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Presents

33rd Annual Northwest Conference

Behavioral Health and Addictive Disorders

May 27-29, 2020 Seattle (Bellevue), WA
Hyatt Regency Bellevue



IN-Q



Helen Fisher, PhD



John Arden, PhD



Margaret Wehrenberg, PsyD



Kevin McCauley, MD



Stephen Ilardi, PhD

SPECIAL FOCUS ON

- Trauma
- Addictions
- Innovative Techniques & Strategies
- Anxiety & Depression
- Love, Attachment & Relationships
- Ethics



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33rd Annual Northwest Conference

Behavioral Health and Addictive Disorders

Seattle (Bellevue), WA Hyatt Regency Bellevue May 27-29, 2020

Who Should Attend?

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

- Mental Health
- Addictions Counseling
- Marriage and Family Therapy
- Psychology
- School Counseling
- Registered Nursing
- Courts and Corrections
- Prevention
- Employee Assistance
- And Others

Seattle Tuition

Full Program: \$415.00

Daily Tuition: \$150.00

Program Focus

The 33rd Annual Northwest Conference on Behavioral Health and Addictive Disorders provides a forum for exploring the complex issues within the physical, emotional, social and spiritual dimensions of mental illness and addictive disorders. Topics and issues covered include:

- Inquire Within
- Trauma Treatment
- Redirecting Resistance
- Perfectionism and Social Media
- Adolescent Substance Abuse
- Opioids & Neuroscience of Addiction
- Depression and Anxiety
- Race Matters
- Epigenetics & Adverse Childhood Experiences
- LGBTQ Issues
- Food and Mood
- Love Addiction in the Digital Age
- Soothing the Narcissistic Disruption
- Cannabis Use Disorder
- The Mental Illness Epidemic
- Borderline Personality Disorders
- Eating Disorders & Addiction
- Treatment Issues for Older Trauma Survivors
- Developing Secure Attachment
- Overcoming Critical Inner Voice
- Neurochemistry of Partnership Conflict
- Our Broken Treatment Paradigm
- Intense or Complicated Grief
- Prescription Drug Abuse Among Elderly
- Ethics
- And many more

What is the Northwest Conference on Behavioral Health and Addictive Disorders?

A premier training event, specializing in mental health and the addictions field. US Journal Training presents a combination of nationally recognized faculty who can address a wide variety of today's most relevant topics. The result is a highly acclaimed national training event featuring customized training opportunities for developing new treatment strategies and the sharing of research advances for clinicians and counselors.

Plan Ahead for Other 2020 Upcoming Events

See page 17 for upcoming events. Visit our website at www.usjt.com

31st Santa Fe Conference

Integrating Spirituality, Mindfulness and Compassion in Mental Health and Addiction
Santa Fe, NM, August 3-5, 2020

11th Annual Western Conference on

Behavioral Health & Addictive Disorders
Newport Beach, CA, October 8-10, 2020

Exhibit Opportunities

For exhibit information contact:

Lorrie Keip Cositore
561-400-2290

Seattle Faculty Includes:



John Arden, PhD



Corey Beauford,
LICSW



Sandra Felt, LCSW,
BCD



Lisa Firestone, PhD



Helen Fisher, PhD



Roland Fleck, EdD



Daniel Fox, PhD



Fred Hanna, PhD



Stephen Ilardi, PhD



IN-Q



Kristin Kirkpatrick,
MS, RDN



Sam Louie, MA



Kevin McCauley, MD



Cardwell Nuckols, PhD



Kristina Padilla, MA



Jan Parker, PhD



Carolyn Ross, MD



Margaret Wehrenberg,
PsyD

Bellevue/Seattle Local Attractions

Vibrant, modern and growing, Bellevue Washington is the gateway to the entire Puget Sound region. Surrounded by magnificent natural beauty and outdoor spaces, this one-of-a-kind place offers the ultimate in shopping, dining and cultural attractions all in a clean, safe, easy-to-walk environment. Then, after a busy day, unwind at any of Bellevue's numerous spas, museums, performing arts groups and art galleries. Within minutes, you can explore Seattle's culture and history. Possible excursions while in the Seattle area include the Space Needle, the Seattle Art Museum and World Famous Pike Place Market (www.pikeplacemarket.org). Enjoy harbor cruise or walking tour. For more information, visit the Seattle Convention and Visitors Bureau website (www.visitseattle.org) or the Bellevue Visitors Bureau website (www.visitbellevuewashington.com).

Conference Site

Hyatt Regency Bellevue
900 Bellevue Way NE
Bellevue, Washington 98004
Phone: (888) 421-1442 or (425) 462-1234

Hyatt Regency Bellevue is a Four Diamond hotel on Seattle's desirable Eastside with a stunning guest tower. Stroll through connecting sky bridges and discover more than 250 shops, 45 restaurants and plenty of entertainment options harbored inside this chic urban streetscape. Room rates at the Hyatt Regency Bellevue are \$195 single/double (plus tax). To make a reservation, please call the Hyatt Regency directly at 877-803-7534 and use the code: UJOR to receive the conference rate. Reservations must be made by April 28, 2019 but room block may sell out prior to that date.

