

U.S. Journal
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MAGAZINE
present

7TH WESTERN CONFERENCE ON
**Behavioral
Health AND
Addictive
Disorders**



October 24-26 • 2016
Newport Beach, CA

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TOPICS

TRAUMA • ATTACHMENT • INTIMACY DISORDERS
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YOGA/MEDITATION • ETHICS • FOOD AND MOOD
—JUSTICE SERVICES TRACK—



David Mee-Lee, MD



Andrea Barthwell, MD



Rokelle Lerner



Mark Gold, MD



Cardwell C. Nuckols, PhD

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7TH WESTERN CONFERENCE ON

Behavioral Health AND Addictive Disorders

October 24-26 • 2016

Newport Beach, CA



Strike a perfect balance between work and play in the heart of Orange County. Newport Beach is one of California's most popular vacation spots. Newport Beach, Corona Del Mar, and Huntington Beach are all short distances from the conference site. Fashion Island, a stone's throw from the Marriott hotel, offers the finest shops, dining, and entertainment. The area boasts many attractions including Balboa Island, Disneyland, Newport Harbor fishing cruises and Knott's Berry Farm.

Who Should Attend?

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

- Mental Health
- Addictions Counseling
- Marriage and Family Therapy
- Psychology
- Courts and Corrections
- Prevention
- School Counseling
- Employee Assistance
- Registered Nursing
- Pastoral Counseling
- **Probation Officers, Courts and Justice Personnel**

Newport Tuition

Full Program: \$415.00

Daily Tuition: \$150.00

*Includes Complimentary one-year subscription to COUNSELOR magazine.

Program Focus

This conference addresses the most relevant and cutting edge topics for professionals working in the addictions and behavioral health fields. It offers a comprehensive view and updates in a series of plenary sessions along with focused in-depth workshops to provide participants with skill-building in their areas of interest.

In addition this year, we have added a special "Justice Services Track"—sponsored by The Change Companies — designed specifically for all those, including judges, probation and parole officers, and court personnel, who work directly within the justice system.

Also featured this year are 3 separate special interest luncheon programs, limited to 50 participants, on a first come first served basis. We also offer a special evening program 10/25—"ADHD Nation"—which will be open to the general public. For 'early-risers' we have morning meditation sessions and a closing morning program on the role of Yoga in Recovery.

Learn. Network. Enjoy.

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U.S. Journal Training, Inc. Upcoming Events

27th Sante Fe Conference on
**Integrating Spirituality, Mindfulness &
Compassion in Mental Health and Addictions**
Santa Fe, New Mexico • August 1-3, 2016

22 Annual **Counseling Skills** Conference
*Exploring the Interaction of Trauma,
Addictive Disorders and Relationships*
Dallas, Texas • September 22-24, 2016

For more information go to www.usjt.com



Conference Site

Newport Beach Marriott Hotel & Spa

900 Newport Center Drive,
Newport Beach, CA 92660
800-228-9290 or 949-640-4000

The Marriott Hotel at Fashion Island offers the ultimate in Southern California style and hospitality. Nestled near the spectacular Newport Harbor and the Pacific Ocean, the Marriott features two outdoor pools and a state-of-the-art spa (Pure Blu).

US Journal Training has reserved a block of rooms for registrants until September 26 (Room block may fill prior to this date). Room rates are \$189 single/double (plus tax). Reservations must be guaranteed with a credit card.

For reservations call 877-622-3056, and mention **U.S. Journal Training** to receive the conference rate. Please note hotel's cancellation policy.

Transportation

Super Shuttle provides service from Orange County/John Wayne Airport at \$15 one way and from Los Angeles International Airport (LAX) at \$36 one way. Prices are subject to change. Reservations can be made online at www.supershuttle.com or by calling (800) 258-3826. (24 hour advance notice is required for return to airport.) Taxis are also available.



Exhibit Opportunities

For exhibit information contact:
Lorrie Keip Cositore, 800-851-9100 ext. 220
or James Morehead, 949-706-0702

Newport Faculty Includes:



Robert Ackerman, PhD



Andrea Barthwell, MD



Vickie Berkus, MD PhD



Pat DeChello, PhD



Mary Faulker, MA



Mark Gold, MD



Dan Griffin, MA



Adi Jaffe, PhD



Alexandra Katehakis, MFT



Sheri Laine, LAC



Bill Lane, EdD



David Mee-Lee, MD



Todd Langus, PsyD



Tanya Lauer, MC LPC



Rokelle Lerner



Noah Levine



Kevin Lowe, PhD



Lee McCormick



Cardwell C. Nuckols, PhD



John O'Neill, EdD LCSW



Kathleen Parrish, MA LPC



Dave Smith



Tommy Rosen



Alan Schwartz



Erica Spiegelman, CADC II




Tonmoy Sharma, MSc



Howard Wetsman, MD

Faculty also includes: Tom Horvath, PhD; Jamison Monroe Jr.;
Lori Newman; Pete Nielsen; David Skonezny; Fred Viola

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Sunday, October 23

5:00–7:00 pm **Early Registration**

5:30–6:30 pm **'Meet and Greet' Reception**

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Monday, October 24

7:30 am **Registration Continued**

7:45–8:30 am **Introduction to Meditation** (This session not offered for CE Credit)



Dave Smith

Buddhist meditation teacher, addiction treatment specialist, speaker and author, Dave is the Guiding Teacher and Program Director of the Against the Stream Nashville Meditation Center and teaches over 300 meditation classes and workshops a year. He currently works in Los Angeles with Refuge Recovery Center.

