

26th MARTI Summer School Conference

June 22 through 26, 2015

Positive Approaches to Recovery: Populations, Providers, and Programs

Kovalchick Convention and Athletic Complex (KCAC)
Indiana, PA



Want to know more about helping populations of all ages that are affected by addictions? Then the 26th MARTI Summer School is for you. This year's school is designed to bring positive approaches to meet the ever-changing needs of today's youth and families in recovery. Presentations will include the latest information on addiction, addressing minority youth issues, working with adolescents, adult recovery strategies, building resiliency in children and the family, and many other hot topics.

A Professional Conference for School Teachers and Administrators, Psychologists, Guidance Counselors, Alcohol and Drug Counselors, Social Workers and Family Therapists, Community Mental Health Workers, Juvenile Justice Workers, Clergy, Nurses and Health Care Professionals, Children and Youth Services Workers, and Prevention

Appalachian Tri-State Node of
the Clinical Trials Network

NIDA NATIONAL INSTITUTE
ON DRUG ABUSE
The Science of Drug Abuse & Addiction

Cosponsor



Faculty includes...



Robert J. Ackerman, PhD



Pearl Berman, PhD



Dennis C. Daley, PhD



Antoine B. Douaihy, MD



Sharon Eakes, MA, BCC, ACN



Jody B. Gance, MD



Thomas M. Kelly, PhD



Margee Kerr, PhD



Lynn Knezevich



Ralph M. May, PsyD



Carl Mazza, DSW



John T. McCarthy, PhD



Clifton Mitchell, PhD



David Ortiz



Mark Sanders, LCSW



Melissa Swauger, PhD



Ralph E. Tarter, PhD



Joseph Twumasi-Ankrah, LMSW

Up to **25.5 Hours** for Continuing Education

Up to 3 Hours in **Ethics**

Year after year, MARTI has provided the latest techniques for working with children, excellent presenters, and special sections for educators and clinicians, all at a low cost.

We hope to see you in June!

WHO SHOULD ATTEND?

With up to 25.5 Continuing Education Contact Hours offered, this training will be especially valuable for the following professions:

- ◆ School teachers and administrators
- ◆ Psychologists
- ◆ Guidance counselors
- ◆ Alcohol and drug counselors
- ◆ Social workers and family therapists
- ◆ Community mental health workers
- ◆ Juvenile justice workers
- ◆ Clergy
- ◆ Health care professionals
- ◆ Nurses
- ◆ Children and youth services workers
- ◆ Prevention specialists

FOR MORE INFORMATION REGARDING REGISTRATION:

Contact the Office of Conference Services at IUP by calling 724-357-2227.

FOR MORE INFORMATION REGARDING PROGRAMMATIC QUESTIONS:

Call 724-357-1288, ask for Crystal.

COMMENTS FROM PAST PARTICIPANTS

"I have never been to a conference where I was so attentive, interested, and able to experience learning."

— Robert, psychiatric nurse

"Excellent personal and professional experience. Very empowering!"

— Charles, senior high school teacher

"It is head and shoulders above many of the conferences I have attended."

— Joe, clinical social worker

"That was an incredible conference. I will definitely be back. Wonderful!!"

— Anna, dual diagnoses counselor

"The MARTI conference was one of the best I've been to in a long time! A variety of topics were presented, offering lots of choices. The presenters were knowledgeable, prepared, and engaging. This was a wonderful, fulfilling experience that I would recommend to anyone. I would definitely return and encourage other providers, counselors, teachers, etc., to attend as well."

— Sue, home visitation program counselor

ACADEMIC CREDIT APPLICATION (UNDERGRADUATE AND GRADUATE LEVELS) (PREAPPLICATION HIGHLY RECOMMENDED)

Academic credits are available for current undergraduate and graduate students as well as professionals looking to get further education credits.

Application forms for graduate credit for participants not currently enrolled in an IUP degree program will be mailed with confirmation letters upon receipt of conference registrations. To save time and confusion, applying for credits before June 22 is highly recommended. Full attendance is mandatory at all sessions to receive academic credit. The costs are as follows and include tuition and prorated fees.

Undergraduate fee (three credits)

In state: \$1,073.60

Out of state: \$2,590.16

Graduate fee (three credits):

Master's level

In state: \$1,717.10*

Out of state: \$2,541.65*

Doctoral level

In state: \$1,788.80*

Out of state: \$2,649.20*

Graduate application fee: \$50 nonrefundable (must be separate payment sent to the School of Graduate Studies and Research with your application)

* If you are in a high-demand program, tuition could be higher.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

Monday, June 22, 2015

8:45-10:15 am **Summer School Registration, Residence Hall Check-In,
Academic Credit Registration**

10:15-10:30 am **Summer School Opening Ceremonies**

10:30-12:00 pm **π *Cannabis Revisited***



Antoine B. Douaihy, MD

Dr. Douaihy is the associate residency training director and director of the Addictions Fellowship at the University of Pittsburgh Department of Psychiatry. His academic interests include addiction, HIV/AIDS, motivational interviewing and the psychology of change, and dissemination and implementation of evidence-based treatments for addiction to medical trainees and health-care practitioners.