Transportation to the Hotel

Shuttle service from the Sea-Tac airport to the hotel is available. The current cost is \$27.55 per scheduled one-way ticket, \$55.10 round trip. Prices are subject to change. For departure from Bellevue hotel to Sea-Tac airport a 24-hour reservation is required. Contact Shuttle Express at: www.shuttleexpress.com or (425) 981-7000. Please note due to new Sea-Tac Airport Regulations, a shared ride with Shuttle Express from Sea-Tac Airport is only allowed when there are more than one party traveling in the same direction at the same time. Taxi cabs are also available.

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Tuesday, May 26

5:30– 7:30 PM

**Early Conference Registration at
Hyatt Regency Bellevue**

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

Wednesday, May 27

7:45 AM

Registration Continued

8:00–8:50 AM

Continental Breakfast

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NEWPORT HEALTHCARE

8:50 AM

Welcome

Dan Barmettler and Gary Seidler, US Journal Training

9:00–10:00 AM

KEYNOTE PRESENTATION



Inquire Within

IN-Q

(With discussant Sam Louie MA, LMHC)

IN-Q is a National Poetry Slam champion, award-winning poet, and multi-platinum songwriter. His groundbreaking achievements include being named to Oprah's Super Soul 100 list of the world's most influential thought leaders, being the first spoken word artist to perform with Cirque Du Soleil, and being featured on A&E, ESPN, and HBO's Def Poetry Jam . He's inspired audiences around the world through his live performances and storytelling workshops. Many of his recent poetry videos have gone viral, with over 70 million views combined. As a songwriter, IN-Q's hit single "Love You Like a Love Song" by Selena Gomez went multi-platinum, winning him a BMI award. He has written with renowned artists including Aloe Blacc, Miley Cyrus, Mike Posner, and Foster the People. His songs have accumulated over one billion views on YouTube alone. Leading organizations including Nike, Instagram, Spotify, and Google, have brought IN-Q in to motivate their teams through his keynote speeches and acclaimed storytelling workshop. Ultimately IN-Q writes to entertain, inspire, and challenge his audiences to look deeper into the human experience and ask questions about themselves, their environment, and the world at large.

We are living in a time where we are trained to search for the answers outside of ourselves and many of us have lost our connection to our own inner voice. Poetry allows us to express some of the most difficult emotions humans can have and allows us to find a bit of comfort in shared experience. Award-winning poet IN-Q will take you on a rhythmic, original, and authentic journey to the center of the soul. And perhaps, next time you're searching, you'll take some time on your own, embrace the silence, and Inquire Within.

10:00–10:30 AM

Refreshment Break

AM & PM Breaks will be held each day in the Exhibit Area

10:30–11:30 AM

KEYNOTE PRESENTATION



**Perfectionism, Social Media and the 24/7 Internet:
Mitigating Their Impact on Mental Health**

Margaret Wehrenberg, PsyD

Author of six books, including *The 10 Best Ever Anxiety Management Techniques*, *The 10 Best Ever Depression Management Techniques*, and *Anxiety and Depression*. She earned her MA studying psychodrama and bioenergetics, and has years of experience as a certified drug and alcoholism counselor, especially working with adults who were traumatized as children, before earning her PsyD and beginning a private psychotherapy practice, in Naperville, IL.

Perfectionism is on the rise and so is the amount of time people spend on social media and the internet. There is a marked correlation between these, and it appears that following influencers

and celebrities on social media and spending time on YouTube can exert negative impact on psychological wellbeing. Perfectionism is itself a problem and may lead to Analysis Paralysis, Procrastination and the “Close Enough” mentality that can increase anxiety and depression at every age. This session will look at methods to mitigate the impact of Perfectionism and assist clinicians to compensate for the risks accruing to excessive social media and 24/7 Internet use on mental health.

11:30–12:30 PM **KEYNOTE PRESENTATION**



Redirecting Resistance: Advanced Skills and Techniques for Substantive Change

Fred Hanna, PhD

Professor in the Department of Counseling at Adler University, Chicago, IL and also serves as a Faculty Associate at Johns Hopkins University, Fred has held positions on the editorial boards of six scholarly journals and has published a wide range of professional articles. His research interests have focused on developing the Precursors Model of Change. He has also developed and published many innovative clinical techniques aimed at positive change for aggressive adolescents, addicted clients, suicidal clients, victims of personal and cultural oppression, and criminal personalities. Author of *Therapy with Difficult Clients: Using the Precursors Model to Awaken Change*.

Graduate schools typically do not teach courses that address how to approach involuntary, highly resistant and defiant clients. The Precursors Model offers a host of innovative and immediately applicable techniques that soften resistance and converts unwilling clients into those who willingly engage in counseling. This can often be done in one session. Over a dozen strategies and techniques are offered. You know about the defense mechanisms. The precursors are the offense mechanisms of change.

2:00–3:30 PM **CONCURRENT WORKSHOPS**

Current Trends in Adolescent Substance Abuse



Corey Beauford, LICSW, LCSW-C, MSW

Corey Beauford received his MSW from Howard University and a MA in Theology from Wesley Theological Seminary. Mr. Beauford has years of experience in HIV / AIDS, Co-Occurring Disorders, and Intimate Partner Violence. Mr. Beauford is also the Founder and President of Inspired Consulting Group, LLC. Moreover, Mr. Beauford serves as a Clinical Supervisor at Clean and Sober Streets, a residential substance abuse treatment program in Washington, D.C., and a Clinical Instructor with the University of Maryland School of Social Work in Baltimore, MD.

