

Symposium Faculty
Includes



Dr. Mita Johnson
EdD, NCC, LPC, LMFT, LAC,
MAC, SAP, ACS



Dr. Bowen White
MD



Zina Rodriguez
MSW, MCAP, CDE



Dr. Carlo DiClemente
PhD, ABPP



Casey Lucarelli
LCSW



Michael Barnes
PhD, LAC, LPC



48th Advanced International Winter Symposium

January 29 - February 1, 2023
Sunday - Wednesday

Addictive Disorders, Behavioral Health and Mental Health

The DoubleTree by Hilton Hotel
1775 East Cheyenne Mountain Blvd.
Colorado Springs, CO 80906
719-576-8900

KEYNOTE SPEAKER

Monday, January 30, 10:45am

Dr. Steve Ilardi

PhD, Clinical Psychologist, Professor, Author

Our Treatment Paradigm
Is Broken: Here's How
We Can Fix It



PLATINUM SUPPORTER



GOLD SUPPORTERS



REGISTER ONLINE

www.AddictionandMentalHealth.org

Additional Faculty Online



THE SYMPOSIUM SCHEDULE



SUNDAY, JANUARY 29, 2023

MONDAY, JANUARY 30, 2023

PRE SYMPOSIUM

8:30-4:30pm **C. Advanced Ethical Practice: Finding Your Lane**
Mita M. Johnson, EdD, NCC, LPC,
LMFT, LAC, MAC, SAP, ACS

1:30-5:00pm **REGISTRATION AND INFORMATION OPEN**

1:30-5:30pm **EXHIBIT HALL OPEN**

2:00-3:30pm **SESSION I Early Arriver**

KEYNOTE: *Elevations Room*

Recovering You: Reconnecting with Yourself and Your Inner Power
Steven Washington, CMT

A. Integrated Care Practices for the Treatment of Substance Use Disorders
Stefan Bate, MA, LAC
Dr. Craig Bushong, MD

B. Creating New Cognitive Patterns to Change Harmful Substance Use, Mental Health, or Sexual Behaviors
Steve Parker, LPC, LAC, NCC

3:30-3:45pm **SOCIAL BREAK** – Exhibit Hall

3:45-5:15pm **SESSION II**

KEYNOTE: *Elevations Room*

Feeling Alone: Addiction, Trauma, and Recovery within the LGBTQ+ Community
Casey Lucarelli, LCSW

A. Improving The Patient Experience in Substance Rehabilitation
Ray Martinez, MBA, RN

B. Creative Discovery Living™: Healing & Renewal Through Storytelling
Pasha Hogan, BBS, MCPC, RYT-500

5:30-7:00pm **SESSION III**

DINE AND LEARN:(\$35)
***Must be pre-registered**

W. Opening the Hearts and Minds of Professionals to the Potential of Plant Based Medicine
Brandon Burns, BA
Kevin Matthews
Kevin Franciotti, LAC
Dr. Dana Lerman, MD
Dr. Steve Ilardi, PhD
Dr. Kylie House, MD
Provided in Partnership with Peaks Recovery Centers

7:15-8:15pm **SESSION IV**

B. The Hidden Impacts of Trauma: Panel discussion
Gary G. Forrest, EdD, PhD
Jan Schaad, LCSW, EMDR
Dr. Emily Rademan, PsyD

7:15-5:30pm **REGISTRATION AND INFORMATION OPEN**

7:30- 8:30am **SESSION V Early Bird**

B. Women in Substance Use Treatment
Judy Edwards, MS, LAC
Amber Ellis, MA, LAC

8:30-5:30pm **EXHIBIT HALL OPEN**

8:00-9:30am **HOSPITALITY SUITE**
Hosted by Peaks Recovery Centers

8:40-9:00am **WELCOME AND OPENING REMARKS**
Elevations Room
Mayor John Suthers, BS, JD,
Current Mayor of Colorado Springs, CO
Gary G. Forrest, EdD, PhD, Executive Director, Annual Winter Symposium

9:00-10:30am **SESSION VI**

KEYNOTE: *Elevations Room*

Why Normal Isn't Healthy: How that affects our ability to think soundly, love, work and play
Dr. Bowen White, MD

