54th Annual
Southwestern School for Behavioral Health Studies

SWS 2022

August 7th - 11th

The Changing World of Behavioral Health

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Schedule at a Glance

Sunday, August 7th

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

1. Ethics and Cultural Humility
2. Motivating Traumatized Clients & Students
3. 6-Hour Clinical Supervision
4. 12-Hour Clinical Supervision (Part 1 & 2)
   (Part 1 on Sunday / Part 2 on Monday)

Monday, August 8th

8:15 AM - 9:45 AM GENERAL SESSION

5. Treating the Traumatized Family and Family: 2 Essential Family Trauma Tools

9:45 AM - 10:00 AM BREAK
10:00 AM - 11:30 AM CONCURRENT SESSIONS

6. Healing Anxious Kids and Anxious Families
7. Sexual Addiction or Compulsion: Building Advanced Skills to Assess and Treat Problematic Sexual Behavior
8. Chemical Aversion (Emetic) Therapy for Alcohol Use Disorder
9. Ethical Treatment Considerations for Families with Separated Parents
10. A Three-Way Partnership to Save Lives: University, Health Department, and Community Behavioral Health Agencies Combining Forces to Address Tobacco Use by People with SMI's and Other Behavioral Health Conditions
11. The Person Behind The Narcissist
12. Cultural Perspectives in Clinical Supervision: Hidden Figures

11:30 AM – 1:00 PM BREAK
1:00 PM - 2:30 PM CONCURRENT SESSIONS

13. Domestic Violence: Helping Those Hurt and Are Hurting
14. Psychotherapeutic Strategies for Ketamine's Use in Psychedelic-assisted Psychotherapy
15. Creative Compassion Mini-Retreat
16. Making the Invisible Visible: Destigmatizing Chronic Pain (Part 1)
17. Addiction and Post-Trauma Growth (Part 1)
18. Recognizing Dissociation: Fundamentals of Evidence-Based Assessment
19. Healing Through Connection: Understanding the Impact of Implicit Bias on Access to Care

2:30 PM – 2:45 PM BREAK
2:45PM – 4:15 PM CONCURRENT SESSIONS

20. Outpatient Reentry Behavioral Health Services for Clients Exhibiting Post Incarceration Syndrome
21. Making the Invisible Visible: Destigmatizing Chronic Pain (Part 2)
22. Addiction and Post-Trauma Growth (Part 2)
23. Addressing Moral Injury for the Behavioral Health Professional
24. Healing Through Connection: Understanding the Impact of Implicit Bias on Access to Care
25. Human Trafficking 101
26. Beyond Stages: Modern Grief Theory and Foundations of Clinical Therapeutic Support for Grievers.

4:30 PM - 6:00 PM SPECIAL SESSION

27. "Zooming" Through the Practice of Behavioral Health With The Arizona State Board of Behavioral Health Examiners

Tuesday, August 9th

8:15 AM - 9:45 AM GENERAL SESSION

28. The Intersection of Racism, Discrimination, and Mental Health in Latinx Communities & Other Communities of Color

9:45 AM - 10:00 AM BREAK
10:00 AM - 11:30 AM CONCURRENT SESSIONS

29. The Somatic Approach to Trauma Healing
30. Clinical Supervision in a Telehealth World
31. Healthy Brains, Happy Kids: Neurobiology for the Helping Profession
32. Motivational Interviewing (MI) For Treating People Who Struggle with Addictions
33. LeBron and I - A Doctoral Journey of Research into Sports Fandom - Implications for Mental Health and Grief Recovery Practice
34. Skills to Develop a Trauma Timeline using Psychodrama
35. Quick Clips: What's an Ethical Therapist to Do?

Schedule at a Glance

Tuesday, August 9th Cont.

11:30 AM – 1:00 PM BREAK
1:00 PM - 2:30 PM CONCURRENT SESSIONS

36. Using Music, Sound, and Songwriting for Healing
37. Relief, Hope, and Skills: DBT and Competency Focused Family Therapy (Part 1)
38. Prejudices, Stereotypes, and Differences... Oh My!
39. dehp Integrative Treatment (dIT) (Part 1)
40. Using Motivational Interviewing for Clinical Conversations about Cannabis
41. Strategies to Help Those Heal from Burnout
42. A Clinician's Guide to Suicide Prevention

2:30 PM – 2:45 PM BREAK
2:45PM – 4:15 PM CONCURRENT SESSIONS

43. The Pain of Trauma: Breaking Down the Silos to Reach the Hidden Behavioral Health Patient
44. Play Therapy and Attachment: It's All Fun and Games
45. Relief, Hope, and Skills: DBT and Competency Focused Family Therapy (Part 2)
46. dehp Integrative Treatment (dIT) (Part 2)
47. Asking Critical Questions: Screening for Prior Brain Injury
48. Exploring The Ethics of Therapeutic Alliance and Self-Care for Clinicians and Helping Professionals
49. The Couple After: A Blueprint for Navigating Relationships in Recovery

Wednesday, August 10th

8:15 AM - 9:45 AM GENERAL SESSION

50. Better Results: Using Deliberate Practice to Improve Therapeutic Effectiveness

9:45 AM - 10:00 AM BREAK
10:00 AM - 11:30 AM CONCURRENT SESSIONS

51. What "Works" in the Treatment of Substance Abuse: Translating the Research into Evidence-based Skills for Improving Engagement and Outcome
52. Understanding Domestic Violence
53. Beyond the Affirmations- Treating Imposter Syndrome from a Culturally Sensitive Perspective
54. Current Legislation on Mental Health Related Issues
55. The ACCEPTANCE Model of Parent Coaching and Support
56. Self-Care Practices for a Healthy Mind, Body, Heart and Spirit: Incorporating Nature's Principles
57. Avoiding Faux Paws and Pitfalls of Emotional Support Animals and Letters

11:30 AM – 1:00 PM BREAK
1:00 PM - 2:30 PM CONCURRENT SESSIONS

58. Ethical Considerations and Best Practices (Part 1)
59. Sand Tray Therapy in Trauma Treatment with Adults (Part 1)
60. Underlying Grief's Impact on Mental Health & Recovery (Part 1)
61. The Wounds of Maternal Narcissistic Abuse and How to Recover
62. Living with Adult ADHD
63. Maintain Individual and Family Hozho after Brain Injury
64. Process of Addiction

2:30 PM – 2:45 PM BREAK
2:45PM – 4:15 PM CONCURRENT SESSIONS

65. Ethical Considerations and Best Practices (Part 2)
66. Sand Tray Therapy in Trauma Treatment with Adults (Part 2)
67. College of Wellness
68. Underlying Grief's Impact on Mental Health & Recovery (Part 2)
69. Compulsive Gaming from an Attachment Perspective
70. Tele-Supervision for the Post-COVID Age
71. Addiction Programs: Why are We Not Listening?
72. ADHD and Autism: Understanding the Syndrome Mix

Thursday, August 11th

8:15 AM - 9:45 AM GENERAL SESSION

73. Breaking Intergenerational Patterns of Addiction, Trauma and Dark Family Secrets

9:45 AM - 10:00 AM BREAK
10:00 AM - 11:30 AM CONCURRENT SESSIONS

74. Integrating Motivational Interviewing and Logo-Therapy To Help Clients Recover
75. The Iron Law of Prohibition: The Rise of Fentanyl and M30s and Changing Routes of Use
76. How are Limbic Resonance, Non-local Energy, Schuman's Constant and Brain Waves Going to Impact the Way We Do Therapy in the Very Near Future?
77. Teen Dating Violence: Prevention & Intervention
78. Trauma Informed Leadership
79. A Harm Reduction Model for Food "Addiction"
80. Sameness and Otherness: Cultural Exploration Through Sand Tray Therapy?

