U.S. Journal Training, Inc. and The Institute for Integral Development Presents

32nd Annual Northwest Conference

Behavioral Health and Addictive Disorders

May 29–31, 2019
SEATTLE (Bellevue), WA
Hyatt Regency Bellevue

Janina Fisher, PhD
John Briere, PhD
Claudia Black, PhD
Clifton Mitchell, PhD
Marvin Seppala, MD
Reid Wilson, PhD

SPECIAL FOCUS ON
- Trauma Treatment
- Family, Addiction and Recovery
- Neuroscience and Therapy
- Anxiety and Depression
- Opioid Crisis
- Ethics

CONTRIBUTING SPONSORS

Hazelden Betty Ford Foundation

Meadows Behavioral Healthcare

Up to 21 Credit Hours for Continuing Education
Includes 3 Hours ETHICS
Program Focus

The 32nd Annual Northwest Conference on Behavioral Health and Addictive Disorders provides a forum for exploring the complex issues within the physical, emotional, social and spiritual dimensions of mental illness and addictive disorders. Topics and issues covered include:

- Treatment of Complex Trauma
- Priming: Hidden Power of Language
- Managing Therapeutic Resistance
- Mind Easing: Healing Anxiety and Depression
- From Addiction to Recovery
- Emotional Sobriety
- Responding to the Opioid Crisis
- Adolescents with Substance Use Disorder
- High Cost of Unhealthy Anger
- Healing from Grief and Loss
- Fragmented Selves of Trauma Survivors
- Transforming Shame and Self Loathing
- Self-Endangering Behaviors
- Trauma within the Addicted Family
- Sexual Harassment
- Anger, Hostility and Aggression
- Doorway to Mindfulness
- The Family System
- Mastering the Anxiety Game
- Duality and the Disconnect from Self
- Sexually Compulsive and Addictive Behavior
- Ethics
- And many more.

Who Should Attend?

The training will be valuable for those working in the areas of:
- Mental Health
- Addictions Counseling
- Marriage and Family Therapy
- Psychology
- School Counseling
- Registered Nursing
- Courts and Corrections
- Prevention
- Employee Assistance
- And Others

Seattle Tuition

Full Program: $415.00
Daily Tuition: $150.00

What is the Northwest Conference on Behavioral Health and Addictive Disorders?

A premier training event, specializing in mental health and the addictions field. US Journal Training, Inc. and The Institute for Integral Development present a combination of nationally recognized faculty who can address a wide variety of today’s most relevant topics. The result is highly acclaimed national training events featuring customized training opportunities for developing new treatment strategies and the sharing of research advances for clinicians and counselors.

Plan Ahead for Other 2019 Upcoming Events

See page 18 or visit our website at www.usjt.com

30th Santa Fe Conference
Integrating Spirituality, Mindfulness and Compassion in Mental Health and Addiction
Santa Fe, NM, August 5–7, 2019

10th Annual Western Conference on Behavioral Health & Addictive Disorders
Newport Beach, CA, September 26–28, 2019

Exhibit Opportunities

For exhibit information contact:
Lorrie Keip Costore
800-851-9100 ext. 9220
Seems like there's a bit of confusion in the document. The text seems to be split between describing local attractions in Bellevue/Seattle and providing details about a conference site. Here's a clearer representation:

**Seattle Faculty Includes:**

Claudia Black, PhD  
John Briere, PhD  
Stephanie Carnes, PhD  
Michael Leeds, PhD  
Jane Middelton-Moz, MS  
Clifton Mitchell, PhD  
George Duwors, MSW, LICSW  
Sandra Felt, LCSW, BCD  
Janina Fisher, PhD  
David Smith, MD  
Bick Wanck, MD  
Wallace Wilkins, PhD  
Barbara Nosal, PhD  
Marvin Seppala, MD  
Molly Simpson, LCSW  
Reid Wilson, PhD  
Carolyn Younger, LMFT

**Bellevue/Seattle Local Attractions**

Vibrant, modern and growing, Bellevue Washington is the gateway to the entire Puget Sound region. Surrounded by magnificent natural beauty and outdoor spaces, this one-of-a-kind place offers the ultimate in shopping, dining and cultural attractions all in a clean, safe, easy-to-walk environment. Then, after a busy day, unwind at any of Bellevue's numerous spas, museums, performing arts groups and art galleries. Within minutes, you can explore Seattle's culture and history. Possible excursions while in the Seattle area include the Space Needle, the Seattle Art Museum and World Famous Pike Place Market (www.pikeplacemarket.org). Enjoy harbor cruise or walking tour. For more information, visit the Seattle Convention and Visitors Bureau website (www.visitselseattle.org) or the Bellevue Visitors Bureau website (www.visitbellevuewashington.com).

