

Half Day Workshops

Monday, July 28
1:30 pm to 4:30 pm



Half Day Workshops

Registration fee includes the Keynote and Awards Luncheon

#1210 Ethical Issues in Recovery-Oriented Programs and Practices

Faculty: Taylor Anderson, MSW, LSW, CPRP

Recovery-focused practice principles require a reframing of some generally accepted ways of thinking about boundary conditions and the application of ethical precepts. This workshop explores a number of areas, including the inclusion of peer specialists in paid program positions, that one may need to consider when thinking ethically about decisions affecting current practice. Questions are welcome.

Learning Objectives:

- Identify your own specific issues regarding ethical practices in recovery-oriented programs
- Define both 'classical' ethical principles and their applicability in recovery-oriented practice
- Explore means of negotiating ethical boundaries in peer-supported services

#1187 Helping People Change: Motivating, Engaging and Attracting Clients Into Treatment

Faculty: David Mee-Lee, MD

Denial and resistance are expected parts of many individuals' presentation. People are often not ready to embrace strategies to improve their mental health, physical health, and substance use issues. Helping people change involves engaging them into a participatory and accountable service plan. Central to this is to quickly join with the client as a 'customer' and build a therapeutic alliance. There will be opportunity to discuss case examples and participants are encouraged to bring clinical situations and vignettes for role playing and case consultation.

Learning Objectives:

- Apply ways to better assess people's readiness to change and quickly develop the treatment contract
- Demonstrate skills to engage, motivate and retain individuals in treatment
- Improve the flexibility of services and documentation to promote accountable participation in treatment

#1188 The 'Art' of Counseling

Faculty: Karen L. Barwick, MS, NCC, & James M. Walsh, PhD

The latest research in neurobiology suggests the use of expressive therapies empowers individuals with tools to process traumatic events. This workshop will focus on how expressive therapies can be used to enhance the counseling process, decrease social dysfunction, and increase a sense of well-being. The research findings of Pifalo, 2006 and Klorer, 2005 indicate expressive arts therapies are effective when used with trauma survivors, cancer patients, and children. A primary task in trauma treatment is establishing safety. This workshop will include components to explore and embody the concept of creating 'safe space'. Due to the experiential nature of this workshop, participants should wear loose comfortable clothing.

Learning Objectives:

- Identify expressive therapy modalities
- Understand the application of client-centered expressive counseling principles, modalities, and exercises
- Cite research trends supporting the use of expressive arts therapy

Experience MINDSTORM, a Virtual Hallucination!

Available all week during Summer Institute at Clayton Hall

Wearing polarized glasses, and sitting in a high-tech, virtual-reality technology theater, one can view a short 3D theater simulator of the sights and sounds, as well as selected scents and wind effects, of first person point-of-view hallucinations.



Five Day Workshop & Three Day Workshops

FIVE DAY WORKSHOP

Monday July 28 1:30 pm through Friday August 1 3:00 pm

Registration fee includes the Keynote and Awards Luncheon

1186 NOVA Basic Crisis Response Training

**Faculty: Barbara Kendall CA, CCR &
Ruth Anderson-Cole CA, CCR**

National Organization for Victim Assistance (NOVA) Basic Crisis Response Training explores crisis intervention theory and techniques for intervention with traumatized people. This workshop emphasizes the fundamentals of crisis and trauma, and how to adapt NOVA's basic techniques to individuals and groups. Topics include: crisis reactions, diagramming or analyzing traumas, crisis intervention, NOVA's Group Crisis Intervention model, fundamentals of organizing crisis intervention response, special issues, and different populations. The goals of the workshop include understanding theoretical information around trauma and learning the skills of the NOVA model for individual and group crisis intervention.

Learning Objectives:

- Understand crisis theory
- Describe the steps taken to prepare a crisis team for response
- Practice the NOVA model of working with large groups

THREE DAY WORKSHOPS

Monday July 28 1:30 pm through Wednesday July 30 4:30 pm

Registration fee includes the Keynote and Awards Luncheon

#1192 The Active Ingredients of Positive Change: Personal and Professional

Faculty: Fred J. Hanna, PhD, MEd

This workshop will involve learning the Precursors Model in an applicable and practical format. Participants will learn techniques for converting resistant, unwilling clients into clients who are aware of the need for change and willing to engage in counseling. Oppression Model: Cultural and Personal Liberation cuts to the core of multicultural issues by examining the subject of oppression and how it affects members of minority groups, people of color, and victims of psychological or physical abuse. Racism, sexism, and other "isms" are directly addressed in a no nonsense manner so that liberation and freedom can result.