An Introduction designed for those new to meditation or those who would like a 'refresher' in the practice of insight, or Vipassana Meditation and the basic Buddhist teachings.

8:00–8:50 am **Continental Breakfast**

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8:50–9:00 am **Conference Opening/Welcome**

Gary Seidler and Dan Barmettler *U.S. Journal Training, Inc.*

9:00–10:00 am **What We Have Learned: Four Decades of Addiction, Neurobiology, and Treatment Research**



Mark S. Gold, MD

Mark Gold is a translational researcher, author and inventor best known for his work on the brain systems underlying the effects of opiate drugs, cocaine and food. He has published over 1000 peer reviewed scientific articles, texts, and practice guidelines, including citation classics in cocaine neurobiology, opioid addiction neurobiology and treatment, food and process addictions.

Dr. Gold has been called a groundbreaking researcher, father of medication assisted recovery, the first to translate rat experiments into theory and treatments for human addicts. He is currently Chairman of Rivermend Health's Scientific Advisory Boards. Dr. Gold was a Professor, Eminent Scholar, Distinguished Professor, Distinguished Alumni Professor during his 25 years at the University of Florida.

Learn about the evolution of drug, tobacco, and alcohol addiction research over the past forty years, where we are today with understanding how drugs affect the body and brain, how addictions—once thought untreatable—are successfully treated, and what the future may look like in this changing field.

10:00–10:30 am **Refreshment Breaks** will be held each AM and PM in the Exhibit area

10:30–11:30 am **Sex Addiction as Affect Dysregulation: A Neurobiologically Informed Holistic Treatment**



Alexandra Katehakis, MFT

Founder and Clinical Director of the Center for Healthy Sex in Los Angeles, 'Alex' is a Certified Sex Addiction Therapist and a Senior Fellow of The Meadows in Wickenburg, AZ specializing in the treatment of sexual addiction and other sexual disorders. She has created a Psychobiological Approach to the Treatment of Sex Addiction (PASAT) which can be found in her latest book, Sex

Addiction as Affect Dysregulation: A Holistic Healing Model; co-author of the award-winning, Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence, contributing author to Making Advances: A Comprehensive Guide for Treating Female Sex and Love Addicts, and author of Erotic Intelligence: Igniting Hot Healthy Sex After Recovery From Sex Addiction.

Early developmental or relational trauma hurts not just our feelings but our cognitive and behavioral capacities as well, making us susceptible later to psychopathology. The findings of affective neuroscience allow us to understand and treat sex addicts as regulation-impaired due to a fundamental attachment disorder.

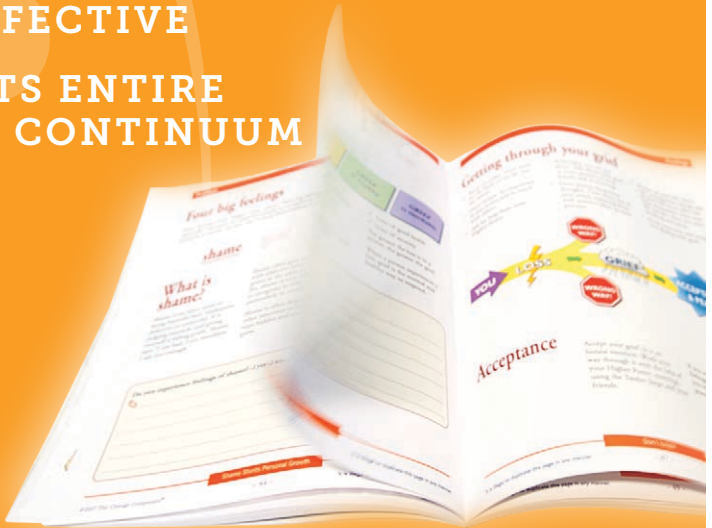
Program continued on page 7



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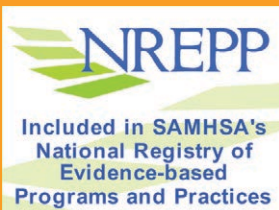
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11:30–12:30 pm JUSTICE SERVICES TRACK

The ASAM Criteria: What Judges, Probation, Parole and Court and Treatment Teams Need to Know To Achieve Lasting Change



David Mee-Lee, MD

A board-certified psychiatrist, Dr. Mee-Lee is Senior Vice President of The Change Companies. Based in Davis, CA, he trains and consults both nationally and internationally. Dr. Mee-Lee is Chief Editor of the American Society of Addiction Medicine's (ASAM) Criteria for the Treatment of Addictive, Substance-Related, and Co-Occurring Conditions. He is also a Senior Fellow, Justice Programs Office (JPO) of the School of Public Affairs (SPA) at American University, Washington, DC; and co-founder of the Institute for Wellness Education. He has over thirty years experience in person centered treatment and program development for people with co-occurring mental health and substance use conditions.

