



*53rd Annual*  
Southwestern School for Behavioral Health Studies  
**SWS 2021**

August 8<sup>th</sup> - 11<sup>th</sup>

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IMPACT - SUICIDE PREVENTION CENTER

# Schedule at a Glance

## Sunday, August 8th

### PRE-CONFERENCE: 3 OPTIONS

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

1. Ethics and Cultural Humility
2. 6-Hour Clinical Supervision
3. 12-Hour Clinical Supervision (Part 1 & 2)  
(Part 1 on Sunday / Part 2 on Monday)

## Monday, August 9th

8:00 AM - 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

4. The Resilience Code for Helpers: Achieving Extraordinary Mental Health While Serving People Experiencing Trauma
5. Characteristics of Incarcerated Parents: Implications for Policy and Prevention
6. Ethically Incorporating Cultural Diversity and Trauma Informed Care for Military Service Members and Their Families
7. Caring for Children with Developmental Trauma: Regulation and Relationships
8. Fat Phobia in Mental Health Care
9. Motivational Interviewing for Brief Interventions
10. Sex & Love Addiction: Interrupting Addictive Cycles and Creating Intimacy in Connection
11. Strategies for Supervision Documentation: If You See Something, Say Something
12. Successfully Integrating Medication Assisted Treatment into the Criminal Justice System

9:45 AM - 10:00 AM BREAK

10:00 AM - 11:30 AM CONCURRENT SESSIONS

13. Session Closed
14. Ethical and Cultural Challenges When Working with First Responders (Part 1)
15. Naturopathic Remedies to Improve Mental Health
16. Play Therapy 101 (Part 1)
17. The Importance of Prioritizing Self Care

18. The Use of Fairy Tales in Narrative Group Therapy for the Treatment of Sexual Assault Survivors
19. Treating Trauma Through a Salutogenic Lens (Part 1)
20. Trouble Letting Go: Understanding and Responding to Addiction in the Adolescent Brain

2:30 PM – 2:45 PM BREAK

2:45PM – 4:15 PM CONCURRENT SESSIONS

21. Evaluating Social Communication During a Pandemic, is it Autism or Anxiety?
22. Child Abuse and the Brain: The Developmental Impact of Trauma in Childhood
23. Session Closed
24. Ethical and Cultural Challenges When Working with First Responders (Part 2)
25. Full Metal Mindfulness - Teaching Mindfulness-Based Interventions to Combat Veterans
26. Play Therapy 101 (Part 2)
27. Staying Connected With The Arizona State Board of Behavioral Health Examiners
28. Treating Trauma Through a Salutogenic Lens (Part 2)

## Tuesday, August 10th

8:00 AM - 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

29. Addiction: It Isn't All a Brain Disease - Getting Back to Biopsychosocial

9:45 AM - 10:00 AM BREAK

10:00 AM - 11:30 AM CONCURRENT SESSIONS

30. Arizona Geographic Differences in Opioid Use Disorder Treatment
31. Best Practices For Your Transgender Patients
32. Bikers Against Child Abuse - Empowering Children to Not Feel Afraid of the World in Which They Live
33. Compassion Fatigue in the Time of COVID
34. Dodging Trouble - Ten Major Perils of Practice
35. Housing First: An Evidence-Based Approach for Resolving Homeless & Improving Outcomes for Homeless
36. Sweet Dreams: The Unexpected Impact of Insomnia and What to Do About It

## Schedule at a Glance

### Tuesday, August 10th Cont.

**11:30 AM – 1:00 PM BREAK**

**1:00 PM - 2:30 PM CONCURRENT SESSIONS**

37. An Introduction to Intensive Short-Term Dynamic Psychotherapy (Part 1)
38. Domestic Violence: Helping Those That Hurt & Are Hurting
39. Latinos and Suicide: A Clinician's Guide to Prevention and Treatment (Part 1)
40. Play Therapy with Teens and Tweens (Part 1)
41. Population-level Prevention with PAX GBG
42. The Right To A Good Death
43. Session Closed
44. Trauma Informed Care (Part 1)
45. What They Should Have Taught You in School About Substance Use and Addiction

**2:30 PM – 2:45 PM BREAK**

**2:45PM – 4:15 PM CONCURRENT SESSIONS**

46. An Introduction to Intensive Short-Term Dynamic Psychotherapy (Part 2)
47. Civic Leadership: Advocating for Behavioral Health Rights and Services, and Needs
48. Filling Your Cup One Breath at a Time
49. Latinos and Suicide: A Clinician's Guide to Prevention and Treatment (Part 2)
50. Myths, Realities, and Considerations in Treating Medical Professionals
51. Play Therapy with Teens and Tweens (Part 2)
52. Session Closed
53. Trauma Informed Care (Part 2)
54. Understanding the ASAM Criteria: Principles and Practices

### Wednesday, August 11th

**8:00 AM - 8:15 AM WELCOME**

**8:15 AM - 9:45 AM GENERAL SESSION**

55. Beyond the Five Stages: Grieving During a Pandemic
- 9:45 AM - 10:00 AM BREAK**
- 10:00 AM - 11:30 AM CONCURRENT SESSIONS**
56. AzMAT Mentors Program: Impetus and Outcomes
  57. Culturally Sensitive Mind-Body Tx for Addiction
  58. Disaster Mental Health Service Delivery...in a Pandemic: Lessons for Community, Group, and Individual
  59. Ethics Within the 3rd Wave of Technological Revolution
  60. Ketamine Assisted Psychotherapy
  61. Sandtray Therapy in Trauma Treatment with Adults