A. The Impact of Diversity, Equity, and Inclusion on Mental Health and Substance Use Disorder Treatment
Dr. Brian Bagwell, PsyD, LAC, MAC
Dr. Tricia Hudson-Matthew, EdD, LAC, CSPT
Dr. Shawn C. Worthy, PhD

B. The Enemy in Me- The Psychological and Neurobiological Impact of Trauma
Dr. Shamecca Scott, PsyD, MSCP, ABPP

C. Empowering Mothers to Overcome Addiction
Rob Archuleta, PhD, CAS, CPSII
Jessica Alfaro, MS, LAC
Jean Blackwell, CPSF
Stacey Lucero, CAT
Katrina Marshall, BS, CAS
Stacey Samaro, PsyD

D. Whole Person Care for Persons with a Substance Abuse and Mental Health Diagnosis
Amy Welker, MS, LPC, LAC, MAC, CFRC

W. Suicide: All The Things You Need To Know!
Dr. Brittany Miskowiec, PhD, MSW, LICSW

10:30-10:45am **SOCIAL BREAK** – Exhibit Hall
Coffee Hosted by Lightning Step

10:45-12:15pm **SESSION VII**

KEYNOTE: *Elevations Room*

Our Treatment Paradigm Is Broken: Here's How We Can Fix It
Dr. Steve Ilardi, PhD
Provided in Partnership with Peaks Recovery Centers





THE SYMPOSIUM SCHEDULE



- A. Utilizing Family Therapy and Continuum of Care in Treatment**
Karri Francisco, LMFT
Lisa Orraca, LMFT
- B. Let's Talk About Sex**
Lawrence Wall, LAC, LPCC, BACC, ICGC-II, ICADC, CAP, CSAT
- C. Treating Diverse Populations: Mindfulness Makes the Connection**
John Bruna
- D. BECOMING: How Past Events Shape our Future Self**
Jan Schaad, LCSW, EMDR
Dr. Emily Rademan, PsyD
- W. Ethical Considerations Post-Pandemic**
Dr. Vanessa Venezia-Heuer, MD

12:15-1:15pm

LUNCH BREAK (on your own) or
SESSION VIII

LUNCH & LEARN
*Must be pre-registered

Hospitality Suite
Safe Spaces in Fun Places: Fostering Recovery Culture with Education, Legislation, and Peer Support
Duke Rumely,
Jay Voigt, MBA, LPC, CAS, SHRM-CP

1:30-3:00pm

SESSION IX

KEYNOTE: *Elevations Room*

Synthetic Drug Threat: Novel Psychoactive Substances (NPS), aka "Designer Drugs"
Lisa Marzilli, PharmD, CDOE

- A. Identifying and Assessing for Compulsive Sexual and Relational Disorders in a Primary SUD Setting**
Sako Barbarian, LSW, LAC, CSAT
- B. Liberating Our Clients: The Need for Culturally Responsive Treatment**
Zina Rodriguez, MSW, MCAP, CDE
- C. Psychological Safety with a Ted Lasso Twist**
Sarah Prager, MS, LPC, LAC, ICGC-I, CDWF
Kelsi Vinyard, LPC, LAC
- D. Moral Injury in Behavioral Health Workers**
James Luttrall, MA, LPC, LAC, NCC
- W. How Virtual Reality can Improve Patient Experience, Clinical Outcomes, Scale, and Efficiency**
Afsana Akhter, CEO
Erica Kaitz, LCSW

3:00-3:15pm

SOCIAL BREAK – Exhibit Hall

3:15-4:45pm

SESSION X

KEYNOTE: *Elevations Room*

Addiction Counselors' Experiences Managing Incorporation of Harm-Reduction Treatment Models
Rob Archuleta, PhD, CAS, CPSII

- A. Providing Safe Spaces for Adolescents: A Trauma Informed Care Approach**
Brittany Sperry, LCSW-S, CCTP
- B. The Peer Movement**
Teri Smith, CAC III, RCP
Allison Harden, MS, CPFS, NCPRSS, RCPF
Tim Kitchens, MA, LPC, LAC
Racquel Garcia, NCPRSS, YRC, CAC
Rachel Fowler, BA, MPP, RCP, SRCD
- C. The Biology of Addiction: A Relapse Prevention Program**
Theresa Gilliland, PMHNP, FNP, DNP
- D. It's All About the Patient! Comprehensive Treatment for Opioid Use Disorder**
Dr. Kay Hooshmand-Parsi, MD
Andrea Alvarez, BSN-RN
Samantha Pino
- W. Using the RCI and Technology to Engage Clients, Support Practitioners and Measure Outcomes**
Steven Millette, MS
David Whitesock, JD/MA

