



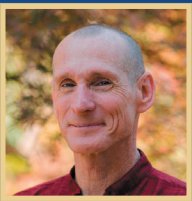
**Kara Napolitano**  
MS, MA



**Ben Cort**  
CEO



**Shamecca Scott**  
PsyD, MSCP, ABPP



**John Bruna**  
CADC



**Kateri Coyhis**  
MPA



**Dave Johnson**  
M.Ed



**Lisa Marzilli**  
PharmD, CDOE



Up to 35 CE's Awarded by NAADAC  
Program Includes:  
Ethics Education

# 49<sup>th</sup> Advanced International Winter Symposium

**February 3 - February 7, 2024**  
**Saturday - 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

❄️ **DINE & LAUGH** ❄️

### **Mark Lundholm**

#### **COMEDY & COHESION**

An unflinching view of the current  
landscape of gratitude, client care,  
passion & purpose at work, and...  
**laughter along the way!**



Sunday, February 4th, 5:15-7:00pm | Pre-Registration Online Required (\$55)

◆◆ PLATINUM SUPPORTER ◆◆



◆◆ GOLD SUPPORTERS ◆◆



**COLORADO**  
Department of Corrections



**REGISTER ONLINE** [www.AddictionandMentalHealth.org](http://www.AddictionandMentalHealth.org)



# THE SYMPOSIUM SCHEDULE



## SATURDAY, FEBRUARY 3, 2024



### PRE SYMPOSIUM



8:30-4:30pm

#### **Rein in Your Brain**

*Room-Three Creeks*

Cynthia Moreno Tuohy, BSW, NCACII,  
CDCIII, SAP

8:30-4:30pm

#### **The Ethical Need to Promote Psychological Wellness within Oneself**

*Room-Three Creeks*

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

## SUNDAY, FEBRUARY 3, 2024

1:30-5:30pm

#### **EXHIBIT HALL OPEN**

1:30-5:00pm

#### **REGISTRATION AND INFORMATION OPEN**

2:00-3:30pm

#### **SESSION I - Early Arriver**

#### **KEYNOTE**

#### **Embodied Learning in the Group Therapy Setting: Applying Kolb's Learning Cycle**

*Room-Windows*

Fatima Cannon, LPC, LAC

#### **Improving Outcomes through Better Hiring, Staff Engagement and Retention**

*Room-Academy*

Mike Lifshotz, CEO

#### **The Power of Language: Accessing Numerous Language Pathways in Treatment**

*Room-Pikes Peak*

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

#### **An Upstream Approach to Suicide in Veterans: Culturally Competent Practice (Part 1)**

*Room-Three Creeks*

Leah Jackson, LCSW, LAC  
Damian McCabe, LCSW  
Ken Curtner, LCSW  
Michael Brinson

3:30-3:45pm

#### **SOCIAL BREAK**

3:45-5:15pm

#### **SESSION II**

#### **KEYNOTE**

#### **Sober Living- Are we doing enough?**

*Room-Windows*

Amy Welker, MS, LPC, LAC, MAC,  
CFRC

#### **The Hero's Lament: First Responders and Substance Abuse, Depression, and Suicide**

*Room-Academy*

Dr. Brian Bagwell, PsyD, LAC, MAC  
Dr. Daniel J. Crampton, LP

#### **Working with Personality Disorders - Diagnosis, Documentation & Interventions**

*Room-Pikes Peak*

Dr. Anat ('Nati') Geva, PsyD, LP

#### **An Upstream Approach to Suicide in Veterans: Culturally Competent Practice (Part 2)**

*Room-Three Creeks*

Leah Jackson, LCSW, LAC  
Damian McCabe, LCSW  
Ken Curtner, LCSW  
Michael Brinson

5:15-7:15pm

#### **DINNER BREAK**

(on your own -OR- Dine & Laugh)

