

# CONFERENCE GUIDE

SEPTEMBER 29–OCTOBER 3, 2021  
LA QUINTA, CA  
LA QUINTA RESORT & CLUB

**ON-DEMAND ACCESS**  
OCTOBER 4–NOVEMBER 18, 2021  
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“

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-Marsha Stone, Founder



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# IMPORTANT INFORMATION

## ATTENDEE & EXHIBITOR REGISTRATION HOURS

SEPTEMBER 28 (EXHIBITORS)	1:00 PM–6:00 PM
SEPTEMBER 28 (ATTENDEES)	4:00 PM–6:00 PM
SEPTEMBER 29	7:00 AM–6:00 PM
SEPTEMBER 30	7:00 AM–6:00 PM
OCTOBER 1	7:00 AM–6:00 PM
OCTOBER 2	7:00 AM–6:00 PM
OCTOBER 3	7:00 AM–12:30 PM

## EXHIBIT HALL HOURS

SEPTEMBER 29	12:30 PM–6:00 PM
SEPTEMBER 30	7:00 AM–6:00 PM
OCTOBER 1	7:00 AM–6:00 PM
OCTOBER 2	7:00 AM–6:00 PM
OCTOBER 3	7:00 AM–10:45 AM
VIRTUAL EXHIBIT HALL	UNTIL NOVEMBER 18

## NAME BADGES

Conference badges must be displayed at all times in the exhibit hall/contracted conference space. It is against policy to conduct business with people who have not purchased a registration and do not have a badge. Re-use or trading of conference badges to anyone by the exhibitor is expressly forbidden. If such use of exhibitors' badges is made, individuals wearing the badges, as well as the offending exhibitor and exhibit, will be removed from the premises and the badges will be confiscated and exhibitor may be denied return exhibit status for other events and subsequent years. No refunds will be provided if this policy is violated.

## DRESS

Dress during the conference is casual. Please be sure to dress in layers and carry a sweater or jacket, as temperature in the meeting rooms is difficult to regulate and meeting rooms may be cold or warm.

## CHILDREN

Under no circumstances are children younger than 18 years of age allowed in the Exhibit Hall during installation or dismantling. For insurance reasons, children younger than 18 years of age are not permitted on the show floor. Due to limited seating and the highly technical nature of the programs, children younger than 18 years of age are not invited to attend presentations.

## SMOKING POLICY

Smoking is prohibited in the meeting rooms and Exhibit Hall.

## ELECTRONIC DEVICES

Out of respect for fellow attendees and speaker(s), please put your cellular phones, pagers, and other electronic devices on "silent mode" during educational sessions. No recording of educational sessions is allowed.

## FUTURE REGISTRATION/ON DEMAND

Register for 2022 at the lowest rate of the year! Visit the West Coast Symposium booth (#42A) to register and save.

## BARCODE SCANNING

Event volunteers will be scanning all attendees into educational sessions. In order to receive CE credit, you must be scanned into each session, and you must be present and remain in the room until the session is complete. The sessions must be attended in their entirety; no partial credit will be available for any session. If you have missed being scanned into a session, go to the on-site office for assistance. We will be unable to modify any scanning after the conference has ended due to CE board regulations. Scanners will be stationed inside or near each of the session rooms. If for any reason you must leave during a session, you will be scanned out and then back in if you choose to return.

## MOBILE APP

Stay connected throughout WCSAD with the easy-to-use mobile application. The app provides pertinent conference information including schedules, daily events, exhibitor listings, session slides, and maps for attendees to access at the touch of a button. The WCSAD Mobile App is available for iPhone, iPad, and Android through application stores such as iTunes and Google Play Store. To download the WCSAD mobile app, visit your app store on your mobile device and search for C4 Events or stop by the registration desk for assistance.

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## WIFI

WiFi is available throughout the WCSAD meeting space. To take advantage of the complimentary WiFi, connect to:

**Network: amfmhealthcare**  
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## SHUTTLE SERVICE

Need a ride to your car or casita? Hop on the WCSAD shuttle provided by Cirque Lodge. Text or call Kerrisa from 7:00 AM–6:00 PM at 616.481.6057.

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### COME VISIT US AT BOOTH 29!

As a Behavioral Health Organization our programs are rooted in the soundest medical practices while approaching treatment from a place of heart and humanity. We specialize in acute psychiatric care and substance use disorders. We pride ourselves on providing effective solutions for a wide range of mental health conditions. We believe that creating a safe, healing environment allows our clients to develop critical tools to help them maintain long-term health.

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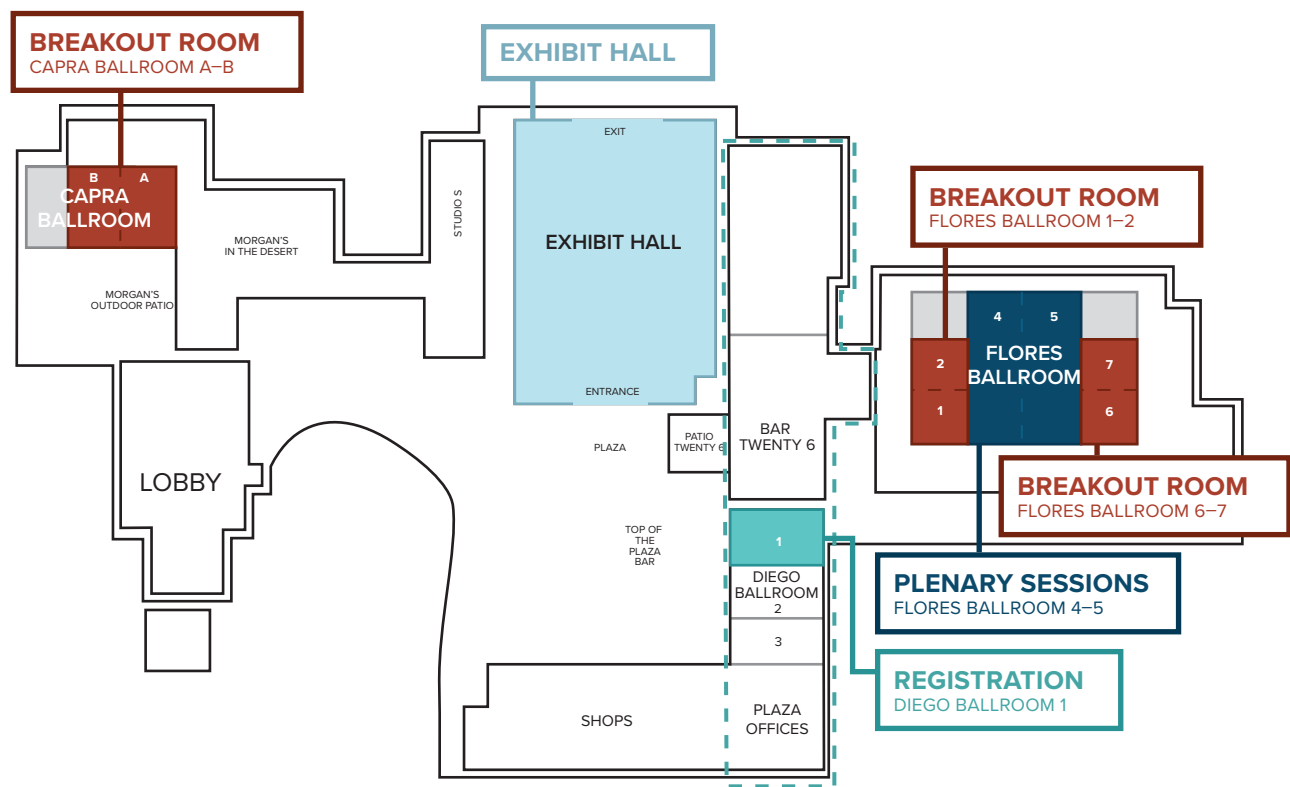


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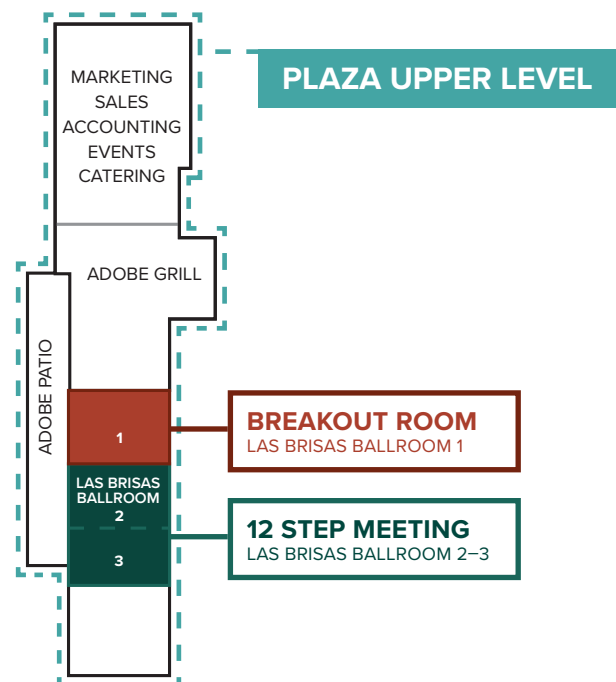
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# HOTEL FLOOR PLAN

## GROUND LEVEL



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As of August 4, 2021

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# SCHEDULE AT A GLANCE

## GROUP A

### WEDNESDAY SEPTEMBER 29

Exhibit Hall Opens	12:30 PM
Opening Keynote	2:00 PM–3:30 PM
Afternoon Break	3:30 PM–4:15 PM
Late Afternoon Workshops	4:15 PM–5:45 PM

### FRIDAY OCTOBER 1

Open 12-Step Meeting	7:00 AM–8:00 AM
Breakfast	7:00 AM–8:30 AM
Morning Keynote	8:30 AM–10:00 AM
Morning Break	10:00 AM–10:45 AM
Late Morning Workshops	10:45 AM–12:15 PM
Exhibit Hall Closes	12:15 PM

### THURSDAY SEPTEMBER 30

Open 12-Step Meeting	7:00 AM–8:00 AM
Breakfast	7:00 AM–8:30 AM
Morning Keynote	8:30 AM–10:00 AM
Morning Break	10:00 AM–10:45 AM
Late Morning Workshops	10:45 AM–12:15 PM
Lunch Keynote	12:15 PM–1:45 PM
Early Afternoon Workshops	2:00 PM–3:30 PM
Afternoon Break	3:30 PM–4:15 PM
Late Afternoon Workshops	4:15 PM–5:45 PM

## GROUP B

### FRIDAY OCTOBER 1

Exhibit Hall Opens	12:30 PM
Opening Keynote	2:00 PM–3:30 PM
Afternoon Break	3:30 PM–4:15 PM
Late Afternoon Workshops	4:15 PM–5:45 PM

### SUNDAY OCTOBER 3

Open 12-Step Meeting	7:00 AM–8:00 AM
Breakfast	7:00 AM–8:30 AM
Morning Keynote	8:30 AM–10:00 AM
Morning Break	10:00 AM–10:45 AM
Late Morning Workshops	10:45 AM–12:15 PM
Exhibit Hall Closes	10:45 AM

### SATURDAY OCTOBER 2

Open 12-Step Meeting	7:00 AM–8:00 AM
Breakfast	7:00 AM–8:30 AM
Morning Keynote	8:30 AM–10:00 AM
Morning Break	10:00 AM–10:45 AM
Late Morning Workshops	10:45 AM–12:15 PM
Lunch Keynote	12:15 PM–1:45 PM
Early Afternoon Workshops	2:00 PM–3:30 PM
Afternoon Break	3:30 PM–4:15 PM
Late Afternoon Workshops	4:15 PM–5:45 PM





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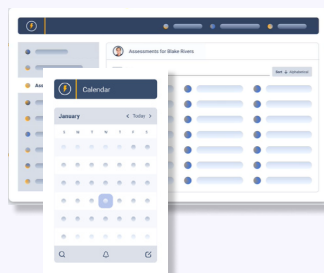


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# GROUP A SESSION DESCRIPTIONS

## WEDNESDAY, SEPTEMBER 29 GROUP A

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**12:30 PM–5:45 PM**  
COFFEE AND TEA ARE AVAILABLE  
IN EXHIBIT HALL

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COURTESY OF



**Lightning Step**

**2:00 PM–3:30 PM**  
OPENING PLENARY – GROUP A

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**151A. Unplug to Reconnect: How the Digital World Potentially Reinforces Insecure Attachment in Relationships**  
(1.5 CE/CME)

DON GRANT, MA, MFA, DAC, SUDCC IV, PHD;  
BARB NOSAL, PHD, LMFT, LADC

**LEVEL: INTERMEDIATE/ADVANCED**

**LOCATION: FLORES 4 & 5**

This presentation explores how a parent's (even unintentional) engagement with devices could impact emotional and social attachment development in children. Attachment theory, exploration, and education surrounding how our device use and utilization can affect/effect our relationships, and skills to help better manage our own digital behaviors are offered and discussed. The presentation will identify examples and/or symptomatic manifestations of unhealthy or inappropriate device management which could contribute to the development of a relational insecure attachment bond. We will review expert recommendations of how to implement healthier device management behaviors for themselves, their clients, patients, children, and/or students.

**3:30 PM–4:15 PM**  
AFTERNOON BREAK IN  
THE EXHIBIT HALL

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Wilderness Therapy

**4:15 PM–5:45 PM**  
WEDNESDAY LATE AFTERNOON  
WORKSHOPS – GROUP A

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**175A. Healing the Opioid Crisis With Mindfulness-Oriented Recovery Enhancement: Clinical Efficacy and Biobehavioral Mechanisms** (1.5 CE/CME)

ERIC L. GARLAND, PHD

**LEVEL: INTERMEDIATE/ADVANCED**

**LOCATION: LAS BRISAS**

Successful treatment of opioid misuse and addiction among people with chronic pain has proven elusive. To fill this gap, mindfulness-oriented recovery enhancement (MORE) was generated through a NIH-funded treatment development process. Grounded in affective neuroscience, MORE unites mindfulness training, CBT, and principles from positive psychology into a therapy for addiction, stress, and pain. Participants will learn about the theory, research, and clinical skills integral to MORE. MORE's efficacy has been demonstrated in multiple, multi-million-dollar clinical trials funded by the National Institute on Drug Abuse and Department of Defense. Data on clinical outcomes and neurobiological mechanisms will be presented demonstrating that MORE remediates brain reward deficits underpinning addictive behavior. At the completion of this workshop, participants will have an understanding of the MORE intervention and how to apply the core therapeutic techniques of mindfulness, reappraisal, and savoring to persons suffering from the comorbidity of pain and addiction.

**176A. Recovery of Self: Discovering Identity Through Establishing Values and Belief Systems in Recovery** (1.5 CE/CME)

TERRA HOLBROOK, LCSW, CADC, CSAT

**LEVEL: INTERMEDIATE/ADVANCED**

**LOCATION: CAPRA**

The most important task of recovery is the recovery of self. This comes as clients redefine values and beliefs and establish ongoing practices that lend to their healing and growth. This workshop will explore the concept of self and how substance use disorder impacts the self. Using Polyvagal Theory, Internal Family Systems work, and attachment theory as a framework for understanding the impact of trauma and survival, we will explore how the client's self is restored and a new identity is formed through healing work, identifying values, and establishing core beliefs. Substance abuse disorder strips identity, values, and beliefs from individuals so that recovery from substances is the recovery of the self. Attachment theory, Polyvagal theory, and Internal Family Systems work all define survival states that provide protection from dysregulation or disconnection. By using these as a framework for restoration, we assist the patients to use the self to establish healing practices and reinstate values and core beliefs that guide the recovery process.