**Conference Site**

Hyatt Regency Bellevue is a Four Diamond hotel on Seattle's desirable Eastside with a stunning new guest tower. Stroll through connecting sky bridges and discover more than 250 shops, 45 restaurants and plenty of entertainment options harbored inside this chic urban streetscape. Room rates at the Hyatt Regency Bellevue are $190 single/double (plus tax). To make a reservation, please call the Hyatt Regency directly and use the code: JOTR. Reservations must be made by April 30, 2019 but room block may sell out prior to that date.

Hyatt Regency Bellevue  
900 Bellevue Way NE  
Bellevue, Washington 98004  
Phone: (888) 421-1442 or (425) 462-1234

**Transportation to the Hotel**

Shuttle service from the Sea-Tac airport to the hotel is available. The Shuttle Express has a scheduled service to hotels which is approximately every ½ hour on the hour. The current cost is $26 per scheduled one-way ticket, $52 round trip. For departure from Bellevue hotel to Sea-Tac airport a 24-hour reservation is required. Prices are subject to change. Contact Shuttle Express at: www.shuttleexpress.com or (425) 981-7000. Taxi cabs are approximately $60.00 one way.
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### Tuesday May 28

**5:30–7:30 pm**  
**Early Conference Registration at Hyatt Regency Bellevue**

### Wednesday May 29

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45 am</td>
<td><strong>Registration Continued</strong></td>
</tr>
<tr>
<td>8:00–8:50 am</td>
<td><strong>Continental Breakfast</strong></td>
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</tbody>
</table>
| 8:50 am    | **Opening and Welcome**  
             | Dan Barmettler and Gary Seidler  
             | US Journal Training, Inc.                                             |
| 9:00–10:00 am| **Healing the Fragmented Selves of Trauma Survivors**  
               | Janina Fisher, PhD  
               | Janina Fisher, PhD is the Assistant Educational Director of the Sensorimotor Psychotherapy Institute, an EMDRIA-approved Consultant, former president of the New England Society for the Treatment of Trauma and Dissociation, and a former instructor, Harvard Medical School. An international expert on the treatment of trauma, she is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* (2015) and author of *Healing the Fragmented Selves of Trauma Survivors.* Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches.  
               | In the face of trauma, preserving self-esteem, attachment to family, and hope for the future requires that we disown that “bad child” to whom bad things happen and hold some sense of ourselves as “good,” disconnected from how we have been treated. But to ensure that the rejected, abused child is “not me” requires reliance on dissociation, addiction, or self-hatred to keep that child at a distance. In the end, we have survived at the cost of disowning our most wounded selves. While longing to be loved, safe, and welcome, traumatized clients find themselves in conflict: alternating between clinging to others and pushing them away, hatred for themselves and hostility toward others, yearning to be seen and yet yearning to be invisible. Years later, they present in therapy with addictive disorders and/or symptoms of anxiety, depression, and low self-esteem or diagnoses such as Bipolar and Borderline Personality Disorder. This session integrates theoretical material on trauma, dissociation, neurobiology, and attachment with a practical hands-on approach that utilizes “right brain-to-right brain” treatment methods to help clients connect emotionally and somatically to their disowned selves.  
| 10:00–10:30 am| **Refreshment Breaks**  
| 10:30–11:30 am| **Unspoken Legacy: Reverberations of Trauma Within the Addicted Family**  
               | Claudia Black, PhD  
               | Claudia Black, PhD is a renowned author, speaker, and trainer, internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. Claudia’s writings and teachings have become a standard in the fields of addiction and trauma. She is one of the original founders and serves on the advisory board of the National Association for Children of Addiction and the advisory counsel for the Moyer Foundation and its development of Camp Mariposa, a camp for children of addiction. Claudia is the clinical architect of the Claudia Black Young Adult Center, and a Senior Fellow of The Meadows. She is the author of over fifteen books, most notably, *It Will Never Happen to Me,* her latest title being *Unspoken Legacy: Addressing the Impact of Trauma and Addiction within the Family.*  
               | When people think of trauma, they often think of acute dramatic situations, such as a natural disaster or car accident. Yet, the majority of people who experience trauma experience a more subtle and chronic form that exists within their own family. Claudia Black will present  

AM & PM Breaks will be held each day in Exhibit Area
trans·form·a·tive
causing or able to cause an important and lasting change in someone or something

The Meadows Behavioral Healthcare family of programs 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 has an outstanding reputation for drug and alcohol recovery, we are also known world-wide as the leader in addressing unresolved emotional trauma and the underlying issues related to addiction. 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.