This presentation will review and debate the scientific evidence as well as the medical, ethical, and legal dilemmas pertaining to cannabis.

12:00-1:10 pm **Lunch Break**

1:15-2:45 pm **π *Becoming a CRM* (*Creative Role Model!): Part I***



John T. McCarthy, PhD, NCC

Dr. McCarthy is a professor of counseling at Indiana University of Pennsylvania. He has directed the department's Center for Creativity and Change since its inception in 2005. Dr. McCarthy also serves as chair for the Ambassadors of the National Board for Certified Counselors Foundation. His interests include international issues in counseling, wellness, creativity, solution-focused approaches, and motivational interviewing. He has offered professional presentations in Turkey, Singapore, Ukraine, Malaysia, China, Hong Kong, England, Canada, and Taiwan, as well as in the United States.

Creativity and creative problem-solving can enter into and be beneficial in various realms of a counselor's position. This interactive, activity-filled session will cover fundamental points in creative thinking, supplemented by the research as a way to spark innovative thinking and approaches in the challenging workplace.

2:45-3:00 pm

Break

3:00-4:30 pm

π *Becoming a CRM* (*Creative Role Model!): Part II*

John T. McCarthy, PhD, NCC

Building upon the foundation in Part I, this workshop covers idea-generating models and techniques that combine divergent and convergent thinking. One of the primary secrets of creativity will be shared in the first 300 seconds of this 5,400-second, exercise-injected workshop.

Tuesday, June 23, 2015

8:15-9:45 am **π *Priming: Using the Hidden Power of Language for
Superior Client Outcomes and Self-Improvement***



Clifton Mitchell, PhD

Dr. Mitchell is a licensed psychologist, an international clinical trainer, and keynote speaker who has a love for teaching and over 23 years of training experience. He has trained thousands of mental health professionals in the management of difficult, perplexing legal and ethical issues and is now introducing his latest legal and ethical training in an exciting, dynamic game show format. Dr. Mitchell is currently a professor of counseling at East Tennessee State University in Johnson City, Tennessee, where he received the Teacher of the Year award in 2001. For more information please visit: www.cliftonmitchell.com.

Most people know more about how to program their VCR than their own mind! Dr. Mitchell's

presentation will teach you how to program the first computer you ever owned – your mind. This entertaining, educational presentation teaches the primary principles governing how your mind-computer works and provides the essential tools for effective mind-management. Understanding these principles will radically intensify the impact of your counseling communications upon clients and increase your therapeutic effectiveness. In addition, these principles provide you with the mental tools necessary for molding yourself into the person you want to be and for reaching your personally desired goals.

9:45-10:15 am **Break**

10:15-11:45 am π ***Measurement of Addiction Risk Integrated with Prevention Practice***

Ralph E. Tarter, PhD, MPA, ABPP

Dr. Tarter is the director of the Center for Education and Drug Abuse Research; a professor in the Department of Pharmaceutical Sciences, Psychiatry, and Psychology at the University of Pittsburgh; and cofounder of the Society for Prevention Research.



Consumption of substances having addiction potential is well over 90 percent in the U.S. population. However, fewer than 20 percent will develop addiction at any time during life. Many factors besides substance use contribute to addiction, spanning fetal development to old age. Consistent with the National Institute of Health Roadmap, this presentation explores the requirements for effective prevention, taking into account interventions tailored to the individual's unique configuration of factors that amplify and attenuate risk throughout the lifespan.

11:45-1:00 pm **Lunch Break**

1:00-2:30 pm **Concurrent Afternoon Workshops**

π ***Enhancing Resiliency in Clients***

Pearl Berman, PhD

Dr. Pearl Berman is a full professor and the assistant chair of the Psychology Department at Indiana University of Pennsylvania. She is also a licensed clinical psychologist. Her longstanding interest in violence prevention has led her to integrate information and skill building relevant to interpersonal violence into all of her teaching at both the undergraduate and doctoral level. Her most recent book is the third edition of *Case Conceptualization and Treatment Planning: Exercises for Integrating Theory with Clinical Practice*. Within this book, she has included case material and student practice exercises for diverse clients, including victims, perpetrators, and victim-perpetrators of neglect, physical abuse, sexual abuse, and emotional abuse.

Human beings have fundamental adaptive systems that help them respond to both positive and negative experiences. Once an individual has had negative experiences that increase his or her developmental risk, a cascade of other negative experiences may follow that further impact the individual's development. This presentation will discuss strategies for using factors that support resiliency to stress in treatment. The factors that will be covered include: attachment and close relationships; intelligence, ingenuity, and problem-solving capabilities; self-regulation and self-direction; mastery motivation, agency, and related reward systems; and faith, hope, and belief that life has meaning.