Schedule at a Glance

Thursday, August 11th Cont.

11:30 AM – 1:00 PM BREAK
1:00 PM - 2:30 PM CONCURRENT SESSIONS

82. Beyond the Clinic: A talk on Spirituality, the 12 Steps, and an Integrated Approach for Co-Occurring Disorders (Part 1)
83. Preventing Ethical Boundary Violations (Part 1)
84. A Failure to Communicate: The Experience of Tinnitus Clients in Therapy, and What We Can Do About It.
85. Ketamine-Assisted Psychotherapy
86. Embracing the Client as Expert: A Strengths-Based and Person-Centered Approach to Reducing Stress and Improving Outcomes in Therapy
87. Cultural Considerations When Working with First Responders
88. Cost-Effective, Early Population-Level Prevention That Reduces DSM Disorders, Crime, and Improves Lifetime Wellbeing (Part 1)

2:30 PM – 2:45 PM BREAK
2:45PM – 4:15 PM CONCURRENT SESSIONS

89. Deconstructing Trauma—How to Take PTSD Apart Employing Skillful Awareness
90. Beyond the Clinic: A talk on Spirituality, the 12 Steps, and an Integrated Approach for Co-Occurring Disorders (Part 2)
91. Signs of Caregiver Fatigue/Burn Out and Self Care Strategies
92. Preventing Ethical Boundary Violations (Part 2)
93. Suicide Screening, Risk Assessments, and Prevention
94. Death, Dying and Grief
95. Cost-Effective, Early Population-Level Prevention That Reduces DSM Disorders, Crime, and Improves Lifetime Wellbeing (Part 2)

***Cultural Diversity: 1, 12, 19, 24, 28, 38, 53, 63, 80, 87**
***Ethics: 1, 9, 27, 35, 58, 65, 83, 92**

Sunday, August 7, 2022

PRE-CONFERENCE: 4 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 21st 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. Motivating Traumatized Clients and Students

Robert Rhoton, PsyD, LPC, D.A.A.E.T.S.

This course helps clinical and non-clinical professionals to understand how to motivate traumatized clients or students. The more significant and complex the trauma history is for an individual the more it impacts their ability to benefit from traditional structures of goal setting and seeking, which is the primary approach in mental health, business, and education. Come learn how to motivate the Traumatized.

3. 6-Hour Clinical Supervision

Vicki Loyer, PhD, LMFT & Kari Logsdon, MS, 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.

Sunday, August 7, 2022

PRE-CONFERENCE CONT: 4 OPTIONS
(Includes: 6-hours of continuing education)

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

4.12-Hour Clinical Supervision (Part 1 on Sun & Part 2 on Mon)

Vicki Loyer, PhD, LMFT & Kari Logsdon, 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, and highlight issues related to supervising tele-mental health services to begin providing supervision for licensure through the AZBBHE.

Monday, August 8, 2022

8:00 AM – 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

5. Treating the Traumatized Child and Family: 2 Essential Family Trauma Tools

Scott Sells, PhD, LCSW, LMFT, AMFT

Treating the Traumatized Family and Child: 2 Essential Family Trauma Tools Description: It's not easy when a therapist who meets with a traumatized family only possess the tools to treat the individual child. Unfortunately, until now, step-by-step tools to treat the entire traumatized family has been limited. Implications of this dilemma are that your trauma cases can become chronically stuck with no clear solution. Imagine being able to leave this workshop equipped with the essential tools to more effectively treat not just the traumatized child, but their entire family and community. Join Dr. Scott Sells from the Family Trauma Institute, in this cutting-edge seminar as he teaches you the concrete tools necessary to quickly engage the parent and child through what are called "motivational phone calls", diagnoses and assessments through "stress charts" to heal both childhood and family trauma in the here and now. In this workshop you will learn: 1. How to use motivational phone call scripts to quickly engage resistant parent 2. The use of the stress chart technique to quickly diagnosis and assess the couple, child, and family. 3. Video case examples: These tools applied with a grief stricken family whose son and son's best friend recently committed suicide

10:00 AM - 11:30 AM CONCURRENT SESSIONS

6. Healing Anxious Kids and Anxious Families

Scott Sells, PhD, LCSW, LMFT, AMFT

Healing Anxious Kids and Their Anxious Families Did you know that anxiety travels in families? As children become more anxious, so do their parents and the entire family. When this happens, parents will often use "overaccommodation" to insulate their child's stress and discomfort that can cause or maintain their child's anxiety. Without family trauma treatment, the root causes of the child's anxiety are not addressed, and relapse can take place again and again. Join Dr. Scott Sells as he shares: (1) How and why treating anxiety only with individual treatment and not also family therapy will lead to relapse. (2) How parents unknowingly overaccommodate to their child's anxiety and how you can reverse it. (3) How "strongholds" are created such as shame, blame, performance or approval that will lead to root causes anxiety in both our parents and children. Intensive Q & A with Dr. Sells will follow this discussion.

7. Sexual Addiction or Compulsion: Building Advanced Skills to Assess and Treat Problematic Sexual Behavior

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

Compulsive sex, porn and relationships present in a variety of forms and degrees of severity, and often involve a complex constellation of co-occurring behaviors. Underpinning proper treatment is accurate conceptualization of the complex comorbidities. This presentation demonstrates key constructs of an integrated case conceptualization model to identify, assess and treat compulsive or addictive sexual behavior. Focus on the application of CSAT® 30-task methodology and Multimodal Therapy models.

8. Chemical Aversion (Emetic) Therapy for Alcohol Use Disorder

Frank, Pallavicini, LPC

Participants will learn about the effectiveness of chemical aversion therapy in the treatment of alcohol use disorder.

9. Ethical Treatment Considerations for Families with Separated Parents

Darryl Norris, LISAC & Rebeca Hawkins, MA

Treating families with separated parents have unique ethical and treatment considerations. These may include legal issues, substance abuse, mental health, and intimate partner violence. We will explore the needs of children and parents. We will discuss aspects that impede treatment in justice and social services agencies. We will discuss errors and solutions for effective treatment exploring ethical guidelines and case studies. We will increase knowledge on dealing with legal summons, documentation, and mandating reporting requirements.

10. A Three-Way Partnership to Save Lives: University, Health Department, and Community Behavioral Health Agencies Combining Forces to Address Tobacco Use by People with SMI's and Other Behavioral Health Conditions

Andy Bernstein, PhD & Leonard Olu-Williams, MPH, CHES

Given the remaining disparities of tobacco use between the general population and folks with behavioral health conditions, a three-way partnership is now changing the historically tobacco-tolerant culture of behavioral health agencies, and is training behavioral health staff on the latest evidence-based practices to help people who would like to quit using tobacco to do so. The "Helpers" curriculum will be shared, and participants will be able to role-play the "helping conversations" which form its basis.

Co-presenters and role-play facilitators will include Dina Rosengarten, LMSW, Director, Outpatient Services, CODAC Cobblestone, and Jonathan Brinks, MPH, Clinical Research Coordinator, UA Helpers Behavioral Health Project.

