

4 8 T H A N N U A L
SOUTHWESTERN SCHOOL FOR BEHAVIORAL HEALTH STUDIES



SWS 2016

“CREATING A FUTURE
OF COMPASSIONATE,
CONNECTED CARE”

AUGUST 21-25, 2016

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IMPACT - SUICIDE PREVENTION CENTER

UP TO 36.75 HOURS OF CONTINUING EDUCATION IS
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REGISTRATION INFO & POLICIES TO ENROLL

YOU MUST REGISTER ONLINE www.azsww.org

Using a Visa or MasterCard.

We encourage you to register early as some sessions are limited by instructor or room size and popular sessions fill-up fast. You are considered officially registered when you receive an electronic confirmation, which includes a confirmation number.

Please Note: Online registration closes on Friday 8/5/2016.

Contact: Ka'teia Vandor with questions.

Email: swwinfo@lafrontera-empact.org

Phone: 480-784-1514 ext. 1508.

REGISTRATION RATES

Early Bird Rate (Mon. – Thurs. Attendance)
(Must register by 7/5/16) **\$445**

Regular Rate (Mon. – Thurs. Attendance)
(If registered after 7/5/16) **\$495**

Standard Daily Rate (Must register at the daily rate if not attending the entire 4-day conference) (Pre-Conference is not included in this rate) **\$150**

Sunday Pre-Conference Rate (Choose session 1, 2, OR 3 of Pre-Conference) (Lunch included) **\$175**

Sunday Pre-Conference + 4-Day Conference (Mon. – Thurs.) (Choose session 1, 2, OR 3 of Pre-Conference) **\$585**

Sunday & Monday Pre-Conference (12 Hour Clinical Supervision) (Must register for BOTH sessions 4 AND 5 of Pre-Conference) (Lunch included) **\$250**

Sunday & Monday Pre-Conference (12 Hour Clinical Supervision) + 3 Days (Tues. – Thurs.) (Must register for BOTH sessions 4 AND 5 of Pre-Conference) **\$585**

Special Luncheon (Wed. 8/24/16)
(Attendees will receive 1 hour of continuing education) **\$30**

Purchase Orders:

If your organization requires the use of a purchase order, please contact Ka'teia Vandor for details on the process. Please Note: Purchase orders will only be accepted for organizations sending a large group of attendees to the conference. All attendees must be included on a single purchase order. Purchase orders for individual attendees will not be accepted. Individual attendees must register online using a Visa or MasterCard.

Cancellation Policy:

If you cancel your registration by Friday 8/5/2016, your registration fee will be refunded, less a \$50 cancellation fee. There are no refunds for cancellations received after Friday 8/5/2016. Substitutions will be accepted until Friday 8/5/2016. There will be no substitutions after this date. No-Shows are still due and payable in full. SWS reserves the right to provide a substitute instructor or cancel a session if an unanticipated issue arises.

VERIFICATION OF ATTENDANCE & CONTINUING EDUCATION

Licensing boards and governing bodies require verification of attendance in order to award continuing education hours. In order to track these hours, your name badge will be scanned at conference check-in and at the completion of every session you attend. You are required to attend the entire session to receive credit. No partial credit will be given. No exceptions. If you fail to have your name badge properly scanned at the conclusion of each session, credit will not be given after-the-fact. Your Certificate of Attendance will be available to you electronically after the conference.

Please Note: Continuing education credit is not available for sessions: 48, 61 and 77.

Ethics and Cultural Diversity Continuing Education:

Ethics Sessions:

1, 10, 24, 33, 39, 40, 51, 67, 80, 95, 108

Cultural Diversity Sessions: 1, 7, 8, 9, 15, 21, 22, 23, 29, 36, 37, 38, 49, 50, 65, 66, 78, 79, 93, 94, 106

Continuing Education Organizations:



APA: The Training Institute — Southwest Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. The Training Institute — Southwest Behavioral Health maintains responsibility for this program and its content. Full attendance is required. No partial credit will be offered for partial attendance.

(Sessions with a red asterisk () are sponsored by The Training Institute for APA Continuing Education)*



NBCC: La Frontera Arizona EMPACT — SPC is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (#5823)

(Sessions 20, 32, 52, 90, 104 and 114 do not meet NBCC requirements)



NAADAC: La Frontera Arizona EMPACT — SPC is recognized as a NAADAC Approved Education Provider for this conference.

NASW AZ: This Conference is approved to offer continuing education by the National Association of Social Workers, Arizona Chapter. (#3079)

SUNDAY, AUGUST 21

PRE-CONFERENCE: 4 OPTIONS

(INCLUDES: 6-HOURS OF CONTINUING EDUCATION; MORNING BEVERAGE SERVICE; AND LUNCH)

8:00 AM - 9:00 AM REGISTRATION

9:00 AM - 4:00 PM (LUNCH: 12:00 PM - 1:00 PM)

1. Cultural Competence/Diversity and Ethics in Action*

This action-oriented workshop engages your curiosity and enhances your skills in working within the NASW code of ethics and with diverse populations. Because ethically and culturally competent practice starts with knowledge and understanding of principles and our relationship to them, experiential exercises will focus on self-awareness and assessment, the common dilemmas faced in practice with diverse populations, models of problem solving and ethical decision making, and lastly understanding our own cultural make-up and how this impacts our approach and facilitation of treatment. **Limited to 30 participants.**

Marlo Archer, PhD, PAT & Adena Bank Lees, LCSW, LISAC, BCETS, CP

2. Competency Focused Family Therapy: The Art of Family Therapy*

This training provides an introduction to the basic practice of single session system's therapy. Learn to conceptualize cases from a system's perspective and to make each session a stand-alone, complete, therapeutic intervention. Learn how using a system's framework creates the context of a culturally sensitive, powerful therapy. At the end of this workshop you will be prepared to expertly work with family systems to create an environment in which change is logical. **Vicki Loyer, LMFT, AAMFT Approved Supervisor**

3. 6-Hour Clinical Supervision Refresher

This workshop will provide supervisors with a 6-hour refresher course that focuses on current issues in supervision. This training includes statutory requirements identified in R4-6 212(J), as required by the Arizona Board of Behavioral Health Examiners. **Limited to 75 participants.**

Katy Scoblink, CTP, MSc, LISAC

4. 12 Hour Initial Clinical Supervision Training (Part 1)*

PLEASE NOTE: THIS IS A 2-PART SESSION. PART 2 WILL OCCUR ON MON, AUG. 22, 9 AM - 4 PM.

This workshop will provide supervisors with a 12-hour initial course in clinical supervision. Explore and develop enhanced general and clinical supervision skills for those independently licensed professionals that currently provide clinical supervision or intend to deliver clinical supervision in compliance with the Arizona Revised Statutes (as required by the Arizona Board of Behavioral Health Examiners) and ADHS requirements. This training utilizes case studies and a collaborative participant discussion format to ensure that all points are covered and adequately understood. **Limited to 75 participants.**

Philip Robert Rhoton, PsyD, LPC

5. 12 Hour Initial Clinical Supervision Training (Part 2)*

Continuation of Session 4. **Limited to 75 participants.** Philip Robert Rhoton, PsyD, LPC
THIS SESSION IS PART 2 OF SESSION 4 AND WILL OCCUR ON MON, AUG. 22, 9AM - 4 PM
(INCLUDES 6 ADDITIONAL HOURS OF CONTINUING EDUCATION; MORNING BEVERAGE SERVICE; LUNCH).

EARLY CONFERENCE CHECK-IN

Sunday, August 21 - 3:30 PM - 5:00 PM

FOR AUGUST 22 - AUGUST 25 ATTENDEES

Location: Grand Ballroom Foyer

Save time and avoid the Monday morning rush.

Come by Sunday 8/21/16 to pick-up your registration materials.

MONDAY, AUGUST 22

7:00 AM - 8:00 AM REGISTRATION

8:00 AM - 8:15 AM WELCOME AND OPENING REMARKS

8:15 AM - 10:00 AM GENERAL SESSION

6. Tending the Soul of Healthcare: Beyond Burnout and Compassion Fatigue*

One of the most widespread problems in healthcare today is the alienation created by burnout and compassion fatigue. In the Healing Arts the relationship itself is part of the medicine, a field of trust and care that forms the fabric of excellence. When the relational field is strong, symptoms are reduced and patients become more mindful, skillful, and empowered as do the clinicians themselves. Re-inspiring staff to care for themselves is a critical component of patient care and satisfaction. This fascinating and practical lecture/workshop provides a close up and personal tour of burnout- how to recognize it; how to prevent it; and how to reverse it. **Joan Borysenko, PhD**

10:15 AM - 12:00 PM GENERAL SESSION

7. The Impact of Historical Trauma on Present Day Indigenous People*

This session will help in raising awareness of the impact of historical trauma on present day Indigenous people. Effects of how trauma relates to present day symptoms will be presented from an archetypal and traditional Indigenous epistemological understanding of the life world. **Eduardo Duran, PhD**

