



Addictions, Substance Use and Co-Occurring Disorders Track *(All times in Pacific Daylight Time)*

Wednesday, June 22, 2022

8:00 AM – 12:00 PM Pre-Conference Training (\$)

A Multi-Faceted Approach to Cravings Management

Presented by Doug Paul, LPC, CPCS, LMHC, QS

The DSM 5 added “cravings” to the criteria for substance use disorders in October, 2013, while noting that cravings may persist well past the period of post-acute withdrawal. Just as addiction can impact every area of life, so too must the approach for cravings management. The goals for this workshop will be to review the literature on cravings management techniques, describe in detail four craving types and elicit a discussion of multi-faceted approaches to use in a variety of treatment settings to assist clients in cravings management. This dynamic presentation is both experiential and educational with the use of mixed-media and pop-culture references.

Target Audiences: Student, New Professional, Middle Career, Late Career, Supervisor, Clinician

2:00 – 3:30 PM Breakout Session Number 1

12 Step CBT for Treating Substance Use and Co-Occurring Disorders

Presented by Jeffrey W. Garrett, Ph.D. LPCC

The purpose of this presentation is for participants to learn the theoretical underpinning and the associated methods and techniques of using the evidence-based approach, 12 Step CBT, for treating Substance Use and Co-Occurring Disorders. The integration of 12 Step Facilitation and Cognitive Behavioral Therapy has found support in the literature and the presenter will provide an overview of the results of two studies (2007, 2018) conducted at the Recovery Council in Waverly, Ohio. Participants will learn theoretical concepts such as the 12 Step CBT Model of Addiction and theoretical propositions such as the importance of a warm therapeutic relationship using Motivational Interviewing, the impact of cognitive, biological, spiritual, cultural, and social factors that may enhance treatment outcomes. Participants will also learn 12 Step CBT techniques including working the 12 Steps and how to strengthen peer support systems, as well as cognitive and behavioral techniques including cognitive restructuring, guided discovery, collaborative empiricism, the ABC's of Emotion, disputing irrational beliefs, behavioral experiments, progressive relaxation, breathing exercises, meditation, structuring counseling session according to the 20/20/20 rule, identifying and rating moods, the belief hierarchy, modifying assumptions, changing unhealthy core beliefs, identifying cognitive distortions, and developing an all purpose coping plan for relapse prevention for treating SUD's with Co-Occurring Disorders. The



presentation will highlight assessment instruments that counselors can use to measure change over the course of treatment including the Addiction Severity Index Multimedia Version (ASI-MV), the Beck Depression Inventory II (BDI-II), the Beck Anxiety Inventory (BAI), and the Recovery Interview (RI).

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician

4:00 – 6:00 PM Breakout Session Number 2

Modern Integrative Socratic Questioning for Supervisors and Counselors

Presented by Scott Waltman, PsyD, ABPP; R. Trent Codd, Ed.S., BCBA

Socratic questioning is used across theoretical orientations and is predictive of symptom change in clients and improved clinical competency of supervisees. However, there is some evidence that learning to use Socratic strategies artfully and competently in counseling sessions is among the hardest skills for a counselor and counselor educator to learn. Similarly, there can be challenges to using Socratic dialogue in the supervision relationship to foster clinical development. This breakout session presents an integrative, modern, and collaborative approach to using Socratic strategies in a clinical and educative context. Socratic questioning is a process of analysis (breaking things down) and synthesis (putting things back together in a new way). We'll discuss how to apply these principles from a variety of clinical orientations. Socratic strategies are integrated with good clinical practices in a manner that is consistent with the evidence base of what constitutes effective counseling. This breakout session presents a framework for teaching counselors and educators how to use Socratic questioning to empower individuals and foster meaningful change. This framework is based on methods that have proven effective in training several thousand frontline public mental health counsellors in how to deliver high quality modern cognitive behavior therapy. Participants will be taught how to use a four-step framework for Socratic questioning both with clients and supervisees. The breakout session will include client and supervision case examples as well as demonstrations and roleplays. There will be ample opportunity for discussion, participation, and questions.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician

Friday, June 24, 2022

9:00 – 10:00 AM Breakout Session Number 1

Ecological Integration Of Substance Use And Career Counseling Perspectives

Presented by Jackie Dell, LPC

Ecological counseling entails conceptualizing the client through the lens of the various levels and systems that impact the client and their environment as this influences the client's behaviors and their presenting problem. For most adults, a significant amount of



time is spent at work or in performing work-related tasks, and yet career counseling is often viewed as a separate entity from mental health counseling as a whole, and especially in relation to substance use counseling. In knowing that employment is a positive factor in recovery capital, and positive views of career influences overall wellbeing, it is essential that substance use counselors are integrating career counseling perspectives and interventions as tools in working towards meaningful behavior change with their clients. There are clear relationships in the literature between career and recovery, as well as existing gaps in the literature related to the way this relationship works that need to continue to be explored. This presentation will explore the existing literature to highlight the relationships and the gaps, and provide examples of the use of the ecological framework in integrating career counseling perspectives as a tool in substance use counseling.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician

1:30 – 2:45 PM Breakout Session Number 2

How To Improve Outcomes For Substance Abuse Disorders

Presented by Kenneth Robinson, Ed.D.

Substance use disorders and the effects of addiction benefit most from cognitive behavioral therapy and other evidence-based treatment. To best improve the outcomes of treatment for substance abuse disorders, it is important to choose a treatment option that will not only cater to the needs of the client but create a goal-oriented mindset and sense of accountability. This workshop will provide evidence to support: the impact of recovery support efforts, what are the characteristics of recovery, effective coping styles and protective factors, as well as risk factors and challenges to individual recovery.

Target Audiences: New Professional, Middle Career, Late Career, Clinician

3:00 – 4:30 PM Breakout Session Number 3

Cannabis 2022: Weeding Out Fact from Fiction

Presented by Dr. Mita M Johnson, Ed.D, NCC, LPC, LMFT, ACS, LMFT-S, LAC, MAC, SAP, BC-THP

Marijuana, cannabis, THC and CBD, are terms and topics that evoke significant opinion on all fronts. This workshop will help clinicians and others objectively weed their way through key areas requiring clinical attention. The presenter will highlight what we currently understand scientifically about THC and CBD, and their effects biopsychosocially. We will survey numerous products available on the market alongside a discussion about the risks and rewards associated with the consumption of THC. Key political terms used broadly, including legalization versus decriminalization, will be addressed. Finally, recommendations and resources will be provided that support ethical treatment of cannabis use disorders.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician