

2009-2010 CONTINUING PROFESSIONAL EDUCATION SEMINARS

Gail G. Milgram, Ed.D., Professor Emerita
Nancy M. Violette, Ph.D., LCSW, LCADC, Assistant Professor
Charlotte G. Cassidy, Program Coordinator

Listed below are the dates of the 2009-2010 seminars, the titles, Domains, approval numbers (under titles), and instructors. Please note: all seminars are held on Thursdays.

- 1 October 1, 2009
Motivational Interviewing/ Motivational Enhancement Therapy **C208**
(MFT/ADCC-R09-C208)
Instructor: Marc Steinberg, Ph.D.

This course will cover the overall “spirit, major principles, and specific skills” of motivational interviewing. Workshop participants will be reminded of person-centered counseling styles and to identify, elicit, and strengthen client “change talk” and commitment language. Participants will also learn to identify “resistance” or “sustain-talk” and how to reduce this.

- 2 October 8, 2009
From Abuse to Dependency: Understanding the Process **C402**
(MFT/ADCC-R09-C402)
Instructor: Thomas Legere, Ph.D.

This seminar will provide a good, overall introduction to the disease of alcoholism as well as drug dependency. We will explore the step-by-step progression of the disease on every level: physical, mental, emotional, and spiritual. We will also look at the differences in the way that young people develop a dependency. In addition, we will examine all of the major defense mechanisms that people use. This seminar is designed to familiarize students with all of the basics in the field of alcohol and drug dependency.

- 3 October 15, 2009
HIV and AIDS: New Developments **C304**
(MFT/ADCC-R09-C304)
Instructor: Paula Toynton, M.Ed.

Participants will learn the latest developments in medical and behavioral science. In addition, we will look at the impact this has had on the public

health policy arena with regard to client service practices. Our discussion will explore what it all means for us in the helping profession.

- 4 October 22, 2009
Treating Co-Occurring Psychiatric Disorders: Taking the Mystery Out of Mental Illness **C305**
(MFT/ADCC-R09-C305)
Instructor: Kathryn Bedard, MA, LCADC, CMS

Mental illness and co-occurring substance use disorders are becoming much more prevalent in our treatment systems. This seminar is designed for addictions professionals who may need additional information to provide appropriate interventions and treatment. An overview of the development of disorders, the interrelationship of mental illness and substance abuse, levels of severity, and how to identify symptoms of each disorder will be discussed. The most common of the axis 1 disorders, mental illness, and axis 2 personality disorders will be provided. We will explore how symptoms and behavior can lead to misleading diagnosis. This seminar will provide underlying principles for assessment, diagnosis, treatment, and support that can be provided in any agency in any system.

- 5 October 29, 2009
The Connection Between Trauma and Substance Abuse **Continuing Education**
(Continuing Education [N.J.A.C. 13:34c-5.3(b) and (d)])
Instructor: Megan Sullivan, LPC, LCADC

This seminar is designed to educate substance abuse and mental health counselors on the prevalence of Substance Use Disorders and Post Traumatic Stress Disorder (PTSD) and to provide cross training regarding the identification, assessment, and treatment interventions for both types of disorders in order to promote the best outcomes for people with these co-occurring disorders.

- 6 November 5, 2009
Initial Interviewing Process **C101**
(MFT/ADCC-R09-C101)
Instructor: Christine M. Boyle, PhD

The goal of this seminar is to assist the professional to conduct the initial client interview. It will focus on building a therapeutic alliance with the client by

developing the clinical skill categories of listening, process, and providing feedback. Students will be introduced to Motivational Interviewing and Stages of Change. They will use role play to demonstrate their ability to attend, paraphrase, reflect feeling, summarize client information, probe, interpret, provide information and feedback, and appropriately use self-disclosure.

- 7 November 12, 2009
**Counseling Skills: Counselor Development
and the Appropriate Use of Self at the
Counseling Office** **C202**
(MFT/ADCC-R09-C202)
Instructor: Douglas Graiver, LCSW, CCS

In this course you will develop or enhance the fundamentals needed to prepare the addiction counselor for the work that is counseling. Basic skills such as the appropriate use of empathy, counselor self-disclosure, and confrontation will be taught. Additional topics will include the developmental stages of the counseling relationship, relapse prevention for the sober counselor, and how to obtain quality supervision. This course will also provide clear guidelines for self care, avoiding common mistakes, and when is treatment indicated for the counselor.

- 8 November 19, 2009
**Adolescent Behaviors: Addiction Recovery
and Family Issues** **C405**
(MFT/ADCC-R09-C405)
Instructor: Carolyn Hadge, MA, LCADC, CCS

The seminar will focus on recovery from addiction within the family context, specifically focusing on the adolescent as (1) the substance user and as (2) the co-dependent. Perspectives from the viewpoint of the recovering parent, adolescent, and significant other will be presented. The dynamics of the family system will offer a background for understanding the effect of one member's recovering on the family members' "recovering" and their interpersonal relationships. Definition of co-dependency and respective terms, introduction to traditional and current forms of treatment that are relative to individual family member's personal recovery, and inclusion of all family members will be identified and discussed.

