

51st Annual

Southwestern School for Behavioral Health Studies



August 11-15, 2019

Shining a
Light
on Health & Well-Being

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EMPACT - SUICIDE PREVENTION CENTER

Schedule at a Glance

SUNDAY, AUGUST 11

PRE-CONFERENCE: 5 OPTIONS

8:00 AM - 9:00 AM REGISTRATION

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

1. Solution-Focused Brief Therapy 101
2. A Day of Play in the Therapy Room
3. Cultural Competency, Diversity and Ethics in Action
4. 6-Hour Clinical Supervision
5. 12-Hour Clinical Supervision (Part 1 & 2)

MONDAY, AUGUST 12

7:00 AM - 8:00 AM REGISTRATION

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

8:15 AM - 10:00 AM GENERAL SESSION

6. The Cutting Edge of Mind Body Medicine and Its Application to Mental Health

10:15 AM - 12:00 PM GENERAL SESSION

7. Overcoming Self-Doubt and Shame: The Mindfulness Cure for the Narcissism Epidemic

12:00 PM - 1:30 PM LUNCH ON OWN

1:30 PM - 3:15 PM CONCURRENT SESSIONS

8. The Neuroscience and Practice of Compassion
9. Mindfulness for Anxiety and Depression
10. Combating the Opioid Crisis in Maricopa County: Efforts, Lessons Learned, and the Future
11. EMDR Addiction Protocols: Stabilize Addiction, Process Trauma, Avoid Relapse (Part 1)
12. Working With a New Generation of Military Service Members
13. Improving Your LGBT-Affirming Practice (Part 1)
14. Can We Meet At Starbucks? Boundary Violations in Clinical Practice
15. Reconnecting the Self: Community Interventions to Support Young People With Serious Mental Illness and Psychosis Increase Social Engagement
16. How To Survive In The Counseling Field
17. The Essential Role of Neurogenic Tremors in Trauma Recovery
18. Ethically Sound Experiential Interventions for Trauma and Self-Injury (Part 1)
19. Art Therapy Resilience and Creating Change

3:15 PM - 3:30 PM AFTERNOON BREAK

3:30 PM - 5:15 PM CONCURRENT SESSIONS

20. Deepening Mindfulness: Wisdom & Compassion in Psychotherapy
21. Awareness Without Judgment: Incorporating Yoga into Substance Abuse Work
22. Neurobiology and Clinical Application for Opiate Use Disorder
23. EMDR Addiction Protocols: Stabilize Addiction, Process Trauma, Avoid Relapse (Part 2)
24. Oppression, Social Justice and Hope
25. Improving Your LGBT-Affirming Practice (Part 2)
26. Secrets, Subpoenas and Couples: Confidentiality with Multi-Client Situations
27. Clinical Supervision Best Practices – Improving Our Role as Supervisors, Mentors, and Gatekeepers
28. Uncovering the Path to Resolution, Resilience and Healing Without Abreaction
29. Transforming the Challenging Child Through the Nurtured Heart Approach
30. Dr. Davanloo's Method of Intensive Short Term Dynamic Psychotherapy
31. Ethically Sound Experiential Interventions for Trauma and Self-Injury (Part 2)

5:15 PM - 5:30 PM EVENING BREAK

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

32. The Healing Heartbeat: Native American Song, Dance & Music Presentation

TUESDAY, AUGUST 13

7:00 AM - 8:00 AM REGISTRATION

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

8:15 AM - 10:00 AM GENERAL SESSION

33. The Relationship Between Trauma and Suicidality

10:15 AM - 12:00 PM GENERAL SESSION

34. What's Next? Cocaine, Methamphetamine, Sugar and Behavioral Addictions

12:00 PM - 1:30 PM LUNCH ON OWN

1:30 PM - 3:15 PM CONCURRENT SESSIONS

35. Trauma Informed Stabilization Treatment (TIST)
36. Sex, Shame and Narcissism: Treating Addictive Sexual Shame and Erotic Rage
37. MAT in a Health Home
38. Ghost and Angels in the Nursery (Part 1)
39. Navigating the Provision of Tribal Services
40. Upstream Suicide Prevention for Arizona's Service Members, Veterans & Their Families
41. Family Therapy for Substance Use in Hispanic and Latino Adolescents: Basics (Part 1)
42. Ethical Decision-Making When Working with Children & Families
43. Navigating the Intricacies of Child Emotional Abuse: Empowered Prevention and Intervention Strategies
44. Using DBT with Unique Populations
45. Complex Trauma in Children: New Developmental Strategies for Healing (Part 1)
46. Trauma and Touch: How to Physically Reconnect Healing Families (Part 1)

3:15 PM - 3:30 PM AFTERNOON BREAK

3:30 PM - 5:15 PM CONCURRENT SESSIONS

47. Addiction & Spirituality: The Recovery Journey
48. Addiction and the Teenage Brain: " Growing Into It "
49. Ghost and Angels in the Nursery (Part 2)
50. A Quest for Competency: Basic Concepts for Working with Sexual Orientation and Gender Identity
51. Family Therapy for Substance Use in Hispanic and Latino Adolescents: Basics (Part 2)
52. Craving Connection: The Science of Food and Relationships
53. Improving Life Expectancy for Patients with Serious Mental Illness, the Integrated Clinician's Role
54. Effects of Compassion Fatigue for Clinicians and Strategies to Maintain Self-Care
55. Sex, Money and Power: Revisioning the Therapeutic Narrative
56. Making the Future Brighter Through Assertive Community Treatment
57. Gaming Disorder Prevention and Treatment – Treating Fire with Fire
58. Complex Trauma in Children: New Developmental Strategies for Healing (Part 2)
59. Trauma and Touch: How to Physically Reconnect Healing Families (Part 2)

5:15 PM - 5:30 PM EVENING BREAK

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

60. Riding the Waves with AZBBHE - A Helpful Guide to Keep You Informed of Changes and Ethical Practice

*Cultural Diversity Sessions: 3, 12, 13, 24, 25, 39, 40, 41, 50, 51

*Ethics Sessions: 3, 14, 26, 42, 60

WEDNESDAY, AUGUST 14

7:00 AM - 8:00 AM REGISTRATION

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

8:15 AM - 10:00 AM GENERAL SESSION

61. The Overstimulated Child: Physiology, Symptoms, and Reversal of Screen Time Impacts on Mental Health

10:15 AM - 12:00 PM GENERAL SESSION

62. Suicide Prevention: Science Into Action

12:15 PM – 1:30 PM SPECIAL SWS LUNCHEON

63. The Mind Lies

12:00 PM - 1:30 PM LUNCH ON OWN

1:45 PM - 3:30 PM CONCURRENT SESSIONS

64. The Reset Program: Using an Electronic Fast to Stabilize Mood, Break Screen Habits, and Shift Family Dynamics

65. Prescription for Change: State of the State Opioid Epidemic Panel Discussion

66. The Neurobiology of Addiction: A Revolutionary Approach to Addiction Treatment (Part 1)

67. Mental Health Disparities: Why the Divide Remains

68. Making America Greater Through Cultural Humility: The Intersection of Identity, Power, and Privilege

69. Bullying: Impact and Management Among Hispanic and Latino Students (Part 1)

70. Beyond Ground Hog Day: The Ethics of Documentation Driven Therapy

71. Self Care: The Conversations We Don't Have

72. Fat Trauma and Body Shame: Examining Societal Impact on Fat Individuals and Rethinking the Emotional Intervention Prior to the Physical Intervention

73. When Dissociation Hides in Plain Sight

74. Everyone Deserves Opportunity: Effective, Multidimensional Interventions for Vulnerable Populations

75. PTSD: A Disorder of the Future (Part 1)

3:30 PM - 3:45 PM AFTERNOON BREAK

3:45 PM - 5:30 PM CONCURRENT SESSIONS

76. SMART Recovery is an Option for Long Term Recovery

77. The Neurobiology of Addiction: A Revolutionary Approach to Addiction Treatment (Part 2)

78. Ethical and Cultural Challenges when working with First Responders

79. Bullying: Impact and Management Among Hispanic and Latino Students (Part 2)

80. The Person Behind the Narcissist

81. Is it Ethical: Touch and Self Disclosure? Utilizing Psychodrama and Other Action Methods

82. Practice Transformation and Integrating Care Pathways

83. Human Trafficking Awareness and the Collaboration Process to Provide Immediate Treatment of Recovered Juvenile Victims

84. Emotional and Traumatic Memory: Neurobiology and Current Treatment Update for PTSD

85. Connecting the Dots Between Mental Illness, Substance Use and Criminal Justice Through Peer Support Services to Reduce Relapse and Recidivism