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**10:45 AM - 12:15 PM | Thursday, Sept. 30th**



**Antoinette  
Giedzinska, PhD**

*Director of Applied  
Neuroscience and Outcomes*

*Improving Successful Outcomes through  
Implementing Measurement-Based Care*

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\*Through November 30, 2021

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THE CE PROCESS TO: [KMYVETT@NACCME.COM](mailto:KMYVETT@NACCME.COM)**

# GROUP A SESSION DESCRIPTIONS

## 178A. Best Behavioral Practices in Substance Use Disorder Treatment (1.5 CE/CME)

JAMES PECK, PSYD

LEVEL: INTERMEDIATE/ADVANCED

LOCATION: FLORES 1

This workshop will define the term "evidence-based practices" and briefly describe the process for deeming an intervention to be "evidence-based." It will increase the knowledge and skills of participants by presenting in detail the foundational concepts of the following behavioral treatment approaches for substance use disorders: Motivational Interviewing, Contingency Management, Cognitive-Behavioral Therapy, and the Matrix Model of intensive outpatient treatment. Participants will be better able to implement these interventions in their treatment programs as a result of attendance.

## THURSDAY, SEPTEMBER 30

### 7:00 AM–6:00 PM COFFEE AND TEA ARE AVAILABLE IN THE EXHIBIT HALL

COURTESY OF



Lightning Step

### 7:00 AM–8:00 AM OPEN 12-STEP MEETING — LAS BRISAS 2-3

### 7:00 AM–8:30 AM BREAKFAST IN THE EXHIBIT HALL

HOSTED BY



Friendly House

### 8:30 AM–10:00 AM THURSDAY MORNING PLENARY — GROUP A

## 200A. Stories of Our Ancestors: Understanding the Impact of Culture, Race, and Trauma on Addictions

Carolyn C. Ross, MD, MPH, CEDS  
(1.5 CE/CME)

CAROLYN C. ROSS, MD, MPH, CEDS

LEVEL: INTRODUCTORY/INTERMEDIATE

LOCATION: FLORES 4 & 5

Research dating back generations has explored the impact of the trauma of war, genocide, class struggles, and race on families and offspring. People in the helping professions—psychologists, therapists, and other healthcare providers—have rarely been educated in treating trauma that is not solely individual and are particularly uneducated in treating trauma based on cultural identity or race. Statistics show that racism and intersectionality can be a form of adversity that can have an impact on brain development and that these effects can define and limit a person from childhood through adulthood—affecting their performance in school, work, and having an impact on their mental and physical health. Cultural competence and cultural humility and an understanding of the social and local contexts of trauma can enrich a clinician's ability to improve outcomes for clients with addictions. This presentation will offer specific ways in which clinicians can ask hard questions from the standpoint of cultural humility to gain necessary competence in working with individual with historical and intergenerational trauma. This includes providing a basic understanding of why detecting this type of trauma is important and how this type of systemic cultural trauma presents in clinical practice in individuals with substance use disorders. The presentation will include case examples that demonstrate historical trauma/intergenerational and racial trauma and how that impacts the mental health especially of BIPOC communities. This presentation will explore how subjugation, humiliation, and shame of survivors of trauma has an impact on mental health and risk for SUD and will distinguish historical/intergenerational and racial trauma differs from the effects of trauma that is not racialized or visited only on specific populations—ie, in that it involves ongoing abuses, triggering due to the systemic nature of this type of trauma. In the presentation, clinicians will be given a template of strategies that come from the perspective of cultural humility, an understanding of cultural identity, and the necessity to recognize bias and stereotyping that can unconsciously occur. The presentation will offer strategies for clinicians to help clients with historical/intergenerational/racial trauma build resilience while understanding the impact of their trauma in the genesis of their SUD.

### 10:00 AM–10:45 AM MORNING BREAK IN THE EXHIBIT HALL

HOSTED BY





# GROUP A SESSION DESCRIPTIONS

## 10:00 AM–10:45 AM ASK THE EXPERT

---

Join Josh Weum, Director of Paid Media of Dreamscape Marketing, at their booth in the Exhibit Hall for an Addiction Treatment Digital Marketing “Ask Me Anything” session (Booth 75). With 2020 setting overdose records, and 2021 on pace to break those records, our expert team knows that online is where the search for help begins, and precise patient targeting through digital marketing is key to bridging the gap between patient and provider. In its 16 years serving the behavioral health community, Dreamscape Marketing’s commitment to ethical and transparent digital marketing has helped treatment programs be found online and aided in driving more than 150,000 admissions. We invite all attendees of WSCAD to join us, get their website, SEO, and paid search questions answered so they can deploy marketing solutions that will save lives as we battle the substance use epidemic.



## 10:45 AM–5:45 PM THURSDAY DOT/SAP ALL-DAY WORKSHOP

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### 210A. SAP Qualification and Regualification: Part 1 (6.0 CE/CME)

STEVEN S. GARNHAM, MED, CADC, MAC, CEAP

**LEVEL: INTERMEDIATE**  
**LOCATION: STUDIOS**

Effective January 1, 2004, before you can serve as a Substance Abuse Professional under the D.O.T. Regulations, you must have received 12 hours of qualifying training and then pass a qualifying examination. In addition, those qualified as SAPs must complete 12 hours of continuing education relevant to the SAP function, including recent updates in the regulations. This course contains the latest information.

## 10:45 AM–12:15 PM THURSDAY LATE MORNING WORKSHOPS – GROUP A

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### 225A. Unspoken Loyalty: Exploring the Impact of Trauma and Substance Use in Young Adult Families (1.5 CE/CME)

TRISH CALDWELL, MFT, LPC, CAADC, CCDP-D, CCTP

**LEVEL: INTERMEDIATE/ADVANCED**  
**LOCATION: CAPRA**

Research continues to identify that one of the most critical elements of successful treatment is family involvement (SAMSHA). Research also reveals that as recovery capital increases and problem severity decreases recovery rates increase (White & Cloud, 2008). Notably, the research highlights the need for providers to fully integrate all external resources, including the family. As we see younger populations impacted by the disease, we must explore new avenues to meet their needs. Effective treatment practices, such as MAT should be explored and expanded so that evidence-based substance use treatment specifically targets our youth and young adults. Involving the family to educate on the role of MAT and to explore how their traumatic experiences in relation to their child's SUD has impacted their parenting is an essential component to recovery. The unspoken loyalties to family could undermine recovery. When placed in a triangle, young adults often choose family over recovery.

### 226A. Improving Successful Outcomes Through Implementing Measurement-Based Care (1.5 CE/CME)

ANTOINETTE S. GIEDZINSKA, PHD

**LEVEL: INTERMEDIATE/ADVANCED**  
**LOCATION: LAS BRISAS 1**

Measurement-based care (MBC) continues to gain traction in the behavioral healthcare industry necessitating therapeutic practices to use objective patient data to track the impact of care and treatment progress. Progress and outcomes data derived through standardized instruments informs treatment goals and objectives, monitors individual progress, and informs decision-making related to individual treatment plans. Such data are also used innovatively to add personalized meaning to patient insight, improvement, and strengthen therapeutic alliance. MBC is key to reducing treatment failure by identifying patients who are not progressing. At the organizational level, aggregated data can provide a repository of progress and outcomes data to further support quality assurance, fidelity management, and practice outreach. This presentation will explore measurement-based care from the theoretical, individual, and systemic perspective, and provide basic how-to steps for successful implementation.

# GROUP A SESSION DESCRIPTIONS

## 227A. Being “SMART” About Treatment Approaches to Harm Reduction (1.5 CE/CME)

PETE E. NIELSEN, MA, LAADC

LEVEL: INTRODUCTORY/INTERMEDIATE

LOCATION: FLORES 6

As the pendulum swings toward “harm reduction” approaches to treating addiction, many professionals find themselves wondering, how do I support my clients while keeping a focus on abstinence in a world where medication-assisted treatment is increasing? This presentation helps participants understand the SMART recovery approach to behavioral change, which includes: building and maintaining the motivation to change; coping with urges to use; managing thoughts, feelings, and behaviors in an effective way without addictive behaviors; and living a balanced, positive, and healthy life. It also addresses “stigmatizing the stigmatized” by helping participants evaluate their own entrenched views about abstinence so that counselors can be prepared to center therapy on the client without internal bias regarding where a client may stand with regard to abstinence. Interactive discussions about “feelings of giving up” when moving away from “abstinence only” programming will provide participants an opportunity to hear about their colleagues’ changing attitudes.

## 228A. Stimulants: Impact on Brain and Behavior and Treatment Approaches (1.5 CE/CME)

JAMES PECK, PSYD

LEVEL: INTERMEDIATE/ADVANCED

LOCATION: FLORES 1

This presentation will describe the national scope of stimulant use. The acute and chronic mental health and physical health consequences of stimulant use will be presented, including information on the impact of stimulant use on memory and cognition. The presentation will conclude with a discussion on how to implement effective behavioral treatment interventions with people who use stimulants, and the necessary adaptations needed to engage and retain people in care.

12:15 PM–1:45 PM

## THURSDAY LUNCH PLENARY — GROUP A

JOIN US FOR A DELIGHTFUL COMPLIMENTARY LUNCHEON HOSTED BY



**ORIGINS**  
BEHAVIORAL HEALTHCARE

(Pre-registration required – check with WCSAD registration office for availability).

## 250A. If You Want Your Patients to Get Better...: Nutritional Psychology in Behavioral Healthcare (1.0 CE/CME)

JOHN DYBEN, DHSC, MCAP, CMHP

LEVEL: ALL

LOCATION: FLORES 4 & 5

Mental health professionals are keenly aware that there are many factors and domains that influence psychological wellness. We often specialize in one or a few domains and leave the other areas to “specialists.” One area where this is often true is the area of nutrition. Some may feel that nutrition is outside of the mental health therapist’s scope and should only be addressed by a nutritionist. This workshop will not be a replacement for a trained nutritionist. It will provide a basic program of education and intervention that any mental health professional can provide to their patients to improve brain health through “macronutrient remediation.” Participants will be presented with a set of tools that they can provide to patients that will empower them to improve their patient’s brain health through nutritional intentionality.

2:00 PM–3:30 PM

## THURSDAY EARLY AFTERNOON WORKSHOPS — GROUP A

## 251A. Families, Trauma, and Addiction: Insights From Medical Family Therapy and Treatment of Chronic Disease (1.5 CE/CME)

MICHAEL BARNES, PHD, MAC, LAC, LPC

LEVEL: ALL

LOCATION: LAS BRISAS 1

What would happen to our treatment outcomes if we were to really treat addiction like the chronic disease that we say it is? This presentation will apply lessons learned from how chronic disease is treated in integrated medical environments, through the lens of medical family therapy, and through the lens of transgenerational and family system trauma theory. The goal will be for attendees to consider the need for a paradigm shift in how families are incorporated into the addiction treatment process. Attendees will learn about the phases of the chronic disease process and the developmental tasks for families in each phase. Dr. Barnes will discuss clinical implications and briefly introduce a family system, family-centered clinical program for treating families who are struggling to deal with addiction. The ultimate goal of this model will be to include the client in family services in order to create family healing.

## 252A. Chasing Intensity: Understanding and Treating the Super-Stimulating Effects of Co-Occurring Drug Use and Sexual Behavior (1.5 CE/CME)

DAVID M. FAWCETT, PHD, LCSW

LEVEL: INTERMEDIATE/ADVANCED

LOCATION: FLORES 1

Persons who pair substance misuse with porn and/or sexual acting out are frequently seeking to distance themselves from uncomfortable emotions. In most such cases, there is a history of trauma which has resulted in the urge to dissociate from uncomfortable feelings, thus numbing emotional pain. Many survivors of trauma seek detachment from painful thoughts and feelings through the activating intensity of sympathetic arousal. The super-stimulation resulting from combining drugs and sex creates this analgesic distraction while fueling a desire for even more intensity and con-



# GROUP A SESSION DESCRIPTIONS

nection. This workshop examines this phenomenon and provides clinical skills such as recognizing signs and symptoms of co-occurring stimulant misuse and sex addiction; understanding the unique effects of meth on the brain, including neurotoxicity that damages the reward circuitry and impacts the trajectory of recovery; and best practices for treating stimulant misuse and co-occurring sex addiction.

## **253A. Embracing Vulnerability, Cultivating Authenticity: Relapse Prevention Through Shame Resilience (1.5 CE/CME)**

HEATHER FOTION, LMFT, CDWF

**LEVEL: INTERMEDIATE**

**LOCATION: CAPRA**

The Daring Way™ is a shame resiliency curriculum rooted in Narrative Therapy and Mindfulness based psychotherapy. Shame resiliency focuses on recognizing shame and understanding shame triggers, mindfulness practices, non-attachment, understanding the components of trust, and building a network of people trustworthy with whom to share shame stories. The practice of "speaking shame" as opposed to being overcome by secrecy, silence, and judgement builds resilience and awareness. Narratives focused on scarcity, "I'm not \_\_\_ enough," increase likelihood of relapse due to isolation, secrecy, and disconnection. This presentation uses concepts from Narrative Therapy including the following interventions: externalization, deconstruction of the problem, and unique outcomes. This presentation utilizes shame resiliency constructs based on the research of Brené Brown, PhD, LMSW, including the importance of social supports, reality checking messages of shame from self or others, and insight into physiological experience of shame in order to build emotional vocabulary.

## **254A. Emergency Preparedness for Behavioral Healthcare Professionals: Lessons Learned From the COVID Pandemic (1.5 CE/CME)**

LEE NEAGLE, LPC;

MICHELLE MCCORKLE, MPH, CJCP

**LEVEL: INTRODUCTORY/INTERMEDIATE**

**LOCATION: FLORES 6**

Although all healthcare providers should be versed in emergency preparedness, daily demands can distract from planning for emergencies that may feel unlikely or far-off. As the COVID-19 pandemic has shown us, extraordinary events can arise with little warning. These events significantly impact the delivery of care, especially if we are not prepared. Throughout this presentation we will review the responsibility of behavioral health outpatient, day treatment, and residential care providers for emergency preparedness, including planning for infection control and prevention. We will also review how to create and maintain an emergency preparedness plan and how to monitor the ever-changing regulatory environment.

## **3:30 PM–4:15 PM AFTERNOON BREAK IN THE EXHIBIT HALL**

**HOSTED BY**

**The Kusunach Practice**   
THE WORLD'S MOST EXCLUSIVE TREATMENT CENTRE

## **4:15 PM–5:45 PM THURSDAY LATE AFTERNOON WORKSHOPS — GROUP A**

### **275A. Adoption and Addiction: The Impact of Biological Parent Relationships on the Severity of Substance Use (1.5 CE/CME)**

BRETT FURST, PSYD, LMFT

**LEVEL: INTERMEDIATE**

**LOCATION: FLORES 6**

Adoptees are twice as likely to become addicted to substances than the non-adopted population. Despite knowing that this adopted-addicted population exists, very little is known about why adoptees present with this unfortunate propensity, or what impacts the severity of their presentation. This presentation will explore the research relating to how a relationship to a biological parent, or the idea of them, may impact the severity of substance use, as well as review the current literature on the topic. Possible treatment options, and how the adoptee population differs in their treatment of addiction compared to a non-adoptee population, will be introduced and explored as well.

### **276A. Facilitated Growth: Experiential Activities for Recovery and Wellness (1.5 CE/CME)**

MARC PIMSLER, LPC, NCC, MAC, CCS, CET3, CYT

**LEVEL: ADVANCED**

**LOCATION: LAS BRISAS 1**

Come and play! If you are bored with your groups, guess who else is bored with them...your clients! Join us in this session as we learn the powerful art of therapeutic play. Experiential group therapy is a powerful way of introducing skills, rehearsing skills, and uncovering powerful insights that are otherwise unexplored. So much comes up when utilize this powerful technique properly. In this session, participants will practice with the actual skills as well as learn the art of debriefing. You will walk away with several new group ideas that will change the way you and your clients approach group counseling. This session presented live only due to the interactive nature of the presentation.

