

U.S. Journal

TRAINING, INC.

30th Santa Fe Conference on Spirituality, Mindfulness and Compassion in Mental Health and Addictions - August 5 – 7, 2019

Special Focus On

- Trauma Treatment
- Spirituality & Recovery
- Co-occurring Disorders
- Brain Science & Psychotherapy
- Mindfulness & Meditation
- Expressive Therapies

Program Focus

The 30th Santa Fe Conference—Integrating Spirituality, Mindfulness and Compassion in Mental Health and Addiction offers a unique opportunity to join exceptional speakers and trainers in an intensive study and discussion of those impacted by a range of behaviors 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.

Overall 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 symptoms of trauma and PTSD and appropriate therapeutic treatment for these issues.
3. Identify and implement key issues and therapeutic implications of various spiritual insights and practices.
4. Identify several key implications of neuroscience research as it applies to addictive disorders, trauma, Adverse Childhood Experiences and other relevant areas.
5. Identify therapeutic applications of mindfulness, yoga, meditation, journaling, drumming, and other modalities.

INDIVIDUAL SESSION LEARNING OBJECTIVES

i.e. as a result of attending these session the participant will be able to:

(Level of Instruction: All Sessions are Intermediate/Advanced Unless Otherwise Noted)

9:00–10:00 am **A Spiritual and Psychological Approach to Healing the Wounds That Shatter:**

The Hidden Gift in Trauma 1 hour

Diane Poole Heller, PhD

An established expert in the field of Child and Adult Attachment Theory and Models, trauma resolution, and integrative healing techniques. Diane developed her own signature series on Adult Attachment called DARE (Dynamic Attachment Re-patterning experience). She began her work with Dr. Peter Levine, founder of SETI (Somatic Experiencing® Trauma Institute) in 1989 and served as Senior Faculty for SETI for over 25 years. Her book *Crash Course* on auto accident trauma resolution is used worldwide as a

U.S. Journal

TRAINING, INC.

resource for healing a variety of overwhelming life events. Her film, *Surviving Columbine* aired on CNN and supported community healing in the aftermath of the school shootings. She is author the audio book: *Healing Your Attachment Wounds: How to Create Deep and Lasting Relationships* and her upcoming book, *The Power of Attachment: How to Create Deep and Lasting Intimate Relationships*. As developer of DARE and president of Trauma Solutions, a psychotherapy training organization, Dr. Heller supports the helping community through an array of specialized topics.

Trauma often sets off a “firecracker in the soul,” leading to ego fragmentation and disconnection from self, others, God or Source, grounding, and one’s own body awareness. Diane will discuss the gradual ego erosion of our defensive or distorted identity that comes as a benefit from chosen spiritual practices, in contrast to the unexpected, choice-less fast track that trauma survivors experience. Trauma often throws us into spiritual states quickly, and we may risk spiritual bypass without embodiment. We will look at what is needed for healing disconnection while providing access to and integration of the depths of our human journey that truly supports transformation of the Soul.

Learning Objectives: as a result of attending these sessions the Participant will be able to:

To describe how to support integration and embodiment after the fragmentation of trauma.

To identify techniques to move a client from frozen in time memory toward completion and present-day awareness.

To describe how to work with the threat, regulation and mitigation of symptoms

10:00–10:30am Refreshment Break

Breaks will be held each AM and PM in the Exhibit Area

10:30–11:30 am **Better Spiritual Care: Using Context and Authority to Inform Methods – 1 hour**
Rev. Jack Abel, MDiv, MBA

Vice President, Wellness and Culture for Urban Recovery NYC. In this role, he leads residential addiction treatment that includes spiritual care, fitness, dietary and other wellness modalities. A recognized expert on spirituality in addiction and other behavioral health care, Jack is co-founder and current president of Spiritual Care Addiction Treatment Professionals, and serves as CFO of the Center for Spiritual Care and Pastoral Formation. He is an ordained minister in good standing in the United Church of Christ and a summa cum laude graduate of Wesley Theological Seminary. Jack pursued advanced studies at Catholic University and The New Seminary, and previously served as an endorsed substance abuse chaplain and pastor in the United Methodist Church. He is also a member in good standing of the North American Academy of Liturgy and A World Alliance of Interfaith Clergy.

The client’s particular spiritual background, sources of authority, and past practices are too rarely taken into account. But, therapeutic modalities have long understood the deep value of establishing rapport. Human beings are shaped by their cultural and communal experiences, including story and heritage. Their appropriation of all teaching is contextualized, and their motivation can be enhanced when anchored to personal preferences and areas where they have some or even deep literacy. How does one assess the relevance of cultural, religious and spiritual history, and the relationship of these broader narratives to the specific wounds and celebrations of a case? How does one identify sources of spiritual authority for a client or family system? What are the categories and varieties of spiritual practice that are most helpful and readily integrated in addiction care, and how can they be adapted to a client’s specific

U.S. Journal

TRAINING, INC.

context and needs?

Learning Objectives:

Participants will correlate Buddhist and secular mindfulness practices with contemplative practice in varied traditions

Learning Objectives;

To identify key questions that help locate cultural and religious significance in use disorder clients, including those who identify as atheist or non-religious.

To describe a variety of other spiritual practice types that contribute to wellness and sustained recovery and are adaptable to varied spiritual or religious views.

11:30–12:30 pm Dual Keynote Presentations

Wisdom Healing Qigong for Health and Happiness – 1 hour

Master Mingtong Gu with Joan Borysenko, PhD (See her bio Tuesday, August 6, 9:00 am.)

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.

Qigong connects the mind with the body, and awakens us to the fullness and interconnectedness within and around us, especially in this digital age that leaves many people feeling overwhelmed, too busy, and mentally stressed. In this workshop, Master Mingtong Gu will show you the path that unites consciousness and energy—a union he calls “energy wisdom.” You will learn about the powerful ancient practice of Wisdom Healing Qigong, which combines mindful movement, sound healing, visualization, and meditation to reconnect mind, body and heart with an abundant flow of natural life energy. This session offers profound insight that will transform your relationship to your inner life and your social life, with embodied awareness and true connectivity that goes far beyond the typical reactive, digital interactions.

