

U.S. Journal
TRAINING PRESENTS

2nd International Conference
TRAUMA AND **ADDICTION**

Integrated Approaches
to Attachment, Relationships,
and Family Issues

January 16-18, 2020
Scottsdale, Arizona

Conference Hosts

MEADOWS®
Behavioral Healthcare



Peter Levine, PhD



Rokelle Lerner



Jon Caldwell, DO



Tian Dayton, PhD



Guy Diamond, PhD



Jack Canfield

Up to **18 Credit Hours** for Continuing Education



2nd International Conference TRAUMA^{AND} ADDICTION

U.S. Journal TRAINING

Who Should Attend?

With up to 18 Continuing Education Credits, this training will be especially valuable to those working in the following areas:

- Mental Health
- Addictions Counseling
- Marriage and Family Therapy
- Social Workers
- Psychology
- Research
- Registered Nursing
- Courts and Corrections
- Prevention
- Employee Assistance
- School and Pastoral Counseling
- Interventions
- Recovery Coaching

US Journal Training is proud to present this International Conference on Trauma and Addiction together with Meadows Behavioral Healthcare and Newport Academy. USJT is celebrating over 40 years of developing conferences designed for addiction and mental health professionals throughout the United States.

USJT's excellent reputation is based largely on its ability to bring together leading speakers, authors, researchers and clinicians to inform and train health professionals on current trends and topics of most interest to counselors, therapists, social workers, psychologists, and many others.

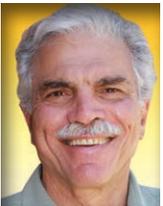
MEADOWS[®] Behavioral Healthcare

Meadows Behavioral Healthcare is the industry leader in providing evidence-based treatment for people struggling with emotional trauma, drug and alcohol addiction, sex addiction, eating disorders, psychiatric disorders, and co-occurring conditions. Our continuum of specialized programs is comprised of five inpatient programs located in Wickenburg, AZ, and residential addiction treatment programs in Malibu, CA and outside of Dallas, TX. Our continuum also includes outpatient centers in Scottsdale, AZ; Dallas, TX; and Silicon Valley, CA. A variety of intensive workshops are offered at the Rio Retreat Center.



Newport Academy is an integrated treatment program designed for teens with mental health concerns and co-occurring issues. With levels of care including residential, outpatient, and therapeutic day schools across the country, Newport Academy uses a blend of efficacy-based, outcomes-studied clinical and experiential therapies that address the person as a whole. In 2019, Newport Academy celebrated its 10th anniversary as a top-rated treatment center healing teens and families.

Scottsdale Faculty Includes:



John Arden, PhD,



Jon Caldwell, DO



Jack Canfield



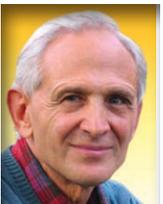
Stefanie Carnes, PhD



Tian Dayton, PhD



Guy Diamond, PhD



Peter A. Levine, PhD



Cathy Malchiodi, PhD



Kevin McCauley, MD



Kristina Padilla, MA



Mel Pohl, MD



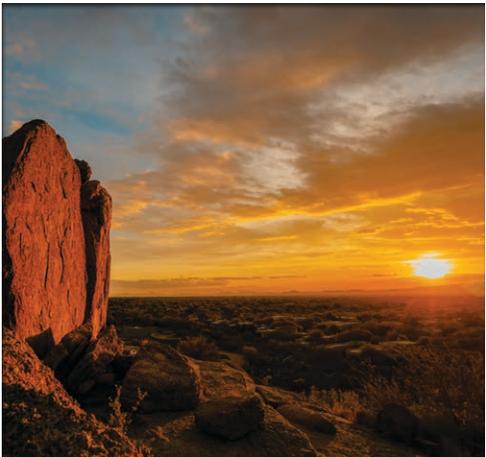
Erica Sarr, PsyD



Perfect Season to Visit Scottsdale

With an average high: 70 F/21 C and low: 40F/ 4C. January is an ideal time to getaway and visit. One of the first things to notice is the stirring beauty of the Sonoran Desert. The remarkable clarity of light, exotic cactus blossoms and lush desert landscape create an environment that leaves visitors inspired. It's the perfect place to breathe a little deeper, let go of everyday worries, and settle into an easier pace.