62. Trauma Pain, OxyContin, and the Opioid Crisis
63. We've Locked Them Up-Now What Do We Do With Them?

**11:30 AM – 1:00 PM BREAK**

**1:00 PM - 2:30 PM CONCURRENT SESSIONS**

64. Cultural Inclusion of Native American Spirituality within Mental Health Assessments for Native Americans (Part 1)
65. Effective Conversation Strategies That Make A Difference (Part 1)
66. Equine Therapy: Introduction, Benefits and Specific Applications (Part 1)
67. Life Saving Measures: Establishing Harm Reduction Programming for Any Level of Care
68. Moving, Breathing, and Growing From Within
69. Using Creativity to Shift Your Compassion from Fatigue to Resilience
70. Virtual Reality: Preparing Counselors with Technology
71. Session Closed

**2:30 PM – 2:45 PM BREAK**

**2:45PM – 4:15 PM CONCURRENT SESSIONS**

72. Cultural Inclusion of Native American Spirituality within Mental Health Assessments for Native Americans (Part 2)
73. Effective Conversation Strategies That Make A Difference (Part 2)
74. Equine Therapy: Introduction, Benefits and Specific Applications (Part 2)
75. Hoof Prints Full of Rain Water: Use of Poetry Therapy in the Treatment of Substance Use Disorders
76. Putting an End to Teen Dating Violence, Kaity's Way
77. The Dance of Romance (Learning to Love)
78. Session Closed
79. Who's Smart and Still Can't Read in Recovery?

**\*Cultural Diversity: 1, 6, 14, 24, 31, 39, 49, 57, 64, 72**

**\*Ethics: 1, 27, 34, 59, 70**

# Sunday, August 8, 2021

## PRE-CONFERENCE: 3 OPTIONS

(Includes: 6-hours of continuing education)

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

### 1. Ethics and Cultural Humility

Pamela Harmell, PhD

#### Updates to Legal and Ethical Considerations for Psychotherapists

This workshop addresses therapist responsibility to ensure patient welfare in all aspects of practice. Participants will learn to deal with ethical dilemmas related to (1) introduction to ethics and law, four elements holding therapists accountable for their professional work, (2) the “four bins” method of considering patient dilemmas, (3) subpoenas and court orders, (4) working with multi-client situations, (5) the 21<sup>st</sup> Century CURES act and OPEN NOTES. Literature updates, along with relevant Codes of Ethics and current expert opinion will be included in all areas of discussion. This program overviews the current research findings and knowledge that inform the practice of ethical and legal practice and includes two hours of suicide issues.

#### Cultural Sensitivity When Working with Psychotherapy Clients

This workshop addresses therapist responsibility to ensure patient welfare in all aspects of practice. Participants will learn to deal with ethical dilemmas related to (1) Introduction to cultural humility, (2) intersectionality in practice, (3) the three pillars of cultural humility, proper use of the DSM-5 and cultural formulation model, (4) goals of cultural humility, (5) social justice counseling. Literature updates, along with relevant Codes of Ethics and current expert opinion will be included in all areas of discussion. This program overviews the current research findings and knowledge that inform the practice of ethical and legal practice and includes two hours of suicide issues.

### 2. 6-Hour Clinical Supervision

Melissa Baker MS, LMFT

Vicki Loyer, PhD, LMFT

This session will cover the AZBBHE 6-hour supervisor refresher training requirements. It will expand on the basic core requirements of the AZBBHE specific to supervision, and highlight issues related to supervising tele-mental health services. This presentation will include a review of the AZBBHE rules and law changes, and advanced supervisor specific content such as focusing on supervision theories and models, resistance, and evaluation methods when working with less experienced clinicians. The workshop will provide an opportunity to create great synergy working with other experienced supervisors.

### 3. 12-Hour Clinical Supervision (Part 1 on Sun & Part 2 on Mon)

Melissa Baker MS, LMFT

Vicki Loyer, PhD, LMFT

This session will cover the AZBBHE 12-hour initial training requirements to be a clinical supervisor in the State of Arizona. This training is for beginning supervisors or those who need a review of rules and regulations, documentation requirements, and how to interview a potential supervisee, and highlight issues related to supervising tele-mental health services to begin providing supervision for licensure through the AZBBHE.

This session will also include advanced supervisor-specific content with an opportunity to create great synergy focusing on supervision theories and models, resistance, and evaluation methods when working with less experienced clinicians.

## MONDAY, AUGUST 9, 2021

8:00 AM – 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

### 4. The Resilience Code for Helpers: Achieving Extraordinary Mental Health While Serving People Experiencing Trauma

Frank Kros, MSW, JD

The Resilience Code for Helpers: Achieving Extraordinary Mental Health While Serving People Experiencing Trauma Helping others in distress is an increasingly stressful profession—and is likely to become even more so. There are unique stresses encountered by helping professionals serving children and families suffering from trauma. Referred to as vicarious trauma, secondary trauma, compassion fatigue and burnout, these stress-induced conditions result in many helpers experiencing mental and physical exhaustion, anxiety, cloudy thinking, relationship problems, health issues and enduring feelings of cynicism, sadness and frustration. Many leave the profession to escape the stress. But there is hope. Helping professionals can move beyond “managing stress” and choose instead a path to wellness that optimizes health, boosts energy, enhances peak performance and positively leverages stress. Based on the latest discoveries from neuroscience, this workshop shares The Resilience Code for Helpers that provides professionals with practical and efficient strategies and tools for achieving extraordinary mental health. Take charge of your own well-being to truly maximize your gifts and strengths so that you serve with confidence, ease and contentment under any and all circumstances.