1:30 PM - 3:15 PM CONCURRENT SESSIONS - CHOOSE ONE

8. The Invisible Interpreter: Guide for Clinicians to Work Effectively with Language Interpreters

This interactive workshop will introduce clinicians to best practices for working with language interpreters in a clinical setting. We will cover the basics of interpretation skills, tools to maximize the relationship triad of client/clinician/interpreter, and emphasize the benefits of working with trained interpreters. **Bahney Dedolph, BSW, MA & Eva Morrow, CMI, Certified Medical Interpreter**

9. Special Needs of Multiracial Families*

Multiracial families, although increasingly more common, continue to face specific challenges. Often confronted with unique types of discrimination and micro aggressions, such negative societal reactions can have a significant emotional impact on both parents and children. This interactive presentation will review strategies to address the psychological stressors some family members may face and interventions to support them as they celebrate their unique family blend. **Patricia Harrison-Monroe, PhD & Fred Wiggins, PhD**

10. Ethics in the Behavioral Health Care Environment (Part 1)*

In this 2-part workshop on ethics, you will learn the importance of this topic, understand the role of dignity and strengths in ethical practice, know ethical standards and how to apply them, know how and when and when not to protect a client's confidentiality and review obstacles to ethical behavior. **Karl Sachs, PsyD**

11. Obsession and Arousal: Exploring and Treating the Cycles of Sex and Love Addiction*

Ruptures and impairment in early attachment bonding can create an adverse developmental cascade in how we sexually and romantically connect. When an attachment bond is attained, neurological integration develops normally, and relationships result in the expectation of safety and pleasure. If attachment bonds are traumatic then attachment and connection can result in engaging intensity, compulsive and addictive sexual behaviors for self-regulation. **Debra L. Kaplan, MA, MBA, LPC, LISAC, CSAT-S**

12. Neurobiology of Emotional Memory and PTSD*

Neurobiology of Emotional Memory and its clinical relationship to PTSD will be discussed and innovative treatment options will be introduced. **Wen Cai, MD, PhD & Chris Edwards, RN**

13. Smartphones in Sessions: Transform Intrusion to Engagement (Part 1)*

Explore, in action, situations that arise in sessions related to client use of smartphones (e.g., taking a call, texting, checking social media, showing photos or texts to the therapist). You'll learn psychodramatic interventions to transform intrusions into engagement without taking on a shaming parental role. You'll also have a safe place to process your own responses to smartphones and clients' use of them in sessions. **Limited to 30 participants.**

Marlo Archer, PhD, PAT & Adena Bank Lees, LCSW, LISAC, BCETS, CP

14. Why Did the Chicken Cross the Road? To Learn More About Domestic Violence and Child Abuse Issues (Part 1)*

This seminar highlights the latest scientific findings and legal updates to answer these questions and more. What is America's most common form of DV? What is the relationship between IPV and TBI? What should you ask (and not ask) when you suspect child abuse? What health issues are associated with IPV? ...Child Abuse? Is military service a risk factor? Legally, who is a vulnerable adult? **Faren R. Akins, PhD, JD & Vera S. Akins, JD**

15. Theoretical Underpinnings of Trauma as it Relates to Present Day Indigenous People*

Dr. Duran will present case material that derives from the theoretical underpinnings of the plenary presentation. Real life interventions in the area of addiction, suicide and other diagnostic categories will be presented and opened to discussion. **Eduardo Duran, PhD**

16. Victims No More: Trauma-Informed Peer Support in Facts and Figures*

Seclusion, restraint, and stigma in many current clinical settings continue to re-traumatize people who have been former victims of abuse and neglect. We will share how PSA provides innovative programs of peer-supported, trauma-informed care. Subsequently, we will present our survey findings for group discussion into how our peer support programs offer added value and relief for those who have become re-traumatized by outmoded clinical methods.

Charlotte Webb, MEd, CPSS, BHT & Suzanne V. Brown, PhD, CPSS, BHT

17. The Guide to Therapeutic Meditation: How to Do It, How to Teach It, When to Use It*

Meditation is an evidence-based practice useful in treating stress-related disorders, chronic illness, addictions, trauma, anxiety, and depression. In this in-depth introduction to the topic, three basic forms of meditation—concentration, mindfulness, and compassion—will be compared, contrasted, and taught. The physiology of meditation including its effects on the autonomic nervous system, immunity, the cardiovascular system, and the brain will be reviewed. **Joan Borysenko, PhD**

18. Motivational Interviewing for Engagement (Part 1)

The purpose of this presentation is to familiarize participants with the spirit, processes and engagement skills of Motivational Interviewing (MI). **Mary Dillon, MA**

19. Wellness Counseling & Coaching Beyond the Medical Model

This presentation addresses the benefits and methods of integrating holistic alternatives with traditional counseling models using evidence based practices. Alternative approaches of reflexology, Bach Flower Remedies, essential oils, acupuncture, massage, Reiki and energy medicine will be explored. We will discuss how to build a service plan based on an individual's beliefs, needs, choices, and insurance coverage to provide optimal outcomes.

Laurie Verdier, MA, LPC & Beth Dahlmeier, MA, MFT

20. Enabling Recovery and Resilience Through Systems and Applications

This presentation will identify the current changes regarding how we interface with members/patients through systems, and how we can impart a platform for recovery and reliance through compassionate use of systems. **Andrea Toledo-Leyva, CPHT & Sloane Steele, PMP**

3:30 PM - 5:15 PM CONCURRENT SESSIONS – CHOOSE ONE

21. Culturally Adapted Evidence-Based Practice for the Urban Navajo/Native American Population

The presentation will focus on aspects of my dissertation research that focused on “culturally adapted evidence based practice for the urban Navajo/Native American population.” The objective of the study was to gain insights from ethnic minority Navajo/Diné clinicians (n=8), as they adapt various treatment approaches with respect to the core constructs of their worldview. The insights acquired from Navajo/Diné clinicians will be used to promote cultural knowledge/traditions for culturally responsive treatment, and to inform culturally responsive practices specific to the Navajo/Diné population. **Deidra Williams Angulo, MA, MAHR, LISAC**

22. Suicide Risk and Resiliency Among Sexual Minority Youth*

A key risk factor for suicide among adolescents is sexual minority status, as LGBT teens are among those most likely to report suicidality (suicidal thoughts, plans, and attempts). This presentation reviews some of the risk factors that affect this population, as well as resiliency and protective factors. Implication for mental health professionals, including prevention & intervention, are also discussed. **William D. Beverly, PhD, LMFT, CCHP & Robert Beverly, MSW**

23. Challenging Attitudes: A Research-Based Look at Aging

This presentation will offer insights into the way people view and react to the process of aging and how by capitalizing on research-based activities and utilizing appropriate services, they can foster their life skills, avoid or delay costly high-levels of care and maintain optimal independence. **Bill McCreery, LPC**

24. Ethics in the Behavioral Health Care Environment (Part 2)*

Continuation of Session 10. **Karl Sachs, PsyD**

25. The Thinking Errors of Juveniles with Sexually Aggressive Behavior*

This presentation defines critical characteristics of juveniles with sexually aggressive behavior, their thinking processes and their cognitive frames of reference. A review of commonly seen thinking errors will be presented along with the rationale and offense justifications. Case studies will be presented to amplify the needs of youth. Strategies for managing youth will be presented including the criminogenic risk factors. **Lee A. Underwood, PsyD & April Crable, PhD**

26. Smartphones in Sessions: Transform Intrusion to Engagement (Part 2)*

Continuation of Session 13. **Limited to 30 participants.**

Marlo Archer, PhD, PAT & Adena Bank Lees, LCSW, LISAC, BCETS, CP

27. The Counselor Burnout Cure: Simple Secrets for Blocking Burnout

As Helping Professionals we spend our time and energy supporting other people—but we put off getting support for ourselves. This experiential workshop is an easy way to recharge your own battery with that support and inspiration. You will learn the symptoms and dangers of burnout as well as fast, simple ways to block burnout, re-ignite your inspiration, and transform anxiety into deep healing. **Arianna Gray, MA, LPC**

28. Why Did the Chicken Cross the Road? To Learn More About Domestic Violence and Child Abuse Issues (Part 2)*

Continuation of Session 14. **Faren R. Akins, PhD, JD & Vera S. Akins, JD**

29. Theoretical Underpinnings of Trauma as it Relates to Present Day Indigenous People*

Repeat of Session 15. **Eduardo Duran, PhD**

30. Motivational Interviewing for Engagement (Part 2)

Continuation of Session 18. **Mary Dillon, MA**

31. The Art and Science of Resilience: From Surviving to Thriving*

Resilience is more than the ability to bounce back from adversity. It's a transformative process that reveals our inherent nobility, a rite of passage from pieces to peace. Mythologist Joseph Campbell called this passage The Hero's Journey. It consists of three parts. Change disrupts life as usual. Next we're plunged into the unknown territory between No Longer and Not Yet. There we can either despair and lose hope or—if we're resilient—discover new strengths. The journey of resilience ends with giving back the wisdom we've gained to others. Modern psychology and neuroscience have clearly identified the attitudes and practices that support resilience. Both adults and children can learn these skills and help bring one another and our planet through the challenging times we live in. **Joan Borysenko, PhD**

32. Improving Integrated Care Through More Complete Patient Information: The Network, Arizona's Statewide Integrated Health Information Exchange (HIE)