- 9 December 3, 2009
Cognitive Restructuring for Relapse Prevention **C506**
(MFT/ADCC-R09-C506)
Instructor: John K. Kriger, MSM, LCADC, CPS

So you are in recovery; now what? This session is based on the belief that you can't give away what you don't own and explores methods for improving personal goals and your potential for achieving greater outcomes. Feel more relaxed; better understand your self-defeating behaviors while more deeply investing in your life in recovery. Lessen fears while you complete steps toward your goals. Learn concrete methods for counseling clients and achieving better personal results!

- 10 December 10, 2009
Cognitive Behavioral Therapy for Substance Abuse/Dependence **C207**
(MFT/ADCC-R09-C207)
Instructor: Elizabeth E. Epstein, PhD

This seminar is designed to provide participants with an overview of CBT techniques and a working knowledge of when and how to use some basic CBT interventions such as assessment and treatment planning, functional analysis of substance use behavior, identifying and coping with triggers, challenging unhealthy thoughts (cognitive restructuring), relapse prevention, and general coping skills such as problem solving.

- 11 January 14, 2010
Cognitive Behavioral Therapy for Substance Abuse/Dependence: A Couples Program **C207**
(MFT/ADCC-R10-C207)
Instructor: Elizabeth E. Epstein, PhD

This workshop will introduce participants to an empirically supported treatment model for substance use disorders that includes the non-using spouse/partner in 12 manualized sessions of therapy. The treatment combines cognitive behavioral (CBT) couple therapy with CBT for alcohol/drug use problems and includes interventions that are specifically drinking/drug focused, interventions that are geared to teach the spouse skills to support attainment and maintenance of abstinence, and skills to repair and enhance the marital/intimate relationship. This treatment model has been adapted and tested for populations of male drinkers, male drug users, and female drinkers. Unique needs and clinical issues of each population will be discussed in light of the couple treatment model. This workshop will provide an overview of both CBT for substance use and for couple therapy and will allow the therapist to apply the manuals in a clinical meaningful and effective way. Teaching tools include didactic presentation of material, use of case studies to illustrate and discuss CBT techniques, viewing live demonstration via role play, and role play.

- 12 January 21, 2010
**The Secret to Stress Management:
The Mind-Body-Spirit Connection** **C505**
(MFT/ADCC-R10-C505)
Instructor: Kathryn Bedard, MA, LCADC, CMS

To get into the spirit we have to let it go: find the spot where physical sensations define the spirit so we know where to return to when we find ourselves under pressure. This course is experiential: providing exercises in types of meditations, tai chi, and use of environment to plan for recovery and rejuvenation. Wear flat-soled shoes and loose comfortable clothing such as “sweats”. If you have reason to believe that you have health issues, see your physician before involvement in any physical movement.

- 13 January 28, 2010
**Spirituality: The Golden
Key to Recovery** **C506**
(MFT/ADCC-R10-C506)
Instructor: Thomas Legere, PhD

Unless a person has truly connected with the higher power, all changes in his/her life are cosmetic and temporary. But how does one go about this process? In this seminar, we will survey all of the psychospiritual steps on the road to recovery. Using the insights of Carl Jung, Joseph Campbell, and the best thinkers in spiritual psychology today, we will trace out – in a clear, simple, and understandable fashion – how a spiritual perspective can launch a person on the road to wellness.

- 14 February 4, 2010
**Pharmacology and Physiology
of Addictions** **C105**
(MFT/ADCC-R10-C105)
Instructor: Jill M. Williams, MD

This seminar is directed toward addictions counselors, medical health clinicians, and other prescribing or non-prescribing counselors or administrators who work or interact with clients who have substance use disorders. By the conclusion of the seminar, the student will be able to understand key concepts in the principles of using medications for individuals with addictions, describe

effective pharmacological treatments for addictions as effective methods for increasing the success of abstinence or relapse prevention, and consider medication strategies for individuals with alcohol and tobacco dependence.

- 15 February 11, 2010
**Compulsive Gambling:
The Hidden Addiction** **C107**
(MFT/ADCC-R10-C107)
Instructor: Terrance Elman, MA

This seminar will present an overview of compulsive gambling as it compares to other addictions. It will address the issue of cross addiction and offer ideas on how to expand existing services to include identification and treatment of compulsive gambling.

- 16 February 18, 2010
**Family Therapy for
Addiction Counselors** **C206**
(MFT/ADCCR10-C206)
Instructor: Robert Lynn, Ed.D, LPC, CEAP

In this seminar, the addiction counselor will learn how to apply family therapy techniques in the assessment and treatment of families that result in drug and alcohol use with particular attention paid to adolescents and cultural issues. Drug using behavior will be addressed as both the focus of therapeutic attention and as a symptom of structure and process issues within the family system. Appropriate intervention techniques that guide families in reaching new and more productive levels of functioning will be discussed and addressed.