FEATURED CONFERENCE SPEAKERS
Senior Fellows of Meadows Behavioral Healthcare

Claudia Black, Ph.D.  Stefanie Carnes, Ph.D., LMFT
a portrait of addiction in the family, offering an overlay of how adverse child experiences are the foundation of emotional dysregulation fueling traumatic responses, including generational repetition. She concludes this presentation offering a 7-step process for healing.

11:30–12:30 pm

**Responding to the Opioid Crisis: Changes to Healthcare and Addiction Systems that Improve Outcomes**

**Marvin D. Seppala, MD**
Chief Medical Officer at Hazelden Betty Ford Foundation, and serves as adjunct Assistant Professor at the Hazelden Graduate School of Addiction Studies. His responsibilities include overseeing all interdisciplinary clinical practices, maintaining and improving standards of care, and supporting growth strategies for residential and nonresidential addiction treatment programs and services throughout the country. He obtained his MD at Mayo Medical School in Rochester, Minnesota, serving his residency in psychiatry and a fellowship in addiction at University of Minnesota Hospitals in Minneapolis. He is author of *Clinician’s Guide to the Twelve Step Principles and Prescription Painkillers: History, Pharmacology and Treatment*. He co-authored *When Painkillers Become Dangerous* followed by *Pain-Free Living for Drug-Free People*. He served as a board member of the American Society of Addiction Medicine (ASAM) for several years and is a national expert on addiction treatment. He has appeared as a guest on CBS’s *The Early Show*, CNN, and National Public Radio and he has been quoted in *The New York Times*, *The Washington Post*, *USA Today*, *Newsweek* and *The Wall Street Journal*.

The opioid crisis has exposed major problems with the treatment of both chronic pain and opioid use disorders. This talk will describe opioid risk mitigation strategies for healthcare settings that are designed to limit opioid prescribing, thus reducing opioid use disorders and opioid overdose. Only 1/3 of addiction treatment programs provide medications for opioid use disorders in spite of evidence they save lives. The talk will also describe the research outcomes of COR-12, a program combining evidence based practices by using medication for opioid use disorders within a 12 Step, abstinence based treatment program.

2:00–3:30 pm

**CONCURRENT WORKSHOPS**

**The Legal and Ethical Challenge: Fun Training Using a Game Show Format**

**Clifton Mitchell, PhD**
International clinical trainer with over 30 years of training experience. His trainings are based on his books, *Priming: Programming the Mind for Habit Change and Success* and *Effective Techniques for Dealing with Highly Resistant Clients* as well as his expertise in legal and ethical issues. He is a contributing author in therapy books and published in numerous professional journals. Dr. Mitchell is currently a professor Emeritus at East Tennessee State University in Johnson City, TN, where he was awarded Teacher of the Year in 2002.

Get your legal and ethical CE training in a dynamic, entertaining game show format! This program is designed to test your legal and ethical knowledge while having lots of fun! Management of some of the most perplexing legal and ethical quandaries will be explored. Topics include child abuse, confidentiality, duty to warn, elder abuse, HIPAA, noted legal cases, malpractice, and more. The material is applicable to all disciplines.

**Transforming Shame and Self-Loathing**

**Janina Fisher, PhD**
Therapists regularly confront the negative impact of shame on their clients’ ability to find relief and perspective. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. Despite the therapist’s best efforts, unshakeable feelings of shame and self-hatred often undermine treatment. This workshop will introduce participants to understanding shame from a neurobiological perspective—as a survival strategy driving somatic responses of “total submission,” disconnection and numbing. Using lecture, videotape, and experiential exercises drawn from Sensorimotor Psychotherapy, participants will learn to help clients relate to their shame with mindful awareness and curiosity. When traditional psychodynamic and cognitive-behavioral techniques are integrated with Sensorimotor Psychotherapy interventions emphasizing posture, movement, and gesture, issues of shame can become an avenue to transformation rather than a source of stuckness in treatment.
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Call us. Let’s eliminate your fears and help your family get happier and healthier, starting now.