86. Synthesizing What You Know: Better Inform Your Practice Through Play, Nature, and Sensory-Based Interventions

87. PTSD: A Disorder of the Future (Part 2)

THURSDAY, AUGUST 15

7:00 AM - 8:00 AM REGISTRATION

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

8:15 AM - 10:00 AM GENERAL SESSION

88. Downrange: What Combat Veterans Teach Us About Emotional Frontiers

10:15 AM - 12:00 PM GENERAL SESSION

89. Is Your Story Making You Sick?

12:00 PM - 1:30 PM LUNCH ON OWN

1:30 PM - 3:15 PM CONCURRENT SESSIONS

90. The Complex Currents of Relationship

91. The MAT Program: One Powerful Tool In Fighting The War On Opioid Dependency

92. Sex: The Elephant in the Room

93. Systemic Strategies to Address Adolescent Substance Use and Other High-Risk Behaviors

94. Play Therapy and Attachment: It's all Fun and Games (Part 1)

95. I am a person too! Trauma, Substance Use, Mental Health and Disabilities

96. An Humanistic Approach to Dismantling Stereotypes that Perpetuate Loneliness in African American/Black Women (Part 1)

97. Client to Counselor Attraction: Taboo Topic

98. De-Stigmatizing and De-Mystifying Dissociative Identity Disorder

99. Creating Connections: The Importance of Individual, Family, and Community Connectedness in Suicide Prevention

100. A Community Response to Hoarding Disorder

101. Making the Invisible Visible: Treating Chronic Pain (Part 1)

3:15 PM - 3:30 PM AFTERNOON BREAK

3:30 PM - 5:15 PM CONCURRENT SESSIONS

102. Health Rhythms: Group Empowerment and Connectivity Through Drumming

103. Helpers Program to Improve Tobacco Cessation in Behavioral Health Treatment Recipients and Agencies

104. Play Therapy and Attachment: It's all Fun and Games (Part 2)

105. Gender-Affirming Care: Awareness, Knowledge, and Skills for Affirming Practice

106. An Humanistic Approach to Dismantling Stereotypes that Perpetuate Loneliness in African American/Black Women (Part 2)

107. An Ethical Workplace Begins With Integrity

108. Mental Health at Work

109. Establishing Safety Before Treatment of Trauma

110. Insightful Caregiving: Helping Traumatized Children Regulate

111. Interpreting Psychosis: Metaphor and Symbolism in Delusions and Hallucinations

112. Motivational Interviewing for Brief Interventions

113. Making the Invisible Visible: Treating Chronic Pain (Part 2)

*Cultural Diversity Sessions: 67, 68, 69, 75, 78, 79, 95, 96, 105, 106

*Ethics Sessions: 70, 81, 97, 107

Sunday, August 11, 2019

PRE-CONFERENCE: 5-OPTIONS

(Includes: 6-hours of continuing education; morning beverage service & lunch)

8:00 AM – 9:00 AM Registration

9:00 AM – 4:00 PM (Lunch: 12:00PM – 1:00 PM)

1. Solution-Focused Brief Therapy 101

Teri Pichot, LCSW, LAC, MAC

This training will provide all the basic information about Solution-Focused Brief Therapy as well as give specific examples throughout the day regarding how this approach works with mental health disorders, including chronic disorders that require psychotropic medications. The “hows and whys” of the approach will be explained including the application to diverse populations, various cultures, all age ranges, and different gender identifications. The focus of this training will be on gaining the knowledge through discussions and other didactic methods and on seeing the approach in action through demonstrations and exercises. **Limited to 99 participants.**

2. A Day of Play in the Therapy Room

Jennifer Rollins, LPC, RPT

Marlo Mendez, LPC

Spend the morning exploring play therapy approaches for helping the ADHD child. Developing and understanding skills to help manage ADHD can help set a child up for life long success. This time will focus on exploring practical ideas and approaches for helping clients talk about and cope in various settings. We will learn new concrete tools and techniques that can be used while working with ADHD in therapy. The afternoon will focus on a playful and meaningful integration of sand tray work into individual therapy for a range of clients. Whether you already have a sand tray set up or are thinking of getting one, this time will cover fresh and creative ways to integrate sand tray work into ongoing treatment. The afternoon will focus on using Structured, Adlerian, and CBT approaches for integrating sand tray work in treatment. Practitioners will leave with concrete tools and techniques they can use with current and future clients.

3. Cultural Competency, Diversity and Ethics in Action

Adena Bank Lees, LCSW, LISAC, BCETS, CP

Marlo Archer, PhD, Licensed Psychologist

This action-oriented workshop engages your curiosity and enhances your skills in working within your code of ethics with diverse populations. Ethically and culturally competent practice starts with knowledge and understanding of principles and our relationship to them. This workshop will review experiential exercises that focus on self-awareness and assessment, the common dilemmas faced in practice with diverse populations, social media, models of problem solving and ethical decision making. **Limited to 40 participants.**

4. 6-Hour Clinical Supervision

Vicki Loyer, PhD, LMFT

Melissa Baker, MS, LMFT

This session will cover the AZBBHE 6-hour supervisor refresher training requirements. It will include an expansion on the basic core requirements of the AZBBHE specific to supervision. 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.

5. 12-Hour Clinical Supervision (Part 1 & 2)

Vicki Loyer, PhD, LMFT

Melissa Baker, MS, 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, to begin providing supervision for licensure through the AZBBHE. Part two will 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. **(THIS IS A 2-PART SESSION. PART 1 IS ON SUNDAY, 8/11 AND PART 2 IS ON MONDAY, 8/12. TIME: 9 AM – 4 PM (LUNCH: 12 PM – 1 PM EACH DAY).**

Monday, August 12, 2019

7:00 AM – 8:00 AM Registration

8:00 AM – 8:15 AM Welcome and Opening Remarks

8:15 AM – 10:00 AM GENERAL SESSION

6. The Cutting Edge of Mind Body Medicine and Its Application to Mental Health

Joan Borysenko, PhD

The most important determinant of physical health is mental health. While we've known that for years, new findings in neuroscience, nutrition, immunology, and epigenetics on the one hand, coupled with a growing emphasis on somatic therapies and energy medicine on the other, have opened new doors to healing and wholeness. In this research-based practical presentation, participants will learn how adverse childhood experiences set the stage for chronic illness and substance abuse later in life through epigenetic changes, neurochemistry and immune function. Dr. Borysenko will examine how approaches based in interpersonal neurobiology, mindfulness, meditation, somatic techniques and narrative medicine can help restore physical and mental balance.

10:15 AM – 12:00 PM GENERAL SESSION

7. Overcoming Self-Doubt and Shame: The Mindfulness Cure for the Narcissism Epidemic

Ronald D. Siegel, PsyD

What if our therapeutic goals of improving self-esteem, developing a stable and coherent sense of self, and expressing our authentic feelings all turn out to be misguided? What if they inadvertently feed the cultural enthusiasm for celebrity and success that makes so many of us miserable? This presentation will examine how mindfulness practices can be harnessed in psychotherapy to reexamine our conventional sense of self, leading both us and our clients toward greater well-being, wisdom, and compassion.

1:30 PM – 3:15 PM CONCURRENT SESSIONS

8. The Neuroscience and Practice of Compassion

Joan Borysenko, PhD

Compassion is the awareness of suffering of others, and the desire to alleviate it. Compassion activates the reward circuits of the brain, inhibits the stress response, and increases psychological and physical wellbeing. Research in interpersonal neurobiology describes how the mind is both embodied in the brain and nervous system, while also embedded in relationships. The quality of relationship affects the release of informational molecules by the brain and gut. These signaling molecules turn genes on and off and predispose to health or disease; anxiety, depression or equanimity. Loving relationship to self and others is the crucible from which health and healing emerge. Fortunately, compassion can be cultivated with simple mental tools derived from meditation practice, mindfulness, and positive psychology.

9. Mindfulness for Anxiety and Depression

Ronald D. Siegel, PsyD

Mindfulness is being touted lately as the cure of everything that ails us as human beings. How can a simple set of practices possibly help with so many psychological disorders? This presentation will examine the common factors in psychological difficulties, and explore how mindfulness practices can help us with two of the most common: anxiety and depression.

10. Combating the Opioid Crisis in Maricopa County: Efforts, Lessons Learned, and the Future

Armando Peelman, MSC, LAC

Alisa Randall, MEd

This session outlines some of efforts taken within Maricopa County to combat the current opioid epidemic. The session will discuss how the partnership between Mercy Care, AHCCCS, and select providers via the use of grant funding has increased access to care to members through expanded hours, navigators, and peer support. Finally, this session will discuss future goals and plans to further address the impact of those blindsided by opioid addiction.

11. EMDR Addiction Protocols: Stabilize Addiction, Process Trauma, Avoid Relapse (Part 1)

Julie A. Miller, MC, LPC, LISAC

In this workshop, we will discuss EMDR addiction protocols for treating substance abuse, process addictions, and compulsivities. Research has shown that the use of addiction protocols can stabilize the addiction and allow for titrated processing of trauma. Video demonstrations will show the use of the protocols and discussion will include how to blend the protocols to best address the clients' needs.