#### **SESSION III**

5:15-7:00pm

#### **DINE & LAUGH: Comedy and Cohesion (\$55)**

**\*Must be pre-registered**

*Room-Elevations*

Mark Lundholm - Comedian, Author

7:15-8:30pm

#### **SESSION IV**

#### **Candlelight Yoga & Sound Bath**

*Room-Windows*

Malissa Fantanarosa, ERYT200

## MONDAY, FEBRUARY 5, 2024

7:30-8:30am

#### **SESSION V - Early Riser**

#### **They are Using What?**

*Room-Academy*

Thea Wessel, LPC, LAC, MAC, NCAAC,  
ADS, PhD Candidate

#### **What Do LGBTQ+ Youth Need From The Adults In Their Lives?**

*Room-Three Creeks*

Brad Barfield (they/he), MBA, PMP

#### **Yoga with The Phoenix**

*Room-Windows*

Gina D. Thorne, MA, MPA, e-RYT 200,  
RYT 500

8:00-11:00am

#### **HOSPITALITY SUITE** *Room-286*

*Hosted by Cedar Springs Hospital*

8:30-8:45am

#### **MORNING COFFEE** *Grand Ballroom*

*Hosted by AllHealth Network*

8:30-5:30pm

#### **EXHIBIT HALL OPEN**

8:30-5:30pm

#### **REGISTRATION AND INFORMATION OPEN**

8:40-9:00am

#### **WELCOME AND OPENING REMARKS**

*Room-Elevations*

Sarah Forrest, MS, MLA

9:00-10:30am

#### **SESSION VI**

#### **KEYNOTE**

#### **Marijuana, "Weeding through the Facts": An Evidence-based Scientific Review**

*Room-Elevations*

Lisa Marzilli, PharmD, CDOE



<div>  <h1>THE SYMPOSIUM SCHEDULE</h1>  </div>			
10:30-10:45am 10:45-12:15pm	<b>Gambling: The New Escape Drug? Understanding the Impact in SUD Treatment</b> <i>Room-Pikes Peak</i> Ms. Jody Bechtold, LCSW, ICGC-II, BACC	3:30-3:45pm 3:45-5:15pm	<b>SOCIAL BREAK</b> <b>SESSION X</b>
	<b>COFFEE BREAK</b> <i>Grand Ballroom</i>	<b>KEYNOTE</b> <b>Moving Beyond Identification of Human Trafficking to Supporting Survivors with Co-Occurring Needs</b> <i>Room-Elevations</i> Kara Napolitano, MS, MA	
	<b>SESSION VII</b>	<b>Empowering Recovery: The essence of client-centered care</b> <i>Room-Academy</i> LaTisha Bader, PhD, LP, LAC, CMPC <b>Weed, Games, Phones, and Porn: Strategies for treating modern co-occurring addictions</b> <i>Room-Pikes Peak</i> Sako Barbarian, MSW, LSW, LAC, CSAT <b>The Neuroscience of Addiction</b> <i>Room-Three Creeks</i> Dr. Craig Bushong, MD, FAPA, FASAM	
12:15-2:00pm 12:15-1:45pm	<b>KEYNOTE</b> <b>Leadership Ethics- Much is Given, Much is Required</b> <i>Room-Elevations</i> Cynthia Moreno Tuohy, BSW, NCACII, CDCIII, SAP	5:30-6:45pm	<b>MONDAY NIGHT OPENING RECEPTION, <i>FREE</i></b> <i>Room-Windows</i> Meet and Greet for all attendees. Please join Psychotherapy Associates for complimentary hors d'oeuvres, beverages, dessert, and karaoke!
	<b>Peer Specialists and the Justice-Involved Intercept Model</b> <i>Room-Academy</i> Daniel Schellenger, MA <b>Regulated Access to Psilocybin Mushrooms: Clinical Uses, Competencies, and Ethical Practice</b> <i>Room-Pikes Peak</i> Shannon Hughes, MSW, PhD Dori Lewis, LPC, LMHC, MA, EdM <b>Inclusive Behavioral Healthcare for those who are Differently Abled - it is easier than you think</b> <i>Room-Three Creeks</i> William Lundgren, M.Ed., LPC, ACC, CEAP		<b>SESSION XI</b> <b>Expanding Our Understanding and Engagement with Patients at Risk for Suicide</b> <i>Room-Academy</i> Michelle Wine, PsyD, LP
	<b>LUNCH BREAK</b> (on your own -OR- Lunch & Learn)		<b>Open AA/Self-Help Recovery Group</b> <i>Room-Three Creeks</i>
	<b>SESSION VIII</b>	<b>TUESDAY, FEBRUARY 6, 2024</b>	
	<b>LUNCH &amp; LEARN: Problem Solving and the Serenity Prayer (\$25)</b> <i>*Must be pre-registered</i> <i>Room-Windows</i> Meredith Vasa, LPC, CAS	7:00-8:00pm 8:30-9:30pm	<b>SESSION XII - Early Riser</b> <b>Colorado Mental Health Holds, Voluntary, and Involuntary Treatment</b> <i>Room-Academy</i> Dr. R. Clint Gray, MD <b>Meditation with John Bruna</b> <i>Room-Three Creeks</i> John Bruna, CADC
1:00-4:00pm 2:00-3:30pm	<b>HOSPITALITY SUITE</b> <i>Room-286</i> Hosted by <b>Vista Taos Renewal Center</b> <b>SESSION IX</b>	8:00-11:00am 8:30-8:45am 8:30-5:30pm 8:30-5:30pm 9:00-10:30am	<b>HOSPITALITY SUITE</b> <i>Room-286</i> Hosted by <b>Spero Recovery</b> <b>MORNING COFFEE</b> <i>Grand Ballroom</i> <b>EXHIBIT HALL OPEN</b> <b>REGISTRATION AND INFORMATION OPEN</b> <b>SESSION XIII</b>
	<b>KEYNOTE</b> <b>Building Positive Culture in your Practice or Center</b> <i>Room-Elevations</i> David C. Johnson, M. Ed	<b>KEYNOTE</b> <b>Compassion Fatigue and Families Struggling with Addiction and Trauma: It's a Thing!</b> <i>Room-Elevations</i> Michael Barnes, PhD, LAC, LPC	
	<b>Substance Abuse Trends in America: Historical, Present &amp; Future</b> <i>Room-Academy</i> Scott Lagasse, PharmD, BCPS <b>Conscious Recovery: Exploring Spirituality in the Recovery Process</b> <i>Room-Pikes Peak</i> TJ Woodward Lauren Atencio, LPC, LAC <b>Expressive and Experiential Therapies with Adolescents</b> <i>Room-Three Creeks</i> Allison Kayl, MA Candidate		