Long before the five-star resorts and world-famous golf courses, Scottsdale was just a tiny farming community carved out of the Arizona Territory. And although the orange groves and cotton fields are long gone, you can still experience an authentic slice of Scottsdale's small-town days with a simple stroll down Main Street. Scottsdale is famous for its championship golf courses; the Fashion Square with over two million sq. ft. of 'retail-therapy'; and Old Town Scottsdale. For the more adventurous, venture off to Camelback Mountain for exhilarating hiking trails and rock climbing. www.experiencescottsdale.com



Conference Site

DoubleTree by Hilton Paradise Valley, Scottsdale

5401 N. Scottsdale Rd, Scottsdale, AZ 85250-7090
(480) 947-5400

Located minutes from downtown Scottsdale, Arizona and 12 miles from Phoenix Sky Harbor International Airport, the newly renovated DoubleTree Resort by Hilton Paradise Valley—Scottsdale offers a warm welcome and comfortable stay in tranquil surroundings. Relax in the hotel's beautifully landscaped property with two outdoor pools surrounded by lavish courtyards, cacti and palm trees.

US Journal has reserved a block of rooms for registrants until December 14, 2019. There is a strong possibility that the room block will fill prior to that date. Room rates at the DoubleTree by Hilton Paradise Valley, Scottsdale are \$219.00 single/ double (plus tax). Reservations must be guaranteed with a credit card. For reservations call (866) 866-8107. To receive the conference rate mention US Journal Training and hotel reservation code **USJ**. Please be aware of hotel's cancellation policy. Conference registration is not required prior to reserving a room. However, US Journal Training will be cross checking housing lists against registered attendees. People holding room reservations are asked to contact US Journal Training within 7 days of making their room reservations to register for the conference or indicate their intent to do so.



Getting to Scottsdale

From Sky Harbor Airport: The Super Shuttle transportation for the DoubleTree by Hilton Paradise Valley, Scottsdale is currently \$16.00 one-way or \$30.00 round trip if booked online. Prices are subject to change. Call (800) 258-3826 or (602) 232-4610 to make reservations or you may also make reservations online at www.supershuttle.com (24 hour advance notice is required for return to airport). Taxis are also available.



Irene Jacobs, MC



Kristin Kirkpatrick, MS



Rokelle Lerner



Jenni Schaefer



Jean Collins-Stuckert, LCSW



Daniel Sumrok, MD



Specializing in the **NEUROSCIENCE of TRAUMA & ADDICTION**

Meadows Behavioral Healthcare has one mission: to provide our patients the tools necessary to overcome the challenges of trauma, addiction, eating disorders, and related mental health conditions as part of a comprehensive treatment process that promotes sustained personal recovery in collaboration with referral sources and families.

While our continuum of highly individualized treatment programs and services has an outstanding reputation for drug and alcohol recovery, we are known world-wide as the leader in addressing unresolved emotional trauma and the underlying issues related to addiction. We uncover the patient's core issues through multiple brain level interventions from a holistic, bottom-up approach that includes:

- Integrated trauma theory
- On-site Brain Center
- The Meadows Model
- World-renowned Senior Fellows
- Integrated family involvement
- Multidisciplinary treatment team
- Age and gender-specific programming
- Focus on nutrition
- Spiritual guidance available

Put simply, patients learn to sort out the pieces of the puzzle of their lives; they then have the tools to help them live a functional and hopeful life of recovery. We witness this transformation every day.

OUR FEATURED CONFERENCE SPEAKERS

Opening Keynote:

- Dr. Caldwell, Chief Medical Officer of Meadows Behavioral Healthcare

Senior Fellow Presenters:

- Dr. Peter Levine
- Dr. Kevin McCauley
- Dr. Stefanie Carnes
- Dr. Tian Dayton
- Kristin Kirkpatrick
- Jenni Schaefer

Clinical Staff Presenters:

- Dr. Erica Sarr, Clinical Director, Gentle Path at The Meadows
- Irene Jacobs, Clinical Director, Willow House at The Meadows
- Jean Collins-Stuckert, Executive Director, Rio Retreat Center at The Meadows

MEADOWS[®]
Behavioral Healthcare

To learn how our integrated neurobehavioral treatment approach can benefit your clients, call us today or visit us online for more information on our family of specialized treatment programs.

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Wednesday, Jan 15

Level of Instruction: All Sessions are Intermediate/Advanced unless otherwise noted.

