

U.S. Journal  
TRAINING, INC.

The Institute for  
Integral Development

present

26th NATIONAL  
CONFERENCE ON  
THE

# SELF AND FAMILY

THE QUEST FOR MEANING, HEALING, WELLNESS AND TRANSCENDENCE IN RELATIONSHIPS

APRIL 30-MAY 3, 2012  
SANTA FE, NEW MEXICO



Joan Borysenko, PhD



John Briere, PhD



Don Meichenbaum, PhD



Harriet Lerner, PhD

SPECIAL FOCUS ON:

- **Neuroscience and Therapy**
- **Trauma Treatment**
- **Mindfulness and Mind-Body Connection**
- **Experiential and Expressive Therapies**
- **Compulsive and Addictive Behavior**
- **The Quest for the Authentic Self**

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26th NATIONAL  
CONFERENCE ON  
THE

# SELF AND FAMILY

THE QUEST FOR MEANING, HEALING, WELLNESS AND TRANSCENDENCE IN RELATIONSHIPS

SANTA FE, NM APRIL 30-MAY 3, 2012

## Program Focus and Goals

### THE 26TH NATIONAL CONFERENCE ON THE SELF AND FAMILY

offers a unique opportunity to join exceptional speakers and trainers in an intensive study of the individual and the family system impacted by a range of behaviors and mental health issues. Pathways to wellness and personal growth will also be explored. We will examine the individual and the family from a myriad of perspectives including individual experiences, couples dynamics and

multi-generational patterns. We will identify effective and innovative intervention strategies through in-depth analysis of disruptive, compulsive and addictive behaviors. Traditional as well as alternative counseling and therapeutic topics will be addressed. Woven throughout will be an examination of the quest for meaning for the individual self and family.

### Who Should Attend?

The training will be valuable for those working in the areas of:

- Mental Health
- Addictions Counseling
- Marriage and Family Therapy
- Psychology
- School Counseling
- Pastoral Counseling
- Registered Nursing
- Courts and Corrections
- Prevention
- Employee Assistance
- And Others

### Exhibit Opportunities

For exhibit information contact:  
800-851-9100 ext. 220

### Santa Fe Tuition

Full Program \$399  
Daily Tuition \$120

## What is the National Conference on the Self and Family?

A premier training event, specializing in mental health and the addictions field. US Journal Training, Inc. and The Institute for Integral Development present a combination of nationally recognized faculty who address a wide variety of today's most relevant topics. The result is a highly acclaimed national training event featuring customized training opportunities for new treatment strategies and the sharing of research advances for clinicians, counselors and others in the helping professions.

## Getting to Santa Fe

Santa Fe is easily accessible from the Albuquerque International Airport. Most of the major airlines fly into this airport which is approximately an hour away from Santa Fe. Sandia Shuttle Express runs to and from the Albuquerque airport and Santa Fe hotels including Eldorado Hotel and Hotel Santa Fe. Reservations are required. Current fare is \$27 per person each way or \$47 round trip if prepaid. Prices are subject to change.

Visit [www.sandiashuttle.com](http://www.sandiashuttle.com) or call (888) 775-5696 or (505) 474-5696 for more information. Limited flights may be available directly in to Santa Fe Municipal Airport. Please check with your airline for more information.



**A PLACE OF INCREDIBLE NATURAL BEAUTY** and a colorful, multi-cultural heritage. It is nestled in the Sangre de Cristo Mountains, and is truly a place of spirituality and magic. It is the "Land of Enchantment".

