



U.S. Journal Training

INSPIRATION. EDUCATION. INNOVATION.

PRESENTS

31st SANTA FE CONFERENCE:

Integrating Spirituality, Mindfulness AND Compassion

IN MENTAL HEALTH AND ADDICTION

**VIRTUAL
CONFERENCE**
August 3–5, 2020



FACULTY INCLUDES

SPECIAL FOCUS ON

- Trauma Treatment
- Compassion & Spirituality
- Resilience in Difficult Times
- Co-occurring Disorders
- Brain Science & Psychotherapy
- Anxiety and Depression
- Awe, Wonder and Transcendence



Joan Borysenko, PhD



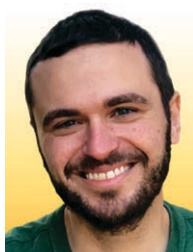
James Gordon, MD



Bill O'Hanlon, MS



Margaret Wehrenberg, PhD



Kristin Wilson, MA, LPC

PsyD

CONFERENCE HOST



NEWPORT HEALTHCARE

EARN UP TO **18 Hours** FOR CONTINUING EDUCATION

31st SANTA FE CONFERENCE:

Integrating Spirituality, Mindfulness AND Compassion

IN MENTAL HEALTH AND ADDICTION



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
- Pastoral Counseling
- Registered Nursing
- Courts and Corrections
- Prevention
- Employee Assistance
- And Others

Santa Fe Tuition

Full Program \$299

Daily Tuition \$115

Exhibitor Opportunities

For exhibit information contact:
Lorrie Keip at 561-400-2290

Program Focus

The 31st Santa Fe Conference—Integrating Spirituality, Mindfulness and Compassion in Mental Health and Addiction is offered this year as a virtual conference. It is a unique opportunity to join exceptional speakers and trainers in an intensive study and discussion of relevant topics and their significance for a range of behavioral and mental health issues. Pathways to wellness and personal growth will also be explored. We will identify effective and innovative intervention strategies through in-depth analysis of disruptive, compulsive and addictive behaviors. Traditional as well as alternative counseling and therapeutic topics will be addressed. Woven throughout will be an examination of the quest for personal meaning and various paths of spirituality.

Topics Include:

- Art & Science of Resilience
- Awe, Wonder and the Meaningful Life
- Perfectionism, Social Media & the Internet
- Anxiety and Depression
- Neuroscience & Practice of Compassion
- Treating Trauma
- Solution Oriented Spirituality
- Soul Hunger: Treating Eating Disorders
- Creativity and the Adolescent Brain
- Mind, Body Spirit Healing
- Dissolving Client Resistance
- Healing with Expressive Arts
- Trauma and Chronic Adult Illness
- Healing Power of Empathy and Compassion
- Treatment for Older Trauma Survivors
- Bridging the Cultural Divide
- Releasing the Body's Energy Blocks
- LGBTQ Issues
- Intense or Complicated Grief
- Original Identity vs Addictive Personality
- Growing Beyond Psychological Trauma
- The Power of Gratitude

What is the Santa Fe Conference—Spirituality, Mindfulness and Compassion in Mental Health and Addictions?

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

SANTA FE FACULTY



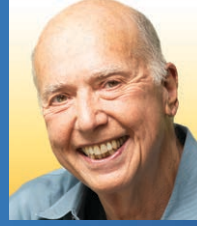
Joan Borysenko, PhD



Erica Elliott, MD



Sandra Felt, LCSW, BCD



James Gordon, MD



Master Mingtong Gu



Pasha Hogan, RYT



Anita Johnston, PhD



Mukta Kaur Khalsa, PhD



Cathy Malchiodi, PhD



Heather Monroe, MSW, LCSW



Bill O'Hanlon, MS



Kristina Padilla, MA LADC



Jonah Paquette, PhD



Brian Luke Seaward, PhD



Daniel Sumrok, MD



Margaret Wehrenberg, PsyD



Kristin Wilson, MA, LPC

PLAN AHEAD FOR OTHER 2020 UPCOMING EVENTS



11th Western Conference
**Behavioral Health
and Addictive Disorders**
Newport Beach, CA
October 8–10, 2020
(This will be a virtual conference.)