Learning Objectives:

To describe how to connect the mind with the body to reduce stress and improve awareness.

To describe how to empower yourself internally through 3A practice to make positive changes.

To explain how to activate energy for health and happiness.

U.S. Journal

TRAINING, INC.

Becoming Whole: Living a Life of Forgiveness, Tolerance, Humility and Gratitude

Cardwell C. Nuckols, PhD

1 hour

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.

To become whole is to live a life of freedom. As long as we are prideful and attached to anger in the form of resentments we can never truly enjoy the peace and beauty of creation. Without tolerance and humility, we can never truly “let go”. Your worldview determines how you think, feel and behave at any moment in time. Spiritual development involves radical changes in worldview. Like climbing a mountain, the world looks different the higher you climb. However, the world has not changed-only the way you see it. The goal of this presentation is to allow participants to view themselves and the world with greater clarity. It is this clarity that heals releasing defects of character and creating greater wholeness and freedom.

Learning Objectives:

To discuss how our worldview is developed.

To describe how your worldview determines the way you think, feel and behave.

To describe how the spiritual process changes us neurobiologically

To discuss how worldview changes created by a spiritual program such as 12 Step Recovery can help us see ourselves and others with greater clarity (less defensiveness).

2:00–3:30 pm Concurrent Workshops

Enhancing Spiritual Maturation by Healing Early Attachment Wounds and Embracing Secure Relationships 1.5 hours

Diane Poole Heller, PhD

Understanding and releasing childhood attachment injuries by learning secure attachment skills is key to enjoying more fulfilling relationships and healthy intimacy as an adult. This workshop will include an overview of attachment adaptations including secure, avoidant, and ambivalent, as well as how each style impacts adult relationships. From a spiritual perspective, healing insecure attachment helps us have more awareness to support ego dis-identification and essential maturation. Learning secure attachment skills adds to brain integration, insulates us from PTSD, support and awareness of interconnectedness or an “all of us perspective” instead of an “us versus them” polarization. Connecting us to our authentic self, this helps us naturally express our aliveness and presence with love and compassion.

Learning Objectives:

To identify and describe secure attachment

To identify and distinguish avoidant and ambivalent attachment.

To describe how to use and create corrective experiences to facilitate healing

U.S. Journal

TRAINING, INC.

Creative Discovery: A Life of Exploration Through Mindfulness 1.5 hours

Pasha Hogan

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 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 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 and treatment facilities across the United States specializing in trauma, addiction, living beyond a cancer diagnosis and grief and loss. Pasha joined The Life Healing Center team in 2008.

Each one of us has access to a rich and invisible inner world that can nourish and sustain us through the joys and sorrows of life. We also have aspects of ourselves we may have unconsciously pushed below the surface, fearing the world will reject us if they are revealed. Turning towards, embracing and accepting ourselves, without judgement, is the challenge and magnificent opportunity offered to us through the practice of mindfulness. During this interactive and experiential talk Pasha will share a mindfulness-based approach for healing and long-lasting recovery implemented at The Life Healing Center in dealing with trauma and stress related disorders. We will draw from Pasha's workbook, emboldening us to lean in to the edges of our comfort zones and step into the discovery zone.

Learning Objectives:

- To describe a mindfulness-based approach for healing and long-lasting recovery in dealing with trauma and stress related disorder
- To identify practices and tools to incorporate mindfulness into daily life
- To identify and work with self-limiting beliefs
- To describe building resiliency through engaging in non-intimidating creative practices, guided meditation and gentle movement.

The Science of Recovery: Applying Neuropsychology and Neuroscience to Your Practice -1.5 hours

Cardwell C. Nuckols, PhD

This presentation will give an understanding of the neuroscience and neuropsychology of recovery from addictive disorders. Psychotherapeutic and pharmacological techniques will be described that can assist the participant while working with clients in early recovery. This assistance is in the areas of cognitive enhancement, increased motivation and management of craving.

Learning Objectives:

- To describe the neuroscience and neuropsychology of recovery from addictive disorders
- To identify psychotherapeutic and pharmacological techniques that can assist the participant while working with clients in early recovery.

U.S. Journal

TRAINING, INC.

Spiritual Interviewing: Living Human Documents and Use of Self -1.5 hours

Rev. Jack Abel, MDiv, MBA

The pastoral care movement in medical care settings has innovated its own traditions of clinical practice that stand alongside psychiatric, psychological, behavioral health, and other disciplines found within multidisciplinary treatment teams. This workshop discusses the porting of a pastoral care encounter-based perspective into encounters with use disorder clients, and the challenges and opportunities that this model presents. Other elements of best practice addiction spiritual care, including spiritual assessment and assignment of spiritual care problems, goals, objectives, and interventions, follow from the “human document” perspective. While a training on the practice of spiritual care interviewing and care, the workshop can be useful to practitioners in other disciplines both for comparison and by incorporating elements of the practice in their work.

Learning Objectives:

To explain spiritual care in the addiction sphere by comparison and contrast with spiritual care in hospital, end-of-life, and other settings.

To identify key categories and concepts that are useful in spiritual assessment (as opposed to medical and psychological assessment categories).

To describe guidelines for appropriate use of personal information and self-awareness in clinical work that involves spiritual and cultural subject material.

4:00–5:30 pm CONCURRENT WORKSHOPS

Missed Opportunities: Prevention and Treatment of Suicide and Self-injurious Behavior - 1.5 hours

Cardwell C. Nuckols, PhD

People choose suicide because they feel unable to cope with feelings of pain, hopelessness, helplessness, shame, loneliness, isolation, and uncertainty. Suicide is not a binary issue. There is no “on-off” switch. Suicide has no single cause, and the causes and predictors of suicide vary across individuals. Due to this heterogeneity, most risk factors account for a small proportion of the variance in predicting suicide deaths. Suicide is best prevented by reducing as many risk factors as possible while activating protective factors. This skills training event will help clinicians sharpen their skills in the areas of identification, assessment and treatment of self-injurious and potentially suicidal patients. Emphasis will be placed on clinical assessment and prevention strategies and the development of a patient safety plan.

Learning Objectives:

Discuss an actuarial prediction model for suicide prevention.