11. The Person Behind the Narcissist

Cody Morales, LCSW

As the demand for mental health services increases in recent years, therapists may find themselves feeling overwhelmed and burned out by the amount of clients who look to us for help. Both clients and therapists often see the therapist as the expert who can solve the client's problems; leading to stress for both the client and therapist if the therapy stalls or is unsuccessful. This presentation seeks to help therapists reduce pressure to fix the client's problems by increasing ability to draw out the client's expertise on their own life and to collaborate with the client to find solutions. Participants will increase understanding of what it means to embrace the client as expert, and will develop specific skills for helping the client use their expertise to make progress toward their goals and see greater levels of success in therapy.

12. Cultural Perspectives in Clinical Supervision: Hidden Figures

Fred Wiggins, PhD

This interactive and experiential presentation examines the untapped influence culture has on the process of clinical supervision. Various supervision models will be discussed with a focus on the intersection of cultural factors operating in the supervision triad outside the awareness of supervisor and supervisee. Strategies for increasing awareness, incorporating cultural factors, and promoting cultural humility in clinical supervision will be addressed.

1:00 PM - 2:30 PM CONCURRENT SESSIONS

13. Domestic Violence: Helping Those Hurt and Are Hurting

Denise Krupp, MA, LPC, LISAC & Makisha Gunty, LMSW

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 an experiential activity to gain understanding and empathy from the domestic violence offenders' perspective as they enter treatment. This workshop will present evidenced treatment-based options for offenders.

14. Psychotherapeutic Strategies for Ketamine's Use in Psychedelic-assisted Psychotherapy

Jennifer Montjoy, Psychiatric Nurse Practitioner, PhD(c)

This presentation will include the how and why concurrent and post-ketamine psychotherapy differs from many traditional psychotherapeutic approaches and the prevailing biomedical approach being offered in IV-infusion ketamine clinics. Effective therapeutic frameworks when working with ketamine-assisted psychotherapy (KAP) clients will also be presented in tandem to corresponding neurological research investigating racemic ketamine's use for mental health conditions. KAP case examples will be shared to provide clinical context for a mental healthcare clinician audience.

15. Creative Compassion Mini-Retreat

Krylyn Peters, MC, LPC

We love what we do. Being a mental health provider is rewarding. It can also be exhausting. We all have likely felt the effects of compassion fatigue at some point in our careers. But these last couple years have been a breeding ground for these conditions to boil over as we manage our own reactions to what is going on in our communities, country, and world. Join us for a break you so richly deserve. This isn't your typical workshop. It's a mini-retreat – a chance for you to experience some relaxation through various mindfulness, meditation and creative activities.

16. Making the Invisible Visible: Destigmatizing Chronic Pain (Part 1)

Gwenn Herman, MSW, LCSW, DCSW & Malcolm Herman, Law Attorney

Pain is a serious and costly public health issue affecting more than 50 million Americans and costing more than $655 billion each year. It is a hidden epidemic that affects more Americans than diabetes, heart disease, and cancer combined according to the National Center for Health statistics. It is a leading cause of disability in the United States. As the 75 million Baby Boomers move toward retirement, the epidemic of untreated and undertreated pain is expected to continue. You will learn how chronic pain effects the mental health of people with chronic pain and their significant others.

17. Addiction and Post-Trauma Growth (Part 1)

Steven Hoskinson, MA, M.A.T.

The many pathways into addiction defy description. Treatment must account for the unique histories, personalities and skillsets of patients. Reinforcing patients' skillsets requires more than programs, it requires training in attunement to emergent, long-dormant, skillfulness. Emergent resources must be recognized in differentiated channels: Image, Sensation, Orientation, Meaning, and Affect — the "ISOMA Framework". Attendees will receive the Organic Intelligence® maps that guide effective intervention, and lead reliably from trauma and addiction to Post-Trauma Growth.

18. Recognizing Dissociation: Fundamentals of Evidence-Based Assessment

Shannon Barefield, LMSW

Dissociation is a prevalent cross-cultural outcome of complex trauma, yet many graduate programs provide little or no training in its assessment or treatment. This presentation serves as an introduction to the assessment piece of the dissociative puzzle. How do we recognize when clients are experiencing dissociation? What validated assessments are available to assist us in diagnosis? And where do we go from there?

19. Healing Through Connection: Understanding the Impact of Implicit Bias on Access to Care (Part 1)

Nicole Gordon, LCSW and Olawumi Okunade, MPH

It seems simple. The equation for someone to begin to turn the corner from surviving to thriving needs to include intention and curiosity. Too, this process must include space and language that are not void of the existence of diversity and the adversity that has accompanied it through generations; rather this process must include a language and space that acknowledge and address the impact of intersectionality and implicit bias from both the seeker and provider of services. Too often, those seeking care are met with challenges of race, class, gender, sexual oppression before ever picking up the phone to access care. Additionally, they may bring this fear, concern, anger or frustration with them into therapeutic spaces which may impact treatment connection and outcomes. This is also true for the provider of care. In these spaces our nervous systems are colliding. In this workshop we will create opportunities for providers to explore and augment their understandings of intersectionality, implicit bias and begin to identify solutions which will include ways to regulate our nervous systems, be creative and connect to close access to care gaps, create more meaningful connections with ourselves, our clients, friends, family and community as well. In this workshop we will interact and create a safe space to address our bias, misunderstandings and miscommunications as we seek to create an environment that is physically, emotionally and spiritually safe.

2:45PM – 4:15 PM CONCURRENT SESSIONS

20. The Outpatient Reentry Behavioral Health Services for Clients Exhibiting Post Incarceration Syndrome

Katherine Nisbet MS, CADAC, LISAC & David Cottrell, MA, LISAC

There are 19,000 people released from prison every year in Arizona. This special population requires a magnitude of services ranging from trauma counseling, case management to peer support services to navigate the reentry process. Practitioners serving this special population benefit from understanding a cluster of symptoms related to reentry called post incarceration syndrome. Understanding this cluster of symptoms can assist practitioners in developing treatment programs and client goals and objectives to specifically meet the needs of this special population. This presentation highlights the overall understanding of post incarceration syndrome and its impact on treatment outcomes for clients when released from incarceration. In addition to educating practitioners, information is shared about outcomes of a current operating outpatient program designed specifically for recently released inmates facing the challenges of reentry while exhibiting post incarceration syndrome.

21. Making the Invisible Visible: Destigmatizing Chronic Pain (Part 2)

Gwenn Herman, MSW, LCSW, DCSW & Malcolm Herman, Law Attorney

Continuation of session 16

22. Addiction and Post-Trauma Growth (Part 2)

Steven Hoskinson, MA, M.A.T.

Continuation of session 17

23. Addressing Moral Injury for the Behavioral Health Professional

Kelli Parks, MS LPC & Roberto Noperi, MSC NCC LAC

Presentation will define and conceptualize moral injury with a focus on the experience of the behavioral healthcare worker. Presentation will discuss the impact of moral injury and then address how to prevent and manage this to prevent burnout and professional attrition, with a focus on self-care, professional agency, and maintaining a connection to one's calling.