Visit www.usjt.com for upcoming events

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MENTAL HEALTH ♦ EATING DISORDERS ♦ SUBSTANCE ABUSE

MONDAY, AUGUST 3

Presentation times will occur in Mountain Standard Time.
Please adjust your location time accordingly.

8:50 am

Opening and Welcome

Dan Barmettler and Gary Seidler, [US Journal Training and](#)
Joan Borysenko, PhD, [Honorary Conference Chair](#)

9:00–10:00 am

KEYNOTE PRESENTATION

The Art and Science of Resilience: From Surviving to Thriving



Joan Borysenko, PhD
Honorary Conference Chairperson

This distinguished pioneer in integrative medicine is a world-renowned expert in the mind-body connection. Her work has been foundational in an international health-care revolution that recognizes the role of meaning, and the spiritual dimensions of life, as an integral part of health and healing. Harvard Medical School trained cancer cell biologist, a licensed psychologist, and bestselling author of 15 books including *New York Times* bestselling *Minding the Body*, *Mending the Mind*, *It's Not the End of the World: Developing Resilience in Times of Change*, and *The Plant Plus Diet Solution: Personalized Nutrition for Life*.

Resilience is more than the ability to bounce back from adversity. It's a transformative process that reveals our inherent nobility, a rite of passage from pieces to peace. Mythologist Joseph Campbell called this passage The Hero's Journey. It consists of three parts.

- Separation: Change disrupts the status quo and plunges us into the unknown.
- Liminal Time. This is the Unknown, wherein we can either despair and lose hope or- if we're resilient discover new strengths.
- The journey of resilience ends with giving back the wisdom we've gained to family, friends, work, community, nation, and the world. Modern psychology and neuroscience have clearly identified the attitudes and practices that support resilience. Both adults and children can learn these skills and help bring one another and our planet through the challenging times we live in.

10:00–10:30 am

Break–Take Time to Stretch

10:30–11:30 am

KEYNOTE PRESENTATION

Awe, Wonder, and the Meaningful Life



Jonah Paquette, PsyD
A clinical psychologist, speaker, and author of *Awestruck*, *The Happiness Toolbox*, and *Real Happiness*, research-based self-help books that focus on various aspects of well-being and personal growth. Jonah presents throughout the US and internationally on topics related to well-being, positive psychology, and awe. In addition, he serves as the Assistant Regional Director of Mental Health Training at Kaiser Permanente in Northern California, a program comprised of over 200 trainees spanning 20 medical centers.

What do you feel when you gaze up at the Milky Way, see a beautiful rainbow, or stand before a mountain that seems impossibly high? This feeling—often complete with goosebumps and a shiver down our spine—is known as awe. And as it turns out, this underappreciated and often misunderstood emotion holds an important key to a happy, meaningful, and healthy life. This keynote session will explore the exciting new science of awe, and how the moments that make us go “wow!” impact our immune system, brain functioning, social connection, physical health, stress levels, and much more.

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



Margaret Wehrenberg, PsyD

A clinical psychologist, author, and international trainer. She is a practicing psychotherapist and coaches professionals for anxiety management. Margaret is a frequent contributor to the award-winning Psychotherapy Networker magazine and blogs on depression for *Psychology Today*. She has written 7 books on topics of anxiety and depression published by W.W. Norton, and a workbook, *Stress Solutions*, published by PESI. *The 10 Best-Ever Anxiety Management Techniques* and its accompanying workbook, consistent best-sellers, were released in revised editions in 2018.

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.



The Power of Gratitude

Heather Senior Monroe, MSW, LCSW

Heather Senior Monroe, LCSW, is a psychotherapist and licensed clinical social worker. She specializes in treating trauma and its destructive effects on individuals and families. Heather also has expertise with teenage depression and anxiety. She has worked in the fields of teen treatment and prevention for more than 10 years. Additionally, she has implemented solution-focused techniques with teenagers in a wide range of settings. Heather utilizes her expertise in mindfulness and expressive therapies to guide resident at Newport Academy through the healing process.

This interactive workshop will bring together the science and psychology behind gratitude. It will take an in depth look into how gratitude changes our brain and how we can use it as a tool of intense change and manifestation in our lives. We will come away with a clear understanding about how the mind dictates our future and with the skills that will help us change for the better.