*This session presented live only due to the interactive nature of the presentation.*

# GROUP A SESSION DESCRIPTIONS

## **277A. Demographics, Trends, and Assessment of the LGBTQ+ Population** (1.5 CE/CME)

TODD CONNAUGHTY, MA, LPCC, LADC,

**LEVEL: INTERMEDIATE**

**LOCATION: CAPRA**

The session will begin with an overview of the APA Standards of Care to include current acceptable practice of LGBTQ+ terminology and language to build the foundation in learning to provide culturally competent care. This will move the attendees into education and explanation of the minority stress model and the intersectionalities of LGBTQ+ identities. Minority stress and other marginalized identities often lead to higher rates of substance use, mental health disorders, and trauma within the LGBTQ+ community. Statistics to support the higher rates of co-occurring disorders will be supported by presentation of SAMHSA's 2015 National Study, "Sexual Orientation and Estimates of Adult Substance Use and Mental Health." The current demographics and trends of LGBTQ+ individuals seeking treatment will be reviewed and studied as well as attendees will receive education on the use of a culturally competent assessment specifically created and formed to assess the needs of the LGBTQ+ identified individual.

## **278A. Universal Mechanisms of Change in Psychotherapy: What Works and How to Measure It** (1.5 CE/CME)

ANDREW GERBER, MD, PHD

**LEVEL: INTERMEDIATE/ADVANCED**

**LOCATION: FLORES 1**

Dr. Gerber will describe a framework for understanding the full range of mechanisms by which psychotherapy works in a range of situations, including psychiatric illness and addictions. He will present data from psychotherapy research and from magnetic resonance imaging (MRI) studies to support this framework. A program of research will be suggested for moving away from the "horse race" mentality of studies that attempt to show one type of psychotherapy is better than another, towards a future where practitioners can prescribe individual techniques that target the unique set of difficulties with which a patient presents.

## **FRIDAY, OCTOBER 1**

### **7:00 AM–12:15 PM** **COFFEE AND TEA ARE AVAILABLE** **IN EXHIBIT HALL**

**COURTESY OF**



**Lightning Step**

### **7:00 AM–8:00 AM** **OPEN 12 STEP MEETING — LAS** **BRISAS 2-3**

### **7:00 AM–8:30 AM** **BREAKFAST IN THE EXHIBIT HALL**

**HOSTED BY**



### **8:30 AM–10:00 AM** **FRIDAY MORNING PLENARY — GROUP A**

## **300A. Why Gender Matters: Creating Trauma Services for Women and Men** (1.5 CE/CME)

STEPHANIE S. COVINGTON, PHD, LCSW

**LEVEL: ALL**

**LOCATION: FLORES 4 & 5**

With the increased awareness of the impact of trauma on people's lives, behavioral health professionals are beginning to consider what this means in their specific settings. There is a growing evidence-base documenting the impact of child neglect and abuse (as well as other forms of trauma) on health, mental health, and behavior. Although research and clinical experience indicate a high incidence of trauma and co-occurring disorders in women's and men's lives, clinicians often struggle with the realities of providing effective, integrated, and trauma-informed services. This presentation discusses the specifics of becoming gender-responsive as well as defining the three levels of trauma work: trauma informed, trauma responsive, and trauma-specific. Historically, "gender responsive" referred to women's services. Today we have expanded our understanding of gender and its importance in providing effective interventions to include men, transgender, and nonbinary clients.

### **10:00 AM–10:45 AM** **MORNING BREAK IN THE** **EXHIBIT HALL**

**HOSTED BY**





# GROUP A SESSION DESCRIPTIONS

## 10:45 AM–5:45 PM FRIDAY DOT/SAP ALL-DAY WORKSHOP

### 310A. SAP Qualification and Regualification: Part 2 (6.0 CE/CME)

STEVEN S. GARNHAM, MED, CADIC, MAC, CEAP

LEVEL: INTERMEDIATE

LOCATION: STUDIOS

Effective January 1, 2004, before you can serve as a Substance Abuse Professional under the D.O.T. Regulations, you must have received 12 hours of qualifying training and then pass a qualifying examination. In addition, those qualified as SAP's must complete 12 hours of continuing education relevant to the SAP function, including recent updates in the regulations. This course contains the latest information.

## 10:45 AM–12:15 PM FRIDAY LATE MORNING WORKSHOPS – GROUP A

### 325A. Failure to Launch and the Unfortunate Connections of Trauma and Addiction (1.5 CE/CME)

RAFAEL CORTINA, LMFT, MFCC

LEVEL: INTERMEDIATE/ADVANCED

LOCATION: CAPRA

The focus of this presentation is on understanding the relationship between addiction and trauma in the treatment of young adults. This presentation will focus on providing a brief picture of the challenges that young adults face: a combination of technology, sex, and drugs that present the perfect opportunity to avoid life and stay in the protective cocoon of inactivity and contact avoidance. This presents a serious concern for the social structure and with the current rise of death due to drug overdose, the impact on families and communities presents a potential risk that affects millions worldwide. The premise of this presentation is how we can utilize the principles of gestalt therapy and its relational approach to help young adults develop their ability to explore the contact boundary and build new experiences that may lead to growth opportunities.

### 326A. Shifts in Illicit Drug Use Heighten the COVID-19 Health Crisis (1.5 CE/CME)

KELLY OLSON, PHD

LEVEL: INTERMEDIATE

LOCATION: FLORES 6

Although it is understood that there is no single solution to the current opioid epidemic, the last few years and the emergence of the COVID-19 pandemic in 2020 have led to dramatic shifts in drug abuse trends. On March 13, 2020, COVID-19 was declared a national emergency. The CDC stated that although drug overdose deaths already were increasing, these deaths have accelerated during COVID-19. In addition, overdose deaths have been led by non-prescribed fentanyl and its analogues, though stimulant-involved deaths such as those from methamphetamine and cocaine, are also increasing. In fact, methamphetamine has been the most frequently confiscated drug by law enforcement, followed by cannabis, cocaine, heroin, and fentanyl. Definitive urine drug testing of more than 3

million specimens, using liquid chromatography tandem mass spectrometry (LC-MS/MS) and collected from all 50 states, has yielded data that can be used to look at trends. We will be reviewing that data to illustrate how methamphetamine, cocaine, heroin, and fentanyl usage patterns are shifting, pre-COVID-19 and during COVID-19.

### 327A. The Integration of Spirituality and Psychotherapy (1.5 CE/CME)

JACK PERKINS, DMIN, LADC, CSAC, CCLC

LEVEL: INTRODUCTORY/INTERMEDIATE

LOCATION: LAS BRISAS 1

Spirituality is an important aspect in the lives of clients we serve; however, many professionals lack adequate training to effectively and ethically integrate spirituality within holistic care. Research validates the positive role of spirituality, when integrated with other modalities of services provided. It is associated with, "a variety of adjustment indicators including lower levels of depression and alcohol consumption, fewer somatic complaints, fewer interpersonal problems, lower mortality, and greater levels of life satisfaction, more use of social supports and overall coping ability" (Meichenbaum, 2008). Research demonstrates the need from an ethical, multicultural, and holistic perspective for healthcare providers to integrate spirituality into their clinical practice within the scope of evidence-based practices. Documentation of spirituality assessments and implementation of spirituality in treatment is required by the professional standards of JCAHO and CARF. The presenter will demonstrate the efficacy of integration spirituality and equip participants with resources for assessments and treatment planning.

### 328A. Addressing Racial Trauma as an Element of Addiction Treatment (1.5 CE/CME)

DEVONA M. STALNAKER-SHOFNER, EDD, LPC, NCC

LEVEL: INTRODUCTORY/INTERMEDIATE

LOCATION: FLORES 1

Racial and social justice have been at the forefront of mental health due to societal movements related to recent anti-Blackness injustices, which have exposed the historical and current racial trauma experienced by Black, Indigenous, and People of Color (BIPOC). This workshop focuses on the application of a wellness model to address the racial trauma of BIPOC and with the aim of expanding the knowledge base and clinical skills of counselors working with BIPOC individuals in therapy. This understanding will serve the client by validating their personal racial trauma narratives, recognizing the role and importance of these experiences on the individual, and allow clinicians to adapt treatment strategies in a culturally competent way.

# GROUP B SESSION DESCRIPTIONS

## FRIDAY, OCTOBER 1 GROUP B

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**12:30 PM–5:45 PM**  
COFFEE AND TEA ARE AVAILABLE  
IN THE EXHIBIT HALL

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COURTESY OF



## **2:00 PM–3:30 PM** OPENING PLENARY – GROUP B

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### **351B. Unplug to Reconnect: How the Digital World Potentially Reinforces Insecure Attachment in Relationships (1.5 CE/CME)**

DON GRANT, MA, MFA, DAC, SUDCC IV, PHD;  
BARB NOSAL, PHD, LMFT, LADC

**LEVEL: INTERMEDIATE/ADVANCED**  
**LOCATION: FLORES 4 & 5**

This presentation explores how a parent's (even unintentional) engagement with devices could impact emotional and social attachment development in children. Attachment theory, exploration, and education surrounding how our device use and utilization can affect/effect our relationships, and skills to help better manage our own digital behaviors are offered and discussed. The presentation will identify examples and/or symptomatic manifestations of unhealthy or inappropriate device management which could contribute to the development of a relational insecure attachment bond. We will review expert recommendations of how to implement healthier device management behaviors for themselves, their clients, patients, children, and/or students.

## **3:30 PM–4:15 PM** AFTERNOON BREAK IN THE EXHIBIT HALL

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HOSTED BY



## **4:15 PM–5:45 PM** FRIDAY LATE AFTERNOON WORKSHOPS – GROUP B

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### **375B. Tracking Evidence-Based Outcomes and Supporting Addiction Recovery With Digital Technology (1.5 CE/CME)**

EVIAN GORDON, MD, PHD

**LEVEL: INTERMEDIATE**  
**LOCATION: FLORES 6**

The use of digital technology by providers and payers continues to increase, and with it, a new perspective is emerging on how technology can be used to overcome treatment challenges and fill gaps in the continuum of care. At the same time, there is a growing focus on evidence-based outcomes, leading clinicians to look for ways to collect and use data to drive improvements. During this session, learn how neurotechnology can be used to assess mental health, screen for risk of mental conditions, and train new brain habits to support addiction recovery. See how clinicians can use a patient's mental health assessment and screening data to create targeted addiction treatment plans and interventions, leveraging the data to track and manage the patient's recovery over time. Discover tools and tips for supporting patients between visits to help them control cravings, stay on track with their recovery plan, and reduce relapse risk.

### **376B. Family-Focused Addiction Support Training: Working With Families Impacted By Substance Use Disorder (1.5 CE/CME)**

MAUREEN CAVANAGH, MED, MPA

**LEVEL: INTRODUCTORY/INTERMEDIATE**  
**LOCATION: LAS BRISAS 1**

A healthy and supportive family, or lack thereof, is one of the strongest determinants of mental and physical well-being throughout life. The need for that connection doesn't end at childhood and the lack of family support can impact in many ways. Addiction, often called a family disease, requires treatment that includes the person affected as well as their support system, primarily the family. What is the current attitude toward providing family support and education? How can treatment outcomes be improved by educating and supporting both the patient and their family? In this workshop, we will explore how addiction impacts the family and what families need to know and how they need to hear that information using MI, CRAFT, and intervention techniques, how we can help families develop their own family working agreement that takes the individual, unique family system into consideration, and how to encourage self-care techniques that benefit all.

### **377B. Trauma-Informed Care Approaches for Working With Individuals With Substance Use Disorders (1.5 CE/CME)**

ANDREW KURTZ, LMFT

**LEVEL: INTRODUCTORY**  
**LOCATION: FLORES 1**

The purpose of this workshop is to introduce participants to the presentation of trauma among patients and the relation between traumatic experience and the development of substance use disorders. Key topics include:

# GROUP B SESSION DESCRIPTIONS

an overview of trauma presentations across the lifespan; socioecological conceptualizations of early childhood trauma leading to later life judicial and medical impairments; and skills and strategies to intervene with clients who have co-occurring trauma and substance use disorders.

## **378B. Buddhist Psychology: Enhancing DBT, ACT, and MBRP for Relapse Prevention** (1.5 CE/CME)

CHRIS W. MCDUFFIE, MSW, MA, CADC-II

**LEVEL: ALL**

**LOCATION: CAPRA**

Attendees will learn the essential teaching of Buddhism, to help inform their understanding and expertise of DBT, ACT, and MBRP. Treating clients with co-occurring disorders during the COVID-19 pandemic has increased the risk of relapse for our clients. Evidenced-based, western modalities of DBT, ACT, and MBRP are best approached with a comprehensive understanding of the essential teachings of Mindfulness and Meditation. 2nd, 2021.

## **SATURDAY, OCTOBER 2**

### **7:00 AM–6:00 PM** COFFEE AND TEA ARE AVAILABLE IN THE EXHIBIT HALL

**LOCATION: EXHIBIT HALL**

**COURTESY OF**



### **7:00 AM–8:00 AM** OPEN 12 STEP MEETING — LAS BRISAS 2-3

### **7:00 AM–8:30 AM** BREAKFAST IN THE EXHIBIT HALL

**HOSTED BY**

**SAFE HARBOR**

### **8:30 AM–10:00 AM** SATURDAY MORNING PLENARY — GROUP B

#### **400B. Feeling Safe Enough to Heal (1.5 CE/CME)**

LES ARIA, PHD; MEL POHL, MD, DFASAM

**LEVEL: INTRODUCTORY/INTERMEDIATE**

**LOCATION: FLORES 4 & 5**

Chronic pain is a disease state that is generally considered one to be managed, not solved. There is tremendous frustration amongst clinicians in treating chronic pain because results are often poor, patients are angry, and the costs to society are crippling. The science now shows a new pathway to a powerful shift from the structural model of chronic pain to one based on addressing core neuropsychophysiology. The information in this presentation will address the following: The five-key points of chronic pain for pain recovery; the Polyvagal-informed clinician in the treatment of chronic pain and addiction disorders; the application of Internal Family Systems (IFS) in befriending the Inner Critic. The presentation will include demonstrations emphasizing the transformation of concepts into clinical skills that would be helpful in treating patients with co-occurring pain and addiction.

### **10:00 AM–10:45 AM** MORNING BREAK IN THE EXHIBIT HALL

**HOSTED BY**



### **10:00 AM–10:45 AM** ASK THE EXPERT

Join Josh Weum, Director of Paid Media of Dreamscape Marketing, at their booth in the exhibit hall for an Addiction Treatment Digital Marketing "Ask Me Anything" Session (Booth 75). With 2020 setting overdose records, and 2021 on pace to break those records, our expert team knows that online is where the search for help begins, and precise patient targeting through digital marketing is key to bridging the gap between patient and provider. In its 16 years serving the behavioral health community, Dreamscape Marketing's commitment to ethical and transparent digital marketing has helped treatment programs be found online and aided in driving more than 150,000 admissions. We invite all attendees of WSCAD to join us and get their website, SEO, and paid search questions answered so they can deploy marketing solutions that will save lives as we battle the substance use epidemic.





# GROUP B SESSION DESCRIPTIONS

## SATURDAY LATE MORNING WORKSHOPS — GROUP B

### 425B. Advancing Treatment of the Suicidal Patient: Integrative Approaches (1.5 CE/CME)

MICHAEL GROAT, PHD

LEVEL: INTERMEDIATE/ADVANCED

LOCATION: CAPRA

This workshop will outline the evolution of thinking about suicidality and the research that has been conducted on understanding the suicidal patient (Nock, Joiner, Jobes, Van Orden, Bryan, Linehan, etc). We will review integrative approach using CAMS (Collaborative Assessment and Management of Suicidality) as a platform to talk about working with suicidality in an integrative, non-theory (ie, psychodynamic, CBT, etc) specific way. There will be an introduction to phased work on how we can work with the suicidal patient in ways that both acknowledge and respond to internal conflict (wishes to die vs wishes to live) and deficit (lack of adequate coping responses or ego deficits). Discussing how the building of long-term resilience requires the integration of multi-modal approaches, often including family work, community support, individual therapy, and group work.