To review key questions that can be asked as a part of an assessment.

To describe the process of contracting for safety with a potentially suicidal client.

To describe the steps utilized to develop a client safety plan.

To discuss both psychotherapeutic and psychopharmacological approaches to suicide prevention and treatment.

To describe and discuss six clinical tools helpful when conducting a risk assessment.

U.S. Journal

TRAINING, INC.

The Inner Alchemy of Emotional Transformation

(This session not offered for CE Credit)

Master Mingtong Gu

Master Gu will teach and guide the ancient practice of sound healing to fully awaken your energy center and emotional body. This advanced practice will transform your emotions and energy patterns to help you enhance the connectedness of your mind-body-spirit. You will directly experience deep transformation, moving away from the typical “fight or flight” reactions of fear, towards empowerment while awakening the joy of your whole being.

Optimizing Mental Health Through Therapeutic Lifestyle Changes: Lifestyle Ways to Wellbeing - 1.5 hours

Sonnee Weedn, PhD, CSAT and Sheri Laine, LAc, Diplomate of Ac

Sonnee Weedn, PhD, CSAT is a clinical and forensic psychologist in private practice in Novato and Newport Beach, CA. She is an author, the clinical director of Casa Capri Recovery, and the owner of two NeuroCoach™, cognitive restoration laboratories, providing evaluation and restoration services to clients nationally and internationally. She serves as the Chairperson of the Deep Space Research—2030 team, providing behavioral health recommendations for the astronauts going to Mars in the future. Having studied with many leaders in behavioral/mental health care, as well as wisdom keepers from many traditions, Dr. Weedn applies traditional wisdom for transformational psychology.

Sheri Laine, LAc, Diplomate of Ac is the Author of Living The Enerqi Connection, Sheri is a state and nationally certified acupuncturist/herbologist who uses oriental teachings designed for the busy practitioner. Director of Eastern Medical Arts in San Diego area for almost 30 years, Sheri teaches about the benefits of integrative living and how to achieve a balanced lifestyle.

About a quarter of the world’s population will suffer some kind of mental health disorder during their lifetime. Depression, anxiety, addiction and certain cognitive impairments are currently increasing significantly and exacting an enormous individual, social, and economic cost. Mental health disorders and wellbeing are often intimately linked to lifestyle choices. Therapeutic Lifestyle Changes (TLCs) can help prevent and treat many psychological disorders—including anxiety, depression, and addiction, as well as age-related cognitive loss—and can enhance wellbeing in everyone.

Learning Objectives:

To describe how depression, anxiety, addiction and certain cognitive impairments are currently increasing significantly and exacting an enormous individual, social, and economic cost

To describe how Therapeutic Lifestyle Changes (TLCs) can help prevent and treat many psychological disorders

Healing the Roots of Addiction: Duality and the Disconnect from Self -1.5 hr

Sandra Felt, BCD, LCSW

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

U.S. Journal

TRAINING, INC.

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.

Trauma survivors simply cannot heal in the same relationship system in which they were traumatized. Duality (a particular pattern of judgmental thinking) and disconnect from the true self are key symptoms of early developmental trauma that often present as addiction, relational conflict, and/or a need to be in control. Teaching six essential “self-skills” while also consciously relating from our own true self to the client’s true self creates the deeper safety necessary in therapy for clients to heal beyond duality and its constant power struggles. Addiction then loses its innate purpose, the need to be in control begins to melt away, and the client can once again live from the true self.

Learning Objectives:

To describe how a traumatic disconnect from self is the likely origin of both duality and addiction.
To identify and implement six essential “self skills” for healing beyond duality and the disconnect from self.

To distinguish a self-to-self connection from the typical hierarchy of duality in the client/therapist relationship by identifying the specific beliefs, behaviors, language, and results of each relational system.

5:45 pm Offsite Evening Program (Optional)

An Evening in the Land of Enchantment: Aligning with Spirit, Fire and Rhythm

Join us on Monday, August 5 at Garden of the Goddess for a special evening of community and ceremony. Garden of the Goddess has been a sacred place to the people of New Mexico for a thousand years, now home to author and Toltec teacher Gini Gentry. We are excited to offer the attendees of US Journal’s conference the opportunity to experience a gratitude bonfire ceremony led by Lee McCormick and other facilitators in a ceremony of self-reflection and reconnection to our heart, our spirit, and the body of our mother, this Earth. Christine Stevens will lead a sunset drumming circle. An authentic New Mexican supper will be provided, as well as transportation by chartered bus from and return to the Eldorado Hotel. A 4 or 5-minute walk is involved at the site. Departure time from Eldorado Hotel at 5:45 pm and return approximately 9:30 pm. Cost per person \$60.00. See Registration information to sign up. Limited to 50 conference registrants. This session is not offered for CE credit.

Tuesday, August 6

7:45–8:45 am Yoga for Recovery Class: Feel it to Heal It

(This session not offered for CE Credit)

Taryn Strong RYT, CPRC

Taryn Strong is seen as an up-and-coming influencer in the cyber-sober world and on social media. Taryn is a Certified Professional Recovery Coach and the creator of SHE RECOVERS Yoga—a unique, trauma-informed yoga program that integrates yoga and meditation with spirituality and recovery principles from a wide variety of recovery pathways, including but not limited to the 12-step pathway. Along with

U.S. Journal

TRAINING, INC.

her mother Dawn Nickel, Taryn is the co-creator of SHE RECOVERS—currently the largest online platform dedicated to supporting women in or seeking recovery from a variety of life challenges. We are all recovering from something and we all benefit from addressing the “issues in our tissues.” Join Taryn Strong as she takes you through a trauma-informed yoga practice intended to help heal your body, mind and spirit. In this class you will be safely guided and supported to: open and strengthen your heart (an open heart is important, but so are boundaries); feel the feels (we have to feel it to heal it); and let go of whatever is keeping you stuck, small or sick including those things that never belonged to you in the first place (thanks, intergenerational trauma.) Hatha style yoga—which means all levels including beginners welcome.