5:30-6:45pm

MONDAY NIGHT OPENING RECEPTION, *FREE* Exhibit Hall

Please join us for complimentary hors d'oeuvres in the Exhibit Hall

7:00-8:00pm

SESSION XI

W. Yoga with The Phoenix
Hosted by *The Phoenix*

9:00-10:00pm

D. Open AA/Self-Help Recovery Group

TUESDAY, JANUARY 31, 2023

7:15-5:30pm

REGISTRATION AND INFORMATION OPEN

7:30-8:30am

SESSION XII Early Bird

- B. Current Medication Treatments for Bipolar Depression and Borderline Personality**
Dr. R. Clint Gray, MD
- C. The COVID 19 Pandemic and First Responder Mental Health**
Dr. Brian Bagwell, PsyD, LAC, MAC
- D. Meditation with John Bruna**
John Bruna

8:30-5:30pm

EXHIBIT HALL OPEN

9:00-10:30am

SESSION XIII

KEYNOTE: *Elevations Room*

Growing Past The Myth of Codependency: A Strength Based Model for Those Who Love An Addict
Robert Weiss, PhD, LCSW

- A. Keeping Up With The Times - Ethically Leveraging Our Personal and Professional Identities**
Mita M. Johnson, EdD, NCC, LPC, LMFT, LAC, MAC, SAP, ACS





THE SYMPOSIUM SCHEDULE



B. No Such Thing as a Resistant Client: Building Safety Through Action in SUD Treatment

Jill Krush, MS, LPC, CAS, CP, PAT, CETIII, ACS

C. Creating a Culturally Transformative Organization: Diversity, Equity, Inclusion and Belonging

James Geckler, CEO
Zina Rodriguez, MSW, MCAP, CDE

D. Using AI Outcome Measurement to Inform Clinical Programming

Sara Mallatt, LPC, LAC
Dom Alvarado, LCSW, LAC

W. Playing, Seeing, Being: Experiential Therapy with Youth

Laurel Nook, MA, LPCC
Sierra Brown, MSW, SWC

10:30-10:45am **SOCIAL BREAK** – Exhibit Hall
Coffee Hosted by Colorado Coalition of Treatment Providers

10:45-12:15pm **SESSION XIV**

KEYNOTE: Elevations Room

Best Practices – Understanding Why and How to Assess and Treat Co-Occurring Disorders: Sex and Drugs
Robert Weiss, PhD, LCSW

A. Relapse, Recycling and Recovery: Learning from Failure to Create Success

Dr. Carlo DiClemente, PhD ABPP

B. Nutritional Psychiatry: Applying Principles in Practice

Amanda Nahas-Wilson, MSN, APN, AGPCNP-BC, PMHNP-BC

C. Best Practices for Employee Engagement and Staff Retention

Mike Lifshotz, CEO

D. Justicia, Equidad, Diversidad e Inclusión (JEDI) en Recuperación

Glory McDaniel, MA, LAC, LPC, MFTC, NCC, EMDR Trained

12:15-1:20pm **LUNCH BREAK** (on your own) or

SESSION XV

LUNCH PRESENTATION: (\$55)

**Must be pre-registered*

W. Co-creating a People-First Behavioral Health

Morgan Medlock, MD, MPH, MDiv

1:30-3:00pm **SESSION XVI**

KEYNOTE: Elevations Room

Understanding the Parallel Process Between Individual and Family System Recovery

Michael Barnes, PhD, LAC, LPC
Kevin Petersen, LMFT

A. Response to Suicidal Crises: What Every Therapist Should Know

Steven Kidd, PhD

B. Neurotech & Psychiatry Interventions in Treatment

Dr. Kate Daly, MD
Jason Thompson, BSC

C. Building an Alliance with the Oppositional Teen

Natana Reason, LPC
Cassie Lesniewski, LPC

D. Value Based Compliance: Introductory Concepts and Upcoming Regulatory Changes

Parker Smith, CAS, CEO

3:00-3:15pm **SOCIAL BREAK** – Exhibit Hall

3:15-4:45pm **SESSION XVII**

KEYNOTE: Elevations Room

Administering Formal Therapeutic Disclosures with Sexual Addicts in Higher Levels of Care

