International Conference

TRAUMA AND ADDICTION

Integrated Approaches to Attachment, Relationships, and Family Issues

January 17–19, 2019
Scottsdale, Arizona

Conference Host
MEADOWS
Behavioral Healthcare

Conference Sponsor

Up to 21 Credit Hours for Continuing Education
US Journal Training, Inc. is proud to present this International Conference on Trauma and Addiction together with Meadows Behavioral Healthcare and Newport Academy. USJT is celebrating its 40th year of developing conferences designed for addiction and mental health professionals throughout the United States.

USJT’s excellent reputation is based largely on its ability to bring together leading speakers, authors, researchers and clinicians to inform and train health professionals on current trends and topics of most interest to counselors, therapists, social workers, psychologists, and many others.

Regarded nationally and internationally as a premier drug rehab and psychological trauma treatment center, The Meadows is situated on a 14-acre campus in the serene Sonoran Desert in Wickenberg, AZ.

For 40 years, The Meadows Model has been unparalleled in leading patients to successful outcomes for recovery from trauma, addiction, eating disorders, PTSD, codependency, depression, bipolar disorders, anxiety and more. The Meadows’ Senior Fellows—many of whom will present at this conference—work together to ensure that The Meadows Model is the most clinically comprehensive and nurturing program available today.

Newport Academy, a holistic therapeutic program designed for adolescents with mental health and/or addiction issues, will be marking its 10th anniversary in 2019. With residential, outpatient, and day school locations in Connecticut and California, Newport Academy uses forms of treatment such as music therapy, nutritional counseling, art therapy, equine therapy, meditation, and cooking therapy, among others. Newport Academy also operates a sober high school for teenagers going through rehab in New York City.
Perfect Season to Visit Scottsdale

With an average high: 70 F/21 C and low: 40F/ 4C. January is an ideal time to getaway and visit. One of the first things to notice is the stirring beauty of the Sonoran Desert. The remarkable clarity of light, exotic cactus blossoms and luscious desert landscape which create an environment that leaves visitors inspired. It’s the perfect place to breathe a little deeper, let go of everyday worries, and settle in to an easier pace.

Long before the five-star resorts and world-famous golf courses, Scottsdale was just a tiny farming community carved out of the Arizona Territory. And although the orange groves and cotton fields are long gone, you can still experience an authentic slice of Scottsdale’s small-town days with a simple stroll down Main Street.

Scottsdale is famous for its championship golf courses; the Fashion Square with over two million sq. ft. of ‘retail-therapy’; and Old Town Scottsdale. For the more adventurous, venture off to Camelback Mountain for exhilarating hiking trails and rock climbing.

Conference Site

DoubleTree by Hilton Paradise Valley, Scottsdale
5401 N. Scottsdale Rd, Scottsdale, AZ 85250-7090
(602) 947-5400

Located minutes from downtown Scottsdale, Arizona and 12 miles from Phoenix Sky Harbor International Airport, the newly renovated DoubleTree Resort by Hilton Paradise Valley—Scottsdale offers a warm welcome and comfortable stay in tranquil surroundings. Relax in the hotel’s beautifully landscaped property with two outdoor pools surrounded by lavish courtyards, cacti and palm trees.

US Journal has reserved a block of rooms for registrants until December 15, 2018. There is a strong possibility that the room block will fill prior to that date. Room rates at the DoubleTree by Hilton Paradise Valley, Scottsdale are $199.00 single/double (plus tax). Reservations must be guaranteed with a credit card. For reservations call (866) 866-8107. To receive the conference rate mention US Journal Training or hotel code UJT. Please be aware of hotel’s cancellation policy.

Getting to Scottsdale

From Sky Harbor Airport: The Super Shuttle transportation for the DoubleTree by Hilton Paradise Valley, Scottsdale is currently $16.00 one-way or $30.00 round trip if booked online. Prices are subject to change. Call (800) 258-3826 or (602) 232-4610 to make reservations or you may also make reservations online at www.supershuttle.com (24 hour advance notice is required for return to airport). Taxis are also available.
The Meadows has a 40-year history of providing world-class care and has emerged as an industry leader in trauma and addiction treatment. Today, we have grown to a continuum of highly individualized treatment programs and services rooted in addressing the patient’s core issues through multiple brain level interventions that address unresolved developmental trauma.

Our patients benefit from a holistic, bottom-up approach that includes:
- Integrated trauma theory
- On-site Brain Center
- The Meadows Model
- World-renowned Senior Fellows
- Integrated family involvement
- Multidisciplinary treatment team
- Age and gender-specific programming
- Focus on nutrition
- Spiritual guidance available

The Meadows Behavioral Healthcare continuum of highly individualized treatment services includes:

**The Meadows** is the premier provider of behavioral health services focused on treating individuals who suffer from complex developmental trauma and subsequent dysfunctional behaviors.

**The Meadows Ranch** provides medical and psychiatric stabilization, nutritional rehabilitation, and an integrated trauma model for the highest level of eating disorder care for adolescent girls and women in a scenic and home-like environment.