Maintaining Equilibrium in the Here and Now

(This session not offered for CE Credit)

Sheri Laine, LAc, Diplomate of Ac

Author of *Living The Enerqi Connection*, Sheri is a state and nationally certified acupuncturist/herbologist, who uses oriental teachings designed for the busy practitioner. Director of Eastern Medical Arts in San Diego area for almost 30 years. Sheri teaches about the benefits of integrative living and how to achieve a balanced lifestyle.

This session will explore the powerful benefits of living a healthy lifestyle. We will discuss how to integrate healthful techniques for the busy practitioner, as well as for their clients/patients. We will review healthy nutritional eating, cultivation of Qi (i.e. Life Force), open expressive communication, and the benefits of exercise, sexuality and restful sleeping, and engage in a closing meditation.

9:00–10:00 am **Inside Spirituality: An Exploration of Deep Connection, Neuroscience, and Healing - 1.0 hours**

Joan Borysenko, PhD

Conference Chair

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 Resistance in Times of Change*, and *The Plant Plus Diet Solution: Personalized Nutrition for Life*.

Spirituality, simply put, is a state of deep connection and belonging. While it can sometimes accompany religious experience, spirituality is independent of dogma, doctrine, or belief system. Meditative states, flow experiences, the enchantment of the natural world, love, and meaningful ritual can sometimes lead to a spiritual experience where self-referential thinking- “selfing” or the preoccupation with I, me, and mine, cease. One of the neural correlates of this egoless state is diminished activity in the DMN (default mode network) of the brain. In this lecture, we will explore tools from mindfulness and positive psychology that can elicit this state, freeing a constellation of positive emotions that decrease stress, anxiety, depression, and addiction.

U.S. Journal

TRAINING, INC.

Learning Objectives:

To describe spirituality as a state of deep connection and belonging

To identify DMN and to identify tools from mindfulness and positive psychology that can elicit this state

10:30–11:30 am Post-traumatic Growth: Strategies in Dealing with Disenfranchised and Complicated Grief - 1 hour

Rokelle Lerner

A pioneer in the development cutting edge treatment for children and adult children of alcoholics and a renowned author and lecturer in the field of addiction and relationship issues. She has trained counselors, psychologists, teachers and social workers throughout the world in healing the family from the ravages of addiction. Rokelle is the Senior Clinical Advisor for Crossroads Recovery Center in Antigua. She has received numerous awards for her work including the National Association for Children of Alcoholic's Lifetime Achievement Award and Esquire magazine's "Top 100 Women in the US Who are Changing the Nation. She is author of Daily Affirmations for Adult Children of Alcoholics, Affirmations for the Inner Child, and The Object of My Affection Is in My Reflection.

Post traumatic growth is positive change experienced as a result of major life crisis and challenges. This theme is present in ancient spiritual and religious traditions, literature and philosophy. This lecture will focus on techniques that will help guide individuals through complicated and disenfranchised grief and will offer strategies that promote resilience and the building of new dreams.

Learning Objectives:

To describe post traumatic growth

To identify techniques that will help guide individuals through complicated and disenfranchised grief and strategies that promote resilience

11:30–12:30 pm Developmental Trauma, Attachment, and Addictive Disorders - 1 hour

Jon Caldwell, DO, PhD

Dr. Jon G. Caldwell is a board certified psychiatrist who specializes in the treatment of adults who have experienced relational trauma and addictive behaviors. He is chief of psychiatry at The Meadows treatment center. His theoretical perspectives are heavily influenced by his PhD training at the University of California at Davis, where he began researching how early childhood maltreatment and insecure attachment relationships affect cognitive, emotional and social functioning. Jon's clinical approach has become increasingly flavored by contemplative psychology and by the practice of mindfulness and self-compassion. He has published a number of articles on child maltreatment, attachment theory, emotion regulation and mindfulness and he is a noted international speaker and trainer on these and other topics.

Childhood maltreatment can profoundly influence human development, resulting in a variety of mental, emotional, and social challenges – including addictive disorders. Attachment theory is a useful framework for understanding how early relational experiences can have far-reaching effects. Developmental trauma and attachment disturbances can lead to deficits in nervous system regulation. Addictive behaviors can be seen as an attempt at short-term regulation, with long-term consequences. This presentation will explore the scientific linkages between trauma, attachment, and addiction, and will offer ideas on how to

U.S. Journal

TRAINING, INC.

help clients restore the capacity to self-regulate in healthy ways.

Learning Objectives:

To describe how childhood maltreatment influences human development

To identify attachment theory as a tool

To describe scientific linkages between trauma, attachment, and addiction, and will offer ideas on how to help clients restore the capacity to self-regulate in healthy ways.

2:00–3:30 pm Concurrent Workshops

The Mystic Heart: Meditative Practices to Transform You and Your Clients -

1.5 hour

Joan Borysenko, PhD

Meditation and mindfulness are ancient wisdom traditions as well as contemporary evidence-based practices that reduce stress, increase resilience, and train self-regulation. These practices can be more effective when tailored to a client's history, personality organization, faith tradition, and cultural background. We will explore why, when, and with whom to use different contemplative practices: concentration meditation, centering prayer, lovingkindness, and brief mindfulness practices that develop self-awareness and freedom from conditioned response.

Learning Objectives:

To describe meditative and mindfulness practices that reduce stress, increase resilience, and train self-regulation.

To describe how and when to use different contemplative practices: concentration meditation, centering prayer, lovingkindness, and brief mindfulness practices that develop self-awareness and freedom from conditioned response

EMDR Therapy and Mindfulness: Redefining the Paradigm for Trauma-Focused Care- 1.5 hours

Stephen Dansiger, PsyD, MFT

A rocker who got sober in the late 80's and then became a sought after clinician, writer and meditation teacher, Stephen is a master EMDR therapist and provider of EMDR Therapy Training and Advanced Topics Courses with the Institute for Creative Mindfulness. He has been practicing Buddhist mindfulness for almost 30 years (including a one year residency at a Zen monastery), and teaches dharma classes regularly in Los Angeles and internationally. He is author of Clinical Dharma: A Path for Healers and Helpers, the co-author of EMDR Therapy and Mindfulness for Trauma-Focused Care, and the author most recently of Mindfulness for Anger Management: Transformative Skills for Overcoming Anger and Managing Powerful Emotions.