12. Working With a New Generation of Military Service Members

LaQuista Erinna, DBH, LCSW

Isolation from military communities, stigma, and lack of knowledge of available resources are all challenges faced by military service members when reintegrating into their civilian lives. As a new generation of service members continue to serve in the Armed Forces, the way in which we address their pain and trauma must also change. Providers must have a basic understanding of military culture and how to address, treat and connect members to services.

13. Improving Your LGBT-Affirming Practice (Part 1)

Steven Farmer, LPC, LMFT, NCC, Approved Clinical Supervisor

To build one's competency with LGBT clients, a professional must go beyond the awareness of LGBT issues and include the knowledge and practice of specific skills designed to affirm LGBT clients and their experiences. This presentation will present research in the area of sexual identity development, coming out, sexual minority stress and issues LGBT clients encounter across the lifespan. Participants will learn and practice specific skills they can apply in their practice with LGBT clients.

14. Can We Meet At Starbucks? Boundary Violations in Clinical Practice

Pamela H. Harmell, PhD

"I would NEVER sleep with a patient!" is spoken by clinicians, thinking this is the only form of boundary issue related to ethical behavior. Licensing boards, not to mention the media, report cases of irregular dual relationships on a routine basis. This workshop will attempt to shed light on the complexities of boundary issues and will clarify relevant ethical and clinical concerns. The workshop will distinguish between harmful boundary violations and beneficial boundary crossings, and therapist personal counter-transference issues leading to potential intervention errors.

15. Reconnecting the Self: Community Interventions to Support Young People With Serious Mental Illness and Psychosis Increase Social Engagement

Gustavo Perez, PhD

Patricia Harrison-Monroe, PhD

Young people with psychosis and serious mental illness (SMI) experience major disruptions: cognitive, emotional and relational. Often, after the onset of psychosis and SMI symptoms, a young person faces new barriers to maintain friendships and stay active in school, employment and community participation. This presentation focuses on reviewing evidence based strategies mental health providers can use to support young people with SMI and psychosis, develop social capital and break away from a pattern of isolation and limited agency.

16. How To Survive In The Counseling Field

Denise Krupp, LPC, LISAC

Jacqueline Webster, EdD, LAC, NCC

This presentation will provide an overview of how mental health professionals can take care of their own mental health and prevent burnout. Personal characteristics related to counselor burnout and resiliency factors will be explored in addition to tools on how professionals can realistically address the stress of the mental health field. Attendees will leave with a better understanding of balance and practical methods for increasing self-care in the demanding field of behavioral health.

17. The Essential Role of Neurogenic Tremors in Trauma Recovery

David V. Berceli, PhD, MA, LIC

Shaking during stress, tension or trauma is as healthy and natural as shivering when we are cold. Medical science has overlooked and misinterpreted this shaking as a pathological process thereby interrupting its natural healing process. Dr. Berceli will explain and demonstrate through audience participation how to reactivate these mild, therapeutic tremors to calm the nervous system and relax tension in the body.

18. Ethically Sound Experiential Interventions for Trauma and Self-Injury (Part 1)

Adena Bank Lees, LCSW, LISAC, BCETS, CP

Marlo Archer, PhD, Licensed Psychologist

Ethical and effective treatment of trauma and self-injury empowers vs. re-traumatizes. This two-part workshop offers these practical and applicable interventions functional in agency and private practice settings. Engage your curiosity and creativity while gaining valuable skills! 1.5 hours of ethics is included. Limited to 30 participants.

19. Art Therapy Resilience and Creating Change

Nicole Gordon, LMSW

Stephanie Rozner, MEd

Creating a safe environment where youth feel that they have space to explore, express and accept themselves is essential to their development of resiliency skills. Art therapy fosters culturally-grounded, non-judgmental and self-affirming processes designed to improve personal and community recovery. This session includes an overview of therapeutic art techniques, review of materials/modalities often used in practice, and an art activity to demonstrate concepts. Participants should come ready to engage in wellness and art making activity.

3:30 PM – 5:15 PM CONCURRENT SESSIONS

20. Deepening Mindfulness: Wisdom & Compassion in Psychotherapy

Ronald D. Siegel, PsyD

What do we look for in a psychotherapist? When we are in pain, the answer probably isn't academic knowledge or training. Rather, we hope that our therapist will be wise—have a deep understanding of how to live life—and compassionate—able to supportively enter into our suffering with us. This presentation will explore how, using mindfulness practices, wisdom and compassion can be cultivated in both the therapist and the client, leading to richer, more fulfilling treatments.

21. Awareness Without Judgment: Incorporating Yoga into Substance Abuse Work

Sherry Walker, PhD, LCSW, RCY 200

Presentation begins with creating a common vocabulary for incorporating yoga into psychotherapy practices to address substance abuse issues. This will be an experiential presentation with participants engaging in learning/practicing yoga techniques.

22. Neurobiology and Clinical Application for Opiate Use Disorder

Wen Cai, MD, PHD

Opiate use disorder and its Medication-Assisted Treatment (MAT) options will be discussed.

23. EMDR Addiction Protocols: Stabilize Addiction, Process Trauma, Avoid Relapse (Part 2)

Julie A. Miller, MC, LPC, LISAC

Continuation of Session 11.

24. Oppression, Social Justice and Hope

Nicole Gordon, MSW, LMSW

Creating a safe place for individuals and families to address the dynamics of social justice and oppression on their journey of recovery can be a tricky process. This presentation will explore the dynamics of oppression and in practice with individuals with behavioral health needs. Participants will have the opportunity to explore and discuss the intersectionality its impact has on access to health care and how these intersections can become the foundation for resiliency.

25. Improving Your LGBT-Affirming Practice (Part 2)

Steven Farmer, LPC, LMFT, NCC, Approved Clinical Supervisor

Continuation of Session 13.

26. Secrets, Subpoenas and Couples: Confidentiality with Multi-Client Situations

Pamela H. Harmell, PhD

When a couple enters into counseling, are they considered “one unit” or two individual clients attending couple therapy? What are the special problems related to confidentiality and record disclosure? This workshop will focus on multi-client situations such as working with couples, families, and groups. To whom does the therapist owe an allegiance? Should the therapist maintain “secrets” or have a “no secrets” policy? How should multi-client records be kept with consideration to potential subpoenas, court orders, and custody issues in a dissolution?

27. Clinical Supervision Best Practices – Improving Our Role as Supervisors, Mentors, and Gatekeepers

Mandee Bahadar, PhD, LPC

Patricia Kerstner, PhD, NCC, Core Faculty at University of Phoenix, Board Approved Supervisor

This workshop aims to disseminate information on and provide examples of current best practices in clinical supervision. Presenters will also align these best practices to the Arizona Board of Behavioral Health Examiners rules around licensure.

28. Uncovering the Path to Resolution, Resilience and Healing Without Abreaction

Robert Rhoton, PsyD, LPC, DAAETS

Using therapeutic relationship as a strength-oriented process to engage the client in identifying capacity and competency, instilling hope and empowering choice. An intervention strategy that increases self-awareness, resilience and the intentional use of strengths to generalize competency to current and future problems.

29. Transforming the Challenging Child Through the Nurtured Heart Approach

Rachael Horton, LCSW

This presentation will provide a background of the nurtured heart approach, as well as teaching techniques to utilize when dealing with the challenging child. The nurtured heart consists of a set of strategies that assists children in further developing their self-regulation and has found to be effective with children of all ages. Attendees will be able to role-play these techniques to ensure readiness to apply directly into their practice. This presentation will include PowerPoint, videos and scenarios.

30. Dr. Davanloo's Method of Intensive Short Term Dynamic Psychotherapy

Richard B. Meyer, MD

Intensive Short Term Dynamic Psychotherapy (ISTDP) is an evidence based form of psychotherapy created by Dr Davanloo. The therapy is based on the idea that painful emotions buried in the unconscious create personality problems and psychiatric symptoms which limit the patients ability to establish intimate meaningful attachments, lead to self defeating behaviors and to disabling symptoms. The presentation will give a detailed look at the unconscious issues that lead to the problems which patients present and give a detailed description of the technique of ISTDP with clinical examples.

31. Ethically Sound Experiential Interventions for Trauma and Self-Injury (Part 2)

Adena Bank Lees, LCSW, LISAC, BCETS, CP

Marlo Archer, PhD, Licensed Psychologist

Continuation of Session 18.

