

U.S. Journal TRAINING, INC.

**US Journal Training, Inc. and Counselor Magazine Present
16th National Conference on Adolescents and Young Adults
April 25–27, 2018 Las Vegas, Nevada Tropicana Las Vegas**

Tuesday, April 24

Pre-Conference ETHICS Workshop—6 Hours

A Multicultural Orientation in Clinical Practice: Current Issues

Pamela H. Harmell, PhD

Permanent Lecturer, Pepperdine Graduate School of Education & Psychology, Psychologist, Private Practice, Los Angeles CA. Past Chair, CA Psychological Association Ethics Committee, Former President, L.A. County Psychological Association.

The provision of ethical and responsive treatment to clients of diverse cultural backgrounds is expected of all practicing health care providers. Cultural competence is mandated by professional ethics codes and will be the focus on attention in all topics addressed: (1) Child maltreatment and culture, (2) Assessment of child maltreatment with immigrant families, (3) Therapist self-disclosure related to a variety of populations, (4) A range of multiple relationships in various cultures (small to large community settings), and, (5) suicide assessment, prevention and treatment. Literature updates and current expert opinion will be included along with current research findings and practice knowledge that informs ethical and legal clinical work. Emphasis will be placed upon prevention of ethical violations.

8:30–9:00 am Pre-Conference Workshop Registration

9:00–11:00 am Multicultural orientation to child maltreatment; Treating clients fairly; Bias and stereotyping; Current statistics on abuse; Working with culturally diverse families; Respect and sensitivity; Multicultural orientation to child maltreatment (continued); Special problems related to immigrant families; Culture shock, isolation, keeping secrets, definitions; Suggestions for improving competence with interviewing immigrants; Assessing families for maltreatment; Special circumstances; Reasonable suspicion with diverse cultures; Lack of family cooperation; Structured decision making; Structured professional judgment model.

11:15–1:15 pm Suicide Assessment, prevention and treatment (2 hours required for relicensure in certain states) Prevalence and statistics of suicide; Consideration of DSM-5 diagnoses; Risk factors and warning signs; Protective factors; At-risk populations and cultural competence; FOCUS: Teens and adolescents; Discussion of evidence-based techniques; Suicide and mental health issues; Risk and protective factors among diverse populations; Outline ethical and legal considerations; Discuss issues pertinent to suicide survivors.

2:15–3:15 pm Multiple relationships; Cultural considerations; Sexual contact with clients, students, supervisees, former clients; Nonsexual multiple relationships; Rural and small communities.

3:30–4:30 pm Working with vicarious traumatization; Compassion fatigue; Using the DOVE method of self care; Therapist impairment and self-care; Handling burnout; Wrap up and questions.

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Special Focus On:

- Trauma Treatment
- Addictions in Youth
- Anxiety & Depression
- Anger, Boundaries & Limits
- Opioid Crisis
- Impact of Social Media

A Professional Conference for Marriage and Family Therapists, Psychologists, Social Workers, School Counselors, Nurses, Courts and Corrections, Mental Health and Alcohol and Drug Counselors.

Up to 25 Credit Hours for Continuing Education

6 Hours ETHICS Pre-Conference Workshop, April 24

(Includes 2 Hours of Suicide Assessment/Prevention)

19 Hours Full Time Conference, April 25-27

Topics Include:

- Perfectionism
- Priming the Hidden Power of Language
- Understanding Emotional Regression
- Trauma Treatment
- Connecting with Youth in Emotional Distress
- Impactful Therapeutic Dialogue
- Boundaries, Limits, Anger and Rage
- Resistant Clients
- Using Media and Metaphor
- The Mother-Son Dynamic
- Buddhist Path to Addiction Recovery
- Nutritional Needs and Challenges
- Opioid Crisis
- Teens and Porn
- Food and Mood
- Treating the Emerging Young Adult
- Relational Healing
- Cannabis Use Disorder
- Mindfulness Interventions
- iGen and the New Social Anxiety
- Major Movements in Behavioral Health
- Trauma in the Family System
- Treating Anxiety

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Conference Objectives

Participants will be able to:

1. Identify treatment approaches for successfully treating adolescents and young adults with chemical dependence, trauma, co-occurring disorders and other psychological and behavioral issues.
2. Be able to discern symptoms and characteristics manifested in these disorders and to diminish/correct their negative impact on the client's interpersonal and family relationships.
3. Identify the impact of trauma, depression, anxiety and social media on youth and best practices for treatment and how to bolster resilience.
4. Identify advances in the assessment of at-risk factors for adolescents and young adults and their treatment.

Adolescents & Young Adult Conference Agenda With Learning Objectives:

Wednesday, April 25

9:00-10:00 am Perfectionism: The High Cost of the Pressure to be Perfect for Adolescents and Young Adults

Jane Bluestein, PhD

A dynamic and entertaining speaker, Dr. Bluestein has worked with thousands of counselors, educators, healthcare professionals, parents, childcare workers, and other community members worldwide. She has appeared internationally as a speaker and talk-show guest, including several appearances as a guest expert on CNN, National Public Radio and The Oprah Winfrey Show. Dr. Bluestein specializes in programs and resources geared to provide practical and meaningful information, training and hope in areas related to relationship building, effective instruction and guidance, and personal growth and development. Much of her work focuses on interactions between adults and children, especially children at risk. Jane is an award-winning author whose latest book is *The Perfection Deception: Why Trying to Be Perfect is Sabotaging Your Relationships, Making You Sick, and Holding Your Happiness Hostage*. Some of her other books include *Creating Emotionally Safe Schools; Parents, Teens, & Boundaries*; and *Magic, Miracles & Synchronicity: A Journal of Gratitude and Awareness*. Formerly a classroom teacher (in inner-city Pittsburgh, PA), crisis-intervention counselor, teacher training program coordinator, and volunteer with high-risk teens at a local Day Treatment Program, Dr. Bluestein currently heads Instructional Support Services, Inc.