Santa Fe's galleries, museums, historic architecture, shopping, and world class cuisine make it the premier visitor destination of the Southwest. For more information go to the Santa Fe Visitors Bureau at [www.santafe.org](http://www.santafe.org)

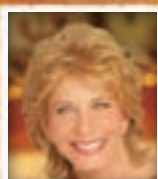
## Conference Site and Lodging

Eldorado Hotel & Spa will be the conference site. It is located footsteps from Santa Fe's historic Plaza, famous for its pueblo style Spanish architecture, hand-crafted furnishings and original art. For guests, Eldorado means a memorable visit graced by the art of hospitality. Eldorado is home to Nidah Spa, a Native American word for "your life" with treatments that blend time-honored traditions of harmony, growth and balance. The Old House, a restaurant honored as Zagat's top pick for dining in New Mexico also awaits you. This hotel is a favorite of visitors and locals alike, directly across the street from the Georgia O'Keefe Museum and just steps from many other museums, galleries, shops and restaurants.

**Eldorado** room rates are: \$149 single/double plus tax. Please ask for booking #2476.

Eldorado Hotel  
309 W. San Francisco St.  
Santa Fe, New Mexico 87501  
Phone 505/988-4455 or 800/955-4455

**The Hotel Santa Fe** is an alternate hotel, and will provide a shuttle to the Eldorado. Rooms are \$119, Jr. Suites \$129 plus tax. Please ask for booking #10C9E0/USJT  
Hotel Santa Fe  
1501 Paseo de Peralta  
Santa Fe, New Mexico 87501  
Phone: (505) 982-1200 or (800) 825-9876



Joan Borysenko, PhD



John Briere, PhD



Harriet Lerner, PhD



Cardwell Nuckols, PhD



Christine Stevens, MSW



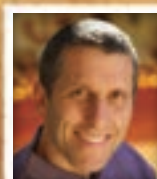
Don Meichenbaum, PhD



Reid Wilson, PhD



Tian Dayton, PhD



Michael Kahn, LPC, JD

### FACULTY INCLUDES:

Carole Bennett, MA	Dave Johnson, MEd	Amy Stein, MFA
Joan Borysenko, PhD	Michael Kahn, LPC, JD	Christine Stevens, MSW
John Briere, PhD	Sheri Laine, LAc, Dipl Ac	Errol Strider
Tian Dayton, PhD	Harriet Lerner, PhD	Rochelle Strider
Sandra Felt, LCSW	Don Meichenbaum, PhD	Reid Wilson, PhD
Thomas Greaney, MEd	Dell Miller, CADC	
Carolyn Hobbs, MA	Cardwell Nuckols, PhD	

### PLAN AHEAD FOR OTHER 2012 UPCOMING EVENTS

10th Las Vegas Conference on  
**Adolescents/Young Adults**  
Las Vegas, Nevada • April 19-21, 2012

25th Annual Northwest Conference on  
**Behavioral Health & Addictive Disorders**  
Hyatt Regency Hotel • Bellevue, Washington • May 30 – June 1, 2012

(Level of Instruction: All sessions are intermediate/Advanced unless otherwise noted.)

## SUNDAY • APRIL 29

5:00-8:00pm

Early Conference Registration at Eldorado Hotel

## MONDAY • APRIL 30

8:00am

Registration Continued at Eldorado Hotel  
Welcoming Continental Breakfast

9:00-10:30am

### The Wisdom of the Heart

**Joan Borysenko, PhD**

Pioneer in recognizing the role of meaning and the spiritual dimensions of life as an integral part of health and healing. Author of *New York Times* bestseller, *Minding the Body, Mending the Mind, It's Not the End of the World: Developing Resilience in Times of Change* and the Public Television special *Inner Peace for Busy People*.



Intuitively, most people understand that love is the most precious aspect of life. Scientifically, we're beginning to uncover its links to health and peace of mind. From the role of oxytocin and bonding in women's response to stress, to the healing power of gratitude and forgiveness, to the importance of empathy and connectedness for longevity, love is the energy that powers a life well lived. The ability to stay present and curious—to relate to life with openness and trust—is the cornerstone of authentic spirituality and positive psychology. This inspiring, informative presentation will provide simple, effective methods to live a life centered in love and peace.

