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and

**COUNSELOR**  
The Magazine for Addiction Professionals

present

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and  
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ADVANCES**

**33<sup>rd</sup>** Annual Training Institute

# **Behavioral Health & Addictive Disorders**



**Clearwater Beach, Florida**  
**February 13-16, 2012**

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# Behavioral Health & Addictive Disorders

Clearwater Beach, Florida • February 13-16, 2012

## 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
- Pastoral Counseling
- And Others

In association with International Institute for Trauma Addiction Professionals IITAP

## What is the Training Institute on Behavioral Health and Addictive Disorders?

It is a premier training event, specializing in mental health and the addictions field. It is where a unique combination of nationally recognized faculty 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.

## Program Focus and Goals

US Journal Training, Inc. and The Institute for Integral Development present an exceptional combination of inspiring speakers and trainers, addressing today's most relevant topics. This year's Training Institute tackles the issues of behavioral health and addictions using an integrated approach which considers the complex emotional, social and spiritual dimensions of each individual. Trauma, mindfulness, neuroscience and therapy, the brain and addiction, spirituality, process addictions, changework, video game addiction and social media, gender specific treatment, cinematherapy, caregiving issues, self defeating behaviors, ethics, medical errors and other issues will be explored.



Promotional assistance and photos courtesy of "Visit St. Pete/Clearwater"

## Clearwater Beach Faculty



Bill O'Hanlon, MS



Mark S. Gold, MD



Christine Courtois, PhD



Michael Miller, MD



Colin Ross, MD



Christine Stevens, MSW



## Join us on Clearwater Beach

Clearwater and its island beaches are one of Florida's most popular spots. The world-renown beaches, variety of excellent restaurants, and nature-based attractions make Clearwater Beach the place to learn and relax! The beaches, Gulf waters and emerald surf are pristine and inviting. Boats berthed in the Clearwater Beach marina, a stone's throw away, offer a myriad of activities: fishing, sightseeing, sailing, "hands on" marine life adventure, dining and dancing, parasailing and more. The Jolley Trolley offers quick transportation all along Clearwater Beach, stopping at the Hilton. For additional information, contact the Clearwater Visitors Bureau at (727) 464-7200 or (877) 352-3224 or visit their web site: [www.floridasbeach.com](http://www.floridasbeach.com)

### Conference Site

#### Hilton Clearwater Beach Resort

400 Mandalay Avenue

Clearwater Beach, Florida 33767

Phone: (727) 461-3222 or (800) 753-3954

The Hilton Clearwater Beach Resort is in the heart of Florida's fabulous Pinellas Suncoast. It has over ten acres of lush tropical surroundings and a powder-soft beach, as well as a heated pool area. US Journal has reserved a block of rooms for registrants until January 13.

There is a possibility that the room block will fill prior to January 13. Room rates at the Hilton Clearwater Beach Resort are: \$184.00 single or double (plus tax). Children under 18 are free. Reservations must be guaranteed with a credit card. For reservations contact the hotel directly. To receive conference rate mention hotel code **TBHGS**. Please be aware of hotel's cancellation policy.

### Getting to Clearwater Beach

From Tampa Airport: The Super Shuttle transportation for the Hilton Clearwater Beach Resort is currently \$25.00 one-way. Prices are subject to change. Call (800) 282-6817 or (727) 572-1111 to make reservations or you may also make reservations online at [www.supershuttle.com](http://www.supershuttle.com) (24 hour advance notice is required for return to airport).

### Alternate Lodging

#### Holiday Inn Hotel & Suites Clearwater Beach

521 S. Gulfview Blvd. • Clearwater Beach, Florida 33767

Phone: (727) 447-6461 or (800) 770-6461

US Journal has reserved a small block of rooms for registrants until January 6. Room rates are \$159/night. To reserve rooms, please contact Holiday Inn directly and mention hotel code **TRT**. A limited number of Government Per Diem rooms may be available until December 15 (please request hotel code **TRTG**).