What perfectionism is, where it comes from, and what it can do to our physical health, mental health, achievement, and friendships. Let's examine the difference between perfectionism and the healthy pursuit of excellence, as well as what adults can do to counter those beliefs, or stop them from developing in the first place! Topics also include fear and the need for acceptance and belonging, "stinking thinking" and media messages that distort young people's sense of what is relevant or real, and the power of the Inner Critic. Includes practical strategies for helping clients (youth/young people) appreciate the value of authenticity and wholeness, seeking confidence, self-fulfillment, and happiness instead of perfection.

Learning Objectives:

To describe the difference between perfectionism and the healthy pursuit of excellence

To describe media messages that distort YA's sense of what is relevant or real and the power of the Inner Critic

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To identify strategies for helping YA appreciate the value of authenticity, self confidence, self-fulfillment, and happiness instead of perfection

10:00-10:30 am

Refreshment Break Breaks will be held each AM and PM in the exhibit area.

10:30-11:30 am Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement

Clifton Mitchell, PhD

Clifton Mitchell PhD is an international clinical trainer and keynote speaker with over 23 years of training experience. He delivers practical information in a uniquely entertaining, fast-paced style that is filled with humor and examples from his experience in mental health. Author of *Effective Techniques for Dealing with Highly Resistant Clients*. Dr. Mitchell has trained at hundreds of mental health conferences on techniques for improving therapeutic communications and for creating change through an understanding of how the mind works and the scientific study of language known as linguistics. He is a contributing author in therapy books and has published in numerous professional journals including the *Psychotherapy Networker*, *Journal of Personality Assessment*, *Psychology and Education*, and *The Professional School Counselor*. Dr. Mitchell is professor Emeritus at East Tennessee State University where he received the Teacher of the Year award in 2002.

Priming research of the last 20 years has determined that humans are controlled by an unconscious guidance system profoundly more than ever conceived. Priming occurs when something stimulates and triggers behavior. Semantic priming has confirmed the hidden power of words to stimulate preparatory thoughts that trigger new behavior with or without conscious awareness. The most significant finding is that unconsciously created goals can be equal or more powerful than conscious goals and, amazingly, that goals do not require an act of will to be acquired. Yet, the nuances of how new behaviors are stimulated through the precise, meticulous use of language are rarely discussed relative to the therapeutic dialogue. This dynamic, humorous keynote introduces the audience to world of priming through a discussion of the priming that occurs in our everyday lives of which everyone can relate. It then addresses the scientific research, demonstrates the phenomena, and explains how priming should be utilized in the therapeutic dialogue.

Learning Objectives:

To describe "priming" in everyday lives

To describe the scientific research and the phenomena of priming

To describe how priming can be utilized in therapeutic dialogue

11:30-12:30 pm The Best Kept Secret in Psychology: Understanding Emotional Regression

John Lee, MA

Best-selling author of *The Flying Boy: Healing the Wounded Man*, has written 22 books, including *The Half-Lived Life*, *Growing Yourself Back Up: Understanding Emotional Regression* and his latest book *Breaking the Mother-Son Dynamic: Resetting the Patterns of a Man's Life and Loves*. Known for his innovative work in the fields of emotional intelligence, anger management and emotional regression, his contributions in the fields of recovery, relationships, men's issues, spirituality, parenting and creativity have put him in the national spotlight for over 25 years. John served as a professor at the University of Texas and Alabama.

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Emotional regression is seldom identified, discussed and therefore undiagnosed as a major contributor to adolescent and young (or old) adult behavior. In this presentation by a leading authority on emotional regression participants will define regression, be introduced to the 5 red flags of regression, the five pre-conditions for regression and how to bring clients, parents and therapists out of regression. Lee has taught this material to men and women around the world and trained thousands of therapists, counselors and psychologists. Understanding and working with regression changes every relationship for the better. How? It reduces and even eliminates the energy-draining confrontations, conflicts, misunderstandings and miscommunications. You will learn skills to guide clients to feel more mature, competent, powerful and live more fully in the present moment. The presenter will explain why we too often lose our personal power, feel small or little, keep returning to our past, repeating our mistakes and arguing about the same old things, and why we “lose it” and say and do the things we often regret.

Learning Objectives:

To describe emotional regression and how it relates as a contributor to YA behavior

To define 5 red flags of regression

To describe skills to guide clients to feel more mature, competent, powerful and live more fully in the present moment

2:00-3:30 pm CONCURRENT WORKSHOPS

A Developmental Model of Recovery: Restoring One's Life Trajectory and Recovering Life

Andrea Barthwell, MD, FASAM

Chief Medical Officer for Treatment Management Company and the Founder and Director at Two Dreams Outer Banks, a comprehensive wellness center for the treatment of alcoholism and substance abuse disorders. She is also the Founder and Chief Executive Officer of the Washington, DC based global health care and policy consulting firm EMGlobal LLC. Dr. Barthwell served as Deputy Director for Demand Reduction at Office of National Drug Control Policy (ONDCP, 2002-2004). She received her Doctor of Medicine from the University of Michigan. Following post-graduate training she began her practice in the Chicago area. Dr. Barthwell served as Past President of The American Society of Addiction Medicine (ASAM).

