

4 9 T H A N N U A L  
SOUTHWESTERN SCHOOL FOR BEHAVIORAL HEALTH STUDIES

# SWS 2017

“DELIVERING EXCEPTIONAL CARE  
IN A CHANGING LANDSCAPE”

BROUGHT TO YOU BY



LA FRONTERA  
ARIZONA

EMPACT - SUICIDE PREVENTION CENTER

**AUGUST 13-17, 2017**

[www.azsws.org](http://www.azsws.org)

EARN UP TO 36.75 HOURS OF  
CONTINUING EDUCATION!



LA FRONTERA ARIZONA EMPACT - SPC  
618 S. MADISON DRIVE, TEMPE, ARIZONA 85281

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## REGISTRATION INFO & POLICIES

# TO ENROLL

YOU MUST REGISTER ONLINE AT  
**www.azsww.org** using a credit card

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

**Please Note:** Online registration closes on Wednesday 7/26/17.

**Contact:** Ka'teia Vandor with questions.

**Email:** swwinfo@lafontera-empact.org

**Phone:** 480-784-1514 ext. 1508

## FEES\*

- **4-Day Conference** (Mon.–Thurs.)
  - **Early Bird** (Must register by Mon. 6/19/17) **\$445**
  - **Regular** (If registered after Mon. 6/19/17) **\$495**
- **Single Day** (Must register at this daily rate if not attending the entire 4-day conference) (Pre-Conference is not included in this rate) **\$150**
- **Sunday Pre-Conference** (Choose session 1, 2, OR 3 of Pre-Conference) (Lunch included) **\$175**
- **Sunday Pre-Conference** (Choose session 1, 2, OR 3 of Pre-Conference) + **4-Day Conference** (Mon. – Thurs.) **\$585**
- **Sunday & Monday Pre-Conference** (12 Hour Clinical Supervision) (Lunch included) **\$250**
- **Sunday & Monday Pre-Conference** (12 Hour Clinical Supervision) + **3 Days** (Tues. – Thurs.) **\$585**
- **Special SWS Luncheon** (Wed. 8/16/17) (Attendees will receive 1 hour of continuing education) **\$30**

\* *On-site registration will incur a \$25 Late Registration Fee.*

*On-site registration is not guaranteed to be available if the conference sells out.*

## 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 and pay online using a credit card.

## Cancellation Policy:

If you cancel your registration by Wednesday 7/26/17, your registration fee will be refunded, less a \$50 cancellation fee. There are no refunds for cancellations received after Wednesday 7/26/17. Substitutions will be accepted until Wednesday 7/26/17. 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.

### Available Clock Hours of Continuing Education by Day:

- Sunday: 6
- Monday: 7 (or 6 if attending 12-Hour Clinical Supervision)
  - + Special Evening Session: 8.75 (or 7.75 if attending 12-Hour Clinical Supervision)
- Tuesday: 7
- Wednesday: 7
  - + Special SWS Luncheon: 8
- Thursday: 7

## Cultural Diversity and Ethics Continuing Education:

**Cultural Diversity Sessions:** 8, 12, 17, 18, 30, 32, 37, 39, 40, 49, 56, 62, 63, 80, 86

**Ethics Sessions:** 15, 16, 25, 27, 36, 41, 44, 65, 79, 92

## 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 (ACEP™) 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 60, 78 and 89 do not meet NBCC requirements)*



**NAADAC:** La Frontera Arizona EMPACT – SPC is recognized as a NAADAC Approved Education Provider for this conference. (#76002)

**NASW AZ:** This Conference is approved to offer continuing education by the National Association of Social Workers, Arizona Chapter. (# 3138)

# SUNDAY, AUGUST 13

## 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. Healing Attachment Trauma: The Journey to Wholeness

Journey with the presenter for this full day of understanding the often impenetrable and confusing behaviors of children who have suffered Developmental Trauma. A look through the lens of Attachment, Trauma and Object Relations theories will show how a real-time transformation of the child is possible when unmet relationship needs from the earliest years of life can be met. You will leave with new insight and many practical strategies for support and healing of these most challenging children! **Kenny E. Miller, ACSW, LCSW**

### 2. Demystifying the Difficult Family with Competency-Focused Family Therapy\*

This training provides an introduction to the fundamentals of single session family system's therapy. Learn to conceptualize cases from a system's perspective and to go beyond case content to make each session culturally relevant and therapeutically solid. At the end of this workshop you will be prepared to expertly work with family systems to create a context in which change is logical. **Vicki Loyer (Carlson), PhD, LMFT**

### 3. 6-Hour Clinical Supervision Training\*

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 and ADHS requirements. This training utilizes case studies and a collaborative participant discussion format to assure that all points are covered and adequately understood. **Philip Robert Rhoton, PsyD, LPC**

### 4. 12-Hour Clinical Supervision Training (2-Part Session)\*

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 and ADHS requirements. This training utilizes case studies and a collaborative participant discussion format to assure that all points are covered and adequately understood. **THIS IS A 2-PART SESSION. PART 1 WILL OCCUR ON SUNDAY, 8/13/17 AND PART 2 WILL OCCUR ON MONDAY, 8/14/17. TIME: 9:00 AM - 4:00 PM EACH DAY (LUNCH: 12:00 PM - 1:00 PM EACH DAY). Philip Robert Rhoton, PsyD, LPC**

## EARLY CONFERENCE CHECK-IN

Sunday, August 13 - 3:30 PM - 5:00 PM

FOR AUGUST 14 - AUGUST 17 ATTENDEES

Location: Hotel Conference Center - Tucson Registration Desk

Save time and avoid the Monday morning rush.

Come by Sunday 8/13/17 to pick-up your registration materials.

# MONDAY, AUGUST 14

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

### 5. Be a Shining Light of Hope: Everyone Plays a Role in Suicide Prevention\*

In her presentation, "Be a Shining Light of Hope," Dr. Spencer-Thomas offers participants inspiration and a solid understanding of the personal and community issues surrounding suicide as she guides listeners through her own journey from bereavement to activist. Positioning suicide as a social justice issue, she empowers everyday citizens to get involved in the "suicide prevention movement." By giving many examples of community-level action, she teaches participants strategies that can shift culture, increase help-seeking, and ultimately save lives. She leaves the audience with three core elements for creating change: start with yourself, instill hope, and engage a wider circle in the efforts of suicide prevention. **Sally Spencer - Thomas, PsyD**

10:15 AM - 12:00 PM GENERAL SESSION

### 6. Narrative Therapy for Severe Mental Health Disorders\*

The ideas that are being called narrative therapy are both new and ancient and provide us with unique opportunities for integration with indigenous perspectives. The fundamental idea is simple but profound, that all human activity is structured in the form of a story, including our memory, which has been confirmed by neuroscience. In narrative therapy we gather the stories about the client, told by the client, and surrounding us from the larger culture, and understand through dialogue how some of these stories might be contributing to the client's suffering. We work within the stories of the client to help shift those stories toward greater harmony and balance. Case series and stories are presented for the use of narrative therapy for people diagnosed with psychotic disorders, bipolar disorder, and North American First Nations' people who have attempted suicide. We will conclude by showing how this approach is quite consistent with some First Nations' models of mind and self, and are often more readily accepted than conventional approaches by those who are having extraordinary experiences and by indigenous people. **Lewis Mehl-Madrona, MD, PhD**

