

Structured Family Recovery

Relapse rates range from 60-90% in the first year of recovery for the general population. Seventy eight percent of physicians have no relapse after five years because they enter recovery management programs that all contain eight essential elements. Structured Family Recovery incorporates these same elements in an easy, workable program that involves the entire family.

- Describe the basic Structured Family Recovery meeting process.
- Understand three components of Structured Family Recovery that are equated with sustained recovery.
- Explore the differences between a Structured Family Recovery Counselor and a Family or Individual counselor.

The Art of Intervention

Intervention is one of the most misunderstood and under utilized tools for treating addiction and mental health issues.

- Differentiate between three models of intervention.
- Understand how to build an intervention team.
- Develop tools to identify and respond to objections.
- Learn ways to improve treatment outcomes by converting the intervention team into a recovery team.

Exposure and Response Prevention for Addictive Behaviors

Exposure and Response Prevention protocols show great promise in reducing relapse rates and extinguishing the craving response for addictive behaviors. Upon completion of the workshop participants will

1. Understand research findings about ERP and recovery rates.
2. Learn the ERP protocols and practices utilized to extinguish cue continued cravings.
3. Observe a live ERP demonstration.

Mindful Recovery

Attendees will participate in both didactic and experiential exercises to understand the concepts of mindful recovery:

- Understand seven aspects of Awakening in Recovery
- Learn basic mindfulness practices to enhance step work and grow in emotional sobriety
- Learn mindfulness practices to explore four qualities of the heart

Addiction Free Pain Management

Chronic pain is a difficult issue to manage, especially for someone in recovery. Most of the emphasis is on medical intervention and not the factors that contribute to suffering.

Addiction-Free Pain Management is a holistic system for managing pain without becoming addicted to pain medication or triggering relapse.

- Participants will understand the three components of pain.
- Articulate the Addiction-Free Pain Management System.
- Acquire tools for assessing pain and developing realistic goals.
- Identify key benchmarks for effective treatment.

Double Winners -Counseling Clients with Dual Disorders

The rate of Co-Occurring disorders is on the rise and treating those with addiction is becoming more complicated. Upon completing this workshop, participants will acquire both knowledge and practical skills.

- Acquire a decision process to differentiate between states, traits and disorders
- Identify and address complex counseling issues in group and individual sessions.
- Identify and Understand Recovery Group Engagement Issues that are unique to the most common disorders

Drama, Trauma and the Dali Llama

Empowering our clients is key to avoiding unhealthy dependence on therapy. Help your clients shift from the problem to the solution. Develop your skill base of Self Help techniques from EMDR, DBT and Mindfulness Practice to improve your clients quality of life.

- Each participant will identify at least three skills from EMDR, DBT and Mindfulness Practice to utilize with their clients
- Understand Basic principles of Attachment and Neurobiology in the role of healing trauma
- Participate in experiential exercises to gain experiential learning of their identified skill sets from all three disciplines

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Caregiver Burnout and Resilience

Working in the helping profession or caring for a loved one is very rewarding but also, can take its toll on caregivers . This workshop will supply caregivers with practical self-assessment and self-care tools to enable them to be the best they can be and sustain a long and rewarding career in the helping profession.

- Recognize signs and symptoms of compassion fatigue
- Identify protective factors to prevent compassion fatigue
- Understand resilience practices that help restore passion and compassion