The ASAM Criteria are the most widely used guidelines for intake, assessment, service planning and placement, continued stay and discharge of patients with addictive disorders. This presentation will highlight what judges, probation, parole and court personnel should know about ASAM Criteria principles, assessment and treatment levels. There will be discussion of how to use The ASAM Criteria to improve collaboration between treatment providers and drug and other problem-solving courts to achieve lasting change.

12:30–2:00 pm Lunch on Your Own

12:45–2:00 PM LUNCH PROGRAM

‘Abstinence, Moderation, Choice’—(A Discussion)

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

This session not offered for CE credit.



Adi Jaffe, PhD; Tom Horvath, PhD

Adi Jaffe is co-founder and executive director of Alternatives Behavioral Health; Tom Horvath is Founder of Practical Recovery and President of SMART Recovery and past President of the Society of Addiction Psychology.

A discussion of alternative (non-12-step and non-disease) addiction treatment and recovery options, including self-empowering mutual help groups, and abstinence and moderation treatment approaches. Drs. Horvath and Jaffe will present hands-on tools for clinicians; discuss methods for helping clients make these choices; discuss barriers to implementation depending on setting provide individualized suggestions to clinicians who are interested in employing these methods.

2:00–3:30 pm CONCURRENT WORKSHOPS

Ethics and the Law (Part 1) (Part 2 will be 4:00–5:30 pm)

Pat DeChello, PhD

Internationally recognized clinical social worker, clinical psychologist, and chemical dependency treatment specialist with well over 36 years of experience. He is the author of 32 books and numerous articles in the mental health and chemical dependency fields, featured in numerous publications and author of Ethics and the Law in Clinical Practice. Other titles include Treating Trauma in Children and Adults, Personality Disorders and Understanding Self-Injury.

Litigation amongst the helping professions is increasing at an alarming rate. Mental health and chemical dependence counselors think that because they are “do gooders” that they are not vulnerable. Everyday common practices often lead counselors to be vulnerable. This is a fun and enjoyable workshop filled with surprises that will increase your ability to prevent ethics complaints and law suits or to defend yourself. Filled with practical examples and experiential learning, this workshop will assist participants to understand how legal and ethical practice affects treatment outcomes and can increase liability. We will define the difference between ethics law, negligence, court decisions, values, types of causation and ethical decision-making. A review of ethical scenarios based on actual practice will afford participants the ability to understand the practical application of the laws and ethics. Dual relationships, confidentiality, client rights, giving advice, HIPPA standards, Tarasoff, standard practices, ethical application of the laws and treatment criteria, clinician impairment and limitation of liability are all issues covered.



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Treating the Angry and Aggressive Client

Cardwell C Nuckols, PhD

'CC' Nuckols is described as one of the most influential clinical and spiritual trainers in North America. He has served the behavioral medicine field for over 35 years and for the last 20 years is considered one of the leading experts in the world on addiction and recovery. Dr. Nuckols is widely published, having authored more than 60 journal articles, 30 books and workbooks, 50 DVDs, CDs and videos, and 25 audiotope series. His most recent books are Finding Freedom Through Illumination and The Ego-Less SELF: Achieving Peace and Tranquility Beyond All Understanding. Clinical Consultant to American Addiction Centers.

Most of us have very strong reactions toward a client demonstrating angry emotion and potentially out-of-control behavior. Sometimes our reactions become part of the problem instead of the solution. This presentation can help change these uncomfortable scenarios into potentially positive experiences. This presentation will look at anger as a symptom of numerous psychiatric disorders including addiction, as a learned coping survival strategy, as a manifestation of the ego, in relationship to self-esteem, etc. To enhance clinical skills, the latest scientific understanding of this group of clients will be addressed while placing emphasis on verbal management, behavioral and pharmacological stabilization along with the demonstration of empirically proven clinical strategies.

Sex, Lies and Trauma: Straight Talk About Sexual Addiction and Compulsivity

Alex Katehakis, MFT

Addicts of all stripes lie, but how do sex addicts lie to themselves to the extreme about their secret lives? Is sex addiction a "real" addiction, and is trauma really the cause and effect of engaging in highly compulsive sexual behaviors? This workshop will examine the components of moderate to severe dissociation to answer these questions and more.

JUSTICE SERVICES TRACK

Court and Treatment Teams: What You Need to Know and Do to Work with Mandated Clients

David Mee-Lee, MD

Mandated clients from Drug and Problem Solving Courts; Child Protective Services, employers and other referral sources make up a large proportion of many treatment programs. Drug Courts, Mental Health or Family Courts are primarily concerned about public safety and the safety of children and families. Too often they don't trust what treatment providers are doing to ensure public safety. On the other hand, many treatment providers don't trust judges and court teams who often mandate specific treatment levels of care, lengths of stay and treatment interventions outside of their scope of practice. This workshop highlights how to engage mandated clients into accountable treatment that works for sustainable change. It discusses what court and treatment teams need to do to improve communication and outcomes. It focuses on how to work together to reach the outcomes we all want: increased public safety, decreased legal recidivism and crime; increased safety for children and families; and improved productivity and well-being.