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

### 7. And the Light Shines On: After Death Communication Experiences of People Bereaved by Suicide\*

Many people bereaved by suicide have mystical connections with the loved ones they have lost that affect their healing journey—powerful dreams, meaningful coincidences or other "signs" that their loved one's spirit continues. Sally Spencer-Thomas, CEO & Co-Founder of the Carson J Spencer Foundation and co-author of *The Role of Faith Communities in Suicide Prevention: A Guidebook for Faith Leaders* will present findings from a survey given to survivors of suicide loss (n=1500) about their spiritual connections with the people they have lost to suicide. **Sally Spencer - Thomas, PsyD**

### 8. Native American Culture and Spirituality: Lessons for Psychology in the 21st Century\*

Psychotherapy consists of speaking to reduce suffering and clearly exists in all cultures and times regardless of what it is called. In Native North American cultures, relational therapies are common, as well as imagery techniques, group therapies (the talking circle or reconciliation circle), and ceremonies. Behavioral activation in the form of tasks to be undertaken are also common. The rules by which therapist and client interact are different, with traditional elders expecting more respect than is common in the modern consumer culture and also being more directive in telling the suffering individual what to do. Mainstream psychology and psychotherapy can learn from Native American culture in several areas: 1. The emphasis on the community as the unit of treatment. 2. The emphasis on inter-connectedness and inter-dependence of people with each other and with nature. 3. As part of this, the inclusion of spirituality within psychotherapy. 4. The use of "magical" procedures to transfer the therapist's healing intention to the client in ways which persist between sessions. 5. The change of identity narrative for healing in desperate situations. We will explore how to integrate in culturally respectful ways. **Lewis Mehl-Madrona, MD, PhD**

### 9. Beyond Conduct Disorder: Trauma and Delinquency\*

Youth involved in the juvenile justice system present with significant trauma. Learn about the prevalence of and interaction between trauma, mental health, and substance use disorders in delinquent youth. Learn about criminogenic factors and specific treatments that can mitigate these presentations to better guide youth back into the community and away from the juvenile justice system. **Beverly Tobiason, PsyD, LPC**

### 10. When the Juvenile Sex Offender is Also a Victim: Risk Management, Safety Planning and Clarification (Part 1)\*

What happens when the juvenile with sexual behavior problems is also a victim of sexual perpetration? Special treatment issues including prevalence, characteristics, risk management, safety planning, and clarification of process will be presented. Where there are philosophical differences in treatment approaches (victim vs offender vs. trauma), utilizing a clinical decision model, participants will be presented with solutions to work through impasses. **Lee A. Underwood, PsyD & April Crable PhD**

### 11. Covert Sexual Abuse: The Sexual Seduction of Being Special\*

Covert Sexual abuse is a puzzling therapeutic challenge to identify. The challenge for therapists rests in the knowledge that this "seductive" role is exploitive and destructive to the client, yet, parent and child may silently collude in the exploitation further complicating treatment outcomes. This lecture will explore the dynamics that put families at risk and therapeutic interventions to help restore sexual and relational health. **Debra L. Kaplan, MA, MBA, LISAC, LPC, CSAT-S**

**12. Prevention and Intervention: Latino Youth Street Gangs\***

The alarming increase of gangs in the United States has become a national priority. This work focuses on Hispanic youth street gangs in the United States. It provides a description and understanding of contemporary gangs that are emerging in Mexican, Mexican American, Puerto Rican, Dominican and Central American Communities. This description and understanding requires an appreciation of the importance of immigration and transnational spaces for the phenomenon of US Hispanic Street gangs. It explores the vulnerability of Hispanic communities to youth street gangs. Also, discussed are consequences associated with streets gangs such as substance use and sales, violence, high-risk sexual behaviors and family disruption. The responses of the communities to these consequences are also addressed in the form of model intervention and prevention programs. Included are practical suggestions of how to communicate, interact, and build rapport and trust with gang members. Also included, is the latest research on risks associated with U.S. Hispanic and Latino adolescents becoming gang members. **Jesse Rocky Romero, PhD, LMSW**

**13. Family Therapy with Adolescents in a Consumption Culture\***

In a consumption culture we celebrate accomplishments, accumulation, and speed. We implicitly challenge each adolescent to choose in ways that produce these measures of success. The adolescent brain is often at risk to choose drugs and alcohol to fit in or find relief, experiencing anxiety in one-decision thinking, and depression from achievement based personal value decisions. The task is to help families of adolescence navigate this journey: Many roads lead to Rome, but not all parts of Rome are worth the visit. **Vicki L. Loyer, PhD, LMFT**

**14. Where Substance Abuse and Eating Disorders Intersect**

With co-occurring substance abuse and eating disorders, it often seems that when one is addressed, the other escalates. This presentation is primarily geared toward substance abuse counselors seeking more knowledge on treating eating disorders. It will discuss the basics of eating disorder diagnosis, treatment strategies, and how they are similar and different from substance abuse. **Michelle R. Crowell, LCSW**

**15. Patient Welfare, Therapist Responsibility: When Therapist Values and Ethics Codes Conflict (Part 1)\***

Recent court cases highlight conflicts faced by students, supervisors and psychotherapists when personal values conflict with diversity ethics requirements. Two legal cases involving student values related to client sexual orientation that were in conflict with diversity ethics codes will be discussed. This workshop will review the ethical issues involved, legal outcomes, and current standard of care. **Pamela H. Harmell, PhD**

**16. Supervision in High Anxiety Situations\***

Supervisees may experience anxiety in addressing client concerns that can clash with counselor beliefs. Current social issues are impacting client/counselor relationships and often propelling the counselor into greater advocacy activities. This can create ethical and professional dilemmas. High risk client behaviors, such as nonsuicidal self-injury, can also create counselor anxiety. This presentation will provide tools to address supervisor clinical and ethical roles and responsibilities as these high anxiety situations present in supervision. **Patricia Kerstner, PhD, NCC & Mande Rowley, PhD, LPC**

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

**17. Man Therapy™: An Innovative Approach to Mental Health for Working Aged Men\***

“Women seek help, men die” was the stark conclusion of one suicide prevention researcher. The truth is that the burden of suicide rests largely on the shoulders of men of working age – about 70% of all suicide deaths fall into this category, and those men at highest risk are often the ones least likely to seek help. The research tells us that our traditional way of doing suicide prevention doesn’t work – and that we must find new partners and new perspectives to reach suicidal men. In particular, we need to change our messaging strategies and the way we engage men to “fix themselves.” This presentation will give participants an insider’s view to the development, implementation and impact of the innovative Man Therapy™ campaign – a fully-integrated, multi-media mental health literacy campaign that uses humor to reach men of working age by “manning up” mental health. **Sally Spencer - Thomas, PsyD**

**18. Indigenous Approaches to Mind and Mental Health\***

We will explore how some indigenous culture primarily of North America view mind, self, and mental health, and how these are different from conventional mainstream psychology. We will explore a philosophy in which mind arises from a swarm of stories surrounding a body, each of which contains a spark from the being of that story’s teller. We will look at concepts of relational self in which self arises within interactions and between people as exists within communities and relationships and not confined to one body. We will explore ideas of health arising from harmony and balance and illness arising from imbalance and relational disturbance. These ideas are most compatible with social brain theories in contemporary psychology, the relational self of Hubert Hermann, and the Open Dialogue method from the Finnish Psychosis Project. We will see how profoundly different assessment becomes within such models as well as treatment and that assessment is always participatory and interactive with all concerned parties. **Lewis Mehl-Madrona, MD, PhD**

