



# SUMMIT FOR **Clinical Excellence**

## Online Course Catalog

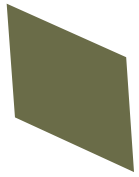
Formerly Ben Franklin Institute

### Educational Courses for CE Credit

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The Summit for Clinical Excellence, formerly Ben Franklin Institute, offers over 80 course options—most priced under \$40—that give you the ability to choose the exact type of program that fits your continuing education needs.



# Addiction



## **Appreciating Gender Differences in Treatment and Recovery from Chemical Dependency**

*By Robert Ackerman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Develop an appreciation for gender differences in the treatment and recovery from alcohol and drug addiction and other problems in this Addiction Course with Dr. Ackerman. Investigate how dysfunctional families affect gender development and, in turn, how this development affects personal change for females and males. Dr. Robert Ackerman's approach is not to treat women and men from dysfunctional families or addicted individuals as victims, but rather as survivors who have strengths as a result of the adverse conditions they endured. This is an intermediate course intended for practicing clinicians.

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## **Denial Management Counseling: The DMC Model in Action**

*By Terry Gorski, MA, MAC, NCAC-II*

*Video \$39.95 / Audio \$29.95*

*3 CEs*

Help clients unlock their own potential to stop living in denial and take ownership of their recovery! In this Addiction Course, recovery pioneer Terry Gorski illustrates how to use techniques from the Denial Management Counseling (DMC) model to talk with clients who are exhibiting strong denial and treatment resistance. By watching Terry role play with audience members, you'll see how patient education and structured DMC exercises lead clients to reveal their own denial patterns and participate in the development of strategies to prevent denial from continuing to pervade their lives. This is an intermediate course intended for practicing clinicians.

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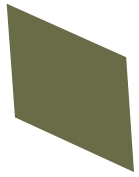
## **Influence of Attachment Organization on Addiction and Recovery**

*By Donna Markus, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this session, Dr. Markus will explore how an addict's early attachment experiences may be driving (or derailing) she treatment progress. Neuroscience supports that insecure attachment to the primary caregiver can cause 'attachment breaches' on the brain. Those who have insecure attachment styles can often have difficulty establishing positive, supportive relationships that are critical for treatment success and relapse prevention. Having a better understanding of your client's attachment style can help you anticipate treatment challenges and identify your client's potential difficulties with affect regulation. This is an intermediate course intended for practicing clinicians.



# Addiction Continued.



## **Internet Gaming and Addiction**

*By Jack Kuo, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this Addiction Course you will learn the compelling forces behind Massively Multiplayer Online Role-Playing Games (MMORPG) and the neuroscience that is affected by excessive play. You'll discover the psycho-social factors of play that are promoted by the gaming industry and can lead to maladaptive behaviors by users. You'll learn the proposed criteria for defining on-line gaming dependence and learn about treatment programs available in the U.S. and around the World. This is an intermediate course presented by Dr. Kuo is intended for practicing clinicians.

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## **Interventions with Clients with Co-Occurring Disorders**

*By Dirk Eldredge, CADC*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Assessment, team preparation, arrangement of details, and after-care follow-up are all essential phases of the intervention process that Dirk Eldredge will walk you through. He has orchestrated hundreds of interventions across the nation using an intervention style that places equal attention on all family members making it a process and not an event. This course will prepare you to work effectively as part of an Intervention Team. This is an intermediate course intended for practicing clinicians.

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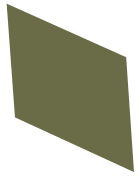
## **Mud, Water and Light: Introspection, Myth and Recovery Metaphors**

*By Robert Chapman, MSSW, LADC, CRPS*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this experiential workshop, Bobby Chapman uses an environmental metaphor to explore the important role of introspection and reflection in the recovery process. Participants will journey to three introspective destinations, 1) the mud, which represents powerlessness and surrender, 2) the marshes - those learned survival skills that stem from dysfunction, and 3) the caverns -- those deepest of childhood issues and traumas. Metaphor is a powerful and engaging tool that can enhance your view of recovery and offer an engaging mode of healing for your clients. This is an intermediate course intended for practicing clinicians.



# Addiction Continued.



## **Perfect Daughters: Adult Daughters of Alcoholics and Other Traumas**

*By Robert Ackerman, PhD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

This training will focus on the concerns, emotions, and recovery issues for adult daughters of alcoholics and other dysfunctional families. The workshop is based on Dr. Ackerman's research and work with more than 1,200 women in the United States. Identification of problems for adult daughters and intervention techniques will be presented. The training will focus on the positive and as well as the negative characteristics and behaviors of adult daughters with a special emphasis on the transitions necessary to achieve a more balanced and healthy life. This is an intermediate course intended for practicing clinicians.