Stephen A. Sbanotto, MS, LPC, CSAT-S

A. Non-Suicidal Self-Injury - Redefining Pain

Christy Alten-Osmera, LMHC(IA)
LPCMH, LAC(SD)

B. Motivational Interviewing

Lelia Davis, RN, BSN
Ruth Henley, LPC, ACD

C. Guess What We Learned about Fentanyl?

Jessica Blount, MS, LPC, LAC, NCC
Cat Blackmore, MA, LPCC, ADDC

D. Lakota Mental Health-Teachings of the Cangleska (Circle of Life)

Ruth Cedar Face, MS, LAC
Janice Richards

W. Bridging the Digital Divide - How Digital Transformation Enhances the Client Experience

Karl D. Fischer
Brian Trumbull

Catered Event

4:45-6:00pm **DINNER BREAK** (on your own)

5:45-7:00pm **CrossFit with The Phoenix (offsite)**
Located at The Phoenix Colorado Springs
Hosted by *The Phoenix*

6:00-7:30pm **SESSION XVIII**

A. Yoga & Meditation to Boost Your Immune System

Malissa Fantanarosa, ERYT200

B. Burned Out on Burnout? A Practical Guide for Recovery, Healing, and Growth

Kara McArtor, LPC, LAC
Justin Ross, PsyD

Brian Bowen, BS, MA Candidate





THE SYMPOSIUM SCHEDULE



WEDNESDAY, FEBRUARY 1, 2023

7:15-3:30pm **REGISTRATION AND INFORMATION OPEN**

7:30-8:30am **SESSION XIX**

A. Complex PTSD: Assessing Trauma Beyond the Apparent Wounds - Part 1
Dr. Emily Rademan, PsyD

D. The Power of Breathwork
Stacy Wallace, LPC

8:30-1:00pm **EXHIBIT HALL OPEN**

9:00-10:30am **SESSION XX**

KEYNOTE: Elevations Room

Addiction and Recovery 2023: The Latest Findings from Neuroscience Research
Dr. Kevin McCauley, MD

- A. Complex PTSD: Assessing Trauma Beyond the Apparent Wounds - Part 2**
Dr. Emily Rademan, PsyD
- B. The Wellbriety Movement: Cultural Approaches to Healing**
Kateri Coyhis
- C. Engaging Staff and Clients through Technology for Improved Results**
James Geckler, CEO
- W. Sesame Street's Parental Addiction Initiative**
Jerry Moe, MA, MAC

10:30-10:45am **SOCIAL BREAK** – Exhibit Hall
Coffee Hosted by OurRelationship

10:45-12:15pm **SESSION XXI**

KEYNOTE: Elevations Room

Social Media and Impact on Teens
Christy Alten-Osmera, LMHC(IA), LPCMH, LAC(SD)

- A. Providing Culturally Relevant and Affirming Care to the LGBTQ+ Community**
Steven Haden, MSW, MBA
- B. Military: Active Duty vs Veterans in Recovery**
Cinde Yoho, LCSW

C. Animal Assisted Therapy and Substance Abuse Treatment
Kimberly Emery, LMFT, LAC, CCTS

W. Case Reviews of Local Child Fentanyl Fatalities
Dr. Emily Russell-Kinsley, MD

12:15-1:30pm **LUNCH BREAK** (on your own)

1:30-3:00pm **SESSION XXII**

KEYNOTE: Elevations Room

Conflicting Ideologies: Is a Unified Model of Addiction Possible?
Dr. Daryl Shorter, MD

- A. Parenting in Early Recovery: Changing the Family Legacy**
Lindsey Chadwick, MA, LPC, MFTC
Kathleen Rhodes, MA, LPC
- B. The Monogamy Myth I**
Paul Gross, PhD, LPC
- C. Strengthening the Profession: Mental Health a Catalyst for Transformative Social Change**
Rossina Schroerer-Santiago, MA, LPC, LAC, NCC, GCDF, CIGT
- W. Common Comorbidity: Eating Disorders, Trauma and Substance Use Disorders**
Kelly Souza, PsyD, CEDS