24. Healing Through Connection: Understanding the Impact of Implicit Bias on Access to Care (Part 2)

Nicole Gordon, LCSW & Olawumi Okunade, MPH

Continuation of Session 19

25. Human Trafficking 101

Sarah Herndon, LSMW & Maggie McCane, LCSW

Most Americans today think that slavery is a thing of the past. But slavery did not end with the Emancipation Proclamation. Slavery still exists today. It has simply taken on a new and more all-encompassing name: human trafficking. Southern Arizona Against Slavery (SAAS) is a community coalition fighting all forms of human trafficking both in Southern AZ and around the world. This presentation will give participants an introduction to trafficking and equip them with tools to become a modern day abolitionist.

26. Beyond Stages: Modern Grief Theory and Foundations of Clinical Therapeutic Support for Grievers

Terri Waibel, LCSW, CT

With the heartbreaking truth of traumatic death being on the rise as a result of COVID19, suicide, and substance use it is urgently important that the behavioral health field better understands how to support grievers. This presentation will provide the latest information and research related to theory and interventions for grief and bereavement. Details related to the importance of clinical knowledge in supporting the traumatically bereaved will be provided as well as identifying this as an often marginalized and underserved population. Current controversy in the field regarding diagnosis for the bereaved will be explored while learning about advocacy for this population. Specific clinical interventions will be identified for use with supporting grievers in the therapeutic setting.

4:30 PM - 6:00 PM SPECIAL SESSION

27. "Zooming" Through the Practice of Behavioral Health With The Arizona State Board of Behavioral Health Examiners

Faren Akins, Ph.D., J.D. & Tobi Zavala, B.A.

The pandemic has led to many changes in the practice of behavioral health and the rules, statutes, and ethics that guide good practice. "Zoom" through the latest updates at the BBHE including telehealth standards and practice requirements and practice mobility considerations. Speakers will also discuss how the Board complaint process works, problems to avoid in your practice (like inadequate documentation, using text messaging, or improperly disclosing records), and "hot topics" that are important to know about (e.g., No Surprises Act, Cures Act, parameters of coaching vs. therapy).

Tuesday, August 9, 2022

8:00 AM – 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

28. The Intersection of Racism, Discrimination, and Mental Health in Latinx Communities & Other Communities of Color

J Rocky Romero, PhD, LMSW

According to the latest US Census data, Latinos represent 18% of the total US populations. Although the US government uses the terms Hispanic or Latino to encompass a group of persons that share certain characteristics including country of origin, Latinos in the United States are diverse in terms of skin color and racial self-identification. The process of self-identification will vary among Latinxs according to family history, immigration experience, skin color, meanings attached to history of colonization, acculturation and other variables. In the United States, 92% of Blacks, 78% of Latinxs, 75% of Native Americans, and 61% of Asian Americans have reported experiencing racial discrimination in the form of racial slurs, violence, threats, and harassment. Conceptually, discrimination is considered a social stressor that gives rise to psychological distress, especially among marginalized populations such as racial/ethnic minorities and women. This notion is further evidenced by studies that point to an intersection between race, ethnicity and experiences of racism and oppression. Given the complexities of ethnic and racial identification among Latinos, along with experiences of current and historical oppression, it is imperative that clinicians adopt a culturally humble approach to working with Latinxs with mental health challenges. This presentation will address culturally responsive strategies to exploring ethnic and racial identification. The presenter will discuss how to provide a safe, culturally grounded space where participants can explore experiences of racism and discrimination and their possible relationship with mental health symptoms. A restorative justice approach will be promoted for clinicians working with Latinx populations.

10:00 AM - 11:30 AM CONCURRENT SESSIONS

29. The Somatic Approach to Trauma Healing

David Cato, LCSW, TCT, SEP, CCTP I

Trauma therapy is evolving. As a result of this, there are many modalities that can address various mental health and substance use disorders. Many of these modalities are somatic, or body-focused. Trauma is at the forefront of these issues and must be addressed as symptoms can be exacerbated otherwise. Join me in this presentation geared towards advanced therapists and moving away from traditional types of therapy that miss the mark on processing trauma that gets locked in the body.

30. Clinical Supervision in a Telehealth World

Patricia Dobratz, JD, LMFT

This training is designed to enhance knowledge and skills for clinical supervisors providing supervision to supervisees providing telehealth services. Focus is given to the unique considerations and impact of the increase in telehealth services on clinical supervision.

31. Healthy Brains, Happy Kids: Neurobiology for the Helping Profession

Adrienne Sainz Trees, LCSW

This presentation will help professionals understand why children "act out." Toxic stress from trauma, or other common situations, can impact children's brains for a lifetime. It is our responsibility as professionals to understand the internal causes of the problem behaviors we see. With this knowledge we can then design interventions to target neurobiology to assist children with their healing from toxic stress.

32. Motivational Interviewing (MI) For Treating People Who Struggle with Addictions

Mary Dillon, MA

Motivational Interviewing (MI) is a particular way of having a conversation so it is that the client rather than the clinician who voices the arguments for change. It is an evidence-based approach that provides a framework of principles, processes and skills to conversations. This MI training is designed for those who want to really learn and use MI with their clients.

33. LeBron and I - A Doctoral Journey of Research into Sports Fandom - Implications for Mental Health and Grief Recovery Practice

Anne Bach-Starling, Ph.D., MA.Ed., LPC, NCC

My qualitative descriptive research explored how sports fans experience, conceptualize and respond to parasocial relationship (PSR) and parasocial breakup (PSB) with players and how this understanding can inform mental health treatment, including grief counseling. Themes identified in this study included: grief experience; fandom's impact on one's sense of identity and group association; impact of PSR and PSB on interpersonal relationships, and further implications for understanding grief experiences of parasocial breakup for applicability to counseling interventions.

34. Skills to Develop a Trauma Timeline using Psychodrama

Libby Timmons, LISAC, CEAP

In recent years, the treatment of trauma has become a popular focus in clinical practice and addiction treatment. Research has demonstrated a strong connection between addiction and trauma. Psychodrama is an effective therapy technique that can assist in breaking down barriers that clients often present. This energetic and engaging session will walk participants through the various ways a trauma timeline can be used in the therapeutic environment...

By interacting and participating in experiential exercises, participants will also explore how to identify an issue to connect with a psychodrama method.

35. Quick Clips: What's an Ethical Therapist to Do?

Faren Akins, Ph.D., J.D. & Vera Akins, J.D.

This program uses real world scenarios to highlight practice issues and ethical concerns clinicians may face. Taught by attorneys who routinely represent behavioral health professionals before their licensing board, the focus is on "what an ethical therapist should do."

Topics include:

-Service/emotional animal support letters, letters to the court, subpoenas, documentation standards, releasing records of deceased clients

Q & A will address:

-Who can authorize counseling for a minor?

-How is a collateral different from a client?

-How to keep and release counseling records of individual adults, minors, or couples

-What to consider when selecting an Electronic Medical Records System

1:00 PM - 2:30 PM CONCURRENT SESSIONS

36. Using Music, Sound, and Songwriting for Healing

Krylyn Peters, MA, LPC

Music heals! Join us for an engaging, interactive, and FUN workshop that explores the healing benefits of music, sound, and songwriting. You will have opportunities to work cooperatively, take risks, and make some music. Limited to 30 attendees.

37. Relief, Hope, and Skills: DBT and Competency Focused Family Therapy (Part 1)

Vicki Loyer, LMFT & Tara Gardenhire, LMFT & Kim Guarascio, PhD

Providing relief, hope, and skills to individuals who are struggling with suicidal thoughts and/or self-injury is possible. Clients presenting with suicidal thoughts and acts of self-injury is increasing: their families and others who love them become overwhelmed by fear and fatigue as they witness their loved one's pain. In this presentation you will learn to use Dialectical Behavioral Therapy and Competency Focused Family Therapy to decrease life threatening behaviors, decrease therapy interfering behaviors, and increase quality of life experiences. Use a family's unique strengths to create connection and context within which wise-minded behaviors are possible.