5:00–6:30pm **Early Registration
Exhibitor Set-Up**

6:00–7:00pm **Welcoming Reception**

Sponsored by

MEADOWS[®]
Behavioral Healthcare

7:00–8:30pm **The Success Principles: How to Get From Where You Are to Where You Want to Be**

(Note: No CE credit for this presentation)



Jack Canfield

Bestselling author, award-winning speaker, trainer, entrepreneur and internationally recognized leader in personal development and peak performance strategies. As the beloved originator

of the Chicken Soup for the Soul series, Jack created a billion-dollar brand with more than 200 titles. Known as America's #1 Success Coach, he has appeared on over 1,000 radio and television programs including The Oprah Winfrey Show, Montel, Larry King Live, and the Today show. He is a Harvard graduate with a Master's Degree in psychological education, and the Founder and Chairman of The Canfield Training Group in Santa Barbara, CA.

The Success Principles teaches you how to increase your confidence, tackle daily challenges, live with passion and purpose, and realize all your ambitions. Not merely a collection of good ideas, the work spells out the 67 timeless principles and practices used by the world's most successful men and women—proven principles and strategies that can be adapted for your own life. Since its publication a decade ago, The Success Principles has become a practical and inspiring classic guide that has helped hundreds of thousands of people achieve success. Jack has revised and updated his essential guidebook to reflect our changing times, featuring a new section that offers a comprehensive guide to “Success in the Digital Age.”

Thursday, Jan 16

7:30am **Registration**

7:45–8:45am **Continental Breakfast**

9:00–10:30am **KEYNOTE**

The Science of Well-Being: Harnessing the Power of Plasticity, Perspective, and Presence



Jon G. Caldwell, DO, PhD

Chief of Psychiatry at The Meadows, Dr. Caldwell specializes in the treatment of adults who have experienced relational trauma and addictive behaviors. 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 is a noted international speaker and trainer.

Many of us are searching for well-being, but are we looking in the right places? Heredity and life circumstances contribute less to well-being than our habitual patterns of emotion, thought, and behavior. We can harness the power of neural plasticity and epigenetics to alter our unhealthy habitual patterns. Our perceptions of reality are not set in stone; to a large degree, our choice of perspective shapes our experience, which has a profound impact on our well-being. Lastly, well-being isn't an elusive prize that is won or earned after enough well-doing... it can be cultivated by anyone, at any time, as a habitual practice of being well in the present moment. Join me in exploring the science (and the wonder) of well-being!

10:30–11:00am **Refreshment Break**

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

11:00–12:30pm **KEYNOTE**

In an Unspoken Voice; How the Body Releases Trauma and Restores Goodness



Peter A. Levine, PhD

Originator of Somatic Experiencing®, a naturalistic and neurobiological approach to healing trauma, which he has developed during the past 50 years. He is the Founder of the Somatic Experiencing® Trauma Institute/Foundation for Human

Enrichment and the Founder and President of the Ergos Institute of Somatic Education™. His work has been taught to over 50,000 therapists in over 45 countries. Dr. Levine served as a Stress consultant for NASA in

We know you want the best for your teen. So do we.

What changes do you want to see in your child's life to know that they're on the right path? At Newport Academy, a top-rated teen and young adult treatment center, we'll support your family on the path to healing. Call us. Let's eliminate your fears and help your family get happier and healthier, starting now.



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the early space shuttle development and has served on the American Psychological Association task force for responding to the trauma of large-scale disasters and ethno-political warfare. He holds doctorates in both Biophysics and Psychology and is the author of several best-selling books on trauma, including *Waking the Tiger*, which is published in over 29 languages. He is currently a Senior Fellow and consultant at The Meadows Addiction and Trauma Treatment Center in Wickenburg, Arizona and continues to teach trauma healing workshops internationally.

Trauma is neither a disease nor a disorder, but is rather an injury caused by paralyzing fright, helplessness, and loss. By enlisting the wisdom of the living sensing body and engaging our innate capacity to self-regulate high states of arousal and intense emotions, trauma can be transformed and healed for us to experience wholeness and joy. During this lecture Dr. Levine will use his 40 plus years of experience to explore the roots of addiction in unresolved trauma, habitual childhood frustration, and insecure attachment.

2:00–3:30pm KEYNOTE

I’m Okay, You’re Really Sick: Dealing with the Shame, Projection and Trauma of Narcissists



Rokelle Lerner

A pioneer in the development of 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 has authored several books, including *The Object of My Affection is in My Reflection*. Esquire Magazine named her among the “Top 100 Women in the US Who Are Changing the Nation.” Rokelle is the Senior Clinical Advisor for Crossroads Recovery Center in Antigua.