Arizona's non-profit health information exchange (HIE) contains clinical information on 5.9 million Arizona patients and now integrates both physical and behavioral patient health information in one statewide network, including a crisis portal for emergency access to information on seriously mentally ill patients. All major behavioral health providers have joined and are participating. Learn how to access more complete patient information under both Arizona and federal law. **Melissa A. Kotrys, MPH**

5:30 PM - 7:15 PM SPECIAL EVENING SESSION

33. Ethical Practice: It's What You Don't Know That Can Hurt You*

If you didn't learn it in school, during your training or keep up with it in practice, saying “I didn't know that” won't keep you out of trouble. This program highlights many ethical and professional practice problems that you might not know about, but should. Topics include: AzBBHE Rule changes, clinical supervision, mandatory reporting, defining the client, releasing records, court involvement, adequate records, and multiple roles. **Tobi Zavala, BSW & Faren R. Akins, PhD, JD**

TUESDAY, AUGUST 23

7:00 AM - 8:00 AM REGISTRATION

8:00 AM - 8:15 AM WELCOME AND OPENING REMARKS

8:15 AM - 10:00 AM GENERAL SESSION

34. New Developments in the Treatment of Complex Trauma*

Complex trauma refers to the effects of multiple traumas, often starting in childhood, over the lifespan. These often include disturbed relational schema, posttraumatic stress, and affect dysregulation. This keynote will describe three developments in the field that are especially helpful in treating complex trauma effects: titrated exposure, affect regulation training, and mindfulness skills development. It will also discuss the specific and essential role of the therapeutic relationship in working with early relational traumas. **John Briere, PhD**

10:15 AM - 12:00 PM GENERAL SESSION

35. Developmental Trauma, Attachment, and Addictive Disorders*

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

1:30 PM - 3:15 PM CONCURRENT SESSIONS – CHOOSE ONE

- 36. Latino Youth Street Gangs in the US: Prevention and Intervention Strategies for Service Providers**
This presentation will provide information on how to understand the complexity of youth gang membership and substance use in the adolescent population, provides information on the impact of cultural and risk factors associated with gang membership and related issues. The presentation is informed by research findings on cultural and risk factors associated with youth gang membership, prevention and intervention strategies. **Jesse Rocky Romero, LMSW, CJSOT**
- 37. Families in Trans-ition: Competent Care Models for Families of Gender Spectrum Youth**
Studies have shown that LGBTQ, and very specifically “T”, youth have far higher risks of homelessness, sexual and physical abuse, sexual exploitation and addiction than their “straight” counterparts. This presentation provides a look at the issues families of transgender youth and young adults face; providing definitions, real life examples and cultural competency guidance for working with families, youth and young adults in this demographic. **Mickale Burns, MSW & Tamira Burns, Ordained Minister, Certified Life Coach, Certified Hypnotherapist**
- 38. The Millennial Generation: Trends, Theories, and Treatment***
Why are teenage and young adult males expressing low motivation and are obsessed with computer gaming? Why are adolescent and young adult females out performing males in academics and achievement, but are anxious, self-destructive, and obsessed with social media? These behavioral and emotional ways of being are related to what is called the Millennial Generation. There are neurobiological and psychological theories as to why these issues are currently so pervasive. This lecture will provide information and statistics about the Millennium Generation, as well as contemporary theories for its existence. Attendees also will be offered practical intervention techniques and suggestions for working with this population. **Vanessa Berens, PhD; Paul Beljan, PsyD & Kathleen Bree, PsyD**
- 39. The ACA Code of Ethics (Part 1)***
This is a comprehensive review of the ACA Code of Ethics (Rev. 2014) with special focus on the areas of critical change for counselors and supervisors. **Sheila Babendir, EdD, LPC**
- 40. How Are Healthy Boundaries Reinforced in an Integrated Peer Recovery and Clinical Culture?**
Is it possible to have consistent and healthy boundaries within an integrated peer culture and clinical culture? This presentation will include a presentation of information and an open forum discussion on ideas to reinforce ethical boundaries, possible challenges that may arise, and how to reinforce boundaries on an ongoing basis in an integrated work world of peers and clinical staff. **Marleigh O'Meara, MC, LPC, NCC & Patti Hart, MA, LISAC**
- 41. Healing Addictive Disorders and Past Wounding by Mindfully and Compassionately Embracing the Present***
Developmental adversity and attachment insecurity can result in reactive patterns that aided survival in the past, but keep us from experiencing the fullness of life that is here in the present. This workshop will help participants identify specific dimensions of attachment insecurity (i.e., avoidance and anxious/preoccupied) and their associated cognitive/emotional patterns of reactivity. Then, through instruction and experiential exercises, we will explore how mindfulness and self-compassion can help reduce this reactivity and promote greater connection with true self and with others. Join me as we explore ways to heal the “hole in the soul” by reconnecting to present-moment wholeness. **Jon Caldwell, DO, PhD**
- 42. Ghosts and Angels in the Nursery**
The focus on this presentation is to explore the concept of “Ghost and Angels in the Nursery,” as a method for assessing and understanding intergenerational trauma and its impact of the caregiver-child relationship. The presentation includes strength based methods for assessing a caregiver's trauma and resiliency, which set the stage for a caregiver's role in the social-emotional development of their child. **Serena Samaniego, MS, LAC**
- 43. Finding Your Mentor, Discovering Yourself: The Return of the Clinical Training Institute***
This workshop presents several models of clinical training and settings with a focus on solid clinical training institute experience. Broken into six important steps to quality clinical training, the participant will learn to (1) assess clinical interests and talents, (2) establish an empirically strong, theoretical home, (3) assess a cost/benefit ratio, (4) manage training logistics, (5) create strong leadership, and (6) develop peer support. **Vicki Loyer, LMFT, AAMFT Approved Supervisor & Robert Murray**
- 44. Being Your Own Boss? The Pros and Pitfalls of a Working Private Practice (Part 1)**
They didn't teach you this at the university. This workshop will help participants develop a vision for their own private practice. In the time spent in this workshop, participants will learn how to get a private practice started and build it to success. This will be an interactive workshop that lets participants share their own vision and ideas. **Kathleen Britton, MC, LPC**

45. Grassroots Advocacy in an Election Year: What You Can, Should, and Cannot Do

Margaret Mead said “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” Often people working in state agencies or non-profits believe that they cannot be engaged in advocacy efforts as private citizens. This workshop will give you the skills needed to create effective grassroots networks, build positive relationships with policymakers, and influence social change with a focus on addressing concerns with our child welfare system. Since it is an election year, we will talk about voter registration and engagement activities, as well. We will focus on bringing our collective voices forward using interactive and multimedia presentation tools to prepare you to be the best advocate you can be. **Bahney Dedolph, BSW, MA**

46. Integrating Mindfulness in Trauma Therapy*

Based on recent research on the effectiveness of mindfulness training for a range of psychological symptoms and difficulties, this workshop will provide specific information on how to use mindfulness-based interventions for traumatized people. Information also will be presented on ways in which therapist mindfulness can decrease countertransference and vicarious traumatization. **John Briere, PhD**

47. Working with Difficult Supervisees: Supervision Strategies*

Supervision, both clinical and administrative, can be a rewarding experience that results in supervisee professional development, personal growth, and improved self-confidence. However, supervisors are often faced with common challenges ranging from lack of skill to behavioral problems that can impact the supervisory relationship and detract from goal accomplishment and completion of tasks. The following presentation will focus on responsibilities and strategies when challenging situations arise in the supervision of student interns, clinicians seeking independent licensure, and employees. Further, the new clinical supervision rules published by the Arizona Board of Behavioral Health Examiners in November of 2015 will be introduced and applied to the different scenarios. **Patricia Kerstner, PhD, NCC & Mandee Rowley, PhD, LPC**

48. Success Factors of Mentoring

Mentoring programs provide employees the opportunity to learn from experts to develop and grow into who they want to become. Formal mentoring in organizations demonstrates a commitment to the employees, their professional development, and their success in the organization. Mentoring benefits organizations by supporting succession planning, knowledge management, and leadership development efforts, as well as by building strong business partnerships throughout the company. **CE credit is not available for this session. Jacquie Miller, Certified Behavioral Specialist, Certified Lifestyle Educator, Addiction/Recovery Consultant**

3:30 PM - 5:15 PM CONCURRENT SESSIONS – CHOOSE ONE

49. The Other “F” Word: Fatness as a Diversity Issue in Therapy

One diversity topic that is seldom discussed is working with fat clients and the impact of personal attitudes of the professional toward people of size. Prejudice and discrimination toward fat people often interferes with the professional's ability to build a productive professional relationship with clients. This presentation is designed to bring this to full awareness, enhance understanding and improve compassion toward fat people. **Cynthia Pio-Padilla, LPC, LISAC**

50. Process over Product: The Owl & Panther Way

The Hopi Foundation's Owl & Panther Project (OP) has provided innovative programming that has resulted in a sense of stability, belonging, community and cultural celebration for families of torture survivors. We invite you to come learn about our methodology. **Marge Pellegrino & Abigail Hungwe**