### 426B. Addressing Racial Trauma as an Element of Addiction Treatment (1.5 CE/CME)

DEVONA M. STALNAKER-SHOFNER, EDD, LPC, NCC

LEVEL: INTRODUCTORY/INTERMEDIATE

LOCATION: FLORES 6

Racial and social justice have been at the forefront of mental health due to societal movements related to recent anti-Blackness injustices, which have exposed the historical and current racial trauma experienced by Black, Indigenous, and People of Color (BIPOC). This workshop focuses on the application of a wellness model to address the racial trauma of BIPOC and with the aim of expanding the knowledge base and clinical skills of counselors working with BIPOC individuals in therapy. This understanding will serve the client by validating their personal racial trauma narratives, recognizing the role and importance of these experiences on the individual, and allow clinicians to adapt treatment strategies in a culturally competent way.

### 427B. Acupuncture, Yoga, and Integrative Therapies for Acute Withdrawal and Sustained Recovery (1.5 CE/CME)

MV TANUR, MD;

JAY GUPTA, RPH, YOGA MASTER

LEVEL: INTERMEDIATE/ADVANCED

LOCATION: LAS BRISAS 1

Abrupt withdrawal from opiates, alcohol, stimulants, and related medication treatment can be life-threatening or terrifying or both. (No one plans on precipitous incarceration or detention whether a substance misuser or an undocumented mother.) Likewise, achieving a restorative level of opioid, medication like methadone or buprenorphine takes time and intensive monitoring. "Comfort medications" for these transitions may require access to a prescriber; a supply of these medications; and sometimes medical insurance. This workshop will examine the conflicting evidence about acupuncture, yoga, and a bit about homeopathy as stand-alone and adjunctive treatments in substance use disorders (SUD). We will highlight the history of acupuncture detoxes from the South Bronx to its recent spread to South African cities. Another emphasis will be integrative

therapies provided on the streets of San Francisco to Boston. Interactive brainstorming on access to such holistic therapies for uninsured, reticent, or "medically homeless" patients will conclude this session.

### 428B. Synthetic Drugs: What Providers Need to Know (1.5 CE/CME)

ANDREW KURTZ, LMFT

LEVEL: INTRODUCTORY/INTERMEDIATE

LOCATION: FLORES 1

The purpose of this introductory-level workshop is to provide clinicians from a variety of work and educational backgrounds with a detailed overview of synthetic drugs, including substances known on the street as K2, Spice, and Bath Salts. The presentation seeks to raise awareness by defining key terms, describing the main classes of synthetic drugs commonly available, presenting available data on the extent of use, providing information on how to identify and assess individuals using them.

## 12:15 PM–1:45 PM SATURDAY LUNCH PLENARY — GROUP B

JOIN US FOR A DELIGHTFUL COMPLIMENTARY  
LUNCHEON HOSTED BY



(Pre-registration is required. Check with the WCSAD registration office for availability).

### 450B. Current Drugs of Abuse: Recovery Strategies and Innovative Treatment (1.0 CE/CME)

MARSHA STONE, JD, LCDC

LEVEL: ALL

LOCATION: FLORES 4 & 5

This workshop will cover the adaptations, innovations, and new clinical protocols required to continue to serve clients with substance use disorder during the COVID-19 pandemic. It will focus on changes in acuity in clients admitting for care, the challenges of telemedicine, and the physical and emotional safety precautions needed to provide care for staff and clients.

# GROUP B SESSION DESCRIPTIONS

## 2:00 PM–3:30 PM SATURDAY EARLY AFTERNOON WORKSHOPS — GROUP B

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### 451B. Trauma-Based Challenges in LGBTQ Treatment (1.5 CE/CME)

JOHN SOVEC, LMFT

**LEVEL: INTERMEDIATE/ADVANCED**  
**LOCATION: LAS BRISAS 1**

The hetero-normative model of treatment has been the standard of care with little respect or validation of the unique needs of LGBTQ patients. Studies reveal that LGBTQ people take more risks to use substance and that this need is often driven by developmental trauma closely related to their LGBTQ identity. As treatment professionals, an understanding of hetero-normative privilege, LGBTQ developmental phases and how these constructs influence LGBTQ treatment is vital. This workshop will identify issues that impact mental and physical health of sexual minorities. We will explore the alienation of LGBTQ clients from their family of origin, understand substance use as a coping mechanism in LGBTQ identity development, and how by reaffirming the coming out process in a supportive environment, clients can regain their sense of identity. Issues of sobriety, sexuality, gender, and family dynamics will be explored in this interactive workshop with tools shared to address these challenging issues.

### 452B. You are Not Your Anger: Mindfulness and EMDR Therapy for Anger Management (1.5 CE/CME)

STEPHEN DANSIGER, PSYD, MFT

**LEVEL: INTRODUCTORY/INTERMEDIATE**  
**LOCATION: CAPRA**

Anger is a symptom of many diagnoses and difficulties treated with EMDR therapy and other trauma-focused therapies, including but not limited to addiction, PTSD, and complex PTSD. Meanwhile, an inability to identify or process anger can be a primary presenting issue on its own. Anger management is not just about defusing rage. It is about helping clients develop a new relationship with their anger through resourcing and reprocessing. Attendees will identify how the EMDR eight-phase standard protocol and the Adaptive Information Processing Model, along with mindfulness-based strategies, can treat anger when it is a primary presenting issue for therapy, or within all the diagnoses impacted by this important but unwieldy emotion. Attendees will evaluate the application of anger management and distinguish how to apply a trauma-focused care approach to anger. This workshop is appropriate for EMDR clinicians and non-EMDR clinicians.

### 453B. Somatic Experiencing in a Treatment Setting (1.5 CE/CME)

LESLEY A. TATE-GOULD, PSYD, SEP

**LEVEL: INTERMEDIATE/ADVANCED**  
**LOCATION: FLORES 1**

This workshop will provide participants with an understanding of how Somatic Experiencing is used in a treatment setting to address patients presenting with symptoms associated with mood disorders and complex trauma. The workshop will provide participants with information on fight/flight/freeze response, what happens in the nervous system when trauma develops; how to recognize trauma re-enactment and the constellation of disorders that relate to re-enactment and Somatic Experiencing strategies to target healing from trauma. These include embodied physiological sensation and emotion tracking, breath work, postural holds, and musculature supports and movement exercises. Workshop participants will have therapeutic tools to utilize with patients that are integrative and offer expedited healing from trauma and associated conditions.

### 454B. No More Rock Bottom: Integrating Compassion-Focused Therapies Into the Treatment of Mental Health Disorders (1.5 CE/CME)

NICOLE SIEGFRIED, PHD, CEDS-S

**LEVEL: INTERMEDIATE/ADVANCED**  
**LOCATION: FLORES 6**

Research has shown that mental health disorders characterized by shame and self-criticism may not respond as well to traditional evidence-based treatments. Compassion-focused therapy (CFT) was developed as an enhancement to traditional psychotherapies to specifically target symptoms of shame and self-criticism. CFT is an integrated, multimodal approach that draws on evolutionary, social, developmental psychology, and neuroscience to promote inner warmth, safeness, and soothing through compassion and self-compassion. There is increasing evidence for the effectiveness of CFT with various mental health disorders. Participants in this workshop will be equipped with an understanding of the philosophy of CFT, practical tools to address the underlying neurobiology of emotion dysregulation, and effective interventions to foster self-compassion. Attendees will leave this presentation with improved competence and renewed hope in treating mental health disorders rooted in shame and self-criticism.

## 3:30 PM–4:15 PM AFTERNOON BREAK IN THE EXHIBIT HALL

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# GROUP B SESSION DESCRIPTIONS

## 4:15 PM–5:45 PM SATURDAY LATE AFTERNOON WORKSHOPS – GROUP B

### 475B. Internet Gaming Disorder: A Guide to Video Game Addiction

(1.5 CE/CME)

MARY HARTY, MS, LPC

**LEVEL: INTRODUCTORY/INTERMEDIATE**

**LOCATION: FLORES 6**

The idea of 'video game addiction' is a topic that is frequently debated in the psychological community. Although Hazardous Gaming Disorder is a diagnosis recognized by the ICD-11, the DSM-V still considers this topic in need of further study. Video games play a key role in our current culture but how do you know the difference between a recreational hobby and the beginnings of a behavioral addiction? This presentation will explore the current impact of video games on functioning and identify the pros and cons of game use. The presentation will also discuss ways for professionals to identify if a patient is displaying problematic game use and explore the most recent treatment options. At the end of this presentation, attendees will be able to: Discuss impacts of excessive gaming on functioning; cite warning signs of behavioral addiction in relation to video games; and discuss and critique emerging treatment options.

### 476B. Ethically Grounded Experiential Interventions for Trauma (1.5 CE/CME)

ADENA BANK LEES, LCSW, LISAC, BCETS, CP

**LEVEL: INTERMEDIATE/ADVANCED**

**LOCATION: LAS BRISAS 1**

This action-oriented workshop offers practical, applicable, and effective interventions for use with individuals and groups in various treatment settings. It is presented in a live-action group process where professional boundaries are a must. Psychotherapy models such as Internal Family Systems, Relational Trauma Repair, and the Therapeutic Spiral Model of Psychodrama, will be utilized as foundations for our work. A history of little t or big T trauma(s) often underly presenting problems such as depression, anxiety, and addiction. It is, therefore, necessary to equip ourselves with trauma-responsive techniques to enhance our work as clinicians. Sensitive emotional material may be tapped into due to the nature and topic of the workshop. Engage your curiosity and creativity while gaining valuable skills!

### 477B. Why Do I Feel So Broken and Lost? Navigating Grief and Loss With Our Clients

(1.5 CE/CME)

KRISTINA PADILLA, MA, IMF, LAADC, ICAADC, CGS

**LEVEL: INTRODUCTORY/INTERMEDIATE**

**LOCATION: FLORES 1**

In this workshop, the 5 stages of grief and loss are broken down and the process is explained; helping clients through their process of getting back on their feet while mourning. Learn how grief is the response to loss, particularly to the loss of someone or some living thing that has died, to which a bond or affection was formed. Although conventionally focused on the emotional response to loss, grief also has physical, cognitive, behavioral, social, cultural, spiritual, and philosophical dimensions. Although the terms are often used interchangeably, bereavement refers to the state of loss, while grief is the reaction to that loss.

### 479B. Treating Cognitive Distortions to Stop the Cycle of Criminality and Substance Use

(1.5 CE/CME)

JENNIFER WEAVER-BREITENBECHER, MA, CAGS, LMHC

**DUE TO A FACULTY SCHEDULING CONFLICT, THIS SESSION WILL ONLY BE AVAILABLE ON DEMAND, NOT PRESENTED LIVE AS PREVIOUSLY ANNOUNCED.**

### 480B. Providing Patient Solutions: Opioid Overdose Prevention, Identification, and Treatment (1.5 CE/CME)

TBD

**LEVEL: ALL**

**LOCATION: CAPRA**

The need to address opioid misuse and OUD in the United States has never been more urgent—approximately 81,230 drug overdose deaths occurred in the U.S. between June 2019 and May 2020—the highest number of overdose deaths in a 12-month period in U.S. history; synthetic opioids were the primary driver of these increases. Tools to address OUD, such as patient and community education campaigns and medication assisted treatment (MAT) in combination with counseling and behavioral therapies, have been shown to be effective in preventing deaths associated with opioid misuse, but overdose is still highly prevalent. Importantly, the overdose reversal drug naloxone can restore normal breathing and save the life of an individual overdosing on opioids, but it must be administered quickly and, by the time a person having an overdose receives medical care, it is often too late. Until recently, naloxone was available only via intravenous, intramuscular, and subcutaneous administration. The development of an intranasal, needle-free formulation of naloxone for emergency treatment of a known or suspected opioid overdose, however, has allowed medically untrained individuals, such as family members or caregivers, to safely administer naloxone in these emergency situations. In order to improve outcomes for patients at risk for opioid overdose, this session will provide addiction professionals with a thorough understanding of all current recommendations and strategies for overdose prevention and reversal, as well as improve understanding of how to educate patients at risk for overdose and their family members and/or caregivers on the role and means of administration of available options for overdose reversal.

**Supported by an independent educational grant from Emergent BioSolutions**



# GROUP B SESSION DESCRIPTIONS

## SUNDAY, OCTOBER 3

**7:00 AM–10:45 AM**  
COFFEE AND TEA ARE AVAILABLE  
IN THE EXHIBIT HALL

COURTESY OF



**7:00 AM–8:00 AM**  
OPEN 12 STEP MEETING — LAS  
BRISAS 2-3

**7:00 AM–8:30 AM**  
BREAKFAST IN THE EXHIBIT HALL

HOSTED BY



**8:30 AM–10:00 AM**  
SUNDAY MORNING PLENARY —  
GROUP B

**500B. Disappointment and the Fear of Hope:  
From Theory to Research (1.5 CE/CME)**

ROSS ELLENHORN, PHD, LICSW

**LEVEL: INTERMEDIATE**

**LOCATION: FLORES 4 & 5**

We live in a dangerous age for therapies, in which what was once a form of care that depended on the insight and contemplation of the clinician, has become a set of practices, learned from books. This talk returns us to where the best training happens: shifting the way clinicians think about their clients away from a cluster of symptoms to be fixed by techniques, but as meaning-making animals (which they are). Fear of hope, which has now been scientifically validated, gives clinicians insight into symptoms often categorized as “depression,” “anxiety,” “fear of failure,” and even “attachment disordered.” It offers science in service of contemplation, helping clinicians see differently regarding their clients, in a more human-based, rather than pathology-oriented way. This approach to learning and training is invaluable in a world in which clinicians are increasingly treated as mechanics, with set skills aimed to fix particular illnesses. Most specifically, it helps clinicians identify a particular meaning-making process in individuals that appear as lacking motivation or refusing help, and it does so without linking these processes to pathology.

**10:00 AM–10:45 AM**  
MORNING BREAK IN THE  
EXHIBIT HALL

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**10:45 AM**  
EXHIBIT HALL CLOSES

**10:45 AM–12:15 PM**  
SUNDAY LATE MORNING  
WORKSHOPS — GROUP B

**526B. Ethical Considerations Using Family  
Centered System of Care Approach in  
Substance Use Disorder Treatment Settings  
(1.5 CE/CME)**

CARMEN M. FINN, MA, LADC, ADCR-MN;  
SADIE M. HOSLEY, MA, LPCC, LADC

**LEVEL: INTERMEDIATE/ADVANCED**

**LOCATION: CAPRA**

This presentation will explore the intersection between substance use disorders, the family experience, and ethical considerations when implementing a family-centered care approach in behavioral health settings. Additionally, this presentation will explore the impact of substance use on children, benefits to a family centered system of care, service delivery challenges, and addressing outcomes for the whole family in a substance use disorder treatment setting.

**527B. Brainspotting for Trauma Treatment  
and Resolution (1.5 CE/CME)**

DIANNA SANDOVAL, LPC, LAC, MA

**LEVEL: INTRODUCTORY/INTERMEDIATE**

**LOCATION: LAS BRISAS**

This workshop will introduce clinicians to a brain-based therapy that focuses on trauma treatment and resolution through the field of vision. The premise behind Brainspotting is that “where you look effects your mood.” In this workshop, therapists will explore the discovery and techniques used in Brainspotting. They will learn the theory and development along with the first four basic techniques for practicing. And will learn the difference between Brainspotting and EMDR as brain-based therapy along with how to integrate talk therapy and other techniques used by clinicians. Finally, clinicians will learn how to be trained as a practitioner and what it takes to become fully certified in this technique.