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

32. The Healing Heartbeat: Native American Song, Dance & Music Presentation

Tony Redhouse, Traditional Native American Practitioner; Certified Yoga Instructor

As a traditional Native American Consultant, Spiritual teacher and Recording Artist, Mr. Redhouse will use the traditional "Circle of Life" to explain how we can maintain personal balance that will create harmony in our community. Within that circle of life there are Four Directions that represent the four aspects of our human life and the seasons of energy that can create completeness. In our journey around our circle, we will experience transitions in our chronological age, relationships, and career that will teach us about ourselves. Having healthy beginnings will set the foundation for how all of our seasons will continue to progress peacefully in our lifetime. The one constant "heartbeat" that allows us to flow through each transition in life smoothly, is called Love. From the time of our birth, relationships will be the constant tools that will teach us about who we are and how we can interact with others and experience harmony. In modern society we have experienced division, conflict, fear, and confusion, because we have strayed from the simplicity of this heartbeat called love that unites, heals, and guides us to our truth.

Drumming Portion

Using the ancient sounds of the Voice, the Drum and the Flute, Tony Redhouse will reveal how vibration and sound can guide the mind, body and soul back to a place of simplicity and peace. In Native American tradition, these primal and true expressions of our soul allowed us to create ceremony, tell our stories and to celebrate Life. Tony will use drums and dance during interactive segments with attendees, allowing them to energetically feel the uniting of intention to support each other in their service to their communities. Mr. Redhouse will share the importance of following our heart's "beat," to inspire us to open our lives, become vulnerable and to "soar" with the freedom and joy that is our natural birthright! He will emphasize the privilege of allowing our intuition to guide us, and to exercise that gift which continues to be a valuable resource for healthy interaction in our personal, business and community lives. **Note: Continuing education hours are not available for this session.**

Tuesday, August 13, 2019

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

33. The Relationship Between Trauma and Suicidality

Janina Fisher, PhD

It is well-established that there exists a strong association between suicidality and a history of trauma, but the basis for that association has never been documented. Understanding the neurobiology of trauma provides a context for understanding suicidal ideation, impulses, and actions as trauma responses. When suicidality is understood as a survival response, not as a wish to die, treatment becomes less focused on managing safety, creating an opportunity to help clients heal their traumatic wounds.

10:15 AM – 12:00 PM GENERAL SESSION

34. What's Next? Cocaine, Methamphetamine, Sugar and Behavioral Addictions

Mark Gold, MD

It is estimated that if we do not change what we are doing, an additional 500,000 will die in the next 5 years from drug use and overdose. At least 30% of "accidental" overdoses are suicide attempts and depression-anhedonia are commonly found in SUD patients. Not addressing important co-morbidities, like depression or infectious diseases or trauma or heart disease only makes outcomes from treatment all the more challenging. Having worked in this field since 1972, starting with amphetamines and opioid research, continuing with cocaine and crack in the '80s, and moving on to methamphetamine and cannabis, sugar, sex and food. I will provide a review of my work and the lessons that can be learned. I will describe some of the limitations of animal-brain science, pharmacological - medical treatments for addictions, and the importance of peers-therapy-time-diet-and exercise in long term recovery.

1:30 PM – 3:15 PM CONCURRENT SESSIONS

35. Trauma Informed Stabilization Treatment (TIST)

Janina Fisher, PhD

Trauma-Informed Stabilization Treatment or TIST was designed to help chronically suicidal and self-harming clients better manage their unsafe impulses and resolve trauma-related issues that fuel their self-destructive patterns. Using a trauma model, clients are helped to notice their dysregulated emotions as feeling memories held by young child selves and to observe how the self-destructive impulses of their adolescent selves attempt to control unbearable emotions and restore a sense of control. Mindfulness techniques help clients to tolerate the emotions and impulses without acting on them and evoke compassion toward these younger selves. When clients begin to feel curious and compassionate toward these parts, they no longer identify with the part's goal of suicide, and the suicidal feelings and impulses tend to become less intense and more easily managed.

36. Sex, Shame and Narcissism: Treating Addictive Sexual Shame and Erotic Rage

Debra L. Kaplan, MA, MBA, LPC, CSAT-S

Clinicians who work with the spectrum of adult sexuality and sexual expression help clients distinguish between what is their healthy sexual expression from what is potentially compulsive or addictive sexual behavior. Below the surface of addiction are the buried messages of toxic shame, low self-esteem and narcissistic wounding. This session will provide tools to successfully treat sexual shame and erotic rage with attention paid to attachment styles, assessment integration and applied case exploration.

37. MAT in a Health Home

Robin Ross, MD

Laura Santa Cruz, MBA

The session will discuss the delivery of primary, behavioral health, and Suboxone services in a Health Home setting. Topics to be focused on include: integrated care training provided to all clinical staff, patient education on integrated care provided to MAT patients, workflow and delivery of integrated services in conjunction with MAT, increasing MAT patient satisfaction by destigmatizing MAT as a result of transferring services to a Health Home from an opioid clinic, and how to maximize the use of medical assistants in an office based opioid treatment program.

38. Ghost and Angels in the Nursery (Part 1)

Serena Samaniego, MS, LAC, IMH-E®

Sara Dominquez, LPC

Using the concept of Ghost and Angels in the Nursery, participants will learn about the impact of a caregiver's trauma and resiliency on the parent-child relationship. Participants will engage in interactive activities that increase their ability to promote change and support the families they serve. Most importantly, participants will reflect on the importance of empathy and the shared human experience when working with families.

39. Navigating the Provision of Tribal Services

Sirene Lipschutz, LMSW

Holly Figueroa

Presenters will share the valuable lessons learned from years of work coordinating and providing therapeutic services among the tribes of Northern Arizona. Participants will gain a better understanding of the challenges tribal members face when seeking services along with those faced by clinicians who provide these services. Participants will gain valuable insight from the presenters' own work and will leave with evidence-based tools to bolster culturally relevant clinical practice.

40. Upstream Suicide Prevention for Arizona's Service Members, Veterans & Their Families

Thomas Winkel, MA, LPC, NCC

Blake Chaffee, PhD, ABPP

Erica Chestnut-Ramirez, MC, LISAC

In 2017, 41% of veterans in Arizona reported experiencing suicidal ideations, yet 1 in 3 veterans and family members do not know of at least one number to call for help in a time of crisis. The Be Connected program uses an upstream intervention approach to suicide prevention and includes a 24/7 support line, an online and in-person resource navigation, and training for service members, veterans, family members, providers, and helpers across Arizona. **This session is presented in partnership with La Frontera Arizona/EMPACT-SPC.**

41. Family Therapy for Substance Use in Hispanic and Latino Adolescents: Basics (Part 1)

Jesse (Rocky) Romero, LMSW, PhD

The main goal of this presentation is to promote the incorporation of and, training in, family therapy for substance use issues with Hispanic adolescents. Cultural values such as familismo are congruent with a Family Treatment model for Hispanic youths who use substances. The culturally responsive clinician will address attachment and immigration issues, acculturation related issues, apply familismo and will assess the fit between the family's world view and the process of family therapy. Participants of this presentation will learn basic concepts and skills related to Family Therapy as well as the cultural values that may be incorporated into family therapy with Hispanic adolescents.

42. Ethical Decision-Making When Working with Children & Families

Yoendry Torres, PsyD

Navigating clinical practice ethics can be challenging enough when working with individual adult clients but it can become an ethical and legal minefield when working with children, teens, and families. This seminar will review ethical codes as well as federal and state laws pertaining to clinical work with children, teens and families. Most importantly, this seminar will teach and help participants develop risk management practices that they can incorporate into their clinical and business practices that will help participants avoid board complaints.

43. Navigating the Intricacies of Child Emotional Abuse: Empowered Prevention and Intervention Strategies

Brandy Baker, PsyD

Lindsay E. Lennertz, PsyD

Believed to be one of the murkiest forms of child maltreatment to identify, child emotional abuse often inspires uncertainty for the treating provider. This seminar will support you in providing confident, rather than fearful, clinical care to families for whom child emotional abuse is a risk or a reality. Learn to identify effective strategies for maintaining rapport and empowering families, as well as discuss tricky case examples of potential child emotional abuse.

44. Using DBT with Unique Populations

Adrienne Sainz Trees, LCSW

DBT is a wonderful modality but sometimes can be daunting to use in both individual and group sessions. DBT skills can be adapted to just about any population. It is effective to use with children, the DD population, SMI adults and conjointly with parents for their children. This presentation will provide specific tips and DBT skills adapted to various populations that have had previous success rates.

45. Complex Trauma in Children: New Developmental Strategies for Healing (Part 1)

Kenny E. Miller, LCSW

Sustained and systematic trauma from the first years of life often changes the rules by which children can accept much needed parenting for their growth, as well as limiting the benefit from traditional modalities of healing such as play therapy. This workshop looks first at development through the lens of Object Relations Theory and the impact trauma has on that development. Next we look at the latest understandings from the fields of both Attachment and Trauma, such as Porges' Polyvagal Theory, to begin to construct effective healing efforts with this most difficult population. Practical strategies from the presenter's own 25 years of experience and study with this population will be offered.