**Claudia Black Young Adult Center** is specifically tailored to young adults aged 18-26 who struggle with unresolved trauma, addiction, or complex co-occurring conditions. We embrace the entire family during the treatment process, while focusing on brain regulation and related emotional trauma.

**Gentle Path at The Meadows** integrates Dr. Patrick Carnes’ methodology with The Meadows Model and The Meadows’ signature Survivors Week to concurrently address men’s sexual addiction and trauma.

**Willow House at The Meadows** is a small and intimate inpatient program specifically designed to help women who struggle with relationship and intimacy disorders, including sex and love addiction, and co-occurring conditions.

**The Meadows Outpatient Center** offers comprehensive outpatient program services, including up to 20 hours of clinical care per week, and specialized groups for young adults and men and women recovering from sexual addiction.

**Rio Retreat Center at The Meadows** offers a variety of unique and powerful workshops, including our signature Survivors Workshop, designed for those who have just begun a recovery process or who want to deepen their experience.
Level of Instruction: All Sessions are Intermediate/Advanced unless otherwise noted.

8:45–9:00am Opening Welcome

Pia Mellody
Senior Clinical Advisor for The Meadows. Pia is an internationally renowned author and lecturer on the childhood origins of emotional dysfunction. Her work in codependence, boundaries, and the effects of childhood trauma on emotional development has profoundly influenced the treatment of addictions and issues around forming and maintaining relationships. As one of the pioneers in the field of recovery, Pia developed theories on the effects of childhood trauma that became the foundation for The Meadows’ programs.

9:00–10:30am Unspoken Legacy: Reverberations of Trauma Within the Addicted Family

Claudia Black, PhD
A renowned author, speaker, and trainer, internationally recognized for her pioneering and contemporary work with family systems and addictive disorders, Claudia’s writings and teachings have become a standard in the fields of addiction and trauma. She is one of the original founders and serves on the advisory board of the National Association for Children of Addiction and the advisory council for the Moyer Foundation and its development of Camp Mariposa, a camp for children of addiction. Claudia is the clinical architect of the Claudia Black Young Adult Center, and a Senior Fellow of The Meadows. She is the author of over fifteen books, most notably, It Will Never Happen to Me; her latest title being Unspoken Legacy: Addressing the Impact of Trauma and Addiction within the Family.

When people think of trauma, they often think of acute dramatic situations, such as a natural disaster or car accident. Yet, the majority of people who experience trauma experience a more subtle and chronic form that exists within their own family. Claudia Black will present a portrait of addiction in the family. Addressing the Impact of Trauma and Addiction within the Family.

10:30–11:00am Refreshment Break

(AM & PM Breaks will be held each day in the Exhibit Area)

11:00–12:30pm Shame and Dignity

Peter Levine, PhD
Developer of Somatic Experiencing® a naturalistic and neurobiological approach to healing trauma which he has developed during the past 45 years. This work has been taught to 30,000 therapists in 43 countries. Dr. Levine has received the lifetime achievement award from the US Association for Body-Oriented Psychotherapy, and an honorary award as the Reiss-Davis Chair in Los Angeles for his lifetime contribution to infant and child psychiatry. Peter recently received the lifetime achievement (from the Association for Training on Trauma and Attachment in Children) for “his lifelong commitment to healing children through research, education, and outreach.” He has doctorates, both in biological and medical physics (biophysics) from UC Berkeley and a doctorate in psychology from International University. He is currently a Senior Fellow and consultant at The Meadows Addiction and Trauma Treatment Center.

Shame is one of the most corrosive and immobilizing emotions. It underlies many issues of addiction and so-called impulse control, certain anxiety states, and other “behavioral” problems. Shame is like a cancer, a tumor that grows from the injury of trauma and the wound of betrayal. This interpersonal trauma becomes deeply lodged in the body-mind, and then “metastasizes,” infecting all aspects of a person’s life. They include a loss of connection with our authentic, spontaneous Self, as well as with our basic sense of “rightness” and belonging in the world. In therapy, it can be difficult to work with shame, as bringing it up often results in more shame and reactive avoidance maneuvers. In addition, when clients begin to access shame, their therapists (because of similar unresolved issues) may subtly deflect or inhibit this exploration. This is likely to result in an intensification of the impulse to hide and deny. However, when we understand the neurobiological, developmental, and evolutionary underpinnings of shame and trauma, we can better help our clients (as well as ourselves) move out of shame and restore a core sense of dignity, goodness and self-compassion.

2:00–3:30pm Sexually Compulsive and Addictive Behavior: The Controversy, Diagnosis, and Implications for Treatment

Stefanie Carnes, PhD, CSAT-Sm LMFT
Stefanie Carnes is the president of the International Institute for Trauma and Addiction Professionals, and a Senior Fellow for The Meadows, where she works with sexually addicted clients and their families. Stefanie is the clinical architect for Willow House: Relationship Healing for Women struggling with sex, love and intimacy disorders. Her area of expertise includes working with patients and families struggling with multiple addictions, such as sexual addiction, eating disorders and chemical dependency. Stefanie presents regularly at conferences at both the state and national levels. She is also the author of numerous publications including her books, Mending a Shattered Heart: A Guide for Partners of Sex Addicts, Facing Heartbreak: Steps
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to Recovery for Partners of Sex Addicts, and Facing Addiction: Starting Recovery from Alcohol and Drugs.