10:00 AM - 11:30 AM CONCURRENT SESSIONS

### 5. Characteristics of Incarcerated Parents: Implications for Policy and Prevention

Rita Wright, MSW

The child welfare system has experienced increasing numbers of children in out-of-home care congruent with the dramatic increase in parents experiencing incarceration since the 1980's. While much literature has demonstrated the adverse impacts of parental incarceration on family systems, few studies have explored the characteristics of incarcerated parents. This presentation will review data from a rural Arizona detention facility to inform recommendations for child welfare and criminal justice systems specific to over-represented minority populations in the Southwest.

### 6. Ethically Incorporating Cultural Diversity and Trauma Informed Care for Military Service Members and Their Families

Amanda Chance, MBA, MSC/CCHM, NCC, CCTP, LPC-S

Helping clinicians to incorporate trauma-informed care and cultural diversity when working with military service members and their families.

Military service members and their families oftentimes have many different adversities and barriers in seeking help, maintaining help, and asking for help then civilians do. This presentation is designed to help other professionals that come into contact with service members on and off an installation.

## **7. Caring for Children with Developmental Trauma: Regulation and Relationships**

**Amy Meyertholen, MSW and Mary Jeanne Chavez, MSC, LAC**

This session will encourage learning and understanding around the impact of trauma on a child's developing brain. Understanding concepts and tools from the Neurosequential Network's Neurosequential Model in Caregiving© will better enable caregivers and other participants to help children who have experienced developmental trauma overcome adversity and support healing.

## **8. Fat Phobia in Mental Health Care**

**Emily Viola, LCSW, CCTP**

Research has shown that stigma and bias from health professionals aimed toward people who are fat has contributed to negative mental health outcomes and even trauma for these consumers. As mental health professionals, it is important that we identify and address negative and erroneous beliefs that we may hold about populations that we work with. This workshop will help professionals to identify stigma and bias around weight and body size, examine how these beliefs show up in their own work, and take steps to reduce negative and harmful experiences for our clients.

## **9. Motivational Interviewing for Brief Interventions**

**Mary Dillon, MA**

This presentation is designed for the helping professional who wants to make the most impact with the limited time available working with their clients. Motivational Interviewing (MI) is a person-centered counseling style for addressing the common problem of ambivalence about change. The participant will learn how to apply specific MI processes and strategies for brief encounters. You will leave this course with the knowledge that you CAN make a difference in a short amount of time.

## **10. Sex & Love Addiction: Interrupting Addictive Cycles & Creating Intimacy in Connection**

**Debra Kaplan, MA, MBA, LPC, CSAT-S**

Compulsive sex and addictive pornography may be the result of a lack of healthy attachments with others or an inability to tolerate emotional intensity. This presentation examines the cycles of sex and love addiction as a safety seeking response to neglect, trauma or pain. Emphasis will be placed on the exploration of neurobiology of emotion regulation, the impact of attachment on sex, love and longing in romantic relationships, and how sexual shame drives sexual intensity versus sexual intimacy.

## **11. Strategies for Supervision Documentation: If You See Something, Say Something**

**Patricia Kerstner, PhD, NCC**

**Janet O' Connor, Ed.S, LISAC, LPC, NCC, ACS**

Appropriate documentation of clinical supervision sessions benefits both supervisors and supervisees. As supervision addresses supervisee growth as well as problems of professional competency (PPC), providing a detailed record of topics discussed and a required legal record serves as an important safeguard for both supervisor vicarious liability and supervisee competence.



Gleaning information from AZBBHE rules, ACES best practices, and supervision research, strategies and examples for creating effective supervision documentation are provided.

## **12. Successfully Integrating Medication Assisted Treatment into the Criminal Justice System**

**Doyle Morrison, BHT**

**Patrick Sullivan, BHT**

An overview of the importance of integrating medication assisted treatment in the criminal justice system and a review of Community Medical Services' correctional health programming in Maricopa and Pima Counties including providing MAT medications to the Pima County Adult Detention Center and collaborations with the Pima Re-Entry Center and Pima County Superior Court's Drug Court and DTAP programs.

### **1:00 PM - 2:30 PM CONCURRENT SESSIONS**

## **13. Session Closed**

## **14. Ethical and Cultural Challenges When Working with First Responders (Part I)**

**Stephen Johnson, Retired Firefighter**

**Libby Timmons, LISAC, CEAP**

First Responders have a unique set of cultural rules and norms. My plan for this session is to address the norms and cultural challenges that First Responders bring to the therapy environment. I will bring information in to the program that will assist attendees in finding ways to break down the barriers that First Responders and their families demonstrate. I will use several teaching tools such as interactive discussion, some experiential exercises that attendees can take back to their work place . This presentation will address the cultural diversity topics as it relates to the special population of First Responders. This presentation will explore the cultural norms as well as focus on the ethics of working with this population. This session will assist counselors in recognizing the most ethical level of services for the First Responders and the best ways to develop a strong therapeutic alliance. The presentation will be interactive, lively and offer tools that the attendee will be able to take back to their work world.

## **15. Naturopathic Remedies to Improve Mental Health**

**Teri Davis, Licensed Naturopathic Physician**

Gain a more thorough understanding of the principles and practice of naturopathic medicine, a licensed medical profession in Arizona since 1935. The scope of practice includes all natural remedies as well as hands-on practices (and in some states naturopathic physicians [NDs] have limited prescriptive rights.) Learn about a wide variety of therapeutics that can improve mental health, including botanicals, supplements, homeopathic remedies, physical medicine, and diet and lifestyle modifications.

## **16. Play Therapy 101 (Part I)**

**Juliet Fortino, MC, LPC, RPT-S**

This workshop will familiarize participants with the basics of play therapy and play therapy theory. Participants will refresh their skills in reflecting and tracking when working with children, while also exploring the basics of how to set up a play therapy room. Basic play therapy techniques will be explored.