11:00am-12:30pm

### Core Tasks of Psychotherapy: Achieving Expertise in Practice

**Don Meichenbaum, PhD**

Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada and Research Director, The Melissa Institute of Violence Prevention and the Treatment of Victims of Violence, Miami, FL. Author, *Cognitive Behavior Modification: An Integrative Approach* and *Treatment of Patients with Anger Control Problems*.



Following a brief discussion of the nature of expertise, this presentation will consider the implications for psychotherapy. We will enumerate and demonstrate the Core Tasks of Psychotherapy and how they can be implemented with challenging clients and will offer a Case Conceptualization Model that informs both assessment and treatment decision-making.

2:00-3:30pm CONCURRENT WORKSHOPS

### Mindfulness, Stress and Our Well Being: A Guide to Therapeutic Meditation

**Joan Borysenko, PhD**

Meditation is an evidence-based practice useful in treating stress related disorders, chronic illness, addictions, trauma, anxiety, and depression. In

this introduction to the topic, four basic forms of meditation—concentration, mindfulness, compassion, and centering prayer—will be compared and contrasted. The physiology of meditation including its effects on the autonomic nervous system and the brain will be reviewed.

### Treatment of Individuals with Co-Occurring Substance Abuse and Psychiatric Disorders

**Don Meichenbaum, PhD**

The incidence of comorbid disorders is as high as 80% and this provides a treatment challenge as to how best to provide treatments. This session will consider the concept and incidence of comorbidity and the various sequential, parallel and integrative treatment approaches. It will review various treatment programs that are designed to treat individuals with substance abuse disorders, PTSD and chronic psychiatric disorders. It will improve treatment and reduce relapse.

### To Do and Not to Do, That is the Suggestion

**Thomas Greaney, MEd**

Certified Co-Occurring Disorders Counselor, award-winning radio reporter, news director, owner of the public relations firm "Savvy Communications" and advocate for creative treatment; author of a column, "Creativity Matters," published in Counselor Magazine.

This interactive presentation makes clear the benefits of creativity for counselors and clients. Using seemingly disparate media, the presenter helps clinicians improve their rapport with clients, refresh a career and stave off burnout. A myriad of tools to build on client strengths, engender positive self-esteem and build hope in recovery will be discussed.

### Trust Your Brilliant Heart

**Carolyn Hobbs, MA**

Body-centered therapist & licensed marriage & family therapist helping people struggling with depression, chronic pain, addictions & mid-life transitions to access joy for over 30 years; author of *Joy, No Matter What* and the upcoming *Shortcuts to Freedom*.

By implementing the powers of presence, curiosity and awareness, our identity automatically shifts from a reactive ego self into our all-knowing, all-loving Wise Heart. Together, through experiential work, we begin to replace judgment with compassion, doubt with loving-kindness and fear with joy.

4:00-5:30pm CONCURRENT WORKSHOPS

### The Family Disease of Addiction—Steps Toward a Healthy Recovery

**Carole Bennett, MA**

Founder, Family Recovery Solutions; a counseling center targeted for the family and friends that struggle with their loved ones addiction issues; staff columnist for the Huffington Post and Psychology Today; author, *Reclaim Your Life—You and the Alcoholic/Addict*.

It is estimated that for every 1 alcoholic/addict, there are at least 5 family members who are enmeshed in their loved one's disease. This is the silent majority that suffers right alongside the alcoholic/addict as they sadly witness their loved ones path toward personal destruction. Learning how to participate in a healthy and respectful way alongside your loved ones road to recovery (or lack thereof) will allow you peace of mind and in turn help you to implement your own healing process.

### **Who Are We but the "Stories" We Tell: A Constructive Narrative Perspective of Psychotherapy**

**Don Meichenbaum, PhD**

This session will consider the nature of the stories that various clinical populations such as individuals with PTSD, depression, suicidality, and substance abuse tell themselves and others using the concept of Constructive Narrative Perspective of Psychotherapy. It will also contrast the features of such story telling with that of resilient individuals and will then consider the treatment implications for conducting psychotherapy. It will also include examples of the ways story telling is built into various healing procedures such as spiritually oriented treatments.