This presentation will describe and discuss how clinicians can identify and describe behaviors, thoughts, and attitudes shown by patients who have been using since an early age. Then, using a developmental model of recovery developed by Dr. Barthwell, clinicians will be shown how to create a recovery plan that fosters the journey to self.

Learning Objectives:

To describe a developmental model of recovery

To describe how to create a recovery plan that fosters the journey to self

“No Really, I’m Fine!” : Connecting with Youth in Emotional Distress

Jane Bluestein, PhD

This program will examine what even the most well-meaning therapist or adult might inadvertently say or do when young people trust us enough to share what’s going on with them, and why it can be so hard to connect. Includes responses that can create roadblocks to meaningful connecting and communications, along with positive, practical, and effective alternatives that can truly support young people as they learn

to manage their emotions and resolve conflicts in non-destructive ways. Other topics include boundaries and confidentiality, listening, validating, and how and when to help clients look for solutions.

Learning Objectives:

To describe ways to connect with youth experiencing emotional distress

To describe ways to avert roadblocks to connecting

To describe solutions when dealing with boundaries, confidentiality, listening

Crafting Impactful Therapeutic Dialogue Through a Deliberate Utilization of Priming

Clifton Mitchell, PhD

This how-to focus breakout session will delve further into the research on priming and the vital implications for the therapeutic dialogue. It will then explain specific applications where priming can be implemented. Some of these include: Enhanced empathic statements that prime through a recognition of deficits; How to talk positive to a negative person without them knowing it; The use of embedded suggestions and commands; Is your goal properly priming the client?; Priming suggestions of temporary stuckness and implied change; Pacing and leading with an embedded prime; Underlying meaning and implications of commonly spoken words; The direct application of priming as self-change technique; Why priming works: What we know about the brain and learning. Upon completion of this training, participants will have a set of linguistic tools that incorporate priming and be aware of numerous instances where priming can be applied in the therapeutic conversation.

Learning Objectives:

To describe creation of therapeutic dialogue

To describe specific application where priming can be implemented

To identify linguistic tools that incorporate priming in the therapeutic conversation

Boundaries, Limits, Anger and Rage: Keys to Reduce Conflicts, Confrontations and Addictions in Adolescents and Young Adults

John Lee, MA

We can help adolescents and young adults minimize their anger and rage by teaching them how they can establish healthy boundaries and set functional limits. This is accomplished by modeling. Before boundaries can reduce anger and rage and before a counselor or parent can model how to use these two major tools for managing emotions a few things must first be accomplished. They are: Boundaries must be defined, Different kinds of boundaries discussed, Boundary errors understood, Boundary violations explained, and Boundary impairment identified. Boundaries help us to know who we are and who we aren't. They show me where I begin and end, where you begin and end, by establishing the appropriate psychological, emotional, and physical space between us. Limits is often confused with boundaries and not knowing our limits or the limits of others create massive amounts of confusion, uncertainty and anger and rage. This presentation will explore limits in a way many clinicians have not been introduced to.

Learning Objectives:

To describe ways to minimize anger and rage in youth by teaching them how they can establish healthy boundaries and set functional limits

To describe the difference in boundaries and knowing limits

To describe how to know the limits of others

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4:00-5:30 pm CONCURRENT WORKSHOPS

It Must Be My Fault: Using Media and Metaphor to Guide Adolescents

Dawn Spragg, MS, LPC

A visionary licensed professional counselor with more than twenty years' experience working with youth and their families. She is the co-founder of Teen Action and Support Center of Northwest Arkansas, a non-profit dedicated to promoting the well-being of teens and encouraging their engagement in the community. She currently serves as TASC's Director of Therapeutic Services where she often uses media and metaphor to engage her teenage clients. She is also an adjunct professor at John Brown University. She writes and speaks extensively about adolescents.

Typical play therapy models can feel childish to adolescents, but using media and metaphors can be an effective way to engage teenagers in the counseling process, and it has clinical implications for improved outcomes. Attendees will come away with the knowledge to use video and metaphor to address a variety of challenges specific to teenagers, the ability to operate apps for capturing and sharing video, and an arsenal of practical examples from films such as 127 Hours, Inside Out, Jack Reacher, and Crazy Beautiful.

Learning objectives:

To introduce therapy models to Youth through video and films

To describe ways for clinicians to use video and metaphor to address a variety of challenges specific to teenagers

Boundaries 101: From Basic to Black-Belt Self-Care Techniques

Jane Bluestein, PhD

People who have a hard time setting and maintaining boundaries tend to have a lot of drama in their lives. They can get sucked into things they really don't want to do, feel taken for granted, and attempt to manage situations with controlling or passive-aggressive strategies that add stress to their relationships. This presentation offers a win-win approach to help young people find a healthy, functional middle ground between being a doormat and being a bully. Includes examples of win-win language, strategies, and attitudes that allow for self-caring choices while still considering, respecting, and often accommodating the needs of others.