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## **Pharmacological Treatment of Addiction Disorders**

*By David Sack, MD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

Learn about the dynamic and surprising history of neuropharmacology, as it relates to addiction treatment. Dr. David Sack takes a closer look at combining non-pharmacology approaches with pharmacological practices in the treatment of substance abuse. This training also focuses on FDA approved treatments for alcohol dependency, opiate dependency and nicotine dependency. In addition, Dr. Sack reviews treatments currently in development for cocaine and psychostimulant dependency together with new options currently under development for pharmacological treatment of addiction disorders. This is an intermediate course intended for practicing clinicians.

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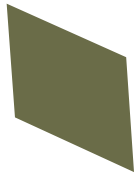
## **Sexual Health: A New Ally for Improving Drug and Alcohol Treatment**

*By Douglas Braun-Harvey, MFT*

*Video \$39.95 / Audio \$29.95*

*2 CEs*

While great strides have been made in treating women and men suffering from addiction, their sexuality is too often marginalized. Keeping sexuality away from a central focus of recovery for the large number of addicts with sex/drug-linked patterns of combining crystal meth, cocaine, alcohol and club drugs with sexual relations leads to treatment failure, relapse, and untold costs in the lives of addicts and their families. Sexual Health in Drug and Alcohol Treatment is an evidence-based intervention for all treatment settings, approaches, and clientele. The psycho-educational group curriculum is designed to increase client retention, identify sexual thoughts and feelings associated with increasing or decreasing risk of relapse and reduce sex/drug-linked shame—a common cause of relapse. This presentation by Doug Braun-Harvey is an intermediate course intended for practicing clinicians.



# Addiction Continued.



## **Stress and Trauma Management: Implications for Addiction and Relapse**

*By Terry Gorski, MA, MAC, NCAC-II*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

For addicts in recovery, the symptoms related to relapse become worse with the increase of stress. Conversely, as symptoms intensify the level of stress increases. This creates a vicious cycle of painful dysfunction that often ends in relapse. High stress can have such severe adverse effects that it can interfere with the client’s ability to respond to treatment. Therefore, it is of critical importance that one of the first tasks in helping addicts to recover is to teach them how to manage stress without having to use mood or mind altering chemicals. In this course, you will see how the Gorski-CENAPS approach to Stress Management can be used with your clients to build their stress management skills and improve their treatment outcomes. This is an intermediate course intended for practicing clinicians.

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## **The Clinical Link Between Religious Abuse & Sexual Addiction**

*By Leo Booth, MTH, CADC*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this workshop, Rev. Leo Booth explores an often undiscussed link between sexually addictive behavior and the cycle of guilt and shame that stem from Religious Abuse. Dysfunctional messages concerning the expression of sexuality often have their roots in religious upbringing. For the individual, the consequences of disrupting these centuries-old expectations can carry an unfathomable weight. Rev. Leo will close by providing a healthy understanding of Spirituality that has the power to heal Religious Abuse.

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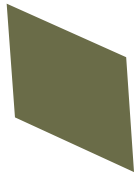
## **The Hidden Addiction: Sugar!**

*By Rebecca Cooper, MFT*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

For some people different types of sugar can be addictive. Alcoholics are most susceptible to sugar addiction because alcohol is assimilated in the body the same way as sugar. Some research findings go so far as to say “sugar is a gateway drug.” In this presentation, you will learn the research behind the phenomenon that recovering people have known for years. Sugar is addictive! This is an intermediate course intended for practicing clinicians.



# Addiction Continued.



## The Neurobiology of Misbehavior: Addiction, Risky Thrill Seeking, and Dry Drunk Behavior

By Robert Johnson, DO

Video \$39.95 / Audio \$29.95

1.5 CEs

We don't change when our life depends on it, but will risk everything for a brief high. This presentation will enhance participants' understanding of seemingly risky and faulty decision-making in substance abusers, and show how common neurobiological pathways involved in the thirst for adventure and meaning can be leveraged in the service of long-term recovery. This is an intermediate course intended for practicing clinicians.