# GROUP B SESSION DESCRIPTIONS

## 528B. Reconceptualizing Relapse Prevention By Addressing Patients' Unique Triggers and Cravings (1.5 CE/CME)

TIFFANY DZIOBA, PSYD, LMFT;  
JD KALMENSON, RABBI

**LEVEL: INTRODUCTORY/INTERMEDIATE**

**LOCATION: FLORES 6**

Relapse rates in the first year of recovery are as high as 60%—often due to lack of maintenance in addiction prevention following treatment, and failure to address ongoing cravings and triggers that are understood when examining the neuroscience of addiction. Better outcomes for sustained recovery include: recognizing the neurological causes of relapse, addressing common triggers associated with cravings (internal and external), and helping clients develop identification strategies to manage triggers with ongoing support through at least the first year of recovery. Triggers and cravings are managed through a combination of individualized medication-assisted treatment, developing emotional awareness and emotional resilience, creating connection and a supportive community, changing the narrative, and addressing spiritual issues of meaning, purpose, values, and forgiveness. Clinicians will be learning essential interventions in addiction treatment to address high relapse potential and take an individualized with clients, intervening at the neurological, cognitive, emotional, spiritual, and social levels.

## 529B. The Integration of Spirituality and Psychotherapy (1.5 CE/CME)

JACK PERKINS, DMIN, LADC, CSAC, CCLC

**LEVEL: INTRODUCTORY/INTERMEDIATE**

**LOCATION: FLORES 1**

Spirituality is an important aspect in the lives of clients we serve; however, many professionals lack adequate training to effectively and ethically integrate spirituality within holistic care. Research validates the positive role of spirituality, when integrated with other modalities of services provided. It is associated with, “a variety of adjustment indicators including lower levels of depression and alcohol consumption, fewer somatic complaints, fewer interpersonal problems, lower mortality, and greater levels of life satisfaction, more use of social supports and overall coping ability” (Meichenbaum, 2008). Research demonstrates the need from an ethical, multicultural, and holistic perspective for healthcare providers to integrate spirituality into their clinical practice within the scope of evidence-based practices. Documentation of spirituality assessments and implementation of spirituality in treatment is required by the professional standards of JCAHO and CARF. The presenter will demonstrate the efficacy of integration spirituality and equip participants with resources for assessments and treatment planning.

## On-Demand Only Sessions

### 479B. Treating Cognitive Distortions to Stop the Cycle of Criminality and Substance Use

JENNIFER WEAVER-BREITENBECHER, MA, CAG, LMHC

**LEVEL OF INSTRUCTION: INTERMEDIATE/ADVANCED**

Recent research shows us that traditional therapeutic modalities have bare minimal effectiveness when working with criminal offenders (both pre- and post-incarceration). Multiple techniques with the framework of CBT and DBT have proven effective in addressing both criminal and addictive thought patterns; as well as in dispelling cognitive distortions. This workshop will review the impacts of traditional CBT methods (cognitive restructuring, reframing, motivational interviewing, etc) on this population and recent research of the impacts of less traditional DBT approaches as well as discuss basic cognitive distortions within this population and their most common clinical manifestations. Attendees will be able to describe commonly recognized criminal and addictive thought patterns and understand basic DBT skills individualized to this treatment population that can be applied (as additional supplements) to traditional therapy sessions.

### 525B. Utilizing Clinical Supervision to Combat Compassion Fatigue (XX CE/CME)

MICHELLE BEAUDOIN, MA, MFA, NCC, LMHC, CASAC, ICAC

**LEVEL: INTERMEDIATE/ADVANCED**

Substance use disorder counseling takes an emotional toll on clinicians, frequently contributing to vicarious traumatization, secondary traumatic stress, and compassion fatigue, all of which can contribute to decreased efficacy and empathy. Numerous studies have pointed to the protective factors counselors can utilize to reduce compassion fatigue and increase compassion satisfaction. Primary among these strategies is engaging in good quality clinical supervision. This workshop will assist both clinicians and supervisors in identifying early signs of compassion fatigue and will provide a clinical supervision model utilizing the framework developed by Powell and Brodsky, along with motivational interviewing techniques as described by Miller and Rollnick. Participants will be guided through use of the ProQOL as an assessment tool for compassion fatigue and will be provided with a basic clinical supervision template they can utilize to help address identified issues which may contribute to dissatisfaction with clinical work and negatively impact quality of life.

## GROUP B SESSION DESCRIPTIONS

### **550B. Multiculturalism and Intersectionality, Trauma, and Substance Use in a Time of Hate: How the Creative and Expressive Arts Can Heal**

CHARLOTTE BOSTON, MA, ATR-BC, LCPAT;  
REBECCA SLEDGE JOHNSON, LPC-MHSP, ATR;  
PEGGY KOLODNY, MA, ATR-BC, LCPAT;  
JERRY MUNGADZE, PHD, LPC-S;  
ERICA SCOTT, PHD, LPCC917;  
NINA "ANIN" UTIGAARD, MFT, REAT

#### **LEVEL OF INSTRUCTION: ALL**

A dynamic and interactive panel will introduce attendees to non-dominant and non-violent ways of communication with marginalized populations, as well as diverse and polarized groups, through image making and creative expression such as art, poetry, music, dance, and theater. The creative and expressive arts therapies are able to foster a healing pathway of understanding, compassion, acceptance, and healthy communities within substance use disorder treatment programs. This panel will discuss topics regarding cultural differences, diversity, social justice, inclusion, and empowerment in order to hold therapeutic conversations about how the arts are able to address racism, sexism, ableism, classism, and otherism.

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# GROUP A FACULTY



## **MICHAEL BARNES, PHD, MAC, LPC,**

has spent the past 35 years serving as an addiction professional, program administrator, family therapist, and counselor educator. For the past 3 years, he has served as the Chief Clinical Officer at Foundry Treatment Center in Steamboat Springs, Colorado. Prior to working at Foundry, Dr. Barnes served as the Manager of Residential Services and Clinical Educator at the Center for Dependency, Addiction and Rehabilitation (CeDAR) at the University of Colorado Hospital. Prior to that, he was on the faculty of the MA Program in Counseling at the University of Colorado in Denver. Dr. Barnes earned his PhD in Marriage and Family Therapy at Florida State University, his MEd in Rehabilitation Counseling at the University of Pittsburgh, and his BA in Psychology at Indiana University of Pennsylvania. He is a Master Addiction Professional (NAADAC), Licensed Professional Counselor (Colorado), and Diplomate in the American Association of Experts in Traumatic Stress. Dr. Barnes speaks nationally on Families Trauma and Addiction, Trauma Integrated Addiction Treatment, and Compassion Fatigue. His publications in books and scholarly journals have focused on secondary trauma and clinical work with traumatized family systems.



## **TRISH CALDWELL, MFT, LPC, CAADC, CCDP-D, CCTP,**

is the National Director of Family Services for Recovery Centers of America, which has 10 sites across the Midwest and the Northeast. She is contracted with Lakeside Global Institute as a trauma trainer and is an adjunct professor at Jefferson University. Trish is a licensed clinician, marriage and family therapist, and is certified in trauma, co-occurring disorders, and substance use with more than 27 years of experience. She is a frequent speaker at national conferences on the topics of substance use disorders and trauma. Additionally, Trish created the first Young Offenders Treatment program in Delaware County, serving first-time offenders with drug charges. Trish holds her MFT from Drexel University and holds a private practice specializing in substance use, family, ADHD, and trauma.



## **TODD CONNAUGHTY, MA, LPCC, LADC,**

has been employed with PRIDE Institute in various roles since 2006 and in his current role as Director of Clinical Services since 2012. He received his Bachelors of Science degree in Addiction Counseling from Metropolitan State University and his Master's degree in Counseling Psychology from St. Mary's University. He is certified to provide supervision to Alcohol and Drug Counselors and Licensed Professional Clinical Counselors through the Board of Behavioral Health and Therapy of Minnesota. Todd is also trained in EMDR therapy. Todd is passionate about his work with the LGBTQ+ community and strives to help clients create a life in recovery that brings them meaning and purpose. Additionally, Todd enjoys working with alcohol and drug counseling interns and mental health practicum students, assisting new clinicians to become adept in working with the LGBTQ+ community.



## **RAFAEL CORTINA, LMFT,**

is a bilingual (English-Spanish) therapist who has worked in Mexico and the United States. He has more than 20 years of experience working with individuals, couples, families, and groups. He has a Masters of Arts in Counseling Psychology and a Masters in Business Administration with an Emphasis in Marketing and he is a Certified Gestalt Therapist and a Certified Gestalt Couples Therapist. He is a former Clinical Director at ACI Specialty Benefits, faculty member at the University of Phoenix, San Diego Campus, and Lead Faculty member at the Humanistic Institute of Gestalt Psychotherapy in Tijuana, Mexico. He has experience working with mood disorders (depression and bipolar), anxiety disorders, addiction, grief and loss issues, dual diagnosis (substance abuse and a mental health disorder), trauma work, Lesbian, Gay, Bisexual, and Transgender issues, HIV/AIDS counseling, dream work, couples therapy, and Gestalt-oriented psychotherapy.



## **STEPHANIE S. COVINGTON, PHD, LCSW,**

is an internationally recognized clinician, organizational consultant, and lecturer. For more than 35 years, her work has focused on the creation of gender-responsive and trauma-informed services. Her extensive experience includes designing women's services at the Betty Ford Center, developing programs for women in criminal justice settings, and being the featured therapist on the Oprah Winfrey Network TV show entitled "Breaking Down the Bars." She has also served as a consultant to the United Nations Office on Drugs and Crime (UNODC) in Vienna and was selected for the federal Advisory Council on Women's Services. Educated at Columbia University and the Union Institute, Dr. Covington has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology. She has published extensively, including ten gender-responsive, trauma-informed treatment curricula. Dr. Covington is based in La Jolla, California, where she is Co-Director of both the Institute for Relational Development and the Center for Gender and Justice.



## **JOHN DYBEN, DHSC, MCAP, CMHP,**

serves as the Chief Clinical Officer for Origins Behavioral Healthcare. In this capacity, he provides both academic and clinical supervisory support to all of Origins' programs. John's academic background includes a Doctor of Health Science and a Certificate in Nutritional Psychology. John is an ordained pastor, clinically trained chaplain, and board certified as both a Master Addictions Professional and a Mental Health Professional in the State of Florida. In addition to his clinical work, John lectures in multiple professional and academic venues on topics related to science, health, spirituality, and ethics, and he was an adjunct professor at Palm Beach State College for 12 years. He brings more than 20 years of experience as a therapist, educator, and clinical supervisor to this topic.

# GROUP A FACULTY



## DAVID FAWCETT, PHD, LCSW,

is a social worker and clinical sexologist who has worked in addictions and mental health for more than three decades. Since 2000, he has specialized in treating fused drug use and sexual behavior ("chemsex") and has become a leading authority on achieving both chemsex sobriety and integrating healthy sex and intimacy in recovery. He is the author of "Lust, Men, and Meth: A Gay Man's Guide to Sex and Recovery" (Healing Path Press 2015), which explores the intersection of gay men, drug use, and high-risk sexual behavior. He is also Vice President for Clinical Programming at Seeking Integrity LLC where he, in collaboration with Dr. Rob Weiss, develops and operates treatment programs for sex and porn addiction and chemsex. Seeking Integrity currently operates a program in Los Angeles. David is highly regarded trainer and is the producer of the podcast "Sex, Love, and Addiction: Healing Conversations for Gay, Bisexual, and Transgender Men." In 2018, David co-produced the award-winning documentary Crystal City which follows the journeys of several men in recovery from chemsex in New York.



## ERIC GARLAND, PHD, LCSW,

is Distinguished Endowed Chair in Research, Professor and Associate Dean for Research in the University of Utah College of Social Work, and Director of the Center on Mindfulness and Integrative Health Intervention Development (C-MIIND). Dr. Garland is the developer of an innovative mindfulness-based therapy founded on insights derived from cognitive, affective, and neurobiological science, called Mindfulness-Oriented Recovery Enhancement (MORE). As Principal Investigator or Co-Investigator, Dr. Garland has more than 175 scientific publications and has received more than \$50 million in research grants from the NIH, DOD, and PCORI to conduct translational research on biopsychosocial mechanisms implicated in addiction, emotion dysregulation, and chronic pain, including randomized controlled trials of MORE and other mindfulness-based interventions as treatments for opioid misuse and addiction. To complement his expertise in clinical research, Dr. Garland is a licensed psychotherapist with more than 15 years of clinical experience providing mind-body therapies for persons suffering from addictive behaviors, psychological disorders, and chronic pain. In 2019, he was appointed by NIH Director Dr. Francis Collins to the NIH HEAL Multi-disciplinary Working Group comprised of national experts on pain and addiction research to guide the \$1.1 billion HEAL initiative to halt the opioid crisis.



## HEATHER FOTION, LMFT, CDWF,

is a Licensed Marriage and Family Therapist and Certified Daring Way™ Facilitator. Heather is a California native, and currently lives in South Orange County with her husband, daughter, and two fur-sons. She has worked in the behavioral health field since 2011 and specializes in working with people struggling with substance use disorders, shame, and perfectionism. Heather has worked in nearly every aspect of substance abuse treatment, including: leadership and program management, psychotherapy, case management, and family therapy. She received her Bachelors Degree from the University of California at Berkeley and Masters Degree in Marriage and Family Therapy from the University of Southern California. Heather wholeheartedly believes in empowering clients to lean into vulnerably showing up as their authentic selves and owning their entire story in order to build resilience.



## STEVE GARNHAM, MED, CADC, MAC, CEAP,

is the owner of Comprehensive Workplace Training, holds a certification in Pennsylvania as a Certified Alcohol and Drug Counselor, Master Addiction Counselor, Licensed Employee Assistance Professional, Labor Assistance Professional—Certified, and is a qualified SAP. As a SAP trainer, he has provided trainings for qualification and re-qualification for SAPs since 2005. He is a former EAP counselor for Amtrak and the USPS as well as previous EAP for the Phila Police Department. He has presented at the EPA World conference, LAP National Conference, WCSAD, as well as many other locations.



## BRETT FURST, PSYD, LMFT,

specializes in treating adoptees that struggle with substance use, and has created some of the first specialized treatment protocols, therapeutic tracks, and unique interventions to better help this under-served population and has used this background in his role as the founder and creator of the PACE Recovery Adoption Treatment Center. Dr. Furst's research in this field has focused on the role that a relationship with one's biological parent(s) has on the severity of substance use, and has brought to light the need for increased treatment expertise in the substance use treatment field. Therapeutically, Dr. Furst comes from a Gestalt and attachment perspective, placing emphasis on the exploration of the authentic self and how inauthenticity and their negative personas contribute to a lack of attachment to others.



## ANDREW J. GERBER, MD, PHD,

is President and Medical Director of Silver Hill Hospital, a private non-profit psychiatric hospital in New Canaan, Connecticut. Dr. Gerber is a child and adolescent psychiatrist whose career combines his work as a clinician, scholar, research scientist, and executive. He completed his medical and psychiatric training at Harvard Medical School, Cambridge Hospital, and Weill Cornell and Columbia medical schools; he completed his PhD in psychology at University College London and the Anna Freud Centre. Prior to joining Silver Hill, Dr. Gerber was Director of the Magnetic Resonance Imaging (MRI) Program at the New York State Psychiatric Institute, Columbia Medical Center and Medical Director and CEO of the Austen Riggs Center in Stockbridge, Massachusetts. Among his many affiliations, he serves as associate clinical professor in the Division of Child and Adolescent Psychiatry at Columbia University Medical Center and as associate clinical professor at the Child Study Center and Department of Psychiatry, Yale University.