**2012**  
**Upcoming Events**  
 (see page 14)

**Counseling  
 Advances  
 Conference**  
 Las Vegas, Nevada  
 March 15-17, 2012

## Includes:



Lori Boothroyd, PhD



Tom Pecca, CAS, CSAT



Don Meichenbaum, PhD



Janis Abrahms Spring, PhD

### Faculty Also Includes:

- Gregory Boothroyd, PhD
- Bunny Czarnopys, LSCSW
- Michael Demask, PhD
- Naelys Diaz, PhD
- Margot Escott, LCSW
- Dan Griffin, MA
- E. Gail Horton, PhD
- Tammy Malloy, MSW
- Reinhard Straub, LICSW
- Ryan Van Cleave, PhD

# Behavioral Health Addictive Disorders

**Clearwater Beach, Florida • February 13-16, 2012**

(Level of Instruction: All sessions are Intermediate/Advanced unless otherwise noted)

## Sunday February 12

5:00-8:00pm

Early Conference Registration at Hilton

## Monday February 13

8:00am Registration Continued

Welcoming Continental Breakfast sponsored by



8:50am Welcome

**Dan Barmettler & Gary Seidler**

*US Journal Training, Inc.*

9:00-10:30am KEYNOTE PRESENTATION

**The Science of What Works: Using Research from Various Fields in Changework**

**Bill O'Hanlon, MS**

*Clinical Member of AAMFT, winner of the New Mexico AMFT Distinguished Service Award, and a Fellow and Board Member of the American Psychotherapy Association. Author of The Change Your Life Book (June 2012 Release) and Competency-Board Counseling and Therapy.*

Recently emerging in many fields (Positive Psychology, Social Psychology, Psychotherapy Outcomes, Behavioral Economics and Resilience) is evidence of what works in life. But it isn't always obvious how to translate this research into clinical work. This session will give a whirlwind tour through the highlights of the latest research and what insights and methods we can use in our work with clients and patients that derive from this research.

11:00am-12:30pm KEYNOTE PRESENTATION

**Addiction to Food, Gambling, Sex and Technology: Shared Causal Mechanisms**

**Mark S. Gold, MD**

*Distinguished Professor, Distinguished Eminent Scholar and Chairman of the Department of Psychiatry, University of Florida. He is a teacher, pioneer, researcher and inventor, working for over 40 years to create models for understanding the effects of tobacco, opiates and other drugs on the brain and behavior. Author of over 1,000 medical articles, chapters and abstracts; twelve professional books and fifteen general audience books.*

This presentation looks at Process Addictions and their similarities with and differences to Substance Addictions. The clinical features, risk factors and common neurobiological mechanisms are explored along with how these mechanisms impact treatment.

2:00-3:30pm CONCURRENT WORKSHOPS

**The Interactions among Attachment Styles, Spirituality, Religiosity, and Depression in the Treatment of Addictions**

**Tammy Malloy, MSW**

*Associate Director of Research, Behavioral Health of the Palm Beaches*

**Naelys Diaz, PhD**

*Associate Professor, School of Social Work, Florida Atlantic University*

**E. Gail Horton, PhD**

*Associate Professor, School of Social Work, Florida Atlantic University*

This presentation will discuss the prevalence of mood disorders, specifically major depressive disorder, and their impact on treatment outcomes among substance abusers; define and discuss attachment styles and the role of spirituality and religiosity in the treatment of addiction; present the results of several studies examining the relationship between depression, attachment styles, spirituality and religiosity among substance abusers in a residential treatment setting; and discuss clinical implications and make treatment and research recommendations based on research findings.

**Inclusive Therapy: A Simple and Powerful Method of Dissolving Resistance in Clients**

**Bill O'Hanlon, MS**

This session details a new model of therapy designed to deal with the ambivalence to change that challenging clients often bring to the therapy process. A gentle way to approach conflicted clients to dissolve resistance, binds and dissociation in a way that rapidly moves the change process forward will be discussed. This method can be especially useful in dealing with borderline, hostile/violent clients.