51. The ACA Code of Ethics (Part 2)*

Continuation of Session 39. **Sheila Babendir, EdD, LPC**

52. Stages of Change: What about the Sub Conscious Mind as a Co-Creator of Lasting Change in the Treatment of Addiction with Hypnotherapy

Discuss and share the role of the subconscious mind in change and how this relates to addiction treatment. This session will utilize actual sessions of change with hypnotherapy using video, review studies to support the use of hypnotherapy in the medical arena, and offer live demonstrations. **Pamela J. White, BA, LSAT, CLC, Ccht**

53. The Empowerment Space: Addressing Bullying Epidemic with Families

The presentation will include discussion of what bullying is including prevalence and impact. Current treatment options, programs and resources will also be reviewed. Community needs and a new direction for treatment will be presented with family and school participation required to improve outcomes for children who have been bullied. **Danielle Matthew, LMFT**

54. Integration of Behavioral Health: Challenges and Opportunities

This presentation will focus on what Integration means; the models of integration; the benefits of integration; the challenges and where to start the process. **Melody Hicks, MC, LPC**

- 55. Building a Strong Online Presence for Your Business/Practice**
Marketing offline can be challenging enough, but in today's market, if you don't have a strong online presence for your business/practice, you could be missing your ideal clients and opportunities to make money. Come learn some basic to intermediate strategies and tools to get yourself and your business/practice online so you can make a bigger impact and help more people. **Krylyn Peters, MC, LPC, CLC**
- 56. Carefree on the Titanic: Are You Sinking Your Own Ship?**
As very caring people, Behavioral Health Professionals focus on the needs of others day in and day out. But do you know how to take care of yourself? This presentation will reveal the ways you may be unwittingly sabotaging your work-life balance, and give you practical, experiential tools to keep your boat afloat for the long haul. Don't just survive, learn how to thrive and be fully alive on your own epic journey. **Beth Dahlmeier, MA, LMFT & Laurie Lackland, MSN, ANP-BC**
- 57. Being Your Own Boss? The Pros and Pitfalls of a Working Private Practice (Part 2)**
Continuation of Session 44. **Kathleen Britton, MC, LPC**
- 58. Working with Easily Triggered and "Acting Out" Trauma Survivors***
A common difficulty for many trauma survivors is the tendency to engage in dysfunctional avoidance behaviors (e.g., self-injury, "impulsive" sexual or aggressive behavior) or "acting out" in response to triggered memories. This workshop will describe how triggering specifically occurs, the subsequent imbalance between emotional activation and affect dysregulation, and the role of tension reduction behaviors. Interventions specifically useful for such individuals will be explored. **John Briere, PhD**
- 59. Successfully Integrating Peers into Clinical Teams: A Clinician's Perspective**
Those with lived experience often find themselves on the outside looking in when working in behavioral health settings. Peers are often seen as token figures and not considered part of the clinical team. Throughout the Country peers are becoming an increasing presence in behavioral health settings, due to their ability to connect and improve outcomes with those struggling with behavioral health issues. This presentation models the successful integration of peers in both outpatient and inpatient settings and the incredible outcomes that can be achieved when peers are utilized in clinical decision making. It will demonstrate that peers are an essential part of the treatment team and provide clinicians with useful tips and models for building a peer inclusive clinical team. **Sue Ann Atkerson, MA, LPC & Leon Boyko, MBA, MSW, LCSW**
- 60. Two Pillars of Strength: Peer and Family Support Partners**
This presentation is about the family support partner and the peer support partner working together in the PSA Peer Respite Program. This program is based on a best practice which is participant driven, recovery-oriented practice designed to help participants develop self-management skills, avoid crisis situations, and remain in the community. It promotes recovery and wellness through pro-active outreach, peer support and education. It emphasizes the importance of family members becoming supportive partners in their loved ones recovery through education and individual family training with emphasis on boundaries and ethics. **Charlotte Webb, MEd, BHT, CPSS & Barbara Di Clemente, BHT**
- 61. Are you ready for MIPS in 2017? - The Future of Meaningful Use**
Adapting to Centers for Medicare and Medicaid Services' plan to morph Electronic Health Record (EHR) Incentive Programs into "something better." Does Merit-Based Pay Systems (MIPS) affect your Eligible Professionals (EPs)? How and why you need to prep now for the proposed changes to 2017 EHR Incentive Programs. **CE credit is not available for this session.** **Lyne Morgan, CMUP, CPHP**

WEDNESDAY, AUGUST 24

7:00 AM - 8:00 AM REGISTRATION

8:00 AM - 8:15 AM WELCOME AND OPENING REMARKS

8:15 AM - 10:00 AM GENERAL SESSION

- 62. Family Therapy Updated for the Digital Age: Understanding the Role of Social Media and Digital Technology in the Lives of Our Clients**
While much fear and hype has been created in the past decade by well-meaning clinicians and the media, the actual role and effect of digital media on American family life has yet to be fully understood and researched. So what can a caring counselor or therapist offer today to families struggling with issues such as digital boundaries, cyberbullying and tech stressors, as well as problems like online gaming, gambling and sexuality? This timely, engaging talk gives attendees a chance to revisit, reshape and challenge their beliefs about how digital technology is affecting family life, relationships, school and the workplace. Blending current research with historical references, this talk will provide clarity in an area where we clinicians sometimes feel under-informed or even downright confused. **Robert Weiss, LCSW, CSAT-S**

10:15 AM - 12:00 PM GENERAL SESSION

- 63. The Bridge Between Suicide and Life with Kevin Briggs and Kevin Berthia**
Ten years ago in March 2005, Kevin Berthia wanted to take his life. He had climbed over the railing of the Golden Gate Bridge and was prepared to take a fatal jump into the San Francisco Bay when he heard a voice calling out to him from above. It was the voice of California Highway Patrol (CHP) Officer Kevin Briggs. The two talked for 60 life-changing minutes before Berthia decided to climb back up the bridge and give life another chance. **Kevin Briggs & Kevin Berthia**

12:15 PM - 1:30 PM Special Luncheon (1 Hour CE Credit; \$30)

- 64. Reclaiming the Body: Treating Trauma and Eating Disorders***
Exposure to trauma during childhood is a risk factor for eating disorders in teenage years and adulthood. The prevalence and relationship between eating disorders and trauma are significant and needs to be understood and treated concurrently. This workshop will focus on the role of childhood adversity, especially sexual, emotional, and physical abuse as a risk factor for anorexia, bulimia and binge eating disorder. Understanding the mind, body, and soul connection in working with trauma and eating disorders will be discussed. An overview of effective treatments will be reviewed such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), as well as other experiential movement treatments. Tools will be offered in this engaging workshop. **This presentation is sponsored by: Rosewood Centers for Eating Disorders. Dena Cabrera, PhD**

1:45 PM - 3:30 PM CONCURRENT SESSIONS – CHOOSE ONE

- 65. Discovering and Deepening Native Spirituality through Psychodrama***
This experiential/didactic presentation will transport participants into the world of some local Native American spiritual practices through psychodramatic methods. **Kathy Norgard, PhD & Natividad Cano, LISAC**
- 66. Addressing Cultural Competency in Behavioral Health Through the Arts**
This presentation will explore the importance of understanding cultural variance in communities of color and demonstrate the role that expressive and cultural arts play in helping artists to achieve and maintain their recovery. Participants will have the opportunity to explore the importance of culturally competent practice in helping individuals achieve their treatment goals. **Nicole Gordon, LMSW & John Mireles, BS, BA**
- 67. Essential Changes to the DSM-5: Legal and Ethical Issues (Part 1)***
Psychotherapists struggle with the role of the DSM-5 system and ethical diagnosing of clients. This workshop examines the major changes to the DSM-5 including: the non-axial system, ICD-9 and ICD-10 requirements, substitutions for Axis I through V, and the primary "lifespan" chapter arrangement. Insurance fraud, proper billing, and multicultural challenges will be addressed. Potential harm inherent in using diagnostic inflation for reimbursement, assigning improper parity diagnoses, fraudulent insurance practices, and documented ethical controversies related to development of the DSM-5 be discussed. **Pamela Harmell, PhD**
- 68. Opiate Use Disorder: Treatment Choices and MAT Service Update***
Opiate use disorder and its Medication-Assisted Treatment (MAT) options will be discussed. **Wen Cai, MD, PHD**
- 69. Be in the Know: Old School to New School Gateway Drugs, Opiate Epidemic and World of Synthetics**
The war on drugs. Just say no. This is your brain on drugs. Remember those prevention messages from the 1980s? What are we saying today? There's a pill for every ill? Marijuana is medicine? It's a different world of synthetics made of undetectable research chemicals. Recreational marijuana and medical marijuana are two separate and extremely different types of drugs. The look of an addict has changed as all of us are susceptible to addiction via doctor prescribed medications. Heroin use and potency levels are the greatest we've ever seen. The United States had 47,055 drug overdose deaths in 2014 according to the Centers for Disease Control; compared to 6,100 deaths in 1980 and we aren't in the know about the latest trends and risks to individuals and communities. BHO, wax, Rx, heroin, vapes, 25i-NBOME and Flakka are just some of the emerging trends of today. Attend this class to learn more. **Stephanie Siete, BS**