The Legal and Ethical Game Show: Are You Smarter than a Fifth Grader, Part I

Clifton Mitchell, PhD

Say good-bye to dull legal and ethical trainings and get your annual legal and ethical CE training in a dynamic, entertaining game show format! This presentation grew out of a recognition that most mental health professionals do not need another lecture on typical legal and ethical topics. What has been needed is a fun, stimulating way to review and learn from what they already know. Participants are broken into teams, and each team has an electronic remote that sends the team's answer to legal and ethical questions presented. Answers from teams are graphed, posted, and discussed. A computer keeps scores for all to see. Questions are presented in various formats, including *Jeopardy*-style, in which categories are chosen and questions get harder as point values increase. Management of some of the most perplexing legal and ethical quandaries will be explored. Topics include child abuse, confidentiality, dual relations, suicide, duty to warn, elder abuse, HIPAA, and more. The material is applicable to all disciplines, practices, and states.

1:00-2:30 pm Concurrent Afternoon Workshops (continued)

± *The Importance of Educators' Building Concrete Relationships with At-Risk, Fatherless, Young Urban Males*

Joseph Twumasi-Ankrah, LMSW

Mr. Twumasi-Ankrah is a former Social Work Program Site director for New York City's nonprofit Partnership with Children, a New York and New Jersey licensed social worker, and a PhD student in the Indiana University of Pennsylvania Administration and Leadership program.

Carl Mazza, DSW, ACSW, LMSW

Dr. Mazza is the chair of the Social Work Department at Lehman College of the City University of New York; a former president of the New York State Social Work Education Association; and a former track chair of the Criminal and Juvenile Justice Track of the National Council on Social Work Education. He is also an author on criminal and juvenile issues, social justice, reentry from prison, and adolescent parenting, and coauthor of a current book on fatherhood in the United States.

David Ortiz

Mr. Ortiz is a NYC Public School social worker for Partnership with Children, an MSW graduate student at Lehman College, and a national conference presenter.

Many at-risk adolescent men in single-parent families grow up in an environment void of a consistent father or positive male role model. Also, due to single-mother demands such as multiple jobs to support the household, when the adolescent male attends school, the teacher often becomes the most influential person in the fatherless adolescent male's life. Over time, the development of relationships will provide numerous opportunities for teachers to help these students overcome various mental, behavioral, and emotional health barriers. The development of such relationships within the school environment will also better enable at-risk, fatherless, adolescent male students to effortlessly achieve future academic and career goals.

π *“When the Fun Stops’: Gambling Addiction and Recovery”*



Bea Aikens, CCAR

Ms. Aikens is the founder and CEO of Lanie's Hope, a national advocacy group dedicated to illuminating and humanizing the disease of compulsive gambling. Given her entrepreneurial spirit, she channeled her business skills with her personal experience as a recovering compulsive gambler and the survivor of a family member who died from a gambling-related overdose to launch Lanie's Hope in 2010. A motivational speaker, emcee, and presenter, Ms. Aikens has been featured at numerous state, regional, and national gamblers' recovery conferences.

Although gambling disorders have been recognized by the American Psychiatric Association as a mental health disorder since 1980, the addictive nature of gambling has generally not been a part of the national discussion on addiction education, prevention, and treatment. With the pervasiveness of legalized gambling (now available in 48 states) and the American Psychiatric Association's 2013 reclassification of gambling disorder as an "addiction" vs. an "impulse control disorder," health care and mental health providers, educators, clergy, and legal service providers find themselves in need of a greater understanding of this "silent addiction." Ms. Aikens will share her personal experience with gambling addiction and recovery as well as tools to recognize the signs of a gambling addiction.

2:30-3:00 pm **Break**

3:00-4:30 pm Concurrent Afternoon Workshops

π *Increasing Treatment Success Through Understanding the Impact of Adverse Childhood Events*

Pearl Berman, PhD

A lifetime of negative physical and psychological outcomes has been found to result from exposure to adverse childhood experiences (ACES), including increased substance abuse, depression, cancer, diabetes, heart disease, and premature mortality, in a graded fashion (Anda et al., 2006; Felitti et al., 1998). Additionally, individuals with higher ACES

3:00-4:30 pm

Concurrent Afternoon Workshops (continued)

may achieve lower education levels, have difficulty maintaining employment, and be in generally poorer health (Dube, Cook, & Edwards, 2010). Adverse childhood events have been shown to carry 50 percent of the risk of developing problems with drug abuse, 65 percent of the risk of developing alcoholism, and 78 percent of the risk for IV drug abuse. This presentation will provide an overview of the ACES research and cover strategies for enhancing treatment success through addressing ACES in treatment.