In recent years, there has been tremendous controversy about sexually compulsive behavior. Researchers and clinicians alike have argued about the best terminology to use, diagnostic criteria, and treatment approaches. In this presentation, Dr. Carnes discusses the concerns about labeling out sexual behavior and examines the new research and the controversy surrounding the diagnosis. Different perspectives on conceptualization of the disorder and treatment will be discussed.

Christophe Sauerwein, MBA, MSc, PgD

Christophe is an independent psychotherapist based in London, UK. He has been on his journey of recovery from multiple addiction and family of origin relational trauma since 1999. After a 17-year career in investment banking and private equity, Christophe turned his life over and became a leading therapist in addiction, relational childhood trauma and dysfunctioning relationships. Christophe holds an MSc in Addiction Psychology and Counseling and is fully qualified in Childhood Trauma Reduction therapy (PT/PIA Mellody model), Sex Addiction (Paula Hall Model) and Attachment and Relationship disorders (Pia Mellody model). From a pan-European cultural background, Christophe works with English and continental European patients in English, French, and integrating clients native languages and cultures of origin perspectives. Christophe is academic director of ICADC, the International Conference on Addiction and Associated Disorders, the largest European conference provider in the field.

Research around systemic characterization of psychological early life trauma, PTSD, addictive behaviors and mental disorders has gained considerable momentum. Findings have led to the creation of new and innovative recovery treatment models, most of them originating and implemented in the US. Since English has become the most common second language spoken in adulthood, greater numbers of people are able to access treatment in the US. However, too often solutions shift and the way clients have reconstructed themselves while in treatment becomes falsified or compromised upon return to their country, language and culture of origin. Recovery then collides with underlying multi-generational cultural forces of resistance, which are both internal and interpersonal. This presentation will pragmatically address the implications of integrating the components of language and culture of origin into the “pre-hab / re-hab / post-hab” continuum of care process and suggest models to prepare clients for reintegration.

4:00–5:30pm Concurrent Workshops

Treating International Clients: Integrating Culture of Origin and Native Language in the Continuum of Care

Christophe Sauerwein, MBA, MSc, PgD

Owning the Right to Exist: Healing for the Adopted Young Child

Leanne Lemire, MSW, LCSW

Leanne Lemire is the executive director of the Claudia Black Young Adult Center, an inpatient treatment program tailored to young adults aged 18-26 who struggle with unresolved emotional trauma, addiction, or complex co-occurring conditions. She received her master’s in clinical social work from Smith College School for Social Work and has previously worked as a primary counselor at The Meadows and Claudia Black Center prior to becoming clinical director and now Executive Director. Leanne’s specialty focus is on trauma resolution, addictive disorders, and complex psychiatric disorders among young adults.

The attachment disruption that stems from adoption can lead to a deep sense of abandonment, rejection, loss, confusion, identity issues, and shame. Often experienced in early childhood without conscious awareness, recognition or vocabulary, by the time the adopted child becomes a young adult, the effects are still felt on a very profound level, coupled with present day emotional dysregulation and relational difficulties. Left untreated, this underlying trauma fuels addictions, mood disorders, risk-taking behaviors, self-sabotage, expectations of further abandonments and chronic suicidality. The young adult often maintains the shamed-based belief that he/she does not have the right to exist. Leanne will discuss the various traumas experienced by the adopted young adult and what differentiates them from the non-adopted young adult. Leanne will also describe treatment interventions used to assist the client in recognizing the impact adoption has had on their development, challenging shame-based beliefs, and beginning to heal layers of delayed grief.

Healing Trauma—The Pathway to Authenticity and Authentic Connections

Barbara Nosal, PhD, LMFT, LAADC

Barbara Nosal has worked in the mental health and addiction treatment field with adolescents and their families for over 20 years. She has held managerial and clinical positions in a variety of treatment settings, including a private practice in Newport Beach, CA. Barb holds a doctorate in transpersonal psychology and dual master’s degrees in human services and counseling psychology, is a licensed Marriage Family Therapist and licensed Alcohol and Drug Counselor. She is the founding clinical director, and currently chief clinical officer of Newport Academy, where she oversees the treatment of adolescents, ages 12-20, and their families in their residential and outpatient programs.

This presentation incorporates attachment-based therapies to identify how attachment ruptures from early childhood often interferes with achieving health, happiness, and emotional well-being—particularly for those with mental health and addiction issues. Relational trauma forms disempowering core beliefs, which define the sense of self, resulting in life-long emotional and relational patterns. Healing relational trauma minimizes triggers and reduces emotional dysregulation in the present. Gaining self-awareness of what often is deeply rooted and unconscious, frees us from the past and the need to act out in self-defeating behaviors. This presentation not only assists clinicians in their therapeutic process with individuals and families, but is critical for treatment providers to understand the impact in their own lives.
Increasing Creativity in Your Practice with Experiential Exercises

Jean Collins-Stuckert, LCSW, LISAC, CSAT

Jean Collins-Stuckert is the executive director of workshops at the Rio Retreat Center at The Meadows. Jean is licensed in the state of Arizona as a clinical social worker and substance abuse counselor, and is also a certified sex addiction therapist. She received her master’s degree in social work at Arizona State University. Jean has been in the behavioral health field for over 20 years. Twelve of those years, she has been employed at The Meadows as a family and primary counselor, a workshop facilitator, intake Interventionist, and program and clinical director of workshops. Jean also owned a successful private practice in Phoenix for a decade.

Experiential techniques are ancient, powerful tools used to generate and enhance the healing process, yielding excellent results. This presentation will highlight the power of the experiential modality through examples and experiencing them firsthand.

7:00–8:30pm Evening Program

Developmental Trauma, Attachment, and Addictive Disorders

Jon Caldwell, DO, PhD

Dr. Jon G. Caldwell is a board certified psychiatrist who specializes in the treatment of adults who have experienced relational trauma and addictive behaviors. He is chief of psychiatry at The Meadows treatment center. His theoretical perspectives are heavily influenced by his PhD training at the University of California at Davis, where he began researching how early childhood maltreatment and insecure attachment relationships affect cognitive, emotional and social functioning. Jon’s clinical approach has become increasingly flavored by contemplative psychology and by the practice of mindfulness and self-compassion. He has published a number of articles on child maltreatment, attachment theory, emotion regulation and mindfulness and he is a noted international speaker and trainer on these and other topics.

Childhood maltreatment can profoundly influence human development, resulting in a variety of mental, emotional, and social challenges – including addictive disorders. Attachment theory is a useful framework for understanding how early relational experiences can have far-reaching effects. Developmental trauma and attachment disturbances can lead to deficits in nervous system regulation. Addictive behaviors can be seen as an attempt at short-term regulation, with long-term consequences. This presentation will explore the scientific linkages between trauma, attachment, and addiction, and will offer ideas on how to help clients restore the capacity to self-regulate in healthy ways.

Friday, January 18

9:00–10:30am The Body Keeps the Score: Trauma, Attachment, and Neuroscience

Bessel van der Kolk, MD

A Senior Fellow of Meadows Behavioral Healthcare, Bessel van der Kolk is one of the world’s foremost authorities on post-traumatic stress disorder and other related disorders. He has researched the psychobiology of trauma, traumatic memory, the effectiveness of EMDR and the effects of trauma on human development. He is a professor of psychiatry at Boston University School of Medicine and founder of the Trauma Center at the Justice Resource Institute in Brookline, MA. Dr. van der Kolk is the past president of the International Society for Traumatic Stress Studies. He has taught at universities and hospitals across the United States and globally. Dr. van der Kolk has written extensively on the impact of trauma on development, borderline personalities, self-mutilation, cognitive development in traumatized children and adults, and the psychobiology of trauma. His books include Psychological Trauma, Traumatic Stress and The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.

Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. Join him in this transformational presentation, and leave with a new understanding of traumatic stress. Learn how trauma can literally rearrange the brain’s wiring—specifically areas dedicated to pleasure, engagement, control, and trust. This presentation will show how trauma affects the developing mind and brain, and teach how trauma affects self-awareness and self-regulation. We will focus on the fundamental difference between trauma de-sensitization vs. integration and growth, and look at the difference between disrupted attachment and traumatic stress. We will examine the role of interpersonal rhythms and attunement in establishing a sense of self and community. This regulate one’s emotions, learning to trust other human beings with shameful and horrific details of one’s life, processing traumatic memories, learning to be fully alive in the present.

11:00–12:30pm Healing the Fragmented Selves of Trauma Survivors

Janina Fisher, PhD

Janina Fisher, Ph.D. is the Assistant Educational Director of the Sensorimotor Psychotherapy Institute, an EMDRIA-approved Consultant, former president of the New England Society for the Treatment of Trauma and Dissociation, and a former instructor, Harvard Medical School. An international expert on the treatment of trauma, she is co-author with Pat Ogden of Sensorimotor Psychotherapy: Interventions for Attachment and Trauma (2015) and author of Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self- Alienation (2017) and the forthcoming book, Working with the Neurobiological Legacy of Trauma (in press). Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment.

Program continued on page 9
and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches.

In the face of trauma, preserving self-esteem, attachment to family, and hope for the future requires that we disown that “bad child” to whom bad things happen and hold some sense of ourselves as “good,” disconnected from how we have been treated. But to ensure that the rejected, abused child is “not me” requires reliance on dissociation, addiction, or self-hatred to keep that child at a distance. In the end, we have survived at the cost of disowning our most wounded selves. While longing to be loved, safe, and welcome, traumatized clients find themselves in conflict: alternating between clinging to others and pushing them away, hatred for themselves and hostility toward others, yearning to be seen and yet yearning to be invisible. Years later, they present in therapy with addictive disorders and/or symptoms of anxiety, depression, and low self-esteem or trauma, dissociation, neurobiology, and attachment with a practical hand’s on approach that utilizes “right brain-to-right brain” treatment methods to help clients connect emotionally and somatically to their disowned selves.