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# GROUP A FACULTY



## **ANTOINETTE GIEDZINSKA, PHD,**

also known as Dr. Antoinette, received her PhD in Clinical Psychology from the University of Southern California, where her training emphasized behavioral medicine, clinical research, and neuropsychology. She has authored several scientific publications addressing psychological correlates of cancer quality of life, program development, and patient treatment decision-making. Her 13-year career at Sierra Tucson comprises several accomplishments, such as developing psycho-educational curricula for Sierra Tucson's Pain Recovery program, developing and successfully implementing the Applied Neuroscience program into the Sierra Tucson treatment process, restructuring Sierra Tucson's Psychology department so that comprehensive psychological profiling became part of standard care for all admitting patients, pioneering the Clinical Psychology Post-Doctoral Fellowship program, and developing a Measurement-Based Care and Outcomes initiative to evaluate patient progress throughout the treatment trajectory as well as various time-points after discharge. The latter initiative afforded Dr. Antoinette the opportunity to serve as an advisor to the Acadia Corporation as they moved forward with system-wide, measurement-based care as well as her partnering with the American Psychiatric Association to author the first publication on measurement-based care.



## **DON GRANT, PHD, MA, MFA, DAC, SUDCC IV,**

is an internationally award-winning media psychologist, published researcher, and addiction specialist and Director of Outpatient Services for Newport Healthcare. He is Chairman of both the American Psychological Association (Div. 46) "Device Management & Intelligence" and "Strategic Planning" committees, and President-Elect of APA Division 46 (The Society For Media Psychology & Technology). Don also designs, presents, and facilitates CEU treatment strategy and educational training workshops on "Healthy Device Management" and "The Practice of Good Digital Citizenship" for treatment centers, clinicians, practitioners, educators, parents, and school communities.



## **TERRA HOLBROOK, LCSW, CADC, CSAT,**

is an experienced speaker who focuses on trauma, codependency, addictions, and the effects of early childhood toxic stress. She founded SeaGlass Intensives and Consulting, where she works with individuals and couples in 3-day intensives and offers workshops. She also facilitates first responder workshops. Terra facilitated the Professionals Program at The Bridge to Recovery for many years and has worked as Clinical Director in various treatment centers throughout the country. She is a Licensed Clinical Social Worker and has been working in the mental health field since 1993. She has spoken at numerous conferences, been featured on NPR and Intervention, written for Counselor Magazine and has been on local TV and radio.



## **MICHELLE MCCORKLE, MPH, CJCP,**

has more than 8 years of experience in performance improvement and compliance roles in the healthcare industry, most recently serving as the Chief Compliance Officer for Aloria Health of Milwaukee, LLC. Michelle started working for Aloria Health prior to completion of construction, and she built its policies and procedures, quality assurance program, risk management program, and performance improvement program from the ground up. Prior to joining the Aloria Health team, Michelle directed compliance activities for 10 long-term care facilities across three states. As a Certified Joint Commission Professional and Certified Six Sigma Green Belt, she takes a common-sense approach to compliance, utilizing Joint Commission Standards to drive continuing systematic improvement using tools that promote concrete process simplification.



## **LEE NEAGLE, MA, LPC,**

has nearly two decades of experience with mental health treatment on a national scale, developing programs at treatment facilities across the country. Lee has been responsible for leading several organizations through healthcare licensing and accreditation. Lee understands the importance of compliance as a foundation for clinical excellence and has served on the Board of Directors for the Residential Eating Disorder Consortium. Lee also served on the advisory committee for the adoption of eating disorders standards with The Joint Commission. Lee has lectured nationally for the last several years on a wide range of topics including eating disorder awareness/identification, behavioral healthcare compliance, shame, perfectionism, and experiential therapies. He is also a licensed professional counselor in the state of Wisconsin.



## **PETE NIELSEN, MA, LAADC,**

is the President and Chief Executive Officer for the California Consortium of Addiction Programs and Professionals (CCAPP), CCAPP Credentialing, CCAPP Education Institute, and the Behavioral Health Association of Providers (BHAP). CCAPP is the largest statewide consortium of addiction programs and professionals, and the only one representing all modalities of substance use disorder treatment programs. BHAP is the leading and unifying voice of addiction-focused treatment programs nationally. Mr. Nielsen has worked in the substance use disorders field for 20 years. In addition to association management, he brings to the table experience as an interventionist, family recovery specialist, counselor, administrator, and educator, with positions including campus director, academic dean, and instructor. Mr. Nielsen is the secretary of the International Certification and Reciprocity Consortium, and the publisher for Counselor magazine. He is a nationally known speaker and writer published in numerous industry-specific magazines. Mr. Nielsen holds a Master of Arts in Counseling Psychology and a Bachelor of Science in Business Management.



## **BARBARA NOSAL, PHD, LMFT, LADC,**

is the Founding Clinical Director of Newport Academy and oversees the clinical and family programs for Newport Healthcare's residential and outpatient treatment programs. Dr. Nosal has worked with adolescents and families in the field of mental health, teenage depression, and addiction treatment for more than 25 years. Her work focuses on deepening family relationships with improved communication by healing early childhood attachment ruptures and relational trauma. As a result, family members feel safe to be vulnerable and authentic with one another with increased respect, trust, and accountability.



# GROUP A FACULTY



## **KELLY OLSON, PHD,**

is a neuroscientist, author, and keynote speaker who believes that assessing and addressing disease requires an integrative approach. Kelly's ability to illuminate the molecular misadventures that lead to disease is what makes her special—proving that a splash of nerdy, with a big dash of passion, goes a long way. Currently she is the Associate Director of Clinical Affairs. Here, she focuses much of her attention on mental health with an emphasis on addictions. She thrives at taking complex information and delivering it to audiences of all sizes and backgrounds in a way that promotes understanding and application of key concepts. She has lectured all over the world and most recently accepted the positions of keynote speaker for the Chemical Dependency Training Consortium of the Northwest (2019); the annual Evergreen Adolescent Addictions conference (2019); and the American Heart Association Women's Luncheon (2018). In addition, she has authored/co-authored a number of peer reviewed articles, textbook and book chapters, books, and posters, all aimed at providing understandable and clinically applicable compendium of knowledge to help healthcare practitioners get their clients/patients well faster. Dr. Olson received her Master of Science in exercise physiology and her PhD in Pharmacology and Therapeutics.



## **JAMES PECK, PSYD,**

is a licensed clinical psychologist and senior clinical trainer at the UCLA Integrated Substance Abuse Programs (ISAP). For nearly a decade, Dr. Peck conducted Phase II clinical trials of behavioral and pharmacological interventions for stimulant dependence. Dr. Peck has extensive experience conducting curriculum development, clinical trainings, and clinical supervision on the etiology, assessment, and treatment of substance-related disorders, and on the treatment of individuals with co-occurring substance-related and psychiatric disorders. He currently works at UCLA in a primarily clinical training role, and maintains a busy practice treating individuals with co-occurring disorders.



## **JACK PERKINS, DMIN, LADC, CSAC, CCLC,**

is the Founder of Psuche Education, Counseling & Coaching Services. He has 16 years in the field of substance disorders and mental health, primarily with the Oklahoma Department of Mental Health and Substance Abuse, where he served as the Admissions Director at Rose Rock Recovery Center, a female residential facility for women with co-occurring issues, utilizing the Sanctuary Model. He served as the Executive Director at Clay Crossing, a faith-based co-occurring residential facility for men. In addition, he has done contract work and served as a consultant for MONARCH, a residential facility for women. In his doctoral dissertation/project he integrated spirituality, human development theories, and psychotherapy. He is currently compiling a book about his philosophy of counseling, including types of groups and presentations he utilizes in a residential setting for those struggling with co-occurring issues. He developed the Together We Thrive, a K-12 program designed to identify at-risk children and develop initiatives to assist them. He has 30 plus years of professional experience from a broad range of experiences (ie, workshop presenter, adjunct teaching, substance disorders and trauma specific counseling and training, administration, research, program development, institutional assessment and development, community service, leadership development, reentry/criminal justice, chaplaincy, etc).



## **MARC PIMSLER, LPC, NCC, MAC, CCS, CET3, CYT,**

is an entrepreneur, published author, sought-after experiential trainer, therapist, and coach. Since 2004, Marc has worked in a variety of counseling and consulting capacities. He is as passionate about being a part of clients' healing, as he is about helping others unlock the power of experiential work to support the change process in individuals and teams. Marc owns and operates MVP Consulting, a therapeutic consulting firm, where he serves individuals and families in need, specializing in addressing addiction, shame, and trauma. Marc is the Clinical Experiential Specialist at Onsite Workshops, a world-renowned emotional health retreat center located in the rolling hills of Tennessee, an hour outside of Nashville. Marc also serves as the executive director of the International Society for Experiential Professionals (ISEP). In 2019, Marc was awarded the Georgia Counselor of the Year by the Georgia Addiction Counselor Association. Marc is licensed as a professional counselor. Marc is passionate about the work of recovery, both his own as well as his clients' and believes that sometimes all we need is a helping hand and a fresh perspective. Marc brings humor, spirituality, and creativity to everything he is involved in.



## **CAROLYN COKER ROSS, MD, MPH, CEDS,**

is an author, speaker, and expert in the treatment of eating disorders and addictions. She is the CEO of The Anchor Program™, a non-diet online (telemedicine) program for individuals with binge eating disorder, emotional eating, and food addiction. She is board certified in Preventive Medicine and also in Addiction Medicine and is a graduate of Dr. Andrew Weil's fellowship in Integrative Medicine. Dr. Ross is an international speaker and consultant on issues of cultural competence, antiracism, and diversity in mental health. Dr. Ross also gave a TEDxPleasantGrove talk on "Historical and Intergenerational Trauma" in January 2020. She is the author of three books on eating disorders, the most recent is "The Food Addiction Recovery Workbook." She is a contributing author to the recently released book "Treating Black Women with Eating Disorders: A Clinician's Guide." She is Co-Founder of the Institute for Antiracism and Equity—a consulting group that works with University counseling centers, treatment centers, and other facilities offering mental healthcare training for staff and health care professionals—to make culturally competent mental health care more available and accessible to black, indigent, and other people of color.



## **DEVONA STALNAKER-SHOFNER, EDD, LPC, NCC,**

received her Doctor of Education in Counselor Education and Supervision from Argosy University-Atlanta. She is also a Licensed Professional Counselor in the State of Georgia, as well as a National Certified Counselor through the National Board for Certified Counselors. Dr. Stalnak-Shofner has been in professional practice as a counselor for 20 years, and her experience includes providing individual, group, and marriage and family counseling to clients presenting with treatment concerns such as depression, anxiety, and trauma, as well as substance use, addiction, and recovery. Dr. Stalnak-Shofner has presented at a number of local, state, regional, and national conferences speaking on the topic of counselor wellness, addiction, and recovery issues, as well as facilitating workshops in these areas. She has published research in the afore-mentioned areas, including topics such as wellness programs, SBIRT, and ethical considerations. Dr. Stalnak-Shofner is an Associate Professor at Antioch University New England, where she also serves as Associate Chair of the department and as the Addictions Concentration/Certificate Coordinator.

# GROUP B FACULTY



## **LES ARIA, PHD,**

a pain psychologist who has been practicing for the past 16 years with Kaiser Permanente Medical Group in Northern California, served as the Lead Pain Psychologist for Kaiser Northern California to help redesign the chronic pain workshop curriculum to incorporate modern pain science, mindfulness, and acceptance and commitment therapy (ACT). Les specializes in treating psychophysiological disorders/persistent pain and medically unexplained problems. He also provides evidence-based treatments to help patients compassionately taper-off their opioids. His passion for mind-body interventions promotes a unique style to help patients relate differently to their suffering, and thereby shift them into pain recovery and wellness.



## **MAUREEN CAVANAGH, MPA, MED,**

is President of Magnolia New Beginnings, a national nonprofit and peer support group with more than 25,000 members, and Magnolia Recovery and Consulting Services, both founded in 2012. She holds a Master's degree in Education and a Master's degree in Public Administration. She is a certified trainer for CCAR's Recovery Coach Academy and Parent Recovery Basics, an interventionist trained in the CFI Method and Arise Method of Intervention as well as trained in CRA/CRAFT Family Therapy, Invitation to Change, and other behavioral approaches. Maureen is a national public speaker on the parent perspective of addiction and the author of "If You Love Me: A Mother's Journey Through Her Daughter's Addiction and Recovery" published by Henry Holt/Macmillan in 2018. Maureen is the creator the NAADAC-approved Family Focused Addiction Support Training (FAST) Program and consults to various healthcare organizations, substance use disorder treatment programs, and corporations on the creation and improvement of family wellness programs for those supporting a person with a substance use disorder. Maureen holds the core belief that addiction is a family disease, and therefore the key to improved care and sustained recovery is supporting and educating the entire family system.



## **STEPHEN DANSIGER, PSYD, MFT,**

is a rocker who got sober in the late 80s and then became a sought after clinician, writer, and meditation teacher. He became a master EMDR therapist and provider of EMDR Basic Training and Advanced Topics Courses as Senior Faculty with the Institute for Creative Mindfulness. He has developed and successfully launched the MET(T)A Protocol, a new design for addictions and mental health agency treatment using Buddhist Mindfulness and EMDR Therapy as the theoretical orientation and primary clinical practice. It is now in use in multiple agencies throughout the country. He has been practicing Buddhist mindfulness for more than 30 years (including a 1-year residency at a Zen monastery), and teaches dharma classes regularly in Los Angeles and other centers internationally. He is the author of "Clinical Dharma: A Path for Healers and Helpers" and avidly blogs and podcasts on topics related to mental health, recovery, and mindfulness. He is also the co-author (with Jamie Marich) of "EMDR Therapy and Mindfulness for Trauma-Focused Care" (Springer Publishing). His latest book is "Mindfulness for Anger Management: Transformative Skills for Overcoming Anger and Managing Powerful Emotions," which is available through Althea Press.



## **TIFFANY DZIOBA, PSYD,**

has spent the last decade in clinical leadership roles for behavioral healthcare settings, creating, developing, and improving clinical treatment programs in inpatient, residential, and outpatient levels of care. Dr. Dzioba has created an evidence-based clinical curriculum for mental health and addiction treatment programs and developed a spiritually integrated clinical supervision model (SIS Model). She has a specialty in trauma treatment and has assisted many organizations in trauma-informed transformations.



## **ROSS ELLENHORN, PHD, LICSW,**

is trained as a sociologist, psychotherapist, and social worker. He has spent the last two decades helping individuals suffering psychiatric symptoms find the psychological and social means for remaining outside institutional settings. He created the first fully-operating intensive hospital diversion and wrap-around program in Massachusetts, later creating and leading, one of the first Programs for Assertive Community Treatment teams in the Commonwealth.



## **CARMEN FINN, MA, LADC, ADCR-MN,**

"Finn" is the current Clinical Director at Recovering Hope Treatment Center in Mora, Minnesota. She has more than 19 years of experience providing services to families and individuals in the field of behavioral health with a focus in gender-responsive and family-based settings. Finn is licensed as an alcohol and drug counselor in the State of Minnesota and obtained her Masters degree in Marriage and Family Therapy. Additionally, Finn is a Community Faculty member at Metropolitan State University where she teaches in the Alcohol and Drug Counseling program. She is the Co-Owner of Minerva Group Consultants, which focuses on team-building, training, and quality consultation for behavioral health organizations. Finn is also a member of the Minnesota Association of Resources for Recovery and Chemical Health (MARRCH) Ethics Committee, as well as an elected member of the MARRCH Board of Governors.



## **EVIAN GORDON, MD, PHD,**

is the Executive Chairman and Chief Medical Officer of Total Brain. He established an "Integrative Neuroscience" approach, grounded in the use of standardized methods across multiple types of brain data in a single platform, with more than a million datasets. He founded the Brain Resource Company that created the first standardized international database on the human brain (more than 300 publications). The database is the asset that shaped Total Brain for mental health, used in more than 30 Fortune 500 Companies, by more than 750,000 employees. The first genetics test using this methodology (in 1,700 patients) for treatment prediction in depression, is currently being completed for potential use in clinical practice. He has published more than 300 scientific papers and three books.

# GROUP B FACULTY



## **MICHAEL GROAT, PHD,**

is the Chief Clinical Officer of Silver Hill Hospital, a Yale-affiliated, private, non-profit hospital in New Canaan, Connecticut. Dr. Groat trained in psychoanalytic psychotherapy and family systems at the Austen Riggs Center, studied psychoanalysis and mentalizing based treatment at the Center for Psychoanalytic Studies, Houston, and was associate professor of psychiatry and behavioral sciences at the Baylor College of Medicine, where he also served as the Director of Adult Services at the Menninger Clinic. He was previously the Director of Menninger's Professionals program, and prior to Silver Hill, was the President and CEO of CooperRiis, a residential treatment center in North Carolina.



## **JAY GUPTA, RPH, YOGA MASTER,**

is the Director of Pharmacy and Integrative Health at Harbor Homes in Nashua, NH. He is a medication therapy management consultant and is passionate about drug education, reconciliation, and strategies for reducing polypharmacy. His knowledge of the medication space encompasses multiple perspectives, including market research and international marketing of pharmaceuticals. As the Co-Founder of YogaCaps, Inc. and RxRelax, he focuses on chronic disease prevention and sustainable lifestyle change in his work with hospitals, clinics, and community centers. His transformational CDs and DVDs offer practical guidance and support for those with multiple chronic health conditions. These include: RxRelax for Insomnia, Relaxation Capsules, RxRelax Seated Therapeutic Yoga, and Subtle Yoga for Rejuvenation. Jay Gupta is an invited speaker and workshop presenter at numerous health-related conferences, CME/CE programs, and community events across the USA. He serves as the Chief Faculty for a 100-hour therapeutic yoga training for healthcare providers. His work has included projects in Greece, India, Indonesia, Myanmar, Russia, Scotland, Switzerland, Thailand, and Vietnam.



## **MARY-KATE HARTY, MS, LPC,**

is a licensed counselor specializing in adolescent clients. Mary-Kate works as a mental health clinician for Rutgers UBHC School Based Program as well as provides outpatient services through private practice. Mary-Kate is a Licensed Professional Counselor, receiving her Master's degree from Monmouth University. She has worked with adolescent clients diagnosed with a range of diagnoses, including mental illness, substance use, and co-occurring disorders. She has been extensively trained in providing DBT and working with individuals in crisis. Mary-Kate has a passion for providing treatment for video game addiction in adolescents and young adults. Mary-Kate has provided treatment for this topic in both school based and outpatient settings. In addition, Mary-Kate has presented trainings for professionals on the topic of video game addiction at several different venues and settings.



## **SADIE HOSLEY, MA, LPCC, LADC,**

is the current Executive Director at Recovering Hope Treatment Center, a family-centered substance use disorder treatment center in Minnesota, with more than 11 years of experience providing direct services to those seeking services for substance use and mental health. She is a Board-Certified Counselor and Licensed Alcohol and Drug Counselor and Licensed Professional Clinical Counselor in the state of Minnesota.



## **JD KALMENSON,**

is the CEO/Founder of Renewal Health Group, a family of addiction treatment centers, and Montare Behavioral Health, a luxury brand of mental health treatment facilities in Southern California. Rabbi Kalmenson is a skilled facilitator, teacher, counselor, and speaker, and his diverse work experience as a chaplain and CEO has informed his multifaceted understanding of effective mental health treatment and long-term sobriety. Kalmenson is a Yale Chabad Scholar, and has provided chaplain services to prisons, local groups, and remote villages throughout the world. Through his outreach and service, Kalmenson witnessed the lethal effects of mental health disorders and chemical dependency, often providing a combination of counseling, guidance, and therapy to the individuals he served. His work inspired his mission to create and develop a world-class behavioral healthcare company, one with the vision of not only providing treatment, but of transforming the landscape of mental health and chemical dependency. Kalmenson is currently working on developing a system of care called the Discovery Model, which will further tailor both treatment and aftercare to each client's unique background and needs.



## **ANDREW KURTZ, LMFT,**

is a Licensed Marriage and Family Therapist and has been a Clinical Specialist with UCLA Integrated Substance Abuse Programs since 2014. Mr. Kurtz has previously served as a Program Director in community mental health, specializing in optimizing access to integrated services through a same-day assessment center. He has served as the lead contact of a nationally recognized Trauma-Informed Care implementation that provided staff trainings and program design assistance to improve trauma services, including developing a one-of-a-kind wellness center focused on reducing barriers to accessing care for individuals exposed to traumatic events. Mr. Kurtz has a background in research on cognitive and behavioral interventions for the treatment of first-episode schizophrenia diagnoses.



## **ADENA BANK LEES, LCSW, LISAC, BCETS, CP,**

is an internationally recognized speaker, author, trainer, and consultant, providing a fresh and important look at addiction treatment, traumatic stress, and recovery. She has been providing premier services around the globe for the past 30 years. Her specialty is childhood sexual abuse, in particular, Covert Emotional Incest. Adena is a Licensed Clinical Social Worker, Licensed Independent Substance Abuse Counselor, Board Certified Expert in Traumatic Stress, and Certified Practitioner of Psychodrama. She is the author of "Covert Emotional Incest: The Hidden Sexual Abuse, A Story of Hope and Healing." Her passion is to utilize action methods in both clinical settings and professional training to optimize laughter while learning.



## **CHRIS MCDUFFIE, MSW, MA, CADCII,**

has been practicing recovery counseling for 8 years, and is a retired HS principal. Teaching Buddhist psychology and how DBT, ACT, and MBRP are each founded upon Buddhist principles, including Mindfulness, Meditation, and how to end suffering and cultivate joy and happiness for those suffering from co-occurring disorders.



# GROUP B FACULTY



## **KRISTINA PADILLA, MA, IMF, LAADC, ICAADC, CGS,**

is a leader with the California Consortium of Addiction Programs and Professionals (CCAPP), where she serves as the Vice President of Education and Strategic Development overseeing CCAPP's Education Department. Additionally, she travels throughout California and the nation bringing addiction focused businesses together to promote the profession, increase access to services, and improve the quality of AOD service provision through education, business development, and investment in quality programming. Ms. Padilla has a Bachelor of Science in Criminal Justice Administration and a Master's Degree in Counseling Psychology. Ms. Padilla is a Licensed Advanced Alcohol and Drug Abuse Counselor, and an International Certified Advanced Alcohol and Drug Abuse Counselor.



## **JACK PERKINS, DMIN, LADC, CSAC, CCLC,**

is the Founder of Psuche Education, Counseling & Coaching Services. He has 16 years in the field of substance disorders and mental health, primarily with the Oklahoma Department of Mental Health and Substance Abuse, where he served as the Admissions Director at Rose Rock Recovery Center, a female residential facility for women with co-occurring issues, utilizing the Sanctuary Model. He served as the Executive Director at Clay Crossing, a faith-based co-occurring residential facility for men. In addition, he has done contract work and served as a consultant for MONARCH, a residential facility for women. In his doctoral dissertation/project he integrated spirituality, human development theories, and psychotherapy. He is currently compiling a book about his philosophy of counseling, including types of groups and presentations he utilizes in a residential setting for those struggling with co-occurring issues. He developed the Together We Thrive, a K-12 program designed to identify at-risk children and develop initiatives to assist them. He has 30 plus years of professional experience from a broad range of experiences (ie, workshop presenter, adjunct teaching, substance disorders and trauma specific counseling and training, administration, research, program development, institutional assessment and development, community service, leadership development, reentry/criminal justice, chaplaincy, etc).



## **MEL POHL, MD, DFASAM,**

is a Family Practitioner. He is the Senior Medical Consultant at Landmark Recovery. Dr. Pohl was a major force in developing LVRC's Chronic Pain Recovery Program. He is certified by the American Board of Addiction Medicine (ABAM), and a Distinguished Fellow of the American Society of Addiction Medicine (ASAM). Dr. Pohl is a Fellow of the American Academy of Family Practice and a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine. He was elected by his peers for inclusion in Best Doctors in America® from 2009 to present. Dr. Pohl is the author of multiple books, including bestsellers: "The Pain Antidote: The Proven Program to Help You Stop Suffering from Chronic Pain, Avoid Addiction to Painkillers and Reclaim Your Life;" "A Day Without Pain;" "Pain Recovery;" and "Pain Recovery for Families," among others.



## **DIANNA SANDOVAL, LPC, LAC, MA,**

is the Executive Clinical Director of AspenRidge Recovery and has more than 30 years of experience in the behavioral health field, focusing on addiction treatment. She has designed, implemented, and managed multiple recovery programs in the state of Colorado and Maryland. In addition to developing clinical programs and providing direct clinical services, Dianna is also a leader in providing clinical supervision, team building, and establishing healthy organizational cultures in the behavioral health industry.



## **NICOLE SIEGFRIED, PHD, CEDS-S,**

is a Certified Eating Disorder Specialist (CEDS) and a licensed clinical psychologist. She also serves as an Adjunct Associate Professor of Psychology at the University of Alabama at Birmingham. She has served as Chief Clinical Officer for treatment centers specializing in eating disorders and general mental health. She has treated eating disorders for more than 20 years. She is an international speaker and has published research, magazine articles, and book chapters in the field of eating disorders and suicide. Dr. Siegfried is Immediate Past President of the Alabama Regional Chapter of IAEDP. She is member of the International iaedp Board of Directors. She is former Chair of the Research Committee for the Residential Eating Disorder Consortium (REDC). She is a member of the Academy of Eating Disorders (AED) and former Co-Chair of the Eating Disorders and Suicide Prevention AED Special Interest Group.



## **JOHN SOVEC, MA, LMFT,**

is a nationally recognized expert on the topic of creating affirmative support for the LGBTQ community. He is the clinical consultant for The Life Group LA, adjunct faculty at Phillips Graduate Institute, and guest lecturer at Alliant University and USC School of Social Work. John is currently a member of the California Board of Behavioral Sciences. John Sovec is the author of multiple publications on providing LGBTQ support, speaks at conferences nationwide, maintains a private practice, and provides training for community agencies, treatment centers, schools, non-profits, and professional consultation on LGBTQ competencies. John is a nationally recognized expert on creating affirmative LGBTQ support with his work featured on The Riki Lake Show, OWN, FOX, The Advocate, Bravo, LA Talk Radio, The Washington Post, and regular columns for Huffington Post and Good Therapy.



## **DEVONA STALNAKER-SHOFFNER, EDD, LPC, NCC,**

received her Doctor of Education in Counselor Education and Supervision from Argosy University-Atlanta. She is also a Licensed Professional Counselor in the State of Georgia, as well as a National Certified Counselor through the National Board for Certified Counselors. Dr. Stalnak-Shofner has been in professional practice as a counselor for 20 years, and her experience includes providing individual, group, and marriage and family counseling to clients presenting with treatment concerns such as depression, anxiety, and trauma, as well as substance use, addiction, and recovery. Dr. Stalnak-Shofner has presented at a number of local, state, regional, and national conferences speaking on the topic of counselor wellness, addiction and recovery issues, as well as facilitating workshops in these areas. She has published research in the afore-mentioned areas, including topics such as wellness programs, SBIRT, and ethical considerations. Dr. Stalnak-Shofner is an Associate Professor at Antioch University New England, where she also serves as Associate Chair of the department and as the Addictions Concentration/Certificate Coordinator.

**MARSHA STONE, JD, LCDC,**

a world-renowned speaker, visionary, and respected leader in the field of addiction recovery serves as the Founder and Chief Strategy Officer of BRC Healthcare. Having previously served as Chief Executive Officer of BRC Recovery, Marsha has been responsible for the growth, development, and founding of each of the BRC Family of Programs, which cover the entire continuum and all levels of care. With her leadership, BRC Recovery has expanded its pioneer reputation and lives fully into its purpose of Bringing Real Change to the face of addiction for more than 13 years. Marsha regularly speaks at top industry conferences around the world and frequently appears on various media outlets including A&E Intervention, Dr. Phil, and The Doctors. Marsha integrates her own battle and triumph over addiction into providing the most effective and quality rehabilitative programming possible to those struggling with addictive disorders. Marsha holds a Juris Doctorate with the distinction of Academic Excellence from North Carolina Central University, a Bachelor of Arts in English from Elizabeth City State University, and is a Licensed Chemical Dependency Counselor in Texas.

**MARCIA TANUR, MD,**

has been an inner city, family, healthcare for the homeless doctor for the last three decades in New England. She has been practicing street-wise addiction medicine for much of the last 14 years since receiving her X waiver in 2006. Medical acupuncture entered her practice life after a Harvard Med. School training greater than 12 years ago. She has directed a methadone maintenance clinic in Central Mass. Currently, she is the inaugural Medical Director for the Contingency Management based, Methamphetamine Program called MERIT in Southern NH operated by Harbor Care.

**LESLEY A. TATE-GOULD, PSYD, SEP,**

has been practicing clinical psychology for 10 years with practice areas of expertise including chemical and process addiction, eating disorders, trauma, and stressor-related disorders and mood disturbances. Dr. Tate-Gould has extensive history working in multiple levels of care including adolescent and adult residential treatment centers specializing in primary substance use disorders and eating disorders and is the Co-Founder and Executive Director of Lido Wellness Center, an outpatient Partial Hospitalization Program and Intensive Outpatient Program specializing in mood disorders, anxiety disorders, personality disorders, and trauma and stressor-related disorders. Dr. Tate-Gould became certified in Somatic Experiencing in 2017 and is currently pursuing advanced certification in Integral Somatic Psychotherapy finding that these modalities are highly complementary and essential in healing from trauma. Dr. Tate-Gould is currently an active member of the American Psychological Association with research interests in Somatic approaches to eating disorders and process addictions. Dr. Tate-Gould established Lido Wellness Center as a Continuing Education provider and has led lectures on Somatic Experiencing (SE), Integrating SE with Eating Disorder treatment, and Incorporating SE practices into a treatment environment.

## EXECUTIVE PLANNING COMMITTEE

**MICHELLE COOKE,  
PSYD, LADC I, CADC**

**JAMES FENLEY, MD**

**PHILLIP HEMPHILL, PHD**

**NORMAN HOFFMAN, PHD**

**DEE MCGRAW, MSW**

**STEVEN PROCTOR, PHD**

**GERALD SHULMAN,  
MA, MAC, FACATA**

**DONNA WHITE,  
RN, PHD, CS, CADACII**

# ON-DEMAND FACULTY



## **MICHELLE BEAUDOIN, MA, MFA, NCC, LMHC, CASAC, ICAC,**

began her 20-year career in behavioral health as a substance use disorder counselor in an inpatient treatment facility in the Adirondack Mountains of upstate New York. Progressing through various supervisory levels, she has been able to provide education, tools, and support to multiple direct care professionals working with individuals suffering from substance use disorders to assist them in improving their compassion satisfaction and decreasing their compassion fatigue. Michelle is a SAMHSA Women's Addiction Services Leadership Institute graduate, NIATx Change Leader Academy graduate, and was a DSM-V Clinical Field Trial Investigator. She was selected to participate in the New York State Office of Alcohol and Substance Abuse Services Special Task Force for the Development of Gender Responsive Treatment Guidelines. As part of her dedication to combating compassion fatigue in the substance use disorder treatment field, she created a statewide mentorship program for developing women professionals in New York State.



## **CHARLOTTE BOSTON, MA, ATR-BC, LCPAT,**

has been an art therapist for 34 years. Her experiences include a broad range of populations, which for 13 years, included military psychiatric inpatients at Walter Reed Army Medical Center. In the course of her career, she provided services in several roles as clinical director, adjunct professor, guest lecturer, and consulting roles. She served on various American Art Therapy Association, Inc. (AATA) committees and was secretary on the AATA Board of Directors. She is currently President of the Art Therapy Credentials Board (ATCB) and has presented and published on multicultural issues in art therapy locally and nationally. She coproduced the film *Pioneers of Color* in 2010. She continues to provide inpatient and outpatient art therapy services and is currently working with the eating disorders population.