This presentation combines the wisdom of Buddha, Pierre Janet, modern mindfulness teachers and Dr. Francine Shapiro, providing a new way of envisioning trauma-focused care. We will focus most directly on the infusion of Mindfulness practices into EMDR therapy in all 8 phases of the standard protocol, as described in the book EMDR Therapy and Mindfulness for Trauma Focused Care by Dr. Dansiger and Jamie Marich. It is appropriate and of interest both for EMDR trained and non-EMDR trained therapists.

Learning Objectives:

To explain redefining the Paradigm for Trauma-Focused Care

U.S. Journal

TRAINING, INC.

To describe the infusion of Mindfulness practices into EMDR therapy in all 8 phases of the standard protocol

Women and Recovery: How Women Are Shaping the Modern Recovery Movement -1.5 hours

Dawn Nickel PhD, CPRC

Dawn—the visionary behind the SHE RECOVERS movement—started her recovery from a substance use disorder and domestic violence in 1987 and also identifies as being in recovery from cancer, codependency, grief, and workaholism. Dawn is trained as a Certified Professional Recovery Coach and holds a PhD in health care policy, with a focus on women who experience issues related to mental health, addiction and intimate partner violence. Her greatest joy—and life’s purpose—is to help women find recovery, realize their potential and support other women to do the same.

In this engaging session, Dawn Nickel, PhD will discuss an emerging evidence base that demonstrates the effectiveness of social media platforms for supporting women experiencing substance use disorders and other behavioral health challenges. Dr. Nickel will focus primarily on a case study analysis of the consumer-driven evolution and growth of SHE RECOVERS – currently the largest online platform dedicated to supporting women in or seeking recovery from a variety of life challenges. SHE RECOVERS has much to tell professionals about how women in recovery want to be supported to build recovery capital across all stages of their healing journeys.

Learning Objectives

To describe an emerging evidence base that demonstrates the effectiveness of social media platforms for supporting women experiencing substance use disorders and other behavioral health challenges

Transforming Trauma with Hypnotherapy - 1.5 hours

Mary Faulkner, MA, CHT

Mary Faulkner has certified professionals in her model of Transforming Trauma with Integrative Hypnotherapy for thirty years. She is the former trauma specialist at The Ranch, former Director of Women’s Services at Cumberland Heights, and present Scribe for Integrative Life Center, all in Tennessee. She has written eight books on topics of spirituality, recovery, relationships and healing.

Make your work easier learn about theta brain waves, a natural healing state accessible in hypnosis. Theta brain waves correspond to REM cycle dreams, deep meditation and relaxation. Theta brainwaves are slower than beta and alpha waves of daily life. In Theta we gain access to our natural problem solving abilities, enhanced brain plasticity, access to the hippocampus and retrieval of lost memories information beyond our normal conscious awareness. Theta waves indicate presence in the subconscious mind and the parasympathetic nervous system, our regeneration cycle, restoring and refreshing all systems. Therapeutic healing protocols become more effective in theta, with little to no resistance.

Learning Objectives

To describe theta brain waves and how they correspond to REM cycle dreams, deep meditation and relaxation.

To describe how therapeutic healing protocols become more effective in theta, with little to no resistance

U.S. Journal

TRAINING, INC.

4:00-5:30 pm Concurrent Workshops

The Role of Trauma in the Chronic Illnesses of Adulthood 1.5 hours

Daniel Sumrok, MD

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. He was one of America's first 106 board certified addiction physicians. He has spoken at the last two White Houses. 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. Medical Consultant to Integrative Life Center.

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 Score and chronic illness, including addiction.

Learning Objectives:

To describe the ten questions of the ACE Questionnaire as falling into the three broad areas of abuse, neglect and family dysfunction.

To describe in generalities the limbic system and neurobiology of related behaviors as adaptations post trauma.

To describe ritualized compulsive comfort seeking and the avoidance of retraumatizing in treatment processes

Awaken Your Rhythm—3 Keys to Drumming for Spirituality & Health – 1.5 hours

Christine Stevens, MSW, MA, MT-BC

Founder UpBeat Drum Circles, Inc. Christine Stevens is an internationally acclaimed author and music therapist. Holding masters' degrees in both social work and music therapy, Christine has trained thousands of facilitators in over 25 countries how to lead drum programs in the evidence-based HealthRHYTHMS program. She is the author of Music Medicine, The Healing Drum Learning Program, and The Art and Heart of Drum Circles, now on audible. Christine has worked with students at Columbine High School, Ground Zero, survivors of Hurricane Katrina, and led the first drum circle training in a war-zone of Iraq for conflict resolution and peace building.

The time-tested practice of drumming has been shown to be an accessible, non –invasive, empowering tool for mind-body healing as well as building community and reducing conflict and pain. Learn the 3 keys to creating healing rhythms in this interactive, evidence-based session with internationally acclaimed author and music therapist Christine Stevens.

Learning Objectives

To describe drumming as an accessible, non –invasive, empowering tool for mind-body healing as well as building community and reducing conflict and pain.

To identify 3 keys to creating healing rhythms in this evidence-based session

Buddhist Psychology, Trauma Focused Care, and Addiction Treatment

-1.5 hours

Stephen Dansiger, PsyD, MFT

This presentation combines the wisdom of Buddha, Pierre Janet, modern mindfulness teachers and Dr. Francine Shapiro, providing a new way of envisioning trauma-focused care. 2600 years ago the historical Buddha proposed and transmitted a complete psychology over his 45 years of teaching. Pierre Janet's 3 Stage Model of Trauma Treatment provides the bridge from Buddhist psychology to proactive treatment of trauma and addiction today. Now integrated as the MET(T)A Protocol (Mindfulness and EMDR Treatment Template for Addictions), this holistic approach to treatment is now beginning to be used as a comprehensive treatment system at several addiction treatment centers, mental health agencies and in private practices as well.