4:00–5:30 pm CONCURRENT WORKSHOPS

Resilience and the Healing Power of Story

Kathleen Parrish, MA, LPC, and Tanya Lauer, MC, LPC

Kathleen is Clinical Director at Cottonwood Tucson with 20 years of experience, including seven years of professional service in the areas of clinical supervision and administration. Kathleen works with trauma survivors, focusing on story, mindfulness and self compassion.

Tanya is a primary therapist for the Adult Unit at Cottonwood Tucson where she facilitates individual and group therapy sessions. She has 20 years experience working in trauma healing in a variety of treatment settings. Kathleen and Tanya are co-authors of The Essence of Resilience: Stories of Triumph over Trauma.

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

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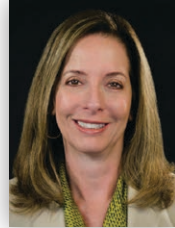
APPROACHING TRAUMA THROUGH NEUROSCIENCE

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

Conference speakers include these distinguished associates of The Meadows:



Alexandra Katehakis, MFT, CSAT-S, CST-S
Senior Fellow of The Meadows



Dan Griffin, MA
Senior Fellow of The Meadows



Vicki Berkus, MD, PhD
Remuda Ranch at The Meadows
Medical Services Advisor

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Neurobiology of Addiction for Counselors

Howard Wetsman, MD

The New Orleans-based, Chief Medical Officer for Townsend Addiction Treatment Centers and author of QAA: Questions and Answers on Addiction. He is Board Certified in General Psychiatry and certified in Addiction Medicine by the American Board of Addiction Medicine. Dr. Wetsman is a Clinical Assistant Professor at LSU School of Medicine and a frequent lecturer on topics including Genetics and Addiction and the Neurobiology of Addiction.

Addiction has been historically seen as a moral failing, a weak will or even long term damage from substance use. Models of the biology of addiction have been able to explain parts of the addiction and recovery experience, but to date, none of these models have been able to predict all the phenomena seen. Dr Wetsman will present a biological model of addiction, consistent with the ASAM definition that explains, among other things, why some people need medical treatment and some do not. Other phenomena explained include Most Effective Reward, effect of social interactions, medications for MAT, and many others.

Treating Early Life Developmental Trauma: Complex Post-Traumatic Stress Disorder

Cardwell C. Nuckols, PhD

No matter whether it is a criminal justice, alcohol and drug or mental health population, the recidivists will have a high incidence of early life trauma. This workshop will focus on the treatment of early life developmental trauma (Complex or Complicated PTSD). Emphasis will be placed on the understanding of current research from such disciplines as neurobiology, neuropsychology and attachment theory. Practical treatment techniques translated from the research will give participants hands-on skills.

Ethics and the Law (Part 2) (See description on page 7)

Pat DeChello, PhD

Designing Treatment Interventions Based on the Relationship between Attachment and Emotion Regulation in Substance Users.

John J. O'Neill, EdD, LCSW, LCDC, CAS

Director of Addiction Services at Menninger, Dr. O'Neill is a licensed clinical social worker, chemical dependency counselor and a certified addiction counselor (sex addiction). He has developed and presented more than 75 programs on such subjects as anxiety and addiction, attachment theory and substance use, family dynamics, trauma and sexual addiction and has contributed to articles and stories in the Houston Chronicle, Denver Post, Washington Post, Houston Medical Journal, WebMD, and many other publications. He manages the employee assistance program services for a major league baseball team and for minor league baseball umpires, and has appeared, among others, on ESPN, National Public Radio, and Fox News.

This workshop will provide the framework for understanding the important relationship between attachment and emotion regulation in substance users. New empirical research will be introduced linking specific attachment styles to emotion regulation difficulties. The specific pathways of attachment styles, leading to emotion regulation difficulties will be introduced. This session will introduce approaches to designing treatment interventions that will assist clinicians with treating individuals suffering from substance use disorders.

7:00–9:00 pm **EVENING PROGRAM**

The Art and Science of Healing: Finding the Healing Self Inside



Cardwell C. Nuckols, PhD

Experience the awareness and awakening of your healing SELF in this powerful program for those who are seeking spiritual growth and enhanced healing potential. Become aware during this interactive process of your own true healing self and how your spiritual evolution enhances the spiritual, psychological and neurobiological healing of those you work with. This course of action will lead one to the truth about meditation—a space having no center, no direction and no time . . . only the silence of the eternal SELF.

Tuesday, Oct 25

8:00–8:45 am Meditation: 4th Pillar of Health (This session not offered for CE Credit)



Sheri Laine, LAc

Author, teacher and lecturer, Sheri is a California state and nationally certified acupuncturist/herbologist licensed in Oriental Medicine. She has been the Director of Eastern Medical Arts in the San Diego area for over 25 years. Sheri writes a regular column for COUNSELOR Magazine, and teaches about the benefits of integrative living and how to achieve a balanced lifestyle.

Program continued on page 13



A Better Way to a **Better Life**

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Within traditional Oriental Medicine, there are four essential avenues of treatment that offer a particular approach to bring one's body to a healthy state of equilibrium. These are known as the 4 pillars of health. This meditation will explore the Qi Gong pillar/ Qi vitalization pillar, the modern term for a host of traditional exercises focused on the breath. With a calm spirit and heart, health will preserve.