We know you want the best for your teen.
So do we.
Medical and Clinical Concerns in the Treatment of Adolescents and Young Adults with Substance Use Disorder

David E. Smith, MD, FASAM and Carolyn Younger, LMFT

David E. Smith, MD, FASAM is the Chair of Addiction Medicine for Muir Wood Adolescent & Family Services (‘Muir Wood’)—a comprehensive, residential treatment center and outpatient program for teens with dual diagnosis. Dr. Smith is nationally recognized as a leader in the treatment of addictive disease, the psychopharmacology of drugs, new research strategies in the management of drug abuse, and proper prescribing practices for physicians. He was the Founder of the Haight Ashbury Free Clinics. Dr. Smith’s past appointments include Medical Director of the California State Department of Alcohol and Drug Programs; Medical Director of the California Collaborative Center for Substance Abuse Policy Research; Adjunct Professor at the University of California, San Francisco; and Fellow and Past President of the American Society of Addiction Medicine. He has also authored or co-authored 26 books, written over 340 journal articles, and been the technical consultant for 28 films.

Carolyn Younger, LMFT is a Certified Clinical Supervisor, a Certified Clinician of Domestic Violence, and a Registered Drama Therapist with nearly 20 years of experience working with youth in a variety of therapeutic settings. She has worked in theatre and films in London, Los Angeles, New York, and San Francisco. Carolyn holds a Master’s in Counseling Psychology, with an emphasis in Drama Therapy. She has worked with adolescents providing a safe and thoughtful environment to help youth feel comfortable exploring and discussing their thoughts, feelings and behaviors. Currently, she treats adult clients in Recovery at Center Point, San Rafael as well as with couples, families and individuals at Marin’s, Jewish Family and Children Services. She is also the clinical design coordinator and clinical therapist at Marin’s Center for Domestic Peace.

This workshop will focus on the impact of substance abuse on the adolescent brain, the family system and their community. Participants will understand how today’s powerful drugs change the brain of the user and how addiction is a family disease, often involving a wounded family system. The workshop will discuss today’s potent cannabis, opiates and designer drugs and how they hijack the adolescent brain and impact family systems wreckage. These hazards disrupt child and adolescent development both psychologically and neurobiologically. Lastly, treating teens is in many ways different than treating adults. This skills training will give participants a clear picture of the overall devastation caused by teen substance use on the user and family and how treatment can positively impact the identified patient also the lives of those involved in the patient’s recovery.

The Realization and Willingness Wheel: How People Get From Addiction to Recovery

George DuWors, MSW, LICSW, BCD

Author of White Knuckles and Wishful Thinking: Learning from the Moment of Relapse in Alcoholism and Other Addictions. He has also published the workbook, Getting It: Building Motivation From Relapse. He has been a frequent presenter at conferences, across North America and in the UK. He conducts a private practice specializing in addictions and trauma.

This workshop offers insight and tools for helping clients on the path from active addiction to engaged recovery. After exploring the “power of choice” as an experience, we turn to the experience of realization and how crucial this is for willingness. We graph this progression as the “Realization And Willingness (RAW) Wheel.” We end with organization of assessment and treatment according to where your client is on the wheel. You already have most of the tools, but may increase your skill and confidence in when to use each one. Yes, you may pick up a trick or two. George has been at this for over 40 years!

CONCURRENT WORKSHOPS

Families, Addiction, & Recovery: Treating the Whole System

Molly Simpson LCSW, CADC

Manager of the men’s program’s at the Newberg, OR campus of Hazelden Betty Ford. Molly has extensive experience working with recovering individuals and their families in the inpatient, outpatient, and private practice settings. She received her master’s degree in social work from The University of Texas at Austin and her undergraduate degree in Psychology from Emory University. She is a Licensed Clinical Social Worker as well as a Certified Alcohol and Drug Counselor, and particular interest in trauma, family systems, mindfulness practices, ethics, and clinical supervision.

We’ll explore the complex role of the family in addiction, treatment and recovery. You’ll learn how to enhance your effectiveness as a provider working with families as they navigate the
Recognizing and Treating Complex Trauma in Family Members of Sex Addicts

Stefanie Carnes, PhD, CSAT-Sm LMFT

Stefanie Carnes is the 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 presents regularly at conferences at both the state and national levels. She is also 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.