The Legal and Ethical Game Show: Are You Smarter than a Fifth Grader, Part II

Clifton Mitchell, PhD

This presentation is a continuation on legal and ethical topics. What has been needed is a fun, stimulating way to review and learn from what they already know. Participants are broken into teams, and each team has an electronic remote that sends the team's answer to legal and ethical questions presented. Answers from teams are graphed, posted, and discussed. A computer keeps scores for all to see. Questions are presented in various formats, including *Jeopardy*-style, in which categories are chosen and questions get harder as point values increase. Management of some of the most perplexing legal and ethical quandaries will be explored. Topics include child abuse, confidentiality, dual relations, suicide, duty to warn, elder abuse, HIPAA, and more. The material is applicable to all disciplines, practices, and states.

± *Gwen's Girls Way - A Model*

Lynn Knezevich

Ms. Knezevich is the executive director of Gwen's Girls, Pittsburgh, Pennsylvania. She has spent her entire professional career working with at-risk children and families in the Pittsburgh area. Ms. Knezevich is a certified peer reviewer and team leader for COA, an international body that accredits social service agencies. She is a board member of the Pennsylvania Council of Children, Youth and Family Services.

As a Pittsburgh police beat officer starting in the 1970s, Gwen Elliott witnessed many horrors — poverty, violence, drug abuse, sexual assault. Women and girls were doing whatever they needed to do to survive. Their circumstances weighed heavily on Gwen's heart and mind. She realized there was a need for an organization that focused on bringing together community resources for women and girls. That goal was realized in 2002, when the Allegheny County Office of Children, Youth, and Families funded the creation of the nonprofit Gwen's Girls. Lynn Knezevich will discuss the practices of Gwen's Girls and how they offer holistic, gender-specific programs, education and experiences for Allegheny County's at-risk children and young adults, as well as a safe space where girls and young women can form relationships, build self-esteem, and gain resiliency.

π *“When the Fun Stops’: Gambling Addiction and Recovery”*

Bea Aikens, CCAR

Although gambling disorders have been recognized by the American Psychiatric Association as a mental health disorder since 1980, the addictive nature of gambling has generally not been a part of the national discussion on addiction education, prevention, and treatment. With the pervasiveness of legalized gambling (now available in 48 states) and the American Psychiatric Association's 2013 reclassification of gambling disorder as an “addiction” vs. an “impulse control disorder,” health care and mental health providers, educators, clergy, and legal service providers find themselves in need of a greater understanding of this “silent addiction.” Ms. Aikens will share her personal experience with gambling addiction and recovery as well as tools to recognize the signs of a gambling addiction.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

Wednesday, June 24, 2015

8:15-9:45 am

π *Adult Survivors of Trauma and Dysfunctional Families: Using Emotional, Social, and Spiritual Intelligences in a Resiliency-Based Model for Life-Long Recovery*



Robert J. Ackerman, PhD

Dr. Ackerman is formerly a professor and program director of Sociology, University of South Carolina at Beaufort, and a professor emeritus in the Department of Sociology at Indiana University of Pennsylvania. He is the editor of *COUNSELOR, The Magazine for Addiction and Behavioral Health Professionals*. Dr. Ackerman is the founder and previous director of the Mid-Atlantic Addiction Research and Training Institute in Pennsylvania. He is a cofounder of the National Association for Children of Alcoholics, and author of thirteen books, including *Perfect Daughters* and *Silent Sons*.

Child abuse, addiction, and other trauma often do not end with childhood. When childhood is over, the survivors are adults. Not all of the adult survivors become the walking wounded. Many are able to grow beyond the experience and develop resiliency skills, using a strength-based model of recovery based on emotional, social, and spiritual intelligences. Resilience is the ability to thrive despite adversity and enables people of all ages and backgrounds to lead healthy and fulfilling lives despite formidable obstacles. This workshop will focus on why adult victims of child abuse and other types of high-risk families are not all the same and how many adults from high-risk families have emerged as healthy and resilient, while others continue to struggle. Techniques for using emotional, social, and spiritual intelligences in order to develop resiliency skills and behaviors will be presented.

9:45-10:15 am

Break

10:15-11:45 am

π *Secrets for Staying Upbeat and Energized*



Sharon Eakes, MA, NCC, ACN

Sharon Eakes is a personal and executive coach at Hope Unlimited, LLC. She had previously been vice president of the Treatment Programs and clinical director of Gateway Rehabilitation Center from 1976 through 1996. She is also an author and educator.

How do some helping professionals and educators stay at their work for years and still enjoy it? This session will explore practices that refresh body, mind, and spirit. The benefits of staying upbeat and energized come not only to us, but to everyone around us, including families, friends, clients, and students.