(Workshops continued on page 6)

# Recovery Starts Here



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(Workshops continued from page 4)

## Helping Men Recover: A New Model of Treatment for Men

**Dan Griffin, MA**

*Faculty and subject matter expert for the National Drug Court Institute and serves as a consultant to several other national and state organizations; has worked in a variety of areas in the addictions field for over 16 years: research, case management, public advocacy, drug courts, teaching, and counseling; author of A Man's Way through the Twelve Steps; co-author of Helping Men Recover.*

This new framework integrates the latest thinking on addiction and recovery, relational cultural theory, male psychological development, and trauma. Current treatment models and theories fail to adequately consider the relational needs of men; often omit a clear understanding of the impact of the socialization process on men; fall short of adequately addressing the impact of abuse and trauma that is so strongly linked with addiction and the life of the male addict; and often ignore any social context and/or the consequences of political, social, and economic power.

## Emotional Dysfunction & Sexuality in Recovery

**Bunny Czarnopys, LSCSW**

*Senior Social Worker for the Robert J. Dole VA Center, Wichita, KS with over 25 years of experience in the field. President, As Is Unlimited and has been an Approved Supervisor for the American Association for Marriage & Family Therapy.*

Especially in early recovery, dealing with sexual issues can be difficult. Often clients don't have a clear concept or understanding of what having a sexual dysfunction is or what being sexually healthy means, especially if there is emotional dysfunction in the mix. This presentation will provide a model of healthy sexuality and the individual components (Intimacy, Sensuality, Identity, Reproduction and Sexualization) that are helpful to explore in order to facilitate an effective recovery process.

### 4:00-5:30pm CONCURRENT WORKSHOPS

## The Lincoln Strategy: Lessons on How to Get Through Depression, Loss and Suicidal Impulses

**Bill O'Hanlon, MS**

Abraham Lincoln suffered from depression his entire adult life, lapsing into serious suicidal depressions on two occasions. How he came to terms with what he called his "melancholy" offers lessons and hope for anyone suffering from depression. This session will discuss four strategies Lincoln used to successfully deal with and use his depressive tendencies and experiences to ultimately function well

and accomplish an amazing amount of good in the world. We will study how these lessons apply to clinical situations.

## The Cannabis Conundrum: Exploring the Realities of Marijuana Dependency

**Reinhard Straub, LICSW, LCDCS**

*Clinical Director and CEO of Clinical Services of Rhode Island; has developed, initiated and directed several substance abuse programs, served as an adjunct faculty member at SUNY Empire State College, and has conducted numerous clinical interventions while employed by the Medical Society's impaired physician program in NY and as a consultant and private practitioner.*

Despite being the most used and abused illegal substance, many educators, clinicians, parents and users aren't aware of the facts about cannabis. Adolescent and adult cannabis use is not taken as seriously when compared to the use of alcohol and "hard drugs". This session will provide practitioners with specific facts and best practice clinical strategies that can be immediately employed in their practice regardless of specialty, training or philosophy of treatment.

## Working with Military Veterans and Their Families

**Bunny Czarnopys, LSCSW**

It is more likely now than ever that therapists will come in contact with veterans or their family members. This session will address military culture, the transition from military culture to civilian culture, the corresponding struggles of re-integration into family life, how the VA system works and the issues they see most.

## Men and Trauma: Breaking the Silence

**Dan Griffin, MA**

Men experience, respond to, exhibit the symptoms of and recover from trauma differently from women. Therefore, the interventions and treatment services we provide to men must also be different. In addition, many professionals may be unintentionally re-traumatizing men 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.

**5:30pm Monday Evening (Optional)**

**Sunset Reception Overlooking Beach**

(Program continued on page 8)



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(Program continued from page 6)

## Tuesday February 14

### 8:00-8:45am Continental Breakfast

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### 9:00-10:30am KEYNOTE PRESENTATION

#### Update on Complex Trauma: The Current State-of-the-Art

**Christine Courtois, PhD**

*President of Division 56 (Psychological Trauma) of the American Psychological Association; Co-Founder of The CENTER: Posttraumatic Disorders Program, Washington D.C. where she served as Clinical and Training Director for 16 years. Associate Editor of the APA Journal Psychological Trauma and author of numerous articles and books including Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide and Healing the Incest Wound: Adult Survivors in Therapy.*

The treatment of complex trauma is a relatively new area of practice but is nevertheless undergoing constant updating, making it difficult for therapists to stay on top of new developments. This keynote is designed to provide an overview of current issues in the understanding and treatment of trauma, particularly of the type associated with childhood abuse and other forms of chronic interpersonal victimization.