# THE SYMPOSIUM SCHEDULE



## **“My Dope Life”**

*Room-Academy*

Sergeant Nicholas Hazlett  
Brian Hoffer

## **Clinical Considerations After Physical Injury: Mental health, substance use, and recovery factors**

*Room-Pikes Peak*

Dr. Timothy Doenges, PhD  
Kelly Dixon, MA

## **The Dilemma of Forced Choice: How Addicts’ Secrets Create Incongruent Realities for Their Loved Ones**

*Room-Three Creeks*

Laurie S. Hall, CPC, PSAP, BTRL, DSTT

10:30-10:45am

## **COFFEE BREAK** *Grand Ballroom*

10:45-12:15pm

## **SESSION XIV**

### **KEYNOTE**

## **The Psychological Underpinnings of Workplace Violence**

*Room-Elevations*

Dr. Shamecca Scott, PsyD, MSCP, ABPP

## **The Transgender Experience in Sober Living**

*Room-Academy*

Andy Sethi (he/him), MA, RN, LPC, LAC  
Camryn Byrne (she/her), CAS

## **Improving Substance Use Disorder Treatment Across the Care Team: A Destigmatizing Approach**

*Room-Pikes Peak*

Dr. Briana Tillman, DO  
Robert J. Ruzicka, LPN  
James Ryan, CACII  
Anja Weiss, RN

## **Leveraging the Power of Social Determinants of Health to Change Our Communities**

*Room-Three Creeks*

Levon Hupfer, LAC, MAC

12:15-2:00pm

## **LUNCH BREAK**

(on your own -OR- Lunch Presentation)