A distinct feature of childhood abuse is the swing between intermittent kindness and cruelty. Even in moments of calm, the brain learns to anticipate the next wave of violence. Living with unpredictability engenders shame and children begin to forget who they are and become the protected mass they adapt to shield themselves. Narcissists are often raised in such an environment that requires a state of constant vigilance. Cut off from spirit, they spend the rest of their lives expunging this shame which can take on the characteristics of helpless victim, grandiosity and cruelty. This lecture will look at the underlying root of trauma that engenders narcissistic behavior, and offer clinical strategies that can short circuit the shame spiral.

4:00–5:30pm Concurrent Workshops

The Role of Trauma in the Chronic Illnesses of Adulthood



Daniel Sumrok, MD

Medical Consultant to Integrative Life Center in Nashville, Dr. Sumrok is the architect of America’s first Center of Excellence named by the American Board of Addiction Medicine Foundation in 2017 at the University of Tennessee College of

Medicine Center for Addiction Science in Memphis. He has been writing about and spreading the message of trauma as a public health issue since he began writing about it in 1980 when he looked at the public health consequences in Appalachian combat vets of Vietnam. His current work has linked drug relapse to ACE Scores. He continues to be active in research, treatment, education and community outreach around topics in addictions and trauma informed medical care.

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

Unicorns, Rainbows, & Ponies; Considerations for Clinical Work with LGBTQIA2+ Individuals



Kristina Padilla, MA, LADC

Kristina Padilla is a leader with the California Consortium of Addiction Programs and Professionals (CCAPP) where she serves as Director of Education. Kristina is also Director of Business

Development for CCAPP traveling throughout California and the nation bringing addiction focused businesses together to promote the profession, increase access to services and improve the quality of AOD service provision through education, business development, and investment in quality programming. Ms. Padilla has a Bachelor’s of Science in Criminal Justice Administration and a Master’s Degree in Counseling Psychology. Kristina is also a Certified Gang Specialist of the National Gang Crime Research Center (NGCRC) and is on the Board of Directors of the National Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals and their Allies (NALGAP).

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

Almost Anorexia: A Unique Look at Subclinical Eating Disorders



Jenni Schaefer
Meadows Behavioral Healthcare Senior Fellow, Jenni has authored several books, including *Life Without Ed: How One Woman Declared Independence from her Eating Disorder and How You Can Too*. An Ambassador with the

National Eating Disorders Association (NEDA), she is a sought-after presenter on eating disorders, trauma, and post traumatic stress disorder.

While 1 in 200 adults have experienced full-blown anorexia nervosa, at least 1 in 20 (1 in 10 teen girls!) have exhibited key symptoms of anorexia, bulimia, or binge eating disorder. Many suffer from the effects of an eating disorder but never address the issue because they don't meet diagnostic criteria. Discussing topics in her book, *Almost Anorexic*, co-authored with Jennifer Thomas, PhD, Harvard Medical School, Jenni Schaefer describes how pain and suffering exists all along the disordered continuum.. She explains the connection between trauma, addiction, and eating disorders as well as how to identify problematic eating disordered behaviors.

Strengthening the Core thru Experiential Exercises



Jean Collins-Stuckert, LCSW, LISAC, CSAT-S
Executive Director of Workshops and Rio Retreat Center at The Meadows, Jean is licensed in Arizona as a Clinical Social Worker and Substance Abuse Counselor and is also a Certified Sex Addiction

Therapist Supervisor. She received her master's degree in social work at Arizona State University. Jean has been in the behavioral health field for over 20 years, twelve of those years she has been employed at The Meadows as a Family and Primary Counselor, a Workshop Facilitator, Intake Interventionist, and Program and Clinical Director of Workshops.

Experiential techniques are ancient powerful tools used to generate and enhance the healing process, yielding excellent results. Participants will learn the rationale behind and the power of various experiential modalities.