The Science of Happiness

Jonah Paquette, PsyD

This workshop explores the brain-based underpinnings of well-being, and discusses the necessary habits, skills, and behaviors that can lastingly change our brain for the better. Combining neuroscience and positive psychology, participants in this workshop will learn about some of the key brain systems linked to well-being, and how to strengthen these through positive self-directed neuroplasticity. In addition, we will explore how specific skills such as compassion, gratitude, savoring, and self-compassion can improve our physical health, social connections, and overall functioning. We’ll also explore some of the common myths related to happiness, and discuss factors that help explain why happiness can feel so hard to come by.



Reality, Rumination, and Anxiety during a Pandemic

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'll 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.

3:30–4:00 pm **Break–Revitalization Time**

4:00–5:30 pm

CONCURRENT WORKSHOPS



The Neuroscience and Practice of Compassion

Joan Borysenko, PhD

Compassion is the awareness of suffering of others, and the desire to alleviate it. Compassion activates the reward circuits of the brain, inhibits the stress response, and increases psychological and physical wellbeing. Research in interpersonal neurobiology describes how the mind is both embodied in the brain and nervous system, while also embedded in relationships. The quality of relationship affects the release of informational molecules by the brain and gut. These signaling molecules turn genes on and off and predispose to health or disease; anxiety, depression or equanimity. Loving relationship to self and others is the crucible from which health and healing emerge. Fortunately, compassion can be cultivated with simple mental tools derived from meditation practice, mindfulness, and positive psychology.



How the New Science of Awe Makes Us Happier, Healthier, and More Connected

Jonah Paquette, PsyD

This workshop will go further in-depth on the exciting science of awe, and review some of the key findings related to its benefits and implications. Workshop attendees will learn about cross-cultural differences in the experience of awe, and explore evolutionary theories regarding its universal importance. We will also discuss some of the core benefits of awe to our psychological and physical health, including its impact on our emotions, our nervous system, our stress levels, our compassion towards others, and our brain. Attendees will also discuss ways to integrate these findings into clinical practice, and how to promote hope, inspiration, and well-being in our clients.



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.

7:45–8:30 am

YOGA (This session is not offered for CE credit)



Kristin Wilson, MA, LPC

Come start your day with a gentle vinyasa yoga flow to help ground your body and lift your spirit.

9:00–10:00 am

KEYNOTE PRESENTATION

The Transformation: Using Self-Care and Group Support to Grow Through and Beyond Psychological Trauma



James S. Gordon, MD

James S. Gordon, MD, author of *The Transformation: Discovering Wholeness and Healing After Trauma*, is a world recognized authority on post-traumatic stress and a mind-body medicine pioneer. He is the Founder and Executive Director of The Center for Mind-Body Medicine in Washington, D.C., where he has created and implemented the world's largest and most effective program for healing population-wide psychological trauma. Dr. Gordon and his 130 international faculty at The Center for Mind-Body Medicine have brought this program of self-care and group support to more than

6,000 health professionals and other communities here in the US and overseas and they, in turn, are using it in a wide variety of clinical, educational, and community-based settings. He and his colleagues have also developed community-wide programs for refugees from wars in the Balkans, the Middle East, and Africa; for New York City firefighters and U. S. military personnel and veterans and their families; for students, parents, and teachers who have survived school shootings; for Native American children and their families; for those affected by the opioid crisis in Allegany County; and for communities in the aftermath of climate-related disasters in New Orleans and Southern Louisiana, Houston, Puerto Rico, and Sonoma, Shasta, Butte, Napa, and Siskiyou Counties.

Traumatic and stressful events affect our emotional and physical health, social functioning, and overall well-being. This plenary is designed to give participants a larger, more compassionate and meditative perspective on psychological trauma, and to outline a comprehensive approach with practical tools for preventing and managing psychological trauma, and for cultivating resilience and self-awareness. The approach utilized is accessible and evidence-based, and can transform even the most devastating trauma into an opportunity for discovering personal meaning and purpose.

10:00–10:30 am

Break—Take Time to Stretch

10:30–11:30 am

KEYNOTE PRESENTATION

Solution-Oriented Spirituality: A Non-Denominational Approach to Tapping into Client's Spiritual Resources Without Imposing



Bill O'Hanlon, MS

Has authored or co-authored 38 books, including *Out of the Blue: Six Non-Medication Ways to Relieve Depression* and an earlier title was *Pathways to Spirituality: Connection, Wholeness, and Possibility for Therapist and Client*. He has published over 60 articles or book chapters. His books have been translated into 16 languages. He has appeared on Oprah (with his book *Do One Thing Different*), The Today Show, and a variety of other television and radio programs. Since 1977, He has given over 3500 talks around the world. Bill is also a Licensed Mental Health Professional and Certified Professional Counselor. He is also a musician who plays guitar and writes songs.