When partners or family members have a history of trauma, betrayal and abandonment it can make the challenges of coping with the impact of sex addiction even more difficult. This presentation will focus on recognizing and treating complex trauma in partners and family members of sex addicts. Clinical considerations for this unique population will be discussed.

Healing the Roots of Addiction: Duality and the Disconnect from Self

Sandra Felt, BCD, LCSW

Sandra is the author of Beyond the Good-Girl Jail: When You Dare to Live from Your True Self, a Board Certified Diplomate in Clinical Social Work, a Certified Trauma-Informed Practitioner and Trainer, and a former director of a child-abuse treatment research program. She draws on her own life experiences with trauma as well as more than 30 years of private practice as a Licensed Clinical Social Worker treating courageous survivors of trauma and neglect.

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

Legal and Ethical Issues for Counselors: The Game Show Part II

Clifton Mitchell, PhD

Case examples will be presented from which to consider proper legal and ethical actions and mandates. A state of the art audience response system will be incorporated from which attendee answers to various scenarios can be graphed and examined to discover where additional learning and clarification is needed.

Sexually Compulsive and Addictive Behavior: The Controversy, Diagnosis, and Implications for Treatment

Stefanie Carnes, PhD, CSAT-Sm LMFT

In recent years, there has been tremendous controversy about sexually compulsive behavior. Researchers and clinicians alike have argued about the best terminology to use, diagnostic criteria, and treatment approaches. In this presentation, Dr. Carnes discusses the concerns about labeling out of control sexual behavior and examines the new research and the controversy surrounding the diagnosis. Different perspectives on conceptualization of the disorder and treatment will be discussed.
Boiling Point: The High Cost of Unhealthy Anger to Individuals and Society

Jane Middelton-Moz, MS

Jane Middelton-Moz is the Director of the Middelton-Moz Institute. She is an international trainer and consultant and has appeared on national radio and television including Oprah, Montel, Maury, and has had her own PBS Special. She has authored numerous books including, Shame and Guilt: Masters of Disguise, Children of Trauma and Boiling Point and has co-authored Bullies: From the Playground to the Boardroom and The Ultimate Guide to Transforming Anger. She is co-author of the revised and expanded After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma.

There are many indicators in our world today that life is out of balance. Stress related illnesses, addictions of all kinds, wide spread use of anti-depressant medications, lateral violence within racial and ethnic groups and between women, road rage, cults, righteousness, domestic violence, rage, and perhaps most frightening, our children killing our children. In this presentation, participants will learn the impact of current and historical familial cultural and societal trauma, increased technological advancements, and resulting disconnection on the individuals and families they treat. The dynamics of lateral violence, multiple addictions, and the effects of societal desensitization, isolation, and operant conditioning will be presented.

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

Clifton Mitchell, PhD

Participants will learn how to program the first computer you ever owned—your mind. This dynamic keynote introduces the audience to world of priming through a discussion of the priming that occurs in our everyday lives. It then addresses the scientific research, demonstrates the phenomena, and explains how priming can be utilized to radically intensify therapeutic communications and improve outcomes. 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.

Attachment-Based Family Therapy: (Re)Discovering the Parent-Child Bond

Barbara Nosal, PhD, LMFT, LAADC

Barbara Nosal has worked in the mental health and addiction treatment field with adolescents and their families for over 20 years. She has held managerial and clinical positions in a variety of treatment settings, including a private practice in Newport Beach, CA. Barb holds a doctorate in transpersonal psychology and dual master’s degrees in human services and counseling psychology, is a licensed Marriage Family Therapist and licensed Alcohol and Drug Counselor. She 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 their residential and outpatient programs.

Attachment-Based Family Therapy (ABFT) was designed to create secure attachment bonds between parents/guardians and adolescents; specifically, teens struggling with depression and suicidality. Empirically supported, ABFT improves the family’s capacity for interpersonal problem-solving, affect regulation, and negotiation of attachment and identity development, while promoting autonomy. Strengthening family cohesion creates a buffer against depression, suicidal thoughts and risky behaviors. This presentation provides an understanding of the theoretical foundation and 5-task framework of ABFT. Case studies demonstrate how this emotionally-focused approach facilitates rapid change within the family by shifting from behavior to empathy and understanding of one another’s experience.
Shame and Guilt: The Masters of Disguise
Jane Middelton-Moz, MS

The impact of growing up in a shaming environment affects an individual’s life. Debilitating shame, and resulting debilitating guilt, affects our ability to form loving relationships, to adequately honor and positively regard ourselves, and results in our blocking the spontaneous expressions of ourselves. Adults shamed as children frequently feel that “no matter what I do, it won’t make a difference”. This presentation will fully explore the dynamics of shame and guilt and attempts at mastery. Characteristics of adults shamed as children will be presented. Steps towards resolution will be presented.