Learning Objectives:

To identify ways to time-set and maintain boundaries

To describe win-win language strategies

To describe self-caring choices to respect and accommodate needs of others

Effective Techniques for Dealing with Highly Resistant Clients

Clifton Mitchell, PhD

The successful management of resistance is the pivotal point of effective therapy. It is also a critical component in alleviating therapists' stress. Although most therapists have been trained extensively in theoretical approaches, few have had extensive training in dealing with resistance. This session will review many aspects of therapeutic resistance including historic definitions and present a model for resistance that empowers therapists in managing the problem. This is followed by fundamental principles and techniques for avoiding and resolving resistance. The techniques presented are applicable across a wide array of clients and problems and can be integrated with all theoretical approaches.

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Learning Objectives:

- To describe how to manage resistance for effective therapy
- To describe a model for resistance that empowers therapists
- To identify techniques for avoiding and resolving resistance

Breaking the Mother-Son Dynamic: A Path to More Functional Relationships

John Lee, MA

The mother-son issue is seldom discussed much less treated as a source of anger, rage, and addiction and dysfunctional relationships if there is an extreme amount of enmeshment and codependency between the two. The majority of working class or poverty level families are one parent households and this is usually the mother. This workshop will help professionals and the general public view this important relationship in a non-shaming, non-blaming way and clearly see, break, and dismantle what, for many, has become destructive or counter-productive behavior. It will provide the participant with fresh and stimulating insights into the mysterious bond—or bondage—between millions of mothers and sons and show how this bond can negatively impact women as lovers, wives, and girlfriends. The awareness of this dynamic and the tools and insight that will be provided will improve, and perhaps, change or save marriages, dating relationships, and the experience of living together, as well as increase the functionality of the family by showing everyone who is ready how to make a clean, clear, shame-free, guilt-free separation—to break free from unhealthy mothering and “sonning” that just hasn’t worked.

Learning Objectives:

- To describe the negative impact the bond that can happen between mother and sons
- And that can negatively impact women
- To identify tools and insights that can change or save marriages and relationships
- To describe how to break free from unhealthy mothering and “sonning”

Thursday, April 26

7:45–8:45 am Refuge Recovery: A Buddhist Path to Addiction Recovery (Optional)

Noah Levine, MA

Noah Levine is the founder of Refuge Recovery, an addiction recovery program based on the teachings of the Buddha. Refuge Recovery has hundreds of peer-led meetings worldwide and a treatment center in Los Angeles. He is also the founder of the “Against The Stream Buddhist Meditation Society” with centers in Los Angeles and San Francisco and over 20 affiliated groups in North America and Europe. He teaches meditation groups, gives workshops and leads retreats internationally. Noah is the author of Dharma Punx, Against the Stream, Heart of the Revolution and Refuge Recovery.

The Buddhist path to treating addiction is one of developing wisdom and compassion through meditation, renunciation and wise actions such as service, amends, forgiveness and generosity. Buddhism offers a non-theistic spiritual path. Refuge Recovery is a program that can be worked in conjunction with or as an alternative to twelve steps. When sincerely practiced, the program will ensure a full recovery from addiction and a lifelong sense of well-being and happiness.

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9:00-10:00 am Effective Trauma Treatment: A Review of the Latest Evidence and Emerging Modalities

Christine Courtois, PhD, ABPP

Recently retired from Private Practice in Washington DC, Dr. Courtois had specialized in the treatment of trauma, particularly for adults experiencing the effects of childhood incest and other forms of sexual, physical and emotional abuse. She has worked with these issues for 30 years and has developed treatment approaches for complex post traumatic and dissociative conditions for which she has received international recognition. Past President of Division 56 (Psychological Trauma) of the American Psychological Association and a Founding Associate Editor of the Division's journal, *Psychological Trauma: Theory, Research, Practice, & Policy*, she has recently served as Chair of the APA Clinical Practice Guidelines for PTSD in Adults and Professional Practice Guidelines for the treatment of Complex PTSD for the APA Division 56 and for the International Society for the Study of Trauma and Dissociation. Co-author of *The Treatment of Complex Trauma* and co-editor of *Treating Complex Trauma: Scientific Foundations and Therapeutic Models* and *Treating Complex Trauma in Children and Adolescents*, all with Dr. Julian Ford, and a number of other books on trauma treatment.

No clinical area has undergone more rapid development or benefited more from new research than the field of psychological trauma. The veritable flood of information had made it virtually impossible for therapists to stay on top of all the current research and clinical writing, learn about newest findings and techniques, investigate controversies and debates, and sort out results that matter from those that don't. This keynote is opportunity to examine the clinical implications of the latest evidence. It includes an overview of the recommendations of the Clinical Practice and Professional Practice Guidelines of various national and international organizations and discusses other issues in trauma treatment, including the role of clinical judgment, competence and client preference.