Learning Objectives:

To describe 3 Stage Model of trauma treatment and how it provides the bridge from Buddhist psychology to proactive treatment of trauma and addiction

To describe MET(T)A protocol and how it is used a comprehensive treatment system

To describe the infusion of Mindfulness practices into EMDR therapy in all 8 phases of Shapiro's standard protocol

The Journal: A Practice in Reflection, Insight and Self-Awareness- 1.5 hours

Sonnee Weedn, PhD, CSAT, Lee McCormick and Mary Faulkner, MA, CHT

Sonnee Weedn, PhD (See her bio on Monday, August 5, 4:00-5:30 pm)

Lee McCormick is co-founder of Integrative Life Center, and founder of Spirit Recovery Inc., which produces Sacred Journeys, workshops and other personal growth experiences. Author of Spirit Recovery Medicine Bag (with Mary Faulkner), and newly-released Heart Reconnection (with Mary Faulkner, Holly Cook and Will Taegel) he is executive director of Dreaming Heaven, a documentary on spiritual awakening, and co-creator of Dreaming House in Teotihuacan, Mexico, a group retreat center.

Mary Faulkner, MA (See her bio on Tuesday, August 6, 2:00-3:30 pm)

A journal is more personal than a diary, inasmuch as it records feelings, emotions, problems, and self-assurances. and can be used to evaluate one's life. The journey of recovery is multifaceted. A powerful intervention for developing insight and response, rather than reaction is therapeutic journaling. The day is recapitulated, noting thoughts, reactions, choices, etc., to develop insight and agency. The cause and effect of choices become apparent. This is solution-oriented. Therapeutic journaling teaches mindfulness and discipline, leading to awareness of choice in responses to interactions that can cause blame, self-judgment, and disease.

Learning Objectives:

To describe therapeutic journaling and its value for developing insight into a client's life

To further describe therapeutic journaling teaches mindfulness and discipline, leading to awareness of choice in responses to interactions that can cause blame, self-judgment, and disease

7:00-8:30 pm Evening Program (Note: This session is available 1 hour CE Credit)

A Celebration of Heart and Spirit: A Somatic Practice Featuring Music, Ritual, and Storytelling- 1

U.S. Journal

TRAINING, INC.

hour

Somatic approaches to psychotherapy are well known and widely accepted in the treatment of trauma and addiction. These methods are important in helping patients lessen “automatic” responses and impulses, and to be more fully aware and present for other interventions and approaches in their treatment protocol. Creative approaches combined with these somatic approaches, that allow patients to engage in a felt sense of experience, while being guided to an awareness of their sensory reactions will be demonstrated. Illustrations utilizing story, song and rhythm will be presented, as well as the theoretical underpinnings of moving the individual’s frame of reference from mind to body and back again, creating a more robust opportunity for awareness and change. In addition, these methods are designed for practitioners to utilize to avoid burnout and encourage better self-care, as well as for patients in treatment.

Learning Objectives:

To describe three creative practices to provide somatic experiences for patients to be more fully present for treatment.

To discuss the utilization of these same creative practices to avoid burnout among healthcare professionals and promote stress reduction self-care.

To describe the efficacy of mind-body approaches in treating trauma and addiction

Wednesday, August 7

7:45–8:45 am Homesick For Your Real Self

(This session not offered for CE Credit)

Ester Nicholson

Author of Soul Recovery—12 Keys to Healing Dependence is a teacher, healer, recording artist and former-addict who brings her incredible journey of transformation to a practical curriculum—addressing the causes and effects of dependence as they occur in contemporary living. Ms. Nicholson infuses the 12-Step process with added spiritual concepts and teachings that transform the treatment of dependence, addiction, crisis living and suffering—through her articles, seminars, soul-nurturing music and riveting keynote speaking appearances. A gifted vocal artist in her own right, Nicholson’s musical career includes tours with Rod Stewart and Bette Midler—and appearances on such television shows as Oprah, The Tonight Show, The View, Good Morning America and The Ellen DeGeneres Show.

This talk inspires and compels listeners to return to their true soul identities, unleashing their highest potential. “You are empowered, confident, safe and more than enough—all too often, you simply forget and disconnect from your true identity. Remember, you were not created out of unworthiness, lack or fear. You may have been born into dysfunction, but you were created out of GREATNESS! You’ve been longing to return home to your authentic self. Let me help get you home where you belong!”

9:00–10:00 am **How Mindfulness Changes Psychotherapy - 1 hour**

Janina Fisher, PhD

Janina Fisher, PhD is the Assistant Educational Director of the Sensorimotor Psychotherapy Institute, an EMDRIA-approved Consultant, former president of the New England Society for the Treatment of Trauma and Dissociation, and a former instructor, Harvard Medical School. An international expert on the

U.S. Journal

TRAINING, INC.

atment of trauma, she is co- author with Pat Ogden of Sensorimotor Psychotherapy: Interventions for Attachment and Trauma (2015) and author of Healing the Fragmented Selves of Trauma Survivors. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches.

Mindfulness as applied to psychotherapy uses the same “ingredients” as mindfulness meditation: intentional focus on present moment experience, noticing and naming thoughts, emotions and body sensations as separate ‘channels,’ and abstaining from interpretation or evaluation of that which is noticed. However, mindfulness in psychotherapy is different. Clients are being asked to notice and name their experience while sharing that experience with the therapist. They must practice noticing and naming what happens while it is happening—a very useful skill for lives that are often chaotic and self-destructive, reactive rather than reflective. Mindful attention engages a different part of the brain that the areas responsible for emotional reactivity or shutdown, impulsive behavior, and loss of judgment. When clients are focusing mindfully, the medial prefrontal cortex becomes more active and areas of the brain responsible for the perception of threat and reactivity to it are less active. We become more thoughtful, focused, and calm—without becoming numb or disconnected, a state ideal for good therapy.