Learn an empowering definition of spirituality than can lead to some simple methods of evoking clients' spiritual resources even if they do not see themselves as religious or spiritual. Using this approach can lead to more rapid change, even with intractable clients and challenging issues.

11:30–12:00 pm

Break—Refresh and Renew

12:00–1:00 pm

KEYNOTE PRESENTATION

Healing the Past, Birthing the Future through the Present



Master Mingtong Gu with Joan Borysenko, PhD

Internationally respected Master Mingtong Gu brings ancient wisdom to the west to improve health and happiness in modern times. His teachings empower people of all ages and health conditions, to discover more joy, health and vitality of mind, body and heart through dedicated practice of Wisdom Healing Qigong. Founder of The Chi Center, The Center for Wisdom Healing Qigong. Author of numerous books, including *Empowered Healing*, he leads workshops, retreats, online courses and professional certification programs worldwide. Born and raised in China, Master Gu trained with Grandmasters in Tibet and China and was awarded Qigong Master of the Year by the 13th World Qigong Congress. He received his master's training in Wisdom Healing Qigong at the largest medicine-less Qigong hospital in China. He worked with people facing major physical and emotional challenges. Witnessing profound healing experiences inspired his dedication to the teaching and practice of Wisdom Healing Qigong. He found his life passion, purpose and fulfillment in the union of spiritual practice and applied healing wisdom.



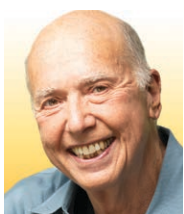
Fulfilling deep desires of healing and deepening your opportunities for awakening are all rooted in your connection to your energy body—your inner heart essence and the true meaning of your soul. Yet, at life's spiritual crossroads, you'll often find yourself most challenged... because the energy body connection is consistently blocked by your mind, and clouded with outdated beliefs, self-sabotaging thoughts, and stuck patterns. And over time, these energetic blocks can trigger dis-ease, limited relational capacity, and constriction around fulfilling your deeper soul purpose. This presentation will explore how to use movements, sound and mindfulness to reconnect with your body, open your heart and awaken your wisdom.

1:00-2:00 pm

Break

2:00–3:30 PM

CONCURRENT WORKSHOPS



Self-Care for Clinicians

James S. Gordon, MD

Caring for others can be deeply fulfilling. Still, healthcare professionals and those who work in healthcare settings are at risk for high rates of rates of stress and burnout, poor work/life balance, and depression. In this workshop, James S. Gordon MD will explore the psychobiology of burnout and help participants to understand and experience the efficacy of meditation and movement, self-expression and group support as tools for healing and preventing burnout and stress.



Creativity and the Adolescent Brain: An Experiential Workshop Using Creativity to Foster Authentic Connections

Kristin Wilson, MA, LPC

She has been working in the treatment field since 1997, in a variety of mental health treatment settings, including inpatient, residential, and outpatient levels of care, and with numerous types of addictions, including chemical dependence, process addictions, and eating disorders. She holds a BS in Biology from University of Richmond, VA and a Master's Degree, in Psychology and the Creative Arts Therapies, from Hahnemann University of the Health Sciences in Philadelphia, PA. She is passionate about the integration of holistic care in the treatment milieu. Kristin is a licensed clinician who has formerly served as a clinical supervisor, executive director, trainer, interventionist, and clinical outreach representative. Before her roles in Clinical Outreach, Kristin spent seven years running

an outpatient behavioral health department, in an alternative high school, in Delaware County, Pennsylvania.

We will explore new research on the adolescent brain, the development of the prefrontal cortex and the importance of increasing creative expression during adolescence. We will look at the role school based services can have on facilitating classroom cultures and relationships that promote creativity and thus support an adolescent’s “job” of finding their identity, establishing their beliefs and questioning authority.



Metaphors Be With You: Using Stories for Change

Bill O’Hanlon, MS

Stories can bypass resistance and help people make changes at the non-conscious level. Learn the varieties of stories to use in change work and learn the elements of effective therapeutic storytelling. You will also hear some compelling and fun stories.