### **Motivating Resistant Young Adults in Treatment**

**Dave Johnson, MEd**

CEO, San Cristobal Treatment Center. Dave has spent nearly 20 years working with at-risk young men in Recovery, Education, and Business. That experience has been in a variety of settings including The Hazelden Foundation, Gatehouse Academy, Denver Public Schools, Chicago Public Schools, St. Paul's Academy, Vail Valley Academy, and Fortune 100 business experience.

New challenges faced by treatment professionals are found with increasing numbers of young adults in treatment. Compliance and motivation are always topics of discussion. With the numbers of young adults increasing in traditional primary treatment centers many counselors, case managers, and administrators are looking for new techniques in dealing with this new dynamic. This presentation will address key components of working with resistant clients, techniques on how to diffuse resistance in these clients, and ultimately how to motivate these clients to 'want' recovery for themselves. Many young adults are compliant.

### **Mask Work: Breaking Free from our Character Defects**

**Dell Miller, CADC**

Program Director for Better Choices Counseling Services; author of *12 Steps Unlocked*, and *Re-union, Healing our Victim and Offender Patterns*; designed/produced *The Sobriety Game* and *Adult Children Game*.

This workshop reviews three patterns of addic-

tions: The offender patterns of entitlement and control; victim patterns of coping with emotional and physical trauma; and the isolator/binger patterns being a master of secrecy. Patterns demonstrated through hands-on mask making.

### **Body Centered Therapy: The Short Path to Freedom**

**Carolyn Hobbs, MA**

The body offers a quick, easy way to make unconscious shadow patterns and beliefs conscious. Together, through the power tools of exaggeration, movement and breathwork, we will call in laughter and playfulness while working at the energetic level to remove stuck blocks and step into love and compassion.

## **TUESDAY • MAY 1**

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

### **Voice Lessons: 10 Steps to Courageous Acts of Change in Key Relationships**

**Harriet Lerner, PhD**

Staff psychologist at the Menninger Clinic for three decades, author of ten books including *New York Times* bestseller *The Dance of Anger*, *Women in Therapy*, *The Dance of Fear* and her latest *Marriage Rules*. Guest on Oprah, CNN, NPR and other national media.



The challenge of "voice" is at the heart of differentiating a self and overcoming symptoms and dysfunctional behaviors. This session will cover the 10 essential steps to staying connected, staying oneself, and "finding voice" in the most difficult relational circumstances, navigate difficult relationships with clarity, courage and joyous conviction, with a focus on practical and theoretical implications for our clients and ourselves.

**11:00am-12:30pm**

### **Compassion and the Therapist**

**John Briere, PhD**

Associate Professor of Psychiatry and Psychology, Keck School of Medicine, USC; Director, Psychological Trauma Program, LAC-USC Medical Center; past president of the International Society for Traumatic Stress Studies; recipient of APA's award for Outstanding Contributions to the Science of Trauma Psychology; author of numerous articles and books including *Treating Complex Trauma in Adolescents and Young Adults* and *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment*.



This presentation will explore the importance of compassion (non-egocentric, non-contingent caring for others) as it relates to effective trauma treatment. Methods of compassion development will be discussed, as well as the psychological and neurobiological benefits of compassion for both client and therapist.

*Program continued on page 6*

*Program continued from page 5*

**2:00-3:30pm CONCURRENT WORKSHOPS**

### **The Secret Life of Shame: Transforming Buried Pain into Clinical Treasure**

**Harriet Lerner, PhD**

This workshop will identify the hidden faces of shame and explain its devastating consequences. We'll see how shame operates in everyday life, and what specific steps are required to cut shame down to size. Theoretical implications and practical advice for the restoration of accountability, courage, and self-esteem will be presented with an eye toward helping clients and ourselves.