Learning Objectives:

- Assess difficult clients and determine what change processes are needed
- Formulate a treatment program to convert the unwilling client into being willing
- Apply the cognitive therapy of oppression with clients to help them achieve a level of liberation.

*** This workshop is co-sponsored by the Delaware Psychological Association for 14.5 APA continuing education credits. See inside front cover for details.**

#1196 Strengths-Based, Person-Centered Planning: Toward Efficient and Effective Community Practice

Faculty: Walter E. Kisthardt, PhD, MSW

This workshop will provide participants with the knowledge and skills to implement strengths-based, person-centered treatment with a wide range of individuals, families, and groups. Emphasis will be placed on using measures of fidelity for consistent evaluation of helping efforts. Key concepts such as motivation, problem, and change will be explored from a strengths perspective. Topics will include identifying the six principles of strengths-based, person centered community care, using strengths assessments to engage clients, implementing strategies to collaboratively develop person-centered treatment plans that work, and utilizing group/team supervision to promote creativity and innovation in the helping process. This workshop will be highly experiential and interactive.

Learning Objectives:

- Re-think conventional definitions of motivation, problem, and change
- Use new skills to engage challenging individuals
- Use strategies that reflect evidence-based practice
- Experience being a part of group supervision to generate creative, innovative responses to challenging situations



Three Day Workshops

1:30 pm July 28 through
4:30 pm July 30



MONDAY THROUGH WEDNESDAY - THREE DAY WORKSHOPS

Registration fee includes the Keynote and Awards Luncheon

#1201 Helping Women Recover

**Faculty: Stephanie Covington, PhD, LCSW &
Twyla Peterson Wilson, LCSW**

Based on Dr. Covington's manualized curriculum *Helping Women Recover: A Program for Treating Addiction*, this workshop offers a comprehensive treatment model that integrates theories of addiction, women's psychological development, and trauma. Designed to give counselors, clinicians, and others a basic understanding of the current knowledge of chemical dependency, the workshop focuses primarily on women's recovery. The workshop emphasizes the key issues of self, relationships, sexuality, spirituality, and the therapeutic techniques for dealing with these issues. Using the materials with women in the criminal justice system is also discussed.

Learning Objectives:

- Discuss the history of women's treatment
- Integrate current theoretical perspectives
- Discuss treatment environment
- Examine the multiple issues in women's recovery
- Increase participants' understanding of the needs of incarcerated women

#1208 Group Counseling: Process & Techniques

Faculty: Shelly DeBerry, MA, LPC

Drawing from the work of Dr. Ed Jacobs, this workshop will focus on an active model of group leadership using Impact Therapy. This workshop will provide information and skills to enhance your effectiveness in providing group therapy. In this highly interactive workshop you will have the opportunity to focus on dynamics and processes of interactions in group counseling. You will practice using creative techniques such as cutting off, drawing out, and deepening the focus. You will leave with very practical techniques that can be easily applied to leading groups.

Learning Objectives:

- Distinguish group process elements from content
- Gain confidence in providing an active leadership role when working with diverse groups
- Identify and describe how to implement the 4 basic components of group leadership - purpose, planning, focus, and funnel
- Identify stages of the group process and phases of each group session

#1205 Beyond Talk Therapy: Brain Gym® - A Key to Resiliency

**Faculty: Paul Hyman &
Pam Whitman, MA**

Brain Gym® easily integrates with other therapeutic modalities and interventions helping organize the brain/body system. Used as a group or individual facilitation tool, the Brain Gym movements assist clients in restoring a feeling of calmness and control, reducing hyperactivity, and improving focus. Participants gain tools to increase a client's self-management and improve attention prior to life skill sessions. When working with trauma these are excellent grounding techniques. Clients report successfully using these techniques in moments of anxiety and/or cravings and to reduce triggers and symptoms of depression. Enhance your clinical skills while exploring this dynamic approach.