**19. A Strength-Based, Holistic Approach to the Treatment of Psychotic Disorders\***

The integrated approach to the treatment of serious mental illness and psychotic disorders is gaining increased attention in the health care field, and for good reason. Multiple studies show that an approach that integrates mental health services with primary care is better serves the diverse health needs of this population. However, even when mental health services are provided to those with psychotic disorders and/or SMI, they seldom treat the “whole person”, overlooking key client variables (“strengths”) and the deeper issues that constitute areas of struggle, and potential growth in people’s lives. This presentation will discuss research and clinical findings that support a strength-based and holistic approach to treating those struggling with serious mental illness, and how such an approach is conducive to healthy growth and development in the lives of those we serve. **William D. Beverly, PhD, LMFT**

**20. Reducing Unintended Pregnancies through Reproductive Life Goals**

Attendees of this workshop will increase their knowledge on the topic of contraception that includes client-centered conversations regarding pregnancy intention and prevention using a shared decision making process. Participants will gain confidence and competency in discussing contraception with clients. Additional information will include how to provide referrals to low or no-cost reproductive health providers. **Kristin Stookey, CRNP**

**21. Legislative and Congressional Advocacy in the New World Order: How to Make a Difference in Difficult Times**

The November election has inspired many who have not been active advocates to join the charge. This workshop will focus on advocacy tools to help you navigate the system and create good public policy for all. **Bahney Dedolph, BSW, MA**

**22. Process of Addiction**

This presentation will discuss the processes of addiction including: Foundation of Addiction, Process of Denial, Attitudes/Core Beliefs (rationalization, justification, excuse/blaming), Character Defects/Thinking Errors/Defense Mechanisms, King Baby, Co-Dependency, Stages of Change (pre-contemplation, contemplation, preparation, action, maintenance, relapse), PAWs (post acute withdrawal), and Shame (toxic vs healthy). **Bob Pilcher, LCSW, LISAC**

**23. Mindfulness and Compassion within the Parent-Child Relationship**

In this training, participants learn how to develop and strengthen caregivers’ compassion response utilizing mindfulness techniques and strength based assessment skills. Participants will learn how the compassion response can be used to promote resiliency in parents and children who have experienced trauma. Using hands-on activities, participants will explore various mindfulness interventions that can be incorporated into parent-child sessions with the intent of increasing compassion and shared meaning within the family. Participants will also reflect on the importance of self-compassion as clinicians. This training will encourage reflective practice and promote the importance of curiosity when working with families. **Serena Samaniego, MS, LAC, IMH-E®(II) & Sara Dominguez, MS, LAC**

**24. Biofeedback as Primary or Adjunctive Care\***

Biofeedback is a safe and research-based prevention and intervention technique that is used to address a wide variety of conditions. This introductory level workshop, utilizing presentation, interaction and live demonstration, will clarify what biofeedback is, the research behind it, how it works, when to use it and how to access it, as well as provide participants with several easy to implement, low cost/no cost tools. **David M. Phelan, MC, NCC, LPC, BCN**

**25. Patient Welfare, Therapist Responsibility: When Therapist Values and Ethics Codes Conflict (Part 2)\***

Continuation of Session 15. **Pamela H. Harmell, PhD**

**26. When the Juvenile Sex Offender is Also a Victim: Risk Management, Safety Planning and Clarification (Part 2)\***

Continuation of Session 10. **Lee A. Underwood, PsyD & April Crable, PhD**

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

**27. Help! They’re After Me: Avoiding Licensing Board Problems\***

This is an interactive program to help attendees identify and avoid ethics issues that can result in Board complaints and adverse actions. Common Board complaints highlighted include knowing who your client is, multiple relationships, boundary issues, court involvement, therapy collaterals, and dealing with subpoenas and records release. Resources and tools will be explored. **Tobi Zavala, BSW & Faren Akins, PhD, JD**

# TUESDAY, AUGUST 15

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

## 28. A Motivational Approach to Working with Tough Clients\*

This presentation will provide a practical guide to using a motivational interviewing approach and strategies to engage hard-to-treat individuals. **Dave Verhaagen, PhD, ABPP**

10:15 AM - 12:00 PM GENERAL SESSION

## 29. When the Titanic Meets the Iceberg: Addressing the Trauma Underneath the Presenting Problem that Leads to Mental Illness, Substance Use Disorders, Criminality and Self-Harming Behavior\*

According to the CDC if we could eliminate childhood trauma, 53% of what we help clients with would be totally unnecessary. In this Keynote address you will learn strategies that will help you address five types of trauma which impact families, including: acute stress disorder, post-traumatic stress disorder, complex trauma, 24-7-365 trauma, and historical trauma. We will discuss "secrets theory" and how workers can help decrease the impact of multi-generational trauma on families. Emphasis will also be placed on the use of humor and centering rituals to prevent secondary PTSD. **Mark Sanders, LCSW, CDAC**

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

## 30. Treating a New Generation\*

This presentation will provide an understanding of teens and young adults along with their unique needs and characteristics that influence treatment. **Dave Verhaagen, PhD, ABPP**

## 31. The Therapeutic Benefits of Humor in Counseling\*

Participants will leave this interactive, skill-building workshop with tools that will enable them to incorporate more humor into their work with clients. A partial list of topics includes: The therapeutic benefits of humor in counseling; how to use humor to decrease client stress and improve mental health; the use of humor to decrease client resistance and facilitate the building of rapport; and how to use humor to increase program morale and decrease organizational burnout and compassion fatigue. **Mark Sanders, LCSW, CDAC**

## 32. Today's Throw Away Youth

Homelessness has always been a concern in Arizona. This workshop will help the participant learn more about homeless youth, reasons for homelessness, obtain a realistic assessment of needs and possible solutions in helping homeless youth navigate life with little to no family support. It will also help in the development cultural sensitivity to youth culture, family culture and street culture. **Charlotte Peper, LPC**

## 33. The Ethics of Self-Care for Helping Professionals (Part 1)\*

The promotion, support, and modeling of self-awareness and self-care is critical to the well-being and longevity of practitioners in the helping profession. Effective coping skills improve health, mental clarity and successful outcomes while reducing stress and burn out, which better serve both practitioners and their clients. Attendees will learn the ethics of self-care, and basic tenants of stress management using a holistic mind-body experiential approach. **Dori DiPietro, LCSW, CEAP, E-RYT500**

## 34. Our Mind Can be Our Best Friend and Our Worst Enemy: Healing Anxiety through CBT (Part 1)\*

This presentation utilizes the theory and interventions of CBT to help participants learn about tools and techniques for working with anxiety disorders. CBT is the recommended treatment for anxiety and mood disorders. Learn skills to help your clients feel better in just a few sessions. **Susan Dolence, MSSA, LCSW**

## 35. ACTive Values: Behaving Your Way out of Psychological Stuckness\*

This workshop will open with an explanation of the ACT Model by explaining the difference between psychological flexibility and rigidity. The majority of the session will explore how values influence behavior and how behavior in service to healthy values can promote and maintain mental well-being. Come and learn an alternative to therapy as usual. **Sam Lample, LPC, CEDS & Megan Schwallie, LCSW**

## 36. Ethics of High Conflict Family Therapy\*

Mental health agencies and individual professionals often struggle with the laws of confidentiality, medical records management, and best practices for court-involved family treatment. This workshop is intended to help you better navigate these issues AND avoid licensing board complaints and liability. **Heidi Quinlan, LPC, LISAC & Faren Akins, PhD, JD**

## 37. Working with Veterans with Trauma and Post Traumatic Stress Disorder (PTSD) (Part 1)

This workshop will address working with Veterans who present with histories of trauma including with presentations of PTSD. In service to those who have served, this presentation provides an introduction to information related to providing psychotherapy treatment services. It will also provide information about Military and Veteran Affairs information and terminology. **Christine Way, LCSW**