7:00–8:30pm Movie Night

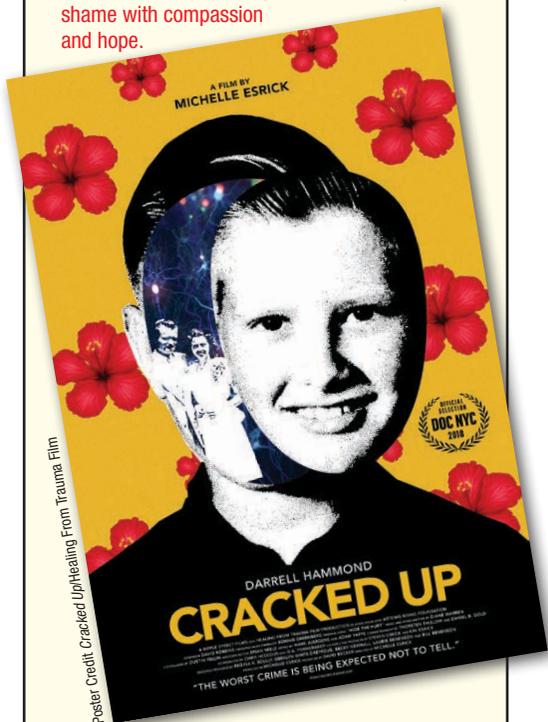
Cracked Up: The Darrell Hammond Story

Photo Credit Cracked Up/Healing From Trauma Film



Michelle Esrick
Presented by Michelle Esrick, an award-winning filmmaker, poet and social activist. As the Director of *Cracked Up*, Michelle creates the perfect balance between

comedy and tragedy helping us understand the biological effects of childhood trauma, addiction and recovery in a new light, and replacing shame with compassion and hope.



Poster Credit Cracked Up/Healing From Trauma Film

In *Cracked Up*, we witness the impact that childhood trauma can have over a lifetime through the incredible story of award-winning actor, comedian, master impressionist and Saturday Night Live veteran, Darrell Hammond. Behind the scenes he struggled with debilitating flashbacks, self-injury, alcohol and drugs. Misdiagnosed for 40 years with different mental illnesses Hammond was put on a long list of medications. It wasn't until a suicide attempt, that Hammond finally met the doctor who gave him the proper diagnosis of "childhood trauma". Courageously transparent, Hammond takes us through his past and present-day experiences with incredible resilience, vulnerability, wisdom and humor. The science is clear—toxic stress in childhood changes the architecture of the developing brain creating ill-health downstream.

Friday, January 17

9:00–10:00am KEYNOTE

Expressive Arts as Healing Engagement: Deepening the Therapeutic Experience



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

A psychologist, expressive arts therapist, educator and researcher in the area of traumatic stress, mind/body and arts-based approaches. She is the founder and

Executive Director of the Trauma-Informed Practices and Expressive Arts Therapy Institute and has held faculty appointments at seven universities throughout the US. Dr. Malchiodi has served as a member of the American Counseling Association Governing Council, President of the Humanistic Counseling Association and on the Board of Directors of the American Art Therapy Association. For the last three decades she has worked with traumatized children, adolescents, adults and families, expanding the range of understanding of non-verbal, sensory-based theories and methods through 20 books, 50 chapters and refereed articles. Her latest book, *Trauma and Expressive Arts: Brain-Wise and Body-Based Approaches to Therapy* is in press for February 2020.

Expressive arts not only cultivate the healing powers of imagination, they also mobilize the social engagement system through play, improvisation, musicality, movement, and creativity. When integrated into therapy, they can revitalize and energize clients, helping them to engage more fully in the present while deepening implicit and meaningful sensory-based communications. In this hands-on workshop, you'll experience how to "get past talk" with creative, action-oriented methods that can be immediately applied to your practice.

10:30–11:30am KEYNOTE

Helping Couples Survive the Impact of Sexual Betrayal



Stefanie Carnes, PhD, CSAT-Sm LMFT

President of the International Institute for Trauma and Addiction Professionals, and a Senior Fellow for The Meadows, where she works with sexually addicted clients and their families. Stefanie is the clinical architect for Willow

House; Relationship Healing for Women struggling with sex, love and intimacy disorders. Her area of expertise includes working with patients and families struggling with multiple addictions, such as sexual addiction, eating disorders and chemical dependency. Stefanie is the author of numerous publications including her books, *Mending a Shattered Heart: A Guide for Partners of Sex Addicts*, *Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts* and *Facing Addiction: Starting Recovery from Alcohol and Drugs*.

Whether it is compulsive sexual behaviors or infidelity, sexual betrayal is extremely traumatic for the partner and relationship. This presentation focuses on the impact of sexual betrayal on the

partner and the couple and will focus on strategies to help the couple heal. Facilitated disclosure of infidelity secrets will be addressed as well common reactions to the trauma of betrayal in a relationship. Therapeutic techniques for assisting partners and couples with healing the ruptured bond and moving towards a new relationship will be addressed.