11:45-1:00 pm

Lunch Break

1:00-2:30 pm

Concurrent Afternoon Workshops

π *Get Out of My Life, But First, Can You Take Me to the Mall?: Working with High-Risk, Resistant Adolescents*

Robert J. Ackerman, PhD

Families under stress produce adolescents who are under stress. This is especially true for families that experience alcohol and drug abuse problems, child abuse, spouse abuse, divorce, and other dysfunctional behaviors. Many of the young people from these families become at risk for a variety of emotional and behavioral problems. This workshop will address the emotional and behavioral impact on youth who become “high-risk” or “at-risk” for a variety of problems. Additionally, techniques for working with “resistant” adolescents will be included.

1:00-2:30 pm

Concurrent Afternoon Workshops (continued)

π *The Surprising Requirements for Creating Successful Relationships*

Sharon Eakes, MA, NCC, ACN

Research shows successful relationships are the key to our happiness and sense of well-being. This workshop will examine new and different approaches to relationship success which are deeper than behavior. Approaches will apply to both personal and professional relationships. .

Update on Evidenced-Based Behavioral Treatments for Substance-Use Disorders

Thomas M. Kelly, PhD, ACSW, MINT

Dr. Kelly is a clinician emeritus professor at the University of Pittsburgh School of Medicine. Dr. Kelly is a licensed clinical social worker who has been in practice at Western Psychiatric Institute and Clinic (WPIC) and the University of Pittsburgh Medical Center since 1982. He has been affiliated with Addiction Medicine Services at WPIC for 15 years and provides outpatient treatment to dual-disordered adults. Dr. Kelly has been a member of the Motivational Interviewing Network of Trainers since 2005, and he routinely conducts training workshops, lectures, and seminars, both locally and nationally.

This workshop will focus on describing and integrating motivational interviewing, relapse prevention, 12-step facilitation, and contingency management in the treatment of addictions. The models will be reviewed and discussed. Examples of how to integrate the models will be presented through discussion and role-play.

2:30-3:00 pm

Break

3:00-4:30 pm

Concurrent Afternoon Workshops

π *Ability Therapy: Overcoming the Inabilities that Prevent Treatment and Recovery*

Robert J. Ackerman, PhD

The greatest barrier to personal change, growth, and recovery is often the inability to receive. How unfortunate it is to pursue change with all of your efforts only to find that you do not know how to receive and embrace recovery and healthy behaviors. This workshop will identify inabilities to receive and how each is maintained and prevents personal change. Strategies for overcoming inabilities will be addressed, and strategies for utilizing existing and new strengths will be presented.

Update on Evidenced-Based Behavioral Treatments for Substance-Use Disorders

Thomas M. Kelly, PhD

This workshop will focus on describing and integrating motivational interviewing, relapse prevention, 12-step facilitation, and contingency management in the treatment of addictions. The models will be reviewed and discussed. Examples of how to integrate the models will be presented through discussion and role-play.

4:30-5:30 pm

Dinner Break (on your own)

5:30-6:30 pm

π *Upside of Fear*

Margee Kerr, PhD

Dr. Kerr is a sociologist at the University of Pittsburgh and co-investigator on the Ecological Emotional Experience Protocol (EEEE!) and author of *Scream: Chilling Adventures in the Science of Fear*.

This presentation will address the social, psychological, and biological ways in which fear can be a positive emotion for youth and adults. Individual differences in engagement with scary or thrilling material (High Arousal Negative Stimuli) will be discussed, with special attention on how those with PTSD may benefit from safe engagement.



Thursday, June 25, 2015

8:15-9:45 am

π *Counseling Resistant 16-to-25-year-olds: A Focus on Substance Abuse, Mental Illness, Co-occurring Disorders, and the Lack of Direction*



Mark Sanders, LCSW, CADC

Mr. Sanders is an international speaker in the behavioral health fields whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. He is coauthor of *Recovery Management* and author of *Relationship Detox: How to Have Healthy Relationships in Recovery*. He has had two stories published in the *New York Times* best-selling book series *Chicken Soup for the Soul*. His most recent book is entitled *Slipping through the Cracks: Intervention Strategies for Clients with Multiple Addictions and Disorders*. He is a lecturer at the University of Chicago.

Adolescents and young adults are often difficult to engage in counseling and thus have the highest rates of premature termination. Participants will leave this interactive presentation with skills that will enable them to engage resistant adolescents and young adults in counseling. Topics include reasons adolescents resist counseling, brain development and resistance to counseling, mental illness as unresolved grief, reducing resistance through multiple pathways and styles of recovery, the use of motivational incentives with adolescents and young adults, and how to partner with adolescents and young adults in giving their lives direction.

9:45-10:15 am

Break

10:15-11:45 am

π *Tools for Recovery: The Role of Medications*



Jody B. Glance, MD

Jody Glance, MD, is an Assistant professor of psychiatry at the University of Pittsburgh School of Medicine and the medical director for the Perinatal Addiction Center and the Center for Psychiatric and Chemical Dependency Services at the Western Psychiatric Institute and Clinic at the University of Pittsburgh Medical Center. She is a diplomate of the American Board of Addiction Medicine. Dr. Glance has provided numerous local, regional, and national workshops for mental health providers.