## 38. The Changing Culture: The Myths and Reality of Medication Assisted Treatment

The presentation will provide a general and intermediate understanding around Medication Assisted Treatment (MAT). Presenter will discuss the benefits and limitations of all the medications that are utilized. The presentation will address current collaborations with community partners along with county and state justice programs including current outcomes for Arizona drug courts and the MAT-PDOA Grant. The presenter will encourage, motivate, and provide action steps to collaborate with other community providers for the best outcomes of our communities. **Michael C. White, MJC**

## 39. Multicultural Competence and Using Therapist Self-Disclosure\*

Psychotherapists wrestle with the ethics self-disclosure especially with diverse clients. Disclosure about personal thoughts or feelings traditionally have been considered contaminating or intrusive. Current research disagrees especially when working with diverse clients. This workshop will evaluate the pros, cons and effectiveness of general therapist self-disclosure with an emphasis on diverse clients. A multicultural decision making model for use of therapist self-disclosure, developed by Frame and Williams, will be presented. **Pamela H. Harmell, PhD**

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

## 40. Engaging Young Adult Guys in Therapy\*

This presentation will provide a guide to connecting with and helping young adult guys (ages 16-29) in therapy, beginning with how to build rapport, traps to avoid, and strategies that work. **Dave Verhaagen, PhD, ABPP**

## 41. Trauma-Informed Care in an Ethical Arena\*

In this presentation, participants will be introduced to skills that will enable them to work more effectively with clients exposed to trauma in an ethical manner. A partial list of topics includes: The impact of adverse childhood trauma on adolescents and adults and the role of the helping professional in addressing trauma ethically at the individual, organizational, and community levels; using countertransference as a gift when working with clients exposed to trauma who go from victim to perpetrator, establishing healthy boundaries to prevent ethical violations and The therapeutic benefits of humor and other strategies to reduce the risk of compassion fatigue/secondary trauma. **Mark Sanders, LCSW, CDAC**

## 42. Full Spectrum Approach to Wellness: Healthy Living Evidenced-Based Education

The Arizona Living Well Institute is Arizona's hub for Chronic Disease Self-Management Education (CDSME) Healthy Living programs. They are evidenced-based workshops that give people the knowledge, confidence, and motivation needed to manage the challenges of living with chronic conditions and live an overall healthier life. We will discuss CDSME programs available and different applications in which they can be utilized. **Wendy O'Donnell, MPH, MCHES & Marni Rawiszer, MPH**

## 43. Beating Two Drums—or More!\*

This presentation will illustrate a practical application of the ASAM criteria in meeting the challenges of dual diagnosis in addictions. The Butterfly Drop In Center is a small but effective community program and is a department of Rainbow Treatment Center. At the BDIC professional and behavioral health techs provide crisis, individual, family, and group psychotherapy. The presentation will identify common dual diagnosis issues which interfere with sobriety and how to effectively assist clients with these. BDIC focus is on addressing the Spiritual, Physical, Intellectual, Relationship/Communication, and Emotional Management of clients in early recovery. BDIC is a fun place to be and clients enjoy their experience. **Donna M. Stevens, PsyD, RN**

## 44. Reach Out and Shrink Someone: Psychology in the Age of Technology\*

The 21st Century has brought innovations that require therapists to consider confidentiality, record keeping and boundary controversies. This workshop will address personal versus professional website issues, cybertherapy and updates on proper internet record keeping including FaceTime, Skype, Yelp and reputation protection. Literature updates, expert opinion, and relevant ethics codes will be applied. **Pamela H. Harmell, PhD**

## 45. Nourishing Love and Happiness: 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**

- 46. Searching for Meaning: Idealism, Disillusionment, and Hope\***  
Humans search for meaning, yet experience disillusionments, which often leads to loneliness, cynicism, burnout, and existential depression not only in adults, but also in children. The existential depression is a comorbid factor, but often overlooked. This session describes behaviors people use to cope with their disillusionments, and then highlights ways to develop and maintain idealism, hope, and life satisfaction. **James T. Webb, PhD**
- 47. The Ethics of Self-Care for Helping Professionals (Part 2)\***  
Continuation of Session 33. **Dori DiPietro, LCSW, CEAP, E-RYT500**
- 48. Our Mind Can be Our Best Friend and Our Worst Enemy: Healing Anxiety through CBT (Part 2)\***  
Continuation of Session 34. **Susan Dolence, MSSA, LCSW**
- 49. Working with Veterans with Trauma and Post Traumatic Stress Disorder (PTSD) (Part 2)**  
Continuation of Session 37. **Christine Way, LCSW**

## WEDNESDAY, AUGUST 16

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

- 50. The Impact of Physical and Sexual Violence: A Personal Journey Revealed**  
Olga Trujillo watched as her father abused her mother for years. As she was drawn into his abuse of her mother she was also sexually abused by her father and brothers. Ms. Trujillo, now an attorney, advocate and author, underwent a journey to understand the impact the violence she witnessed and endured—from the child abuse to rapes she suffered as an adolescent and young adult—had on her life. In this presentation she reveals what she has learned so far and although tragic, her story of survival is inspiring and hopeful. She shows how each person can and does make a difference in the lives of others. **Olga Trujillo, JD**

10:15 AM - 12:00 PM GENERAL SESSION

- 51. The Gaslight Effect: How to Spot and Survive the Hidden Manipulation Others Use to Control Your Life\***  
Gaslighting is the systematic attempt by one person to erode another's reality, by telling them that what they are experiencing isn't so—and, the gradual giving up on the part of the other person. Gaslighting takes two—one person who needs to be in control to maintain sense of self, and the other, who needs the relationship to maintain sense of self and is willing to acquiesce. The Gaslight Effect happens when a person finds themselves second guessing their own reality, confused and uncertain of what to think, because they have allowed another to define reality and tell them what to think—and who they are. Gaslighting can be maddening in the early stages and soul destroying when it fully takes hold. **Robin Stern, PhD**

12:15 PM - 1:30 PM SPECIAL SWS LUNCHEON (1 hour C.E. credit; \$30)

- 52. Transforming the Intense Child to Greatness**  
Dealing with problematic or intense children is a daunting task to handle. We usually react by increasing our energy in negative ways and expecting better results. Although this can work at times, there is a better way to handle these situations while building "Inner Wealth" and teaching children to embrace their intensity in positive ways.  
Through "The Nurtured Heart Approach", we are confident that you will strengthen your relationships and come to celebrate the children you work with. The approach focuses on recognizing energy flow and on appreciatively helping children to realize their greatness, talents and abilities, and teaching them how to live this out in their everyday lives.  
Children who experience "Inner Wealth" feel good about themselves; they learn that they can take control of their own intensity and power, and can use it for good; and they develop an unshakable confidence. **Howard Glasser, MA**