11:30–12:30pm KEYNOTE

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



Kevin McCauley, MD

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

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

2:00–3:30pm DUAL KEYNOTES

Chronic Pain and Addiction: How We Missed the Boat



Mel Pohl, MD

Chief Medical Officer at Las Vegas Recovery Center where he developed LVRC's Chronic Pain Functional Restoration Program. He is a nationally known public speaker and author of *A Day without Pain*. His most recent book with Kathy Ketcham is *The Pain Antidote—The Proven Program to Help You Stop Suffering from Chronic Pain, Avoid Addiction to Painkillers—and Reclaim Your Life*. Dr. Pohl is Board Certified Family Practitioner, certified by the American Board of Addiction Medicine (ABAM), and a Distinguished Fellow of the

Program continued on page 10

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Program continued from page 9

American Society of Addiction Medicine (ASAM). Dr. Pohl is a Fellow of the American Academy of Family Practice and a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine.

America is a country in pain. Physical pain receives much attention, but the impact of emotional or spiritual pain is often underemphasized, particularly in discussions regarding the opioid crisis. In fact, physical pain is usually accompanied—and enhanced—by emotional distress. Dr. Pohl has focused his career on investigating this connection. His work with hundreds of patients has shown the important role that clinicians have in reducing chronic physical pain by using tools such as biofeedback, mindfulness based stress reduction, and yoga—interventions that often are more effective and have a greater impact on reducing physical pain than traditional opioid-based therapy. Dr. Pohl explores the critical role that behavioral healthcare professionals have in reducing individual suffering and providing non-pharmacologic solutions to address chronic physical pain and turn the tide in the country’s opioid crisis.

Food and Mood: Fuel Well



Kristin Kirkpatrick, MS, RDN

Dietitian and consultant of Wellness Nutrition Services at the Cleveland Clinic Wellness Institute in Cleveland, Ohio. Kristin is a Senior Fellow at The Meadows. In December, 2017, Kristin’s show “The New Rules

of Food” aired nationally on PBS. Kristin’s career began in Washington, D.C. where she assisted in lobbying efforts for Medical Nutrition Therapy reform on behalf of the American Dietetic Association Policy and Advocacy group. Kristin returned to Ohio to work for the Cleveland Clinic’s Department of Cardiovascular Genetics and eventually became the lead Dietitian in the Cleveland Clinic Wellness Institute. She holds an MS in Health Promotion Management from American University in Washington, D.C. Her first book is titled *Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease*.

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

4:00–5:30pm Concurrent Workshops

Relationship Trauma Repair (RTR): an Experiential Model for Treating Childhood Trauma and PTSD



Tian Dayton, MA, PhD, TEP

Director of The New York Psychodrama Training Institute where she runs training groups in psychodrama, sociometry and experiential group therapy. Tian is a Senior Fellow at The

Meadows. She was a professor at NYU for eight years teaching psychodrama and currently sits on the Scientific Advisory Board for the National Association for Children of Addiction. She is a fellow of the American Society of Psychodrama, Sociometry and Group Psychotherapy (ASGPP). She has served as Editor in Chief of the Journal of Psychodrama, Sociometry and Group Psychotherapy for ten years and as an executive editor for eight years. Tian is the author of fifteen books including, *Neuropsychodrama in the Treatment of Relational Trauma, The ACoA Traumas Syndrome, and Emotional Sobriety*. Her new release is titled, *The Soulful Journey of Recovery*.

Research in neurobiology has made it clear that our emotions are experienced and processed by the body as well as the mind, and that healing the emotional disconnection resulting from relational trauma and co-occurrent addictions requires a mind/body and relational approach. Psychodrama and sociometry allow the body to participate in the therapeutic milieu. Sociometry allows for many small connections with self and others. Working in small and incremental moments of connection and repair can help clients to move in and out of their own disconnections without becoming overwhelmed. This process can also help clients to regulate activating emotions without becoming flooded. RTR is a psychoeducational model that teaches while providing an experiential, relational process of healing and reconnecting with self and others. It is experiential and relational, designed to facilitate moment after moment of connection and repair at a level that is tolerable. There are many moments of sharing in dyads and clusters so that we strengthen skills of opening up, reaching out, sharing and then listening to others do the same. It is also lively, interactive and fosters autonomy.