3:30–4:00 pm

Break—Revitalization Time

4:00–5:30 PM

CONCURRENT WORKSHOPS



Cultivating Compassion in Challenging Times

Pasha Hogan, RYT

Author of Third Time Lucky: A Creative Recovery and The Joy of Creative Discovery: Practices to Reclaim Your Purpose & Passion. She is the founder of Creative Discovery™, a psycho-spiritual wellness program that activates the creative and healing processes for living a full and vibrant life. She has been working internationally in the healing arts

field for twenty years. Pasha trained in Humanistic & Integrative Psychotherapy & Counseling at the Tivoli Institute in Dublin, Ireland and Arts & Empowerment Facilitation at Crawford College of Art & Design, also in Ireland. Drawing on and building from her experience as psychotherapist, yoga/meditation teacher, Reiki Master/Teacher, and three-time cancer survivor, Pasha supports and guides people through life transitions and challenges. She is a passionate believer in the integration of body, mind and spirit for living a joyful and balanced life. Pasha works with individuals, organizations and treatment facilities across the United States and Europe.

The literal root of the word compassion is “to be with suffering”. An increasing number of studies are evaluating self-compassion in relation to mental health and how it can be used as a protective psychological factor in dealing with a variety of mental health conditions including anxiety, depression and stress. Cultivating compassion builds connections, enhances emotional resiliency, supports attitudinal healing and promotes honest and open communication, in and out of the therapeutic setting. Mental health professionals are at risk of suffering from compassion fatigue due to the nature of being exposed to clients suffering on a continuous basis. This interactive workshop integrates contemporary and ancient practices including storytelling, mindfulness techniques and embodied awareness to support your professional practice and personal wellbeing.



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

Bill O’Hanlon, MS

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



Soul Hunger: Understanding and Treating Eating Disorders with Imagery & Metaphor

Anita Johnston, PhD

Anita Johnston, PhD is a Clinical Psychologist, Certified Eating Disorder Specialist & Supervisor for the International Association of Eating Professionals (iaedp), and author of *Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myth, Metaphor, and Storytelling*, which has been published in six languages. She has authored numerous articles and book chapters in *The Psychospiritual Clinician's Handbook* and *Eating Disorders: Bridging the Research-Treatment Gap*. Currently she serves as Director of Programming for Eating Disorders at Integrative Life Center and Clinical Director of 'Ai Pono Hawaii Eating Disorders Programs. She has been treating eating disorders for over 35 years. She is best known for integrating metaphor and storytelling into her training as a clinical psychologist to explain the complex issues that underlie disordered eating behavior and other struggles with eating, weight, and body image.

For some who struggle with eating disorders, a shift in perspective is necessary before they can even begin to make changes in their eating behavior; for many, a deeper understanding of the function of their eating disorder is essential in order to create and maintain a lifestyle that is free from struggles with food and dieting. This presentation will use a lively mix of folk tales, myths, and metaphors to demonstrate how storytelling and imagery can be used to understand the connection between disordered eating and deeper hungers that are not being met. Intuitive approaches for working with metaphor that can be used to redefine the struggle and uncover the deeper meanings of food cravings and/or phobias will be presented.

WEDNESDAY, AUGUST 5

7:45–8:30 am

YOGA (This session is not offered for CE credit)



Kristin Wilson, MA, LPC

Come start your day with a gentle vinyasa yoga flow to help ground your body and lift your spirit.

9:00–10:00 am

KEYNOTE PRESENTATION

Expressive Arts as Healing Engagement: Deepening the Therapeutic Experience



Cathy A. Malchiodi, PhD, LPCC, LPAT, ATR-BC

A psychologist, expressive arts therapist, educator and researcher in the area of traumatic stress, mind/body and arts-based approaches. She is the founder and Executive Director of the Trauma-Informed Practices and Expressive Arts Therapy Institute and has held faculty appointments at seven universities throughout the US. Dr. Malchiodi has served as a member of the American Counseling Association Governing Council, President of the Humanistic Counseling Association and on the Board of Directors of the American Art Therapy Association. For the last three decades she has worked with traumatized children, adolescents, adults and families, expanding the range of understanding of non-verbal, sensory-based theories and methods through 20 books, 50 chapters and refereed articles. Her latest book, *Trauma and Expressive Arts: Brain-Wise and Body-Based Approaches to Therapy*.