## **17. The Importance of Prioritizing Self Care**

**Stefanie Keefe, LMSW**

We serve vulnerable/marginalized populations (and many times in times of crisis). Our members often looked to us to help them manage their stress. We are repositories for stories of traumatic experience, concerns for safety, we are exposed to stressful workplace environments and much more. Time and time again, we are called to action during critical/high stress times. The challenges that mental health professionals face can create stress, disillusionment, and compassion fatigue, anxiety, depression, secondary traumatic stress, and burnout. It is our professional and ethical obligation to maintain a self care routine. Compassion towards others needs to start with self-compassion.

## **18. The Use of Fairy Tales in Narrative Group Therapy for the Tx of Sexual Assault Survivors**

**Jennifer O'Neill, MS, LAC**

Fairy tales are an effective tool for exploring topics such as gender-based violence, societal views on sexual assault and implicit biases. It provides characters, themes and symbols that can be contemplated during the group process. The individual's self-narrative emerges through the fictional storytelling. This workshop will use case studies to examine the role of the unconscious in connecting to a fairytale in childhood and maintaining storylines throughout adulthood. Bringing the story to the conscious level allows group members to re-author their own story while healing through hearing the stories of others. Sexual assault survivors are able to deal with triggering topics in a safe environment.



## **19. Treating Trauma Through a Salutogenic Lens (Part I)**

**Philip Rhoton, PsyD, D.A.A.E.T.S.**

The more complex the history of complex trauma, toxic stress, and repetitive adversity that clients have experienced the more essential it is to operate from a Salutogenic point of view. Come and learn why this is true!

## **20. Trouble Letting Go: Understanding and Responding to Addiction in the Adolescent Brain**

**Frank Kros, MSW, JD**

In this workshop participants will learn why adolescents are more sensitive and more vulnerable to the effects of alcohol, nicotine, and drugs than adults. This workshop will examine why this vulnerability exists in adolescent brain development and will provide concrete methods for both prevention and intervention. In addition, the process of addiction in the adolescent brain is examined with practical recommendations for changing addictive behaviors in adolescents.

### **2:45PM – 4:15 PM CONCURRENT SESSIONS**

## **21. Evaluating Social Communication During a Pandemic, is it Autism or Anxiety?**

**Catherine Riley, MD**

**Brittany Samson, MD**

We will review DSM-5 criteria for the diagnosis of autism versus anxiety. Case examples will be used to illustrate differences in autism, anxiety, and/or social communication difficulty in light of the ongoing pandemic. Best practice management options related to sensory challenges, dysregulated behavior, disrupted sleep, and anxiety focused coping strategies will also be discussed.

## **22. Child Abuse and the Brain: The Developmental Impact of Trauma in Childhood**

**Frank Kros, MSW, JD**

Key discoveries in neuroscience have revealed a more comprehensive and sophisticated understanding of the impact of child abuse on the developing brain. With incredible specificity, scientists have mapped how the experience of trauma in childhood changes the growing brain and predisposes it to psychiatric disorders in adulthood. The trauma of child maltreatment produces severe stress in the brain. The body's physiological response to stress impacts the brain at a highly vulnerable period in its development. This overwhelming exposure to physiological stress in the brain results in enduring alterations in brain structure and function. These alterations pave the way for "inward directed" problems like depression, anxiety, suicidal ideation and post-traumatic stress disorder and/or "outward directed" problems such as aggression, addiction and impulsiveness. Understanding the specific consequences of trauma on the growing brain can significantly inform interventions and inspire new approaches for the focus and goal of treatment for trauma victims.

## **23. Session Closed**

## **24. Ethical and Cultural Challenges When Working with First Responders (Part 2)**

**Stephen Johnson, Retired Firefighter**

**Libby Timmons, LISAC, CEAP**

Continuation of Session 14

## **25. Full Metal Mindfulness - Teaching Mindfulness-Based Interventions to Combat Veterans**

**Teri Davis, Licensed Naturopathic Physician**

Mindfulness, quite simply, is paying attention on purpose to the present moment. This involves a learned set of skills and there are several evidence-based, mindfulness-based interventions that all started with Mindfulness-Based Stress Reduction (MBSR), an 8-week program of intensive training in mindfulness meditation. The speaker has been teaching MBSR to combat veterans for 15 years and will discuss stress, trauma, PTSD, polyvagal theory, military culture, and the importance of trauma-informed educational programs. Participants will experience some of the grounding and meditation practices that they can share with others.

## **26. Play Therapy 101 (Part 2)**

**Juliet Fortino, MC, LPC, RPT-S**

Continuation of Session 16

## **27. Staying Connected With The Arizona State Board of Behavioral Health Examiners**

**Faren Akins, PhD, JD**

**Tobi Zavala, B.A.S.W.**

There are many new and upcoming changes in the licensing process and regulation of behavioral health practice in Arizona. Stay connected by attending this interactive program that will help you be in the know about what you need to know to promote an informed and ethical practice. Speakers will discuss how the Board complaint process works; what's happening with new rule changes; how to produce, retain and disclose records properly; where to find documentation and supervision requirements.

## **28. Treating Trauma Through a Salutogenic Lens (Part 2)**

**Philip Rhoton, PsyD, D.A.A.E.T.S.**

Continuation of Session 19

# Tuesday, August 10, 2021

8:00 AM – 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

## 29. Addiction: It Isn't All a Brain Disease - Getting Back to Biopsychosocial

David Mee-Lee, MD

There is much information about neurobiology, medication assisted treatment, and addiction as a “brain disease”. But what has happened to a biopsychosocial- spiritual perspective of addiction and treatment? This presentation highlights advantages and disadvantages of addiction as a “brain disease”. It argues for holistic, multidimensional perspectives.