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

- 53. Health Care after Violence\***  
Taking care of your health can be a challenge for any woman. Going to the doctor, dentist, staying on top of all the recommended screenings, making birth control and reproductive health decisions—all of these can be overwhelming. A woman who has experienced violence may find caring for her health even more complicated. Many survivors of violence find it almost impossible to go to the doctor, dentist, or other specialists. They may experience difficulties with the power imbalance, with being physically vulnerable, with the clinical setting, or with the acts of treatment themselves.  
In this presentation Olga Trujillo will illustrate through her own experience of violence and coping, how she discovered the importance of becoming proactive in her health care. She will detail the steps that she took with the health care professionals in her life to have them partner with her in caring for her health. **Olga Trujillo, JD**
- 54. Using Emotional Intelligence to Stand up to Cyber Bullying\***  
Emotional intelligence is the ability to recognize, understand, utilize, and regulate emotions effectively in everyday life. This presentation will discuss how to use emotional intelligence to combat cyberbullying. **Robin Stern, PhD**
- 55. Treating First Responders with EMDR (Part 1)**  
First Responders often avoid dealing with the stress inherent in their work, and the therapist working with this population must understand the first responder culture. EMDR is an ideal fit for many first responders in that no homework is required. We will identify some of the cultural blocks to treating first responders and explore case conceptualization from the Adaptive Information Processing model (AIP). **Julie Miller, MC, LPC, LISAC**
- 56. Tapping into the Medicine Wheel\***  
This workshop will guide the participant into a journey through healing by way of the Medicine Wheel. It will provide some cultural insights as well as insights into the complexities of relationships between western treatment modalities and those of local indigenous peoples. It will help the mental health practitioner recognize and respond to Native American clients by using cultural strengths, family history - stories and scripts, and creative processes in the development of a path to respond to historical and cultural trauma. **Charlotte Peper, LPC**
- 57. Moral Reconciliation Therapy for Substance Abuse: Increase Moral Reasoning and Reduce Recidivism**  
Poor moral reasoning is common within at-risk populations. Moral Reconciliation Therapy® is an evidence-based proven cognitive-behavioral program for treatment-resistant clients (substance abuse, anger management, and domestic violence). Years of research have shown significant long-term reduction in re-arrest rates. The program is successfully used in 50 states, District of Columbia, Puerto Rico, and 7 countries. A combination of education, group and individual counseling together with structured exercises foster moral development. Clients must be confronted with the consequences of their behavior and the effect that it has had on their family, friends and community. **Karoline Crawshaw, MC, NCC, LPC & Allarah LaVelle, LASAC**
- 58. Mood and Food: The Relationship Between the Enteric Nervous System and Mood Disorders\***  
New research is providing greater insight into the relationship between the enteric nervous system and mood disorders. This presentation will focus on that relationship, exploring the effects of enteric nervous system disorders on mood and behavior. The presentation will highlight specific disorders that are affected by dysfunction in the enteric nervous system, enabling the participant to identify and treat seemingly intractable mental health issues. This presentation will cover the effect of ENS disorders and their relationship to mental health disorders, including schizophrenia, autism spectrum disorder and anxiety disorders. It will address the most recent, cutting edge research available today. **Deborah Pardee, PhD, LP**
- 59. When Dissociation Is Hidden In Plain Sight (Part 1)**  
Contrary to popular opinion, dissociation is not only limited to Dissociative Identity Disorder. Clients with complex trauma and dissociation are the norm, not the exception. This interactive presentation provides EMDR therapists and non-EMDR therapists with an introduction to Structural Dissociation Theory and the treatment of complex trauma. Attendees will be introduced to the subtleties of dissociation, to prevent exacerbating the client's dissociative process. **Sarah Jenkins, MC, LPC, CPsychol**
- 60. Mindfulness Practices for At-Risk Youth: An Effective Intervention to Support Emotional Growth and Resilience**  
Participants in this presentation are provided innovative strategies for adapting mindfulness techniques to meet the needs of at-risk youth. Mindfulness practices are effective in managing stress and anxiety, improving self-regulation, and reducing identification with negative thoughts. Lessons for teens include the creative use of yoga, games and outdoor activities that improve engagement and participation. Introducing these skills in a physically and emotionally safe environment provides a powerful and transformative intervention for at-risk youth. **Mary Stanton, MEd, MLS, LADAC**

**61. Unveiling the Curtain of AzBBHE**

This presentation is intended to provide an overview of the Board's mission, composition and various functions. The presentation specifically aims to address three key topics including: a.) An overview of the Board, b.) The Board's complaint process, c.) Information on becoming independently licensed. **Tobi Zavala, BSW & Joey Ordonez, MBA**

**62. Poly/Kink Friendly Therapists: Finding One or Becoming One**

This presentation will increase knowledge about resources and techniques to help you become an effective poly/kink friendly clinician/educator. From this presentation you will learn the terminology, relationship structures and common issues that people come to therapy with and how to address them. We will also be discussing ethical considerations and examining our own mono-normative worldviews and how that might impact your clinical practice. **Kate Kincaid, LPC**

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

**63. Accounting for Culture and Trauma in Your Services and Responses\***

Through this workshop, the role culture can play in an individual's trauma and healing will be explored. Participants will examine the role that language, food, customs, status, spiritual beliefs and other cultural realities can play in an individual's experience of violence and trauma. Participants will explore the intertwining nature of culture and violence and steps to take to engage culturally diverse communities in their responses and services and to develop a more culturally-informed and trauma informed program. **Olga Trujillo, JD**

**64. From Helplessness to Hope\***

How may we help each other "unlearn" learned helplessness? Further, how to help each other learn to shift gears, move forward, and not give up on life because of past adversity? This workshop offers innovative ways to build a resilient, rationally optimistic outlook, by "instilling hope" and reframing worldviews to reap the benefits of being an active contributor to life. **Charlotte Webb, MEd, CPSS, BHT & Suzanne Brown PhD, CPSS, BHT**

**65. A New Look At Ethics**

This presentation expands the common view of topics usually covered by ethics. Ethics is not a limited category of problematic decisions, e.g. confidentiality, dual relationships, conflict of interest, etc. These are essential, but ethics goes far deeper in its full scope. With ACA's Code of Ethics as the framework, there will be interactive discussions exploring core values which imbue our work, and effect every clinical decision, treatment plan and strategy. **Rita E. Silverberg, MFT, LPC**

**66. Domestic Violence: Common and Occurring**

This workshop will examine and define conflict and abuse in relationships that eventually progresses to domestic violence. It will explore the connection with substance abuse. This workshop will present treatment options for both the victims and offenders. **Denise Krupp, MA, LPC, LISAC & Natalie Carlat, BS**

**67. Mindset: Re-training the Precocious, the Perfectionists, and the Perpetually Underachieving to Enjoy Learning Again\***

After a child becomes capable of looking at herself critically, sometimes she starts to view effort negatively. She believes that, if she was really smart, she wouldn't need to work hard. Like a sucker punch counter response to the self-esteem movement, this presentation discusses the impact of mindset, value of effort, and strategies to help children feel good about their capacity to learn. **Brandy Baker, PsyD**

**68. Grief, Addiction, and Disaster: A Case for an Integrative Approach to Trauma\***

Over the course of our lives, we will most likely experience some form of trauma. Trauma should be addressed using an integrative/holistic approach that combines both allopathic and naturopathic treatment modalities. **Maria Navarro, DBH, LPC, MSc & Josette Sullins**

**69. Typical Police Response: How Police Response Can Help You and Your Clients in Crisis**

Presenters will provide information about typical police response to a variety of calls such as mental health, domestic violence, family fights, runaway children, child and elder issues, grief/loss, substance abuse, and victim/witness assistance. Those attending will learn how to better help the individuals and families they assist and counsel by becoming more informed of typical police response. Most individuals calling 911 want "help", without understanding the full impact of typical police response. **Natalie Summit, LPC & Daniel Antrim Officer, MA**

**70. Treating First Responders with EMDR (Part 2)**

Continuation of Session 55. **Julie Miller, MC, LPC, LISAC**

**71. When Dissociation Is Hidden In Plain Sight (Part 2)**

Continuation of Session 59. **Sarah Jenkins, MC, LPC, CPsychol**

**72. Preventing Fetal Alcohol Syndrome in Action\***

This presentation will engage participants in an action method demonstrating the process of pregnant women drinking alcohol and the physical and emotional potential effects of alcohol on the fetus. One in 100 live births are affected by alcohol exposure prenatally. **Kathy Norgard, PhD & Natividad Cano, LISAC**