Expressive arts not only cultivate the healing powers of imagination, they also mobilize the social engagement system through play, improvisation, musicality, movement, and creativity. When integrated into therapy, these approaches can revitalize and energize clients, helping them to engage more fully in the present while deepening implicit and meaningful sensory-based communications. This presentation will help practitioners understand how to “get past talk” with creative, action-oriented methods and a four-part model that can be immediately applied to psychotherapeutic practice.

10:00–10:30 am **Break—Take Time to Stretch**

10:30–11:30 am **KEYNOTE PRESENTATION**

Spirituality, Mindfulness, Compassion and Community in a Chaotic World



Daniel Sumrok, MD

Dr. Sumrok is the architect of America's first Center of Excellence named by the American Board of Addiction Medicine Foundation in 2017 at the University of Tennessee College of Medicine Center for Addiction Science in Memphis. He has been writing about and spreading the message of trauma as a public health issue since he began writing about it in 1980 when he looked at the public health consequences in Appalachian combat vets of Vietnam. His current work has linked drug relapse to ACE Scores. He continues to be active in research, treatment, education and community outreach around topics in addictions and trauma informed medical care.

Spirituality, mindfulness and meditation help us to connect with our own bodies and minds and to connect with our communities in compassionate ways. How does that look, feel and work in the midst of chaos? How in times of great division and strife have sentient beings sought to understand and to respond to the exigencies of chaos, unpredictability, or drive meaning of the experiences. Great thinkers have tried to digest, orient, and explain the impacts of uncertainty, unpredictability and suffering in human life. Today, many of the tools and approaches practiced over millennia combine with observations in behavioral science, genetics, epidemiology, neurology and neuroimaging offer clear common threads between the spiritual world and the world of science.

11:30–12:00 pm **Break—Recharge and Renew**

12:00–1:00 pm **DUAL KEYNOTE PRESENTATIONS**

A Spiritual Wellbeing Model for the Healing Arts



Brian Luke Seaward, PhD

He is regarded as one of the foremost experts in the field of stress management and a pioneer in the fields of mind-body-spirit healing and corporate health promotion. The wisdom of Brian Luke Seaward can be found quoted in PBS specials, The Chicago Tribune, The Huffington Post, college graduation speeches, medical seminars, boardroom meetings, church sermons, and keynote addresses all over the world. He has authored more than twelve books, including the classic best sellers, *Stand Like Mountain*, *Flow Like Water*, *The Art of Calm* and *Stressed Is Desserts Spelled Backward*

and the leading college textbook, *Managing Stress*. Dr. Seaward's mission, as expressed through his legacy of acclaimed books, documentary films and public appearances, is to make this a better world in which to live by having each of us reach our highest potential. For 25 years' he served on the faculty of the University of Colorado Consortium for Public Health and now currently he is a faculty member of The Graduate Institute. Dr. Seaward is the Executive Director of the Paramount Wellness Institute in Boulder, CO.

This presentation highlights a theoretical model based on a synthesis of psychological theories regarding components of the human spirit, human spirituality, and the development of spiritual well-being, with a focus on the relationship between stress and human spirituality. These components include 1) an insightful relationship with both oneself and others, 2) a strong personal value system, and 3) a meaningful purpose in one's life. Additional aspects include a model for spiritual growth (seasons of the soul) and various aspects of one's life experience that hinder or promote greater spiritual growth. Based on this model, allied health professionals may integrate these concepts into their world view of holistic healing and include the health of the human spirit as a greater part of the holistic wellness paradigm.

Common Humanity: The Healing Power of Cross Cultural Empathy and Compassion



Erica Elliott, MD

Erica Elliott is a medical doctor from Santa Fe, New Mexico. She has lived and worked around the world, including teaching Indigenous children on the Navajo Reservation in Arizona and in the mountains of Ecuador in South America. She taught rock climbing and mountaineering for Outward Bound and led an all-women's expedition to the top of Denali in Alaska. In 1993, Erica helped found The Commons, a successful cohousing community in Santa Fe. Known as the "Health Detective," she treats patients with mysterious and difficult-to-diagnose illnesses. Erica is also a public speaker and has given workshops at various venues, including Esalen and Omega Institute. She is co-author of *Prescriptions for a Healthy House* and author of *Medicine and Miracles in the High Desert: My Life Among the Navajo People*.