- 17 February 25, 2010
**Legal Issues Surrounding
Alcohol and Drug Treatment
Prevention** **C502**
(MFT/ADCC-R10-C502)
Instructor: William J. Kane, JD, CSW

This seminar uses case studies, practical applications, and checklists to deliver foremost legal principles including counselor licensing statutes and regulations. Federal, state, and agency laws applicable to alcohol and other drug abuse treatment also covers malpractice liability issues, DWI, domestic violence,

employment rights, AIDS, and ADA. Students will become familiar with the federal regulations governing Confidentiality of Alcohol and Drug Abuse patient records, applicability interacting with HIPAA Privacy Rule and proper handling of subpoenas and court orders. Students will receive real life experience interacting with courts and public agencies by developing a brief report and practice with expert witness testimony.

- 18 March 4, 2010 **C206**
**Family Counseling: Interventions,
Genograms, and How We Learn from
Our Clients' Families and Our Own**
(MFT/ADCC-R10-C206)
Instructor: Douglas M. Graiver, LCSW, CCS

Family counseling is a powerful tool of intervention in our work with the addicted individual and the systems that consciously and unconsciously support/enable the addictive process. Join us for a day of learning about family treatment that emphasizes effective models of family therapy with an emphasis on utilizing interventions, genograms, and the dynamic use of family sculpting to effect change in the clients with whom you work.

- 19 March 11, 2010 **Continuing Education**
**Substance Use and Abuse by College
Students: Campus-Based Approaches to
Prevention and Treatment**
(Continuing Education Course [N.J.A.C. 13:34C-5.3(b) and (d)])
Instructor: Lisa Laitman, MEd, CADC

This seminar will provide participants with a basic understanding of campus-based approaches to substance abuse prevention and treatment. The importance of integrating policy, education, and training in prevention and clinical intervention will be emphasized. Through lecture, demonstration, interactive discussion, role play, and problem solving, participants will learn new strategies and resources for dealing effectively with the problem of substance abuse on college campuses.

- 20 March 18, 2010 **MANDATORY**
LCADC/CADC Mandatory Renewal Course
(MFT/ADCC-R10-MANDATORY LEGAL STANDARDS)
Instructor: William J. Kane, JD, CSW

The LCADC/CADC Mandatory Renewal Course meets the requirements for six contact hours of continuing education in legal standards related to the practice

of alcohol and drug counseling. As per N.J.A.C. 13:34C-5.2(d): All licensees and certificate holders shall complete at least six required contact hours of continuing education in legal standards related to the practice of alcohol and drug counseling during the ***initial biennial*** period. These six contact hours may be used toward the required continuing education hours. In order to register for this seminar, individuals must have an active LCADC/CADC. Please note: this course **IS NOT** approved for initial certification courses C501 or C502.

- 21 March 25, 2010 **C403**
**Biological Foundation of Chemical
Dependency Disorders: Use of Medication
as an Adjunct to Treatment**
(MFT/ADCC-R10-C403)
Instructor: Mark C. Wallen, MD, FASAM

This seminar will focus on developing an understanding of the biological foundation of chemical dependency disorders. The physical effects of various substances (stimulants, depressants, analgesics, THC, etc.) will be reviewed. The use of psychotherapeutic medications associated with drug use and withdrawal will be examined. This seminar will also focus on the use of various medications as an adjunct in comprehensive addiction treatment. Medication utilization in detoxification treatment and rehabilitation treatment will be covered.

- 22 April 15, 2010 **C401**
**Enhancing the 12-Step Process
Through Mindfulness Training**
(MFT/ADCC-R10-C401)
Instructor: Gregory McBride, M.Ed.

This seminar will provide an introduction to the practice of mindfulness and medication as tools in the 12-step recovery process. Interactive exercises will be used to explore the nature of thought processes, habit thinking, and cognitive re-framing. Participants will be provided a tool that is both personally enriching and therapeutically effective.

- 23 April 22, 2010 **C403**
Neurobiological Aspects of Alcohol
(MFT/ADCC-R10-C403)
Instructor: Larissa A. Pohorecky, PhD

This seminar discusses the physical and pharmacological effects of alcohol on the organism. Topics will include the acute and chronic effects of alcohol on the brain, heart, and endocrine systems. The neurobiological basis for the treatment of alcohol dependence and withdrawal will be presented. Specifically, the basis of pharmacotherapeutic treatments will be discussed, including treatments based on antagonist and agonist drugs. Newer technologies to assess acute and chronic effects of alcohol on the brain and biological issues relevant to risk factors and individual variability in response will also be included.

24 April 29, 2010

Understanding the Criminal Justice System

C307

(MFT/ADCC-R10-C307)

Instructor: Richard Talty, MA

This seminar is structured to walk participants through all phases of the criminal justice system with an in-depth focus on the New Jersey criminal justice system. Participants will become familiar with theories of crime causation, the development of criminal justice process from arrest through parole, the role of race and gender, and the reasons for the explosive growth and costs for criminal justice. Participants will also learn how to effectively access components of the criminal justice system to benefit their clients, and will engage in group and individual problem solving.