Crafting Impactful Therapeutic Dialogue Through a Deliberate Utilization of Priming
Clifton Mitchell, PhD

This how-to focused 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 stinkness 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.

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Relational & Transgenerational Trauma: Path to Sustainable Healing
Barbara Nosal, PhD, LMFT, LAADC

Relational and transgenerational trauma is often the root cause of personal challenges influencing life decisions and experiences. Traumatic transmission occurs when trauma has not been contained or processed and is passed onto the next generation creating affective sensitivity and chaotic urgency. This presentation demonstrates the impact of attachment ruptures and ancestral wounds with interventions to break the chain of causation that stretches before and after one’s life for thousands of generations.

It’s All in the Family System
Michael Leeds PhD
Nationally known community mental health trainer and consultant. A licensed marriage, family and child therapist, he is an instructor at the University of Oregon. In clinical service he has worked in residential treatment programs for Drug and Alcohol Abuse, Domestic Violence, Post Traumatic Stress Syndrome and Gang Prevention. As a former Master Trainer for the National Institute on Drug Abuse, Center of Substance Abuse Prevention, he designed and implemented trainings for substance abuse prevention, treatment and education. Dr. Leeds has worked with hundreds of school districts, tribal administrations, state agencies, business and community organizations to develop health promoting programs and strategies.

This workshop will increase knowledge and understanding of the dramatic changes in the structure and function of the post modern family and will increase knowledge regarding the effects of trauma upon children and families. Post Traumatic Stress Disorder will be described, along with other operational definitions. Participants will increase their ability to help cope with family history while cultivating knowledge and skills that will positively impact developing positive choices and lifestyles.

CONCURRENT WORKSHOPS

From Nightmare to Vision: Healing from Grief and Loss
Jane Middelton-Moz, MS
Grief that is unresolved in each generation travels to the next generation. Unresolved losses in childhood affect adult relationships and the unconscious choices individuals make in their lives. Understanding multigenerational losses and their effects, the difference between grief and trauma, and the importance of attunement from a supportive other in working through grief and loss will be explored. Jane will focus on grief resolution using an attachment informed lens. In this presentation, the steps for healthy grief resolution will be explored.

AHA! Anger, Hostility and Aggression
Michael Leeds, PhD
This workshop examines the dynamics of anger and hostility and the risks they present in modern society. Goals: learn to differentiate between anger and hostility and consider implications for intervention. Through didactic presentation, small group work and structured learning experiences, this experience will increase the participant’s awareness and skill level in coping with and diffusing anger, hostility and aggression.

New Perspectives and Techniques for Managing Therapeutic Resistance: A Social Interaction Model
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 presentation 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.

**Emotional Sobriety: Doubling Down On Bill W’s Ideas For Working The Steps On Character Defects**

George DuWors, MSW, LICSW, BCD

First, this workshop reviews what “Bill W.” was trying to share in his classic article on emotional sobriety. What did he say that he had not said before? What was new in his experience? We then look at his concept of “absolute emotional dependencies.” We explore the similarity of this concept to other human experiences. If a character defect turns out to be a craving of some kind, can we not apply the steps as we did for the cravings of addiction? We end with a look at how to facilitate client work on self-defeating behavior long after physical abstinence is established.

**The Doorway to Mindfulness**

Michael Leeds, PhD

For more effective stress management and relief from trauma, a brief review of the science will be followed by specific experiential techniques to be used with patients in an office setting to promote mindful practice. In addition, suggestions regarding incorporating other aspects of Mindfulness applications to mental health and general well being will be discussed.

**Friday, May 31**

**New Developments in the Treatment of Complex Trauma**

John Briere, PhD

Professor of Psychiatry and The Behavioral Sciences at the Keck School of Medicine, University of Southern California, and Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network. He is recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association. Author of numerous books including *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment*. His new release is titled, *Treating Risky and Compulsive Behavior in Trauma Survivors*.