### **The Science of Recovery: Applying Neuropsychology & Neuroscience to Your Practice**

**Cardwell Nuckols, PhD**

Partner and board member of American Enterprises Solutions; author of more than 60 journal articles and 30 books including *The Ego-Less Self: Achieving Peace & Tranquility Beyond All Understanding*.

This Evidence-Based training event will give the clinician an understanding of the neuroscience and neuropsychology of addiction and recovery. The changing brain in both addiction and recovery will be explored and practical treatment techniques and strategies will be presented. The four dopamine pathways involved in motivation, control, reward and memory/learning will be highlighted and both pharmacological and psychotherapeutic strategies will be presented.

### **Reconsidering Trauma: A Mindfulness Approach to Trauma Processing**

**John Briere, PhD**

Several aspects of Buddhist "psychotechnology" can be helpful in working with traumatized people. These include the development of meta-cognitive awareness, mindfulness, and existential insight. The presenter will describe how these processes and skills can be used to facilitate cognitive processing, therapeutic exposure, and the enhancement of emotional stability.

### **Being Savvy with the Media: Opportunities for Therapists and Agencies**

**Thomas Greaney, MEd**

Information about how the media operates; the upside and pitfalls of various types of interviews; positioning oneself as a "go to source" of credible information; and actual taped interviews of volunteer participants in this highly informative interactive presentation.

**4:00-5:30pm CONCURRENT WORKSHOPS**

### **Working with Easily Triggered and 'Acting Out' Trauma Survivors**

**John Briere, PhD**

Many of the most troubling long-term effect of interpersonal trauma is the tendency for some

survivors to be involved in externalizing or "acting out" behaviors. This workshop will describe the typical process through which this occurs, including the notion of "triggering", affect dysregulation, and tension reduction behaviors. Specific interventions will be explored.

### **Towards the Ego-Less Self: Psychology, Spirituality, and True Happiness**

**Cardwell Nuckols, PhD**

We have become so accustomed to ego-based emotions such as misery, worry, fear, and conflict that we believe these are our normal states. So how can we return to a nonlinear state of happiness and peace when everything around us says that nothing is more important than me? In this session, we will begin to learn how to get rid of resentments, surrender the ego's unconscious programs for happiness and employ simple techniques to increase contact with consciousness.

### **Three Characteristics of Addiction Patterns: Implementation of a 12 Step Model Using Measurable Goals and Outcomes**

**Dell Miller, CADC**

This workshop reviews three characteristics of addictions and implementation of a 12 step model using measurable goals and outcomes for anyone from the atheist to the believer. An overview of all specialized 12 step worksheets with handouts will be discussed.

### **Reel Grief: Effectively Counseling Clients Experiencing Loss**

**Michael Kahn, LPC, JD**

Lectures and facilitates workshops in the U.S. and internationally on grief, diversity, self-care and ethics, including work with the U.S. military. He is among the forefront in his field on the use of film in group therapy and workshops and makes documentary films.

Grief and loss are common therapeutic themes even though not always identified as such, particularly when non-death related. Working through loss can be one of the greatest challenges our clients face and is often transformational. In this workshop we will focus on understanding the grief experience. We will discuss the importance of tailoring our interventions to the individual, including a discussion of effective tools and strategies. We will watch various film clips, including those of therapists working with grieving clients and explore our views of grief and how they impact therapy.

**Tuesday Evening** (Optional)

### **7:00-9:00pm The Art and Science of Healing: Finding the Healing Self Inside**

**Cardwell Nuckols, PhD**

Experience the awareness and awakening of your healing self in this powerful program for those who are seeking spiritual growth and

enhanced healing potential. Become aware during this interactive process of your own true healing self and how your spiritual evolution enhances the spiritual, psychological and neurobiological healing of those you work with.

## WEDNESDAY • MAY 2

9:00-10:00am

### Winning the Anxiety Game: Brief Strategic Treatment for the Anxiety Disorders

Reid Wilson, PhD



Director of the Anxiety Disorders Treatment Center and Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine; author *Don't Panic: Taking Control of Anxiety Attacks and Facing Panic*; co-author, *Stop Obsessing: How to Overcome Your Obsessions and Compulsions*.