46. Trauma and Touch: How to Physically Reconnect Healing Families (Part 1)

Ragan Aaron, LPC, RPT

Christie Greeley, LPC-S

This presentation is a Part II follow-up to last year's session titled Handle with Care: How to Effectively Intervene with the Traumatized Brains that lead to Difficult, Defiant, and High-Risk Youth and their Caregivers. The goal is to delve deeper into our neurological makeup and our predisposition to social connection. It also seeks to provide participants the tools to share this complex material in a family friendly manner with those seeking to heal their trauma histories. Participants will continue to explore the value of using active, touch-based interventions to engage with families of traumatized clients and help repair the brain through prosocial experiences, healthy touch and positive connections. Participants will again have the opportunity to play and experience several activity-based interventions to use with families and caregivers of traumatized youth.

3:30 PM – 5:15 PM CONCURRENT SESSIONS

47. Addiction & Spirituality: The Recovery Journey

Katy Scoblinsk, MSc, CTP, LISAC

This interactive workshop begins by providing an overview of addiction, models of addiction & cross addiction. The second half of the workshop focuses on the journey through recovery with an emphasis on the importance of spirituality. Group discussions will give participants the opportunity to share from experience & learn new tools, exercises & methods to help clients through their recovery journey.

48. Addiction and the Teenage Brain: “ Growing Into It “

John W. Leggio, MA, LISAC

A critical look at the latest research on adolescent addiction. Includes “news from the streets” which addresses the most prevalent drugs being used and abused. Two young adults will give testimony about what is being offered in our high school bathrooms. In addition, evidenced based treatment strategies will be reviewed.

49. Ghost and Angels in the Nursery (Part 2)

Serena Samaniego, MS, LAC, IMH-E®

Sara Dominquez, LPC

Continuation of Session 38.

50. A Quest for Competency: Basic Concepts for Working with Sexual Orientation and Gender Identity

James Pennington, LPC

Many clinicians struggle with how to relate to LGBTQ+ clients, or feel overwhelmed by the rapidly-evolving terminology used within the queer community. This workshop will help attendees gain a better understanding of gender identity, sexual orientation, and how to be supportive and affirming of LGBTQ+ clients. This presentation will utilize psychodrama to explore these complex topics in action, and allow for a deeper understanding of the topic.

51. Family Therapy for Substance Use in Hispanic and Latino Adolescents: Basics (Part 2)

Jesse (Rocky) Romero, LMSW, PhD

Continuation of Session 41.

52. Craving Connection: The Science of Food and Relationships

Kari Anderson, DBH, LPC, CEDS-S

Evidence based treatment for eating disorders has been largely cognitive behavioral, yet in practice, we know lasting recovery requires something more. Advancements in neuroscience have been key. The Polyvagal Theory, is a useful framework for understanding how adverse relational experiences can lead to a developmental attachment disturbance with food. This presentation will explore the scientific linkages between attachment, eating disorders and relationships that point us to new solutions for the treatment of eating disturbances.

53. Improving Life Expectancy for Patients with Serious Mental Illness, the Integrated Clinician's Role

Arianne Roy, DBH, LAC

Life expectancy for persons diagnosed with serious mental illness is drastically reduced compared to the general population, with most premature deaths as a result of cancer or cardiovascular disease. When completed regularly preventative health screenings may detect early stage disease, improving patient prognosis, and reducing death rates for these diseases. However, persons with serious mental illness are less likely to complete these screenings despite engagement in regular health care activities.

54. Effects of Compassion Fatigue for Clinicians and Strategies to Maintain Self-Care

Michelle Harris, DBH, LCSW, LMSW, SSBPP

Compassion fatigue and burnout often plague therapists and counselors. The numerous responsibilities for clinicians to manage such as client caseload management, administrative duties, maintaining billable hours, insurance regulations, personal life issues, etc. can leave a clinician overwhelmed and stressed. However, it is vital that clinicians ensure that self-care is a priority so that they will be able to give their best not only to their clients, but also to those who are important in their lives. Register for this training today to receive insight on the prevalence of compassion fatigue and burnout among clinicians. This training will also increase awareness of the importance of self-care and methods in identifying compassion fatigue and burnout. Lastly, in this session, you will receive strategies and resources to help you to develop techniques in practicing self-care while providing support and assistance for others in the clinical field.

55. Sex, Money and Power: Revisioning the Therapeutic Narrative

Debra L. Kaplan, MA, MBA, LPC, LISAC, CSATS

Therapists often struggle with how to best help their clients navigate their sexual lives and relationship power struggles in the bedroom. The "M" word or worse, the "S" word, can have a therapist blushing and stuck for successful therapeutic interventions. Join Debra L. Kaplan for a provocative dive into the psychology of attachment, sex, money and power. Learn new competencies to improve your therapeutic toolkit and successfully treat sexual and financial power struggles in relationships.

56. Making the Future Brighter Through Assertive Community Treatment

Beth Darling, DO

Maria Cholley, LAC

Dr. Darling and Maria will be presenting on Assertive Community Treatment and its utility in the community, targeting the most vulnerable population of the SMI community. ACT is an evidence based treatment, using SAMHSA fidelity criteria to address the needs of the dual diagnosed population. The evidence behind ACT and the first 2 years of implementation of the newest MIHS team will be discussed, including successes, challenges, and the recent addition of EMDR within the program.

(Tuesday Continued)

57. Gaming Disorder Prevention and Treatment – Treating Fire with Fire

Kenneth M. Woog, PsyD, Psychologist

Debra Woog, MA, Marriage and Family Therapist

The videogame industry has now reached \$150 billion in worldwide sales. These electronic games are, in fact, behavioral interventions designed to deliver pleasure and to meet targeted emotional and developmental needs. They are delivered to us in so many ways, including the devices we carry in our pockets. A novel treatment method and technology that uses daily game play as a behavioral intervention for both the prevention and treatment of Gaming Disorder will be presented.

58. Complex Trauma in Children: New Developmental Strategies for Healing (Part 2)

Kenny E. Miller, LCSW

Continuation of Session 45.

59. Trauma and Touch: How to Physically Reconnect Healing Families (Part 2)

Ragan Aaron, LPC, RPT

Christie Greeley, LPC-S

Continuation of Session 46.

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

60. Riding the Waves with AZBBHE - A Helpful Guide to Keep You Informed of Changes and Ethical Practice

Tobi Zavala, Executive Director - AZBBHE

Faren Akins, PhD, JD

This interactive program will acquaint attendees about changes and updates with the Board and information licensees need to know in order to promote an informed and ethical practice. Topics include: Board's updates, changes in rule, where to find information on the Board's website, complaint process, what issues or changes you may need to report to the Board and when, mandatory reporting requirements, producing/retaining/disclosing records, with many resources and tools relating to ethical conduct. This is an interactive program to help attendees identify and avoid ethics issues that can result in Board complaints and adverse actions.

Wednesday, August 14, 2019

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

61. The Overstimulated Child: Physiology, Symptoms, and Reversal of Screen Time Impacts on Mental Health

Victoria Dunckley, MD

A growing body of evidence links screen-time exposure to a wide range of psychiatric issues, including depression and anxiety, emotional outbursts, inattention, hyperarousal, social dysfunction, and non-

restorative sleep. These manifestations are likely produced by various stress-induced changes inherent to the highly stimulating nature of screen-time, such as disruption of the body clock and desensitization of reward pathways. Yet recommendations to reduce or eliminate screens are not routinely given, despite clinical and scientific evidence that they are helpful. This lecture will describe how screen time's impacts on physiology translate to mental health issues, and will demonstrate how these changes can be reversed with a strict, extended "electronic fast." The fast permits the detuned and overstimulated nervous system to rest, rebalance and resynch itself to a more natural and calm state—the very state that fosters bonding, trust, and a sense of well-being. By removing what's irritating the brain and giving it what it needs instead to thrive, the fast can dramatically improve emotional regulation, focus, and social competence.

10:15 AM – 12:00 PM GENERAL SESSION

62. Suicide Prevention: Science Into Action

Christine Moutier, MD

Suicide was been declared a public health crisis by the U.S. Surgeon General in 1999. However, suicide rates have continued to climb over the past 18 years by a staggering 33% overall. Suicide rates in youth and young adults are lower than that of older demographic groups, however the rates have been increasing in American youth as well. There are several science-informed, evidence-based strategies to reduce suicide risk, both in the public health approach for an entire population, as well as clinical interventions for patient care. As the science of suicide and prevention has been growing rapidly over the past two decades, these prevention strategies and targeted ways to better identify risk must be translated and disseminated for greatest impact. Mental health conditions are among the most common and potent risk factors for suicide, and most mental health problems can be effectively managed. But real and perceived barriers, such as confidentiality concerns and fear of negative ramifications on one's status as a student or professional keep many individuals from addressing their mental health needs.