We live in a multicultural society where most of us are siloed in our own beliefs, rituals, and realities. As helping professionals, our power lies in the ability to enter the world of the "other." Using story to illustrate how she bridged western medicine and the indigenous spirituality and healing practices of the Navajo, Dr. Elliott will take us on an unforgettable journey of the heart. As a young schoolteacher on the Navajo Reservation 50 years ago, she stepped into her students' world with empathy and curiosity. People opened their hearts, homes, and ceremonies to her. Years later, returning as a medical doctor, Erica was healed by the Navajo at the same time she brought healing to them.

1:00–1:45 pm **Break**

1:45–3:15 PM CONCURRENT WORKSHOPS



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.



Letting Go: 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.



Bridging the Cultural Divide

Erica Elliott, MD

We live in a quickly diversifying multicultural, socioeconomically stratified society. In this interactive workshop, we will mentor each other by sharing clinical experiences that involved counseling patients/clients who seemed foreign to us and perhaps even anxiety producing. These clients might have come from another race, another country, or another religion. Or, they could have simply behaved in a way that was different from what we considered to be “normal.” We will discuss mindful and compassion based strategies to overcome the “self versus other” divide so that we can give the best possible care to the people we serve, and learn more about ourselves and the human experience in the process.



Mind-Body-Spirit Healing

Brian Luke Seaward, PhD

The body has a remarkable innate healing capacity. When pushed off-balance, the body strives to regain homeostasis. By and large, it is very successful at this—until we are conditioned to think otherwise. A shift is occurring in the health care setting; moving from a “mechanistic approach” to a “holistic approach,” where all parts—mind, body, spirit, and emotions—are tightly integrated to comprise a whole being. Concepts such as hypnosis, placebos, multiple personality disorders, and spontaneous remissions are now being completely revisited under this new paradigm. The premise of mind-body-spirit healing suggests that the mind and human spirit have an integral role in the healing process of wholeness—when they are allowed to participate. Mind-body-spirit healing incorporates the practice of various ways to access the power of the healing mind through art therapy, mental imagery, visualization, music therapy, humor therapy, positive affirmations, creative anger management, self-regulation, and other modalities that harness our remarkable innate healing capacity. Based on the premise that over 80% of disease and illness is stress related this approach to mind-body-spirit healing works to intercept the stress response through various stress-related perceptions.

3:15–3:30 pm **Break—Revitalization Time**

3:30–5:00 PM CONCURRENT WORKSHOPS



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

Sandra Felt, BCD, LCSW

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.



Spiritual Disconnect: The Original Identity vs. the Addictive Personality

Mukta Kaur Khalsa, PhD

She directed the first yoga-based specialized hospital for substance abuse and mental health, rated in the top 10 percent in the country by the Joint Commission on Accreditation of Healthcare Organizations, an arm of the American Medical Association.

She was a special representative to the United Nations Office of Drug Control and Crime in Vienna, Austria, and is a trainer and teacher worldwide. Mukta studied with Yogi Bhajan for 30 years, and is the author of *Meditations for Addictive Behavior*.

We are born highly intelligent and intuitively sensitive. Our original identity vibrates connection to spirituality. In childhood a belief system gets formulated about our self and our environment. If the sensitive child grows in harsh environment, we tend to de-value ourselves with low self-esteem and confidence. The once spiritual connection to our True Self begins to diminish - eventually disappearing. People with addictions find themselves in similar situations with deep emotional pain. Through yoga, meditation, sound healing, breathe work we restore our self-worth and spiritual connection with hope and inner strength.



The Role of Trauma in the Chronic Illnesses of Adulthood

Daniel Sumrok, MD

This presentation will discuss the links between childhood trauma and the chronic illnesses of adulthood including the CDC top ten causes of death, pointing out the linear relationships between ACE (Adverse Childhood Experiences) Scores and chronic illness, including addiction.