- 70. PAX Good Behavior Game: A Powerful Evidence Based Practice for Remission and Lifetime Protection Against Mental, Emotional & Behavioral Disorders (Part 1)***
PAX GBG is a universal intervention proven to reduce negative impact of ACEs through the development of self-regulation as a skillset. PAX GBG uses simple evidence-based strategies during everyday activities to create Nurturing Environments; with research to support over 35 years of longitudinal benefits. Last year, PAX GBG was implemented worldwide with over 8,000 teachers and 200,000 children, none of whom were in Southern Arizona. **Dennis Embry, PhD & Erin Roepcke, LMSW**

71. Understanding Narcissism and Addiction as Tools to Emotional Survival
Process addictions such as compulsive gambling, compulsive eating, compulsive spending, sex addiction, and the like are often misunderstood and misdiagnosed. This presentation attempts to provide clinicians with an understanding of these addictions as maladaptive coping mechanisms used to deal with life stressors, emotional discomfort, and underlying psychological disorders such as depression, anxiety, attachment deficits, unresolved trauma, and the like. This discussion encourages clinicians to develop deeper and more empathetic insight into why smart people can repeatedly do stupid things that make their lives unmanageable and cause pain to themselves and those who love them. **Robert Weiss LCSW, CSAT-S**

72. "But You Look Normal" living with a Chronic Illness: How to Work with a Client with Lupus (or Other Chronic Illnesses)
Lupus, one of the chronic illnesses individuals live with and are often for years misdiagnosed. Clinicians see them for depression, self-medicating and many other diagnoses - but rarely understanding the issue itself, chronic illness. **Tracy G. Epstein, MS, NCC, LPC & Rebecca Shields, MBA**

73. Your Safety in the Field
We have seen many incidents of social workers getting hurt in the field. We need to get the word out to workers in the field. We need increased awareness and communication by professional organizations. This training will have attendees understand safety tips when being out in the field. Safety in the Field is a growing concern across the nation. Attendees have a greater knowledge of safety in the field which can also apply to all settings in life. **Barbara L. Hill, RN & Priscilla Seibel, BSW**

74. Trauma Informed Interventions and Practices for the Refugee Population
ADHS estimates there were more than 14,000 refugees living in Pima County in 2014. Culturally sensitive, linguistically appropriate and trauma informed interventions are necessary to engage this population. Workshop participants will develop a better understanding of the historical, intergenerational and ongoing trauma faced by this population. Workshop presenters will highlight best practices and strategies to effectively engage individuals in treatment and supportive services. **Hilary Mahoney, MPH & Amy D'Arpino, BSW**

75. Navigating the Complexity of Complex Trauma: An Introduction to the Treatment of Developmental Trauma & Dissociation (Part 1)
Whether working in an agency or in private practice, we all do work with clients who have a dissociative process in place. With this in mind, it is ethically & clinically necessary for us to have a working knowledge of dissociation theory and utilize a phased approach to trauma treatment. This two part presentation will provide an introduction to the treatment of complex developmental trauma and dissociation. A highly interactive and engaging presentation, participants will learn via case studies, video, interactive activities, and didactic discussion. **Sarah Jenkins, MC, LPC, CPsychol**

76. Are You With Me? The Use of Mindfulness Techniques in Couples Counseling
More and more we are learning that incorporating the practice of mindfulness into our lives has a positive impact on our individual well-being. This workshop examines the use of mindfulness in couples counseling and reviews specific skills geared towards increasing gratitude and compassion in interpersonal relationships. **Shari Goettel, LCSW**

77. Behavioral Health Workforce Development: How to Motivate and Increase Staff Retention
Topic of workforce engagement and development with a focus on what motivates staff to achieve their best, and what leads to higher retention rates of staff. **CE credit is not available for this session.** **Stephanie A. Earl, MAEd**

3:45 PM - 5:30 PM CONCURRENT SESSIONS – CHOOSE ONE

78. Multi-Love: Counseling for People in Polyamorous and Open Relationships
Learn about polyamory and the specific trends, concerns and complaints of polyamorous people trying to find relationship and family counselors. Learn the terminology, relationship structures and common issues that people come to therapy with and how to address them. This presentation will help you gain knowledge on resources and ways to learn more to become a poly/kink friendly or aware clinician. **Kate Kincaid, LPC**

79. Wounded Hearts: Understanding the Modern Military Family
Dual military families, same sex marriages, working spouses, "do more with less" mentality, maternity/paternity leave, reductions in force, deploying in place, ongoing trauma exposure... this is not your grand-daddy's military experience. The modern military not only looks different, they face extraordinary stressors, and are looking to you for support. Understanding the modern military culture is imperative to those serving our nations hero's and their families. **Jennifer Cherry, LISAC, LMHC**

80. Essential Changes to the DSM-4: Legal and Ethical Issues (Part 2)*
Continuation of Session 67. **Pamela Harmell, PhD**

81. Always Turned On: Understanding Sexual Addiction in the Digital Age
This presentation on tech-driven sexual addiction offers an overview of the questions and concerns most often asked by sex addicts (of all sexual orientations) and their spouses/partners. The discussion covers the diagnosis of sexual addiction, common behaviors exhibited by sex addicts, common negative consequences experienced by sex addicts, the all-too-common relationship between early-life trauma and sex addiction, the influence of digital technology on sex addiction, and methodologies for eliminating problem sexual behaviors. **Robert Weiss, LCSW, CSAT-S**

82. PAX Good Behavior Game: A Powerful Evidence Based Practice for Remission and Lifetime Protection Against Mental, Emotional & Behavioral Disorders (Part 2)*
Continuation of Session 70. **Dennis Embry, PhD & Erin Roepcke, LMSW**

83. Developmental Tools and Techniques to Support Parents Overcoming Substance Abuse in Learning How to Enhance Their Children's Early Social and Emotional Development
This presentation will provide an over view of the developmental stages of children between the ages of birth to 6 years old focusing on creative techniques currently being incorporated at the Mesa Terros Families First program. This presentation will provide examples of current work being done at Terros to assist parents enrolled in the Families First Program with learning about their children's development, positive outcomes and techniques to assist supporting parenting skills. **Missy Longe, MC, LPC, LISAC**

84. Climbing Down from the Adaptive Peak: An Introduction to Acceptance and Commitment Therapy (ACT)
This presentation has the capacity to change the way you conceptualize mental illness as a whole. Acceptance and Commitment Therapy (referred to as ACT by its developers). ACT represents the next generation of therapy in that it is mindfulness based and behaviorally oriented, focusing on increasing one's self-direction through connecting with one's values. ACT is empirically valid, versatile and offers hope to individuals who find themselves stuck in an unhealthy place. **Samuel Lample, LPC & Megan Schwallie, LCSW**

85. How and Why We Need to Take Better Care of Ourselves: Self Care for Direct-Line Workers
This presentation will identify some of the contributing factors associated with burnout, compassion fatigue, and secondary trauma while providing attendees with practical ways to practice self-care. This presentation will also explore ways that those in leadership can support their employees without the use of punitive approaches. **Armando Peelman, MSC, LAC**

86. Positive Staff Self Care in the Face of Vicarious Traumatization*
Working with populations that have sustained and perpetrated sexual crimes can have a significant impact on mental health and support staff with regards to internal stereotypes and stress management. This workshop will address issues surrounding staff wellness and management of staff's own vicarious traumatization in coping with these unique challenges. **Jessica Sage, PsyD**

87. Navigating the Complexity of Complex Trauma: An Introduction to the Treatment of Developmental Trauma & Dissociation (Part 2)
Continuation of Session 75. **Sarah Jenkins, MC, LPC**

88. "Why Can't I See It?" The Hidden Side of Treating the Post-Concussive Client*
Identifying previous concussion (mTBI) history in your client can be the difference between success and empowerment or ineffective interventions and less-than optimal outcomes. Learn about the latest in identification and treatment of the post-concussive client (youth or adult), when a neuropsychological evaluation is needed, and the implications of medication management on the post-concussive brain. mTBI resources will be provided. **Susan M. Wolf, PhD**

89. Spotlight on Disenfranchised Grief: This is Real Grief Too!
Disenfranchised grief is that which is experienced when the loss is not, or cannot be, openly acknowledged, publicly mourned, or socially supported or understood. The unique issues associated with experiencing these types of losses as well as ways to be supportive of those who are suffering from them will be addressed. Topics will include friend loss, pet loss, infertility, miscarriage, abandonment, grief in the workplace, divorce, job loss, etc. **Anne Bach-Starling, MAEd, LPC-S, NCC**

90. Population Health Management, Programs, Models, and Tools
Report on Cenpatico Integrated Care network's participation in the SAMHSA Innovation Community for Population Health Management during 2015, including the development of the Population Health Management Administrator (PHA) role. In addition, training required to develop population health management capabilities throughout the network, including skills working with data for improvement and IHI's Model for Improvement and the Triple Aim. **Lee Martinez, MA, LAC, CPHQ**