Krokodil, K2, 2C-E, Mojo, Salvia, N-Bomb, Lean, Spice, Molly, Bath Salts, Butt-Chugging, Pharm Parties—sound familiar? Adolescents across the United States are experimenting with newer, more toxic illicit drugs. Drug use can have detrimental effects on an adolescent’s neurological, physical and emotional development. This interactive training will share prevention and treatment interventions that human service professionals can utilize to address substance abuse with adolescents. We will also examine drug use among high-risk adolescent populations and provide strategies for resolving ethical and moral dilemmas that can arise while providing recovery-based services to adolescents and their families.

**A New Paradigm for Psychotherapy:
Freedom and Fulfillment through Internal Control**



Fred Hanna, PhD

This program may provide a perspective that will expand how you view positive change and personal growth. The major theories of Western psychotherapy when compared to this paradigm are revealed to be surprisingly passive. Now that self-determination and the resurgence of the power of will have been validated by research, the respective improvements in therapy and self-improvement are a natural result. For example, what if there was an “undo” function for the mind and emotions, and not just for a computer? Many powerful techniques are offered in this program based on ancient Buddhist and Yogic mental practices that the presenter/ professor has studied in depth for over 40 years, including in Asia. Attendees will be asked to try specific techniques within themselves that directly change and even undo negative mental and emotional phenomena.

Considerations for Clinical Work with LGBTQIA2+ Individuals



Kristina Padilla, MA, LADC

Kristina Padilla is a leader with the California Consortium of Addiction Programs and Professionals (CCAPP) where she serves as Director of Education. Kristina is also Director of Business Development for CCAPP traveling 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. She has a Bachelor's of Science in Criminal Justice Administration and a Master's Degree in Counseling Psychology. Kristina is also a

Certified Gang Specialist of the National Gang Crime Research Center (NGCRC) and is on the Board of Directors of the National Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals and their Allies (NALGAP).

Kristina will review traditional treatment approaches with LGBTQIA2+ populations, how providers need to be aware of harmful treatment practices and the impact of homophobia and racism on LGBTQIA2+ Clients. The coming out process and how it is a process and not to "out" anyone that is not ready to be out. Why it is so important for providers to work from a trauma-informed approach to view the client as a whole being with the understanding their behaviors might be a means to survival from the harms, violence, abuse, stigma and prejudice clients have experienced. Lastly, how it is helpful for providers to gain insight on how stigma can impact LGBTQIA2+ individuals.

Disrupting Rumination—Changing the Cognitions that Underlie Depression



Margaret Wehrenberg, PsyD

Overactive brain circuitry can trap people in cycles of ruminative thinking, and it is that neurobiologically-based rumination that links anxiety and depression, two disorders that co-occur in about 50% of our clients. In this session focused on depressed thought processes, we will examine how clients get locked into mental patterns of worthlessness and inadequacy. Because clients' mental

habits, reinforced by life experiences and strengthened by repetition, form a neurobiological rut that is hard to escape. Therapists themselves can begin to feel stuck along with their clients. In this workshop, you will be able to apply successful methods that disrupt the pattern of depressive cognitions and allow clients to break out of the rumination rut.

My Passport to Pain: From Asian Immigrant to American Addict



Sam Louie, MA, LMHC, CSAT(C)

He conducts a private practice specializing in multi-cultural issues and sex addiction. His therapy experience includes working with middle and high school students in the Seattle Public Schools as a part the Asian Counseling and Referral Service as well as working with sex addicts and sex offenders from diverse cultural backgrounds. Prior to receiving his Master's degree in Clinical Psychology, Sam worked more than twelve years as a television

journalist where he researched, produced, and reported on a number of stories related to psychotherapy, relationships, and recovery. He garnered two Los Angeles Emmy Awards, one for a story related to the impact of mental health on homelessness. He has also written a book, *Asian Shame & Addiction: Suffering in Silence* that touches on the themes of Asian culture and addictions.

Sam grew up caught between two cultures as a first generation Chinese immigrant to the United States. In addition, he grew up amidst 3 generations of addictions (gambling, eating issues, workaholism, just to name a few). In this presentation, he documents the challenges of immigrant experiences such as cultural shame, assimilation to a new country, and how maladaptive coping mechanisms in the form of addictions and compulsive behaviors can pass from one generation to another. Yet, Sam's own journey of resiliency can give audiences a new understanding of hope, perseverance, and the resources necessary to end the cycle of negative generational patterns.

4:00–5:30 PM

CONCURRENT WORKSHOPS

Innovative Techniques and Strategies for Drug and Alcohol Counseling: Beyond Motivational Interviewing



Fred Hanna, PhD

In this program, a completely original and innovative approach to drug and alcohol counseling is offered that aligns the intentions of drug dependency with the purpose of counseling itself, and thus orients the client toward positive change. Learn strategies and techniques that address the most crucial issues of drug dependency through advanced methods that attack the cognitive, affective, behavioral, social, and metacognitive aspects of addiction itself.