This presentation will focus on medications available for assisting in the treatment of substance-use disorders, including those approved by the Federal Drug Administration (FDA), as well as those being studied for potential treatment. Medications for the treatment of alcohol, opioid, and tobacco-use disorders will be addressed in detail, with a special focus on evidenced-based approaches to treatment and recovery in co-occurring psychiatric and substance-use disorders.

11:45-1:00 pm

Lunch Break

1:00-2:30 pm

Concurrent Afternoon Workshops

Counseling Chemically Dependent Clients Exposed to Trauma

Mark Sanders, LCSW, CADC

Research reveals that the great majority of chemically dependent clients have been exposed to trauma before and during active addiction. Untreated trauma leaves clients vulnerable to continuous relapse. A partial list of topics includes: The Differences between Traumatic Stress and Post-traumatic Stress; Chemically Dependent Clients and Trauma; Addressing Trauma in Chemically Dependent Men and Women – A Gender-Sensitive Approach; Short-term and Long-term Approaches to Addressing Trauma with Chemically Dependent Clients; 20 Strategies for Helping Clients Reduce Symptoms Caused by Exposure to Traumatic Stress; and Relapse Prevention for Chemically Dependent Clients Exposed to Trauma.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

1:00-2:30 pm Concurrent Afternoon Workshops (continued)

π **Positive Approaches for Preventing and/or Dealing with Suicide**

Ralph M. May, PsyD

Dr. May is a licensed psychologist who has practiced for over 27 years in the community-based setting, specializing in high-risk consumers with serious mental illness. He is the chief clinical officer of the Community Guidance Center, Indiana, Pennsylvania; the cochair of the Indiana County Suicide Task Force; the clinical director of the Indiana County Critical Incident Stress Debriefing Team; and a founding member of the Health and Human Services Subcommittee of the Indiana County Joint Disaster/Terrorism Task Force.

The nature of the suicidal struggle, the role of the therapist, risk management of individuals who are contemplating and planning suicide, and the issues involving postvention have many directions. This workshop will address current definitions and statistics regarding suicide in both adult and child populations. Then, the current state of prevention and intervention will be reviewed and discussed.

± **Gender, Race, and Class: Life Experiences, Life Chances**

Melissa Swauger, PhD

Dr. Swauger is an associate professor of sociology at Indiana University of Pennsylvania. Her research interests include Girls' and Women's Studies, global service learning, inequalities in education and work, qualitative research methods, and engaging audiences outside of universities in sociological research and activism. Dr. Swauger has published articles and presented papers at international and national conferences on the topics of working class girls' career aspirations, the intersection of race and class in mother/daughter relationships, international service learning opportunities for college students, human trafficking, and ethics in qualitative research with vulnerable populations.

This workshop examines how gender, race, and social class work together to influence aspirations and opportunities. Data gathered from a sample of working class white and African American girls will be used as a case study to understand how economic, social, and cultural capital influences life chances and social mobility.

2:30-3:00 pm **Break**

3:00-4:30 pm Concurrent Afternoon Workshops

π **Good Grief: Helping Chemically Dependent Clients Cope with Loss**

Mark Sanders, LCSW, CADC

Losses are a major reason why chemically dependent clients use chemicals, and issues around loss are often a major cause of relapse. This interactive, skill-building workshop will prepare participants to help chemically dependent clients cope with the wide range of losses they experience, including: the loss that accompanies giving up alcohol and other drugs; death of a parent, child, or sibling; ambivalent deaths; unspeakable deaths; separation/divorce; parental abandonment; the end of an addictive relationship; loss of custody of their children; evictions; loss of dreams; loss of employment; deterioration in physical functioning; etc. Topics covered include: grief counseling with a focus on addictions; types of losses chemically dependent clients grieve; how to do a grief inventory; unspeakable deaths; first-degree grief secrets; personal characteristics of effective grief counselors; gender differences in grief work and implications for substance abuse counseling; storytelling as grief work; the stages of grief and the role of the counselor; the work of Kubler-Ross revisited; and the termination phase of therapy with chemically dependent clients as grief work.

± **ADHD for Educators**

Ralph M. May, PsyD

This presentation will review the current literature on the etiology and diagnoses of ADHD. Evidenced-based interventions for schools and home will be explained. The new DSM-5 diagnostic criteria will be examined, and the RDoc data on new subtypes of ADHD will also be reviewed. A detailed examination will be made of medication and behavioral interventions.

± **Gender, Race, and Class: Life Experiences, Life Chances**

Melissa Swauger, PhD

This workshop examines how gender, race, and social class work together to influence aspirations and opportunities. Data gathered from a sample of working class white and African American girls will be used as a case study to understand how economic, social, and cultural capital influences life chances and social mobility.