THURSDAY, AUGUST 25

7:00 AM - 8:00 AM REGISTRATION

8:00 AM - 8:15 AM WELCOME AND OPENING REMARKS

8:15 AM - 10:00 AM GENERAL SESSION

91. **The Hungry Ghost: A Biopsychosocial Perspective on Addiction***

For twelve years Dr. Maté was the staff physician at a clinic for drug-addicted people in Vancouver's Downtown Eastside, where he worked with patients challenged by hard-core drug addiction, mental illness and HIV, including at Vancouver Supervised Injection Site. In his most recent bestselling book *In The Realm of Hungry Ghosts*, he shows that their addictions do not represent a discrete set of medical disorders; rather, they merely reflect the extreme end of a continuum of addiction, mostly hidden, that runs throughout our society. In *The Realm of Hungry Ghosts* draws on cutting-edge science to illuminate where and how addictions originate and what they have in common. Contrary to what is often claimed, the source of addictions is not to be found in genes, but in the early childhood environment where the neurobiology of the brain's reward pathways develops and where the emotional patterns that lead to addiction are wired into the unconscious. Stress, both then and later in life, creates the predisposition for addictions, whether to drugs, alcohol, nicotine, or to behavioral addictions such as shopping or sex. Helping the addicted individual requires that we appreciate the function of the addiction in his or her life. More than a disease, the addiction is a response to a distressing life history and life situation. Once we recognize the roots of addiction and the lack it strives (in vain) to fill, we can develop a compassionate approach toward the addict, one that stands the best chance of restoring him or her to wholeness and health. **Gabor Maté, MD**

10:15 AM - 12:00 PM GENERAL SESSION

92. **Post-Traumatic Growth: Dealing with Disenfranchised and Complicated Grief**

Hidden pain is not all that we are treating when we deal with grief. Post-traumatic growth after loss involves examining the hidden positive feelings such as hope, strength and forgiveness that our clients are not comfortable holding or trusting. The goal in post-traumatic growth is not to "get rid" of pain but rather to help our clients develop the skills to be able carry the weight of his or her his distress so that relapse can be averted. This lecture will focus on techniques that will help guide the patient through complicated and disenfranchised grief and will offer strategies that promote post-traumatic growth. **Rokelle Lerner, MA**

1:30 PM - 3:15 PM CONCURRENT SESSIONS – CHOOSE ONE

93. **Suicide Risk and Prevention Among Lesbian, Gay, Bisexual, and Transgender Youth**

Research through The Family Acceptance Project has shown that acceptance significantly reduces self-harming behavior and lifetime suicide attempts. When LGBT youth receive the support they need to be successful, risk factors decrease, protective factors are increased, and they thrive. The concepts discussed in this session will provide tools and strategies that will increase positive experiences and foster positive self-esteem for LGBT youth. **Amy D'Arpino, BSW**

94. **Interpersonal Violence and Addiction in American Indian Women***

Violence against women is a significant public health problem. Many mental health problems among substance abusing populations are directly linked to high rates of abuse and trauma. Understanding the risk profiles for American Indian women has important implications for mental health and substance abuse professionals providing treatment to this population. **Monique Smith, MA, PsyD, CADC II**

95. **Client Welfare, Therapist Responsibility: When Therapist Values and Ethics Conflict***

Recent court cases highlight conflicts faced by students, supervisors and psychologists when personal values conflict with ethics requirements. Two legal cases involve student values related to client sexual orientation that were in conflict with ethics code diversity requirements. This workshop reviews ethical issues involved, legal outcomes, and current standard of care. **Pamela Harmell, PhD**

96. **Collective Impact: Improving Communities Through Collaboration with Medication-Assisted Treatment**

Mr. Christensen and Mr. White will discuss Medication-Assisted Treatment (MAT) for opioid addicts and how they are currently supporting Maricopa County Drug Court, Maricopa Correctional Health Services, residential programs, the Arizona Department of Corrections, and developing trainings for the Department of Child Safety. We will also be providing a general overview of MAT and how a collective Impact model along with community based services are being implemented to promote better outcomes for individuals struggling with substance dependence. **Michael C. White, BSS, MCJ & Rick Christensen, PA, CAS**

97. **Mindfulness for Children: Nurturing Resilience, Emotional Growth, and Empathy**

Children growing up in families marginalized by poverty, homelessness, hunger, addiction, incarceration, and violence are in desperate need of nurturing strategies that counter experiences of stress, abuse, and neglect. This experiential workshop offers innovative techniques and practices in teaching mindfulness to at-risk children and youth, while creating the physically and emotionally safe environment essential for expressing difficult emotions, resolving conflicts, improving attention, and developing empathy. **Mary E. Stanton, MEd, LADAC**

98. **Misdiagnosis and Dual Diagnoses of Gifted Children and Adults: Neglected Areas of Practice***

Gifted and talented children and adults frequently experience underachievement, peer issues, power struggles, perfectionism, existential depression, and other problems, yet are misunderstood, neglected, and often misdiagnosed. This session offers professionals training in characteristics, special needs, and treatment approaches with gifted children and adults, particularly those who are twice-exceptional, such as gifted and learning disabled, and will receive information on relevant associations, books, and other resources. **James T. Webb, PhD**

99. **Clinical Documentation: What You Need to Know About State and Federal Guidelines to Avoid the Most Common Documentation Errors**

In public sector agencies, it is imperative that you, your supervisors and staff have a good understanding of what needs to be included in clinical documentation. This training will give supervisors and clinical staff an opportunity to learn what information needs to be included in documentation to meet state and federal guidelines. In addition, ways to avoid most common data validation errors will be reviewed. **Jennifer Brummet, MC, LPC**

100. **A Light that Endures: Dealing with Compassion Fatigue**

Being a professional helper can take its toll, and the price we pay may creep in subtly and leave us worse for wear. Compassion fatigue increases our risk for diminished satisfaction and quality professionally and personally. Learn how to identify compassion fatigue early, as well as practical steps to help you stay happy and healthy in your work. **Daniel S. Orozco, LPC, CETP, CCFP**

101. **Suicide Prevention: A Clinical Guideline and a Christian Perspective***

Suicide is a major behavioral public health concern. Literature was examined on suicide prevention that includes measures that are evidence-based. These measures can reduce morbidity and mortality. Dr. Ackerley presents a look at suicide from a very personal level. Her son died by suicide in 2012. Dr. Ackerley's perspective as a Christian may offer hope as well as additional preventative measures to reduce suicide. **Jane Ackerley, DNP, MSN, APRN, PMHNP-C**

102. **The Magic of Memory**

Understanding how memory works is crucial to the effective treatment of our clients with trauma, PTSD, and complex trauma. This presentation will cover how memories are stored in the brain, their reconstruction, and the different types of memory defining categories of both short term and long term memory. An overview of what happens to the memory during traumatic experience and how this understanding can be used to help treat our clients will be covered along with techniques to help clients improve memory. **Nancy Jarrell O'Donnell, MA, LPC, EAP, CSAT**

103. **Stop the Pain and the Debilitating Effects of PTSD on Veterans, First Responders and their Families***

The presentation will introduce the dehp Therapeutic Treatment modality for Veterans and First Responders with PTSD and their families. It will discuss the findings of the recently completed 2016 study by Southwest Behavioral & Health Services as well as the results of a one year study completed by dehp Therapeutic in 2015. We will discuss why dehp works and how imperative it is that we work on breaking cycles of abuse. **Josette Sullins & Maria Navarro, LPC, Doctor of Behavioral Health**

104. **Member and Family Voice: Designing an Effective Structure**

When members are highly engaged not only in their treatment but in a systemic way we see great improvements in outcomes. In today's world of increasing Integrated Care and Value Based Contracting it's more important than ever to understand the how's and why's of member and family voice. Tony Smith, Director of Individual and Family Affairs, will share Cenpatco Integrated Care's history, solutions, outcomes, and vision for creating structured member and family voice. This presentation is discussion based so bring your own voice and be prepared for engagement and activation of your own. **Tony Smith, ITE & Patsy Price**

105. **Mid-Life with Style: Crisis or Success?**

Learn how to identify and overcome mid-life sabotage to help your clients and yourself. Based on my new book, and inspired by too many derailed mid-lives due to countless crises. This workshop will help you identify personal styles, prepare your Baby Boomer clients for a healthier transition, and utilize therapy to recover from a long list of common crises. These include: empty nest syndrome, midlife divorce, physical illness or injury, grief and loss, identity confusion, financial dilemmas, self-sabotage and sabotage by others. By helping your clients resolve these issues you will help them to create the best mid-life ever. **Cathy Zipperian, MS, LPC, LISAC**

3:30 PM - 5:15 PM CONCURRENT SESSIONS — CHOOSE ONE

106. Out of the Box: Creating a Culturally Appropriate Assessment Tool for Individuals with Diverse Gender Identifications and/or Sexual Orientations to Promote Optimal Treatment Outcomes

As clinicians, we aim to optimize treatment outcomes and in doing so asking the right questions becomes essential. The assessment and intake process in particular is often the platform driving this success. So how is it that the assessment tools we use have a one size fits all approach, leaving many feeling out of place....out of the box.... at their very first encounter? Please join us for Out of the Box, a training aimed to promote inclusion, effective strategy and engagement practices for all individuals regardless of biological sex, gender identification, expression, presentation or sexual orientation. **Tawny Meyers, LPC, LISAC & Sarah Hall, MC**