Learning Objectives:

- Describe the practical applications of Brain Gym strategies with substance abuse and mental health clients
- Adapt techniques to clinical contexts to aid clients' use of these non-verbal self-help tools
- Experience specific movements to improve counseling and learning situations

**Experience
Acupuncture!**

**Tuesday and Friday in
Clayton Hall Lobby**

Trained acupuncture Detox specialists will provide individual 10 minute introductory sessions. Participants will learn the principles behind pressure points and expected outcomes from this ancient art of healing.



Two Day Workshops 9:00 am July 31 through 3:00 pm August 1

THURSDAY & FRIDAY - TWO DAY WORKSHOPS

Registration fee includes the Keynote and Awards Luncheon

#1198 Beyond Trauma: A Healing Journey for Women

Faculty: Carol Ackley, LADC

While research and clinical experience indicate a high incidence of co-occurring disorders in women’s lives, counselors and clinicians often struggle with the realities of providing treatment. This workshop is based on Dr. Covington’s woman-centered trauma treatment curriculum, *Beyond Trauma*, designed for use in outpatient and residential settings for women with histories of substance abuse and trauma. Cognitive-behavioral techniques, expressive arts, and the principles of relational therapy are integrated in this strength – based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self: thoughts, feelings, beliefs, values, and the outer self: behavior and relationships, including parenting.

Learning Objectives:

- Understand the historical background of trauma
- Explore the connection between addiction, trauma, and mental health
- Discuss gender differences

#1202 Increasing Staff Performance

Faculty: Wilma Townsend, MSW & Fran Register-Joyner, MEd

This workshop will help managers and supervisors augment their skills, strategies, and knowledge to increase staff performance and facilitate the recovery process for improved consumer outcomes. Content will assist leadership in their development of a recovery oriented organization. An introduction to new tools will include the Comprehensive Assessment of Recovery Readiness for Systems Model, the 9-steps process of Recovery Management Planning, and Emerging Best Practices in Mental Health Recovery.

Learning Objectives:

- Define characteristics of supervision and increase staff performance toward consumer recovery
- Identify the skills needed to design, implement, and manage behavioral health services with a recovery focus
- Identify environmental, supervisory, and administrative practices and policies that facilitate consumer recovery

#1200 Forgiveness, Remorse, and Reconciliation: Lessons Learned

Faculty: James Walsh, PhD

In 2006 five girls were murdered and five others wounded by a gunman in a one-room Amish schoolhouse. While the nation reacted with horror, the grief-stricken Amish reached out to the family of the murderer with forgiveness and compassion. A rich body of literature concerns the role of forgiveness in well-being. The response of the Amish community will be examined as an exemplar of the psychological conceptualization of forgiveness and pardon. Enright and Worthington’s theory of forgiveness and pardon will be examined, emphasizing therapeutic interventions that can help foster that process. Recovery from mental health disorders, addiction, and pathological gambling is facilitated to the extent that sufferers are able to experience forgiveness and pardon for themselves and for those who have transgressed against them.

Learning Objectives:

- Understand how forgiveness and pardon are related
- Describe the relationship between compassion, forgiveness, pardoning, and well being
- Use exercises to seek and extend to others forgiveness / pardon

#1197 After an Attempt: Using Cognitive Therapy to Prevent Subsequent Suicide Attempts

Faculty: Gregory Brown, PhD

This workshop will explore how cognitive therapy treatment can be specifically developed to prevent subsequent suicide attempts. It will involve the identification of proximal thoughts, images, and core beliefs that were activated prior to the suicide attempt. Cognitive and behavioral strategies will be applied to address the identified thoughts and beliefs. Participants will learn how to assist individuals to develop adaptive ways of coping with stressors.