10:00 AM - 11:30 AM CONCURRENT SESSIONS

## 30. Arizona Geographic Differences in Opioid Use Disorder Treatment

Benjamin Brady, MS, MPH, DrPH

Medication-assisted treatment (MAT) is an effective treatment for Opioid Use Disorder (OUD). MAT medications are available at Opioid Treatment Programs (OTPs) and prescribed by waiver-holding providers in office-based opioid treatment (OBOT) settings. With few OTPs, OBOTs are key to increasing access to MAT, especially for rural and underserved populations. This presentation provides research comparing the locations, distribution, and drive times to OTPs and OBOTs, including the proximity of behavioral health providers to OBOTs.

## 31. Best Practices For Your Transgender Patients

Josef Burwell, MS, PA-C

This presentation begins with the demographics of the trans community and our access to resources, then moves to language. Then it gets clinical - describing the diagnosis of gender dysphoria, informed consent, the description and use of gender hormones, the changes expected, and sound practices with preventative care. There are anecdotes, photos, and examples to keep this from droning like a medical lecture! Finally, gender confirming surgeries will be described before allowing time for questions and discussion.

## 32. Bikers Against Child Abuse - Empowering Children to Not Feel Afraid of the World in Which They Live

Eric Peterson, B.S. & Megan Mycek-Gilbert, B.S.

Children who have been abused often suffer and live in fear, as the perpetrator will make threats and intimidation to have that child not follow through with prosecution. Behavioral health systems offer much in helping a child in the healing process, yet there are still limitations to keeping the child safe. It is physically impossible for law enforcement to provide protection for these children twenty-four hours a day indefinitely. B.A.C.A. can and will fill that gap when necessary.

### **33. Compassion Fatigue in the Time of COVID**

**Adrienne Sainz Trees, LCSW**

**Leslie Ulloa, LPC**

This presentation will provide the background of compassion fatigue related to health care professionals: what it is, how we come to that point and ways to combat it. These three aspects will be directly applied to the COVID pandemic. The use of mindfulness will be applied as a mechanism of self-care for children, adults, older adults. The activities provided will give examples on how to use mindfulness and other coping skills to combat compassion fatigue. The presentation will demonstrate how to utilize coping skills while needing to physically distance to avoid COVID.

### **34. Dodging Trouble - Ten Major Perils of Practice**

**Faren Akins, PhD, JD**

**Vera Akins, JD**

Avoiding trouble from ethics complaints, professional liability claims, and malpractice suits has never been more challenging. It's what you don't know that can hurt you! But how can you find out what you may not know? This program taught by attorneys who regularly deal with ethical and legal dilemmas that counselors can run into will address Ten Major Perils of Practice that counselors should know about, understand, and DODGE. Topics to be covered include what to do if you receive a subpoena, how to sniff out a clinical case that may turn forensic on you and what to do about it if it does, knowing who your client is (and is not), setting up and maintaining your record keeping and billing, and figuring out what to do if you don't know the answer to an ethical dilemma.

### **35. Housing First: An Evidence-Based Approach for Resolving Homeless & Improving Outcomes for Homeless**

**Thomas Litwicki, LISAC**

Homeless persons with mental illness and addiction can thrive in a Housing First program. This evidence based approach emphasizes the need for stable housing as the most impactful immediate intervention for persons experiencing homeless conditions.

### **36. Sweet Dreams: The Unexpected Impact of Insomnia and What to Do About It**

**Diane Ryana, DBH**

This presentation explores the bi-directional nature of sleep disturbance and mental health, clarifying the importance of including insomnia assessments as well as evidence-based interventions in the treatment of a variety of mental health conditions including substance use, eating disorders, PTSD, ADHD anxiety and depression.

**1:00 PM - 2:30 PM CONCURRENT SESSIONS**

**37. An Introduction to Intensive Short-Term Dynamic Psychotherapy (Part I)**

**Marvin Skorman, LMHC**

**Johannes Kieding, LCSW**

Intensive Short-Term Dynamic Psychotherapy (ISTDP) is a brief experiential psychoanalytic approach that facilitates rapid and direct access to the unconscious. Extensive published research confirms that ISTDP can quickly resolve depression, anxiety disorders, psychosomatic disorders, eating disorders, and personality disorders, as well as disorders that are treatment resistant or complex. ISTDP was developed by Habib Davanloo, MD—clinical professor of psychiatry at McGill University Medical School and Director of the Short Term Therapy Center at Montreal General Hospital—in the 60's and 70's. There are now ISTDP practitioners and training programs all over the world. Dr. Davanloo's protocol specified a completed therapy in forty hours or less with no return of presenting symptoms for five years. There are unique and essential aspects of ISTDP that can greatly optimize and enhance any approach to therapy and are readily teachable to therapists across a broad spectrum of psychotherapeutic interventions. Those aspects will be the focus of our 3 hours together.

**38. Domestic Violence: Helping Those That Hurt and Are Hurting**

**Denise Krupp, MA, LPC, LISAC**

**Dr. Joanne Dunlap, LCSW, PhD**

This workshop will examine domestic violence. It will explain the progression of domestic violence in intimate partner relationships and the effects of domestic violence on families. This will include information to help gain understanding and empathy from the domestic violence offenders' perspective as they enter and process through treatment. This workshop will present evidenced treatment-based options for offenders. There will be a look at the effects on DV in 2020, a pandemic within a pandemic.