107. Finding the Sanity within Mindfulness and More: A Buddhist Approach to Psychology and Counseling*

We practitioners are well versed in Western approaches to psychology. Our culture has embraced Mindfulness, which is a staple of Buddhist practice. Buddhist Psychology, with its emphasis on being present, offers a complimentary approach to Western treatment. John will discuss therapeutic tools, teach Mindfulness citing the latest scientific research, use music to foster understanding of such difficult Buddhist concepts as co-dependent arising, and guide participants to an enhanced experience of the present. **John Chabin, MA, LPC**

108. Stories of the Accused: Therapists and Accusations of Unprofessional Conduct*

This presentation will summarize findings from a qualitative study on the lived experiences of 10 therapists who faced formal accusations of unprofessional conduct. Attendees will learn how this experience impacted study participants' personal relationships and professional identity. Attendees will also learn practical techniques on how to manage ethically difficult situations and about the challenges encountered when navigating interactions with State licensing boards. **Jacey Coy, PsyD, LMFT**

109. The Link Between Male Victimization and Substance Abuse*

It is estimated that before the age of 18, one in six boys are the victims of sexual abuse. Any man can be the victim of sexual assault. Substance abuse rates for alcoholic and heroin addicted men with sexual abuse or assault histories are one in four. This is a problem which is usually never identified or adequately addressed in treatment. Content of this presentation will offer strategies to identify victimization clues, assessment, and treatment using Cognitive Behavioral Therapy. **Galen F. Richmond, RNP-BC, PMHCNS-BC**

110. Choosing Health in Our Community

Adults with serious mental illness die 25-32 years sooner than the average population. Cenpatco Integrated Care and Choose Health are working to improve the health of this vulnerable population. **Jennifer Keogh, MPH, CHES**

111. Safety Awareness and You: The Unique Challenges in Home Visits

Behavioral health care services has moved from the clinic to the home. Each home entered is a new and unpredictable work environment. Behavioral health care professionals experience the full spectrum of violence, from sexual harassment, verbal threats of harm, to major assaults with physical injuries; yet the majority of staff receive no training on conducting home visits. This workshop provides basic strategies and recommendations for improving your safety. **Thea Tate, MA, ACPPIV**

112. The Audacity of Wellbeing: Self-Care & Self-Study as Ethical Practice

While we are all aware of the importance of self-care for our own health and wellbeing, many of us often find it difficult to make time for ourselves. Yet as mental health workers it is ethically necessary to practice what we preach. In this hands-on workshop we will inquire into our deeper selves to re-focus on living with greater health, awareness and purpose. **Stefanie Sichler, LAC, E-RYT 200, MC, MBA**

113. The Traumatized Family: Engaging Parents Involved in the DCS System

Can behavioral health and system partners avoid re-traumatizing the children and families in the DCS dependency process? This workshop will explore how early and consistent engagement of parents, appropriate screening and assessment, and collaboration with system partners can support reunification and help break the transmission of intergenerational trauma. Participants will leave with a renewed sense of hope and skills to build resiliency in this high risk population. **Hilary Mahoney, MPH**

114. The Seven Principles of Trauma-Informed Care: Making Whole the People

Our worlds are full of people who are injured and who come to us to heal. Our work—the work of skilled helpers—is to respond in ways that are deliberate, and that reduce the risk of further harm as we work. These seven principles (and a number of practices!) help the people you serve develop relational skills, and they help you frame responses through the lens of trauma and its' impact. We'll also talk about the four best tools for helping the brain "re-wire" after traumatic experiences. **Elizabeth Power, MEd**

115. Screening, Brief Intervention, and Referral to Treatment (SBIRT): Innovative and Effective Adaptations

The Screening, Brief Intervention, and Referral to Treatment (SBIRT) model has proven to be effective in the early identification of, and intervention in emerging and escalating behavioral health problems. However, the SBIRT framework has demonstrated its effectiveness beyond its current use in healthcare settings. This presentation will orient participants to the SBIRT framework while exploring its flexibility for use in alternative settings. **Charlie Alcaraz, MPA, ACTP & Judith Francis, PhD**

116. Zero Suicide: Attainable or Not?*

This presentation covers history of suicide prevention and current initiatives throughout the country and world that are focused on zero suicides in healthcare. **Karen Chaney, MD**

117. Community Stabilization: Right Intervention, Right Time and Right Place

Participants will receive an overview of Mercy Maricopa Integrated Care's innovative practices to increase community stabilization as the prevalent outcome of crisis intervention services. Through enhanced coordination and collaboration, Mercy Maricopa Integrate Care, its contracted crisis provider network and community partners have developed an innovative approach to crisis intervention that is designed to provide the right intervention at the right time in the right place. Yielding outcomes that lead to higher customer satisfaction, lower utilization of high cost and more restrictive levels of care, and significantly reducing the amount of hospital hold time at our psychiatric emergency facilities. **Gabriella Guerra, BS, MSW & Joel Conger, BA, MBA**

118. Bridging the Crisis Divide: A Multi-County Approach to Crisis Care

Amid expansion, Cenpatco Integrated Care strives to support a person-centered approach across eight counties. Discussions will include variance in serving both rural and urban communities, importance of collaboration with system partners and the value of member voice. **Amy Devins, BA & Julie Mack, BA, ASIST & QPR Certified**

DISTINGUISHED SPEAKER BIOS



Marlo Archer, PhD, PAT

Dr. Marlo Archer is a licensed psychologist; treating kids, teens and families in Tempe, Arizona. www.DrMarlo.com. A certified psychodramatist, Dr. Archer co-founded the Arizona Psychodrama Institute which unites creative individuals from across Arizona under the common mission of teaching Psychodrama, Sociometry, and Group Psychotherapy to organizations, professionals, and students whose practices would be enhanced by using action methods. www.AzPsychodrama.com. She was also the 2013 winner of the Zerk T. Moreno award from the American Society of Group Psychotherapy and Psychodrama.



Dena Cabrera, PhD

Dr. Dena Cabrera is a licensed psychologist and serves as the executive clinical director for Rosewood Centers for Eating Disorders. She is involved in program development, staff training, and supervision throughout the Rosewood system. Dr. Cabrera has authored numerous articles and publications and is honored by her academic and clinical peers for contributing vital resources to the field of eating disorders. She is the author of *The Mom in the Mirror: Body Image, Beauty and Life After Pregnancy*. She presents nationally and internationally on mental health issues.



Adena Bank Lees, LCSW, LISAC, BCETS, CP

Adena Bank Lees is recognized as an energetic presenter and integrative thinker, Adena has been offering premiere services in training, consulting and psychotherapy around the globe for over 25 years. She is a licensed clinical social worker, substance abuse counselor, board certified expert in traumatic stress and certified psychodramatist. Her passion is to utilize action methods in both client treatment and professional training to optimize laughter while learning.



Jon Caldwell, DO, PhD

Dr. Jon G. Caldwell is a board certified psychiatrist who specializes in the treatment of adults who have experienced relational trauma and addictive behaviors. He is Chief of Psychiatry at The Meadows treatment center in Wickenburg, Arizona. 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. His clinical approach has become increasingly flavored by contemplative psychology and by the practice of mindfulness and self-compassion. Dr. Caldwell has published a number of articles on child maltreatment, attachment theory, emotion regulation and mindfulness and he is a noted international speaker and trainer on these and other topics.



Joan Borysenko, PhD

Joan Borysenko is a world renowned expert in the mind-body connection. A licensed psychologist with a doctorate in cell biology from Harvard Medical School, she synthesizes cutting edge science with deep humanity. President of Mind-Body Health Sciences, LLC in Santa Fe, NM and a New York Times bestselling author of 17 books, Joan also has a series of audio programs for meditation and stress management. Her work has appeared in *The Washington Post*, *the Wall Street Journal*, on Public Television, and on numerous websites. You can find out more at www.joanborysenko.com or join the lively conversation daily at www.facebook.com/joanborysenkocommunity.



Kevin Berthia

Kevin Berthia is living each day in gratitude after Sgt. Kevin Briggs talked him back over the ledge of The Golden Gate Bridge in 2005. Kevin Berthia has since become a Suicide Prevention Advocate, encouraging people to talk through their problems rather than think about ending their lives. Kevin Berthia believes that depression may be a part of you, but it is not who you are. He lives in Northern California and has three children.



John Briere, PhD

John Briere is Associate Professor of Psychiatry and Psychology at the University of Southern California, where he teaches and consults in inpatient psychiatry, the ER, and the burn center. He is Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network and recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association. Author or co-author of over 120 articles and chapters, 15 books, and 9 psychological tests, Dr. Briere teaches on trauma, assessment, therapy, and mindfulness internationally. His website address is johnbriere.com.