## **REBECCA SLEDGE JOHNSON, LPC-MHSP, ATR,**

has practiced art therapy at Cumberland Heights in Nashville, TN for more than 12 years, creating and developing the program for adults and adolescents in residential drug and alcohol treatment.



## **PEGGY KOLODNY, MA, ATR-BC, LCPAT,**

is a registered, board-certified, and licensed art therapist with 39 years of experience with diverse multicultural trauma survivors across the lifespan, supported by ongoing trainings. She is an expert witness in two states on child abuse. Peggy holds level 2 certificates in both Internal Family Systems (IFS) and Eye Movement Desensitization and Reprocessing (EMDR). Faculty positions include adjunct clinical instructor for the University of Maryland School of Social Work and workshop facilitator for the Ferentz Institute (trauma certificate program), Chesapeake Beach Professional Seminars (play therapy certificate), the Expressive Therapies Summit of NYC, LA, and DC, and, recently, The Portland Institute for Loss and Transition, teaching trauma informed and integrative art therapy internationally. Peggy is on the Board of the Maryland Art Therapy Association and is a past President. She is past Chair of the Central Maryland Sexual Abuse Treatment Task Force and past Co-Director of the American Professional Society on Abuse of Children. Recent publications include two chapters in Quinn (2021) *Art Therapy in the Treatment of Addictions and Trauma* and is currently in process of writing three more chapters for two more books focused on trauma, addictions, neurobiology, EMDR, and art therapy.



## **JERRY MUNGADZE, PHD, LPC-S,**

has been a therapist for 30 years. He has had experience with inpatient treatment, as well as private practice. He is a board-certified PTSD expert. He has authored several books on therapy.



## **ERICA SCOTT, PHD, LPCC917,**

is a consultant and psychotherapist in Malibu. She is a Fellow for the International Society for the Study of Trauma and Dissociation (ISSTD), as well as the moderator for ISSTD's Special Interest Group for Organized Extreme Abuse, and she is the Planning Chair for the Creative and Expressive Arts Therapy Track for the West Coast Symposium of Addiction Disorders since 2018. Dr. Scott is an Internationally Certified Advanced Alcohol and Drug Counselor (ICAADC), a Licensed Alcohol and Drug Counselor in California (LAADC is a non-governmental license), and a Distinguished Specialist in Integrative Health and Addiction (DSIHA). She is a board-certified registered art therapist (ATR-BC), and she is a registered expressive arts therapist (REAT). She is licensed in three states. She is the recipient of The Sierra Tucson Alumni Recognition Award for her clinical work for the trauma and sexual compulsivity program (2005). Dr. Scott has 36 years of professional experience in the field of addiction and mental health and she has provided trainings for agencies, conferences, and colleges, and universities since the 1980s. Her research has been published by peer review journals and textbooks in the United States and abroad.



## **NINA "ANIN" UTIGAARD, MFT, REAT,**

works with individuals and groups of all ages and cultures and has maintained a private practice in San Francisco since 2005. Anin was a founding Executive Co-Chair for the International Expressive Arts Therapy Association and continues to be an active board member for the organization. She was a faculty member with Natalie Rogers' Person-Centered Expressive Therapy Institute for more than 10 years and uses the person-centered approach in her work with clients and students. She is an adjunct faculty with the Northwest Creative and Expressive Arts Institute in Seattle, Washington, and has presented her work nationally and internationally since 1992. Her work with trauma, addiction, and adolescents began at ThunderRoad in Oakland in 1991, where she used expressive arts therapy with teens dealing with substance abuse and trauma. Anin has a fine arts and professional music background, which she combined with psychology and the humanistic approach in psychotherapy. She believes that the arts are a transformative power that can change the world we live in.



## **JENNIFER WEAVER-BREITENBECHER MA, CAGS, LMHC,**

has been practicing psychotherapy for more than 15 years. As owner of Polaris Counseling & Consulting, LLC, she spends her days split between counseling individuals both pre/post incarceration as well as consulting on general wellness. With more than 10 years of experience providing psychotherapy in local correctional facilities, Ms. Weaver-Breitenbecher now travels as a keynote speaker in the arena of forensic psychotherapy and its applicable therapeutic methods.

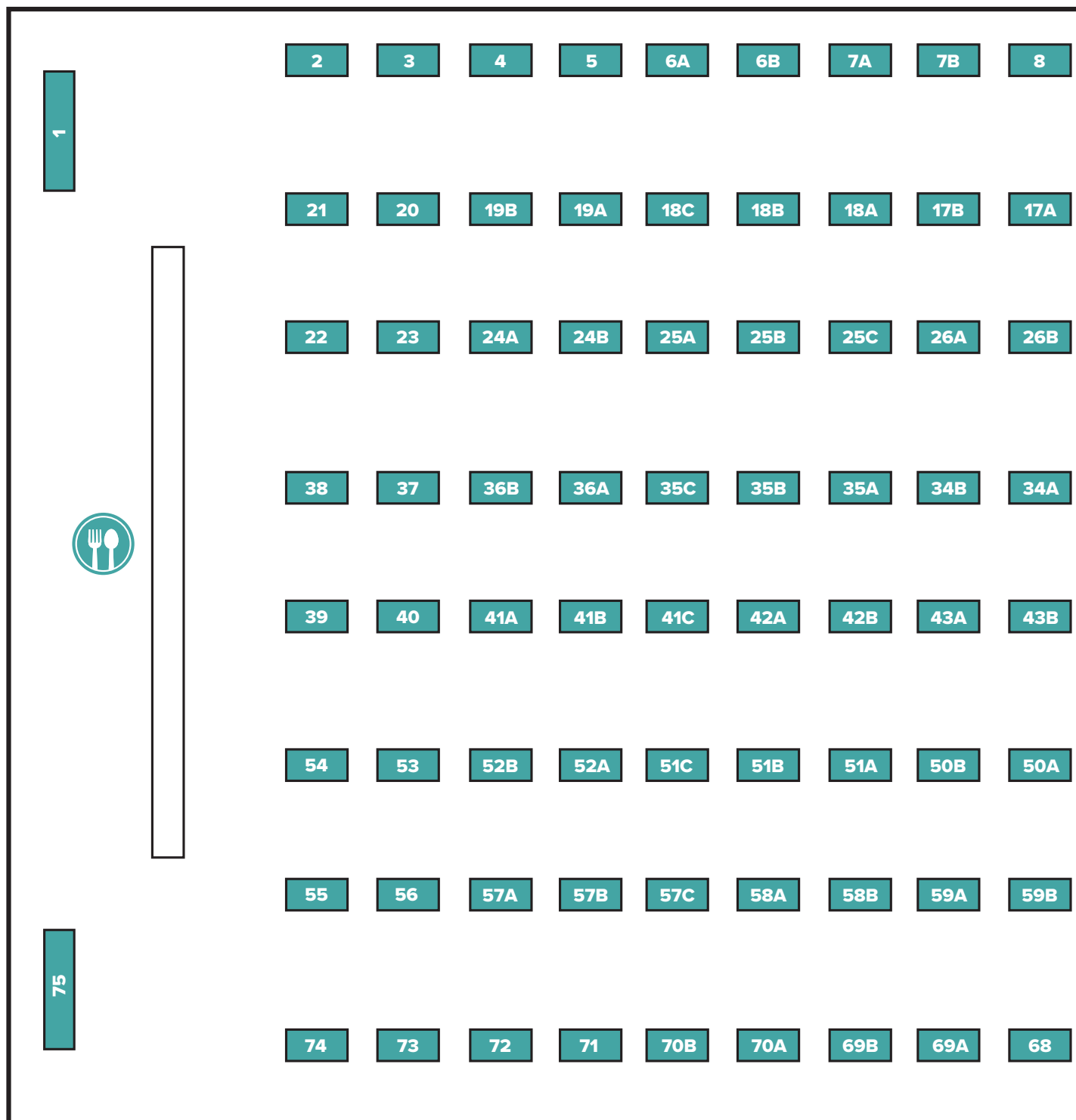




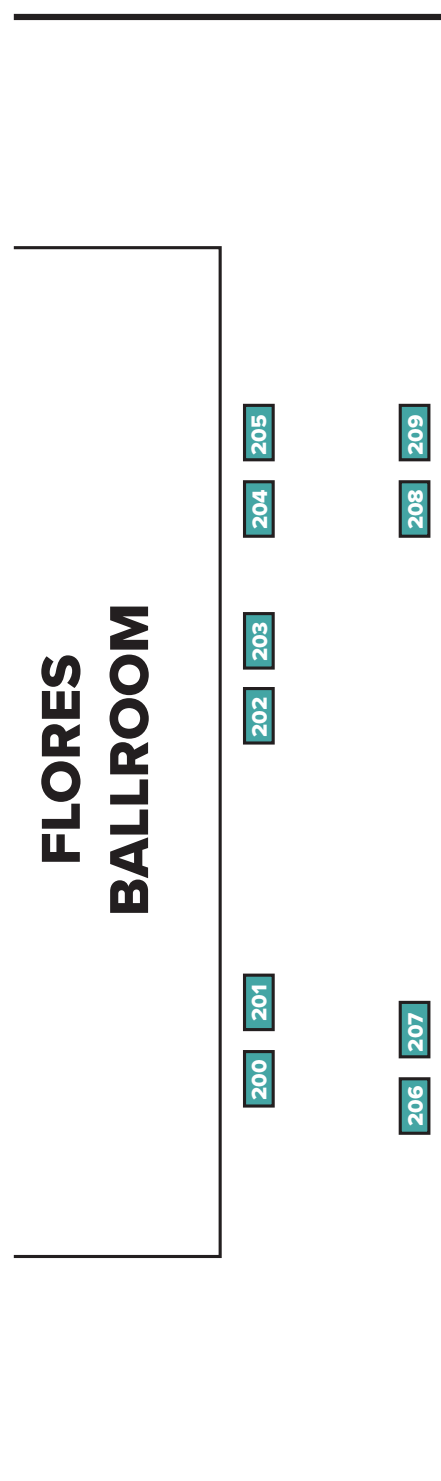
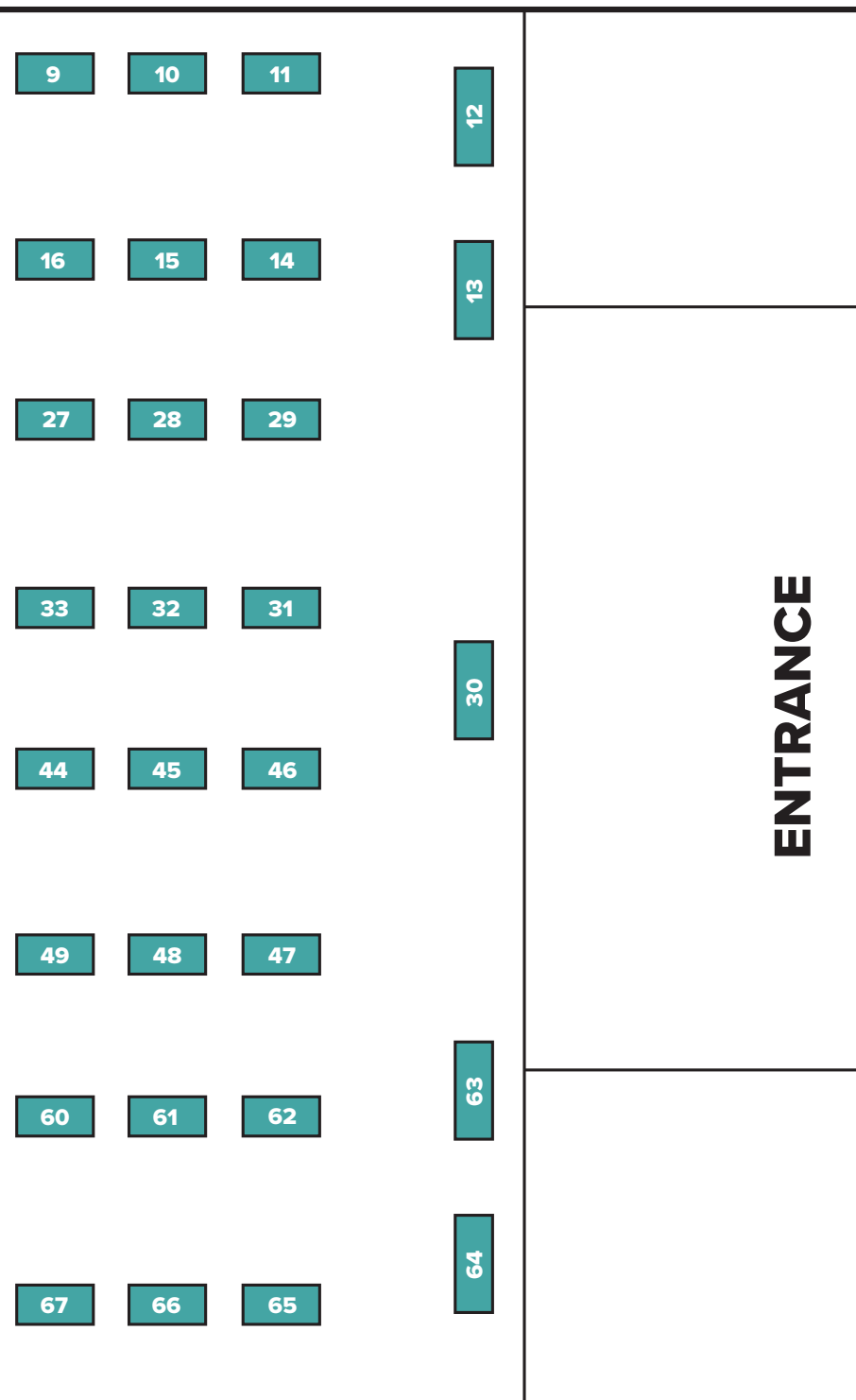
# EXHIBIT HALL MAP

As of August 10, 2021

EXIT



PLEASE NOTE, EXHIBIT BOOTHS CONTAINING A LETTER ARE NOT AFFILIATED WITH ONE ANOTHER.



# EXHIBITOR LISTINGS

As of August 10, 2021

12 South Recovery	56
449 Recovery	48
Able to Change Recovery	51A
Acadia Healthcare	42B
Active Marketing	16
Addiction Recovery	25C
Addiction/Recovery eBulletin	209
Advanced Therapeutic Services	28
Alina Lodge	19B
Alleva	13
AMFM Healthcare	29
Anchored Tides Recovery	15
APN Lodge	35B
AToN	68
AVA Billing & Consulting	66
Avea Solutions	17A
Banyan Treatment Center	205
Benchmark Transitions	2
BRC Recovery Family of Programs	1
Breathwork for Recovery	Virtual Only
Bright Future Recovery	9
Buckeye Recovery Network	19A
C4 Consulting, Inc.	23
CA Billing	18C
Camp Recovery Center	12
CaredFor	61
CARF International	27
CCAPP	201
Centerline Billing & Consulting	52B
Certa Scientia Consulting	200
Circa Behavioral Healthcare Solutions	60
Cirque Lodge	37
CLARE-MATRIX	203
Clear Recovery Center	41C
CooperRiis Healing Community	59A

Crownview	64
Cycles of Change Recovery Services	72
Discovery Behavioral Health	38
Dreamscape Marketing	75
Elevated Billing Solutions	22
Ellenhorn LLC	70A
FHE Health	50A
Friendly House	14
Gratitude Lodge	58B
Hatch Compliance, Inc.	59B
Hired Power	43B
Integrative Life Network	3
Iris Healing	57C
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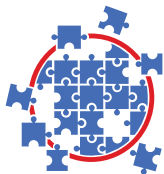
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