuroplasticity and the changing brain—in a way that's clear, interesting, and immediately practical. The focus is on better understanding the role of experience and focused attention on the ever-developing brain. Using stories, case examples, power point, videos, and a lot of humor, Dr. Bryson encourages clinicians to keep their own developing brains in mind as they nurture their clients' growing minds. She provides creative examples of how she uses brain science in her own practice to help adolescents and young adults see things differently and acquire new tools to be resilient and feel hope about achieving lasting change in their lives. At the end of the presentation, clinicians will have a new framework for understanding their clients and their own work, along with several specific Whole-Brain strategies to help young people move from reactivity to resilience.

## 10:30–11:30pm Complexities of Treating the Young Adult



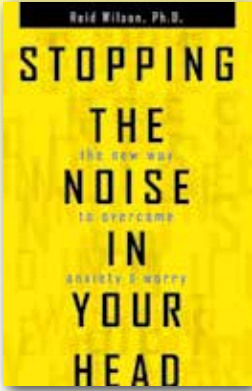
### Claudia Black, PhD

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 off this age group differ from their older counterparts.

(Program continued on page 13)

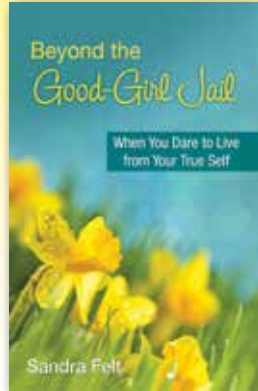
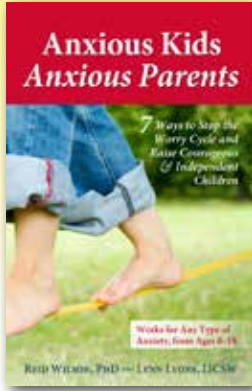
# meet the **AUTHORS** ...



**Reid Wilson, PhD**

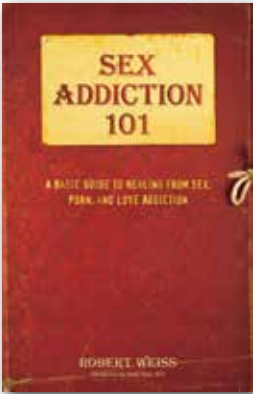
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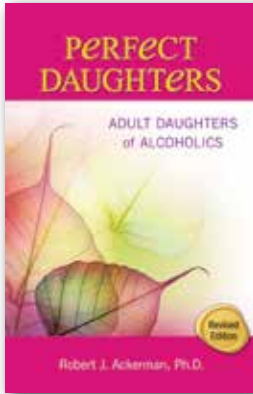


**Sandra Felt**

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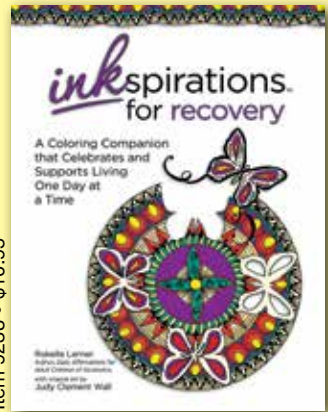
**Robert Weiss**  
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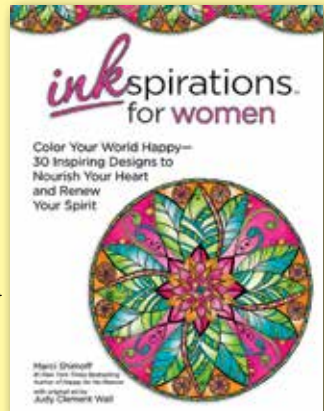
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## 11:30–12:30pm **Winning the Anxiety Game: Brief Strategic Treatment for the Anxiety Disorders**



### **Reid Wilson, PhD**

Director of the Anxiety Disorders Treatment Center and Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine; author/co-author of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*; *Don't Panic: Taking Control of Anxiety Attacks*; *Facing Panic* and *Stop Obsessing: How to Overcome Your Obsessions and Compulsions* and the upcoming *Stopping the Noise in Your Head: The New Way to Overcome Anxiety & Worry*. Recipient in 2014 of the Anxiety and Depression Association of America's Jeryllyn Ross Clinician Advocate Award.

The cutting-edge anxiety treatment is now pushing further into the confrontational. You will learn a persuasive strategy, built out of whole cloth within the first session, which will help clients find the courage and motivation to purposely seek out anxiety as their ticket to freedom from crippling fear. Practical methods enable clients to ignore the content of their worries and to explore the feeling of uncertainty rather than fleeing from it.