As our field has discovered the complexity of trauma effects, a variety of new approaches have been developed to treat them. This keynote will outline clinical developments in three areas: titrated exposure, affect regulation training, and as they apply to the treatment of traumatized people.

**Mastering the Anxiety Game: Teaching Clients to Welcome Their Fears**

Reid Wilson, PhD

Director of the Anxiety Disorders Treatment Center in Chapel Hill, NC; author of *Stopping the Noise in Your Head: The New Way to Overcome Anxiety & Worry and Don’t Panic: Taking Control of Anxiety Attacks* and co-author of *Stop Obsessing: How to Overcome Your Obsessions and Compulsions and Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*. In 2014 Reid received the highest award in his field, the Jerilyn Ross Clinician Advocate Award, by the Anxiety and Depression Association of America.

Find out what cutting edge research is showing us about how to handle the anxiety disorders. You will learn a simple, paradoxical strategy that clients can apply moment-by-moment to respond to irrational fears. The four components of this model will be presented. “Step back” refers to gaining perspective in the moment of distress. “Want it” emphasizes how to access an emotional state that is counter to fear. “Step forward” shows you how to face fears with an aggressive attitude. “Be cunning” suggests specific tactics in the moment of doubt and distress.
The Three-Layered Health Plan for Depression and Anxiety

Bick Wanck MD

Board-certified psychiatrist, Assistant Professor of Clinical Psychiatry at Albany Medical College, and the creator of Bick Wanck MD & Associates, a highly regarded independent group of clinicians who provide mental health, addiction, and personal growth services in Upstate New York. As a founding member of the American Academy of Addiction Psychiatry, Dr. Wanck helped develop the nationally certified subspecialty of Addiction Psychiatry. Dr. Wanck has authored numerous academic and popular articles and is the author of *Mind Easing: The 3-Layered Healing Plan for Anxiety and Depression*.

Assisting the mind as it struggles to resolve the three essential causes of depression and anxiety is the aim of a well-constructed healing plan. Dr. Wanck presents an innovative method that harmonizes wellness approaches, therapy, and, when needed, medicine into a safe and effective plan tailored to the wishes and needs of the individual. The three-layered healing plan is useful for both soft and hard versions of depression and anxiety.

CONCURRENT WORKSHOPS

Risky Business: Working with Compulsive and Self-Endangering Behavior in Trauma Survivors

John Briere, PhD

Survivors of trauma and early attachment disturbance are at elevated risk of a variety of risky behaviors, ranging from suicidality and self-injury to substance abuse, indiscriminate sexual activities, and binge eating. Calling on his upcoming book (Treating Risky and Compulsive Behavior in Trauma Survivors, Guilford), John Briere presents an integrated approach to self-endangering behavior, with techniques and approaches such as mindfulness, metacognitive awareness, emotion “surfing,” sequential memory processing, in vivo treatment of implicit memory activations, harm reduction, and trigger management.

Sexual Harassment: Coaching and Counseling to Prevent Unwelcome Conduct

Wallace Wilkins, PhD

Wallace Wilkins, PhD, serves as seminar facilitator, organizational consultant, psychologist and conflict mediator. His workshops help individuals and organizations create low conflict, low stress and high achievement. His Seattle-based psychotherapy practice focuses on chemical dependency, mood problems, and relationships.

This skill building workshop offers a comprehensive approach that (1) teaches potential offenders how to close the pathways that lead to sexual harassment, (2) prepares recipients and clients who may experience unwelcome conduct to respond directly in real time with strategic assertiveness to the offender without jeopardizing their relationship and (3) prepares administrators to facilitate resolution. You can prevent many instances of sexual harassment that would otherwise escalate into expensive investigations.

Strategies for Worriers

Reid Wilson, PhD

Those suffering from generalized anxiety disorder (GAD) are worry-making machines who become anxious about topics that can concern any of us: money, work, family, our health. But for some clients, the noise of worry is like a boom box in their heads with no off-switch. Participants will learn practical therapeutic strategies, based on the latest research, on how to help clients face the unneeded worries of GAD head-on and dispatch with them rather than trying to avoid them.

SOFT or HARD Depression and Anxiety: Which Kind Does Your Client Have?