Learning Objectives:

To describe the new research in the field of psychological trauma

To identify the clinical applications of this evidence

To describe recommendations of the Clinical Practice and Professional Practice Guidelines

10:00-10:30 am Refreshment Break Sponsored by Meadows Behavioral Healthcare

10:30-11:30 am Nutritional Needs and Challenges for Adolescents and Young Adults

Kristin Kirkpatrick, MS, RDN

The Lead dietitian and manager of Wellness Nutrition Services at the Cleveland Clinic Wellness Institute in Cleveland, Ohio. She is a best-selling author, an experienced presenter, and an award winning Dietitian. Kristin has been seen on both local and national shows such as the TODAY show, NBC Nightly News and the Dr. Oz show and has contributed to several national Newspapers and magazines such as The New York Times, Wall Street Journal, TIME, Oprah, Self and Women's Health. The Huffington Post named Kristin "one of 35 diet and nutrition experts you need to follow on twitter." In January 2017, Kristin published her first book, *Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease*. In December, 2017, Kristin's show "the New Rules of Food" will air nationally on PBS. Kristin is Senior Fellow at Meadows Behavioral Healthcare.

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

Learning Objectives:

To describe current research on trends and nutritional needs of adolescents YA
To also describe deficiencies and risk factors, Warning signs of malnutrition
To describe how to implement nutrition in treatment programs

11:30–12:30 pm The Opioid Crisis: Understanding and Treating the Adolescent and Young Adult Opiate Addiction

Cardwell C. Nuckols, PhD

He has been described as one of the most influential clinical and spiritual trainers in North America. He has served the behavioral medicine field for over 35 years and for the last 20 years is considered one of the leading experts in the world on addiction and recovery. Dr. Nuckols is widely published, having authored more than 60 journal articles, 30 books and workbooks, 50 DVDs, CDs and videos, and 25 audiotape series. His most recent books are *Finding Freedom Through Illumination* and *The Ego-Less SELF: Achieving Peace and Tranquility Beyond All Understanding*.

No longer is the opioid crisis being driven by just pharmaceutical pain medications. Heroin and fentanyl and its many analogues have taken over as the leading force behind opiate addiction, overdose, death and criminality. Treatment professionals, criminal justice, first responders and the community at large are deeply and negatively impacted by these powerful and deadly drugs. How does the adolescent and young adult opiate addict stop taking a substance that creates little cognitive impairment, elevates dopamine creating pleasure, makes them feel warm, fed and cared for while reducing stress and alleviating negative feeling states? We will introduce ways of understanding the opioid addicts experience as engagement and all attempts at intervention must start here. Both psychotherapeutic and pharmacological management will be discussed. For example, how can the clinician assist the addict in the management of overwhelming negative feelings and problems of sleep? How and when can pharmacological approaches such as buprenorphine, naltrexone and methadone be helpful in aiding recovery? The importance of discharge planning, “wrap arounds” and extended care is critical for many of the younger addicts. More than fifty percent will have a history of early life developmental trauma.

Learning Objectives:

To describe ways of understanding the opioid addict
To describe both psychotherapeutic and pharmacological management
To identify discharge planning

2:00-3:30 pm CONCURRENT WORKSHOPS

Pornography and the Adolescent Brain: How a Generation Got Hooked To a Non-Relational Sexuality

Alex Lerza, LMFT

He is a Licensed Marriage and Family Therapist as well as a Certified Sex Addiction Therapist who founded the first adolescent treatment IOP for teens hooked on pornography in the Silicon Valley. He is also the CEO and Co-Founder of RTribe—an addiction recovery platform that allows addicts to track and share their progress with their support community. His passion is to build technology that will equip this generation with the science and wisdom that heals addiction.

Pornography is rewiring the brains of a whole generation at a scale and scope that is unprecedented. Similar to the delayed understanding associated with the health risk of cigarettes, we as clinicians and as a society are behind in understanding the tsunami that is coming due to the addictive nature of online pornography. Already 55% divorces cite compulsive porn use as a key contributor and in a recent longitudinal study compulsive pornography was cited as the 2nd leading factor of dissatisfaction in marriage. These consequences are the result of adult use of pornography. What happens when this same stimulus of endless novelty is introduced to the developing, novel-seeking brain of adolescents? Find out in this interactive workshop.

Learning Objectives:

To describe the addictive nature of online pornography and how it has affected the brains of a whole generation

To identify what happens to the brain of adolescents when this stimuli is introduced

Food and Mood: The Role of Nutrition and Diet in Emotional Wellbeing

Kristin Kirkpatrick, MS, RDN

Issues that will be addressed include: The link between dietary deficiencies and depression, How specific foods (both healthy and unhealthy) respond to neurotransmitter activity, The role of caffeine, Emotional eating and sugar/carb cravings, The role of sleep and appetite and The role of exercise on mood.

Learning Objectives:

To describe the role of nutrition on moods

To describe the link between dietary deficiencies and depression

Other topics described are : the role of caffeine, emotional eating and sugar/carb cravings

Treating the Emerging Young Adult Alcoholic and Addict: The Need For Long-Term Recovery Support

Cardwell C. Nuckols, PhD

The emerging young adult population has difficulty with treatment programs designed for more mature adults. Their subjective experience of life is much different than that of someone who has already achieved some success in the social and business world. This skills development training will give participants hands-on techniques based upon neurobiological and social science evidence. Neuroplastic changes are necessary to allow the prefrontal cortex to develop the abilities for formalized thought, management of affect and relationship skills. Without these skills the patient will not have an opportunity for life enhancement—to hold a good job, to raise a child and to be a part of a committed relationship.