12:15 PM – 1:30 PM SPECIAL SWS LUNCHEON (1 HOUR CE) - \$30

63. The Mind Lies

Jenny Simon, MC, LPC, PhD

The human mind can take a real-life event and embellish, change, or alter it. A seemingly neutral event can prompt an internal story with emotions, action, worry, stress, and distortion. We need to examine and question our thoughts because the reality is, if we question our thoughts, we can reduce suffering. This workshop will allow each participant to investigate their personally held beliefs, examine their relationship with emotions, and ultimately improve relationships.

1:45 PM – 3:30 PM CONCURRENT SESSIONS

64. The Reset Program: Using an Electronic Fast to Stabilize Mood, Break Screen Habits, and Shift Family Dynamics

Victoria Dunckley, MD

This session will cover how to prepare for and implement a strict, extended electronic fast (screen fast) to "reset" a child's nervous system. The fast allows the brain to obtain deep rest, resynchronizes the body clock, and helps normalize brain chemistry and stress hormones. Outwardly, we see dramatic improvements in emotional regulation, sleep, focus, and social behavior, increased creative and physical play, and shifts in family dynamics. Specific exercises (such as rating problem areas before and after the fast) will be illustrated with a case study. Planning, parental support, troubleshooting, replacement activities, and managing school-based screen-time will be addressed, and safety plans, for example for

teens who threaten self-harm when devices are removed, will also be discussed. Following a successful Reset, screen-time management decisions take into account individual risk factors and parental wishes, and range from continuing strict abstinence to reintroduction of screens in a methodical manner.

65. Prescription for Change: State of the State Opioid Epidemic Panel Discussion

Cheri DeBree, MC

In Arizona, we lose 3 lives a day to opioid related deaths and over 130 each day on a national level. Arizona has experienced an alarming increase in opioid deaths of 74% since 2012. There were 205 million opioids pills prescribed between January and July of 2017, enough for every resident in Arizona to have a full 30-day supply. Since Governor Doug Ducey declared a state of emergency on June 5, 2017, much has been done in the state to combat the epidemic, but the battle continues. We will listen to subject matter experts give an update on state data and statistics, efforts around the state in the battle, what each of our parts are in this battle, and have an open ask the panel segment. This is a battle that we are all in....these are our people, our fight.

66. The Neurobiology of Addiction: A Revolutionary Approach to Addiction Treatment (Part 1)

Cynthia Miller-Potter, MA, LASAC, CCTP, LADS, Chaplain

Liana Condello, MA, LISAC, CCTP, NCAC 1, LADS CARF Surveyor

In this presentation we explain how early childhood trauma can interfere with healthy brain development and the physical, emotional and psychological effects this brain rewiring has on an individual. These effects predispose the individual to develop addiction. This material is explained in a way that clinical and lay people can easily understand and apply it. This evidence-based information will have enormous impact on treatment for the disease of addiction. Point of Care Strategies: Implementation of evidence-based and/or best practices treatment for substance use disorder based on neurobiological research.

67. Mental Health Disparities: Why the Divide Remains

Patricia Harrison-Monroe, PhD

Gustavo Perez, PhD

While mental health disorders touch 1 in 5 Americans, significant inequity in access to quality mental health treatment services for racial and ethnic minorities remains. Access to health care and health-information seeking behavior are influenced by mobility, literacy, social networks, and community structure. This interactive workshop will look at client-based, provider-based, and system-based factors to better understand why these inequities persist.

68. Making America Greater Through Cultural Humility: The Intersection of Identity, Power, and Privilege

Fred Wiggins, PhD, Licensed Psychologist

The call to "Make America Great Again" generates reactions that range from pride to disgust and has fueled division and distrust among American people. This workshop is a non-political experience designed to promote the application of cultural humility. Operating from the premise that cultural humility decreases distrust and division and increases connections among people. Participants will explore the impact of identity, power, and privilege on the exercise of cultural humility.

69. Bullying: Impact and Management Among Hispanic and Latino Students (Part 1)

Carlos Barsy, MPsy

Hispanic and Latino youth face a number of challenges as part of the immigration and acculturation process that may place them in a more vulnerable position to bullying victimization. According to the Center for Disease Control and Prevention (CDC), students who are bullied are more likely to experience

low self-esteem and isolation, perform poorly in school, have few friends in school, have a negative view of school, experience physical symptoms, and experience mental health issues such as depression, suicidal thoughts, and anxiety.

70. Beyond Ground Hog Day: The Ethics of Documentation Driven Therapy

Faren Akins, PhD, JD

Vera Akins, JD

Documentation driven therapy lets you answer the most important ethical questions in the treatment relationship? -What do you have permission to do? How and what will you do? Who will be included? What is the desired outcome? When will you as the therapist know the desired result has occurred? When will the client know the desired result has occurred? Who gets information or records under what circumstances? Clinical documentation organizes, steers, and supports the treatment process. Let your documentation help, rather than hinder your efforts.

71. Self Care: The Conversations We Don't Have

Serena Samaniego, MS, LAC, IMH-E®

Through candid discussion and interactive activities, participants will explore the effectiveness of their self-care practices. Participants will be challenged to explore the underlying beliefs that guide their self-care. Additionally, participants will practice applying trauma informed care to themselves and explore how their level of self-compassion influences their professional and personal relationships.

72. Fat Trauma and Body Shame: Examining Societal Impact on Fat Individuals and Rethinking the Emotional Intervention Prior to the Physical Intervention

Cynthia M. Pio-Padilla, LPC, LISAC

This presentation will discuss how social and professional attitudes toward fatness contribute to fat trauma, body shame, self-hatred and self-defeating behaviors. The participant will be guided to examine personal and professional beliefs about fatness, including discussion of the role "professional shaming" plays in treatment failure. Healthier counseling interventions will be promoted to break the trauma cycle.

73. When Dissociation Hides in Plain Sight

Sarah Jenkins, LPC, CPsychol

Contrary to popular opinion, dissociation is not just limited to DID; we all work with clients with complex trauma and structural dissociation. Dissociation's influence on the therapeutic relationship is pervasive, even though its presence is often imperceptible. Clients stay "stuck;" their clinicians feel burned out, overwhelmed, and ineffective. This engaging presentation introduces clinicians to the treatment of dissociation and strategies for a sense of equanimity whilst working with the most challenging cases of human suffering.

74. Everyone Deserves Opportunity: Effective, Multidimensional Interventions for Vulnerable Populations

Mary Stanton, MEd, MA, LADAC

Comprehensive, community-based treatment where a wellness approach is paired with housing, education, and employment services builds on individual strengths and improves long-term positive outcomes. This interactive presentation discusses how implementing services within a culture of belonging, safety, trust, and engagement addresses multiple unmet needs while simultaneously providing effective substance abuse and behavioral health services. Outcome data illustrates how integrated services that adapt to the evolving needs of participants fosters individual growth, empowerment and systemic change.

75. PTSD: A Disorder of the Future (Part 1)

Colin Ross, MD

The presenter will describe how symptoms of PTSD including flashbacks and hyper-arousal have a survival function, and how PTSD can be considered to be a disorder of the future. He will describe treatment strategies and techniques that follow from this perspective, with case examples from both civilian and combat trauma.

3:45 PM – 5:30 PM CONCURRENT SESSIONS

76. SMART Recovery is an Option for Long Term Recovery

Katherine Nisbet, MS, LISAC

Dave Cottrell, MA, LASAC

SMART (Self-Management and Recovery Training) Recovery is often times an overlooked option to present to clients in recovery. This program offers multiple modalities for a client to get a meeting whether it be a live in-person meeting, online meetings or pre-recorded audio meetings. SMART Recovery uses cognitive-behavioral tools and the removal of labels to help people with addictive behaviors find sobriety in a way that is not through the 12 steps.

77. The Neurobiology of Addiction: A Revolutionary Approach to Addiction Treatment (Part 2)

Cynthia Miller-Potter, MA, LASAC, CCTP, LADS, Chaplain

Liana Condello, MA, LISAC, CCTP, NCAC 1, LADS CARF Surveyor

Continuation of Session 66

78. Ethical and Cultural Challenges when working with First Responders

Libby Timmons, LISAC, CEAP

This presentation will discuss the cultural norms and will also focus on the ethics of working with this challenging population. Today, it is necessary to address the special needs of First Responders. This session will assist Counseling Professionals in knowing basics of the First Responder world.

79. Bullying: Impact and Management Among Hispanic and Latino Students (Part 2)

Carlos Barsy, MPsy

Continuation of Session 69.