2:15–3:15pm Nutritional Needs and Challenges for Adolescents and Young Adults

Kristin Kirkpatrick, MS, RDN

Kristin Kirkpatrick is the Lead Dietitian and manager of Wellness Nutrition Services at the Cleveland Clinic Wellness Institute in Cleveland, Ohio, and is a Senior Fellow of Meadows Behavioral Healthcare. She is a best-selling author Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease, and an award winning dietitian. Kristin has been featured on shows such as the TODAY Show, NBC Nightly News, and the Dr. Oz Show, and has contributed to several national newspapers and magazines. Her show The New Rules of Food aired nationally on PBS in December 2017. Kristin writes for TODAY.com, the Huffington Post, and US News and World Report, and is a featured expert on Cleveland Clinic’s Health Essentials. Kristin has over 17 years of experience in health management.

This presentation will focus on the most up-to-date research on trends and nutritional needs of adolescents and young adults. The following issues will be discussed: current nutritional challenges of adolescents; current nutritional challenges of young adults; nutritional guidelines for both groups; deficiencies and risk factors; warning signs of malnutrition; engaging young people in a discussion on good nutrition; and how to implement in treatment programs.

3:45–4:45pm Embitterment and Addiction: Keys to Resilience and Addiction Recovery

Patrick Carnes, PhD, CAS

With over 30 years experience in the addiction field, Dr. Carnes is in high demand as a speaker, presenter, and interview subject, and continues to be the leading voice in the field of sex addiction. Dr. Carnes’ assessment tools related to sex addiction and trauma offer therapists a proven means to begin the treatment process with clients. He is the primary architect of the Gentle Path treatment program for the treatment of sexual and multiple addictive disorders; pioneered the founding of the International Institute for Trauma and Addiction Professionals (IITAP) and Gentle Path Press. From 1996 until 2004, Dr. Carnes was Clinical Director of sexual and multiple addictive disorders; pioneered the founding of the International Institute for Trauma and Addiction Professionals (IITAP) and Gentle Path Press. From 1996 until 2004, Dr. Carnes was Clinical Director of general medicine and trauma treatment settings.

Michael Frost is a nationally recognized specialist in the field of addiction medicine. He is a fellow of both The American Society of Addiction Medicine and The American College of Physicians. Dr. Frost is the president and medical director of The Frost Medical Group in Conshohocken, PA, and currently serves as Medical Advisor for Meadows Behavioral Health. He has served as medical director for several inpatient treatment facilities and MAT programs and is actively involved in clinical research and new treatment development. He has provided guidance to the FDA, Centers for Medicare/Medicaid, and Health Canada. Dr. Frost lectures internationally and provides consulting services to numerous healthcare organizations, treatment facilities, and the media.

Kevin McCauley, MD, is a Senior Fellow for Meadows Behavioral Healthcare. He first became interested in the treatment of substance use disorders while serving as a naval Flight surgeon, where he observed the U.S. Navy’s policy of treating addiction as a safety (not moral) issue and returning treated pilots to flight status under careful monitoring. Dr. McCauley wrote and directed two films: “Memo to Self,” about the concepts of recovery management, and “Pleasure Unwoven,” about the neuroscience of addiction, which won the 2010 Michael Q. Ford Award for Journalism from the National Association of Addiction Treatment Providers.

This presentation will examine some of the common challenges and misconceptions surrounding the use of maintenance medication for the treatment of opioid use disorder. Evidence-based material will be presented to inform the audience about current thinking regarding medication use and ways to mitigate commonly encountered clinical challenges.

12:30–2:15pm Conference Luncheon

Medications for the Treatment of Opioid Use Disorders: Myths and Misconceptions

Michael Frost, MD, FACP, FASAM and Kevin McCauley, MD

Michael Frost is a nationally recognized specialist in the field of addiction medicine. He is a fellow of both The American Society of Addiction Medicine and The American College of Physicians. Dr. Frost is the president and medical director of The Frost Medical Group in Conshohocken, PA, and currently serves as Medical Advisor for Meadows Behavioral Health. He has served as medical director for several inpatient treatment facilities and MAT programs and is actively involved in clinical research and new treatment development. He has provided guidance to the FDA, Centers for Medicare/Medicaid, and Health Canada. Dr. Frost lectures internationally and provides consulting services to numerous healthcare organizations, treatment facilities, and the media.