38. Prejudices, Stereotypes, and Differences... Oh My!

Margarett Jane Fugate, LCSW, LISAC & Jasmine Lopez, LMSW

Most mental health and substance use disorders are the problems of young and certain ethnic groups - Wait, not so! In this workshop we explore the counselor's pathway to the understanding of cultures other than our own. Though the presenters represent the diversity of aged and Latin X. We also look for a perspective in other ethnic heritages. By examining research we explore treatment possibilities to change treatment for our patients and not our patients to our treatment.

39. dehp Integrative Treatment (dIT) (Part 1)

Josette Sullins, BHT & Maria Narvarro, DBH, LPC

dIT appears to be efficient and effective in treating certain types of stress and trauma, as evidenced in preliminary investigation. The preliminary investigation on the dIT treatment shows a 82% clinical reliable change index in less than 40 days and 6 sessions. Get a preliminary overview of the dIT treatment, history, study and the 6 phases of the dIT protocol.

40. Using Motivational Interviewing for Clinical Conversations about Cannabis

Mary Dillon, MA

Counselors need both sources of reliable information and effective strategies to guide their interventions as they talk with clients about their marijuana use. The purpose of this presentation is to describe how Motivational Interviewing (MI) strategies can inform clinical conversations about cannabis use, with a focus on the Elicit – Provide – Elicit (EPE) model as one potentially useful tool.

41. Strategies to Help Those Heal from Burnout

Cody Morales, LCSW

This presentation will discuss processes to help people reduce the stress in their lives and heal from burnout. In the past two years, we have had a lot of people experiencing high volumes of stress and burnout rates have been high.

42. A Clinician's Guide to Suicide Prevention

J Rocky Romero, PhD, LMSW

This clinicians' guide addresses one of the largest cultural groups in the United States today, persons of Latin American ancestry commonly referred to as Latinos or Hispanics. The guide considers suicide as part of social phenomena but our attention will be to suicides and suicide attempts as deeply psychological, emotional events. The emphasis is on what drives some people to think about suicide, to plan a suicide, and to attempt a suicide. This guide is intended for mental health professionals and other health providers who are dedicated to delivering services to the diverse Hispanic or Latino population. It discusses suicidal behavior, demographics of the Hispanic population, risks for suicide, and prevention, intervention, recovery, and postvention. The guide includes two case studies of suicide attempts by teenage girls and questions for clinicians to consider in the assessment and intervention. Fifteen largest U.S. Hispanic groups by origin, based on self-described race and ethnicity...

The Hispanic population in the United States reached 58.9 million in 2017, according to the Census Bureau, making it the country's largest ethnic or racial minority and about 18.1 per cent of the total U.S. population. Then in 2018 the Hispanic population grew by about 1 million to 59.9 million. Most of these Hispanics trace their roots to Spanish-speaking countries of Latina America and, to a lesser extent, Spain. Demographic projects indicate that the Hispanics will grow to 111 million by the year 2060. Depending on where in the U.S. you practice, you will probably see groups that have had long established communities in your region or are newcomers, creating new communities. Latinos are spread out across the country, arriving and settling mostly in historically receptive metropolitan areas.

2:45PM – 4:15 PM CONCURRENT SESSIONS

43. The Pain of Trauma: Breaking Down the Silos to Reach the Hidden Behavioral Health Patient

Bennet Davis, MD

I will cover the neuroscience of chronic pain related to trauma and explain how an understanding of this can help behavioral health providers participate fully to best effect in treating chronic pain. Additionally, I will relate results of our current approach to the opioid crisis and describe how understanding chronic pain will be a game changing step in achieving better results.

44. Play Therapy and Attachment: It's All Fun and Games

Juliet Fortino, MC, LPC, RPT-S

When children experience trauma in their family of origin, they may feel unloved, unwanted, and abandoned. Often, children may not have the words to express their emotions, they demonstrate an increase in maladaptive behaviors. The use of play therapy can be a fun and powerful tool to assist in building the bonds of attachment. This workshop will explore how to utilize play therapy activities to increase self-esteem, improve self-regulation, and enhance healthy relationships with others.

45. Relief, Hope, and Skills: DBT and Competency Focused Family Therapy (Part 2)

Vicki Loyer, LMFT, Tara Gardenhire, LMFT & Kim Guarascio, PhD

Continuation of Session 37

46. dehp Integrative Treatment (dIT) (Part 2)

Josette Sullins, BHT & Maria Narvarro, DBH, LPC

Continuation of Session 39

47. Asking Critical Questions: Screening for Prior Brain Injury

Susan Wolf, PhD

Efficacy of treatment interventions relies on a commitment to gathering key information regarding events that impact patients' developmental history. Systematic data collection is critical for ascertaining information on potential brain injuries and subsequent interruptions in neurodevelopment that affect present functioning.

Missing information can lead to misdiagnosis, misinterpretation of behaviors, and potentially ineffective treatments. Learn about the "red flags" for screening for brain injury and the role of universal screening protocols for improving patient outcomes.

48. Exploring The Ethics of Therapeutic Alliance and Self-Care for Clinicians and Helping Professionals

Libby Timmons, LISAC, CEAP

This Ethics presentation will cover topics related to therapeutic alliance, professional boundaries, and self-care. Attendees will leave the session with tools to recognize their burnout as well as a self-care plan. Due to the recent changes in delivery of services, the presentation will also address 'zoom fatigue'. Participants will enjoy a lively, interactive discussion.

49. The Couple After: A Blueprint for Navigating Relationships in Recovery

Diane Ryan, PhD

When an individual undertakes the complex process of recovery, it creates far-reaching impacts on every relationship, but most particularly on the partner of the person recovering. Understanding the multiple effects of coming to terms with substance use creates the necessity for the partner to adjust and view the relationship in novel and sometimes challenging ways. This presentation creates a framework to explore the ways in which this process can be acknowledged and supported using a step-by-step process that creates a structure for couples to recalibrate their connection and provide new levels of love, awareness, and support of themselves and each other.

Wednesday, August 10, 2022

8:00 AM – 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

50. Better Results: Using Deliberate Practice to Improve Therapeutic Effectiveness

Scott Miller, PhD

What can mental health professionals do to enhance their performance? Available evidence makes clear that clear that attending a typical continuing education workshop, specializing in the treatment of a particular problem, or learning a new treatment model does little to improve effectiveness. In fact, studies to date indicate clinical effectiveness actually declines with time and experience in the field. The key to improved performance is engaging in deliberate practice. At this workshop, the latest research on deliberate practice will be translated into concrete steps all clinicians can immediately apply in their efforts to achieve better results.

10:00 AM - 11:30 AM CONCURRENT SESSIONS

51. What "Works" in the Treatment of Substance Abuse: Translating the Research into Evidence-based Skills for Improving Engagement and Outcome

Scott Miller, PhD

Despite the regular appearance of new treatment methods for substance abuse, one fact remains the same. Regardless of theoretical orientation or treatment approach, the relationship between professional and client is the most potent contributor to effectiveness. No other factor has the same empirical support. Moreover, recent studies find that the chief difference between average and superior clinicians is the quality of the relationship they are able to establish. In this workshop, Scott D. Miller, PhD will summarize the latest research, identifying four components of effective therapeutic relationships through a combination of lecture, exercises, and video demonstrations.