**THURSDAY, AUGUST 17**

**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**

**73. Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity\***

In this talk, Dr. Ross will describe the core principles of his Trauma Model Therapy. These include: the problem of attachment to the perpetrator; the locus of control shift; the problem is not the problem; just say 'no' to drugs; addiction is the opposite of desensitization; and the victim-rescuer-perpetrator triangle. Dr. Ross will go over these principles then describe treatment strategies and techniques within Trauma Model Therapy. Trauma Model Therapy is evidence-based and supported by a series of prospective treatment outcome studies. **Colin Ross, MD**

**10:15 AM - 12:00 PM GENERAL SESSION**

**74. The Long-Term Impact of Grief**

How do we guide practice to support children and adults who are grieving over time? We have all found ourselves wondering what to do when someone we know or love sustains a deep loss. The impact of the grieving process through the years is often misunderstood. Working with lecture and discussion we will examine the impact of grief on children and adults over time. Topics will include issues such as trauma, grief theory, sibling grief, post-traumatic growth, and the importance of making meaning. This lecture will also provide personal and professional information about the impact of the loss of a loved one over a life span. It examines the reality of loss with perspective and insight, including the speaker's personal and professional experiences. **Mary Beth Arcidiacono, LMSW**

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

**75. Self-Blame and Suicidal Ideation in Combat Veterans\***

In this talk, Dr. Ross will explain the relationship between self-blame and suicidal ideation in combat veterans, based on his experience working with suicidal veterans in an inpatient setting. The locus of control shift, one of the core elements of Dr. Ross' Trauma Model Therapy, provides the foundation for the talk. Dr. Ross will illustrate the self-blame with composite case examples and the treatment strategies he uses to reverse the self-blame and thereby alleviate self-punishment in the form of suicide. The model is similar to the 'moral injury' approach to understanding suicidal ideation in combat veterans. **Colin Ross, MD**

**76. It Takes a Village**

Navigating through loss is a monumental task for families, one that evolves over a lifetime. This discussion will focus on ways communities, professionals, and others working with children and families help them find a "new normal". Topics include coordinating care, accessing resources, building resilience, etc. **Mary Beth Arcidiacono, LMSW**

**77. Empowering Children and Families to Heal from Bullying: A New Approach**

This presentation will include discussions on what bullying is, including prevalence and impact. Current treatment options, programs and resources available will also be reviewed, along with case studies in conjunction with learned concepts. Community needs and a new direction for treatment will be presented, along with the importance of family and school participation, which is required to improve outcomes for children who have been bullied. **Danielle Matthew, LMFT**

**78. How to Incorporate the Use of Dreams and Poetry in Substance Abuse Counseling (Part 1)**

In this dynamic presentation, participants will learn a modern method of working with dreams and poetry that is practical yet profound. The techniques can be easily incorporated into traditional counseling settings. The presenter will provide experiential learning opportunities that build skills and address the needs of specific mental health populations. **Charles Gillispie, MFA, LISAC**

## 79. Ethical & Legal Considerations for Working with Children & Families (Part 1)\*

Navigating clinical practice ethics can be challenging enough when working with individual adult clients and it can become an ethical and legal minefield when working with children, teens, and families. This seminar will review how the American Psychological Association, National Association of Social Workers, and American Counseling Association ethical codes as well as federal and state laws pertain to clinical work with children, teens and families. In addition, this seminar will examine board complaint statistics and review the Arizona law definition of unprofessional conduct for behavioral health providers. Most importantly, this seminar will teach and help participants develop risk management practices that they can incorporate into their clinical and business practices. **Yoendry Torres, PsyD**

## 80. Growing Disparity in Smoking Behaviors in Sexual Minority Youth: What Are We Going to Do?\*

The disparity in smoking behaviors between sexual minority youth and their heterosexual peers is well documented. However, this research project demonstrates how the disparity has grown wider since 1994. Twenty years of tobacco control policy and practice has reduced the incidence of smoking in adolescents, but sexual minority youth are not seeing the same benefit as heterosexual peers. What does this mean for policy makers and program managers? This presentation outlines the research project that looked at two cohorts 20 years apart and highlights some interesting findings that should drive policy and practice in all local areas.

**Stephen Michael, DrPH, LISAC**

## 81. Managing Treatment Interfering Behaviors (Part 1)

This session will address dealing with uncomfortable interactions with patients. This can be a significant cause of stress no matter where we work. This workshop will provide participants with a different perspective of working with patients often labeled as “difficult” through the use of Dialectical Behavior Therapy (DBT) looking at why such situations may arise, providing techniques to handle them effectively, and manage our own responses.

**Christine Way, LCSW**

## 82. Acceptance: The Bridge to Inequalities

This workshop will help to identify the similarities of the human condition, teaching participants to use those similarities to walk a path of accepting themselves and those around them. Examples will be given of the use of acceptance and mindfulness skills to disintegrate power differentials both in clinical practice and everyday life. **Cody A. Morales, LCSW**

## 83. Letting Go of Anxiety and Opening to Joy with Art & Yoga (Part 1)

Participants in this workshop will experience how simple and accessible art and yoga activities can support relaxation. They will learn how yoga impacts the nervous system. Through simple yoga exercises done in conjunction with art making, participants will learn strategies for supporting their clients to increase calm and joy in their lives.

**Navneet Lahti, LCSW, Certified Yoga Teacher**

## 84. Identifying and Treating Narcissistic Abuse: Energy Vampires Exposed

Narcissists and the victims of their abuse have historically been misdiagnosed and, as a result, have not been given the treatment and support that they need. Oftentimes, the “help” that they receive leave narcissists further empowered to abuse and the victims further traumatized. Learn how to spot these abusers and their victims and how to ethically and eloquently intervene.

**Regina Robison, MA, LPC**

## Bonus Session 1. Rethink Personality

Create great personal insight in lightning speed and add a new, fun and interesting tool to your therapy toolbox. Get your client’s attention by introducing them to a new way to view their lives, relationships, problems and persistent complaints. Learn how to understand and communicate with Dawn Billings Primary Colors Personality Insight tools, the only personality tools created for a counseling environment. You will greatly enjoy this six-hexad communication/relationship based tool used by the most respected relationship researchers in the US. Help your clients understand what causes conflict, frustration, anger, confusion and dis-ease in their relationships and what to do to improve their relationships, build trust and strengthen emotional intelligence. **Dawn L. Billings, MA**

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

## 85. A Structural Dissociation Model: How to Integrate Everything Into One Treatment Plan\*

In this talk, Dr. Ross will explain how the structural dissociation model can be used to integrate a wide range of mental disorders into a single structure and process, resulting in a single, integrated treatment plan. According to the model, the basic psychological structure is the existence of an adult self (the apparently normal personality or ANP) and a wounded inner child (the emotional personality or EP). Many different symptoms can be understood as intrusions into the ANP from the EP, or withdrawals out of the ANP into the EP. Treatment involves inner child or ego state work designed to integrate the dissociated EP and its trauma back into the adult self. **Colin Ross, MD**

## 86. Beyond the Gender Binary: An Experiential Review of Gender and Non-Binary Identities

This training will include information on gender roles, non-binary gender identities, and the experiences of individuals who identify outside of the gender binary. The training will also address the messages that individuals receive from society regarding “appropriate” behavior for each gender, and how individuals who identify outside of the gender binary adapt those messages to fit their gender identity. **James Pennington, MA, LAC, PLMHP**

## 87. How to Get the Death you Want

This presentation will review the importance of talking about end-of-life decisions, navigating the medical system and making sure advance directives are honored. The following will also be discussed: The right-to-die movement, the critical factor of being and having a great advocate, the reason some may decide to hasten their death, and much more. Humor and levity included. **John Abraham, MDiv, Fellow in Thanatology & J’Fleur Lohman, PhD**