8:00–9:00 am Continental breakfast

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9:00–10:00 am

Post-traumatic Growth: Dealing with Disenfranchised and Complicated Grief



Rokelle Lerner

An international speaker and trainer on addiction, trauma and womens issues, 'Roxy' is the Senior Clinical Advisor for Crossroads Centre Antigua. For the past eighteen years she has been the co-founder and clinical director of Spring Workshops in London, UK. She is also co-founder of Children Are People, Inc., a program used in thousands of schools throughout the US and Europe.

Recipient of numerous awards for her work including Esquire magazine's "Top 100 Women in the US Who are Changing the Nation" and the National Association of Children of Alcoholics' Lifetime Achievement Award. Roxy is the author of several books including The Object of My Affection is in My Reflection: Coping with Narcissists and the recently released Inkspirations for Recovery: A Coloring Companion Celebrating Recovery.

Hidden pain is not all that we are treating when we deal with grief. Post-traumatic growth after loss involves examining the hidden positive feelings such as hope, strength and forgiveness that our clients are not comfortable holding or trusting. The goal in post-traumatic growth is not to "get rid" of pain but rather to help our clients develop the skills to be able carry the weight of his or her his distress so that relapse can be averted. This lecture will focus on techniques that will help guide the patient through complicated and disenfranchised grief and will offer strategies that promote post-traumatic growth.

10:30 –11:30 am JUSTICE SERVICES TRACK

Bringing it All Together—The Art of Person-Centered Case Management



Kevin Lowe, PhD

Kevin 'Kip' Lowe is Vice President of Training, The Change Companies®.

Dr. Lowe retired as Chief of the Office of Victim and Survivor Services for the California Department of Corrections and Rehabilitation after 28 years of state service. He began his career as an entry level Youth Correctional Officer in the California Youth Authority gaining experience in custody/security and correctional treatment operations, field parole, training, mental health services, victim services, and management. Dr. Lowe served as Deputy Director for the Office of Prevention and Victim Services, and Assistant Deputy Director for the Institutions and Camps Branch overseeing correctional treatment. Dr. Lowe's expertise on training the adult learner is recognized nationally, and he has presented workshops on training techniques in several states. The unique combination of training expertise includes, substance abuse, mental health and justice services treatment and victim services. This breadth of experiences has culminated in his national focus on the development of qualified staff.

Correctional research over the past several decades has identified effective strategies to improve correctional outcomes. Research on "what works" with a correctional population has provided a blueprint for the implementation of empirically supported intervention principles targeting recidivism reduction. This presentation will highlight for court, probation, parole, and treatment providers where evidence-based practices come together: the art of person-centered case management. An outline of effective case management will be discussed linking offender engagement, goals, planning, implementation, and evaluation.

11:30–12:30 pm

Using Measurement-Based Care to Enhance Substance Abuse and Mental Health Treatment



Tonmoy Sharma, MSc

Recognized with numerous awards, honors and grants for his work in advancing mental health and its treatments in the U.S., Europe and Southeast Asia, Tonmoy Sharma received his MSc in Neuroscience at Guildhall London University. He helped to found The Sovereign Health Group one of the leading behavioral health and addiction institutions. Under his leadership, Sovereign Health continues to grow exponentially having been in the Inc. 5000 list of one of the fastest growing companies in 2014 and 2015. Sovereign Health currently operates nine facilities in five states, with plans to develop eleven additional facilities in eight states across the US.

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Research studies have demonstrated that there is enormous variation in the quality of substance abuse and mental health care in the US. There are significant gaps between clinical practice and evidence-based treatment (EBT) as well as wide variation in other clinical processes of care. Measurement-based care (MBC) can be defined as the practice of basing patient care on data collected throughout treatment. MBC is considered a core component of numerous evidence-based practices. MBC has trans-theoretical and trans-diagnostic relevance with broad reach across clinical settings. MBC provides insight into treatment progress, highlights ongoing treatment targets, reduces symptom deterioration, and improves patient outcomes. There are a number of different models of MBC but each share common features of measurement, diagnosis and intervention. The empirical support for MBC use will be reviewed along with guidance for successful implementation of MBC.

12:30–2:00 pm Lunch on Your Own

12:45–2:00 pm LUNCHEON PROGRAM

‘Drugs Over Dinner’—At Lunch Onsite Registration Required: Limited to 50.
(Box lunch provided). This session not offered for CE credit.



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

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

2:00–3:30 pm CONCURRENT WORKSHOPS

Eating Disorders: Separating the Person from the Disease

Vicki Berkus, MD, PhD

Dr. Berkus is Medical Services Advisor to Remuda Ranch at The Meadows where she serves as a consultant, supervisor, program developer, speaker, and general advocate. Dr. Berkus specializes in adolescent and adult psychiatry, eating disorders full spectrum and sports psychiatry. She has served as president of the International Association of Eating Disorders Professionals (iaedp), holds eating disorders certification (CEDS) through iaedp and is a current board member and head of the iaedp education committee.

We will examine the state-of-the-art treatment options and biggest challenges with eating disorders. Participants will learn what to do with their “dual diagnosis” patients and learn that there is seldom just one diagnosis. The “hands-on” approach to therapeutic options will give participants some tools to use in their practice.

“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 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.