Finding Hope for Eating Disorder Recovery at the Intersection of Indigenous Knowledge and Western Science

Anita Johnston, PhD

As ways of knowing, Western and Indigenous Knowledge share important and fundamental attributes. Both are verified through repetition, verification, prediction, empirical observations and recognition of patterns. Most social scientists, however, have an uneasy alliance with Traditional Knowledge viewing it as anecdotal, imprecise and useless unless supported by evidence-based, objective, quantifiable studies—often dismissing it as “myth.” In the modern world this means something false, but in indigenous cultures it means emergent truth—truth that is already there and has yet to be revealed. This presentation explores how Traditional and Western systems of knowledge can offer multiple points of entry into our present knowledge of eating disorders by looking at the interface of indigenous oral traditions with modern psychotherapy and neuroscience in treating eating disorders.

PROGRAM OBJECTIVES:

Participants will be able to:

1. Identify effective treatment approaches and develop counseling skills for a range of issues in mental health, behavioral health, and the addictions.
2. Identify and implement key issues and therapeutic implications of various spiritual insights and practices.
3. Identify symptoms of trauma and PTSD and appropriate therapeutic treatment for these issues.
4. To identify several key implications of neuroscience research as it applies to trauma, anxiety, depression, addictive disorders and other relevant areas.

CONTINUING EDUCATION

18 Hours Full Time Conference August 3–5

(6 Hours each for M, T, and W)

U.S. Journal Training is an approved provider by:

- U.S. Journal Training is approved by the California Association of Marriage and Family Therapists #56349 to sponsor continuing education for **LMFTs, LCSWs, LPCCs and/or LEPs**. U.S. Journal Training maintains responsibility for this program/course and its content. Course meet qualifications for up to 18 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the **California Board of Behavioral Sciences**.
- **California Consortium of Addiction Programs and Professionals**. Provider approved by CCAPP-E1. Provider Number OS-86-057-0522 for 18 CEHs.
- **NAADAC Approved Education** Provider Program 10069.
- **California Board of Registered Nursing**, provider number 10512.
- **Fla. Board of Clinical Social Work, Marriage/Family Therapy and Mental Health Counseling** #50-2076.
- **Certification Board for Addiction Professionals of Florida** (No. 17A).
- **California Association for Alcohol/Drug Educators**, CP40932CH0821.
- **Canadian Addiction Counselors Certification** (CACCF).

US Journal Training, is approved by the American Psychological Association (APA) to sponsor Continuing Education for psychologists. US Journal Training maintains responsibility for this program and its content.

U.S. Journal Training has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5130. Programs that do not qualify for NBCC credit are clearly identified. U.S. Journal Training, Inc. is solely responsible for all aspects of the programs.



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Organizations, not individual courses are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. US Journal Training maintains responsibility for this course. ACE approval period: 12/5/2019–12/5/2022. Social Workers completing this course receive up to 18 clock hours of continuing education.

In order to earn CE credit, attendees must fully attend each chosen session and complete a session evaluation for each and an overall conference evaluation. Certificates of completion will be emailed

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

Note: If you are seeking continuing education credit for a specialty not listed above, it is your responsibility to contact your licensing/certification board directly to determine eligibility of this training to meet your CEU requirement.

ADA accommodations will be made in accordance with the law. If you require ADA accommodations please indicate your needs by July 6, 2020. We cannot ensure the availability of appropriate accommodations without prior notification. To address grievances contact: helpme@usjt.com

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☐ August 3–5

Tuition:

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Register by July 10 and pay only*

\$299.00

*Registrations received in our office by midnight (EST) July 10, 2020 will qualify.

Daily Options

☐ August 3

\$125.00

\$115.00

☐ August 4

\$125.00

\$115.00

☐ August 5

\$125.00

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REGISTRATION POLICIES: Check, credit card information or agency purchase order must be attached to this registration form. All registration fees are refundable, less a \$50.00 processing fee, when requests for cancellation are submitted in writing and postmarked by July 20. No refunds are available after July 20.

Your name and address will be added to our mailing list unless otherwise requested.

REGISTER BY PHONE: 949-503-8758. Business Hours Monday-Friday 8:30am–5:00pm EST.

Have your MC/Visa/AMEX/Discover number ready.

REGISTER BY MAIL: USJT/SANTA FE, Attn: Registration, 3990 Hillsboro Pike, Ste #330, Nashville, TN 37215

Please make checks payable to: U.S. Journal Training.

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When you provide a check for payment, you authorize us either to use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution. For inquiries please call 949-503-8758.

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Cathy Malchiodi, PhD



Heather Monroe, MSW,
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