52. Understanding Domestic Violence

Felicia Marsh, MA, LPC

Participants will learn the definition, dynamics, and types of domestic violence. The cycle of abuse, dynamics, traits of victims, types of abuse, and symptoms will be discussed. Participants will have the opportunity to participate in interactive discussions and examples of abuse will be discussed.

53. Beyond the Affirmations- Treating Imposter Syndrome from a Culturally Sensitive Perspective

Erika Thrower, MA, LPC, TCYM

This presentation explores Impostor Syndrome and its impact in Black communities. Exploring how historical trauma and systematic oppression plays a role in the onset of Imposter Syndrome, this presentation will explore and identify alternative forms of treatment from a culturally specific lens, trauma focused strategies as well as other culturally appropriate approaches.

54. Current Legislation on Mental Health Related Issues

Laurie Verdier, MA, LPC & Kristina Sabetta, LMSW

This presentation will focus on current Arizona Legislation on Mental Health related issues. A review of the legislature and legislative processes will be provided. How Bills are drafted, amended, passed, and how stakeholders can provide input will be discussed. Participants will gain tools and knowledge to let their voices be heard to influence the outcome of Bills.

55. The ACCEPTANCE Model of Parent Coaching and Support

Philip Pasena, LAC

ACCEPTANCE is an acronym for 10 key non-verbal building blocks of an attuned, responsive parent-child relationship: A - awareness, C - Communication, C - Control and release, E - Emotions, P - Practice, T - Trust, A - Accountability, N - Nurturing novelty, C - Compassion, and E - Energy...

Informed by an awareness of the influence of trauma and the neurobiology of human development, both personal and interpersonal, this approach addresses family struggles and children's challenging behaviors by nurturing a sense of compassion, safety, and wholeness throughout the entire family. By applying the ACCEPTANCE approach, clinicians can help parents build key ways of relating to their children's bodies, minds, and spirits, as well as their own.

56. Self-Care Practices for a Healthy Mind, Body, Heart and Spirit: Incorporating Nature's Principles

Yvette Tucker, M.A.Ed & Stephanie Ear, MAEd/AET, M.S. PSY, CPTD

Due to the pandemic, many professionals have had to implement significant changes to their working lives. Coupled with social isolation, economic uncertainty, and few options for escape, many are overwhelmed by deep fatigue, extreme stress, and work-life imbalance. This presentation incorporates examples from nature to guide attendees through sustainable, regenerative, and adaptable self-care practices. Using the operating guidelines of nature's genius, attendees will emerge stronger and better equipped to face changes and integrate the unexpected.

57. Avoiding Faux Paws and Pitfalls of Emotional Support Animals and Letters

Bill Owenby, ABD, MC, LPC-S, DCMHS, ACS, LASAC, CIMHP, NCC, CCMHC, CCTP, CCTFP, iNLP, CTMHP

Emotional Support Animals and clients' letter requests are increasing each year across clinical practices. Unfortunately, these requests pose legal, ethical, clinical, and social issues for many involved which causes harm to the client, animals, professionals, and society. These inappropriate requests also damage legitimate ESAs and Service Animals in treatment settings and public outings. This training will introduce a brief model for the scope of practice review and checkpoints, clinical needs for the animal-client-professional triad, and clinical navigation considerations for any professional who may receive a request for an ESA or ESA letter to advocate and promote clinical efficacy in integrative care.

1:00 PM - 2:30 PM CONCURRENT SESSIONS

58. Ethical Considerations and Best Practices (Part 1)

Patricia Dobratz, JD, LMFT

This training is designed to provide attendees with increased competency regarding ethical decision making. Common ethical dilemmas such as mandated reporting obligations, dual relationships, and clinical documentation will be addressed along with the emerging ethical considerations presented by increased utilization of telehealth services and social media. Attendees will have the opportunity to review and apply relevant codes of ethics, rules, laws, and ethical decision-making models.

59. Sandtray Therapy in Trauma Treatment with Adults (Part 1)

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

In this in-depth two-part presentation we'll explore Sand Tray Therapy (STT) in trauma treatment with adults, its unique advantages for treatment of trauma, ethical consideration related to using this modality in the treatment of trauma, working with metaphors, clinician's role, integrating SST with other modalities, and much more...

We'll also review a pictorial case study with an adult client over a ten-month period. This is for clinicians already using STT or looking to be inspired.

60. Underlying Grief's Impact on Mental Health & Recovery (Part 1)

Gigi Veasey, LCSW, LISAC, CCBT

Grief is insidious and affects every part of our lives bringing endless unanticipated and often overlooked consequences. This presentation will focus on understanding the intricacies of the grief experience and identifying the ways complicated grief shapes our lives. We will discuss underlying griefs influence on mental health, how we connect and disconnect in relationships and grief's impact on sobriety outcomes. We will discuss solutions! A five-step process that promotes peace and healing.

61. The Wounds of Maternal Narcissistic Abuse and How to Recover

Krylyn Peters, MC, LPC

Growing up with a mother who is unable to provide emotional safety leaves a mark. Adult children often carry long-lasting emotional wounds that affect every area of their lives. The core wound of "not good enough" often leads to self-sabotage and deep shame. But there is hope. Learn a 5-step model to help adult children of maternal narcissists navigate the road to recovery.

62. Living with Adult ADHD

Cody Morales, LCSW

This presentation will discuss adult ADHD and how it shows up in the lives of those with it. We will review skills needed for treatment and common resources to aid in diagnosis and treatment.

63. Maintain Individual and Family Hozho after Brain Injury

Susan Wolf, PhD & Tehnijah Jake, LMSW, LCSW

Native Americans remain at greater risk for brain injuries and the long-term consequences from those injuries. When the injuries occur in childhood, they have the potential to precipitate adolescent and adult mental health issues that can dramatically change one's trajectory in life. Generational trauma, domestic violence, and emotional abuse have been shown to change neurodevelopmental status and subcortical structures. Come join us for an interactive discussion about effective Traditional and Western techniques to address the needs of brain injury survivors.

64. Process of Addiction

Bob Pichler, LCSW

This presentation will discuss the process of addiction to include: Foundation of Addiction, Process of Denial, Attitudes/Core Beliefs (rationalization, justification, excuse/blaming), Character Defects/ Thinking Errors/Defense Mechanisms, King Baby, Co-Dependency, Stages of Change (pre-contemplation, contemplation, preparation, action, maintenance, relapse)…

PAWs (post-acute withdrawal), Shame (toxic vs healthy), and the added pressures of COVID-19 (isolation, loneliness, uncertainty, financial instability, health, fear, etc.).

2:45PM – 4:15 PM CONCURRENT SESSIONS

65. Ethical Considerations and Best Practices (Part 2)

Patricia Dobratz, JD, LMFT

Continuation of Session 58

66. Sandtray Therapy in Trauma Treatment with Adults (Part 2)

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

Continuation of Session 59

67. College of Wellness

Esther Emadi, M.Ed., LPC & Kristin Damron, MA, LAC

This presentation describes the creation of a College of Wellness for behavioral health providers to improve care delivery through workforce and leadership development. Courses are based on positive psychology concepts to provide better behavioral health for a diverse sector. CoW will be expanded for member participation this summer and has joined with the University of Southern Mississippi for research to explore outcomes of this novel approach to training and behavioral healthcare.

