

UNTALK™ THERAPY

Science-Based Strategies to Curb Conflict

FRIDAY, FEBRUARY 28, 2020



DESCRIPTION

Teach your clients to “stop talking and start communicating” with Phil DeLuca’s UnTalk™ Therapy.

Philip DeLuca, LCSW, has integrated the latest findings in neuroscience research with other medical advances to form a novel and holistic conflict resolution treatment approach. Interwoven into this seminar is vital information on: real-life ramifications to the well-known fight/flight response, putting neuroplasticity to the test, wisdom from the field of epigenetics, and the “Gut-Brain Axis.” Phil’s scholarly inquiries—in combination with his novel and applied work with couples which spans several decades—are presented as a radical departure from commonly accepted theoretical approaches. It’s a fresh take on “why it happens” and “what to do about it,” that therapists may immediately apply in practice.

AUDIENCE

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

OBJECTIVES

Upon completion of this knowledge-based educational activity, participants will be able to:

- Describe current neuroscience research revealing how positive and negative communication/conflict centers in the brain become activated
- Implement a treatment protocol that applies mind/body research and integrates alternative health therapies
- Replace common interpersonal communication patterns that generate conflict with conflict-reducing patterns
- Identify how current communication approaches increase inflammation and, in turn, disease states in the body
- Learn how to regain control when conflict dominates a session
- Practice strategies that immediately reroute a couple from conflict to a positive relationship track
- Demonstrate how to teach couples skills designed to prevent future arguments
- Apply simple and enjoyable props that explain mind/body changes when we get upset, to motivate couples to engage in treatment

[CLICK HERE TO REGISTER](#)

LOCATION

MAHEC Education Building

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

DATE

Friday, February 28, 2020

REGISTRATION PROGRAM

8:30 am–9:00 am (*light breakfast provided*)
9:00 am–4:30 pm (*lunch provided*)

SNOW DATE

In case of inclement weather, we have reserved March 13, 2020 for this event.

EARLY REGISTRATION FEES THRU FEBRUARY 21, 2020

\$159.00 **Program Fee**

\$135.00 **Groups** (*5 or more individuals from the same agency, registering and paying at the same time*)

\$80.00 **Peer Support Specialists**

\$80.00 **Students** (*must provide student ID at check-in*)

FREE **MAHEC Employees** (*must register to attend*)

CREDITS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **6.0** hours.



NBCC: 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 responsible for all aspects of their programs. Approved for **6.0** hours.

Psychologists: MAHEC is recognized by the NC Psychology Board as an approved Provider of Category A Continuing Education for NC Licensed Psychologists. Approved for **6.0** hours Category A.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.6** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **6.0** contact hours.



AGENDA

- 8:30–9:00** Registration/Check-in and Light Breakfast (*provided*)
- 9:00–10:30** **Part I: Concepts**
- Analysis of Theory, Pros/Cons, and Practical Aspects of Current Communication Approaches (*when they were developed, application, what the current science conveys, etc.*)
- The Science of Mind/Body Connection and Conflict
- Effect of Stress on the Human Body, Inflammation, Disease Processes, Health Statistics, Food, and Sleep
- 10:30–10:45** Break and Refreshments
- 10:45–12:15** Conflict Cycle: Loud vs. Quiet Arguments
- Fight/Flight Response: Four Changes that Occur when Activated
1. Physiological
 2. Perception and Emotional Components
 3. Relationship
 4. Brain (neuroplasticity) and Epigenetics
- The Complete Breakdown Picture:
How conventional communication models impact love, caring, and health
- The negative synergy between conventional communication models and conventional health models
- The Dead Zone
- 12:15–1:15** Lunch (*provided*)
- 1:15–2:45** **Part II: Intervention/Application**
(*5 steps toward resolution*)
- Step 1: Spotting Conflict Before it Begins
- Step 2: Disrupting the Conflict Pattern
- Step 3: 20 Science-Based Ways to Detox Stress Chemicals and Resentments
- Relaxation Response
- 2:45–3:00** Break and Refreshments
- 3:00–4:15** Step 4: When and How to Communicate
- Step 5: How to Navigate through a Provocative Partner
- The Real Purpose of Provocation
- Survival Brain Hijack Lock
- 4:15–4:30** Questions/Discussion

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

HAVE A QUESTION?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net or 828-257-4728

REGISTRATION INFORMATION

828-257-4475

FAX REGISTRATION

828-257-4768

ONLINE REGISTRATION

www.mahec.net/cpd

EMAIL

registration@mahec.net

MAIL

MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803



Special Services

828-348-3624

REGISTRATION

Early registration deadline: February 21, 2020

- **\$159.00 Program Fee**
- **\$135.00 Groups** (*5 or more individuals from the same agency, registering and paying at the same time*)
- **\$80.00 Peer Support Specialists**
- **\$80.00 Students** (*must provide student ID at check-in*)
- **FREE MAHEC Employees** (*must register to attend*)

The above fees include administrative costs, educational materials, breakfast, and lunch. If your registration is received after the early registration 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.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

FACULTY

Philip DeLuca, LCSW, is a Licensed Clinical Social Worker, speaker, and author. He presents his unique Un-Talk™ Therapy model in all media formats to laypeople as well as diverse professional audiences. Philip is in private practice in Cornelius, NC, and he has specialized in relationship conflict for the past 40 years. Philip's own health problems encouraged him to explore the inherent cause of his chronic health problems, which he eventually cured, leading to an integration of knowledge and a new communication model. Philip DeLuca has clinically perfected his approach with thousands of couples, frequently turning chronic high-conflict couples around in the very first session.

DIRECTIONS

MAHEC Education Building

Mary C. Nesbitt Biltmore Campus

121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway 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 (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.



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FRIDAY, FEBRUARY 28, 2020

☐ Updated contact information.

#20MH023/60355

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX-____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

MEDICAID PROVIDER # _____

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

☐ Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE ☐ Vegetarian ☐ Gluten-free ☐ Vegan

PROGRAM FEE ☐ \$159.00 ☐ \$174.00 (after 2/21/2020)

GROUPS ☐ \$135.00 ☐ \$150.00 (after 2/21/2020)
(5 or more from the same agency,
registering & paying at the same time)

PEER SUPPORT SPECIALISTS ☐ \$80.00 ☐ \$95.00 (after 2/21/2020)

STUDENTS ☐ \$80.00 ☐ \$95.00 (after 2/21/2020)
(must provide student ID at check-in)

MAHEC EMPLOYEES ☐ FREE (must register in order to attend)

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

☐ Check is enclosed ☐ Credit card information provided

☐ Visa ☐ MasterCard ☐ Discover Card ☐ American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: **Fax to:** 828-257-4768

MAHEC Registration, 121 Hendersonville Road, Asheville, NC 28803