The anxiety disorders manipulate people by injecting rules into consciousness, then using that set of laws to take over mental territory. Phobias, panic, social anxiety, generalized anxiety and OCD will be discussed with treatment strategies.

10:30-11:30am

### Relationship Trauma Repair (RTR): Healing from Post Traumatic Stress from Relationship Trauma

Tian Dayton, PhD



Fellow, Certified Trainer and Editor-in-Chief of Journal of Psychodrama, Sociometry and Group Psychotherapy; Director, New York Psychodrama Training Institute; author of *Emotional Sobriety: From Relationship Trauma to Resilience and Balance* and *The Living Stage: A Step by Step Guide to Psychodrama, Sociometry and Experiential Group Therapy*; Clinical psychologist; Consultant to Behavioral Health of the Palm Beaches.

Because attachment feelings are physical as well as emotional, relationship trauma benefits from a healing that is experiential and multisensory. The body as well as the mind needs to find the way back to emotional, psychological and physiological balance so that the pain, anger and anxiety from early relationships do not keep playing out and possibly emerge as a post traumatic stress reaction.

11:30am-12:30pm

### Music Medicine: The Evidence Based Use of Rhythm, Song, Harmony, and Silence

Christine Stevens, MSW



Author of *The Healing Drum Kit*, *The Art and Heart of Drum Circles*, and the upcoming new book, *Music Medicine: The Science and Spirit of Healing Yourself through Sound*. The Founder of UpBeat Drum Circles, Christine has drummed with Fortune 500 companies, students at ground zero and most recently in northern Iraq for peace building and conflict resolution. She trains health care professionals in HealthRHYTHMS™ an evidence-based drumming program.

This presentation engages you in the use of music for self-care and clinical treatment. Based upon cutting edge science, evidence-based approaches

to using music in psychology, family therapy, addictions treatment, caregiver stress and wellness will be explored.

2:00-3:30pm CONCURRENT WORKSHOPS

### Reel Therapy 1: Ethical and Professional Issues for Therapists

Michael Kahn, LPC, JD

This session will focus on the differences between boundary violations and crossings using illustrative film clips. Issues discussed will include self-disclosure, touch and other issues.

### Treatment of Generalized Anxiety Disorder

Reid Wilson, PhD

This session will explore the fundamental structure of worry—how it ignores data that isn't negative, how it squeezes out room for corrective information, and how it gives rise to erroneous beliefs. Stemming from this knowledge, participants will learn a set of therapeutic strategies based on the latest research.

### Relationship Trauma Repair (RTR): An Experiential, Multisensory Model for Building Resilience and Healing Relationship Ruptures

Tian Dayton, PhD

RTR is a neurologically-based, experiential and multisensory model for treating issues related to trauma. In this experiential workshop, the basics of this model are presented through DVDs that illustrate role play, psycho-educational group processes and other methods to teach self soothing and self regulation.

*Workshops continued on page 8*

25th Annual Northwest Conference on  
**Behavioral Health and Addictive Disorders**  
PROGRAM FOCUS  
A forum will be provided for exploring the complex issues within the physical, emotional, social and spiritual dimensions of mental illness and addictive disorders. The focus is on the assessment, diagnosis and treatment of a wide range of mental health related issues.  
Join up to 2000+ professionals  
Seattle (Bellevue), WA • May 30-June 1, 2012  
Full Time Conference Registration \$399.00 - Daily Registration Available  
www.naht.com

Workshops continued from page 7

## Self Portraits as Self Discovery

(Special onsite sign up required; limited to 30 participants)

**Amy Stein, MFA**

Award winning Santa Fe artist who also conducts workshops on the role of art and creativity in self-discovery.

This workshop will guide participants through the process of self-portraiture as a form of self-discovery and self-expression. No previous experience in drawing or art is necessary.