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## The Synchronicity of Mindfulness Practices and Neurofeedback in the Treatment of Addiction and Co-Morbid Affective Disorders

By Shari Corbitt, MD

Video \$39.95 / Audio \$29.95

1.5 CEs

Neurofeedback uses sound and visual frequencies to correct areas of hyper- (over) and hypo- (under) arousal in brain activity. Over time, neurofeedback sessions help correct symptoms of attention-deficit disorder, sleep disturbances, depression, and anxiety, which in turn helps correct vulnerabilities for relapse. Neurofeedback can also help improve people's attention by improving concentration and one's ability to focus, which is critical in early recovery. When neurofeedback treatment is complemented by an active mindfulness practice, results improve dramatically. Dr. Corbitt will use case examples to show how these modalities have worked. This is an intermediate course intended for practicing clinicians.

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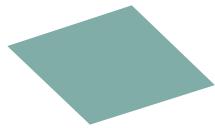
## When God Becomes a Drug: Understanding Religious Addiction and Abuse

By Leo Booth, MTH, CADC

Video \$39.95 / Audio \$29.95

1.5 CEs

Rev. Leo Booth makes a careful distinction between spirituality and religion. "Spirituality is a healthy relationship between body, mind, and emotions that empowers choice, responsibility, and change. Unhealthy use of religion often separates people from themselves, others, and God. Spirituality always unites us." In this course, Rev. Leo reveals common dysfunctional religious messages that are symptomatic of Religious Abuse. He talks about the spiritual link with "God energy" that activates our spiritual empowerment, and he shows us how attachment to toxic religious messages stops us from realizing that we are all children of God.



# Aging



## **Life with Pop: Lessons on Caring for an Aging Parent**

*By Janis Abrahms Spring, PhD, ABPP*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Seventeen million Americans currently care for their elderly parents, with more than 44 million baby boomers in the wings. This course will give a language to this intergenerational, ordinary, extraordinary journey and help caregivers feel more normal - less crazy, helpless and alone. It will teach them to calm their inner critic when their resources run dry and help them muster up all the compassion they deserve. With unsparing honesty, and humor, Dr. Spring will address the joy and the imposition, the blessing and the heartache of the job: the guilt over placing a parent in a facility, resentment over sibling interference, shame over money anxieties, angst in making healthcare and end-of-life decisions. She'll also highlight the inspiration that accompanies those everyday moments of grace and offer universal lessons about caring for an aging parent and growing old gracefully. This is an intermediate course intended for practicing clinicians.



# Anger

## **Growing Yourself Back Up: Understanding Emotional Regression**

*By John Lee, MA*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In John Lee's *Growing Yourself Back Up*, you will explore and expand the term "regression"—the best kept secret in Psychology and Recovery—in a way that most clinicians and lay people have never heard it discussed. Regression is a main factor in inappropriate anger and rage, misunderstanding, miscommunication and creates distance, disasters and divorce. Clinicians will learn to identify regression in their clients and themselves and what to do in both instances and what to say and not say. This is an intermediate course intended for practicing clinicians.





# Anger Continued.



## The Missing Peace: Solving the Anger Problem for Alcoholics, Addicts and Those Who Love Them

By John Lee, MA

Video \$39.95 / Audio \$29.95

1.5 CEs

Peace that has been missing in most people's recovery will finally be attained. Most people learned that anger causes people pain. Hard as we may try not to get angry - anger is part of any relationship. This presentation will forever change how you feel about anger and you will clearly see how anger held in long enough finally hurts friends, family and loved ones. Don't hold yours in any longer. Join John Lee for an extremely safe encounter with the most misunderstood emotion. It will change all of your relationships for the better. This presentation is an intermediate course intended for practicing clinicians.



# Anxiety

## Better than Prozac: Using the New Brain Science to Relieve Depression and Anxiety

By Bill O'Hanlon, LMFT, MS

Video \$39.95 / Audio \$29.95

1.5 CEs

New research shows the important contribution that movement, especially regular aerobic exercise, plays in helping people decrease depression and anxiety levels and increase cognitive functioning and the ability to take in new learning. This training will give you a clear and compelling overview of this exciting new research that will help you jumpstart stuck clients. Learn from Bill O'Hanlon, MS, LMFT and get some simple strategies to get your patients started in their exercise routines. This is an intermediate course intended for practicing clinicians.





# Anxiety Continued.



## Brain Imaging in Anxiety Disorders

By J. Douglas Bremner, MD

Video \$39.95 / Audio \$29.95

1.5 CEs

The field of brain imaging has invaded and taken over the currency of psychology. This training by J. Douglas Bremner, MD, provides a perspective on the meaning of brain imaging for psychiatry from someone with a dual training and clinical and research experience in Psychiatry and Nuclear Medicine. Practical information about when and how the mental health professional should use brain imaging in their clinical practice, and a summary of research findings and current state of knowledge in the area of anxiety disorders are included. Images are used to illustrate key clinical findings in specific disorders. This is an intermediate course intended for practicing clinicians.