Changing the Cognitions that Underlie Anxiety: Disrupting Rumination



Margaret Wehrenberg, PsyD

This session will explore the four subtle reasons people hold on to worry to improve their ability to disrupt the rumination that underlies generalized anxiety disorder. More importantly we will explore pragmatic, achievable solutions for eliminating these patterns and replace them with attitudes of calmness and competency. Utilizing experiential and interactive methods, you will leave prepared to utilize several effective tools to end rumination and move into recovery from anxiety.

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Race Matters: Understanding Race through Experience



Sam Louie, MA, LMHC, CSAT(C)

This workshop will be one of experiential learning where participants will engage in activities as a means to better understand racism, the impact of stereotypes, and awareness of institutional privilege. Activities will include simulations, small and large group discussions, phototherapy (i.e. use of photographs), stories, and other participatory exercises. While you engage in hands-on exercises, the activities will help deepen the conversation and allow participants to integrate new knowledge.

Substance Abuse and Prescription Drug Misuse within Elderly Communities



Corey Beauford, LICSW, LCSW-C, MSW

Substance abuse among the elderly population is a largely unexplored phenomenon. Statistics, however, show that the rate of substance abuse among this population is rapidly escalating. This training discusses the rate and prevalence of substance abuse and prescription drug misuse within the elderly population and shares treatment interventions useful for patients in recovery and for elderly patients who may be overwhelmed with complicated and confusing medication regimens.

Gangs, Jails, Prisons, and Counseling: Working with Adolescents and Young Adult Gang Members in the Criminal Justice Populations



Kristina Padilla, MA, LADC

Kristina will go over some techniques you can utilize while working with youth in prison, gangs, or jail. Preventing youth involvement in gangs is an important issue. Compared to non-gang members, gang members commit a disproportionate amount of violent crimes and offenses across the country. Gangs and gang involvement result in short or long term negative outcomes for gang-involved youth, their friends and families, and the surrounding communities.

Thursday, May 28

8:00 AM

CONTINENTAL BREAKFAST

9:00–10:00 AM

KEYNOTE PRESENTATION



WE HAVE CHEMISTRY! Courtship, Commitment and Love Addiction in the Digital Age

Helen Fisher, PhD

An American biological anthropologist, Helen is a Senior Research Fellow at The Kinsey Institute. She is a leading expert on the biology of love and attraction and is today the most referenced scholar in the love research community. In 2005, she was hired by Match.com to develop a personality-based matching system, now taken by over 14 million people in 40 countries. She is a TED Talks all-star with five major speeches there. Dr. Fisher has written six internationally best-selling books, including *Why We Love*, *The Nature and Chemistry of Romantic Love*, *Why Him? Why Her?* *How to Find and Keep Lasting Love* and her most recent *Anatomy of Love* (2nd ed.) 2016. She appeared in the 2014 documentary film about heartbreak entitled *Sleepless in New York*.

Is Monogamy Natural? What is love? Is technology changing who we choose? Why love addiction? And how can you employ brain science to make a happy, long-term partnership? Biological anthropologist Helen Fisher discusses three brain systems that evolved for mating and reproduction: the sex drive; romantic love; and feelings of deep attachment. Then, using her fMRI brain scanning data, she discusses four broad basic styles of thinking and behaving associated with four primary brain systems--the dopamine, serotonin, testosterone and estrogen systems—to explore the nature of mate choice and romantic rejection. She concludes with discussion of the brain circuits associated with long-term partnership happiness and the future of relationships in the digital age—what she calls “slow love.”

10:30–11:30 PM

KEYNOTE PRESENTATION



Civilization and Its Discontents: Unraveling the Mental Illness Epidemic

Stephen Ilardi, PhD

Has served on the faculties of the University of Colorado and (presently) the University of Kansas. The author of over 50 scholarly articles on mental illness, Dr. Ilardi is a nationally recognized expert on depression. His work has been honored by the American Psychological Association's prestigious Blau Award for early career contributions to the field, and his research on the neuroscience of depression has been funded by the National Institute of Mental Health (NIMH). He has also been invited to give two recent TEDx talks on his work, and is the author of *The Depression Cure: The 6-Step Program to Beat Depression Without Drugs*. Recently, he was selected from a pool of over 2,000 instructors at KU as the recipient of the school's highest instructional honor, the HOPE Award for teaching excellence. He also maintains a clinical practice.

Our ancestors lived for countless millennia in a world far different from the one we now inhabit, and our genes, bodies, brains, and minds remain largely calibrated to that ancient way of life. Simply put: We were never designed for the sedentary, indoor, socially isolated, sleep-deprived, fast-food-laden, screen-addicted, frenzied 24/7/365 pace of modern American life. The result is an epidemic of mental illness that shows no signs of abating, despite the fact that one in five Americans now takes psychiatric medication each day. But it is possible to reclaim several healing habits of the past—many of which have profound effects on neurochemistry—and weave them back into the fabric of 21st-century life.

11:30–12:30 PM

KEYNOTE PRESENTATION



Opioids, Oxytocin and Attachment: Compelling Findings from the Neuroscience of Addiction and Recovery

Kevin McCauley, MD

A Senior Fellow at The Meadows, Dr. McCauley became interested in the treatment of substance use disorders while serving as a Naval Flight Surgeon where he observed the US Navy's policy of treating addiction as a safety (not a moral) issue, returning treated pilots to flight status under careful monitoring. Dr. McCauley wrote and directed two films: *Memo to Self*, exploring the concepts of recovery management, and *Pleasure Unwoven*, on neuroscience of addiction. In long-term recovery himself, he is committed to understanding how addiction plays out in the lives of people from diverse races and different cultures, genders, and orientations, and hearing their unique perspectives of recovery.