Learning Objectives:

- Understand how to effectively work with an individual after a suicide attempt
- Describe the cognitive model of crisis
- Learn how to collaboratively create a ‘Hope Box’
- Create a cognitive time line of the suicide attempt to create a relapse prevention plan

*** This workshop is co-sponsored by the Delaware Psychological Association for 10.5 APA continuing education credits. See inside front cover for details.**



Two Day Workshops 9:00 am July 31 through 3:00 pm August 1



THURSDAY & FRIDAY - TWO DAY WORKSHOPS

Registration fee includes the Keynote and Awards Luncheon

#1206 The New Psychology of Men Faculty: Gary R. Brooks, PhD

Mental health practitioners have faced significant challenges in adapting to the special needs of traditional men, yet much progress is being made. As we have become more cognizant of gender as a critical area of diversity, men's experiences have been better understood and more user-friendly interventions have been developed. This workshop will provide several avenues for improved intervention with traditional men. The basic elements of the traditional male role will be covered, as well as how male socialization has often led to relationship problems and avoidance of help-seeking. Participants will be exposed to an integrative model for engaging men in treatment and will identify their unique assets and liabilities in work with this population.

Learning Objectives:

- Identify how the core elements of the traditional male role contribute to psychological, physical, and relationship problems
- Recognize why traditional men avoid psychotherapy
- Discover the pitfalls of common therapy approaches for men

* This workshop is co-sponsored by the Delaware Psychological Association for 10.5 APA continuing education credits. See inside front cover for details.

#1199 Bringing Out the Best in Challenging Clients Faculty: Paul Hyman & Pam Whitman, MA

Gain new insights into trauma, addictions, attention deficit disorder, and depression! In this workshop participants will be introduced to tools from Brain Gym®, Trager®, Hendricks Approach, Touch for Health, Speaking Circles, Stress Management, and Therapeutic Recreation. Participants will gain tools to increase a client's self-management and improve attention. Used as a group or individual facilitation tools, they assist clients in restoring a feeling of calmness and control, reducing hyperactivity and improving focus. These techniques help in moments of anxiety and/or cravings and reduce triggers and symptoms of depression. This workshop will focus on practical clinical techniques that have facilitated rapid and lasting changes.

Learning Objectives:

- Learn simple body-oriented interventions to improve cognitive and emotional processing
- Use the 4 minute, 4-step learning readiness protocol to focus
- Practice an effective non-verbal intervention technique to use with multi-cultural groups

#1217 Mental Health First Aid Faculty: Lea Ann Browning-McNee, MS

The root of most stigma is generally fear. The stigma surrounding mental health and substance use conditions is no different: fear of not understanding, fear of doing or saying the 'wrong' thing, and fear of not knowing what to do. Developed in Australia and presented by the National Council for Community Behavioral Healthcare, Mental Health First Aid gives the public key skills to help someone experiencing a mental health or substance use crisis. It is supported by a strong evidence base of increasing mental health literacy - the knowledge, confidence, and ability to recognize and respond to signs of mental health problems. Likened to CPR, Mental Health First Aiders learn a single strategy that can be applied to crisis situations.

Learning Objectives:

- Become certified to teach and administer Mental Health First Aid
- Learn a 5-step process to assess a situation, select, and implement interventions
- Learn the risk factors and warning signs of illnesses such as anxiety, depression, psychosis, and substance use conditions

Interested in Exhibiting at the 2008 Summer Institute?

The 2008 Summer Institute Exhibitor/Vendor application form is available online:
www.dhss.delaware.gov/si08

Contact Nina Licht (302)255-2779



One Day Workshops 9:00 am - 4:30 pm July 29

TUESDAY - ONE DAY WORKSHOPS

Registration fee includes the Keynote and Awards Luncheon

#1189 Cognitive Behavioral Therapy for Medication Adherence

Faculty: Donna Sudak, MD

Cognitive Behavioral Therapy (CBT) is the most substantially researched form of psychotherapy for serious mental illness. A body of literature supports the use of combined treatment approaches, CBT and medication, for persons with severe mental disorders. This workshop will focus on the combination of these approaches, which has been shown to decrease relapse and increase adherence. Specific CBT techniques to promote medication adherence and ‘high yield’ results through brief sessions will be taught.