### 11:00am-12:30pm KEYNOTE PRESENTATION

#### A Neurobiological Look at the Bio-Psycho-Social-Spiritual Disease: Defining Addiction

**Michael Miller, MD**

*Psychiatrist and Medical Director of the Herrington Recovery Center, Rogers Memorial Hospital-Oconomowoc, WI; past president of American Society of Addiction Medicine (ASAM); Director of American Board of Addiction Medicine and the ABAM Foundation; Associate Clinical Professor, University of Wisconsin School of Medicine and Public Health; has practiced addiction medicine for almost 30 years.*

Using the 2011 Definition of Addiction of the American Society of Addiction Medicine as well as its historical roots, attendees will learn how addiction is not just about alcohol or other drugs, but it's about brains; and how it's not just about mesolimbic reward circuitry, but is about the role of other brain regions in the relationship that persons with addiction develop with sources of reward and relief.

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

#### Relational Healing for Relational Injury in the Treatment of Complex Trauma

**Christine Courtois, PhD**

A therapeutic relationship is a primary intervention and context for distress of this sort, offering a secure base from which to examine and rework attachment difficulties, process the trauma, learn essential life and relational skills, and increase the capacity necessary for constructive relationships; however, developing a therapeutic relationship with complex trauma patients offers numerous challenges. This presentation will identify relational issues that arise in the treatment of this population and strategies for their identification and management.

#### The Prescription Drug Epidemic: Pills, Addiction, Deaths. So What Do We Do About It?

**Michael Miller, MD**

The significant rise in the prescription, use and the diversion of opioid analgesics, has led to opioid overdose deaths being a leading cause of deaths in young people and a leading cause of accidental deaths overall in many states. How do we turn the tide, while allowing patients in need to still receive pain relief from doctors when they need it?

#### Ethics and Boundary Violations for Mental Health and Addiction Professionals Part I

**Michael Demask, PhD**

*Previously the Dean and Professor at the Hazelden Graduate School of Addiction Studies in Center City, MN; 27 years of clinical service in the state of Florida in Addiction Counseling, Rehabilitation Counseling, and Mental Health Counseling. He has held administrative roles both in academia and in the clinical setting. Dr. Demask is a widely published author and research scientist. Currently Executive Director of Hazelden Florida.*

This workshop will cover legal and ethical issues that may contribute to confusion about therapeutic boundaries. We will review issues related to a counselor as a person. It will also review multiple relationships and the law, boundary issues, value conflicts, and law vs. ethics.

#### Video Game Addiction: Surrender & Consequences in the Electronic Age

**Ryan Van Cleave, PhD**

*Faculty member of Ringling College of Art + Design; author of 18 books, including Unplugged: My Journey into the Dark World of Video Game Addiction and whose work has appeared in The New York Times Review of Books, Psychology Today, and Writer's Digest, he's also been featured on ABC News, NBC News, FOX News, CNN Headline News, and Sirius XM radio.*

Video games aren't just about kids anymore—recent studies show that the average gamer is 35 and has been playing for 12 years. This session details the addictive elements of gaming and explores the potential consequences of surrendering power to this “digital drug”. Participants will develop a deeper understanding of the motivations behind excessive video game play and appreciate the cultural currency of social networking and gaming. Participants will also learn the warning signs of video game (and digital) addiction and learn new strategies for dealing with existing conditions.

#### 4:00-5:30pm CONCURRENT WORKSHOPS

##### **Cinema Therapy: A Holistic Approach**

**Tom Pecca, CAS, CSAT**

*Expansive education in process addictions including gambling, gaming and internet addictions. Trained in sex/love addiction (SLA), substance and process addictions, as well as addiction interaction. His experience in applying 12 step recovery and SLA treatment led to the development of a specific treatment track for The Refuge, near Ocala, FL.*

The use of cinema and music is a way to access emotion and thought process in clients that often have difficulty doing so on their own. So many addicts and trauma survivors use fantasy as a way to access their addiction and addictive process so it is a language they understand and can be used to access recovery and the recovery process. Often we can teach clients a new ritual and tool that fits their understanding of the universe and therefore they accept easier.