12:15-1:45pm

## **SESSION XV**

## **LUNCH PRESENTATION: Navigating Industry Evolution (\$55)**

**\*Must be pre-registered**

*Room-Windows*

Parker Smith, CAS, CEO

1:00-4:00pm

## **HOSPITALITY SUITE** *Room-286* *Hosted by Crossroads’ Turning Points*

2:00-3:30pm

## **SESSION XVI**

### **KEYNOTE**

## **Marijuana in the 21st Century**

*Room-Elevations*

Ben Cort, CEO

## **Increasing Client Engagement in the Group Treatment Setting**

*Room-Academy*

Justin Wolfe, LCPC, CADC, CRC, PCGC

## **LGBT 101 and Creating Safe Spaces for Treatment**

*Room-Pikes Peak*

Robert Moore, LCPC

## **Establishing Wellbriety Communities through The Healing Forest Model**

*Room-Three Creeks*

Kateri Coyhis, MPA

3:30-3:45pm

## **SOCIAL BREAK**

3:45-5:15pm

## **SESSION XVII**

### **KEYNOTE**

## **Racial Trauma and its Effect on Mental and Physical Health**

*Room-Elevations*

Dr. Tricia Hudson-Matthew, EdD, LAC, CSPT

Dr. Shawn C. Worthy, PhD

Dr. Brian Bagwell, PsyD, LAC, MAC

## **Correctional Counseling**

*Room-Academy*

Mariana Lara Elizondo, MA, LPC, LAC, NCC

## **ADHD: An integrated approach to assessing, understanding, and treating ADHD**

*Room-Pikes Peak*

Matt Louzon, MA, LPC, CMiT

## **The Impact of Therapist Authenticity in Addiction Treatment**

*Room-Three Creeks*

Doug Gustafson, LMFT

5:15-7:00pm

## **DINNER BREAK** (on your own)

7:00-8:00pm

## **SESSION XVIII**

## **Yoga for Mood Balancing: An InterACTIVE workshop**

*Room-Windows*

Gina D. Thorne, MA, MPA, e-RYT 200, RYT 500

## **WEDNESDAY, FEBRUARY 7, 2024**

7:30-8:30am

## **SESSION XIX - Early Riser**

## **The Sibling Experience in Family Addiction**

*Room-Academy*

Lindsey Chadwick, MA, LPC, MFTC  
Kasen Wille

## **Looking for Your Own Freedom: Narrative Therapy and Rewriting the Story of Addiction Based Trauma**

*Room-Three Creeks*

Corey Latta, MA, P-LPC, PhD

8:30-8:45am

## **MORNING COFFEE** *Grand Ballroom*

8:30-12:00pm

## **EXHIBIT HALL OPEN**

8:30-1:30pm

## **REGISTRATION AND INFORMATION OPEN**







# THE SYMPOSIUM SCHEDULE



9:00-10:30am

## SESSION XX

### KEYNOTE

**Cutting-Edge Realm of Psychedelic Research: Where science meets consciousness**

*Room-Elevations*

Jason Friesema, LPC, CACIII

Dr. Dana Lerman, MD

**Treating Chronic Pain: Tools to Improve Quality of Life Without Opioids**

*Room-Academy*

Martha Teater, MA, LMFT, LPC, LCAS

**Mindfully Engaging the Emerging Adult in their Therapeutic Process**

*Room-Pikes Peak*

John Bruna, CADC

**Connecting the Dots: How Neuroscience Informs our Interventions**

*Room-Three Creeks*

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

10:30-10:45am

**COFFEE BREAK** *Grand Ballroom*

10:45-12:15pm

## SESSION XXI

### KEYNOTE

**Why wait so long? Effective Use of Intervention for Eating Disorder Pre-Treatment**

*Room-Elevations*