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## Brief Strategic Treatment for Anxiety Disorders: Winning the Anxiety Game!

By Reid Wilson, PhD

Video \$39.95 / Audio \$29.95

1.5 CEs

Are you one of the more than nineteen million Americans who suffer from anxiety? Well... Don't panic! Dr. Wilson offers a straightforward and remarkably effective self-help program for overcoming panic and coping with anxious fears. With insight and compassion, Reid demystifies anxiety attacks and provides indispensable advice, including:

- how a panic attack happens, what causes it, and how it can affect your life
- how to recognize, manage, and control the moment of panic
- how to control the chronic muscle tensions that increase anxiety
- how to conquer fear and face problems with confidence
- how to decide which medication is right for you
- how to establish reachable goals and rediscover the joy of living
- This is an intermediate course intended for practicing clinicians.



# Anxiety Continued.



## Handling OCD: The Five Primary Homework Assignments

By Reid Wilson, PhD

Video \$39.95 / Audio \$29.95

1.5 CEs

Reid Wilson presents helping clients challenge their dysfunctional beliefs by reframing the nature of OCD through five simple but provocative guidelines. This is an intermediate course intended for practicing clinicians.

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## The Essence of Happiness and How to Find It

By Reid Wilson, PhD

Video \$39.95 / Audio \$29.95

1.5 CEs

Physician heal thyself! In this training, you'll have fun with Dr. Reid Wilson as you learn how to feel more satisfied about your past, optimistic about your future and engaged in the present. Find out how to avoid burnout. The goal: Help your clients do the same! This is an intermediate course intended for practicing clinicians.



# Eating Disorders

## A Perfect Biopsychosocial Storm: Gender, Culture and Eating Disorders

By Margo Maine, PhD, FAED

Video \$39.95 / Audio \$29.95

1.5 CEs

The single best predictor of risk to develop an eating disorder is simply being born female. In this presentation, Margo Maine PhD covers what this gender discrepancy tells us about the cultural impact on the etiology of eating psychopathology. This presentation challenges the dominance of the medical or biogenetic model as simply too objective and too linear to answer the obvious questions: Why Women? and Why Now? It integrates what research and practice teach clinicians about the importance of gender in the development and progression of eating disorders and the ensuing implications for treatment. This is an intermediate course intended for practicing clinicians.



# Eating Disorders Continued.



## Armed to the Teeth: Evidence-Based Nutrition Approaches for Non-Nutritionists

By Marcia Herrin, Ed.D, MPH, RD, LD

Video \$39.95 / Audio \$29.95

1.5 CEs

Dr. Marcia Herrin gives a comprehensive synopsis of CBT, DBT, FBT, and MI techniques designed to address nutritional issues. Also provided are practical counseling suggestions and handouts. This is an intermediate course intended for practicing clinicians.

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## Body Talk: Using Metaphor to Treat Body Image and Eating Disorders

By Anita Johnston, PhD

Video \$39.95 / Audio \$29.95

1.5 CEs

When working with eating disorders, body image issues are often the first to show up and the last to leave. This presentation by Anita Johnston shows how to use metaphor to help clients shift their attention away from how they look to how they see. This is an intermediate course intended for practicing clinicians.

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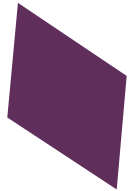
## Caloric Requirements and Food Choices for Restoration and Maintenance

By Walter Kaye, MD

Video \$39.95 / Audio \$29.95

1.5 CEs

Research conducted by Dr. Kaye showed that patients with anorexia nervosa required greater than normal caloric intake to maintain a stable weight and had elevated activity levels during the 2 - 6 weeks following the weight restoration phase of treatment. By contrast, such patients studied 6 months or longer after weight recovery had normal caloric intake and activity levels. The prolonged delay in normalization of caloric intake and activity is mirrored by the slow return to normal of the neuroendocrine dysregulation that characterizes this disorder. This presentation will review the research findings and recommend a weight maintenance plan that incorporates them into a treatment plan that enhances the likelihood of permanent recovery. This is an intermediate course intended for practicing clinicians.