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Maren Masimo, MS
Maren A. Masino is an American sensorimotor psychotherapist, with a background in addictions treatment, eating disorders, dissociative disorders, PTSD, and attachment-related injuries. She has her M.S. in clinical and counseling psychology in addictions studies and a B.A. in Theatre. Maren has worked for several treatment centers, including Breakthrough at Caron Treatment Centers, CAST Recovery in Los Angeles, and Khiron House Trauma Clinic in the UK under the supervision of Dr. Janina Fisher and Dr. Bessel Van der Kolk. Maren strives to deliver a personalized, hybrid, creatively dynamic approach to therapy, utilizing and drawing from: sensorimotor psychotherapy, Dr. Janina Fisher’s Trauma-Informed Stabilization Treatment, Psychodrama, IFS, Mindfulness, the comprehensive Fisher’s Trauma-Informed Stabilization Treatment, drawing from: sensorimotor psychotherapy, Dr. Janina creatively dynamic approach to therapy, utilizing and Kolk. Maren strives to deliver a personalized, hybrid, supervision of Dr. Janina Fisher and Dr. Bessel Van der and Khiron House Trauma Clinic in the UK under the Treatment Centers, CAST Recovery in Los Angeles, clinical and counseling psychology in addictions studies that such recovery assists in reducing symptoms recover regulation to the nervous system, she shows clinical modalities. In sharing the methods used to trauma and addiction to the cutting edge of modern Maren Masino brings nearly a decade of treating trauma and traumatic bonding to reveal the primary driving paradigms of addictive behavior. Successful treatment requires strategies for disrupting and rewriting the grievance story paradigms. Brain change involves a matrix of genetics, neuronal pathways, attachment, and the core processes the brain uses to restore and enhance brain function. For therapists, it means a rewrite of how we perceive and use inpatient, intensive outpatient, outpatient, and extended care services. We live in an era where the woes of public figures and addiction are portrayed every day. These tragic dramas are but the canaries in the cage, distracting us versus warning us. Addiction is our number one public health problem and it is crushing our medical and health delivery systems. And it all starts with the right story and the right genes.

7:00–8:30pm
Evening Concurrent Workshops
Sensorimotor Psychotherapy and Trauma-Informed Stabilization Treatment: An integrated Body-Centered and Neurobiological Approach to Working with Addicted Trauma Survivors
Maren Masino, MS
Maren A. Masino is an American sensorimotor psychotherapist, with a background in addictions treatment, eating disorders, dissociative disorders, PTSD, and attachment-related injuries. She has her M.S. in clinical and counseling psychology in addictions studies and a B.A. in Theatre. Maren has worked for several treatment centers, including Breakthrough at Caron Treatment Centers, CAST Recovery in Los Angeles, and Khiron House Trauma Clinic in the UK under the supervision of Dr. Janina Fisher and Dr. Bessel Van der Kolk. Maren strives to deliver a personalized, hybrid, creatively dynamic approach to therapy, utilizing and drawing from: sensorimotor psychotherapy, Dr. Janina Fisher’s Trauma-Informed Stabilization Treatment, Psychodrama, IFS, Mindfulness, the comprehensive resource model, theatre, animals, play, and structural dissociation. Maren Masino brings nearly a decade of treating trauma and addiction to the cutting edge of modern clinical modalities. In sharing the methods used to recover regulation to the nervous system, she shows that such recovery assists in reducing symptoms and supporting sobriety. Maren utilizes an integrated approach of Sensorimotor Psychotherapy and Dr. Janina Fisher’s Trauma-Informed Stabilization Treatment to address trauma-related symptoms alongside Addictive Disorders. Participants will leave with both an understanding of the premises behind this work and some simple tools to begin to integrate into their own practice in supporting trauma and addiction.

Eating Disorders, Trauma, and PTSD: A Personal Journey
Jenni Schaefer
Jenni Schaefer is an internationally known speaker, eating disorder advocate, bestselling author, and accomplished singer/songwriter. She has appeared on shows like “Today,” “Dr. Oz,” and “Dr. Phil,” as well as in publications ranging from Cosmopolitan to The New York Times. Her books include Life Without Ed; Goodbye Ed, Hello Me; and Almost Anorexic, a collaboration about subclinical eating disorders with Harvard Medical School. Currently, Jenni is at work on a book about fighting through PTSD. A Senior Fellow with Meadows Behavioral Healthcare, Jenni lives in Austin, Texas.
Weaving science with a personal story of healing, this unique workshop explores the intersection of eating disorders, trauma, and post-traumatic stress disorder. Research suggests that 37-45% of adults with bulimia nervosa and 22-26% of those with binge eating disorder have a lifetime prevalence of PTSD—compared to 5-12% without an eating disorder. In this presentation, bestselling author Jenni Schaefer, a recovered patient with a history of an eating disorder and PTSD, shares her experience, one that encompasses misdiagnosis, uninformed treatment methods, and, ultimately, the significance of evidence-based as well as alternative approaches. Through research, vignettes, humor, and even music, Jenni shares the practical tools and nuggets of wisdom—focusing on mind, body, and spirit—that facilitated her recovery, and, importantly, that can enhance your healing practice.

Food and Mood: The Role of Nutrition and Diet in Emotional Well-Being
Kristin Kirkpatrick, MS, RDN
Issues that will be addressed in this presentation will include the link between dietary deficiencies and depression; how specific foods (both healthy and unhealthy) respond to neurotransmitter activity; the role of caffeine; emotional eating and sugar/carb cravings; the role of sleep and appetite; and the role of exercise on mood.
Complex trauma usually involves a combination of early and late-onset adverse events, often including not only recent violence or maltreatment, but also childhood sexual, physical, and/or psychological abuse, sometimes compounded by emotional neglect. Empirically and phenomenologically-informed treatment of trauma in adolescents and young adults will be introduced, providing cutting-edge information on the integration of various modern treatment approaches to provide a “customized” approach for each individual youth.