Bick Wanck, MD

Knowing the difference between soft and hard depression and anxiety will help you and your client develop a safe and effective healing plan. Soft conditions
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**Mind Easing**  
The 3-Layered Healing Plan for Anxiety and Depression  
Bick Wanck, MD  

**Anxious Kids in Anxious Parents**  
7 Ways to Stop the Worry Cycle and Raise Empowered & Independent Children  
Reid Wilson, PhD — Lyn Fidell, LICSW  

**Beyond the Good-Girl Jail**  
When You Dare to Live from Your True Self  
Sandra Felt  

**Shame & Guilt**  
Masters of Disguise  
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are likely to be resolved with wellness approaches and therapy and medicine can sometimes help but it can also hinder or block healing. Hard conditions may need medicine while they are being softened with wellness and therapy. The soft versus hard concept will help you advise your client (and your client’s prescriber) about starting or stopping medicine and it can help you have realistic expectations for what is likely to help.

3:30–5:00 pm

CONCURRENT WORKSHOPS

The Gifts of Grief: Five Truths that Invite Growth and Healing
Sandra Felt, BCD, LCSW

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

Working with the Pain Paradox
John Briere, PhD

Although our culture teaches us to avoid “negative” experience, Buddhist and Western psychologies agree that avoiding pain leads to long-term suffering, whereas engaging pain ultimately reduces it. In this way, ongoing trauma-related distress represents access to experiences that can be cognitively, emotionally, and existentially processed. Work with this paradox offers clients the opportunity to change their relationship to the past, thereby decreasing its power over their lives.

Eliminate Self-Criticism, Worries & Grudges: Powerful Methods to Enhance Your Well-Being
Wallace Wilkins, PhD.

Worrying, grudges and self-criticism are self-limiting, thinking habits. Their negative consequences are mentally and physically erosive. You can master these stressful thoughts by understanding the reasons behind them and letting go of their perceived advantages. With practice you can trade that pesky, inner critic for a more supportive, inner mentor. Convert self-critical appraisals into confident, can-do attitudes.

The Anxious Moment and How to Handle It
Reid Wilson, PhD

To handle anxiety, clients must elevate above their immediate fear and apply a new response based on a provocative therapeutic frame of reference. Participants will learn how to present four concepts to justify this approach. First, the limbic system’s amygdala needs to learn over time that an alarm response is not required in moments similar to this one. Second, the working memory pushes away irrelevant information and distractions and then directs attention to where you want it in the next few moments by calling up assets from long-term memory. Third, the work of Barb Fredrickson supports the strategy of generating a positive meaning for purposely producing those feelings of threat and then stepping forward, voluntarily. Fourth, Les Greenberg’s lifetime of research leads him to rationalize that you can replace the emotions of withdrawal with the emotions of approach by activating a competing emotion that expresses a competing point of view.
2019 TRAINING CONFERENCES

12th National Counseling Advances Conference
Las Vegas, NV • March 20–22, 2019
ETHICS Pre-Conference Workshop: March 19, 2019

17th National Conference on Adolescents and Young Adults
Las Vegas, NV • April 24–26, 2019
ETHICS Pre-Conference Workshop: April 23, 2019

32nd Annual Northwest Conference
Behavioral Health and Addictive Disorders
Seattle (Bellevue), WA • May 29–31, 2019

30th Santa Fe Conference:
Integrating Spirituality, Mindfulness, and Compassion in Mental Health and Addiction
Santa Fe, NM • August 5–7, 2019

10th Western Conference
Behavioral Health and Addictive Disorders
Newport Beach, CA • September 26–28, 2019

Call 800-441-5569 for more information or visit www.usjt.com
Conference Objectives:

Participants will be able to:

1. Identify treatment approaches and develop counseling skills for a range of issues in mental health, behavioral health, addictions and co-occurring disorders.

2. Identify the neuropsychological and neurobiological underpinnings of addictive disorders, compulsive behaviors and other problematic behavior and the therapeutic implications of these findings.

3. Identify effective therapeutic approaches for the treatment of trauma and PTSD, opiate addiction, sexuality disorders, depression and anxiety, as well as a range of clinical issues.

4. Identify clinical applications of recent key scientific research to include Mindfulness, Anger and Aggression, Shame and Guilt, and their implications in psychotherapy and counseling.

For sessions learning objectives go to usjt.com (Seattle event)
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(6 Hours each for W, Th, F and 1.5 optional hours for Wed. evening and 1.5 optional hours for Thur. evening)

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

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Daily Options  

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