MARIJUANA: Facts and Myths



Mel Pohl, MD, DFASAM

Marijuana is legal as medication in 33 states and the District of Columbia., as well as for recreational use in 10 states thus far. Dispensaries and advertisements for this drug

are popping up all over the internet, highways and airwaves throughout the U.S. Marijuana is surely big business in the U.S. as a medicine and as a recreational drug. It is promoted as “safe” and “non-

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2020 TRAINING CONFERENCES

U.S. Journal TRAINING



2nd International Conference

Trauma and Addiction:

Integrated Approaches to Attachment,
Relationships and Family Issues

Scottsdale, AZ • January 16–18, 2020



18th National Conference on

Adolescents and Young Adults

Las Vegas, NV • April 22–24, 2020



33rd Annual Northwest Conference

Behavioral Health and Addictive Disorders

Seattle (Bellevue), WA • May 27–29, 2020



31st Santa Fe Conference:

Integrating Spirituality, Mindfulness, and Compassion

in Mental Health and Addiction

Santa Fe, NM • August 3–5, 2020



11th Western Conference

Behavioral Health and Addictive Disorders

Newport Beach, CA • Fall dates TBD

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addicting” but may well be causing irreversible brain damage in our adolescents. Is there a place for marijuana in our medicine cabinets, liquor cabinets or both? Is CBD in oil form safe and effective for a variety of conditions it is being promoted to treat? This session will review the current state of use of marijuana (specifically CBD) as a medication and as an intoxicating drug with potential for dependence and addiction.

Expressive Arts as Healing Engagement: Deepening the Therapeutic Experience



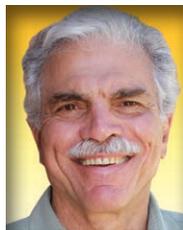
Cathy Malchiodi, PhD

In this hands-on workshop, you'll experience how to “get past talk” with creative, action-oriented methods, including: Arts-based approaches to enhance and deepen empathy, compassion, and interpersonal connection in our clients and ourselves; A brain-wise, bottom-up model for applying the expressive arts to facilitate the body's natural resources for transformation and healing; Improvisation, dramatic enactment gesture, bilateral movement, art making, and play as foundational practices to facilitate social engagement.

Saturday, January 18

8:30–10:00am KEYNOTE

Mind-Brain-Gene: Toward Psychotherapy Integration



John Arden, PhD, APBB

Over 40 years of experience providing psychological services and directing mental health programs. Dr. Arden retired from Kaiser Permanente where he served as the Northern California Regional Director of Training

where he developed one of the largest mental health training programs in the United States. Author of 15 books, His most recent publication is *MIND-BRAIN-GENE: Towards Psychotherapy Integration*. The book explores recent research in neuroscience and psychology that shows the mind is not one thing, but is composed of ongoing interactions between mental operating networks.

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

10:30–11:30am KEYNOTE

Attachment-Based Family Therapy: An Overview



Guy Diamond, PhD

Professor Emeritus at the University of Pennsylvania School of Medicine and Associate Professor at Drexel University in the College of Nursing and Health Professions. At Drexel, he is Director of Family Intervention Science and the Director of

the PhD program in Couple and Family Therapy. Family Intervention Science is dedicated to the development, testing and dissemination of Attachment-Based Family Therapy (ABFT) for depressed and suicidal youth. Along with his co-authors, Drs Gary Diamond and Suzanne Levy, Dr Diamond has written the first book on *ABFT for Depressed Adolescents*, published by the American Psychological Association. The new PhD program at Drexel aims to train the next generation of family intervention scientist who can bring more empirical support to family therapy and help disseminate it into the health care environment.

Attachment-Based Family Therapy is a manualized, empirically informed and supported family therapy model specifically designed to target family and individual processes associated with adolescent suicide and depression. However, ABFT can improve general family risk and protective factors associated with youth struggling with trauma, eating disorders, and anxiety. ABFT emerges from interpersonal theories suggesting adolescent mental health can be precipitated, exacerbated, or buffered against by the quality of interpersonal family relationships. Tested with diverse families, it is a trust-based, emotion-focused psychotherapy model aiming to repair interpersonal ruptures and rebuild an emotionally protective, secure-based, parent-child relationship.