68. Underlying Grief's Impact on Mental Health & Recovery (Part 2)

Gigi Veasey, LCSW, LISAC, CCBT

Continuation of Session 60

69. Compulsive Gaming from an Attachment Perspective

Ryan Drzewiecki, PsyD, LP

Compulsive patterns of gaming can lead to major social and functional impairments and are an increasing focus in treatment. This presentation discusses how various gaming patterns (type and style of game, in-game roles and behavior, social factors and interaction with the game environment) help to inform the clinical conceptualization. The presentation also addresses appropriate means of treatment utilizing attachment-based and process-experiential modalities.

70. Tele-Supervision for the Post-COVID Age

Patricia Kerstner, Ph.D, NCC & Shelia Babendir, LPC

When the world shut down because of COVID-19, medical and mental health providers turned to technology to provide services that were essential to the human race. The pivot to telehealth as a way to provide services to individuals during the shutdown of the pandemic led to a broader use of this modality out of convenience, cost effectiveness, and time savings…

For counselors-in-training, supervision also made a quick pivot to an online modality ushering in telesupervision. This workshop examines the positive and the negative aspects of providing supervision in the technological world.

71. Addiction Programs: Why are We Not Listening?

Therese Griffin, MA, LISAC

Therese Griffin watched addiction treatment programs come and go in jails, prisons, and local agencies. These programs succeeded with only a small minority of their clients. Yet, these are the clients who need our programs most. How do we attract people in prison, on parole, and on the streets to recover and live productively? Why are we not hearing what they're telling us? This workshop explores answers in terms of race, culture, funding, and hidden disabilities.

72. ADHD and Autism: Understanding the Syndrome Mix

Catherine Riley, MD & Brittany Samson, MD

This presentation will outline diagnostic criteria for autism and ADHD along with differential diagnoses. Cases will be reviewed to demonstrate varied presentation and management, while also highlighting unique challenges. We will focus on key issues related to Covid, sleep, screen time, and medication options. Cultural awareness and expectations will also be addressed throughout the presentation.

Thursday, August 11, 2022

8:00 AM – 8:15 AM WELCOME

8:15 AM - 9:45 AM GENERAL SESSION

73. Breaking Intergenerational Patterns of Addiction, Trauma and Dark Family Secrets

Mark Sanders, LCSW, CADC

In this presentation you will learn strategies to help break intergenerational patterns of addiction, trauma and dark family secrets. A partial list of topics includes: trauma and other risk factors for intergenerational patterns of addictions; addressing the unique risks for children of parents with substance use disorders; Fetal alcohol spectrum disorder as a risk factor and intervention strategies; the impact of siblings on the intergenerational transmission of addiction; parenting practices and cultural rituals which help break intergenerational patterns of addiction and traumatic stress disorders; Addressing dark family secrets; Creating a healing forest: The role of the entire community in breaking intergenerational patterns of addiction, trauma and dark family secrets.

10:00 AM - 11:30 AM CONCURRENT SESSIONS

74. Integrating Motivational Interviewing and Logo-Therapy To Help Clients Recover

Mark Sanders, LCSW, CADC

A cornerstone of motivational interviewing is the belief that people change when there is a discrepancy between a goal and a current behavior. Some clients with substance use disorders have given up on their goals. Others have not thought about their goals in years. This presentation integrates principles of Motivational Interviewing and Logotherapy t help clients recover. Logotherapy was developed by renowned Psychiatrist and Holocaust survivor Victor Frankl. A goal of Logotherapy is to increase client motivation and to help turn life pain into life purpose in recovery.

75. The Iron Law of Prohibition: The Rise of Fentanyl and M30s and Changing Routes of Us

Kayla Kurti, BS & Christopher Thomas, AA, C.P.S.S., F.P.S.S.

Join Sonoran Prevention Works as we discuss risk reduction measures for opioid use. This presentation focuses on fentanyl use trends in the Southwest and uses the history of substance use around the world to give learners a comprehensive view of how we got to the current state of opioid and overdose crisis.

76. How are Limbic Resonance, Non-local Energy, Schuman's Constant and Brain Waves Going to Impact the Way We Do Therapy in the Very Near Future?

Cynthia Miller-Potter, MA, LASAC, CSP

Brain research is only just beginning, we've had the ability to measure our brain in ways that are unlocking the keys to mental illness and behavioral health. Over the past 35 years people like, Bessel Vander Kolk, Antonio Demasio, and Alan Schore have done ground-breaking work in explaining how early childhood trauma rewires the brain during development, setting off a chronic progression that lead to depression, anxiety, OCD, PTSD, addiction and suicide. We now know that stabilizing dysregulated neurotransmitters and therapy that reminds the central nervous system how to relax while utilizing the brain's plasticity to rewire and reverse some of the damage done in early childhood. We can now begin using integrated neuro-bio-psychological treatment modalities to slow down the progression of these diseases and, help people experience long-term remission. One area of the recent research results has uncovered something Alan Schore refers to as limbic resonance. It turns out that 90% of what impacts our communication with another person is their reaction to the limbic resonance in the form of brain waves coming from the Limbic brain. What we are wearing, what we say, the words we use, our education or the car we drive only influence how people react to us by 10%. Alan Schore teaches that limbic resonance, how to feel it, how to control it in ourselves, and how to influence our clients' limbic resonance will be the most effective approach to healing misinformed belief systems, negative core beliefs, and a damaged core Self. The information is fascinating, surprising, and thought provoking! In this presentation, I will begin with the core concepts and then using examples that we all experience, point out how we all generate and are impacted by Limbic resonance every time we connect with another Human Being!

77. Teen Dating Violence: Prevention & Intervention

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 high that they are going to encounter a situation that will require them to react appropriately towards the victim and/or the abuser personally or professionally.

78. Trauma Informed Leadership

Jamie Vinick, MC, LPC

We are in the midst of a triple Pandemic. COVID-19, Racial/Social Injustice and Mental Health. All of these components of the Pandemic have significantly impacted our workplaces. How do we, as leaders, address all of the complexities of our new world, while still running sustainable enterprises and taking care of ourselves? The answer exists within Trauma Informed Leadership. Leadership is first and foremost a relationship involving the ability to connect and create trust, so it follows that trauma impacts our ability to work with, and lead others. This presentation will explore ways to use Trauma Informed Leadership and related tools, to be the best version of ourselves possible in both our personal and professional lives.

79. A Harm Reduction Model for Food "Addiction"

Kari Anderson, LPC

Let's face it, changing eating behavior is complicated. We have failed to alter the course of the "obesity epidemic" through scare tactics and models of abstinence. While a person may not stop partaking in the consumption of highly palatable foods, there is value in promoting behaviors that reduce overall harm. Dr. Kari Anderson presents a compassionate and science-based approach to addressing loss of control eating behaviors through a lens of self-care with flexibility.

80. Sameness and Otherness: Cultural Exploration Through Sand Tray Therapy

Joan Rapine, LPC, NCC, CCTS

Cultural competence and humility include exploration of our own race, culture, biases, and intersectionality, as well as those of our clients. Learn how Sand Tray Therapy can support this exploration, deepen your understanding of self and others, and help you identify and process transference and co/countertransference related to cultural and racial issues. Presenter will share photos of her own journey of exploring anti-racism as a white person using Sand Tray Therapy and journaling.