Understanding and Treating Trauma

Patrick DeChello, PhD

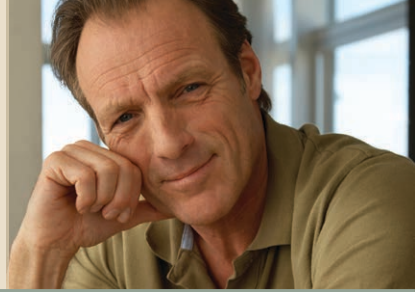
Very few things can affect an individual as much as being a victim of trauma. The results can be changes in neurochemistry, behaviors that are designed to numb or avoid re-experiencing of the trauma such

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as substance abuse, Obsessive Compulsive behaviors and/or psychological such as PTSD, anxiety or a host of other psychological problems. Current research indicates that clients may have experienced a trauma which later becomes manifest in a myriad of pathologies such as addictions to drugs and alcohol, food, sex, self-injury and many more. This session will explore this and offer practical input on effective treatment strategies.

Cognitive Rehabilitation as a Crucial Tool in Increasing the Effectiveness of Treatment in Substance Abuse Disorders

Tonmoy Sharma, MSc

Cognitive impairments are prevalent in persons seeking treatment for substance abuse particularly in attention, working memory, verbal learning, and memory functions. These impairments are not completely reversible upon cessation of use. These impairments and their consequences vary in severity across persons, much like those resulting from traumatic brain Injury but are often overlooked both within and outside of the treatment setting due to the relative presentation of verbal skills. Research demonstrates that cognitive impairments can impede treatment goals through their effects on treatment processes. This workshop will demonstrate how treatment centers can incorporate cognitive assessments in all patients and will discuss the role and techniques of cognitive remediation and brain restoration.

JUSTICE SERVICES TRACK

Integrated Case Management: The Key to Successful Offender Reentry

Kevin Lowe, PhD

Effective probation case management is the mechanism for the application of evidence-based practices essential for successful offender reentry. Successful offender reentry though is not just a correctional issue. An integrated case management approach requires collaboration with behavioral health and other community agencies to ensure public safety. This workshop highlights Butte County Probation Department's efforts to improve offender outcomes through the integration of evidence-based practices, in collaboration with community partners, into offender-centered case management. Butte County Probation staff will present an overview and outcome data related to their offender reentry efforts.



4:00–5:30 pm CONCURRENT WORKSHOPS

The Heart Connection—Relationship Medicine Bag

Mary Faulkner, MA and Lee McCormick

A pioneer in the field of mind and body healing as a teacher and psychotherapist in private practice for the last 25 years, Mary Faulkner is Director of Women's Programming at Integrative Life Center in Nashville. She has published several books in the field of religion and spirituality.

Lee McCormick is co-founder of Integrative Life Center, and founder of Spirit Recovery Inc., which produces recovery conferences, Sacred Journeys, workshops and other personal growth experiences. Author of Wisdom Recovery Medicine Bag (with Mary Faulkner), and Spirit Recovery, he is executive director of Dreaming Heaven, a documentary on spiritual awakening, and co-creator of Dreaming House in Teotihuacan, Mexico, a group retreat center.

Addiction is a disease of isolation, characterized by damaged belief in self and a long string of broken relationships. It is identified as a primary cause of addiction. Recovery begins by learning how to love one's self. While that is a noble intention, few of us have a good plan for assisting clients in accomplishing it. Healing requires a careful exploration of relationship patterns. Our heart holds the key. The Relationship Medicine Bag becomes the container for our heart's truth transforming relations with self, others and with life. Through the use of symbol and ceremony participants will experience the transforming power of their Relationship Medicine Bag to heal the heart—a helpful tool for your healing work.

Rethinking the Role of Shame

Adi Jaffe, PhD

Director of Research, Education and Innovation at Alternatives Behavioral Health, Adi is in charge of client monitoring technology solutions, and data collections and outcomes research. He also teaches courses at UCLA and the California State University in Long Beach that address addiction specifically or biological neuroscience more generally. Adi is well published in dozens of journals and online publications and he has appeared on several television shows and documentaries.

Clinical and social expectations can alter individual's performance and bias those who are labeled towards meeting their reduced expected success. Yet, nearly every manifestation of a disorder is

Program continued from page 17

unique, with its own symptoms, its own strengths and weaknesses. We as clinicians are able to diagnose and categorize and take our best shot at nailing down conditions, causes, and treatments, but the reality is that mental health as a profession is in an ongoing state of reevaluation and refinement, and labels are approximations. This talk will incorporate and expand on different cognitive biases such as expectancy effect and stereotype threat that exacerbate the feelings of shame in the clinical and recovery setting as well as discuss what clinicians can do to reduce the effects of shame on their patients.

Rewired: Tips and Tools to Create New Pathways

Erica Spiegelman, CADC II

Erica is an addiction and wellness specialist who works with individuals, couples, and families, on personal growth and overall wellness. She is the author of: Rewired: A Bold New Approach to Addiction and Recovery which offers a new treatment modality focused on how individuals can rewire their brains, change their behavior, and bring about positive change in their lives. Erica is a counselor with Rebos in Southern California.

Workshop will include “tips and tools” to teach clients about boundaries—what they are and how to set them—good time management skills, proper self care, and coping skills. Stress management tips will be offered.