## 88. Addressing Obesity in Consumers of Mental Health Services: How to Treatment Plan for Wellness

Obesity contributes to multiple preventable health issues and significant mortality for consumers of mental health services. It’s also a roadblock to recovery. The good news is that effective interventions can prevent, minimize, or reverse weight gain. Participants will learn how to apply strategies in the behavioral health setting by engaging and collaborating with clients to develop realistic wellness strategies and goals. **Jennifer Cherry, MC, LISAC, LMHC, NCC, CPT**

## 89. Arizona’s HIE: Improving Care and Outcomes Through Integrated Information and Protecting Patient Rights Under the New SAMSHA Rule

Arizona’s non-profit health information exchange (HIE) has grown more than 250% in the past year, adding more than 80 behavioral health providers. This integrated HIE is now able to provide more complete information, better care and better outcomes, for Arizona’s most vulnerable patients with co-morbid physical and behavioral health conditions. In addition, the HIE is assisting behavioral health providers in implementing the new SAMSHA rule on 42 CFR Part 2 requiring more granular consent to share behavioral health information through an HIE and among providers. Learn about the progress of Arizona’s integrated HIE and how it is helping behavioral health providers comply with the new SAMSHA rule. **Melissa Kotrys, MPH**

## 90. First Episode Psychosis: Coordinated Specialty Care

This presentation will provide information on early intervention and treatment for individuals who have experienced a first episode of psychosis. In addition, the presentation will: Illustrate the delivery of care based on the latest clinical research; explain how individuals can reach optimal potential while maintaining employment and school enrollment using an FEP model; discuss the role of supportive caregivers, relatives and friends; and demonstrate how partnering with others in our community can improve health and wellness.

**Letitia M. Labrecque, MSW, CPRP**

## 91. How to Incorporate the Use of Dreams and Poetry in Substance Abuse Counseling (Part 2)

Continuation of Session 78. **Charles Gillispie, MFA, LISAC**

## 92. Ethical & Legal Considerations for Working with Children & Families (Part 2)\*

Continuation of Session 79. **Yoendry Torres, PsyD**

## 93. Managing Treatment Interfering Behaviors (Part 2)

Continuation of Session 81. **Christine Way, LCSW**

## 94. Letting Go of Anxiety and Opening to Joy with Art & Yoga (Part 2)

Continuation of Session 83. **Navneet Lahti, LCSW, Certified Yoga Teacher**

## Bonus Session 2. Entitled to Fail

This presentation deals with defining and understanding the concept of how attitudes of entitlement move positive, powerful personality strengths to their extreme versions of themselves and negatively impact relationships in the workplace, as well as, in the home. Dawn Billings, personality and communication expert will teach powerful strategies to combat the poisonous wrath perpetrated on our society in the name of entitlement. The information contained in this program is powerful and yet, highly entertaining. The information shared in this presentation is easily applied to conflictual and difficult real-life client and personal situations. **Dawn L. Billings, MA**

# DISTINGUISHED SPEAKER BIOS



## Mary Beth Arcidiacono, LMSW

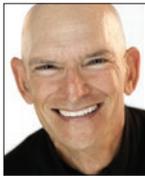
On August 8, 1998 Mary Beth Arcidiacono was involved in an accident with her four children on her family's drive home from a vacation in Colorado. Her oldest son, Johnny, was killed, and his younger brother, Christopher, sustained a traumatic brain injury. Her insight goes deeper than personal experience. In response to the loss of one son and the significant injury of another, she became a clinical social worker, consultant, researcher, and advocate, specializing in grief and traumatic brain injury. Ms. Arcidiacono joined Dr. Bruce Perry and the ChildTrauma Academy as a Fellow in 2005. She has developed programs for families and individuals experiencing grief/traumatic loss. She is working to create community integration programs and materials for helping groups deal with traumatic loss including teachers, schools, places of worship, businesses and other institutions. She has lectured and led workshops on grief, secondary trauma, post-traumatic growth, resiliency, advocacy and hope. She completed her undergraduate studies at Southern Methodist University in Psychology and Women's Studies and her Master's degree in Social Work at the University of Houston with a concentration in children and family.



## Dawn L. Billings, MA

In 2008, Oprah Magazine and The White House Project selected Dawn Billings as one of the nation's 80 emerging women leaders for her socially dynamic programs and life-long dedication to educating and inspiring women and children. Dawn was chosen as one of 15 "Women of Achievement" in Georgia, by the YWCA. Dawn also received the 2011 Women Entrepreneurs Business Award of Excellence in the woman author category.

Dawn is the CEO of DawnBillings.com, a training and executive coaching company, where she is a consultant to Executives and Organizations focusing on personality, communication, teamwork, and entitlement in the workplace, she has made it her life's mission to work with individuals, couples and organizations to help them unlock the keys to personal resilience and emotional intelligence. She has learned that if people gain insight into their color personality tendencies and learn to understand the color personality tendencies of others they flourish across all life domains. Naturally curious and driven by a desire to understand and effectively communicate with people, she inspires people to implement practical tools and strategies that are informed by latest advances in neuroscience, personality and human psychology. With a career spanning 30+ years she has worked with individuals, couples and organizations to diminish interpersonal conflict, strengthen team development and promote understanding, engagement and optimal functioning. While honing her skills in applying scientific rigor, and deepen her understanding of optimal human functioning — she completed a Masters in Clinical Psychology, while her doctorate work was in Personality/Organizational Psychology.



## Howard Glasser, MA

Howard Glasser is Chairman of the Board of the Children's Success Foundation and creator of the Nurtured Heart Approach®. He is dedicated to awakening the greatness in all children with a particular focus on intense and challenging children. Howard has been called one of the most influential living persons working to reduce children's reliance on psychiatric medications. He has been a featured guest on CNN, a consultant for 48 Hours, and is a sought after keynote speaker at inspirational conferences as well as conferences in areas of education and treatment. He is the author of several books, including Transforming the Difficult Child; Notching Up the Nurtured Heart Approach®: The New Inner Wealth Initiative®; and All Children Flourishing. Howard holds a Master's degree in counseling and clinical psychology from New York University, and has taught his approach and message at several universities including Andrew Weil's University of Arizona Integrative Medicine fellowship program and U of A's esteemed Zuckerman School of Public Health. He currently instructs educators, parents and therapists through live presentations and Internet-based courses.



## Vicki Loyer, PhD, LMFT

Vicki Loyer (Carlson) is an AAMFT Approved Supervisor and past-president of the AzAMFT. She is the CEO/President of Blue Door Psychotherapy Associates, 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 a regular contributing author to the House Calls section of the Desert Leaf, co-author of books on premarital relationships and youth at risk, and most recently, she published a chapter on the premarital inventory RELATE for Evidence-based approaches to relationship and marriage education (in J. J. Ponzetti, Jr, 2015). Vicki has been publishing and speaking in the areas of self-injury, mental illness, addiction and family therapy for quite some time. Vicki earned a M.S. in Child Development & Family Studies from the University of Arizona. She earned a Ph.D. in Human Development and Family Studies from Oregon State University.