Friday, June 26, 2015

8:15-9:45 am

π *Enhancing Recovery, Reducing Relapse Risk*



Dennis C. Daley, PhD

Dr. Daley is professor of psychiatry and social work and served for 14 years as the chief of Addiction Medicine Services at Western Psychiatric Institute and Clinic of the University of Pittsburgh School of Medicine. He is involved in clinical care, teaching, research, and dissemination activities. Dr. Daley is the director of the Appalachian Tri-State Node of the National Institute on Drug Abuse's Clinical Trials Network and is involved in multi-site clinical trials and dissemination of science-based findings to providers, individuals, and families. He is a member of the Mental Illness, Research, Education, and Clinical Care project in the Pittsburgh VA HealthCare System. Dr. Daley has hundreds of publications and has presented his work throughout the U.S., Canada, Europe, Mexico, and Asia. His publications include several books and recovery guides on relapse and co-occurring disorders. Dr. Daley's materials have been translated to several languages.

This presentation will discuss the process and domains of recovery and will review strategies to enhance recovery among clients with behavioral health disorders (substance use, psychiatric, or co-occurring disorders). Factors contributing to relapse or recurrence and strategies to reduce relapse risk will be addressed. Key relapse prevention issues identified in the outcome and research literature will be described.

9:45-10:15 am

Break

10:15-11:45 am

π *Building Your Positivity Portfolio*

Dennis C. Daley, PhD

This workshop will discuss the concept of positivity promoted by the field of Positive Psychology. It will relate positivity to emotions, relationships, and other areas of life with an emphasis on strategies to increase positivity in one's own life. This workshop will also discuss the importance of integrating positivity interventions in work with students in schools or clients receiving counseling or therapy services in behavioral health-care settings.

11:45-12:00 pm

Closing Ceremony and Awarding of Certificates

Cosponsors



Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

GENERAL INFORMATION

Location: Indiana University of Pennsylvania (IUP), Indiana, PA
(approximately 55 miles northeast of Pittsburgh)
www.iup.edu

REGISTRATION FEE

Early registration on/before May 8—\$365

Registration between May 8 and May 29—\$395

Registration after May 29—\$425

Group rate available until May 29—\$335 / person
(for **three** or more from same organization; forms **MUST** be submitted together to receive this discount)

Student registration—\$100

**(only applies when NOT taking academic credit—
See tuition rates for academic credit on page 2 of this
brochure)**

The registration fee includes all conference events, materials, and refreshment breaks.

Academic credit tuition fees are not included in the above fees.

SPECIAL ATTRACTIONS

Recreational facilities are available for participants (library, track, tennis courts, etc.).

Registration Deadline: June 9, 2015

Refund Policy: Fees will be refunded, less a \$30 administration fee, if a written request is received in our office postmarked by June 16, 2015. After June 16, no refunds will be given for withdrawal/nonattendance.

TRAINING CREDITS

The summer school will be approved for approximately 25 PCB, PA SW, CRCC, and NBCC credits and approximately 25.5 Act 48 contact hours. Graduate and undergraduate credits will be available through IUP at an additional fee, with Melissa Swauger and Christian Vaccaro as professors of record.

MARTI has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6411. Programs that do not qualify for NBCC credit are clearly identified. MARTI is solely responsible for all aspects of the program.

MARTI is approved by the American Psychological Association to sponsor continuing education for psychologists. MARTI maintains responsibility for this program and its content.

Full-Time conference attendees who complete all required evaluation and attendance documentation are eligible to receive the maximum number of contact hours. Daily registrants can receive credit for each day in attendance.

Note: If you are seeking continuing education credit for a specialty not listed above, it is your responsibility to contact your licensing/certification board directly to determine eligibility of this training to meet your CE requirements.

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs by May 29, 2015. We cannot ensure the availability of appropriate accommodations without prior notification.

ON-CAMPUS LODGING AND CAFETERIA FEES

The two-person shared semi-suite includes common sleeping area, small common room, bathroom, and two closets. All suites are air-conditioned. **PLEASE NOTE: Bed linens are NOT provided.** A list of what to bring will be provided.

The fees are as follows:

Two-person shared suite

Five nights at \$36.00 per person per night = \$180

One-person suite

Five nights at \$44.00 per person per night = \$220

Cafeteria breakfast, lunch, and dinner = \$87.30

Monday—breakfast, lunch, dinner

Tuesday through Thursday—breakfast, lunch, dinner

Friday—breakfast, lunch

Cafeteria breakfast and dinner = \$69.10

Breakfast—Monday through Friday

Dinner—Monday through Thursday

Lunch only at KCAC (MUST be noted on registration form) = \$40

All box lunches include chips, whole fresh fruit, cheese, cookies or brownies, beverages. Varieties include cobb salad, Italian hoagie, roast beef and cheddar, or roast turkey. Please indicate on registration form if you have dietary restrictions.