Learning Objectives:

- To identify the three ingredients of mindful concentration
- To describe “everyday mindfulness” versus mindfulness meditation
- To differentiate cognitive, emotional, and body experience
- To describe three ways of increasing client ability to be mindful in psychotherapy

10:30–11:30 am **Prodependence: Ending the Codependence Model- 1 hour**

Robert Weiss, MSW, PhD

“Dr. Rob” is digital-age intimacy and relationships expert specializing in relationship fidelity, porn and sexual addiction/compulsivity. An internationally acknowledged educator and clinician, he frequently serves as a subject expert on human sexuality for multiple media outlets including CNN, HLN, NBC, OWN, NYT, LAT and NPR among others. Rob is author of several books, including the newly released Prodependence: Moving Beyond Codependency; Out of the Doghouse: A Relationship-Saving Guide for Men Caught Cheating; and Sex Addiction 101. Over the years, Dr. Rob has created and overseen more than a dozen high-end addiction and mental health treatment facilities. Currently, he is CEO of Seeking Integrity, LLC., a company focused on integrating online and IRL learning and recovery.

The past 35 years have brought many useful, even cutting-edge new treatments toward the treatment of addicts. But when it comes to families and spouses of addicts, we have seen little new thought regarding their treatment needs since the first concepts of codependency appeared over three decades ago. This elemental talk reviews the past history of codependency, while introducing a more modern and effective paradigm toward supporting and working with families of addicts. Prodependence-the first fully attachment-based model for the treatment of addict’s partners and loved ones-moves beyond the trauma-based theories of codependency and co-addiction. Prodependence, as a model, is more invitational, less pathological and more personally affirming to those intimately involved with addicts (partner, wife, husband, child, parent), as Prodependence neither assumes nor assigns any pathology/label to anyone simply because they are loving an addict in the best way they can.

U.S. Journal

TRAINING, INC.

Learning Objectives:

To describe Prodependence as the first fully attachment-based model for the treatment of addict's partners and loved ones-moves beyond the trauma-based theories of codependency and co-addiction
To describe past history of codependency, while introducing a more modern and effective paradigm toward supporting and working with families of addicts

11:30–12:30 pm **Soul Hunger: Understanding and Treating Eating Disorders with Imagery & Metaphor - 1 hour**
Anita Johnston, PhD

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.

Learning Objectives:

To describe how imagery and stories can reveal the adaptive function of disordered eating behavior
To explain how to use the symbolism of food cravings to discover hidden emotional hungers
To describe how metaphor functions as a change agent

1:45–3:15 pm **Concurrent Workshops**
Transforming Shame and Self-Loathing - 1.5 hours
Janina Fisher, PhD

Therapists regularly confront the negative impact of shame on their clients' ability to find relief and perspective. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. Despite the therapist's best efforts, unshakeable feelings of shame and self-hatred often undermine treatment. This workshop will introduce participants to understanding shame from a neurobiological perspective—as a survival strategy driving somatic responses of “total submission,” disconnection and numbing. Using lecture, videotape, and experiential exercises drawn

U.S. Journal

TRAINING, INC.

from Sensorimotor Psychotherapy, participants will learn to help clients relate to their shame with mindful awareness and curiosity. When traditional psychodynamic and cognitive-behavioral techniques are integrated with Sensorimotor Psychotherapy interventions emphasizing posture, movement, and gesture, issues of shame can become an avenue to transformation rather than a source of stuckness in treatment.

Learning Objectives:

To describe the role of shame and self-loathing in traumatic experience

To differentiate healthy shame from “toxic shame”

To identify basic principles and techniques of Sensorimotor Psychotherapy

To identify Sensorimotor interventions for shifting shame states at a body level

Help clients decrease fears of positive affect and feelings of worth

To describe approaches that increase self-compassionate witnessing

Cam Girls and VR and Porn . . . Oh My!: Understanding Sexual Addiction/Compulsivity in the Digital Age. -1.5 hours

Robert Weiss, MSW, PhD

In mid-2018, The World Health Organization (WHO) stated that Compulsive Sexual Behavior Disorder is a serious mental health issue requiring useful, criteria-based diagnostic evaluation and clinically validated treatment planning. In early 2019, the ICD-11 will include Compulsive Sexual Behavior Disorder as a formal, coded diagnosis. By 2020, it will likely be incorporated into the next revision of the DSM-5. This talk is designed to offer realistic, useful insight into the problem of compulsive/addictive porn use, infidelities, and other sexual acting out (both online and offline). This session will provide insight into these process addictions, their treatment, and the empathetic insight required to help.

Learning Objectives:

To describe realistic useful insight into the problem of compulsive/addictive porn use, infidelities and other sexual acting out (on and offline)

To describe insight into process addictions, their treatment and the empathetic insight required to view this problem for what it is – the adult expression of early complex trauma and attachment loss.

The Healing Power of Breath - 1.5 hours

Holly Cook, LPC-MHSP

Holly Cook is a Licensed Professional Counselor, mental health service provider with more than 30 years of experience as a therapist, program administrator and international trainer. Holly has been described as a “life artist” who works with people, helping them find and create the life they want to live. In addition to her private practice in Nashville, TN, Holly is a co-founder of the Integrative Life Center, which integrates spirit and science-based approaches to healing and creating community.

The events of our lives leave physiological imprints in our bodies, particularly when we experience trauma or situations of extreme stress that trigger the fight, flee, or freeze response. Our beliefs become embodied and exist in neurological networks. The healing power of the breath can no longer be ignored. Polyvagal theory gives us a neurological model for how trauma memory impacts character formation/development and shifting our point of view around such as creative adjustments; using the

U.S. Journal

TRAINING, INC.

healing power of the breath provides an opportunity to reconnect with and trust the wisdom of the body. This experiential workshop will introduce participants to an integrative model of breathwork.

Learning Objectives:

To describe the healing power of breath

To describe a neurological model for how trauma memory impacts character formation and development

To describe how the power of breath provides opportunity to reconnect with and trust the wisdom of the body

Finding Hope for Eating Disorder Recovery at the Intersection of Indigenous Knowledge and Western Science - 1.5 hours

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.