The tragedy of the opioid epidemic in the U.S. brought with it an intense period of scientific investigation into the phenomena of addiction. Aspects of the experience of people with addiction that were once ignored are now studied in great depth, and as the understanding of addiction grows, the findings grow more and more fascinating. How does the opioid system allow humans to attach? What is the impact of the cannabinoid system on development? Can Medication-Assisted Treatment be used to enhance the psychosocial/spiritual features of 12-Step recovery rather than inhibit them? This presentation will detail some of the most impactful recent research about addiction, and describe how treatment professionals and programs can put this information to work to help their patients seeking recovery.

2:00–3:30 PM

CONCURRENT WORKSHOPS

WHY HIM? WHY HER?

The Neurochemistry of Partnership Choice, Conflict and Love Addictions



Helen Fisher, PhD

Why Him? Why Her? Helen Fisher provides an entirely new way to understand human relationships (with partners, kin, friends, colleagues, clients or patients) based on neuroscience. Using her questionnaire (now taken by over 14 million people in 40 countries) and her fMRI brain scanning data, she elaborates on four broad biologically-basic styles of thinking and behaving associated with four primary brain systems—the dopamine, serotonin, testosterone and estrogen systems—to expose the nature of relationship happiness and conflict. And she hypothesizes that individuals who primarily express the constellation of traits linked with each of these brain

systems are predisposed to different forms of love addiction—including romance junkies, attachment junkies, violence junkies or those predisposed to co-dependent depression.

Achieving Treatment Success with Clients Along the Borderline Personality Disorder Spectrum



Daniel Fox, PhD

Dr. Fox is a licensed psychologist, multiple award winning author, and international speaker. He specializes in the psychological assessment and treatment of personality disorders. He has written practical and applied resources for personality disorder treatment, including *The Borderline Personality Disorder Workbook*, *The Clinician's Guide to the Diagnosis and Treatment of Personality Disorders*, *Antisocial, Borderline, Narcissistic and Histrionic Workbook*, and *Narcissistic Personality Disorder Toolbox: 55 Practical Treatment Techniques*

for Clients, Their Parents & Their Children. Dr. Fox has a popular and active YouTube channel focused on personality symptoms and treatment for mental health professionals and their clients.

This workshop will provide attendees with the knowledge, skills, and abilities to conceptualize and make therapeutic gains with their clients with borderline personality disorder and borderline personality disorder traits. Attendees will learn the five steps of therapeutic responses to connect with their clients and prepare for the treatment road ahead, lessen missed sessions, assess and enhance motivation to change, and identify and work with foundational and expressive borderline personality disorder symptoms and behaviors. This workshop is a hands-on interactive experience to help clinicians achieve treatment success with some of their most challenging and complex clients.

Shared Factors for Co-Occurring Eating Disorders and Addictions—Neurobiology, Trauma and Attachment



Carolyn Ross, MD

Carolyn Ross, MD, is a nationally known author, speaker and expert in the field of Eating Disorders and Integrative Medicine. She has written *Healing Body, Mind and Spirit: An Integrative Medicine Approach to the Treatment of Eating Disorders* and *The Overcoming Binge Eating Disorder and Compulsive Overeating Workbook*.

Much has been learned in recent years regarding how the brain makes decisions and the interplay between various parts of the brain that result in unwanted behaviors. Nationwide, approximately 20-30% of all individuals with anorexia and 40-70% of people with bulimia or binge eating disorder have co-morbid substance use disorder. As well, up to one-third of females with alcohol use disorder may have undiagnosed eating disorders. Thirty percent of women receiving treatment for substance use disorders may also have serious eating disorders. The element of cross-addiction speaks to the fact that for many individuals, there may be common underlying etiological factors, including a family history of SUD, trauma, attachment disorders and major depression that promote the development and maintenance of both SUD and ED. This shared etiology and its' impact on the brain is the subject of this workshop.

Our Treatment Paradigm Is Broken: Here's How We Can Fix It



Stephen Ilardi, PhD

Most forms of mental illness involve dozens of interlocking pathological processes spanning multiple levels of complexity: molecular, biochemical, hormonal, neurological, cognitive, behavioral, social, and cultural. Depression, for example, is typically driven by neuroinflammation, runaway stress axis activation, disordered serotonin/dopamine circuitry, circadian rhythm disturbances, faulty sleep architecture, social isolation, toxic rumination, reduced insulin receptor sensitivity, gut microbe dysbiosis, etc. And yet we typically treat such illnesses with monotherapy - a single mode of intervention (whether it be meds or psychotherapy)—a narrow approach that still leaves most relevant pathological systems dysregulated. This helps explain why most psychiatric patients do not achieve full and lasting recovery in traditional monotherapy treatments. In fact, they often need the benefit of several different modes of intervention simultaneously—polytherapy—to find durable healing.