Kristin Agar, LCSW, CEDS, F.iaedp, CIP

**Implementing a Telebehavioral Health Private Practice: Requirements, Challenges, and Rewards**

*Room-Academy*

Steven O. Kidd, PhD

**People Helping People: Recognizing Generational Trauma**

*Room-Pikes Peak*

Dr. Vanessa Venezia, MD

**Connected Recovery™: Holistically Treating PSB and Betrayal**

*Room-Three Creeks*

Laney Knowlton, LMFT-S, CSAT, CPTT, CCPS, CST, ACCRS-S

12:15-1:30pm

**LUNCH BREAK** (on your own)

1:30-3:00pm

## SESSION XXII

### KEYNOTE

**Neurobiological Treatments for Addiction and Mental Health**

*Room-Academy*

Jan Schaad, LCSW, EMDR Certified Therapist

**Spiritual Healing for Addiction: Helping clients rise in their recovery**

*Room-Three Creeks*

Kimberley L. Berlin, LCSW, CSAC, MAC

**Attachment-Based Interventions in Treatment**

*Room-Pikes Peak*

Dennis Ballinger, LMFT, CAC III

**Nature & Nurture: Connection to the natural world as a tool for recovery**

*Room-Elevations*

Amanda Wroblewski, LCSW

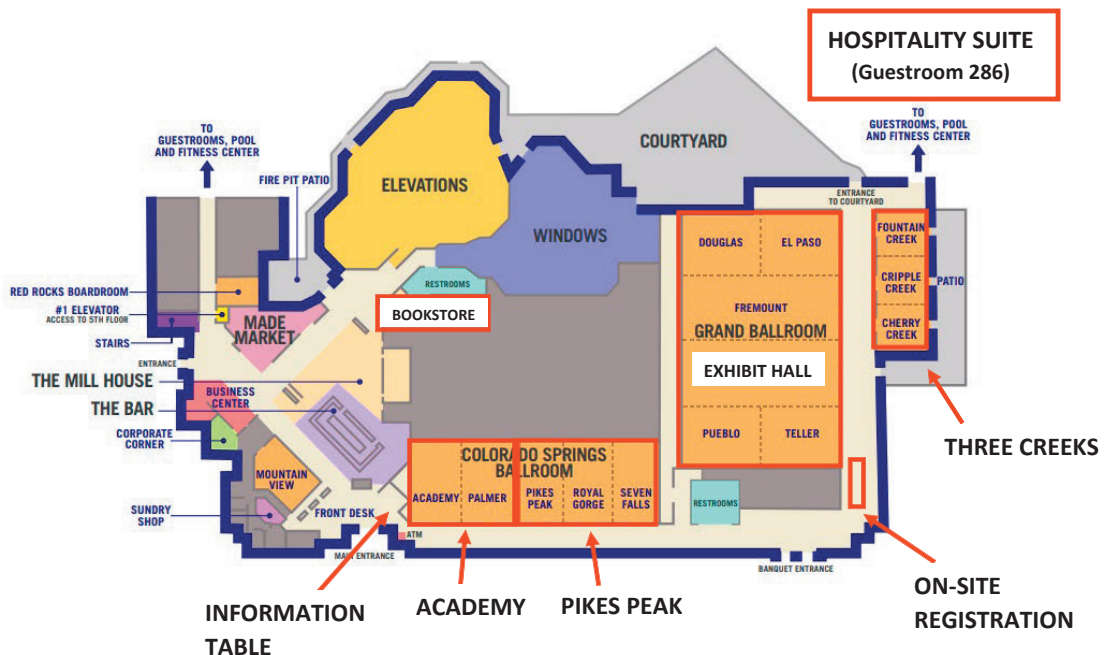
David Ford

Meeting Room and Exhibit Hall Network:

Double Tree Meeting

Password:

Winter1





# Download the Event Mobile APP



**THERE'S AN APP FOR THE 49TH ANNUAL WINTER SYMPOSIUM!**



- Search for “Cvent” in the app store or download the Cvent Events app with the QR code on the left.
- Type “49th 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](mailto: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 CE's)



## SYMPOSIUM REGISTRATION



### REGISTRATION CATEGORIES AND TUITION RATES

<b>Early Bird Registration</b> Register <b>by</b> Saturday, December 30th, 2023	\$425
<b>Regular Registration</b> Register <b>after</b> Saturday, December 30th, 2023	\$485
<b>On-site Registration</b>	\$500
<b>CAAP/NAADAC Member Registration</b> Must provide membership verification	\$325
<b>Military Registration</b> Psychotherapy Associates is proud to honor our service members	\$325
<b>Student Registration</b> Must provide student enrollment status	\$300
<b>Single Day Symposium Registration</b> Any single day may be attended from Sunday, February 4th through Wednesday, February 7th, 2024	\$200
<b>Pre Symposium Training - SATURDAY, February 3, 2024</b> Pre Symposium Training is IS NOT INCLUDED in regular registration fees. Register by Friday, February 2, 2024	\$125

### GENERAL INFORMATION

The 49th 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 1,500 participants attended the 2023 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 35 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 2024 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 \$100.00 fee. **All cancellations after January 12, 2024 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 1.29.24. 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](http://www.AddictionandMentalHealth.org).