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Learning Objectives:

To describe the need for long-term recovery support for Young Adults
To identify techniques based on neurobiological and social science evidence
to allow for neuroplastic changes

Relational Healing for Relational Injury in the Treatment of Complex Trauma for Adolescents and Young Adults

Christine Courtois, PhD, ABPP

Individuals with histories of early, severe childhood abuse and neglect and those who suffer extreme and cumulative forms of interpersonal trauma experience a wide range of difficulties, now referred to as complex trauma. These difficulties often have their origins in disturbed and disrupted primary attachment relationships, abuse and neglect within these relationships, and the additive effects of multiple experiences of trauma. These, in turn, cause considerable psychological damage, both personally and interpersonally over the course of the lifespan. In this workshop we will discuss these issues as they pertain to the lifestage of late adolescence and early adulthood. A therapeutic relationship is a primary intervention and context for distress of this sort, offering a secure base from which to examine and rework attachment difficulties, process the trauma, learn essential life and relational skills, and increase the capacity necessary for constructive relationships; however, developing a therapeutic relationship with complex trauma clients (especially in this age group) offers numerous challenges. This presentation will identify relational issues that arise in the treatment of this population and life stage and strategies for their identification and management. Ethics within the therapy relationship, vicarious trauma and countertransference responses and posttraumatic growth in the therapist will be discussed.

Learning Objectives:

To identify relational healing for relational injury in adolescents and YA
To describe ethics within the therapy relationship, vicarious trauma and countertransference responses and posttraumatic growth in the therapist

4:00-5:30 pm CONCURRENT WORKSHOPS

Surfing the Waves of Addiction: Mindfulness Interventions for Teen Addiction

Jason Murphy, MA, LMFT, CADACII, ICAP

Consultant and educator with extensive experience over the last 2 decades of working with youth and families as a mindfulness-based psychotherapist and addiction medicine clinician. He is certified as a Mindfulness-Based Stress Reduction (MBSR) trainer and holds a license as a certified addictions counselor. Jason has taught mindful awareness in a variety of settings both in the U.S and internationally. He has implemented MBSR in educational systems, corporations, businesses and community organizations. Jason holds a specialized degree in Behavioral Sciences with an emphasis in Psychopharmacology from the University of California Santa Cruz (UCSC) and a BA in Interdisciplinary Studies with emphasis in Psychology, Philosophy and Anthropology. Jason has training in Vipassana (Insight) Meditation and is a teacher of this tradition. Jason has studied meditation and martial arts for the last 20 years.

This workshop offers mindfulness, forgiveness and compassion centered approaches for clinicians to help teens address underlying causes of addictive behavior. Workshop will include practical and

experiential techniques for clinicians and service providers. Stress and anxiety are one of the leading reasons many teens use or return to addictive substances. The presenter incorporates intervention techniques utilizing mindful awareness to reduce environmental cuing, craving and psychological stress.

Learning Objectives:

To describe approaches for clinicians to help teens address causes of addictions

To identify mindfulness, forgiveness and compassion strategies in working with teens

To describe intervention techniques utilizing mindful awareness to reduce environmental cuing, craving and psychological stress.

Trauma, Addictions, and Substance Abuse: Recognizing the Overlap and Interaction Between the Two

Christine Courtois, PhD

A history of trauma in childhood or later in adulthood (and especially from combat exposure), is found in many individuals with substance abuse and other addictive disorders. This history must be attended to during treatment to assist the client in understanding the interaction between the two and in relapse planning. Special attention will be given in this workshop to improving the practitioner's ability to identify and understand symptoms of trauma and their interaction with addictions.

Learning Objectives:

To describe the interaction between trauma, addiction and SA

To describe how to improve the practitioner's ability to understand the symptoms of trauma and their interaction with addictions

Cognitive Behavioral Therapy (CBT) and Motivational Interviewing

Pete Nielsen, MA

Pete Nielsen is the Chief Executive Officer for the California Consortium of Addiction Programs and Professionals (CCAPP). He is a nationally known speaker and writer who has been published in numerous industry specific magazines and is on the editorial board for Counselor magazine. He also has a diverse background in education and treatment having worked in education as a campus director, academic dean, and an instructor. He has worked in the substance use disorders field for nineteen years as an interventionist, family recovery specialist, counselor, and administrator.

This is an advanced presentation aimed at practitioners who are familiar with MI and have some knowledge of CBT to enable them to combine MI and CBT skills to maximize their interventions. Participants will be given an understanding of CBTs and MI's compatible elements and how they can be used to treat individuals that have drug and alcohol problems.

Learning Objectives:

To describe MI and CBT

To describe CBTs and MI's compatible elements and how they can be used to treat individuals that have drug and alcohol problems.

Understanding and Treating Cannabis (Cannabinoid) Use Disorder

Cardwell Nuckols, PhD

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

Learning Objectives:

To apply understanding with treating cannabis use disorder

To describe various issues to include DSM-5 diagnostic criteria for Cannabis Use Disorder, neurobiology of cannabis use and addiction, short and long-term health effects, evidence-based psychotherapeutic approaches to treatment and current perspectives on the pharmacological treatment.