Law and Ethics: Critical Considerations



Roland Fleck, EdD and Jan Parker, PhD

Roland Fleck, is the Chair of the Department of Psychology at National University, San Diego, CA. He is the co-author of a book several book chapters, numerous peer-reviewed journal articles, and many papers including several at the annual meeting of the American Psychological Association.

Dr. Parker is a Professor at National University in San Diego where she has taught for over 25 years. She is a licensed MFT in California and had a private practice for almost 30 years. She is a Certified Bioenergetic Therapist, which is a type of body-oriented psychotherapy. Her research interests include addiction, body oriented therapy, law and ethics, and clinical education

This presentation identifies and defines critical legal and ethical issues for clinicians including: Definition of ethical standards; informed consent; scope of competence and practice; privilege, confidentiality; mandated reporting; duty to protect; treatment of minors; boundary crossings and violations; telehealth; termination; cultural competence; HIPAA guidelines; advertising; and risk management. Issues specific to Washington State law will be discussed. Case examples will be used to illustrate these legal and ethical issues.

4:00–5:30 PM CONCURRENT WORKSHOPS

Lifestyle-Based Strategies for Healing Depression



Stephen Ilardi, PhD

Despite a 300% increase in antidepressant use since the 1990s, the staggering toll of depressive illness keeps rising. As the research evidence keeps pouring in, a sad reality has come sharply into focus: medications alone do not deliver a complete and lasting recovery for the majority of depressed individuals who take them. Fortunately, modern neuroscience reveals that the way we live also has a profound impact on brain function, and myriad simple changes in lifestyle have shown a powerful ability to help heal depression. In this workshop, we will examine 7 lifestyle-based strategies that can be integrated into any depression treatment regimen.

Three Critical Treatment Issues for Older Trauma Survivors



Sandra Felt, LCSW, BCD

Sandra is the author of *Beyond the Good-Girl Jail: When You Dare to Live from Your True Self*, a Board Certified Diplomate in Clinical Social Work, a Certified Trauma-Informed Practitioner and Trainer, and a former director of a child-abuse treatment research program. She draws on her own life experiences with trauma as well as more than 30 years of private practice as a Licensed Clinical Social Worker treating courageous survivors of trauma and neglect as well as aging, dying, and death issues.

Each developmental stage brings unique developmental challenges that are often exaggerated and more complex when healing from trauma. Once parenting and achievement at work become less of a life focus, once our body begins to require more time and effort, and once our friends begin to look older, those who are trauma survivors reach three specific developmental challenges they can no longer avoid: (1) letting go of the incessant need to control; (2) claiming what fits now and letting go of whatever doesn't; and (3) beginning to make friends with death. These three developmental challenges will be explored in detail with specific treatment strategies recommended for trauma survivors.

Soothing the Narcissistic Disruption: Working With and Lessening Blockades to Treatment to Achieve Therapeutic Gains



Daniel Fox, PhD

Attendees will identify key factors for treatment related to clients along the narcissistic spectrum, incorporate evidence-based techniques to address and change maladaptive and addictive patterns, identify adverse comorbid indicators that derail treatment, and learn strategies to manage transference and countertransference reactions. This workshop helps attendees develop skills to achieve therapeutic gains with narcissistic spectrum clients by

learning adaptive relationship skills while minimizing maladaptive relationship pathology and dependency.

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Historical / Intergenerational Trauma and Eating Disorders and Addictions



Carolyn Ross, MD

Trauma ultimately has the ability to define our behaviors, actions and sense of self. Beyond childhood trauma, research is also showing the destructive effects of trauma being passed down from generation to generation in our DNA and cultural nurturing. This is intergenerational or historical trauma. Offspring of Holocaust survivors showed a variety of trauma response pathology and experienced themselves as “different or damaged” by their parents’ experiences (Sotero, 2006). Studies on families of Holocaust survivors shows an association between eating disorders and Holocaust exposure and also the transmission of trauma down through the third generation. More recent studies involving historical trauma research have focused on American Indian/Alaska Native (AIAN) populations. Dr. Maria Yellow Horse Brave Heart describes historical trauma as “the cumulative emotional and psychological wounding over one’s lifetime and from generation to generation following loss of lives, land and vital aspects of culture”. Intergenerational transmission of trauma may be due to the unhealthy attachment issues, parenting style, unhealthy affective regulation styles and other unconscious methods of transmission in trauma that has not been processed. Another theory has to do with changes in DNA through epigenetics, where certain genes are turned on or off by stress and other lifestyle factors. Intergenerational trauma, if understood by clinicians and individuals could help reduce the stigma of addictions, mental health issues and eating disorders / obesity. As well, applying what we know about the plasticity of the brain, it could be applied to prevent the development of impulsive / compulsive disorders in children in the lineage.

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Law and Ethics: Boundary Crossings and Violations



Jan Parker, PhD and Roland Fleck, EdD

This presentation defines and identifies the difference between boundary crossings and boundary violations. Specific case examples will be used to cover topics such as: Multiple relationships with clients; role blending; rural communities; bartering; giving and receiving gifts; social relationships; sexual attraction and relationships; and touching clients.