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From Disempowerment to Healthy Relationships: A New Paradigm for Recovery

Rokelle Lerner

In order to move from reactivity to integrity in relationships, couples need to remain connected to their courage, truth and power without being consumed by another. This workshop will provide a different look at how couples become distracted by their partners instead of allowing the 'best' of themselves to come forward in their relationships. Drawing on the work of Gottman, Schnarch, Perel and others, this lecture will move beyond description of the problem and show a new paradigm of relational recovery.

JUSTICE SERVICE TRACK

Community as Change Agent: Engaging the Community in Offender Reentry



Kevin Lowe, PhD., Fred Viola, Deputy Probation Officer II, and Bill Lane, PhD

Bill Lane, PhD, is one of the nation's top consultants for high-risk youth and adults, Bill Lane has an extensive

background working with the incarcerated and formerly incarcerated adults and juveniles for the past 30 years. For a decade, he was a counselor and motivational speaker for youth throughout California. In 1990 Bill became a full-time teacher for the California Youth Authority, teaching the most hard-core youthful offenders in the state. In 1995 Bill transferred to San Quentin State Prison where he became the head of education. In 1999, Bill became a consultant for school districts, county offices of education, and juvenile justice programs throughout California for high-risk youth education. Today, he is President of a non-profit organization, Freedom Through Education Campus and his most recent project is a 36-bed Sober Living Environment.

Fred Viola moved into the law enforcement field in 2002. He spent three years as a group supervisor at the Nevada County Juvenile Hall and then moved into the position of Probation Officer where he currently works with adult offenders. As the Correction Department began to implement Evidence Based Practice, Fred began meeting with his clients to focus on reaching others by building a support group. Project H.E.A.R.T. Inc. (Holding Excellence Above Relapse Team) was formed and began building trusting relationships and friendships with those struggling with life destabilizing issues.

Corrections can't do it alone! Offender reentry is a public safety issue that crosses all institutional and community boundaries. Public safety is enhanced when a range of agencies and community volunteers are involved in and support an offender's change efforts. Active participation by community volunteers substantially increases the resources available to assist offenders in making lasting change. This workshop (panel) will discuss the importance of community involvement in offender reentry to link offenders with resources and relationships that support positive change. The workshop will highlight Project H.E.A.R.T. (Holding Excellence Above Relapse Team) a community organization that provides support groups with the focus on building trusting lifelong relationships through adult peer mentorship. Workshop discussion will also provide strategies on how to recruit community change agents.

7:00–8:30 pm EVENING PROGRAM (open to the general public)

ADHD NATION: Children, Doctors, Big Pharma, and the Making of an American Epidemic

(This session not offered for CE Credit)



Alan Schwarz

Alan Schwarz is a Pulitzer Prize-nominated national correspondent for The New York Times whose acclaimed investigative series of 100 articles exposed the seriousness of concussions in sports, led to safety reforms nationwide, and was ultimately described as "the greatest feat in sports journalism history." His work was profiled in The New Yorker and several documentary films, and was one of three finalists for the 2011 Pulitzer Prize for Public Service. His book, ADHD Nation, is due to be published in September.

The newly released, ADHD NATION is a groundbreaking and definitive account of the widespread misdiagnosis of Attention Deficit Hyperactivity Disorder—and how its unchecked growth over half a century has made ADHD one of the most mishandled and controversial conditions in medicine, with serious effects on children, adults, and society. Schwarz takes readers behind the scenes to show the roots and rise of this cultural and medical phenomenon. While demonstrating that ADHD is real and can be successfully medicated, Schwarz sounds a long-overdue alarm and urges America to address this growing national problem.

Wednesday, Oct 26

7:30–8:45 am **Breath and Meditation Practices for the Treatment of Trauma and Addiction** (This session not offered for CE Credit)



Tommy Rosen

Tommy Rosen is a yoga teacher and addiction recovery expert who has spent the last two decades immersed in yoga, recovery and wellness. He holds certifications in both Kundalini and Hatha Yoga and has 24 years of continuous recovery from drug addiction. He is one of the pioneers in the field of Yoga and Recovery assisting others to holistically transcend addictions of all kinds. Tommy is the founder of Recovery 2.0, host of the Recovery 2.0: Beyond Addiction Online Conference series and the #MoveBeyond Group Coaching Program. He is the author of Recovery 2.0: Move Beyond Addiction and Upgrade Your Life and leads Recovery 2.0 retreats and workshops.

Addiction is disconnection. Yoga is union. Addiction is characterized by a sense of lack. Yoga brings wholeness. Addiction is a dis-ease. Yoga brings ease. There is an old yogic saying: If you can control the breath, you can control the mind. Come join Tommy Rosen as he shares several powerful, yet accessible practices that will add to your personal toolbox and give you an edge in your work with your clients.

9:00–10:30 am **Trust the Process**



Andrea Barthwell, MD, FASAM

Founder and Director at Two Dreams Outer Banks, Dr. Barthwell served as Deputy Director for Demand Reduction at Office of National Drug Control Policy (ONDCP). She received her Doctor of Medicine from the University of Michigan. Following post-graduate training she began her practice in the Chicago area. Dr. Barthwell served as President of the Encounter Medical Group, is a Past President of The American Society of Addiction Medicine and Chief Medical Officer of The Manor.