Learning Objectives:

- Understand the benefits of combining CBT and medication management for many axis I disorders
- Identify CBT techniques to combat inertia and anxiety
- Use CBT techniques to promote medication adherence

#1212 Clinical Suicidology: Assessment and Treatment of Suicidal Patients

David A. Jobes, PhD, ABPP

This workshop will address the spectrum of considerations related to clinical work with persons who are suicidal. From epidemiology, to theory, to research, we will consider differential assessment of suicidal states, and a range of clinical interventions and treatments. Additionally, ethical issues, risk management, and counter-transference issues with this population will be addressed. Using a case-oriented format, the workshop is designed to be practical and applicable to general clinical practice in a particularly challenging treatment domain.

Learning Objectives:

- Learn appropriate assessments of suicidal states
- Identify effective interventions and treatments of suicidal states
- Describe ways to decrease the risk of malpractice liability with high risk populations

*** This workshop is co-sponsored by the Delaware Psychological Association for 6.0 APA continuing education credits. See inside front cover for details.**

#1191 Treatment Planning: Improving Documentation Skills and Clinical Use of the Treatment Plan

Faculty: David Mee-Lee, MD

In the current environment of increased accountability, greater scrutiny, and diminishing resources, clinicians struggle with how to focus and target treatment under time and reimbursement pressures; how to reflect individualized treatment; and how to effectively engage individuals into a cooperative and accountable treatment plan. This workshop will improve participants' knowledge in providing focused, targeted, individualized treatment. It will provide the opportunity to practice assessment and priority identification, and translate that into a workable, accountable recovery plan with measurable objectives focused to meet the needs of the individual. This workshop will help clinicians and care managers improve communication around assessment and treatment planning. It will teach skills on the resolution of disputes with managed care authorizations for service and better communication of the recovery plan.

Learning Objectives:

- Review principles of individualized recovery planning and expectations of external reviewers, accreditation, and licensure standards
- Apply ways to individualize problems, measurable objectives, and service strategies
- Explain how to communicate the plan to care managers and the individual



One Day Workshops

9:00 am - 4:30 pm July 30



WEDNESDAY - ONE DAY WORKSHOPS

Registration fee includes the Keynote and Awards Luncheon

#1190 Voices: A Program of Self Discovery and Empowerment of Girls

Faculty: Carol Ackley, LADC

Adolescence is a time of tremendous discovery, struggle, and growth. This process is particularly difficult for girls as they face unique challenges along the road to healthy development. Their challenges can be exacerbated by our culture – which often offers girls a toxic environment in which to grow. Many young women lose their voice in this process. This workshop is based on the curriculum, *Voices: A Program of Self-Discovery and Empowerment for Girls*. It is designed to encourage girls and young women to find and express themselves. The program materials (facilitator’s guide and participant’s workbook) can be used in schools, treatment facilities, and juvenile justice settings. Specific principles for designing services are discussed. The focus is on interactive exercises that demonstrate strategies to use with girls and women. Topics covered include developing a positive sense of self, building healthy relationships, substance abuse, physical and emotional wellness, sexuality, and planning for a positive future. The issues of young women and girls in the criminal justice system are also addressed.

Learning Objectives:

- Understand the world of girls/young women
- Discuss gender differences
- Explore elements of gender-responsive services
- Demonstrate specific strategies

#1207 Beyond Differences – Building a Community for All

Faculty: Al Condeluci, PhD

Change is inherent in our way of life, found in behaviors and actions of individuals and systems. What ultimately causes change? What influences decisions that result in change? This interactive workshop will explore the context of change and how the process of “cultural shifting” brought about by change can help create community inclusion. By looking more closely at human relations and understanding social capital we will discover ways that we can help the people we serve build better lives. We will also examine the challenge of relationships, change, and cultural shifting by exploring the elements related to change.

Learning Objectives:

- Understand the basics of human relations
- Explore social capital as a concept
- Focus and practice the four steps of community and social capital

1215 Phenomenology of Male Veterans

Faculty: Gary R. Brooks, PhD

The mental health fields’ face significant challenges to meet the special needs of traditional men in general and male veterans in particular. Since veterans are socialized into ‘warrior masculinity’, they commonly are unable to incorporate role flexibility into their lives. Additionally, military and veteran settings provide unique accommodation challenges and prohibitions on help-seeking behaviors. This workshop will provide several avenues for improved treatment of male veterans. The basic elements of the traditional male role and military masculinity will be described and we will discuss how this socialization often leads to significant coping problems. A comprehensive model for engaging men in therapy will be described and participants will begin to recognize their assets and shortcomings for work with this population.