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7:00 PM–9:00 PM EVENING SESSION (Optional)



Loneliness: Clinical Observations and Approaches

Cardwell C. Nuckols, PhD

He has been described as one of the most influential clinical and spiritual trainers in North America. He has served the behavioral medicine field for over 35 years and for the last 20 years is considered one of the leading experts in the world on addiction and recovery. Dr. Nuckols is widely published, having authored more than 60 journal articles, 30 books and workbooks, 50 DVDs, CDs and videos, and 25 audiotape series.

His most recent books are *Finding Freedom Through Illumination* and *The Ego-Less SELF: Achieving Peace and Tranquility Beyond All Understanding*.

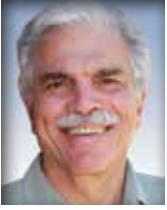
Loneliness is both complex and multi-determined. This practical seminar will review the research and look at various clinical scenarios where isolation and loneliness are examined. This presentation will take a close look at exactly what we mean by “lonely,” as well as the various causes, health consequences, symptoms and potential treatments for loneliness. In a culture where individual achievement is valued above the welfare of the group, isolation and loneliness will be prevalent. Human beings are troop primates by nature. When we are faced with prolonged loneliness it goes against our primitive impulses to be a part of a group. “The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration.” (Pearl S. Buck)

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Friday, May 29

9:00–10:00 AM

KEYNOTE PRESENTATION



Mind–Brain–Gene: Toward Psychotherapy Integration

John Arden, PhD, ABPP

Over 40 years of experience providing psychological services and directing mental health programs. Dr. Arden retired from Kaiser Permanente where he served as the Northern California Regional Director of Training where he developed one of the largest mental health training programs in the United States. Author of 15 books, His most recent publication

is *MIND–BRAIN–GENE: Towards Psychotherapy Integration*. The book explores recent research in neuroscience and psychology that shows the mind is not one thing, but is composed of ongoing interactions between mental operating networks.

This keynote synthesizes the substantial literature on psychoneuroimmunology and epigenetics, combining it with the neuroscience of emotional, interpersonal, cognitive, dynamics, with psychotherapeutic approaches to offer an integrated vision of psychotherapy. The integrative model promotes a sea change in how we conceptualize mental health problems and their solutions. We can now understand how the immune system, diet, brain structure, and even gut bacteria effect mental health. Psychotherapists in the 21st Century will by necessity become more like healthcare workers to address and resolve adverse mind-body-brain interactions.

10:30–11:30 AM

KEYNOTE PRESENTATION



Food and Mood: Fuel Well

Kristin Kirkpatrick, MS, RDN

Dietitian and consultant of Wellness Nutrition Services at the Cleveland Clinic Wellness Institute in Cleveland, Ohio. Kristin is a Senior Fellow at The Meadows. In December, 2017, Kristin's show "The New Rules of Food" aired nationally on PBS. Kristin's career began in Washington, D.C. where she assisted in lobbying efforts for Medical Nutrition Therapy reform on behalf of the American Dietetic Association Policy and Advocacy group. Kristin returned to Ohio to work for the Cleveland Clinic's Department of Cardiovascular Genetics

and eventually became the lead Dietitian in the Cleveland Clinic Wellness Institute. She holds an MS in Health Promotion Management from American University in Washington, D.C. Her first book is titled *Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease*.

The connection between what we eat, and how we feel, has been documented for over a decade in studies. Yet, the concept has not been incorporated into treatment protocols. Nutritionist Kristin Kirkpatrick will present the major dietary factors that impact depression, anxiety and addiction and will discuss Fuel Well. Fuel Well is an exciting new program addressing these factors in effort to better serve our clients and ourselves.

11:30–12:30 PM

KEYNOTE PRESENTATION



Developing Secure Attachment: Make Sense of Your Past to Empower Your Future

Lisa Firestone, PhD

Dr. Lisa Firestone is Director of Research and Education at The Glendon Association and Senior Editor for PsychAlive.org. She is the coauthor of several books including *Conquer Your Critical Inner Voice*, *Creating a Life of Meaning and Compassion*, *Sex and Love in Intimate Relationships*, and *The Self under Siege*. Lisa Firestone is also a regular blogger on

Psychology Today and PsychAlive.org. Dr. Firestone is a trainer on couple relationships, parenting, suicide, and violence prevention. She is an expert in the areas of relationships and suicide and violence, and along with her father Dr. Robert Firestone researched and developed several assessments including the Firestone Assessment of Self-Destructive Thoughts (FAST) and the Firestone Assessment of Violent Thoughts (FAVT). Dr. Firestone is a clinical psychologist in private practice in Santa Barbara, CA.

We all carry around wounds, behaviors and beliefs about ourselves and others from our earliest attachments, which direct our lives. Research shows that when people fail to make sense of their past, they find themselves reliving and recreating it. This presentation introduces the process of writing a coherent narrative. Research in neurobiology shows that when a person writes a coherent narrative they actually rewire their brain to feel more secure within themselves and their relationships. In addition, creating a coherent narrative contributes to developing earned secure attachment.

Helping Clients Develop Earned Secure Attachment: Steps to Creating a Coherent Narrative



Lisa Firestone, PhD

Attachment research demonstrated that creating a coherent narrative allows people to free themselves from recreating their past. This workshop will be helpful to all therapists doing the challenging work of helping individuals to develop earned secure attachment. Both seasoned clinicians and novice therapists will add to their arsenal of techniques for helping clients resolve trauma and develop more healthy patterns of relating in their closest relationships. This workshop will introduce the tools for you to dig deep and resolve old traumas, big and small, so that they no longer haunt you and provide strategies to apply these tools with your clients.