##### **Addictions: What's Trauma Got to Do with It?**

**Christine Courtois, PhD**

Special attention will be given in this workshop to improving the practitioner's ability to identify and understand symptoms of substance dependence and trauma. This, in turn, will help provide a treatment that addresses both issues in an integrated way and that has as its foundation sobriety and safety. The current standard of care is to treat both issues concurrently—ways to do this will be presented.

##### **Everything You Always Wanted to Know About Social Networking (But Were Afraid to Ask): A Crash Course for Mental Health Professionals**

**Ryan Van Cleave, PhD**

The rise of social networking has changed the dynamics of popularity, gossip, and relationships for adults as well as kids today. This session details how interaction has become addictive, how “friending” has redefined friendship, how cyber-stalking (the

adult/workplace version of cyber-bullying) has emerged, and how issues of privacy and self-esteem are rooted in this new immersive technology. Plus social networks are now the #1 venue for online gaming—far surpassing game consoles, smartphone apps, and even “regular” computer games.

##### **Ethics and Boundary Violations for Mental Health and Addiction Professionals Part II**

**Michael Demask, PhD**

This session will review malpractice issues; grievance processes; review codes of ethics and moral principles to guide decision making; and introduce the model of ethical decision making. Relevant case studies will be discussed.

#### 7:00-9:00pm Tuesday Evening (Optional)

##### **Reviving Rhythm: The Scientific Foundation of Drumming**

**Christine Stevens, MSW**

*Founder of UpBeat Drum Circles, drummed with Fortune 500 companies, survivors of Hurricane Katrina, and led the first ever drum circle training in a war-zone in northern Iraq. Author, The Art and Heart of Drum Circles and The Healing Drum Kit.*

Participants will learn three scientific studies demonstrating employee retention, immune system improvement, and psychological wellbeing through HealthRHYTHMS group empowerment drumming in this interactive session in therapeutic music making that demonstrates drumming for well-being.

## **Wednesday, February 15**

#### 9:00-10:00am KEYNOTE PRESENTATION

##### **A Look into the Future of Psychotherapy: The Possible Role of Computer Technology**

**Don Meichenbaum, PhD**

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

This session will review current work on developing computer technology as supplemental tools and as clinical training materials for various clinical populations such as returning service members. It will offer innovative ways that such technology such as cell phone and IPADs can be used to enhance the efficacy and generalization/maintenance of treatment. It will also consider the dangers of such technology.

*(Program continued on page 10)*

(Program continued from page 9)

### 10:30-11:30am KEYNOTE PRESENTATION

#### **Understanding and Treating Trauma: A Dissociative Model**

**Colin Ross, MD**

*Clinician and Researcher in the field of dissociation and trauma-related disorders; author of Dissociative Identity Disorder and Trauma Model Therapy; President of The Ross Institute, Dallas TX.*

Trauma in the light of a dissociative structural model of mental disorders is discussed. The model unifies a broad range of different disorders and leads to a unified treatment plan for the extensive comorbidity resulting from severe, chronic trauma.

### 11:30am-12:30pm KEYNOTE PRESENTATION

#### **Life with Pop: Lessons on Caring for an Aging Parent**

**Janis Abrahms Spring, PhD**

*Recipient of the Connecticut Psychological Association's Award for Distinguished Contribution to the Practice of Psychology; Diplomate in Clinical Psychology; former clinical supervisor in the Department of Psychology at Yale University with 34 years in private practice; author of After the Affair, How Can I Forgive You? and her latest, Life with Pop.*

Nineteen million Americans care for an aging parent or partner, with 44 million baby boomers in the wings. As we help our patients confront their caregiving challenges, we are forced to confront ourselves: "How will I survive old age? And who will care for me?" Issues of resentment, exhaustion, anger and frustration as well as love, fulfillment, spirituality and peace will be discussed.

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

#### **Stress, Hormone Imbalance and Nutrition: Considerations for Therapists**

**Colin Ross, MD**

Therapists should be aware of the extensive scientific information about the relationships between stress, hormones and physical and mental health. Three hormones that illustrate this relationship are cortisol, testosterone and Vitamin D. Clinicians will learn about supplementation options for testosterone and Vitamin D and the role of both in physical and mental health.