Learning Objectives:

- Describe how the masculine gender role contributes to psychological, physical, and relationship problems
- Recognize why traditional men avoid psychotherapy
- List creative models of user-friendly therapy for male veterans

*** This workshop is co-sponsored by the Delaware Psychological Association for 6.0 APA continuing education credits. See inside front cover for details.**



One Day Workshops
9:00 am - 4:30 pm July 31
9:00 am - 3:00 pm August 1

ONE DAY WORKSHOP
Thursday, July 31

Registration fee includes the Keynote and Awards Luncheon

#1204 The Essence of Interdependence
Faculty: Al Condeluci, PhD

Interdependence is, in essence, a simple concept; one that subscribes more to the wisdom of common sense and plain speaking. Interdependence is about relationships on a microscopic, individual level, and a macroscopic, community level, which lead to mutual acceptance and respect. Historically, human service providers have been focused on the individual level challenges of those they serve, rather than considering the community level of involvement. In this workshop, we will shift our focus to a macroscopic view of human service work and explore an interdependence paradigm that is inclusive, diverse, and strength-based. Using this paradigm as a guide can result in multi-layered positive outcomes for the individual and community. A ‘cultural diffusion’ methodology will be introduced and special attention will be paid to the notion of the ‘gatekeeper’.

Learning Objectives:

- Describe the paradigms of dependence, independence, and interdependence
- Understand the key features of interdependence
- Explore the four steps of community building

ONE DAY WORKSHOPS
Friday, August 1

Registration fee includes the Keynote and Awards Luncheon

#1214 Songs from the Black Chair
Faculty: Charles Barber

In this workshop we will recount the lessons learned as described in *Songs from the Black Chair*, a memoir of the faculty’s own experience with obsessive compulsive disorder and how it led him to work for a decade in New York City homeless shelters. He will also discuss *Comfortably Numb*, an unprecedented account of the impact of psychiatric medications on American culture. This workshop will critique the over-use of antidepressants and focus on the non-pharmacological psychosocial perspective of mental health conditions and treatment options as taught in the psychiatry department at Yale. Content will include the crucial role of self-direction and how true recovery takes more than a pill.

Learning Objectives:

- Understand the perspectives and role of the consumer-provider and peer-run services
- Identify the cultural and historical factors of psychiatric drug utilization in the United States
- Describe how social context is critical to recovery
- Discuss the lessons of the consumer-led recovery movement

#1218 Understanding Links Between Adolescent Trauma and Substance Abuse
Faculty: Susan Mullens, MS, LPC, CADC

This workshop is designed to help professionals and families better understand adolescents who use substances and struggle with histories of violence, abuse, and witnessing traumatic death. The workshop will provide an in-depth exploration of the *Understanding Links Between Adolescent Trauma and Substance Abuse: A Toolkit for Providers*, giving participants tools and strategies for engagement and treatment. Participants will also learn motivational interviewing techniques for leveraging youths’ readiness to make positive health choices.

Learning Objectives

- Describe the concepts and strategies for engaging and treating adolescents with trauma and substance use backgrounds
- Understand application of the Toolkit in participants’ practice
- Explore motivational interviewing techniques applicable to working with adolescents



One Day Workshops & Evening Mini Workshops



FRIDAY - ONE DAY WORKSHOP

August 1, 9:00 am to 3:00 pm

Registration fee includes the Keynote and Awards Luncheon

#1216 Providing Recovery - Oriented Care to Diverse Populations

**Faculty: Annelle B. Primm, MD, MPH &
MaJose Carrasco, MPA &
Nancy Carter**

The purpose of this workshop is to help mental health professionals, consumer advocates, and others understand depressive illness in the context of ethnically, racially, and linguistically diverse and underserved populations. This will be accomplished through a session with didactic, audiovisual, and interactive elements presented by a physician/family member/consumer team. This team will integrate scientific information with the lived experience of depression in people of color and those from linguistically diverse groups. Participants will learn how to recognize depression in diverse populations, how to communicate effectively across cultures, and how depression should be treated in order to eliminate disparities in quality of care and outcomes.