**39. Latinos and Suicide: A Clinician's Guide to Prevention and Treatment (Part I)**

**Dr. J Rocky Romero, PhD, LMSW**

This presentation considers suicide as part of a social phenomena but our attention will be on suicides and suicide attempts as deep psychological and emotional events. The emphasis is on what drives some people to think about suicide, to plan a suicide, and to attempt a suicide. This training is intended for mental health professionals and other health providers who are dedicated to delivering culturally appropriate services to the diverse Hispanic and/or Latino population.

#### **40. Play Therapy with Teens and Tweens (Part I)**

**Juliet Fortino, MC, LPC, RPT-S**

Being a teenager is a challenge from start to finish. Whether it's puberty, building self-esteem, gaining independence, or learning to make adult choices, being a teenager is not for the faint of heart! This presentation will explore how to engage teens/tweens utilizing a play therapy-based modality. Activities will be presented.

#### **41. Population-level Prevention with PAX GBG**

**Erin Roepcke, MSW**

Numerous state agencies have collaborated to bring universal prevention in the form of the PAX Good Behavior Game to Arizona teachers and families for 2020 and 2021. This evidence-based preventive intervention has variations for use with selected and indicated populations to decrease risk probability for psychiatric disorders; alcohol opioid, and other drug misuse; and suicide. The lessons learned from multiple population-level implementations allows stakeholders to determine the varying needs faced in implementing prevention at scale.

#### **42. The Right To A Good Death**

**John Abraham, BA, M.Div. F.T., President**

**Mary Beth Ginter, MA, PhD**

Death is 100% certain and relevant. Most of us die poorly: expensive, unnecessary and unwanted treatments, physicians ignoring advance directives. Typically, Medicare spends \$55 billion on patients within the last 3 months of life. Most of that money does little or nothing to improve their quality of life or extend lives. I will teach you and your clients how to achieve a quick, certain, and peaceful death. Get the death you want!

#### **43. Session Closed**

#### **44. Trauma Informed Care (Part I)**

**Cassandra (Cassie) Loller, LCSW**

**Lourdes Lopez-Escobar, MS, LPC**

Presentation will define and discuss how to recognize trauma through a trauma informed lens and better understand the impact of trauma. Trauma Informed Care will be explored and discussed focusing on the Trauma Informed Care Principles. Application of those principles will be explored and strategies will be developed to help you identify your role in the trauma informed community. Identifying your role will assist in providing trauma informed care services to the community. In addition using a trauma informed care lens will assist in relationships with colleagues and with personal relationships.



## **45. What They Should Have Taught You in School About Substance Use and Addiction**

**David Mee-Lee, MD**

In the behavioral health field, even if a clinician is not interested in treating addiction, such patients and clients will present for care anyway disguised as family problems, depression, anxiety and with a variety of other symptoms. In addition, mental health problems and alcohol or other drug use frequently co-occur or are intimately involved in etiology and/or treatment. Physicians and other clinicians have often not had the training in undergraduate or graduate school concerning addiction assessment and treatment. They can feel ill equipped to face the increasing population of multi-problem, complex, co-occurring disordered clients, as well as addiction patients. This presentation is designed to increase clinicians' awareness about their attitudes towards addiction; key concepts in addiction; the clinical dilemmas in identifying, assessing and treating addiction clients and those with the dual problems of psychiatric and addiction illness; and ways to engage clients into treatment and recovery. Reference will also be made to the American Society of Addiction Medicine' Criteria (The ASAM Criteria, 2013) and its multidimensional assessment dimensions to better target and focus care in a person-centered manner.

### **2:45PM – 4:15 PM CONCURRENT SESSIONS**

## **46. An Introduction to Intensive Short-Term Dynamic Psychotherapy (Part 2)**

**Marvin Skorman, LMHC and Johannes Kieding, LCSW**

Continuation of Session 37

## **47. Civic Leadership: Advocating for Behavioral Health Rights and Services, and Needs**

**Laurie Verdier, LPC**

This presentation will focus on how to advocate for behavioral health rights and services within the Arizona behavioral health system of care. A review of Arizona's history since the establishment of AHCCCS in 1982 will show where progress has been made; current challenges and system gaps will be discussed. Participants will gain an understanding of what civic leadership is, learn about resources and opportunities to become an advocate at local or state levels, and skills to do so. Learning about the principles of care, individual rights, how the Arizona State Legislature works, how to advocate in person or virtually, will empower participants to, through advocacy, help improve the quality of care for behavioral health service recipients.

## **48. Filling Your Cup One Breath at a Time**

**Teri Davis, Licensed Naturopathic Physician**

We all know that it is important to take care of our physical and mental health . . . we all know that in order to fill another's cup, we first have to fill our own . . . but really, who has the time? We do, here and now. In this presentation you will learn a little about polyvagal theory and relaxation responses but most of the time will be experiential as we practice grounding and mindfulness and laughter yoga.

**49. Latinos and Suicide: A Clinician's Guide to Prevention and Treatment (Part 2)**

**Dr. J Rocky Romero, PhD, LMSW**

Continuation of Session 39

**50. Myths, Realities, and Considerations in Treating Medical Professionals**

**Alison Sutton-Ryan, LCSW, LISAC**

**Saira Kalia, MD**

Myths, Realities and Considerations in Treatment Physicians and Medical Trainees will address the specific increased risks for depression, anxiety and suicide in this population. Attendees will gain an understanding of barriers to mental health care. Considerations and recommendations for providing mental health treatment will be addressed.

**51. Play Therapy with Teens and Tweens (Part 2)**

**Juliet Fortino, MC, LPC, RPT-S**

Continuation of Session 40

**52. Session Closed**

**53. Trauma Informed Care (Part 2)**

**Cassandra (Cassie) Loller, LCSW**

**Lourdes Lopez-Escobar, MS, LPC**

Continuation of Session 44

**54. Understanding the ASAM Criteria: Principles and Practices**

**David Mee-Lee, MD**

Clinicians, administrators and policy-makers involved in planning and managing care often lack a common language and systematic assessment and treatment approach that allows for effective, whole person services. The ASAM Criteria provides this common language. This presentation will highlight the principles and practices in understanding ASAM Criteria multidimensional assessment and levels of care.