11:30–12:30pm KEYNOTE

Always On: Addiction Interaction in Young Adults—Drugs, Sex, and Tech



Erica Sarr, PsyD, MEd, CSAT-S

Clinical Psychologist, currently clinical director for Gentle Path at The Meadows. Erica has been treating clients with sexuality-related issues across a variety of settings since the beginning of her therapeutic career. The

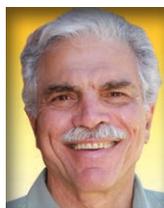
focus of much of Dr. Sarr's career has been working with people who have committed professional or criminal sexual boundary violations as well as assisting the regulatory organizations that manage these clients. She has also worked in several intensive settings treating compulsive sexual behavior. She is passionate about helping all clients define and embrace healthy, values-congruent sexuality across the lifespan. Dr. Sarr also specializes in the intersection of sexuality, mental health, and technology, particularly in the area of video games.

Every generation faces unique challenges when it comes to mental health. From being able to purchase drugs online to streaming video game services and an endless glut of sexual material, young adults are

constantly stimulated. This brings effects that we are only just beginning to see the ramifications of issues of substance addiction now coupled with a variety of behavioral compulsions, which may have started as age normative choices and actions. The aim of this ever evolving discussion is to provide participants with some ideas of how to talk to these young people in their life or practice about potentially problematic behavior, how to assess for potential co-occurring issues, and what next steps might look like in order to promote health, growth, and happiness.

1:45–3:15pm Concurrent Workshops

Psychoneuroimmunology: The Intersection of Health and Mental Health



John Arden, PhD

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

Attachment-Based Family Therapy—Clinical Integration and Case Studies



Guy Diamond, PhD

While ABFT was developed as a 16-20 session outpatient model, ABFT is easily integrated into various levels of care including short-term and long-term RTC programs. Designed for depressed and suicidal adolescents and their parents, ABFT is equally effective with individuals and couples. ABFT accelerates the healing process by shifting the focus away from the “problem” as demonstrated by behaviors and embracing an emotionally focused therapeutic approach. Dr. Diamond will use lecture, case studies and video review to provide an overview of the theoretical principles, research support, and clinical strategies for ABFT which demonstrate the profound impact ABFT can have in any therapeutic setting.

Enmeshment and Codependency in Relationships



Irene Jacobs, MC, LPC, CSAT

Irene is the Clinical Director for Willow House at Meadows Behavioral Health in Arizona. Years of experience in counseling and administration has deepened her understanding of, and passion for,

people who struggle with trauma and addiction. Irene has expertise in the areas of sex addiction; love addiction; relationship and intimacy issues; victims of domestic sex trafficking; human trafficking; survivors of torture; self-harm; personality disorders; addictions; and disordered eating. She has worked as a primary, family, and trauma therapist at The Meadows, giving her rich experience in how to treat women struggling with intimacy and relationship issues. Irene is a contributing author to the book, *Voices Against Sex Slavery*.

This presentation will explore how enmeshment and co-dependency impacts relationships, the family system and self development. Enmeshment and co-dependency stifles the emergence of the authentic self and makes interdependency difficult. A case study will be used to explore the practice of healthy boundaries and staying true to oneself. Boundaries allows for greater resilience and authentic connections with others. Skill building will be taught using practical and experiential tools that are effective in relational interactions within relationships and the family system.

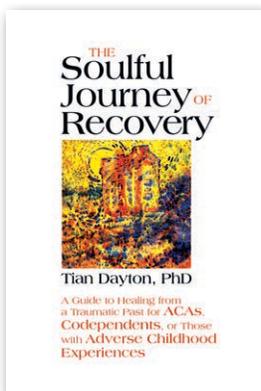
3:30–4:30pm CLOSING KEYNOTE

The Soulful Journey of Recovery



Tian Dayton, PhD

Making the Soulful Journey real. A day at a time, a step at a time we meet ourselves along the path of Recovery. In this experiential closing, participants can connect with the deeper layers of their own journey both personal and professional. We are in a profession of the heart as well as the mind. For many of us it is as much a calling as a job. In closing our time together we'll explore how these overlapping journeys support and nourish ourselves and each other.



Conference Objectives:

Participants will be able:

1. To identify state of the art treatment approaches for successfully treating trauma, disrupted attachment and bonding, intimacy and relationship complications, addictive disorders and other psychological and behavioral issues.
2. To identify symptoms and characteristics manifested in these disorders and to diminish/correct their negative impact on the client's interpersonal, couples and family relationships.
3. To identify the key implications of neuroscience research as it applies to trauma, addictive disorders, the impact of Adverse Childhood Experiences and other critical problem areas of psychotherapy.
4. To identify the relationship and impact of trauma to addictive and compulsive processes with treatment considerations to include experiential and expressive therapy modalities.

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

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