## Lewis Mehl-Madrona, MD, PhD

Lewis Mehl-Madrona, MD, graduated from Stanford University School of Medicine and trained in family medicine, psychiatry, and clinical psychology. He completed his residencies in family medicine and in psychiatry at the University of Vermont College of Medicine. He has been on the faculties of several medical schools, most recently as associate professor of family medicine at the University of New England. He continues to work with aboriginal communities to develop uniquely aboriginal styles of healing and health care for use in those communities. He is interested in the relation of healing through dialogue in community and psychosis. He is the author of Coyote Medicine, Coyote Healing, and Coyote Wisdom, a trilogy of books on what Native culture has to offer the modern world. He has also written Narrative Medicine, Healing the Mind through the Power of Story: The Promise of Narrative Psychiatry, and, his most recent book with Barbara Mainguy, Remapping Your Mind: the Neuroscience of Self-Transformation through Story.

Lewis currently teaches with the family medicine residency at Eastern Maine Medical Center (EMMC) in Bangor, where he does inpatient medicine, outpatient precepting, and obstetrics. He works in consultation-liaison psychiatry at EMMC and at Acadia Hospital. He serves on the Board of Directors of the Coyote Institute for Studies of Change and Transformation. Lewis has been studying traditional healing and healers since his early days and has written about their work and the process of healing. His primary focus has been upon Cherokee and Lakota traditions, though he has also explored other Plains Cultures and those of Northeastern North America.

His goal is to bring the wisdom of indigenous peoples about healing back into mainstream medicine and to transform medicine and psychology through this wisdom coupled with more European derived narrative traditions. He has written scientific papers in these areas and continues to do research. He writes a weekly (almost) blog on health and mental health for [www.futurehealth.org](http://www.futurehealth.org). His current interests' center around psychosis and its treatment within community and with non-pharmacological means, narrative approaches to chronic pain and its use in primary care, and further developing healing paradigms within a narrative/indigenous framework.



## Kenny E. Miller, ACSW, LCSW

Kenny E. Miller is a clinician in private practice with Esperero Family Center in Tucson, AZ. He has over 30 years of experience providing therapeutic services to children and families in the complete range of clinical settings. He has trained agencies, parents as well as thousands of clinicians across the country in the model of therapy, which he developed to support children, as well as adults who have been victims of disrupted attachment and complex trauma. Kenny earned a Master's degree in Social Work from University of Illinois, Chicago.

# DISTINGUISHED SPEAKER BIOS



## **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. Dr. Rhoton earned two Master's degrees (Counseling and Education), and a Doctorate of Clinical Psychology.



## **Colin A. Ross, MD**

Colin A. Ross received his M.D. from the University of Alberta in 1981 and completed his psychiatry training at the University of Manitoba in 1985. He has been running a Trauma Program in the Dallas, Texas area since 1991 and consults to two other Trauma Programs, one at Forest View Hospital in Grand Rapids, Michigan and one at Del Amo Hospital in Torrance, California. His Texas Trauma Program moved to UBH Denton in September, 2015. Dr. Ross is the author of 28 books and 200 professional papers and is a Past President of the International Society for the Study of Trauma and Dissociation. Dr. Ross has spoken widely throughout North America and in Europe, China, Malaysia, Australia and New Zealand. Besides his psychiatric research and writing, Dr. Ross has written poetry, short stories, essays, aphorisms, creative non-fiction, and screenplays.



## **Mark Sanders, LCSW, CADC**

Mark Sanders is an international speaker in the behavioral health field whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. He is co-author of Recovery Management and author of Relationship Detox: How to Have Healthy Relationships in Recovery. He has had two stories published in the New York Times best-selling book series, Chicken Soup for the Soul. His most recent book is entitled, Slipping through the Cracks: Intervention Strategies for Clients with Multiple Addictions and Disorders. He is a lecturer at the University of Chicago. Mark earned a Master's Degree in Social Work from Loyola University of Chicago.



## **Sally Spencer-Thomas, PsyD, MNM**

Sally Spencer-Thomas is a clinical psychologist, mental health advocate, faculty member, consumer of mental health services, and survivor of her brother's suicide. She sees issues of suicide prevention and mental health promotion from many perspectives. The Carson J Spencer Foundation is named after her brother, a Denver business leader who died by suicide after a difficult battle with bipolar disorder. Known nationally and internationally as innovators in social change, the Carson J Spencer Foundation helped start up multiple large-scale, gap filling efforts in mental health including Man Therapy, a partnership effort with Colorado's Office of Suicide Prevention and Cactus (a full-service advertising firm). Sally is the President-Elect for the Suicide Prevention Coalition of Colorado and holds leadership positions (Board of Directors or Task Force/Committee Chair) for the International Association of Suicide Prevention, the American Association of Suicidology, the National Suicide Prevention Lifeline and the National Action Alliance for Suicide Prevention. Sally earned a Doctorate in Psychology and a Masters in Nonprofit Management (MNM).



## **Robin Stern, PhD**

Robin Stern, Ph.D. is the associate director for the Yale Center for Emotional Intelligence. She is a licensed psychoanalyst, educator, and author, with over twenty-five years of experience treating individuals, couples, and groups. Robin holds a doctorate in applied psychology from New York University and a postdoctoral certificate in psychoanalytic group psychotherapy from the Postgraduate Center for Mental Health. She is on the faculty of Teacher's College, Columbia University, where she co-teaches a class on emotional intelligence. Robin is a co-developer of RULER, as well as a co-creator and a lead facilitator for Yale's Institutes.

At the Center, Robin is a principal investigator for the RULER for Parents project, which aims to increase parent involvement in children's emotional intelligence education. She also works on High School RULER, adapting the curriculum for older students, and on a project to explore the intersection of self-awareness, emotion, and the arts. In collaboration with Facebook, she created a reporting process for cyberbullying incidents and a help center for bullied children. She is currently analyzing the data from that project to gain a deeper understanding of cyberbullying.

Robin serves on the advisory board of Crisis Text Line, I'll Go First, and Project Rebirth, is a member of the Emotionally Intelligence Consortium, and has authored three books. She is a founding member of the Woodhull Institute, where she spent 15 years creating and facilitating development programs for women leaders. She has been a guest on many local and national radio shows and has traveled widely to lecture on emotional intelligence. In 2014-15 Dr. Stern was a fellow in the Public Voices Fellowship, which led to publications in Psychology Today, The Huffington Post, Time.com, etc.



## **Olga Trujillo, JD**

Olga Trujillo is an attorney, trainer, speaker and author who has devoted her career to helping advocates, first responders and others in the field better understand the impact of trauma on survivors of sexual assault, domestic violence and child abuse. She intertwines the role of culture, and in particular Latino culture into every training or technical assistance opportunity. Olga Trujillo is also the Director of Public Policy at Casa de Esperanza's National Latin@ Network. She has also worked at the United States Department of Justice for nearly twelve years. In 2001, she started consulting with communities on issues related to interpersonal sexual violence, trauma and dissociation.

As a consultant, she has worked with most national organizations addressing the issues of trauma and violence against women and children. She has served as consultant for the National Center on Domestic Violence, Trauma and Mental Health for a number of years and serves on their National Advisory Committee as well as their Legal Work Group. Olga has authored a number of articles and publications. Her memoir for New Harbinger Publications entitled "The Sum of My Parts" was released in October 2011. She also co-authored a Handbook for Attorneys "Representing Domestic Violence Survivors Who Are Also Experiencing Trauma and Mental Health Challenges" which was released in January 2012.



## **Dave Verhaagen, PhD, ABPP**

Dave Verhaagen is the author or co-author of eight books, including Therapy with Young Men and Parenting the Millennial Generation. As a nationally board-certified and licensed psychologist with a Ph.D. in psychology from the University of North Carolina at Chapel Hill, he has served as clinical director for three mental health agencies and is the founder and former CEO of Southeast Psych, a large psychology practice with offices in Charlotte, Nashville, and New Zealand. He has been married to Ellen for 26 years and they have four young adult children.



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