8:00 AM – 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

## 55. Beyond the Five Stages: Grieving During a Pandemic

Krylyn Peters, MC, LPC

Grief has touched everyone in some way over the last 18 months. From death, to financial stability, to health, to changes in how and where we work and live our daily lives, there are no shortage of losses. As we work with our clients during a pandemic, we too are experiencing some of the same losses. In this workshop, we'll explore the more complicated aspects of grieving that have become more mainstream and how we can help our clients and ourselves thrive after loss.

10:00 AM - 11:30 AM CONCURRENT SESSIONS

## 56. AzMAT Mentors Program: Impetus and Outcomes

Elena Cameron, BS

Benjamin Brady, MS, MPH, DrPH

This pilot program matches providers who have experience with providing Medication Assisted Treatment (MAT) with DATA-waived providers who are new to MAT in order to improve their capacity to provide these treatments for patients with Opioid Use Disorder (OUD). Experienced MAT providers are also trained on concepts such as SBIRT (Screening, Brief Intervention, and Treatment), stigma, and trauma for a holistic view of OUD and substance use in general.

## 57. Culturally Sensitive Mind-Body Tx for Addiction

Sherry Walker, PhD

Using traditional addiction models such as Seeking Safety and the Matrix Model as a catalyst, this presentation focuses on a military sensitive culturally approach to address urges, habits, triggers and norms to address problematic patterns of chemical as well as behavioral addictions. Participants will leave the presentation with tools they can use to assist clients and a language of inclusiveness honoring aspects of military culture while recognizing aspects of that culture that are not healthy.

## 58. Disaster Mental Health Service Delivery...in a Pandemic: Lessons for Community, Group, and Individual

Krylyn Peters, MC, LPC

Christopher Anderson, Emergency Mgmt./Public Safety; Adult MH First Aid Instructor

If delivering mental health services during normal times has its challenges, imagine what delivering disaster mental health services during a pandemic looks like. Come learn what EMPACT-SPC has discovered from a year of providing support to Arizonans through the federally funded Crisis Counseling Program (CCP) designed to address the psychological impact of the pandemic.

## **59. Ethics Within the 3rd Wave of Technological Revolution**

**Kathleen Britton, MC, LPC**

In this past year and a half, many practitioners have found themselves conducting online therapy services. Telehealth or Tele-counseling is not new, many counselors have been working with clients on the telephone for many years. What is new, is the technological advances of the last decade. Siri and Alexa are common products in many American homes and offices. We even wear the technology on our wrists and carry it in pockets. How do all of these factors affect the therapeutic process and the ethics of practice? This workshop will help practitioners understand the depth of technology in their everyday lives and the effects of that technology on confidentiality. By the end of this workshop, practitioners will have a checklist of confidentiality threats and the instructions to mind those threats.

## **60. Ketamine Assisted Psychotherapy**

**Kate Kincaid, LPC**

**Jennifer Montjoy, MSN, PMHNP-BC**

If you've ever felt at an impasse in therapy with clients struggling with treatment resistant depression, anxiety, OCD or PTSD, exciting new research suggests Ketamine Assisted Psychotherapy, when used with other traditional therapy methods can help clients break through and experience long-awaited relief. In recent years, ketamine has been administered as an "off-label" treatment, per the FDA, for psychiatric conditions that have been resistant to currently available modalities such as medications and/or psychotherapy. For many, Ketamine Assisted Psychotherapy (KAP) has been found to provide rapid, sometimes immediate relief of treatment resistant depression, anxiety and PTSD. As with other mental modalities KAP is not a magic bullet, the client's ongoing personal work (e.g. lifestyle changes & ongoing integration therapy) are integral in the effectiveness of KAP and the duration of experienced improvements.

## **61. Sandtray Therapy in Trauma Treatment with Adults**

**Joan-e Rapine, LPC, NCC, CCTP, CGTS**

This presentation demonstrates the use of Sand Tray Therapy in trauma treatment with adult clients. It includes a discussion on ethical consideration related to using this modality in the treatment of trauma; how Sand Tray Therapy supports trauma work and posttraumatic growth; and the benefits of using Sand Tray Therapy in exploring and resolving trauma and PTSD in adults. The presentation includes a pictorial case study with an adult client over a ten-month period.

## **62. Trauma Pain, OxyContin, and the Opioid Crisis**

**Bennet Davis, MD**

A review of the trauma pain connection and how the potent anxiolytic oxycodone was marketed as a pain medication and prescribed to patients with undiagnosed/unrecognized trauma; and how pharma marketing prevented an appropriate response to the opioid crisis.

### **63. We've Locked Them Up -Now What Do We Do With Them?**

**Jim Gilchrist, LPC**

**Amanda Germeister, LPC**

What happens while inmates are incarcerated and why? This presentation will cover inmate programs available at the Department of Corrections and how they help reduce the likelihood of future victims and recidivism. Attendees will learn about varying treatment approaches and how programs can help keep the community safe. Come hear about some of our new pilot programs including Recovery Support Specialists and their roll in the prison.

## **1:00 PM - 2:30 PM CONCURRENT SESSIONS**

### **64. Cultural Inclusion of Native American Spirituality within Mental Health Assessments for Native Americans (Part I)**

**Anne Helene Skinstad, PhD**

**Sean Bear, BA**

This presentation is based on the work our center has been working on around Mental Health Assessments with American Indians. This presentation will mention our Spiritual Round table that incorporates the importance of Traditional Spiritual Knowledge and the use of Medicine Peoples who carry traditional knowledge and practices.