Mark S. Gold, MD
Mark Gold is a translational researcher, author and inventor best known for his work on the brain systems underlying the effects of opiate drugs, cocaine and food. He has published over 1000 peer reviewed scientific articles, texts, and practice guidelines, including citation classics in cocaine neurobiology, opioid addiction neurobiology and treatment, food and process addictions. Dr. Gold has been called a groundbreaking researcher, father of medication assisted recovery, the first to translate rat experiments into theory and treatments for human addicts. He is currently Chairman of Rivermend Health’s Scientific Advisory Boards. Dr. Gold was a Professor, Eminent Scholar, Distinguished Professor, Distinguished Alumni Professor, Emeritus Eminent Scholar, and Chairman during his 25 years at the University of Florida. He is currently Adjunct professor at Washington University. He is the recipient of the John P McGovern Lifetime Achievement Award.

Drug use, abuse, and dependence has been easier to study than most psychiatric diseases because of advances in neuroscience. There is ample evidence that first use may be voluntary but that addiction is a disease of the brain. Similarities between the brains of rodents, non-human primates and man has allowed us to discover where in the brain drugs go, how they interact with the brain’s reinforcement system, how they produce physical dependence, how they cause withdrawal and other major findings. The noradrenergic theory of opioid withdrawal will be discussed. We developed treatments for opioid withdrawal that were non-opioids. Cocaine dependence, without prominent abstinence syndromes, made it reasonable to study how behaviors like eating and gambling, and gaming and sex could be addicting. The dopamine hypothesis born in the ’80s would eventually be tested in animals and man. Translational science gave us medically assisted treatments for cigarette smoking, opioids, alcohol and other addictions. Alcohol dependence treatment saw an integration of pharmacological and traditional treatments. The post-addiction state was often imperiled by hyperphagia, weight gain, hypersexuality, depression, anhedonia, craving, and relapse. Getting brain or neurons to regenerate or recover is complicated but time in treatment, exercise, diet, and brain stimulation appear to be very useful.

John Briere, PhD
Associate Professor Psychiatry at the Keck School of Medicine, University of Southern California, and Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network. He is recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association. Author of numerous books including Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment. His new release is titled Treating Risky and Compulsive Behavior in Trauma Survivors.

Complex trauma usually involves a combination of early and late-onset adverse events, often including not only recent violence or maltreatment, but also childhood sexual, physical, and/or psychological abuse, sometimes compounded by emotional neglect. Empirically and phenomenologically-informed treatment of trauma in adolescents and young adults will be introduced, providing cutting-edge information on the integration of various modern treatment approaches to provide a “customized” approach for each individual youth.

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Saturday, January 19

9:00–10:30am Understanding and Treating Complex Trauma in Adolescents and Young Adults

John Briere, PhD
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11:00–12:30pm What We Have Learned: Four Decades of Addiction, Neurobiology, and Treatment Research

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1:45–3:15pm Dual Keynotes

Relationship Trauma Repair (RTR): An Experiential Model for Treating Childhood Trauma and PTSD

Tian Dayton, MA, PhD, TEP
Tian Dayton is a Senior Fellow of The Meadows and the director of The New York Psychodrama Training Institute, where she runs training groups in psychodrama, sociometry, and experiential group therapy. She served as Caron’s director of program development for eight years and Breathe’s for four. She was also a professor at NYU for eight years teaching psychodrama and currently sits on the scientific advisory board for the National Association for Children of Alcoholics. She is a fellow of the American Society of Psychodrama, Sociometry and Group Psychotherapy (ASGPP), and is the winner of their scholar’s award and the president’s award. She has served as editor-in-chief of the Journal of Psychodrama, Sociometry and Group Psychotherapy for ten years and as an executive editor for eight, in addition to sitting on the professional standards committee. She is also the winner of The Mona Mansell Award and The Ackermann Black Award for her contributions to the field of addiction. Tian is the author of fifteen books including, Neuropsychodrama in the Treatment of Relational Trauma. She is also a Huffington Post blogger and a Thrive Global blogger.

Research in neurobiology has made clear that our emotions are experienced and processed by the body, as well as the mind, and that that healing from the kind of trauma that living with addiction engenders requires a mind/body approach. Psychodrama and sociometry allow the body to participate in the therapeutic milieu. Sociometry allows for many small connections with self and others. Working in small and incremental moments of connection and repair can help clients to move in and out of their own freeze state without becoming overwhelmed and stuck. This process can also help clients to chunk down and regulate overwhelming emotions without becoming flooded. RTR is designed to facilitate moment after moment of connection and repair. There are many moments of sharing in dyads

Program continued on page 12
Hungry for Love

Alan Downs, PhD

A clinical psychologist and the bestselling author of seven books Alan’s work is acclaimed internationally and has been published in over 27 languages. He is a sought-after conference speaker, workshop leader, and frequent media commentator on the psychology of gay men. He has more than 25 years of experience in working with individuals from all walks of life, and is currently the Executive Director of the Desert Palms Treatment Center in Palm Springs, California. In addition to his expertise in working with gay men, he is an intensively trained Dialectical Behavior Therapy (DBT) therapist who has worked with individuals, as well as therapists, who are seeking to learn the mindfulness, emotion regulation, and distress tolerance skills which are so effectively taught within the DBT therapeutic framework.