Friday, April 27

9:00-10:00 am-The New Social Anxiety: The iGen, Social Media and Fear of the Unfamiliar-

Margaret Wehrenberg, PsyD

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

A generation of people currently under the age of 25 is at risk for social anxiety. The result of parenting style and the impact of 24/7 access to social media is a skyrocketing rate of anxiety that looks like social anxiety but has specific characteristics that make it tough to treat. The addictive reinforcement of engaging with others via games and media over the Internet has diminished social interest and social capacity in a generation of younger people. This seminar will take a look at differentiating the social anxiety that may originate with neurobiology/temperament vs the social anxiety that emerges from the impact of social media and screen time. Those have contributed to wide-spread fear of new experiences, negative self-evaluation and loneliness in adolescents and young adults. We will briefly look at how to support parents to change their engagement with children and screens, and then learn a protocol for effective management of social anxiety in the age of the iGen.

Learning Objectives:

To describe social anxiety and its characteristics

To describe differentiating the social anxiety that may originate with neurobiology/temperament vs the social anxiety that emerges from the impact of social media and screen time.

To describe ways to help parents with effective management of social anxiety

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10:30-11:30 am Building for the Future: Major Movements in Behavioral Health with Adolescents and Young Adults

Bob Bertolino, PhD

Professor of Rehabilitation Counseling at Maryville University, Sr. Clinical Advisor at Youth In Need, Inc. and a Senior Associate for the International Center for Clinical Excellence. He has taught over 500 workshops throughout the United States and 11 countries and authored or co-authored 14 books including *Thriving on the Front Lines: Strengths-Based Youth Care Work*; *Working with Children and Adolescents in Residential Care: A Strengths-Based Approach*; and *Effective Counseling and Psychotherapy: An Evidence-Based Approach*. Bob is a licensed marital and family therapist and professional counselor in the state of Missouri, a National Certified Counselor, a Certified Rehabilitation Counselor, a National Board Certified Fellow in Hypnotherapy, and a clinical member of the American Association for Marriage and Family Therapy. Senior Associate for the International Center for Clinical Excellence (ICCE).

In behavioral health, three influential movements continue to gain prominence and impact services with adolescents and young adults. These movements, which include well-being, treatment outcomes, and provider effects, are in accordance with worldwide trends health and education, and provide direction for the future of behavioral health. In this keynote address, each movement will be discussed along with current research and its implications services and funding. Participants will also learn how an intersection of the three movements forms the foundation for effective and efficient practice with adolescents and young adults. Video excerpts will be used to enhance the experience of participants.

Learning Objectives:

To describe 3 movements (well-being, treatment outcomes, and provider effects)

That provide direction for the future of behavioral health in Adolescents YA

To describe the foundation for effective and efficient practice with this group- Video clips will be presented as well

11:30-12:30 pm Family Therapy Updated for the Digital Age

Robert Weiss, LCSW, CSAT-S

A digital-age intimacy and relationships expert specializing in infidelity and addictions—most notably sex, porn, and love addiction. An internationally acknowledged clinician, he frequently serves as a subject expert on human sexuality for multiple media outlets including CNN, HLN, MSNBC, The Oprah Winfrey Network, The New York Times, The Los Angeles Times, and NPR, among others. He is the author of several highly regarded books, including *Out of the Doghouse: A Step-by-Step Relationship-Saving Guide for Men Caught Cheating*; *Sex Addiction 101: A Basic Guide to Healing from Sex, Porn and Love Addiction*; *Sex Addiction 101: The Workbook*; *Closer Together, Further Apart: The Effect of Technology and the Internet on Parenting, Work and Relationships* and *Cruise Control: Understanding Sex Addiction in Gay Men*. A skilled clinical educator, he routinely provides training to therapists, the US military, hospitals, and psychiatric centers in the US and abroad. Over the years, he has created and overseen more than a dozen high-end addiction and mental health treatment facilities. Currently, he is CEO of Seeking Integrity, LLC.

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While much fear and hype has been created in the past decade by well-meaning clinicians and the media, the actual role and effect of digital media on American family life has yet to be fully understood and researched. So, what can a useful, caring counselor or therapist offer today to families struggling with issues such as digital boundaries, cyberbullying and tech stressors, as well as problems like online gaming, gambling and sexuality? This timely, engaging talk, by a clinical thought leader and author of several books related to our evolving digital world and its' effect on the therapy space, gives attendees a chance to revisit, reshape and challenge their beliefs about how digital technology is affecting family life, relationships, school and the workplace. Blending current research with historical references, this talk will provide clarity in an area where we clinicians can sometimes feel under-informed or even downright confused.

Learning Objectives;

To describe how to revisit, reshape and challenge their beliefs about how digital technology is affecting family life relationships, school and the workplace

To describe current research with historical references and will provide clarity in treating YA

1:45-3:15 pm CONCURRENT WORKSHOPS

Creating Authentic Connections: Healing Relational Trauma Within the Family System

Barbara Nosal, PhD, LMFT, LADC

Barbara Nosal has worked in the mental health treatment field with adolescents and their families for over 20 years. She has held managerial and clinical positions in a variety of treatment settings, while maintaining a private practice in Newport Beach. Dr. Nosal is the founding Clinical Director, and currently Chief Clinical Officer of Newport Academy, where she oversees the treatment of adolescents, ages 12-20, and their families in both residential and outpatient settings in California and Connecticut.

This session will explore family dynamics: patterns, roles, and emotional reactivity, which are the result of multigenerational transmission or relational trauma. Attachment wounds and relational trauma trigger emotional responses in the present and continue the cycle of shame-based behavior. A family systems approach to relational trauma will outline how to create more meaningful and authentic connections within the family.