### **65. Effective Conversation Strategies That Make A Difference (Part I)**

**Mary Dillon, MA**

Motivational Interviewing (MI) began in the 1980s when it was discovered that it was the worker's style that mattered most in helping people make changes. It is a measurable, person-centered approach that provides a framework, along with skills and strategies for effective conversations. Participants will leave this seminar with specific skills and strategies that they can put to use immediately.

### **66. Equine Therapy: Introduction, Benefits and Specific Applications (Part I)**

**Debbie Cunningham, MA, MSW, LCSW**

**Jessica Miceli, MSC, LAC**

Part (I) Animals can add extraordinary emotional support in one's daily life. Beyond the pet-owner bond, animals have also been used in mental health and in therapeutic settings to help clients move through emotional blockages. Horses as co-counselors have been gaining more and more popularity in recent years due to the experiential approach and burgeoning evidence of its effective treatment outcomes. In this introductory course, we will dive into why horses are specifically used and the differences between these amazing sentient beings and other forms of animal assisted therapies. Different therapeutic models within equine therapy will be covered as well as how to be certified in this work. The latest research will also be reviewed.

In Part (2), specific interventions will be reviewed in how different equine therapy activities can aid clients dealing with specific issues or client populations. For those practicing this work or interested in how practitioners can use this model for their client issues, case consultations will also be discussed.

## **67. Life Saving Measures: Establishing Harm Reduction Programming for Any Level of Care**

**Dane Binder, MS**

Due to continued climbing rates of deaths related to synthetic opiate, psychostimulants, and benzodiazepines overdose, implementing harm reduction education with clients has never been more important. This presentation will provide a simple framework for establishing life saving psychoeducation for clients with substance use disorders that can be easily implemented in any level of care without significant liability.

## **68. Moving, Breathing, and Growing From Within**

**Simone Melhuish, LM**

**Alexandra Middleton, LPC, RYT, CCTP**

Body based and sensory motor strategies, yoga and other interventions that can be used to improve self-regulation and overall sense of self-worth. Research shows that there are many benefits for youth who use these modalities, including improved mood, stability, self-regulation, reduction of self-harm, and overall functioning. As providers who work with youth experiencing trauma, autism, and sensory processing disorders, attendees will have the opportunity to learn strategies we use to help build this populations' toolbox.

## **69. Using Creativity to Shift Your Compassion from Fatigue to Resilience**

**Krylyn Peters, MC, LPC**

If you work with people as a mental health professional, you've likely experienced compassion fatigue at some point. It is a normal part of our journey as helpers. Recovering requires more than just self-care - the occasional massage or scented candle; it requires an understanding of what leads to compassion fatigue, the signs of compassion fatigue, and a roadmap of how to strengthen your resilience. Join us for a little learning and a lot of creative ways to shift your compassion from fatigue to resilience.

## **70. Virtual Reality: Preparing Counselors with Technology**

**April Crable, PhD, MBA, LPC, CSOTP, CSAC, BC-TMH**

**Robyn Simmons, EdD, LPC-S (AL), NCC, RPT-S**

This session will allow attendees an opportunity to gain a deeper understanding of the potential benefits and challenges of adopting VR technology as a training tool. The presenters will present a review of the literature to address the ethical implications of using VR for counselor preparedness. Further, presenters will provide examples of the utilization of VR in training counselors.

## **71. Session Closed**



**2:45PM – 4:15 PM CONCURRENT SESSIONS**

**72. Cultural Inclusion of Native American Spirituality within Mental Health Assessments for**

**Native Americans (Part 2)**

**Anne Helene Skinstad, Phd**

**Sean Bear, BA**

Continuation of Session 64

**73. Effective Conversation Strategies That Make A Difference (Part 2)**

**Mary Dillon, MA**

Continuation of Session 65

**74. Equine Therapy: Introduction, Benefits and Specific Applications (Part 2)**

**Debbie Cunningham, MA, MSW, LCSW**

**Jessica Miceli, MSC, LAC**

Continuation of Session 66

**75. Hoof Prints Full of Rain Water: Use of Poetry Therapy in the Treatment of Substance Use**

**Disorders**

**Charles Gillispie, MFA, LISAC**

This dynamic presentation will introduce counselors to the use of poetry therapy in a variety mental health settings. Examples of poems written by clients in treatment centers, prisons, and private practice sessions will give counselors a context for the work as well as the chance to practice basic poetry therapy skills. The essential structure of a poetry therapy session will be outlined.

**76. Putting an End to Teen Dating Violence, Kaity's Way**

**Bobbi Sudberry, Sr. Paralegal**

**Karen Udall, MS**

Our presentation is relevant to all attendees as they themselves may have children and/or work with children professionally who are either teenagers or will become teenagers. Given the prevalence of Teen Dating Violence (TDV), chances are they are going to encounter a situation that will require them to react appropriately towards the victim and/or the abuser personally or professionally.

## **77. The Dance of Romance (Learning to Love)**

**John Leggio, MA LISAC**

A historical review of romantic love, its evolution over the past century, and the challenges it has created for couples therapy. Explore how changing gender roles and other fundamental societal changes have created predictable patterns of behaviors in relationships (dances).

## **78. Session Closed**

## **79. Who's Smart and Still Can't Read in Recovery?**

**Therese Griffin, MA, LISAC**

In this workshop, Therese will share her journey of addiction recovery that includes Vision and Learning Disabilities. The impact of and parallels to addiction will be addressed. Come and get inspired to take action on behalf of those who believe themselves incapable of learning!