NIDA has defined the elements of treatment but many new behavioral health programs resist adoption of these scientifically derived principles. This presentation will compare and contrast two treatment processes that focus on disparate outcomes. Our goal should be informing a comprehensive bio-psycho-social-spiritual-emotional assessment which is used to develop actionable treatment plans aimed at producing resilient, sustained recovery.

11:00–12:30 pm **The Missing Peace: Men, Violence, and Trauma**



Dan Griffin, MA

Senior Fellow, The Meadows, Dan Griffin is an author, speaker and lead consultant, Griffin Enterprises and Griffin Recovery Enterprises. He has worked in the mental health and addictions field for over 16 years and is the author of A Man's Way Through the Twelve Steps.

Right now, we live in a world where men are viewed as the problem. To solve the true problem we cannot just change what men think, we have to change what we think about men. It does not take much to hear about men's "inherent disposition toward violence". Men are also fathers, husbands, sons, and members of our communities. Many men are wounded. We are taught very early to carry these wounds silently and hide them from ourselves. The link between violence, abuse and trauma is well known. Men's trauma can manifest itself as depression, anger, addiction, mental health issues and violence. Everywhere we hear cries for men's accountability. The challenge is to find the place where compassion and accountability meet.

12:30–1:45 pm **Lunch on Your Own**

12:45–1:45 pm **LUNCHEON PROGRAM**

Treatment Industry at Crossroads—Join the Discussion

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

This session not offered for CE credit.



Pete Nielsen, Chief Executive Officer; Lori Newman, President, David Skonezny, Ethics Chair, California Consortium of Addiction Program and Professionals.

The vulnerable population we serve continues to grow and alongside that growth is a corresponding

increase in the oft-corrupting dollars from a variety of funding sources. The media has picked up on it, so has managed care, county agencies, the state. We're now, more than ever before, being asked to demonstrate the clinical validity of the treatment services we provide and as this scrutiny increases so too do the instances of malpractice surface, bad actors, stains on the work we're so proud perform. We have but two choices—make the decision to fix the problem from within, police our profession and industry as passionate care givers or submit to regulatory agencies, insurance companies and funders to do it for us.

1:45–3:15 pm



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.

3:30–5:00 pm

CONCURRENT WORKSHOPS

A Buddhist Path to Recovering from Addictions

Noah Levine, MA

Author of Dharma Punk and Against the Stream and his latest book, Refuge Recovery, Noah is a Buddhist teacher, author and counselor and is trained to teach by Jack Kornfield of Spirit Rock Meditation Center. Noah teaches meditation classes, workshops and retreats nationally as well as leading groups in juvenile halls and prisons. He holds a Masters' Degree in counseling psychology and has studied with many prominent teachers in both the Theravada and Mahayana Buddhist traditions.

Noah will explain this systematic approach to teaching and recovering from all forms of addictions. Using the traditional formulation, the program of recovery consists of the four Noble Truths and the Eightfold Path. When sincerely practiced, the program will ensure a full recovery from addiction and a lifelong sense of well-being and happiness.

Progress, Not Perfection—Principles of Process Driven Care

Andrea Barthwell, MD, FASAM

If one searches online for treatment, or for any number of treatment-related keywords, the modern consumer will see intense competition for the public's attention. This workshop will focus on what the licensed clinician can do on the "NOW" (no other way) within the treatment setting. Elements include declaring your intention, setting your direction, and putting truly individualized treatment plans into action, allowing clinicians to work with personal integrity and expect progress, though not perfection, in efforts to provide excellent clinical care. The workshop will highlight those best practices with a focus on assessment for treatment planning, delivery of treatment services for outcomes, transition management for stability and resilience, and monitoring for success.

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.

It's Us, Not Them: How We Are Failing Men in Treatment

Dan Griffin, MA

Even though approximately 70% of people that go through treatment annually are men, the majority of professionals have not been trained to work effectively with men or understand the impact of male socialization on all areas of service delivery. The traditional model for working with men was built around "breaking men down" and that paradigm continues to have a significant influence on the ways in which men are treated by programs and clinicians. Furthermore, men and women experience, respond to, exhibit the symptoms of and recover from trauma differently. Therefore, the interventions and treatment services we provide to men must also be different. Client-centered treatment cannot mean avoiding the systemic impact of gender on our clients. Many treatment professionals may be unintentionally re-traumatizing male participants thereby increasing their risk of failure in the program. This presentation offers practical guidance and tools for professionals working with men in navigating these challenging areas.

CONTINUING EDUCATION

A maximum of 20 contact hours are available for this conference. 18 core credit hours for October 24-26 (6 hours for Monday, Tuesday and Wednesday, and 2 optional Monday evening hours).

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CONFERENCE OBJECTIVES

Participants will be able to:

1. Identify treatment approaches for successfully treating addictive disorders, trauma, relationship and intimacy issues, co-occurring disorders and other psychological and behavioral issues.
2. Discern symptoms and characteristics manifested in these disorders and to diminish/correct their negative impact on the client's interpersonal and family relationships.
3. Identify the key implications of neuroscience research as it applies to addictive disorders, trauma, resilience, relationships and related issues.
4. Identify applications of best practices for mandated clients and others in justice services and courts to include case management and improved recidivism.

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