Understanding and Treating Cannabis (Cannabinoid) Use Disorder



Cardwell C. Nuckols, PhD

With the publication of DSM-5, cannabis abuse and dependence are now considered part of the same substance use disorder, or simply, cannabis use disorder. The widespread use of marijuana has been impacted even more by recent legalization in a growing number of states. The number of reports citing the use of synthetic cannabinoids only adds to the problem. This presentation will give the participant state-of-the-art understanding of various issues to include DSM-5 diagnostic criteria for Cannabis Use Disorder, neurobiology of cannabis use and addiction, short and long-term health effects, evidence-based psychotherapeutic approaches to treatment and current perspectives on the pharmacological treatment.

Nutritional Needs and Challenges for Adolescents and Young Adults



Kristin Kirkpatrick, MS, RDN

This presentation will focus on the most up to date research on trends and nutritional needs of adolescents and young adults. The following issues will be discussed: Current nutritional challenges of adolescents, Current nutritional challenges of young adults, Nutritional guidelines for both groups, Deficiencies and risk factors, Warning signs of malnutrition, Engaging young people in a discussion on good nutrition and How to implement in treatment programs.

Epigenetics and Adverse Childhood Experiences



John Arden, PhD, ABPP

This workshop discusses the wide-ranging health and mental health ramifications of the Adverse Childhood Experiences (ACEs) studies. The ACE studies highlight the interaction between early adversity and epigenetic affects expressed later in life that significantly impact mental health. The rapidly evolving field of epigenetics reveals how the gene-environment interaction brings about the expression or suppression of the genes. Maternal neglect and growing up in poverty have been shown to suppress genes regulating the cortisol receptors on the hippocampus, making it more difficult to turn off the HPA (hypothalamic-pituitary-adrenal) axis later in life. In the extreme, low cortisol receptors are associated with suicide.

Overcoming the Critical Inner Voice: Applications to Psychotherapy & Counseling



Lisa Firestone, PhD

This workshop provides participants with an introduction to Voice Therapy. Participants will discover ways to help their clients identify destructive thoughts or “voices” that cause debilitating feelings of guilt and shame and interfere with all areas of life. They will learn how Voice Therapy techniques can be used to challenge and overcome these destructive inner thoughts and to more effectively cope with anxiety, depression, personal relationships, career, and personal aspirations. Participants can begin to develop new strategies to help their patients, understand and tolerate the anxiety of change, and identify achievable steps for positive and meaningful change in their lives.

Psychoneuroimmunology: The Intersection of Health and Mental Health



John Arden, PhD, ABPP

This workshop illustrates how the interface between the immune system, mind, and the brain affects mental health. For example, high levels of inflammation are strongly associated with a broad range of health and mental health problems, including devastating effects on mood, cognition, and the desire to engage other people. Inflammation can result from adversity and one of several dimensions of the interface between mind, brain, and body. In fact, long-term inflammation is strongly associated with anxiety, depression, and cognitive deficits, including dementia.

Grief: Just Intense or “Complicated”? Utilizing a Close Death to Heal Trauma



Sandra Felt, LCSW, BCD

No one chooses to experience a close death, but when it happens, how do we anchor and strengthen our inner true self to go on without the one who has died? How do we find the gifts in the emotionally-intense, life-changing experience to help heal past trauma? How do we “complete” a complex relationship on our own to heal old wounds? How do we let go? And at what point does intense grief become “complicated grief”? These questions will be explored utilizing the speaker’s personal experiences with childhood trauma and her mother’s death as well as client examples to emphasize the process of growing through intense grief to complete and learn from a complex, perhaps traumatic relationship when it ends. Helpful resources will be identified.

Methamphetamine: The Addict, the Addiction and Recovery



Cardwell C. Nuckols, PhD

Methamphetamine is a drug of rapid addiction and destruction. This skills training event will focus on the impact of methamphetamine and how this powerful drug changes the brain of the user—a process called addiction. Early alcohol and/or drug use combined with non-enriched home and/or community environments, can delay development of the prefrontal cortex. Therefore, many addicts entering treatment are not candidates for rehabilitation but in need of a habilitative (neuroplastic) approach to care. Based upon cognitive, emotional and attachment needs, practical strategies to challenge prefrontal growth (neurogenesis) will be reviewed. Lastly, treating methamphetamine is in many ways different than treating alcoholism. This skills training event will give participants a clear picture of the process of recovery. Time lines and stages of recovery will be explored noting the pitfalls that must be overcome along the way.

Conference Objectives:

Participants will be able to:

1. Identify treatment approaches and develop counseling skills for a range of issues in mental health, behavioral health, addictions, and co-occurring disorders.
2. Identify the neuropsychological and neurobiological underpinnings of addictive disorders, compulsive behaviors and other problematic behavior and the therapeutic implications of these findings.
3. Identify effective therapeutic approaches for the treatment of trauma, substance abuse, disrupted relationships, depression and anxiety, as well as a range of other clinical issues.
4. Identify clinical applications of recent key scientific research to include attachment, disordered eating, adverse childhood experiences, resistance and their implications in psychotherapy and counseling.

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