3:00-3:15pm **SOCIAL BREAK** – Foyer

3:15-4:15pm **SESSION XXIII**

KEYNOTE: Windows Room

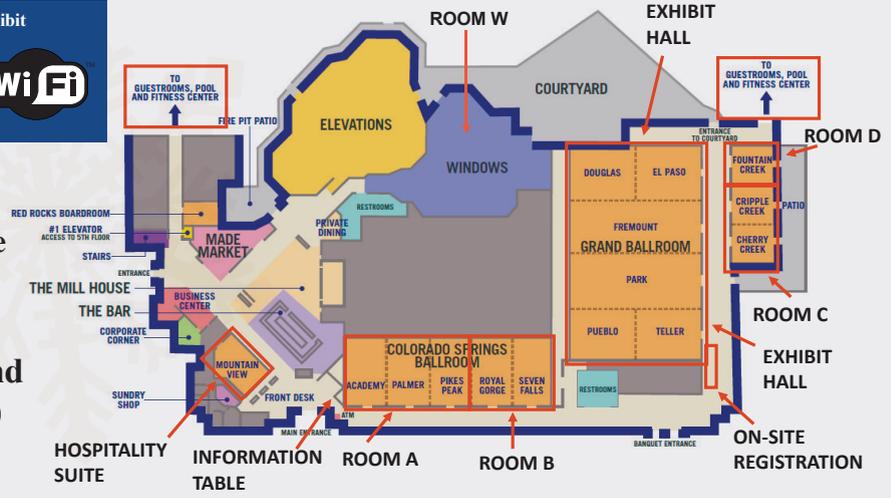
Calling All Second-Chancers, Late Bloomers and Do-Overs
Aja King, MA, LPC, CCPT-II

- A. Parallel Recovery-How Family Systems with Evidence Based Practices can Influence Sustained Recovery**
Lisa Smith, MME, CRAFT, ITC, MI, NCRC
- B. The Monogamy Myth II**
Paul Gross, PhD, LPC
- C. Practice Tips and Pearls from 50 years of a Psychiatric Practice**
Elliot Cohen, MD

Meeting Room and Exhibit Hall Network:
Double Tree Meeting
Password:
Winter1



Sessions will be held in rooms:
A, B, C, D, Elevations, and Windows (W)





Download the Event Mobile APP



THERE'S AN APP FOR THE 48TH ANNUAL WINTER SYMPOSIUM!



- Search for “Cvent” in the app store and download the Cvent Events app with the logo shown on the left.
- Type “48th Annual Winter Symposium” in the app’s search bar and click to download the event.
- Once in the event, you can browse the app and Log In to update your personal schedule.

Email jen@addictionandmentalhealth.org if you have any questions.

The Event Mobile App allows you to:

- View the Schedule
- Access Presentation Details
- View Maps and Locate Exhibitors
- Network
- Receive Notifications
- Evaluate Sessions and Presenters (required to obtain CEs)



SYMPOSIUM REGISTRATION



REGISTRATION CATEGORIES AND TUITION RATES

Early Bird Registration Register by Friday, December 23rd, 2022	\$425
Regular Registration Register after Friday, December 23rd, 2022	\$485
On-site Registration	\$500
CAAP/NAADAC Member Registration Must provide membership verification	\$325
Military Registration Psychotherapy Associates is proud to honor our service members	\$325
Student Registration Must provide student enrollment status	\$300
Single Day Symposium Registration Any single day may be attended from Sunday, January 29th through Wednesday, February 1st	\$200
Pre Symposium Training - Sunday, January 29th, 2023 Pre Symposium Training is NOW INCLUDED in regular registration fees	

GENERAL INFORMATION

The 48th Annual Advanced International Winter Symposium is an exciting and fun educational experience held in Colorado Springs, Colorado. Each year this internationally recognized Symposium brings together a distinguished faculty to address the issues of treatment, recovery, and research in the addictions, mental health, and behavioral health fields. Over 1,200 participants attended the 2022 meetings and expo. The Symposium provides intensive, advanced clinical training as well as focused interaction between faculty and participants. The skill building and learning experiences that our faculty provides to attendees each year are truly exceptional.

ACCREDITATION

This Symposium has been approved for 32 hours of Continuing Education Credit by the National Association of Alcoholism and Drug Abuse Counselors (NAADAC), The Association For Addiction Professionals.