80. The Person Behind the Narcissist

Cody A. Morales, LCSW

This session will touch on the taboo area of treatment for those struggling with Narcissistic Personality Disorder (NPD). The purpose of this session will be to breakdown the diagnosis and expose the behaviors/symptoms. We will also have an open discussion of treatment protocols for treating the disorder, to improve the lives of those struggling with NPD and those that love them.

81. Is it Ethical: Touch and Self Disclosure? Utilizing Psychodrama and Other Action Methods

Katherine Norgard, AZ Licensed Psychologist

Natividad Cano, LISAC, LADS

Participants will have the opportunity to learn and discuss ethical issues around touch and self disclosure with the aid of a framework for ethical decision-making.

82. Practice Transformation and Integrating Care Pathways

Priya Radhakrishnan, MD, FACP

Mily Schroeder, MS, PsyD (ABD), EdD

A big barrier to care is the widespread availability of collaborative care models between physical and behavioral health. This workshop focuses on the importance of practice transformation and the integration of care pathways to improve health outcomes for vulnerable populations. The Practice Innovation Institute (Pii) has worked with more than 2,500 Arizona clinicians to implement data driven improvements. Highlighted is the ongoing work of Southwest Behavioral and Health Services who shares the success of their collaboration to form the Southwest Autism Center of Excellence which provides high quality community-based services to a particularly vulnerable population, those diagnosed with Autism Spectrum Disorder

83. Human Trafficking Awareness and the Collaboration Process to Provide Immediate Treatment of Recovered Juvenile Victims

Lisa Lucchesi, BSW

Mark Doty, Sgt. Phoenix Police VICE Unit

Human Trafficking is a Domestic problem that we have in the United States and it is alive in our own State of Arizona. Awareness is important in helping to put an end to trafficking. Come and learn what trafficking looks like, learn about how a trafficker thinks, what a buyer looks like, why do victims get entrapped and feel they cannot leave the life. More importantly, learn what Arizona is doing to put an end to Trafficking and how you can help. Sargent Mark Doty with Phoenix HEAT and Lisa Lucchesi Mercy Care Human Trafficking Case Coordinator of the Collaborative Process, bring their knowledge and expertise to this platform and will leave you wanting to help put an end to this horrific crime that haunts our vulnerable population.

84. Emotional and Traumatic Memory: Neurobiology and Current Treatment Update for PTSD

Wen Cai, MD, PHD

Neurobiology of emotional memory and its clinical relationship to PTSD will be discussed and innovative treatment options will be introduced.

85. Connecting the Dots Between Mental Illness, Substance Use and Criminal Justice Through Peer Support Services to Reduce Relapse and Recidivism

Laurie M. Verdier, MA, LPC

Jacob VanBuskirk, BA, BHT, PSS

Many adults living with mental illness find themselves caught up in substance use and the Judicial System. This presentation will illustrate where, when, and how Certified Peer Support staff are instrumental to help reduce relapse and recidivism. Participants will become familiar with The Sequential Intercept Model and where Peer Support fits within it. How to partner Peer Run Organizations with Health Homes and the Judicial System will be addressed, along how to meet challenges therein.

86. Synthesizing What You Know: Better Inform Your Practice Through Play, Nature, and Sensory-Based Interventions

Ragan Aaron, LPC, RPT

Simone Melhuish, LMSW

Play, nature, and sensory-based interventions are widely accepted as beneficial for youth to develop self-regulation and a secure sense of self. Research suggests that there are many possible benefits for

(Wednesday - Session 86 Continued)

children who have positive experiences with nature, including an increased concern for the environment, increased sense of wonder and imagination, reduced stress, increased collaborative skills, and improved social skills. Participants will explore how to better inform their practice through integrating play, nature, and sensory-based interventions. You will have the opportunity to experience interventions that could be used with a variety of individuals, groups, and families.

87. PTSD: A Disorder of the Future (Part 2)

Colin Ross, MD

Continuation of Session 75.

Thursday, August 15, 2019

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

88. Downrange: What Combat Veterans Teach Us About Emotional Frontiers

Elizabeth Heaney, MA, LPC

Working with combat veterans called on me to develop skills and insights that enhanced my work with all of my clients. The veterans' stories helped me expand my capacity for steadiness in the face of trauma, taught me to focus on the meaning and essence of a client's experience, and brought other important gifts to my work. Ancient cultures plumbed their warriors' stories for wisdom in the face of combat's unbearable pain and hardship; veterans traverse harrowing landscapes of the heart and psyche, involving trauma, sacrifice, and grief, as well as intensive experiences of camaraderie and purpose. When we use their experiences to instruct and inspire, we can help all our clients find ways to grapple with life's deepest challenges. In this workshop, you'll learn how to deepen emotional work by: helping clients explore the essence of their experiences, discovering a clear sense of meaning in their struggles; understanding the ways combat stories offer tools that inspire conscientious action, emotional steadfastness, and insight for all of our clients; and using strategies to remain grounded in the face of intense, morally complex experiences, harnessing the courage and hard-won wisdom found there.

10:15 AM – 12:00 PM GENERAL SESSION

89. Is Your Story Making You Sick?

Mark Pirtle, DPT

Ann Marie Chiasson, MD, MPH

The documentary film "Is Your Story Making You Sick?" chronicles eight people from all walks of life as they bravely confront their stories and work through a variety of stress-related illnesses including depression, anxiety, addictions, and PTSD. Like all people, these courageous participants carry the imprint of their past within their body-mind system. That imprint is their story. It determines their emotions and can even make them sick. Using a variety of psychotherapeutic modalities including ethics-based mindfulness, meditation, somatic experiencing, shamanic practices, shadow and dream work, and more, facilitators guide the group to higher perspectives, a new story, change and healing. Expert interviews of Dr. Gabor Maté, Dr. Dan Siegel, Ellen Langer PhD, Carl Hart PhD, Bruce Lipton PhD, Dr. Lissa Rankin, Dr. Ann Marie Chiasson, Eric Garland PhD, and others, inject credible science into the narrative. Learn from the film's program director Dr. Mark Pirtle, and Dr. Ann Marie Chiasson, and take home an evidence-based framework for narrative medicine you can immediately use with your clients.

1:30 PM – 3:15 PM CONCURRENT SESSIONS

90. The Complex Currents of Relationship

Elizabeth Heaney, MA, LPC

Whether a couple wants to learn basic communication skills or they want to address the lack of intimacy they've been struggling with for twenty years, couples' therapy asks us to wade into strong currents of history, anxiety and unconscious avoidance. And for most of us, our counseling programs simply didn't prepare us for the complexity of couples' therapy. In this workshop we'll focus very directly on a nuts-and-bolts approach to relationship concerns – it will be a useful workshop for those working with couples AND for those working with individuals who bring in their relationship concerns. No matter which modality you use for working with couples (Gottman, EFT, ACT, IFS, attachment, etc.), this training will increase your ability see the nuanced ways a relationship gets "stuck." You'll learn: how to see what's underneath the relationship stories they bring to you; how to work effectively with the complexity of relationship concerns; and how to help each person face the inherent pressures of a healthy, intimate relationship.

91. The MAT Program: One Powerful Tool In Fighting The War On Opioid Dependency

Margarett Jane Fugate, LCSW, LISAC

Jordan Nejaime, LMSW

Arizona recognizes the importance of Integrated Care in today's opioid treatment as integration of mental health, physical health, and community supports, combined with a Medication Assisted Treatment (MAT) program. The workshop participant will learn about the MAT program that involves different types of medication, monitoring procedure, and intensive group counseling work, as well as tips for cultivating new emotional balance through establishing safe relationships and rebuilding supportive ones.

92. Sex: The Elephant in the Room

Amy Coppinger, LPC

This presentation is intended to assist mental health providers in opening up the dialogue of sex. Participants should gain knowledge regarding sexual abuse correlations with mental health stability. They should be able to identify how sexual abuse affects intimate relationships, gain a stronger understanding on how to work with couples with sexual issues, behaviors that indicate sexual addiction, and a general comfort in approaching an uncomfortable topic for many.

93. Systemic Strategies to Address Adolescent Substance Use and Other High-Risk Behaviors

Haley Biehler, MAS, LMFT

Natalie George, NCC, LPC

This presentation will review how systemic strategies differ from traditional individualist strategies and presenters will discuss how evidenced based family therapy strategies can be more impactful in addressing child and adolescent treatment. Presenters will provide examples of how to view/assess high risk behaviors in adolescents from a systemic perspective, as well as examples of systemic interventions to address high-risk behaviors in adolescents (i.e. substance use, truancy, running away and/or aggression).

94. Play Therapy and Attachment: It's all Fun and Games (Part 1)

Juliet Fortino, MC, LPC, Registered Play Therapist-Supervisor

The use of play therapy methods and activities can be a fun and powerful tool to assist in building the bonds of attachment. This workshop will explore simple, fun, and realistic play therapy activities to increase self-esteem, improve self-regulation, and enhance healthy foundations for relationships. Come prepared to play and experience the fun!

