

Healing Within:

Moving Women Beyond the Trauma of Addiction

Friday, October 16, 2015



Location: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd. Asheville, NC 28803

Date: Friday, October 16, 2015

Registration: 8:30 am - 9:00 am

Program: 9:00 am - 3:30 pm (*lunch provided*)

Early registration fees through October 9th:

Fee: \$49.00
MAHEC Employee: \$15.00

This workshop is designed to help attendees understand the neurobiology of addiction, identify family of origin issues, recognize “miracles” that ignite hope, and manage common barriers to treatment of women in recovery. The relationship between trauma and addiction is explored, in the context of gender-specific issues, and evidence-based treatment approaches are offered to help clients prevent re-traumatization. Attendees will learn how to increase the likelihood women with addiction will enter recovery and maintain sobriety, as they improve their understanding of neurobiological differences, gain information on helping clients foster healthy relationships, and learn about effective treatment approaches to assist clients with PTSD and other co-occurring disorders. Best-practice strategies are offered for reducing the impact of past trauma, creating new pathways for stress relief, and fostering connections which are specific and vital to women’s recovery.

AUDIENCE

Mental health professionals including substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors and other professionals interested in this subject.

OBJECTIVES

After completion of this training, participants will:

- **Neurobiology of Women in Addiction**
 - Explain the neurobiology of addiction
 - Describe at least 3 gender specific differences for women with substance use disorders
 - List at least 3 frequently co-occurring disorders common to women in addiction
- **Family of Origin / Family of Choice and Recovery**
 - Describe ways in which Family of Origin dynamics impact addiction
 - Discuss the impact of Family of Origin on Family of Choice and Recovery
 - Explore methods for addressing life decisions related to family and recovery
- **Miracles Happen in Addiction Treatment**
 - Define the context of a “miracle” in treatment
 - Explain anticipated emotional responses from women in treatment
 - Relate “stories” that demonstrate treatment and recovery experience for women with addiction
- **Panel - Managing Barriers to Addiction Treatment and Recovery for Women**
 - Identify the theme of guilt and shame in addiction
 - Explore grief and loss as a common issue in treatment of women
 - Describe the role of trauma in addiction
 - Define the impact of family responsibilities for women
 - Demonstrate understanding of how to address spirituality with women in addiction treatment

In collaboration with



AGENDA

8:30-9:00 am	Registration
9:00-10:30 am	Neurobiology of Women in Addiction <i>Dr. John Roberts</i>
10:30-10:45 am	Break
10:45-12:00 pm	Family of Origin/ Family of Choice and Recovery <i>Candace Champagne</i>
12:00-1:00 pm	Lunch (<i>provided</i>) and Networking
1:00-2:00 pm	Miracles Happen in Addiction Treatment <i>Leslie McCrory</i>
2:00-2:15 pm	Break
2:15-3:15 pm	Panel Discussion: Managing Barriers to Treatment For Women <i>Shannon Buck</i> <i>Dr. Charlene Nicely</i> <i>Nicole McLean</i> <i>Margaret Radziszewska</i> <i>Leslie McCrory</i> <i>Candace Champagne</i>
3:15-3:30 pm	Wrap Up/Evaluations

FACULTY

John Roberts, MD, Board Certified in Psychiatry, Neurology, Addiction Medicine, is the Medical Director and Addiction Psychiatrist for Pavillon. He came to Pavillon with nearly 20 years of experience serving as an Assistant Professor of Psychiatry at the Medical University of South Carolina. While at MUSC, he was the Attending Psychiatrist for the Inpatient Dual Diagnosis Unit and was also the Director of MUSC's Clinical Outpatient Division for the Center for Drugs and Alcohol Program.

Dr. Roberts received his doctor of medicine degree from Louisiana State University. He completed his psychiatric residency as well as fellowships in substance abuse and anxiety disorders at the Medical University of South Carolina. Dr. Roberts is board certified in psychiatry, neurology, and addiction medicine, and he has lectured throughout the Southeastern United States on substance use and psychiatric disorders.

Candace A. Champagne, MSW, LCSW, LCAS, ICAADC, NCTAS, is an expert in 12-step based Substance Use Disorders treatment. Her career includes more than a decade in private practice, developing and implementing treatment programs for clients struggling with SUD, Impulse-Control and Intimate Partner Violence. Candace is devoted to helping individuals recover from the disease of addiction and has returned to working in residential treatment where hope begins.

Leslie D. McCrory, MA, LPC, LCAS, CCS, is the Manager of Extended Care at Pavillon in Mill Springs. She has practiced in the Asheville area for 27 years in the field of mental health and substance abuse services in direct treatment, supervision, education and management. She has specialized in Fetal Alcohol Spectrum Disorders and women's issues within the field of addiction.