Learning Objectives:

- Identify appropriate screening, diagnoses, and treatment options that will result in culturally competent, person-centered, recovery-oriented depression care
- Demonstrate how a professional's culture and a consumer's culture can affect diagnoses and treatment
- Develop strategies for effective cross-cultural communication between professionals and consumers with depression

EVENING MINI WORKSHOPS

6:00 pm to 9:00 pm

(Pre-registration and payment required)

Monday, July 28 6:00 pm to 9:00 pm

#1210 Ethical Issues in Recovery-Oriented Programs and Practices

Faculty: Taylor Anderson, MSW, LSW, CPRP
(\$75.00 registration fee required)

Recovery-focused practice principles require a reframing of some generally accepted ways of thinking about boundary conditions and the application of ethical precepts. This workshop explores a number of areas, including the inclusion of peer specialists in paid program positions, that one may need to consider when thinking ethically about decisions affecting current practice. Questions are welcome.

See page 2 of the brochure for learning objectives.

Thursday, July 31 6:00 pm to 9:30 pm

#787 Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Training

Faculty: Christopher Knox, MA
(\$30.00 registration fee required)

Successful completion of this workshop will result in American Heart Association certification in Heartsaver/AED. Training in CPR and AED skills will enable the rescuer to use all the steps in the cardiac chain of survival.

Learning Objectives:

- Complete the Heartsaver CPR and AED skills practice session
- Understand the role of the AED
- Describe cardiac arrest symptoms and the chain of survival concept for adults, children, and infants



Free Evening Sessions 7:00 pm to 9:00 pm

FREE EVENING SESSIONS

Sessions are open to the public and do NOT require pre-registration

Monday, July 28

#1173 Express Yourself! A Shake Your Soul® and Process-Based Art Experience

Faculty: Karen Barwick, MS, NCC

Discover the benefits of authentic movement/creative process as a means of accessing and developing inner resources. Participants will be guided through a series of movements designed to embody cognitive concepts, such as “letting go”, “grounding”, “freedom”, “personal power”, and “inner strength”. Shake Your Soul® embraces cultural diversity through its use of invigorating world music. No experience or fitness level is required. These techniques are often effective when used with survivors of trauma. Wear comfortable, loose fitting clothing for movement.

Wednesday, July 30

#1179 Navigating the Veterans Administration

Faculty: Kent Johnson, LCSW, CADC

This workshop will provide the basic eligibility criteria for veterans to receive services offered through the Department of Veterans Affairs (VA). Application procedures, information needed to process the application, and specific documentation and forms that are needed will be presented. An overview of the services offered to veterans by the VA and eligibility requirements will be discussed. Individuals who receive VA services will share their personal experiences.

Tuesday, July 29

#1209 Acupuncture: An Ancient Art Becomes a Counseling Practice

Faculty: Tita Gontang, LCSW, CADC, ADS & Vicki L. Esham, CADC, ADS

The use of acupuncture for the treatment of co-occurring disorders is a recent development in the history of this ancient art. Since 1972, when a Hong Kong neurosurgeon, H.L. Wen, MD, discovered that acupuncture could alleviate the symptoms of withdrawal, this method has been used for detoxification and relapse prevention. Acupuncture Detoxification Specialists from Ellendale Detoxification Center will provide an educational overview of the practice, and give participants an opportunity to observe as well as experience the treatment.

Thursday, July 31

#1203 FUNdamentals of Brain Gym®

Faculty: Paul Hyman & Pam Whitman, MA

This evening presentation of Brain Gym® is designed for anyone interested in natural solutions to stress, improving memory, sharpening skills, making effective changes, improving productivity, and enhancing performance. Brain Gym is being used by students, business people, athletes, seniors, performing artists, and healthcare professionals around the world. Experience a sampling of “smart moves” and understand why learning is not all in your head. Come ready to have fun!

Did you notice?
Special interest workshop tracks include:

- Adolescents
- Cultural Competency
- Gender Informed Care
- Holistic Treatment Strategies
- Leadership/Management
- Person Centered Treatment Planning & Strengths
- Trauma Informed Care
- Veterans

Visit website for details