95. I am a person too! Trauma, Substance Use, Mental Health and Disabilities

Kasey Hopper, MA, COMS, CTE

Those with diagnosed disabilities are fraught with significant stressors within their personal, family, and work lives. While most people with disabilities aspire to, and do become productive members of society, many may struggle with social nuances in order to do so. This session will focus on individuals diagnosed with visual impairments and multiple disabilities. Historical diagnoses of disabilities will be described along with how prejudices have evolved over time. This presentation will integrate the importance of adverse childhood experiences, development, and brain functioning for those with a diagnosed disability resulting in trauma responses, including mental health diagnoses and substance use. These struggles need to be acknowledged allowing for treatment opportunities to implement preventative and reactive interventions.

96. An Humanistic Approach to Dismantling Stereotypes that Perpetuate Loneliness in African American/Black Women (Part 1)

Jennifer O'Neill, MS, LAC, NCC

African American/Black women have been depicted through various stereotypes to support a colonialist agenda. The myth of the Strong Black Woman has resulted in anxiety, loneliness, depression and a distortion of reality. She is portrayed as unbreakable while dealing with stressors such as racism, sexism and classism. Her resilience is often exploited as she has been inhumanly used throughout history for medical advancements. An humanistic approach will explore cultural resolutions to dismantling the myths and restoring wellness.

97. Client to Counselor Attraction: Taboo Topic

Teri Ann Hourihan, PhD, LPC, NCC

This presentation will highlight the ethical dilemmas and clinical issues in client and provider sexual attraction. This topic is rarely talked about yet ethical issues are occurring in the area of appropriate client to provider boundaries. Providers are human just like their clients are. Therefore, providers need to understand what to do when they feel attraction toward their clients or vice versa. This presentation will focus on the ethics behind boundaries in client care.

98. De-Stigmatizing and De-Mystifying Dissociative Identity Disorder

Diane S. McLane, LPC

Dissociative Identity Disorder (DID) continues to remain a controversial disorder, refuted and avoided by many clinical practitioners. Denying or avoiding working with this issue in therapy can be very harmful to clients who believe they have this disorder or, at the very least, only accomplish "symptom relief". This training will provide a more reasonable way to think about this disorder and provide a framework and strategies to address it in a way that helps the client begin to understand and restructure their internal system into a more adaptive model. This training will outline the etiology of DID, ground rules for working with DID, specific techniques and goals with a focus on trauma informed care principles. The technique that will be provided in this training is a form of "fractionated abreaction" work specifically tailored for the DID client.

99. Creating Connections: The Importance of Individual, Family, and Community Connectedness in Suicide Prevention

William Beverly, Licensed Psychologist, LMFT

The most consistent protective factor found in suicide research is social support and connectedness. Supportive interpersonal relationships can help to discourage maladaptive coping behaviors such as suicidal behaviors or substance use, and encourage adaptive coping behaviors such as professional

help-seeking. Increased social contact and lower levels of social isolation have been shown to be a protective factor among multiple populations, benefiting individuals from culturally diverse backgrounds. This session is intended for anyone interested in suicide prevention. Tyller West will be joining us as Special Guest during this session.

100. A Community Response to Hoarding Disorder

Lisa O'Neill, DBH, MPH

Jennifer Caragan, BSW

This presentation will cover basic information related to Hoarding Disorder, such as the difference between someone who has a lot of clutter and someone who is struggling with hoarding behaviors. The presentation will also cover: health and safety issues, assessment tools, and treatment options, including the HOPE Workshop. The HOPE Workshop is a facilitated, self-help, 10 week workshop for people who are struggling with hoarding behaviors. Participants learn skills to manage their hoarding behaviors and reduce their clutter.

101. Making the Invisible Visible: Treating Chronic Pain (Part 1)

Gwenn Herman, MSW, LCSW, DCSW

Malcolm Herman, Attorney

Chronic pain effects over 100 million people in America. In this presentation, you will learn about: myths and misconceptions, how stigma causes the under treatment of pain for many cultural groups, psychosocial stages of chronic pain for the person and significant others, treatment tree plan, alternative techniques, and resources for chronic pain.

3:30 PM – 5:15 PM CONCURRENT SESSIONS

102. Health Rhythms: Group Empowerment and Connectivity Through Drumming

Krylyn Peters, MC, LPC

Frank Thompson, BA

Drumming heals! Come experience firsthand the healing power of recreational music-making through drumming. This creative workshop will provide opportunities for socialization, teamwork, communication, and respect, not to mention the fun and therapeutic effect of banging on some drums. Presenters will provide research-based methods of drumming that are linked to reduction in stress and burnout rates, improvement in mood states, enhanced creativity and bonding, and more. **Limited to 75 participants.**

103. Helpers Program to Improve Tobacco Cessation in Behavioral Health Treatment Recipients and Agencies

Myra Muramoto, MD, MPH

Andrew Bernstein, PhD

This presentation describes a research project initiated by the University of Arizona Department of Family & Community Medicine which brought together several community behavioral health clinics across southern Arizona in an attempt to evaluate the effectiveness of an innovative smoking-cessation intervention targeted at individuals with Serious Mental Illness which can be taught to a variety of helping-discipline practitioners (traditionally-trained behavioral health professionals and certified peer support staff) and incorporated into the overall culture of agencies.

104. Play Therapy and Attachment: It's all Fun and Games (Part 2)

Juliet Fortino, MC, LPC, Registered Play Therapist-Supervisor

Continuation of Session 94.

105. Gender-Affirming Care: Awareness, Knowledge, and Skills for Affirming Practice

Yvette Jackson, LMSW, DBH

Many trans individuals report lack of access to trans-affirming care from the mental health system. Trans-Affirming practice requires a non-binary view and inclusive view of gender. There is a growing demand for mental health clinicians who are capable of addressing the unique and complex needs of transgender and gender non-conforming clients (TGNC). This training will introduce clinicians to practical tools and resources required to provide trans-affirmative care.

106. An Humanistic Approach to Dismantling Stereotypes that Perpetuate Loneliness in African American/Black Women (Part 2)

Jennifer O'Neill, MS, LAC, NCC

Continuation of Session 96.

107. An Ethical Workplace Begins With Integrity

Curt Krebsbach, LPC, LCAC (KS)

This presentation will review reasons counselors and therapists have chosen to work in their profession. Transference and counter-transference will be addressed and their relationship to ethics. Common bias will be addressed. Discussion regarding how good people can sometimes end up doing something unethical.

108. Mental Health at Work

Kristina Sabetta, LMSW

Erin Callinan, MSW

Did you know that 1 in 4 adults have a diagnosable mental illness? What are the impacts on the workplace and what can you do about it? Fortunately, a lot! Stress and depression are two of the largest causes of absenteeism in our professional work spaces. This impacts your agency's bottom line, creates difficulties for employees and supervisors, and further increases workplace disparities. Promoting a mentally healthy workplace can be one of the most beneficial steps an employer can take to improve its organization. This workshop will share strategies for fostering a healthy environment and respectful workforce, by modeling best practices pertaining to mental health and wellness in the workplace.

109. Establishing Safety Before Treatment of Trauma

Kimberly Lindley, LPC, CCTP

Phillip Pasena, LAC

Prior to treatment of the trauma that a person has experienced, it is important to create safety for this person. There are different types of safety that each person needs to be able to identify. There are also basic needs that a person who has experienced trauma have had disrupted. Awareness of what these needs were are an important part in the recovery process.

110. Insightful Caregiving: Helping Traumatized Children Regulate

Mary Jeanne Chavez, MSC, LAC

Russell Barkley said "the children who need the most love will always ask for it in the most unloving ways." Demonstrating love means replacing consequences and doubt with regulation and caregiver insight. This session will ask participants to take a new look at how we approach caregiving to children who have experienced developmental trauma.

111. Interpreting Psychosis: Metaphor and Symbolism in Delusions and Hallucinations

Deborah K. Davis, LMSW

This interactive course utilizing case studies as examples, will explore the potential meaning of psychotic delusions, encouraging the practitioner to identify the core beliefs and/or traumas which “fuel” the content of the delusions and hallucinations. By addressing the underlying issues through therapeutic interventions including Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and Compassion-Focused Therapy, the practitioner has an opportunity to shift the content of the delusions to enhance recovery and a value-directed life.

112. Motivational Interviewing for Brief Interventions

Mary Dillon, MA

This class 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. You will leave this session with the knowledge that you CAN make a difference in a short amount of time.

113. Making the Invisible Visible: Treating Chronic Pain (Part 2)

Gwenn Herman, MSW, LCSW, DCSW

Malcolm Herman, Attorney

Continuation of Session 101.