**4:00-5:30pm CONCURRENT WORKSHOPS**

## Getting Your Life into Flow

**Reid Wilson, PhD**

This session will focus on how a person enters “flow”—the state when we have deep, effortless involvement, are fully absorbed in activity, lose our sense of time and have feelings of great satisfaction.

## The Elements of Qi in a Sea of Change: Applications of Oriental Medicine to the Balance and Patterns within Individuals

**Sheri Laine, LAc, Dipl. Ac**

Private clinical practitioner focusing on Acupuncture, Chinese Herbolgoy, Nutrition, and homeopathic medicine, author of *The Enerqi Connection: Dymystifying Acupuncture*.

This workshop will explore and integrate the 5 Elements of Oriental Medicine as they relate to balance and the patterns within each individual’s physical, mental, emotional, and nutritional constitutional make-up. Specific traits in the physical, mental, emotional body relating to the elements and individual personality traits will be discussed.

## Reel Therapy 2: More Ethical and Professional Issues for Therapists

**Michael Kahn, LPC, JD**

As with Reel Therapy 1, this workshop will discuss ethical and professional issues using entertaining and provocative film clips. Issues discussed will include establishing the therapeutic relationship and managing termination.

## Where’s Waldo? The Search for a Client’s Missing Sense of Self

**Sandra Felt, LCSW**

Board Certified Diplomate in Clinical Social Work with 30 years experience in private practice treating survivors of extreme childhood trauma. She once directed a child abuse treatment research program and is currently completing a book about trusting the call to come fully alive.

The underbelly of healing from trauma and related chronic behavioral diagnoses is to strengthen and learn to live from a solid, well-developed sense of self. What, really, is the sense of self? How can we recognize when a client’s sense of self is underdeveloped? How can clients reconnect with their sense of self and strengthen it? Why would this shift in focus change the outcome of therapy?

## Self Portraits as Self Discovery (Part 2)

**Amy Stein, MFA**

Continuation of Part 1, participants must be registered and attend both sessions.

**7:00-8:30pm Wednesday Evening** (Optional)

(Please note: Session is not offered for CE credit)

## Reviving Rhythms—An Evening of Self-Care and Community Building

**Christine Stevens, MSW**

Current statistics show extremely high burnout rates among health care professionals. Research has shown that recreational music making reduces employee burnout, boosts mood states, and improves quality of life! Join in an evidence-based group drumming protocol developed for stress-reduction in mind, body, and spirit. Drums provided by REMO and HealthRHYTHMS™.

## THURSDAY • MAY 3

**8:45-10:15am**

## Family Baggage

**Errol Strider**

Author of numerous plays and several books including *Journeys to the Other Side of Shame*, *Welcome to Your Universe* and *Answers Are Timid*. Co-developer of Strider Innertainment, a theatrical forum for exploring fundamental human issues in a way that make the educational and healing experience more vivid, accessible and fun.

**Rochelle Strider**

Creator of the Acting With Love (AWL) process that was written into a text, has taught acting and self esteem classes and workshops throughout the US, Europe and the Middle East.

Using a unique theatrical and humorous approach, this presentation will illuminate the dynamics of family interactions and emotional well-being, as well as the challenges of addiction and recovery. Employing performance art and comic sketches, how the emotional side and the cognitive side of these issues interface will be covered.

**10:30am-12:00pm CONCURRENT WORKSHOPS**

## Unloading Your Baggage

**Rochelle Strider and Errol Strider**

This workshop will demonstrate innovative techniques and tools, drawn from drama and humor therapy and how to apply them in working with clients and their families. These original processes have proven to be extremely effective especially in working with clients and their issues as they engage the body, the emotions, the mind and the spirit.

## Completing “Good-Byes” or Just Escaping Pain?

**Sandra Felt, LCSW**

“Good-byes” mark the end of something meaningful. They can be painful, and most of us have



learned to avoid pain. This workshop provides a good-bye model that impacts processing through old traumatic abandonment issues that get triggered, letting go of character defects, divorce, and ending therapy, as well as grieving a loved one's death. Learn seven skills that help move through the pain of good-byes in a manner that completes the separation process and supports both parties to fully and freely go on with their lives.