A functional and content life is partly defined by the craving, fulfillment, and regulation of appetites. One of the most powerful appetites at the center of our lives is that of validation—the process of seeking information from our environment to confirm our internal beliefs about reality. The craving and fulfillment of the appetite for validation is critical to healthy functioning and is what keeps us from slowly spinning into the increasingly strange and dysfunctional realm of neurosis and, eventually, even psychosis. Adverse childhood experiences, such as excessive exposure to shame or prolonged invalidation from significant adults in a child’s life, results in an adult who fails to develop the necessary skills to regulate the appetite for validation. Given prolonged exposure to biological, familial, and societal invalidation in childhood, many of LGBTQ individuals struggle with regulating the appetite for validation, and, as a result, often demonstrate great difficulty in creating and maintaining long-term, stable, and loving relationships. While in treatment for addiction and/or mental health issues, the healthy evolution of these individuals often takes them through a 3-stage model progressive development of skills to effectively regulate the hunger for validation. As a result, as these individuals become sober and healthier, the behaviors associated with excessively seeking validation diminish. This often causes existing relationships to fail, and ultimately leads to the formation of new stable and loving relationships, which are based on mutuality and loving support.

3:30–5:00pm Concurrent Workshops

Risky Business: Working with Compulsive and Self-Endangering Behavior in Trauma Survivors

John Briere, PhD

Survivors of trauma and early attachment disturbance are at elevated risk of a variety of risky behaviors, ranging from suicidality and self-injury to substance abuse, indiscriminate sexual activities, and binge eating. Calling on his upcoming book, Treating Risky and Compulsive Behavior in Trauma Survivors, John Briere presents an integrated approach to self-endangering behavior, with techniques and approaches such as mindfulness, metacognitive awareness, emotion “surfing,” sequential memory processing, in vivo treatment of implicit memory activations, harm reduction, and trigger management.

The Social Atom

Tian Dayton, MA, PhD, TEP

The social atom is a fluid, user-friendly, diagnostic instrument that provides significant information about the family structure. The social atom, which influenced the genogram, reveals not only family relationships, but more complete networks, including friends, groups, etc., along with their underlying features of relatedness. This expansiveness makes it an ideal instrument for treatment, hovering somewhere between a genogram and a family map. The social atom can be used on paper in one-to-one or group settings, to assess/focus and be a springboard for discussion, or it can be moved into sculpturing and/or psychodramatic enactment. In this experiential workshop, we will learn how to create a social atom, how to use it as a paper and pencil instrument, and how to move it into a family sculpture/psychodrama.

Imitation Intimacy: Hook-ups and the Rise of Depression Among Gay Men

Alan Downs, PhD

Rates of depression and addiction among gay men in the United States have steadily increased and primary relationship tenure has decreased over past decade. During this same period of time, gay marriage was legalized and the “hub” of social interaction moved from the traditional gay bar to cell phone apps. The widespread use of cell phone apps as a social outlet for the majority of gay men has changed the structure of the gay community in significant ways, and has resulted in the development of virtual intimacy and community. While the virtual versions of intimacy and community do seem to satisfy the immediate need for social interaction and support, they are often temporary and lacking in stability over time. In addition, they have given rise to new forms of relational trauma called “ghosting,” where one party of a virtual relationship completely disappears (using such processes known as “blocking” and “profile switching”), often with no explanation and little warning. In turn, there has been a marked increase in the belief among many gay men that relationships are strictly “transactional,” which subsequently causes a failure to form healthy, strong, and stable attachments to others.
2019 TRAINING CONFERENCES
U.S. Journal TRAINING INC.

International Conference
Trauma and Addiction
Scottsdale, AZ • January 17–19, 2019

40th Annual Training Institute
Behavioral Health and Addictive Disorders
Clearwater Beach, FL • February 11–14, 2019

12th National
Counseling Advances Conference
Las Vegas, NV • March 20–22, 2019
ETHICS Pre-Conference Workshop: March 19, 2019

17th National Conference on
Adolescents and Young Adults
Las Vegas, NV • April 24–26, 2019
ETHICS Pre-Conference Workshop: April 23, 2019

32nd Annual Northwest Conference
Behavioral Health and Addictive Disorders
Seattle (Bellevue), WA • May 29–31, 2019

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Conference Objectives:
Participants will be able:
1. To identify state of the art treatment approaches for successfully treating trauma, disrupted attachment and bonding, intimacy and relationship complications, addictive disorders and other psychological and behavioral issues.
2. To identify symptoms and characteristics manifested in these disorders and to diminish/correct their negative impact on the client’s interpersonal and family relationships.
3. To identify the key implications of neuroscience research as it applies to trauma, addictive disorders and other critical problem areas of psychotherapy.
4. To identify the relationship and impact of trauma to addictive and compulsive processes with treatment considerations.

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