## 2:00–3:30pm **CONCURRENT WORKSHOPS**

### **The Whole-Brain Approach: Nurturing the Developing Mind**

#### **Tina Payne Bryson, PhD**

Based on the ideas from Dr. Bryson's New York Times bestseller *No-Drama Discipline* (with Dan Siegel), this workshop focuses on how to nurture adolescents' emotional, mental, social, and even academic health. Dr. Bryson highlights the fascinating link between a teenager's neurological development and the way adults react to misbehavior, providing an effective, compassionate road map for dealing with the inevitable difficulties and conflict that arise during this crucial time of life. Complete with candid clinical and parenting stories and a great deal of compassion and humor, this presentation shows clinicians how to work with a young person's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience for everyone involved.



### **Let's Get Going! How to Intervene, Engage and Retain Addicts 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 & their family situation is different and necessitates "a made to order" clinical approach. When it comes to intervention, treatment & retention one size does not fit all. The uniqueness of an addict's family situation demands ongoing flexibility and the savvy clinician should have several clinical strategies and philosophies at their disposal in order to be effective.

### **Mindfulness for Recovery**

#### **Sue Neufeld-Ellis, LMHC, CSAT, RN**

She has worked in the fields of counseling, nursing, addictions, and psychotherapy since 1981 and has been a meditation teacher for 20 years facilitating people in groups, individually and couples as well as teaching meditation at workshops and conferences. Sue's CD 'Serenity Through Meditation' with musician Steven Halpern was released in 2007, she is also a co-author in the book *Clergy Sexual Misconduct*. She was part time faculty for six years at Bellevue Community College in WA where she taught classes on Sex Addiction, partners and Stress Management. She has been a featured guest on several radio talk shows and was a columnist for a local newspaper on sex and relationship issues.



Experience Mindfulness practices to assist you, as a practitioner, as well as your clients, to begin to deal with stress and uncomfortable emotions, as well as to become more calm and peaceful. We will talk together about what Mindfulness and Inquiry is and isn't. I will share with you some ways I have used Mindfulness in treatment and therapy for Problematic Sexual Behaviors and Emotional Regulation for Partners the last four years.

## No Worries! Strategies for Generalized Anxiety

**Reid Wilson, PhD**

This session will explore the fundamental structure of worry—how it ignores data that isn't negative, how it squeezes out room for corrective information, and how it gives rise to erroneous beliefs. Stemming from this knowledge, participants will learn a set of therapeutic strategies based on the latest research.



## The Treatment & Recovery Industry Insider

### Washington and Colorado since Legalization: “The Conversation” with Ben Cort (This session is not available for CE credit)



**Ben Cort**

Now the Director of Professional Relations for CeDAR, in Aurora, CO that is part of the University of Colorado Health System. With a deep understanding of the issues and a personal motivation to see the harmful effects of drug and alcohol abuse minimized, his passion for recovery, prevention and harm reduction comes from his own struggle with substance abuse. Until 2007 he was a HR Director at an S&P 500 firm. He left this role to help start the Colorado based nonprofit, Phoenix Multisport (PM), an organization that has received frequent national recognition for their innovative approach to building sober communities around sport and healthy activities. While with PM, Ben worked extensively with the treatment community as well as drug courts and the therapy community as advisor, a member of clinical teams, frequent speaker, liaison, etc. Ben joined the drug policy conversation at the national level in 2012 after leaving PM and has since been appointed to the Board of Directors of Project SAM (Smart Approaches to Marijuana).

After multi-million-dollar political campaigns, funded with out-of-state money, Colorado and Washington voted to legalize marijuana in 2012. A brand new industry selling candies, waxes, sodas, and other marijuana items has simply exploded in these states. This presentation will focus on the new industry in those states and the attendant concerns of public health advocates about that industry in the United States in general. The federal government initially announced that it would take a hands-off approach, promising to track nine consequences of legalization and determine action later. So far, however, no effective or robust public tracking system by federal or state authorities has been implemented and, in Colorado and Washington especially, some fret that “Big Marijuana” has been allowed to run wild. The ‘conversation’ will assess whether the youth in these states are indeed paying the price more than in any other state in the country and whether reputable sources such as the American Medical Association support the position that marijuana is dangerous.

## 4:00–5:30pm CONCURRENT WORKSHOPS

### Somatic Experiencing Principles in the Treatment of Trauma

**Megan Ross, LPC, R-DMT, GL-CMA**

Megan is a key faculty member of Timberline Knolls Clinical Development Institute. In this role, she travels throughout the country providing clinical training and presentations to professionals on topics ranging from somatic experiencing, expressive therapies and trauma treatment to increasing present moment tolerance for awareness, regulation, organization, and integration of the self. Megan recently served as Director of Program Development and Trauma Awareness for Timberline Knolls, where she developed, trained and upheld a campus-wide integrative approach to the recovery process. She supported the needs of residents by developing programming in alignment with the evolutions of neuroscience, process addictions, trauma recovery, expressive modalities, and critical, humanist psychology while promoting the embodiment process for both resident and staff.