## The Pulse of Wellbeing—Drumming for Therapy and Wellness

**Christine Stevens, MSW**

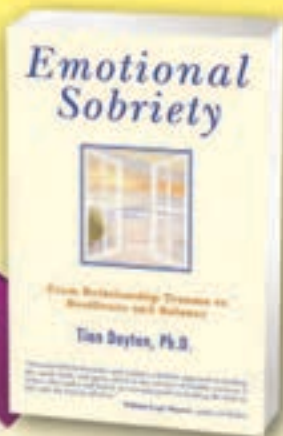
Today's Holistic health movement encompasses evidence-based techniques that apply to prevention and treatment of mind, body, and spirit. Scientific studies have shown that drumming reduces stress, supports immune function, boosts morale, and decreases burnout. This interactive workshop will allow you to explore techniques for treatment and self-care.

# meet the **AUTHORS** ...

## Emotional Sobriety

**Tian Dayton, Ph.D.**

Picking up right at the point where Janet Woititz's 1990 hit book *Adult Children of Alcoholics* left off, *Emotional Sobriety* contains fresh perspectives and new analysis on how to gain back emotional stability after growing up with the trauma of addiction, abuse, and dysfunction. Dr. Dayton accomplishes this by presenting and explaining the latest research in neuropsychology and the role trauma plays on chemically altering the brain. With compassion and clear explanations, Dayton teaches readers how to undo the damage of trauma and reverse the negative effects trauma has on our future relationships and behaviors.

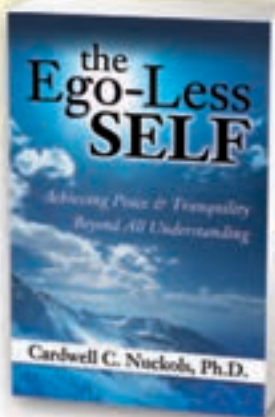


## The Ego-Less Self

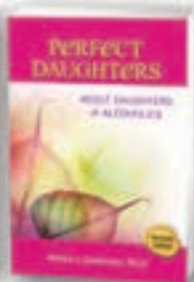
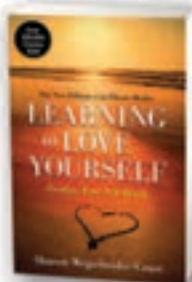
**Cardwell C. Nuckols, Ph.D.**

We have become so accustomed to ego-based emotions like misery, worry, fear, and conflict that we believe these are the norm. So how can we return to a non-linear state of happiness and peace when everything around us says that nothing is more important than me, me, me?

Nuckols looks closely at the notion of "spiritual transformation" by showing how the ego develops over time to cause suffering in our lives. Once the ego is stripped away, the historical pathways to the self can begin to work.



also available



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# CONTINUING EDUCATION

**PROFESSIONAL CREDITS:** A maximum of 23 contact hours are available for this conference. 21 core credit hours (6 hours for Monday, Tuesday, Wednesday; 3 hours for Thursday) and 2 optional Tuesday evening hours.

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- **California Board of Behavioral Sciences.** Provider Number PCE 78. Course meets the qualifications for up to 23 hours of continuing education credit for **MFTs and /or LCSWs** as required by the California Board of Behavioral Sciences.
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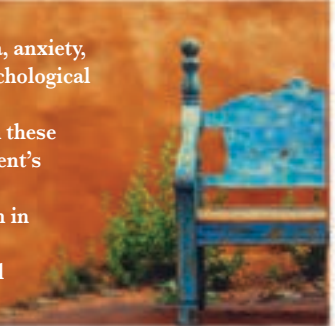
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## Conference Objectives:

1. To identify treatment approaches for successfully treating trauma, anxiety, addictive disorders, shame, co-occurring disorders and other psychological and behavioral issues.
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