Learning Objectives:

To describe authentic connections in healing relational trauma

To describe family dynamics: patterns, roles, and emotional reactivity, which are the result of multigenerational transmission or relational trauma

To identify a family systems approach to create more meaningful connections within the family

Treating Anxiety in Adolescents and Young Adults

Margaret Wehrenberg, PsyD

Anxiety is a normal human emotion, but many people experience unnecessary distress from unrelenting worry. Unless a person knows how to handle life's worries and prevent them from becoming an anxiety disorder, worry can dominate life and rob it of joy. Learn how to recognize and change unproductive worry, reduce its negative impact, and help people break free from anxious misery.

Learning Objectives:

- To identify strategies for treating anxiety in adolescents and YA
- To describe how to recognize and change unproductive worry.
- To describe ways to help break free from anxious misery

Can You Be Addicted to a Cell Phone: Understanding Behavioral (Process Addictions) in a Digital Age

Robert Weiss, LCSW, CSAT-S

Modern technology continues its generational and cultural influence, as we are all drawn into increasingly sophisticated and immediately accessible online content and interconnectivity. While many aspects of this evolutionary process are both useful and even essential for successful business and social interaction, increasing numbers of clients are also seeking treatment for addictive and problematic patterns of addictive behavior related to online gaming, gambling, spending and sex. Such clients are now abusing online content and experiences, many of which simply did not exist a mere decade or so ago. There is little question today that problem addictive online process addictions are costing some their jobs, families, spouses, while also contributing to drug and alcohol relapse. This presentation will offer clinical insight and workable solutions for men and women struggling with Internet and social media related addictions, while providing assessment and treatment guidelines for new technologies that are evoking age-old problems.

Learning Objectives:

- To describe patterns of addictive behavior related to online gaming, gambling, spending and sex.
- To describe clinical insight and workable solutions for men and women and adolescents struggling with Internet and social media related addictions
- To identify assessment and treatment guidelines for new technologies

From Pathology and Deficits to Strengths and Well-Being: Strategies for Increasing Well-Being with Adolescents and Young Adults

Bob Bertolino, PhD

Adolescents and young adults face a host of ongoing risks including anxiety, depression, substance abuse, and trauma. In response, effective services have two purposes. The first is to use interventions aimed at improving individual, interpersonal, and social functioning. The second involves strategies that help adolescents and young adults increase their overall well-being, to flourish. The purpose of this workshop is to explore a variety of ways to help young people to experience greater positive emotion, gratitude, meaning, character strengths, and support systems, which have been shown to serve as buffers to mental illness. Video excerpts and brief experiential exercises will also be used to enhance the experience of participants.

Learning Objectives:

- To identify strategies for increasing well being with adolescents and YA
- To describe ways to help young people to experience greater positive emotion, gratitude, meaning, character strengths, and support systems
- Video clips provided

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3:30-5:00 pm CONCURRENT WORKSHOPS

Managing Depression: Raising Energy and Changing Cognitions in Young Adults

Margaret Wehrenberg, PsyD

Depression creates low physical and mental energy and those symptoms keep people stuck in a self-reinforcing state of depression. Thoughts and beliefs magnify the symptoms of hopelessness and helplessness. This session will focus on the therapy techniques that get clients moving out of depression and change the cognitions that keep them stuck.

Learning Objectives;

To describe symptoms of depression

To identify therapy techniques that move clients out of depression and change the cognitions that keep them depressed

Trauma, Narcissism and Addiction: Why Some Teens Find Their Way, While Others Get Lost

Robert Weiss, LCSW, CSAT-S

This presentation provides insight into how the emotional survival of childhood abuse and neglect can and will interfere with healthy adolescent development thus leading to social/relational problems, isolation, social avoidance, lack of social success, addictions and even characterological disorders. Young trauma survivors require the ability to escape and dissociate from difficult stressors and emotions, thus replacing healthy dependencies on adults and peers, with drugs, alcohol and the process addictions. This material is designed to encourage and promote deeper, more empathic understanding of childhood survivors who have become emotionally challenged teens who need our empathic support. By taking the stance that emotionally defensive actions and addictive behavior can often be seen as misguided attempts at connection (without risk, loss or pain), this presentation will be useful to both professionals and laypeople toward re-categorizing “problem behaviors and actions” as survivorship, while still holding these young people accountable for their own actions and healing.

Learning Objectives:

To describe how the emotional survival of childhood abuse and neglect can and will interfere with healthy adolescent development

To describe problem behaviors and actions, as survivorship for adolescents

To describe how to train young people accountable for their own actions

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Better Outcomes: Becoming Feedback-Informed in Treatment with Adolescents and Young Adults **Bob Bertolino, PhD**

A growing body of evidence indicates that some providers consistently achieve better outcomes. At the center of improved performance is the use of routine outcome monitoring (ROM), which has shown to improve outcomes between 28-65%. ROM is approved by the Substance Abuse Mental Health Services Administration (SAMHSA) as an evidence-based practice and is listed on the National Registry of Evidence-Based Programs and Practices (NREPP). This workshop will introduce participants to the basics of ROM and feedback-informed strategies to improve the benefit of services to adolescents and young adults. Video excerpts and brief experiential exercises will also be used to enhance the experience of participants.

Learning Objectives:

To describe the basics of ROM

To describe feedback-informed strategies to improve the benefit of services to adolescents and young adults

Film clips included