### SYMPOSIUM PURPOSE & CORE LEARNING OBJECTIVES

The purpose of the 49th 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 2024 Educational Supporters!

## PLATINUM



## GOLD



## SILVER



## CLASSIC



NETWORK  
Double Tree Meeting  
PASSWORD  
Winter I

Psychotherapy Associates  
**Winter. Symposium**





## PRE SYMPOSIUM WORKSHOPS

SATURDAY, FEBRUARY 3, 2024 | 8:30AM-4:30PM

Pre-Registration  
Online Required  
(\$125) 6 CEs



### REIN IN YOUR BRAIN: CHANGING NEUROPATHWAYS IN RECOVERY

Cynthia Moreno Tuohy, BSW, NCACII, CDCIII, SAP

With funding from the National Institute on Drug Abuse (NIDA), Cynthia Moreno Tuohy worked with Danya International to conceptualize, develop, and evaluate a multi-component, multi-media tool for use by substance use, mental health and health professionals to help adults, youth and families improve their conflict resolution knowledge, attitudes and skills. This training is an intensive set of psycho-emotional-social-spiritual Cognitive Behavioral Therapy (CBT) treatments that, if followed, will result in lifestyle changes. This program affects behavioral learning with emotional development and maturity that results in long-term changes in the brain and behavior.



### PROFESSIONAL WOUNDED HEALER: THE ETHICAL NEED TO PROMOTE PSYCHOLOGICAL WELLNESS WITHIN ONESELF

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

The COVID-19 pandemic was a time during which many clinicians worked selflessly to be available to their clients who were struggling during the time of isolation. What we have since learned is that the practice of self-care – by those of us in the helping professions – is one of the most important ethical activities that we can engage in. The emotional cost of the work we do is immense; the need for ethical practices that support self-care and self-compassion is equally immense. This highly interactive and experiential workshop will delve into what ethics and self-care looks like for mental health & substance use disorder professionals, including trauma (PTSD, moral injury, vicarious trauma), self-compassion, self-forgiveness, and healing. **6 Ethics Credits**



## LUNCH & LEARN

MONDAY, FEBRUARY 5, 2024 | 12:15PM-1:45PM

Pre-Registration  
Online  
Required (\$25)



### PROBLEM SOLVING AND THE SERENITY PRAYER

Room-Windows

Meredith Vasa, LPC, CAS

Presenter will review DBT skill of Problem Solving which culminates in a discussion of control versus influence and the Radical Acceptance skill. Attendees will learn how to utilize the problem solving flow sheet and its correlation with the Serenity Prayer. Presenter will provide specific examples of how the skill has proven effective in various environments including those specializing in adolescents, addiction, and general behavioral health.

**\*Must be pre-registered**

Co-Sponsored by Northpoint Recovery



## LUNCH PRESENTATION

TUESDAY, FEBRUARY 6, 2024 | 12:15PM-1:45PM

Pre-Registration  
Online  
Required (\$55)



### NAVIGATING INDUSTRY EVOLUTION: REGULATORY CHANGES, VALUE BASED CARE, AND TECHNOLOGICAL ADVANCEMENTS

Room-Windows

Parker J. Smith, CAS, CEO

Behavioral healthcare is rapidly evolving. Workforce shortages, regulatory changes, payer requirements and evolving reimbursement models create an immediate and ongoing challenge for all industry stakeholders. This presentation will cover recent regulatory changes, define the most pressing challenges, and provide both education and immediate solutions to behavioral healthcare executives and leaders. **\*Must be pre-registered**



REGISTER ONLINE

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

Additional Faculty Online