#### **Treatment of Individuals with Co-Occurring Substance Abuse and Psychiatric Disorders**

**Don Meichenbaum, PhD**

The incidence of comorbid disorders is as high as 80% and this provides a treatment challenge as to how best to provide treatments. This session will consider the concept and incidence of comorbidity

and the various sequential, parallel and integrative treatment approaches. It will review various treatment programs that are designed to treat individuals with substance abuse disorders such as PTSD and chronic psychiatric disorders. It will provide a Case Conceptualization Model that informs treatment decision making and highlight ways to reduce the likelihood of relapse.

#### **Don't Ask Me to Forgive You! A Radical Approach to Healing Interpersonal Wounds—Part I**

**Janis Abrahms Spring, PhD**

We hear that forgiving is good for us—but is this true? Is it possible to rise above the trauma of affairs, addictions or other betrayals—without forgiving? This workshop will offer concrete steps for healing ourselves when the offender is not able to make meaningful repairs to help us heal.

#### **The Pulse of Wellbeing: Drumming for Therapy, Wellness and Self-Care**

**Christine Stevens, MSW**

This interactive workshop will allow you to discover your rhythm and explore techniques for treatment and self-care. Enjoy the experience of group drumming within a supportive, liberating, and healing context.

### 4:00-5:30pm CONCURRENT WORKSHOPS

#### **The Role of Trauma in Treating Depressed and Borderline Clients**

**Colin Ross, MD**

The core principles of Trauma Model Therapy, including the problem of attachment to the perpetrator and the locus of control shift are discussed. The model accounts for the co-occurrence of borderline personality, trauma and depression.

#### **Who Are We but the "Stories" We Tell: A Constructive Narrative Perspective of Psychotherapy**

**Don Meichenbaum, PhD**

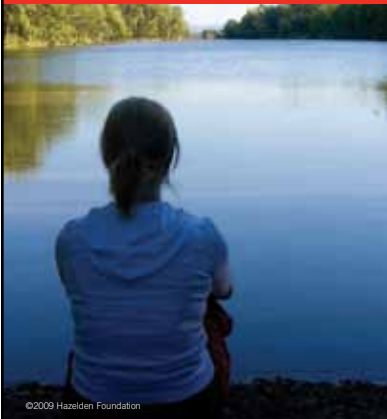
This session will consider the nature of the stories of various clinical populations such as individuals with PTSD, depression and suicidality, substance abuse tell themselves and others using the concept of Constructive Narrative Perspective of Psychotherapy. It will also contrast the features of such story telling with that of resilient individuals and will then consider the treatment implications for conducting psychotherapy. It will also include examples of the ways story telling is built into various healing procedures such as spiritually oriented treatments.

(Workshops continued on page 12)

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(Workshops continued from page 10)

**Don't Ask Me to Forgive You!  
A Radical Approach to Healing  
Interpersonal Wounds—Part II**  
**Janis Abrahms Spring, PhD**

This workshop frames forgiveness as an intimate dance between the two people held together by the violation. The presenter will spell out exactly what offenders must do to earn forgiveness, and what hurt parties must do to foster forgiveness.

**Recognition and Prevention of  
Medical Errors: Skills for Mental Health  
and Substance Abuse Staff**

(Please note this ME session will extend until 6:00 pm to meet Licensure Requirements)

**Margot Escott, LCSW**

*Training Coordinator for the Senior Peer Counseling Program, Mental Health Association of Southwest Florida with 25 years of experience in inpatient and outpatient mental health and substance abuse treatment.*

Preventable medical errors are still a concern in behavioral health, and this session will describe the risk of medical errors, their patterns and strategies to reduce them.

**7:15-8:30pm Wednesday Evening (Optional)**

(Please Note: This session is not offered for Continuing Education hours)

**Heart-Linking Stories**  
**Gregory Boothroyd, PhD**

*Professor Emeritus, Western Michigan University; Licensed Professional Counselor; Certified Addictions Counselor; author Going Home: A Positive Emotional Guide to Promoting Life Generating Behaviors.*

Sufi poet Rumi speaks of two kinds of intelligence, the second being “a fountainhead from within you, moving out.” Likewise, Carl Jung asks us to learn our theories as well as we can but set them aside when we “touch the miracle of the living soul.” Within this framework of thinking will be a sampling of stories collected through the years urging us to “listen with the ear of our heart.”