Behavioral Health Service Providers can complete this Symposium for Continuing Education Credits. Check with your professional regional, state or national credentialing association. Attendees can complete Ethics Focused Education and Training at the 2023 Winter Symposium.



Please indicate if you have any need for auxiliary aids or special assistance services.

CANCELLATIONS AND REFUNDS

Registration cancellation will be subject to a \$95.00 fee. **All cancellations after January 6, 2023 will be subject to loss of the entire registration fee.**

NOTE: This brochure is based on the best available knowledge at the date of publication 1.24.23. Psychotherapy Associates, P.C. reserves the right to make changes in the dates, times and appearances of speakers as conditions may warrant.



Check the website for program changes at www.AddictionandMentalHealth.org.

SYMPOSIUM PURPOSE & CORE LEARNING OBJECTIVES

The purpose of the 48th Annual Winter Symposium includes improving health professional attendee’s evidence-based diagnostic/assessment, treatment, knowledge and practice skills specific to reducing and/or eliminating health care provider care gaps and facilitating integrative care related to a broad spectrum of addictive disorders, behavioral health and mental health disorders. Attendees completing the full Symposium will be able to identify 5 or more evidenced-based diagnostic/assessment measures, treatment interventions, practice gap reduction measures and integrative care interventions including psychotherapies, psychosocial treatments, medical and psychotropic care, self-help care and adjunctive care interventions for persons manifesting the broad spectrum of disorders and conditions included in this educational program.

Special Thanks to Our 2023 Educational Supporters!

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COLORADO
Department of Corrections



CEDAR SPRINGS
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Creating hope. Saving lives. Healing families.



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Collaborate • Break Through

SILVER



CLASSIC





PRE SYMPOSIUM TRAINING



48th

*Annual
Advanced
International
Winter Symposium*

January 29, 2023

Sunday

8:30am - 4:30pm



Ethics Training

January 29, 2023

Advanced Ethical Practice: Finding Your Lane

Dr. Mita Johnson, EdD, NCC, LPC, LMFT, LAC,
MAC, SAP, ACS

This all-day professional ethics workshop will allow for an in-depth examination, analysis, and application of ethics, ethical decision-making, NAADAC Codes of Ethics, and related legal parameters that pertain to the practice of professional addiction counseling. There will be intentional identification of ethical issues and refining the role of the counselor to effectively meet the needs of increasingly diverse individuals and communities served, using over 40 current case studies to guide a highly interactive and engaging conversation.



Dine and Learn and Lunch Presentations



Must Be Pre-Registered

January 29, 2023 5:30 PM-7:00 PM *Windows Room*



Dine & Learn

Opening the Hearts and Minds of Professionals to the Potential of Plant Based Medicine

Brandon Burns, BA, Chief Executive Officer, Peaks Recovery Centers
Kevin Matthews, Coalition Director, Natural Medicine Colorado
Kevin Franciotti, LAC, Private Practice Therapist, Ketamine Assisted Therapy
Dr. Dana Lerman, MD, Co-Founder and Co-Medical Director, Skylight Psychedelics
Dr. Steve Ilardi, PhD, Clinical Psychologist, Professor, Author
Dr. Kylie House, MD, Holistic Psychiatrist

The Natural Medicine Health Act recently passed in the state of Colorado and this brings forward an innovative opportunity to introduce plant based medicine interventions into your future practice by the year 2025. There is still a lot of organization and policy issues that will be worked out over the next few years, but this panel discussion will bring all attendees up to speed on the bill, the process for implementation moving forward, the significance of the bill for those suffering from SUD/ MHP disorders, and how you can participate and/ or look for training opportunities on behalf of your practice moving forward.

Hosted by **Peaks Recovery Centers**

January 31, 2023 12:15 PM-1:20 PM *Windows Room*



Lunch Presentation

Co-creating a People-First Behavioral Health

Morgan Medlock, MD, MPH, MDiv,
Behavioral Health Commissioner

Join Dr. Morgan Medlock, Behavioral Health Administration (BHA) Commissioner, for a fireside discussion about leading with a community informed approach and integrating evidence-based guidance with lived expertise, co-creating a people-first behavioral health system that meets the needs of all people in Colorado.

Hosted by **Colorado Behavioral Health Administration**



COLORADO
Behavioral Health
Administration