Leslie received her Masters Degree in Counseling from the University of Alabama in Birmingham in 1983, and is a Licensed Professional Counselor, a Licensed Clinical Addiction Specialist and a Certified Clinical Supervisor.

Shannon Buck, BASW, CSAC, NLP, has more than 30 years of experience in the field of mental health and substance use disorders. She is an expert in Neurolinguistic Psychology and is a trained Hypnotherapist. Shannon has been a counselor on the women's clinical team at Pavillon for more than 6 years. She is also Pavillon's resident Reiki Master.

Charlene Nicely, PhD, LCAS, is a clinical psychologist and has spent more than 30 years helping people reclaim their lives and their self worth. She began her career in public mental health services in 1980. In 1984, she opened a private practice in Hendersonville, NC. Charlene worked with children, families, couples and individuals in her eclectic private practice prior to joining Pavillon as Clinical Director in 2005. She has performed in a variety of key roles over the years, each highly beneficial to the mission of the agency. Currently, Charlene works primarily with the women's programs at Pavillon, a residential substance abuse treatment center in Mill Spring, NC. Charlene is also a residential trainer at The Monroe Institute where she facilitates week-long meditation retreats. She brings a mix of humor, passion and experience to her trainings, with a focus on practical applications.

Nicole McLean, LPC, LCAS, has been a counselor on the women's team at Pavillon for more than a year. She assists with groups and individual counseling, conducts art in therapy, is trained in Eye Movement Desensitization and Reprocessing (EMDR) therapy, and provides lectures. She is also involved with post treatment options and relapse prevention.

Nicole has been employed as a counselor in different facets since 2004. In a private practice setting in Wilmington NC, she provided individual outpatient therapy for children, adolescents and adults, as well as family, marital and parental support counseling. Nicole also worked in a community mental health center where she facilitated adult and adolescent chemical dependency treatment and mental health group sessions.

Margaret Radziszewska, CAC I, CSAC-I, has worked with families, children, adolescents and adults as a Rehabilitative Therapist since 1995 (Poland). She has been working in the substance abuse field, in a residential setting, for more than 12 years. Her experience includes: co-occurring disorders, family of origin and family dysfunction/relationships, trauma resolution, and pregnant/parenting women's issues. Using a multifaceted approach to therapy, Margaret is an expert at "meeting clients where they are" and educating them on self-empowerment strategies to resolve difficulties.

CREDITS

NAADAC: MAHEC is a Provider approved by NAADAC Approved Education Provider Program. Provider #647. Full attendance is required to receive credit from NAADAC. **5.0 hours**



NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. **5.0 hours**

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance is required to receive credit from the NC Psychology Board. **5.0 hours**

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.5 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

REGISTRATION

Early Registration Deadline: October 9, 2015

Early registration fee is \$49.00, and \$15.00 for MAHEC Employees. Registration fee includes administrative costs, educational materials, lunch and refreshments. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Directions to MAHEC Biltmore Campus

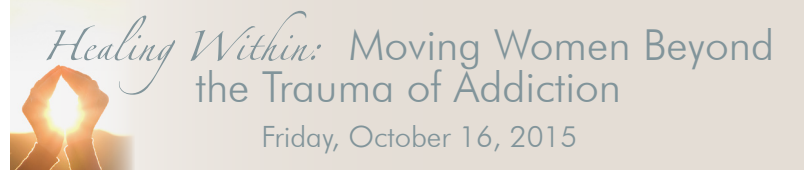
121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge, turn right and go up the hill to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge, turn right and go up the hill to the MAHEC Biltmore Campus.



Updated contact info

Name _____

Credentials _____

Social Security # **XXX-XX-**____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Vegetarian Option Requested.

Gluten-free Option Requested.

After October 9th:

Fee: \$49.00 \$64.00

MAHEC Employee: \$15.00 \$30.00

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed (*Made payable to MAHEC*) Credit card info provided

Visa Mastercard Discover Card American Express

Account # _____

Exp ____ / ____ Code on back of card _____

Name on Card _____

Signature _____

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Send completed registration form to:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768

Have a question?

CE Planners:

Elizabeth Flemming, LPC
elizabeth.flemming@mahec.net

Barbara Warren, MSW, LCSW, LCAS-A, CFT
barbara.warren@mahec.net

Registration Information: 828-257-4475
Fax Registration: 828-257-4768
Online Registration: www.mahec.net
Email: registration@mahec.net

Mail: MAHEC Registration
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Special Services:
828-257-4481

828-257-4466

828-257-4728

828-257-4475

828-257-4768

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