## Thursday February 16

**8:45-10:15am KEYNOTE PRESENTATION**

**Self-Defeating Behaviors: Live on Stage**  
**Gregory Boothroyd, PhD**

Through the teaching device of a humorous skit with commonly practiced self-defeating behaviors as props, the folly, betrayal and exhaustion of continuing such behaviors will be demonstrated.

**10:30am-12:00pm CONCURRENT WORKSHOPS**

**Mindfulness Skills for Helping Professionals**  
**Lori Boothroyd, PhD**

*Licensed psychologist in full-time private practice in Traverse City, Michigan, where she specializes in Mindfulness-Based Therapeutic Interventions and teaches Mindfulness Based Stress Reduction; teacher trainee at the Center for Mindfulness within the University of Massachusetts's Medical School.*

This experiential workshop will provide an introductory overview of Mindfulness as both a science and an art, with an emphasis on the direct experience of mindfulness through guided activities. Mindfulness practices will be offered as both self-care for the practitioner and a powerful practice that can deepen and strengthen our presence as professional helpers.

**The Media and Mental Illness:  
Hollywood's Take versus Clinical Reality**  
**Margot Escott, LCSW**

Over the past decade there has been a proliferation of movies and television shows about psychotherapists and their clients. Disorders from alcoholism to schizophrenia have been used by many film makers, often using myths and stereotypes rather than clinical evidence. The psychotherapist himself is frequently portrayed in damaging ways as well. These medium perpetuate incorrect information about mental illness, addictions and those who treat them. In this workshop we will see where Hollywood “got it right” and where they were “way off the mark”.

**A Closer Look at Self-Defeating  
Behaviors**  
**Gregory Boothroyd, PhD**

The inception and maintenance of defeating behavior patterns is examined with special attention toward the irrational fears that prompt defeating choices, the techniques used to maintain and sustain such choices, the multiple ways we minimize the damaging consequences of those choices and favorite methods to disown any or all parts of the cycle.

**Close of Conference & Certificates Available**

# meet the **AUTHOR**...

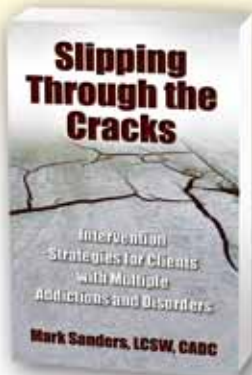
## Unplugged

**Ryan G. Van Cleave, Ph.D.**

Just one of the 114 million American adults who play video games, Van Cleave had no one to set the parental controls to limit his online video-game habit and it nearly cost him his life. He eventually hits rock bottom and shares with readers his ongoing battle to control his impulses to play, providing prescriptive advice and resources for those caught in this very real addiction.



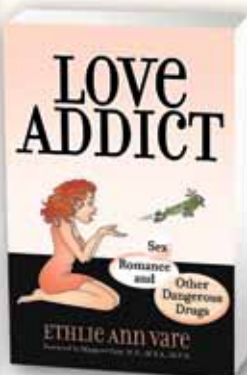
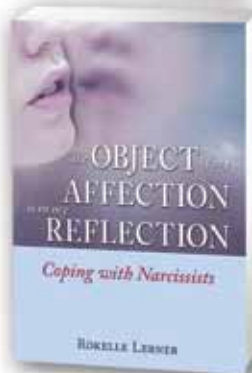
also available



## Slipping Through the Cracks

**Mark Sanders, LCSW, CADC**

A sourcebook for working with difficult-to-reach clients who do not fit neatly into the rubrics of an evidence-based practice.



## Love Addict

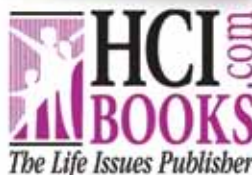
**Ethlie Ann Vare**

Not your run-of-the-mill clinical book on addiction, *Love Addict* approaches the topic from the lighter side, with a solid historical recap, a witty perspective, and celebrity commentary.

## The Object of My Affection Is in My Reflection

**Rokelle Lerner**

Relationship expert Rokelle Lerner shows readers how to spot a narcissist as well as giving them the necessary tools to cope with them.