81. “The Dance of Romance” (Learning to Love)

John Leggio, MA, LISAC

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

1:00 PM - 2:30 PM CONCURRENT SESSIONS

82. Beyond the Clinic: A talk on Spirituality, the 12 Steps, and an Integrated Approach for Co-Occurring Disorders (Part 1)

Alyssa Tonking, LAC

The 12 Steps of Alcoholics Anonymous have been widely accepted as a self-help approach to addiction and alcoholism. In clinical treatment, there is often a recommendation for clients to become engaged in these fellowships, but that is typically where the overlap stops. Traditional clinical work often misses an opportunity to integrate the principles of the 12 steps into treatment and - at times - delivers a contrarian message. This presentation aims to bridge the gap between clinical treatment and 12 step fellowships by educating clinicians on the principles of the program, strategies for incorporating spirituality into treatment, and a look at co-occurring disorders.

83. Preventing Ethical Boundary Violations (Part 1)

Jennifer Foote, LPC

We will explore causes of ethical boundary violations and utilize tools for preventing vulnerability to boundary violations for ourselves and those we supervise. During this time we will assess our current level of vulnerability and build a plan to mitigate the impact of our vulnerability on our practice. This class will be hands on and discussion oriented and participants will leave with a plan for themselves and tools to help those they supervise.

84. A Failure to Communicate: The Experience of Tinnitus Clients in Therapy, and What We Can Do About It.

Peter Vernezze LMSW, PhD

With depression and anxiety rates 3 times the national average (Bhatt 2017) , Tinnitus patients would greatly benefit from therapy. However, when they seek it out they often report negative experiences with therapists, feeling either misunderstood or trivialized. This presentation will explore the behavioral health strategies that have been demonstrated to work with tinnitus, examine the experience of tinnitus patients with therapists, and discuss strategies therapists can employ to address this situation.

85. Ketamine-Assisted Psychotherapy

Erica Saunders, LMSW & Janay Young, DNP, PMHNP-BC, FNP-C

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.

86. Embracing the Client as Expert: A Strengths-Based and Person-Centered Approach to Reducing Stress and Improving Outcomes in Therapy

Emily Viola, LCSW, CCTP

As the demand for mental health services increases in recent years, therapists may find themselves feeling overwhelmed and burned out by the amount of clients who look to us for help. Both clients and therapists often see the therapist as the expert who can solve the client's problems; leading to stress for both the client and therapist if the therapy stalls or is unsuccessful. This presentation seeks to help therapists reduce pressure to fix the client's problems by increasing ability to draw out the client's expertise on their own life and to collaborate with the client to find solutions. Participants will increase understanding of what it means to embrace the client as expert, and will develop specific skills for helping the client use their expertise to make progress toward their goals and see greater levels of success in therapy.

87. Cultural Considerations When Working with First Responders

Victor Escoto, MSc, LAC, NCC & Densie Beagley, MSc

Mental health professionals that interact with first responders (dispatchers, Law Enforcement Officers (LEO), correctional officers, firefighters, and emergency medical personnel) might be challenged if they are unaware of the particular cultural nuisances that exist. We have heard a myriad of horror stories from first responders that received treatment from culturally incompetent mental health professionals. When this population seeks assistance, they want a swift remedy from experts that have educated themselves on their profession. They often turn to Gallows humor as a defense mechanism. Workers should be trained and responsive just as a first responder would be. There are some unique challenges and stressors that cut across all professions, but the latest research shows that first responders can have a variety of life issues including; marital problems, family issues, depression, substance abuse struggles, PTSD, and suicide.

88. Cost-Effective, Early Population-Level Prevention That Reduces DSM Disorders, Crime, and Improves Lifetime Wellbeing (Part 1)

Dennis Embry, PhD

The 2009 Institute of Medicine Report [1] announced that it was possible to prevent lifetime mental, emotional, and behavioral disorders—specifically naming the Good Behavior Game®, also hailed by the last four Surgeon Generals. In 2010 the U.S. Center for Mental Health Services announced funding for 20 sites in America to test that idea, focused on the Good Behavior Game® because of easy scalability and multiple randomized…

control trails following kindergartners through the 35th year of life to avert virtually every serious mental, emotional, or mental disorders while improving virtual all desirable outcomes for children, families, and communities. That real-world effort works across tens of thousands of elementary classrooms—all over the world with population-level reductions DSM disorders [5], as well as improving academic [6] & lifetime psycho-social outcomes [7]. Today, there are more than 100 peer reviewed studies attesting to the ability of this this simple, yet powerful way that creates a nurturing environment [8] with rich reinforcement for prosocial behavior, better psychological flexibility, vastly less problematic behaviors, and many fewer toxic influences over the lifetime of children. At this presentation will highlight how this proven, easy to implement strategy that can be introduced and scaled up in your area through a smorgasbord of existing funding, powerful yet easy measures of outcome—both immediate and long-term benefits for children, families, educators, and society. The Good Behavior Game is cost-effective, powerful in getting children back on track in their academic and social progress after Covid. That is why more than 50K teachers are using it, with measurable immediate, mid-term and long-term results.

2:45PM – 4:15 PM CONCURRENT SESSIONS

89. Deconstructing Trauma—How to Take PTSD Apart Employing Skillful Awareness

Mark Pirtle, Doctor of Physical Therapy

Stress illnesses, including PTSD, are constructed by the nervous system. Senses take in emotionally triggering information. This can cause a conditioned response referred to as PTSD. But nervous systems are adaptable. People who take a "systems" view of their triggers, thoughts, and sensations can moderate their reactions. Such skillfulness changes the brain and conditions a more equanimous response, which can ultimately resolve trauma and heal PTSD. Audience members will learn and experience this systems approach.

90. Beyond the Clinic: A talk on Spirituality, the 12 Steps, and an Integrated Approach for Co-Occurring Disorders (Part 2)

Alyssa Tonking, LAC

Continuation of Session 82

91. Signs of Caregiver Fatigue/Burn Out and Self Care Strategies

Stefaine Keefe, LMSW

This presentation will first review the definition and impact of caregiver fatigue/burnout. We will then explore how to recognize the signs that you may be experiencing this. And last we will review and demonstrate easy to implement self care techniques that can be used daily to help improve over well being and prevent the occurrence of caregiver fatigue/burnout.

92. Preventing Ethical Boundary Violations (Part 2)

Jennifer Foote, LPC

Continuation of Session 83

93. Suicide Screening, Risk Assessments, and Prevention

Kara Synhorst, LMSW, BHP

This presentation focuses on suicide screening and assessment skills that are applicable across populations and settings in the field of behavioral health. Additionally, the presentation illustrates methods of suicide prevention including language changes and service provision. Supplemental topics include suicide risk and protective factors and countertransference. Diversity and oppression are integral to the material presented.

94. Death, Dying and Grief

John Abraham BA, M.Div. F.T., President & Mary Ginter, PhD

Many of us die uncomfortably, even suffering, and leave medical bills for our survivors. Medicare spends 55 billion on patients in the last 3 months of life. People who want to die have few options that are dignified and peaceful. In this presentation you will learn about advance directives; death, dying and grief; and how to achieve a certain and peaceful death.

95. Cost-Effective, Early Population-Level Prevention That Reduces DSM Disorders, Crime, and Improves Lifetime Wellbeing (Part 2)

Dennis Embry, PhD

Continuation of Session 88