OFF-CAMPUS LODGING

A block of rooms has been reserved at the Park Inn by Radisson, 1395 Wayne Ave., Indiana, PA, 724-463-3561. Make your reservation by May 22 and be sure to mention MARTI to receive the special conference rate. If reserving with the Park Inn, you may either telephone or go to the website www.parkinn.com/hotel-indiana.

Positive Approaches to Recovery: Populations, Providers, and Programs

Register Online and pay by credit card
at www.iup.edu/marketplace

FAST ★ EASY ★ SAFE

PLEASE PRINT

Registrant

Email Address

Name / Degree License

Preferred Name on Name Badge

Company Name (if Company is paying conference fees)

Address

City State Zip

Cell Phone Daytime Phone Fax Number

<p>Please register me as follows:</p> <p>Full-Time Conference</p> <p>Daily Options</p>	<p>Tuition:</p> <p>___ June 22-26</p> <p>___ June 22</p> <p>___ June 23</p> <p>___ June 24</p> <p>___ June 25</p> <p>___ June 26</p>	<p>\$395.00</p> <p>\$100.00</p> <p>\$100.00</p> <p>\$100.00</p> <p>\$100.00</p> <p>\$100.00</p>	<p>Register by May 8 and pay only*</p> <p>\$365.00</p> <p>\$ 90.00</p> <p>\$ 90.00</p> <p>\$ 90.00</p> <p>\$ 90.00</p> <p>\$ 90.00</p>	<p>*Registrations postmarked by May 8, 2015, will qualify</p>
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Groups of **THREE OR MORE** full-week registrations entered on one order
receive a **15% discount** per registration! Offer applies to conference registrations only.

___ Group Option	___ June 22-26	\$335.00
___ Student Fee (only when <u>not</u> taking academic credit)		\$100.00

Conference Amount Total from Registration Form—Page 1
(carry this amount to page 2 of Registration Form)

\$

Professional Training Credits

At the conference I anticipate earning the following professional training credit:

- | | |
|------------------------------|-----------------|
| ___ Act 48 contact hours | ___ NBCC credit |
| ___ APA CE credit | ___ PASW credit |
| ___ CRCC credit | ___ PCB credit |
| ___ IUP-offered general CEUs | |

Paying by Credit Card?

Register online at www.iup.edu/marketplace

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at www.iup.edu/marketplace

FAST ★ EASY ★ SAFE

Conference Amount Total from Registration Form—Page 1

\$

Housing Options (**NOTE:** Linens are not provided)

- Two-person shared suite \$180.00 (five nights per person)
- One-person suite \$220.00 (five nights per person)

Dining Options

- Full Cafeteria Meal Service** \$ 87.30
(Monday-Thursday – B,L,D; Friday – B,L)
This option is at the IUP cafeteria only.
- Breakfast and Dinner Cafeteria Service** \$ 69.10
(Monday-Thursday – B,D; Friday – B)
This option is at the IUP cafeteria.
- Boxed Lunch (M - Th @ conference center)** \$ 40.00
(Includes chips, whole fresh fruit, cheese, cookies or brownies, beverages.
Your choice of cobb salad, Italian hoagie, roast beef and cheddar, or roast turkey)

- (choose one) (choose one)
- Cobb Salad
 - Italian Hoagie
 - Roast Beef and Cheddar
 - Roast Turkey
 - Vegetarian
 - Cookies
 - Brownies

Dietary restrictions: _____

Internet Access—Internet access can be made available at the conference if we are aware that it is needed in advance.

- Internet Access Fee \$ 5.00

Please send more information on academic credit.

TOTAL AMOUNT ENCLOSED

\$

Please make checks payable to: IUP

REGISTER ONLINE: If paying by credit card or e-check, visit www.iup.edu/marketplace and complete the online registration form.

REGISTER BY MAIL: MARTI Summer Conference, IUP Conference Services, Sutton Hall, Rm 425, 1011 South Drive, Indiana, PA 15705-1046

REGISTRATION POLICIES: Check, money order, or agency purchase order must be attached to this registration form. Your name and address will be added to our mailing list unless otherwise requested.

MORE INFORMATION REGARDING REGISTRATION: Contact the Office of Conference Services at IUP by calling 724-357-2227.

MORE INFORMATION REGARDING PROGRAMMATIC QUESTIONS: 724-357-1288, ask for Crystal Deemer.

Please make checks payable to: IUP

When you provide a check for payment, you authorize us either to use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution. For inquiries, please call 724-357-2227.

REFUND POLICY: Fees will be refunded, less a \$30 administrative fee, if a written request is received in our office postmarked by June 16, 2015.

No refunds will be given for withdrawal / nonattendance after June 16.

Paying by Credit Card?

Register online at www.iup.edu/marketplace