Somatic Experiencing is a form of therapy aimed at relieving and resolving the symptoms of post-traumatic stress disorder (PTSD) and other mental and physical trauma-related health problems by focusing on the client's perceived body sensations (or somatic experiences). This presentation will focus on understanding the neurological implications of trauma, tracking dysregulation, and developing your embodied professional self.

### The Fear of Being Seen: How to Treat Social Anxieties

**Reid Wilson, PhD**

We will distinguish changes in this cognitive-behavioral treatment to fit the needs of those with social anxiety, whether utilizing individual or group therapy. Participants will learn how to screen for social anxiety disorder, as well as the flawed tasks and goals of clients and their underlying beliefs that drive social anxiety. We will highlight tasks in the initial interview, paradoxical interventions, exposure simulations, cognitive restructuring, principles of group work, and homework procedures.



## Recovering the Essential Self: A Paradigm Shift for Life

### Sandra Felt, LCSW, BCD

Author of the newly released *Beyond the Good-Girl Jail: When You Dare to Live from Your True Self*. A grateful recovering good-girl, she draws on her own hard-won life experiences as well as more than 30 years of private practice as a Licensed Clinical Social Worker treating courageous survivors of extreme trauma and neglect. Board Certified Diplomate in Clinical Social Work and former director of a child abuse treatment research program, she trains therapists at national conferences, enjoys sunrise hikes, and plays bluegrass bass.



When we listen from a deeper place, we hear a deeper truth. Everyone once lived from the true self. How was this aspect of development interrupted? Where did the true self go? How do we tap into this essential anchor now to strengthen healing from the long-term impact of trauma, addiction, and eating disorders? Learn the language of the self and sure-fire strategies to Recognize, Reconnect, Rebuild, and Return to living from the strength of the true self.

## 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 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.

7:00pm–9:00pm **Evening Session** (Optional)

## Intimacy: Women, Men and Relationships



### Robert Ackerman, PhD

Formerly Professor of Sociology at the University of South Carolina, Beaufort. Dr. Ackerman is a co-founder of the National Association for Children of Alcoholics and the Chair, Advisory Board of COUNSELOR: The Magazine for Addiction Professionals. He has published numerous articles and research findings and is best known for writing the first book in the United States on children of alcoholics. Twelve books later, many television appearances, and countless speaking engagements, he has become internationally known for his work with families and children of all ages. His books have been translated into thirteen languages.

Regardless of the issues that bring people to seeking help, relationship problems are often at the core. This presentation will focus on common relationship issues for women and men. Such topics as why people are attracted to high risk relationships, forms of intimacy, characteristics of healthy relationships, patterns of behaviors that destroy relationships, and suggestions for achieving positive emotional intimacy will be addressed.

## FRIDAY • JUNE 3

9:00–10:30am **New Developments in the Treatment of Complex Trauma**



### 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*. Trauma consultant for the movie *The Room*.

As our field has discovered the complexity of trauma effects, a variety of new approaches have been developed to treat them. This keynote will outline clinical developments in three areas: titrated exposure, affect regulation training, and mindful processing as they apply to the treatment of traumatized people.

(Program continued on page 16)

## 11:00–12:30am **Understanding Addiction and Narcissism through the Lens of Intimacy and Attachment**



### **Robert Weiss, LCSW, CSAT-S**

Author, international lecturer, and expert on the relationship between digital technology and human sexuality; Senior Vice President of Clinical Development with Elements Behavioral Health; founder of Sexual Recovery Institute, Los Angeles. He is an author and media expert who has appeared on CNN, The Oprah Winfrey Network, Dr. Drew, and the Today Show. Author of *Sex Addiction 101: A Basic Guide to Healing from Sex, Porn and Love Addiction*.

In a recent popular TED talk, British journalist Johann Hari posits the theory that an underlying cause of addiction is in fact the addict’s attempt to seek escape from their (often trauma based) emotional isolation from something all human beings crave and require—deeply intimate, dependable, healthy, close relationships. This talk will explore the idea that, while initially drawn to addictive substances and behaviors as sources of simple pleasure seeking, that addicts get stuck seeking repeated, addictive pleasures for the secondary gains that these substances and experiences provide: emotional escape, dissociation, self-soothing.

## 1:45–3:15pm **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.



### **Sexual Integrity: Defining Relationship Trust in the Digital Age**

#### **Robert Weiss, LCSW, CSAT-S**

In these days of instant porn, geolocating sex apps and Internet driven connection, what does relationship commitment and monogamy mean? How is trust built and maintained against all this background noise? How can couples negotiate and align the traditions of monogamy and marriage with the distractions of the digital age. What is fidelity today and does it mean anything different than in days gone by? Does this affect men and women equally? This energizing presentation given by an international expert in cheating, infidelity and addiction will talk about sex, intimacy and the meaning of adult attachment—in the digital age.



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## Claiming and Letting Go: Parallel Life Skills to Clear the Fog Regarding Boundaries and Personal Integrity

**Sandra Felt, LCSW, BCD**

When we claim without judgment what genuinely fits our true self and let go without judgment all that does not fit, the boundaries that surround and protect us naturally develop and slide into place. The result is genuine integrity. These two skills are parallel and intertwined, are best learned together, and apply to all areas of treatment. Effective teaching strategies and clinical examples are included. Based on the presenter's newly-released book *Beyond the Good-Girl Jail: When You Dare to Live from Your True Self*.



## Weapons of Mass Self-Destruction: Helping to Reduce Relapse in Recovering Clients by Eliminating Self-Defeating Behaviors

**Robert Ackerman, PhD**

This workshop will focus on identifying and eliminating behaviors that cause defeat and harm to people. Many “self-defeating” behaviors often are behaviors that once helped a person survive a crisis. Once the crisis is over the behaviors, even though no longer needed, are maintained. Instead of helping the person they now cause harm by limiting the potential to develop healthy behaviors. Some examples of self-defeating behaviors include procrastination, defensiveness, perfectionism, under—achievement, isolating yourself, taking too much control in relationships, work-a holism and so on. Using a cognitive behavioral approach, eliminating self-defeating behaviors and replacing them with life enhancing skills will be the goal of the workshop.



**3:30–5:00pm CONCURRENT WORKSHOPS**

## 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.



## Sex Addiction 101: The Basics

**Robert Weiss, LCSW, CSAT-S**

In the real world, tens of thousands of men and women daily voluntarily choose to attend sexual addiction 12 step programs and related therapies. Yet in the clinical world, the DSM 5 does not acknowledge the issue (Hypersexual Disorder), while many consider it a joke, a form of social control or simply “an excuse” for bad behavior. This talk is designed to offer realistic, useful insight into the problem of compulsive/addictive porn use, infidelities and other sexual acting out (on and offline). The talk will provide insight into the process addictions, their treatment and the empathic insight required to view this problem for what it is—the adult expression of early complex trauma and attachment loss.



## Appreciating Gender Differences in Treatment & Recovery from Chemical Dependency

**Robert Ackerman, PhD**

This workshop will focus on developing an appreciation for gender differences in the treatment of and the recovery from alcohol and drug addiction. The focus will be not only on the addicted person, but also on sons and daughters of alcoholics and drug addicts. Additionally it will focus on how dysfunctional families effect gender development and, in turn, to assess how this development effects personal change for women and men. An appreciation for gender implications in alcohol and drug usage patterns, etiological differences, relapse and recovery issues, and associated problems will be addressed. This workshop will not treat women and men from dysfunctional families as victims, but rather as survivors and will concentrate on strengths found in those from dysfunctional families regardless of adverse conditions. An internal and external model for intervention and treatment will be presented.



# CONTINUING EDUCATION

**PROFESSIONAL CREDITS:** A maximum of 20 contact hours are available for this conference. 18 core credit hours (6 hours for W, Th, and F) and 2 optional Thursday evening hours. This training includes 3 hours of Ethics.

**US Journal Training, Inc. is an approved provider by:**

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**California Foundation for Advancement of Addiction Professionals (CFAAP).** Provider Number OS-86-057-0518.

**California Board of Behavioral Sciences.** Provider Number PCE 78. Course meets the qualifications for up to 20 hours of continuing education credit for MFTs and /or LCSWs as required by the California Board of Behavioral Sciences.

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**Note:** If you are seeking continuing education credit for a specialty not listed above, it is your responsibility to contact your licensing/certification board directly to determine eligibility of this training to meet your CEU requirement.

## CONFERENCE OBJECTIVES

Participants will be able to:

1. Identify treatment approaches and develop counseling skills for a range of issues in mental health, behavioral health, addictions and co-occurring disorders.
2. Identify the neuropsychological and neurobiological underpinnings of addictive disorders, compulsive behaviors and other problematic behavior and the therapeutic implications of these findings.
3. Identify symptoms of trauma and PTSD, anxiety disorders, disordered attachment and appropriate therapeutic treatment for these as well as a range of co-occurring disorders.
4. Identify clinical applications of recent key neuroscience research and its implications in psychotherapy and counseling.

*ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs by April 27, 2016. We cannot ensure the availability of appropriate accommodations without prior notification.*

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