Learning Objectives:

To identify three common attributes of both Traditional and Western systems of knowledge

To describe how ancient myth can help gain insight into disordered eating behavior

To describe how modern neuroscience research supports the use of traditional storytelling

3:30-5:00 pm Concurrent Workshops

The Neurobiology of 12-Step Programs: Why Do They Work?- 1.5 hours

Janina Fisher, PhD

Often clients are resistant, uncomfortable with, or overtly hostile to 12-Step work. Even traditionally-trained psychotherapists may misunderstand 12-Step work as “another addiction,” different from the “real” work of psychotherapy. However, 12-Step programs have important benefits in changing the neurobiology of addiction and increasing activity in parts of the brain necessary for recovery. Addictive behavior represents an attempt to regulate unbearable memories and painful emotions. All recovering addicts share the tendency toward dysregulated feelings and impulses. 12-Step programs provide certain important ingredients that combat addictive patterns. First, they use simple, repetitive language and phrases on which it is easy for the addicted brain to focus. Focusing on here-and-now experience stimulates the medial prefrontal cortex, an area of the brain associated with integrating thoughts, feelings and physical experience, while reducing activity in the amygdala, the brain’s threat center. Repetition over and over of the same 12 steps and principles (necessary for the brain to ‘encode’ information) helps to build new habits of thinking, reacting, and interpreting experience. The repetition is also soothing to the nervous system, as are the practice of prayer and meditation. Prayer or meditation stimulates the

U.S. Journal

TRAINING, INC.

medial prefrontal cortex, combatting the low frustration and emotional tolerance seen in most addicts in early recovery and building greater capacity for tolerating stress and pain.

Learning objectives:

To describe 3 characteristics of 12-step programs that increase activity in the medial prefrontal cortex

To identify 2 characteristics of 12-step programs that reduce activity in the amygdala

To describe the neurobiological effects of prayer and meditation

To discuss three 12-step practices that increase affect and stress tolerance

The Other Side of PTSD: Post Traumatic Spiritual Dissonance and How Horses Heal . . . Body, Mind and Spirit. - 1.5 hours

Rick Iannucci and Nancy De Santis with Joan Borsenko, PhD (See her bio on page 11.)

Rick Iannucci is a former Green Beret and Retired US Marshal he is the co-founder and Executive Director of Horses For Heroes- NM Inc. A lifelong horseman and rancher he is an Ordained Minister currently serving as the Chaplain and Chaplaincy Section Chair for the National Tactical Officers Association (ntoa.org). He commanded a US Dept. of Justice Special Missions Unit in Colombia and has served as an instructor at the US Military Academy at West Point. He has a Bachelor of Science Degree from Neumann University (Franciscan) and is a graduate of Baylor University~Truett Theological Seminary and is certified in Pastoral Crisis Intervention, Cognitive Behavioral and Trauma Therapy.

Nancy De Santis is co-founder and Programs Director of Horses For Heroes–NM Inc. A CCHI Certified Riding Instructor and lifelong horseman she is a certified Equine Gestalt Coach and the Founder of Wisdom Way For Warriors, an in-depth program utilizing Gestalt methodology (EGCM®) and Neuroscience specifically designed for Veterans and Active Military. Nancy's specialized training is in Integrative Wellness for Veterans, Pastoral Care with Veterans and Families, Military Culture, Veteran Suicide, Invisible Wounds of War, Bereavement, Restoring the Soul from War, Trauma Training and Care, Interpersonal Neurobiology, Mindfulness, Neuroscience and is a Neurosculpting® Ambassador. She is certified in Pastoral Crisis Intervention and is an EGCM® Associate Instructor.

There is no one size fits all PTSD and not everyone's personal experience fits neatly into the traditional definitions and many times defies it. This workshop will take you to what we know and have seen as "the other side of PTSD" and how horses help to forge a trajectory to post healing strength and resiliency. Acknowledging the value of the military skills that each participant possesses, the horsemanship and ranch skills are the perfect template to restructure those things that allowed them to survive combat in a new and meaningful way. Integrating Cowboy UP! Yoga with mindfulness practice and compassionate pastoral care and coaching assists in rewriting a new wholeness narrative and repair to wars' unseen spiritual and moral injuries.

Learning Objectives:

Participants will be able to identify "The Other Side of PTSD" - Post Traumatic Spiritual Dissonance™ and the danger of soul wounds and its relationship to spirituality and stress.

Participants will be able to identify how working with horses fits into healing and facilitates Post Traumatic Growth and whole healing; body, mind and spirit, as well as learn key well-being skills to pass on to clients even if they don't work with horses.

Participants will be able to identify, through a panel discussion with veterans themselves, the efficacy of a skill-set restructuring program

U.S. Journal

TRAINING, INC.

The Gifts of Grief: Five Truths that Invite Growth and Healing – 1.5 hours

Sandra Felt, BCD, LCSW

While most of us have been taught to avoid the pain of grief as much as possible, grief actually provides a wide-open door into the deeper healing realms of a person's trauma, spirituality, and true self. Rather than focus only on coping skills to minimize the effects of grief as quickly as possible, what if we invite clients to grow through the experience? What helps us connect with our true self? How can we process through all the intense feelings? What are the spiritual questions and doubts that commonly accompany a close death? How can we utilize a grief experience to integrate body, mind, and spirit? Five teachable truths with practical strategies to encourage clients to grow through any grief experience are provided.

Learning Objectives:

To describe and identify grief as a natural healing process.

To identify five gifts of grief that reliably lead toward growth and healing.

To identify the specific moments with a client that serve as gateways into the deeper healing realms of trauma, spirituality, and the true self.

#MeToo: Women Speak Out and Men are Called Out. What are We Learning? 1.5 hours

Robert Weiss, MSW, PhD

It is a magnificent thing to watch the rise of the American women's movement, version 2.0. This movement is especially meaningful now for those who were around to see/observe (or even learn about) the women's movement, version 1.0 (1963-1981). Unsurprisingly, both now and in the 20th century, issues directly related to human sexuality and interactions between the sexes have been the spark that lit these cultural revolutions, both of which eventually spread out to represent more general concerns of women's equality issues. But what are we learning today, as so many women bravely speak out about sexual violation and relationship abuse? Today, we pay the most attention to the accuser as we skewer and eviscerate the accused. But what is lost and what is missing from this monologue? What are we learning beyond the headlines and how can we take it into our work? This timely, highly topical exercise and discussion may just be one place to find out.

Learning Objectives:

To describe the women's movement version 1.0 (1962-1982) and version 2.0 – the 21st century

To describe the thinking behind men who push women into unwanted sexual acts (non-offending) and

what it takes for such men to grow (emotionally and relationally)