## Wrinkles Don't Hurt

**Ruth Fishel**

with illustrations by **Bonny Van de Kamp**

A calendar year of enjoying the present and finding fulfillment with inspirational quotations, uplifting thoughts, heartwarming affirmations, and charming illustrations. *Wrinkles Don't Hurt* helps readers stay sharp and make the most of every day.



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## Program Objectives:

### Participants will be able to identify

1. Key therapeutic issues such as trauma, PTSD, gender and cultural issues, co-occurring disorders and process addictions in relation to clinician/client interaction.
2. Key clinical applications of neuroscience and neurobiology of addictive disorders.
3. Advances in the mental health and addiction fields resulting from research and practice innovations.

# Continuing Education

**PROFESSIONAL CREDITS:** A maximum of 23 contact hours are available for this conference. 21 core credit hours (6 hours for M, T, W, 3 hours for Th) and 2 optional evening hours for Tuesday's Evening Session. This training includes 3 hours of Ethics and Boundaries and 2 hours of Medical Errors.

**US Journal Training, Inc. is an approved provider by:**  
**The National Board for Certified Counselors (NBCC).** Provider Number 5130.

**National Association of Alcoholism and Drug Abuse Counselors (NAADAC).** Provider Number 000194.

**Association of Social Work Board (ASWB)** (1-880-225-6880) through the Approved Continuing Education (ACE) program. Provider Number 1143.

**Florida Certification Board, Inc.** Provider #17A.

**State of Florida Agency for Health Care Administration for Mental Health Counselors, Clinical Social Workers and Marriage/Family Therapists.** Provider Number 50-2076.

**California Association of Alcoholism and Drug Abuse Counselors (CAADAC).** Provider Number OS-86-057-0512.

**California Board of Behavioral Sciences.** Provider Number PCE 78. Course meets the qualifications for up to 27 hours of continuing education credit for MFTs and /or LCSWs as required by the California Board of Behavioral Sciences.

**Canadian Addiction Counselors Certification Federation (CACCF)**

**Certified Employee Assistance Professionals.** Application pending for up to 23 PDHs. (Approved for last year's conference.)

**Florida Board of Nursing.** Provider Number 50-2076.

**International Institute for Trauma & Addiction Professionals (IITAP) is an approved provider by American Psychological Association (APA)** to sponsor Continuing Education for psychologists. IITAP maintains responsibility for this program and its content.

Full-Time conference attendees who complete all required evaluation and attendance documentation are eligible to receive the maximum number of contact hours. Daily registrants can receive credit for each day in attendance.

**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.

**2012 TRAINING EVENTS**

**U.S. Journal**  
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2nd Annual **Counseling Advances Conference**  
**MARCH 15-17 (with ETHICS MARCH 14) • LAS VEGAS, NEVADA**

10th Las Vegas Conference on **Adolescents/Young Adults**  
**APRIL 19-21 (with ETHICS APRIL 18) • LAS VEGAS, NEVADA**

26th National Conference On **The Self and The Family**  
**APRIL 30-MAY 3 • SANTA FE, NEW MEXICO**

25th Annual Northwest Conference on  
**Behavioral Health & Addictive Disorders**  
**MAY 30-JUNE 1 • SEATTLE, WASHINGTON**

18th Annual **Counseling Skills Conference**  
**SEPTEMBER 20-22 (with ETHICS SEPT. 19) • LAS VEGAS, NEVADA**

3rd Western Conference on  
**Behavioral Health & Addictive Disorders**  
**OCTOBER 11-13 (with ETHICS OCT. 10) • NEWPORT BEACH, CA**

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- Full-Time Conference—February 13-16—\$399.00 (before January 10)  
 Full-Time Conference—February 13-16—\$449.00 (after January 10)

**Daily registration:** (before January 10)

- Monday, February 13—\$120.00       Tuesday, February 14—\$120.00  
 Wednesday, February 15—\$120.00       Thursday, February 16—\$70.00  
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Christine Courtois, PhD



Bill O'Hanlon, MS



Colin Ross, MD



Janis Abrahms Spring, PhD



Don Meichenbaum, PhD



Dan Griffin, MA



Michael Demask, PhD



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