Rokelle Lerner, MA

Rokelle Lerner is a pioneer in the development cutting edge treatment for children and adult children of alcoholics and a renowned author and lecturer in the field of addiction and relationship issues. She has trained counselors, psychologists, teachers and social workers throughout the world in healing the family from the ravages of addiction. Rokelle is the Senior Clinical Advisor for Crossroads Recovery Center in Antigua. She has received numerous awards for her work including the National Association for Children of Alcoholics' Lifetime Achievement Award and *Esquire* magazine's "Top 100 Women in the US Who are Changing the Nation." She has appeared on *Oprah*, *Good Morning America* and *20/20*. Her articles and interviews have been featured in the *Washington Post*, *New York Times*, *Newsweek*, *TIME*, *People Magazine* and *Parents Magazine*. Rokelle designs and presents training workshops and seminars on addiction, recovery and relationship issues for both the public and private sector. She is an inspirational, keynote speaker that can address difficult topics with expertise, clarity, compassion and humor.



Kevin Briggs

Upon graduating high school, Kevin Briggs entered the United States Army. He spent three years in the Armed Forces with assignments in the United States and Europe. Then, his law enforcement career began in 1987 as a correctional officer at Soledad State Prison and San Quentin State Prison. In 1990, he entered the California Highway Patrol (CHP) academy, and after 23 years with multiple commendations for service, Sgt. Kevin Briggs retired in the fall of 2013. Nicknamed the Guardian of the Golden Gate, Briggs predominately worked on the Bridge -- an assignment that would prove to be very challenging as the Golden Gate Bridge produced an average of four to six suicidal persons, multiple traffic collisions, and dozens of other law enforcement "calls" each month. Today Kevin Briggs is active in efforts to promote Crisis Management, Crises Intervention Training, Leadership Skills and Suicide Intervention & Prevention worldwide. His speaking engagements educate law enforcement departments across the country, including the FBI, and he consults and advises major companies and corporations. His story and experiences have been featured in *The New Yorker Magazine*, *Men's Health Magazine*, NPR's *Bob Edwards Radio Show*, *NBC Nightly News* with Brian Wilson, *The Steve Harvey Show*, and *People Magazine*.



Vicki Loyer (Carlson), PhD, LMFT

Vicki Loyer (Carlson) is an AAMFT Approved Supervisor and current president of the AzAMFT. She is the Director of Clinical Services at Sonora Behavioral Health, a clinical partner at the University of Arizona Department of Psychiatry, and a Subject Matter Expert and Instructor for Graduate Studies at Grand Canyon University. Additionally, she has a private practice in Tucson. She is co-author of books on premarital relationships, youth at risk, and most recently published a chapter on the premarital inventory RELATE for Evidence-based approaches to relationship and marriage education (in J. J. Ponzetti, Jr, 2015), and has been publishing and speaking in the area of self-injury.



Gabor Maté, MD

A renowned speaker, and bestselling author, Dr. Gabor Maté is highly sought after for his expertise on a range of topics, from addiction to mind-body wellness. Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them. As an author, Dr. Maté has written several bestselling books including the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. His works have been published internationally in twenty languages. Dr. Maté is the co-founder of Compassion for Addiction, a new non-profit that focusses on addiction. He is also an advisor of *Drugs over Dinner*. Dr. Maté has received the Hubert Evans Prize for Literary Non-Fiction; an Honorary Degree (Law) from the University of Northern British Columbia; an Outstanding Alumnus Award from Simon Fraser University; and the 2012 Martin Luther King Humanitarian Award from Mothers Against Teen Violence. He is an adjunct professor in the Faculty of Criminology, Simon Fraser University.



Philip Robert Rhoton, PsyD, LPC

Dr. Rhoton has been involved with mental health treatment since 1989. In that tenure he has supervised outpatient clinics, juvenile justice programs, Intensive outpatient substance abuse groups for adolescents, day treatment programs, adult offender programs and child and family services. Dr. Rhoton has advanced training in child and adolescent trauma treatment being certified by the American Academy of Experts in Traumatic Stress for Child Trauma Therapy. Bob is the past president of the Arizona Trauma Therapy Network (2010 through 2012). Dr. Rhoton has collaborated with numerous agencies in Arizona fine tuning their understanding of trauma and the impact of developmental trauma on the individual and family. Dr. Rhoton is the founder and CEO of Arizona Trauma Institute which is a professional training and consultation company. Bob serves on the Arizona Department of Health Services Trauma Informed Care (TIC) taskforce, and is on the Arizona Board of Behavioral Health Examiners Counselor Credentialing committee.



Katy Scoblink, CTP, MSc, LISAC

Katy Scoblink serves as Director of Recovery Communities for Old Pueblo Community Services. Katy has over 12 years of experience working in the field of addiction in Criminal Justice as well as in both private and state agency settings. She has provided Clinical Supervision for individuals for the past 6 years. Katy received her BSc in Psychology and Counseling from The University of Surrey, London, England. She continued her studies and received her MSc in Addiction Psychology and Counseling from London South Bank University/PROMIS Treatment Recovery Center, England. In year 2 of her MSc she received the 'PROMIS' award for outstanding performance and application in her studies. In March 2016 Katy became a Certified Trauma Practitioner. Katy is Licensed as an Independent Substance Abuse Counselor through the Arizona Board of Behavioral Examiners, and is an approved Clinical Supervisor through this same body.



Robert Weiss, LCSW, CSAT-S

Robert Weiss has served for the past 6 years as Senior Vice President of National Clinical Development for Elements Behavioral Health. In this capacity, he has established and overseen addiction and mental health treatment programs for more than a dozen high-end treatment facilities, including Promises Treatment Centers in Malibu and Los Angeles, The Ranch in rural Tennessee, and The Right Step in Texas. He was instrumental in integrating Dr. Brené Brown's Daring Way™ curriculum into the Elements system. Previously, he developed sexual addiction treatment programming for the Sexual Recovery Institute in Los Angeles and The Life Healing Center in New Mexico. An internationally acknowledged clinician and author, he has served as a subject expert on the intersection of human intimacy and digital technology for multiple media outlets including The Oprah Winfrey Network, The New York Times, The Los Angeles Times, The Daily Beast, and CNN, among many others. He is the author of several highly regarded books, including *Sex Addiction 101: A Basic Guide to Healing from Sex, Love, and Porn Addiction* and *Cruise Control: Understanding Sex Addiction in Gay Men*. He has also co-authored, with Jennifer Schneider MD, both *Closer Together, Further Apart: The Effect of Technology and the Internet on Parenting, Work, and Relationships* and *Always Turned On: Sex Addiction in the Digital Age*. He is a regular contributor to several pop and clinical websites, including Psychology Today, Huffington Post, Psych Central, Counselor Magazine, and Addiction.com, among others. For more information please visit website at www.robertweissmsw.com or follow him on Twitter, @RobWeissMSW.

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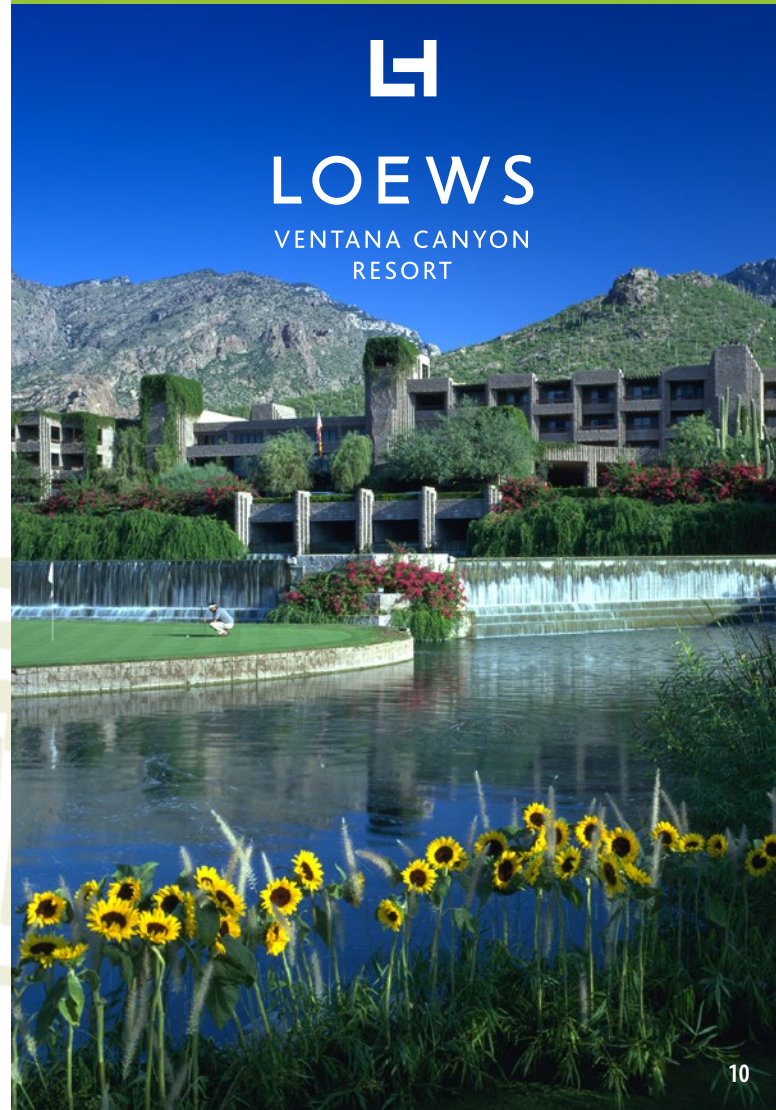
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