# Eating Disorders Continued.



## Clinical Toolbox for the Treatment of Eating Disorders

By *Pauline Powers, MD*

Video \$39.95 / Audio \$29.95

1.5 CEs

In this advanced, clinical course, Dr. Powers provides a multidimensional view of the complexities of treating patients with eating disorders and co-morbid psychiatric disorders. Using actual cases and the treatment plans that were prescribed, she shows participants the effectiveness of various strategies that she has used by creating a unique combination of treatment techniques, integrative practices, and medication to fit each individual. She will share how she has utilized two structured interview methods (the MINI and MINI-KID) as well as a structured physiological evaluation tool to detect the potential presence of eating disorders and co-morbid conditions in clients. This is an advanced course intended for practicing clinicians.

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## Digital Identity: The Pro Ana / Pro Mia Trend

By *Dena Cabrera, Psy.D*

Video \$39.95 / Audio \$29.95

1.5 CEs

Understanding the role of digital media in the formation of youthful identities is extremely important when working with adolescents and young adults with eating disorders. The growth of the Pro Ana/Pro Mia movements on the internet has coincided with more individuals claiming their eating disorder as their identity. Individuals are hosting, chatting, and even creating video diaries claiming that this is their “lifestyle.” This workshop will explore these movements and provide up-to-date research on the impact of Pro Ana/Pro Mia websites. Dena Cabrera presents a treatment approach to assist parents and professionals to best respond to this growing trend.

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## Fathers, Daughters and Eating Disorders: What Hurts, Helps and Heals

By *Margo Maine, PhD, FAED*

Video \$39.95 / Audio \$29.95

1.5 CEs

In his role as “first man” in a girl’s life, a father or stepfather sets the standard for male expectations, exerting a profound impact on his daughter’s body image and vulnerability for eating disorders. This presentation by Margo Maine explores the impact of this oft-neglected relationship on both daughter and dad, describes ways to engage fathers in eating disorders treatment, and demonstrates the role fathers have in changing cultural body image attitudes in the societal “body wars” undermining girls. This is an intermediate course intended for practicing clinicians.



# Eating Disorders Continued.



## **Food & Mood: When Food and Eating is a Problem in Life**

*By Ralph Carson, PhD, RD, LD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

There is confusion among dieters over the concept of a food addiction and abstinence from sugar and white flour. Many emotions and behaviors are tied into the overweight and eating disorder patient's relationship with food. This presentation deals with neurophysiological basis of how trigger foods may control a person's life to the point it takes on characteristics of an addiction. Though there is little scientific evidence that one is addicted to sugar or white flour, the possibility of addiction to the sensory aspects of trigger foods will be explored. If those controlling foods are removed from the person's diet, there needs to be similar constructive alternatives to take their place or recovery is short lived.

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## **Is Anorexia an Eating Disorder? New Understanding of Puzzling Symptoms**

*By Walter Kaye, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

There is a growing understanding of how powerful brain processes contribute to behaviors that create and sustain Anorexia Nervosa (AN) and Bulimia Nervosa (BN). Such knowledge has resulted in court rulings that have classified eating disorders (ED) as biologically-based brain disorders. However, relatively little has been done to apply this new understanding of the biologic component to develop more effective ED treatment. This training by Walter Kaye uses case examples to describe new treatment strategies that are based on science and research into the neurobiology of AN and BN. This is an intermediate course intended for practicing clinicians.

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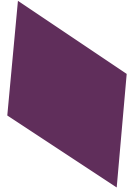
## **Major Elements of Treatment: Combining Medications and Psychotherapy**

*By Pauline Powers, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this course, Dr. Powers reviews the medications commonly used to manage symptoms related to eating disorders including one that is currently approved by the FDA. Medications that are sometimes used to treat co-morbid psychiatric disorders and/or common physiological complications of eating disorders will be described along with potential benefits and risks of their use. Several case vignettes will illustrate common problems that can occur when developing a treatment plan for an individual, including how the client's developmental stage and simple timing can affect the choice of therapist. A specific focus is placed on integrating treatment for eating disorders with the treatment of substance use disorders utilizing the 12-step model.



# Eating Disorders Continued.



## **Mindful Eating and the Brain**

*By Donald Altman, MA, LPC*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

This training explains how brain science and the new field of interpersonal neurobiology blend with ancient mindfulness to rewire the brain, as well as old eating habits.

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## **Soul Hunger: Treating Eating Disorders with Imagery and Metaphor**

*By Anita Johnston, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

This presentation by Anita Johnston explores disordered eating behaviors as symbolic of deeper yearnings and longings and demonstrates how to use metaphor to uncover and address these hidden hungers in a therapeutic setting. This is an intermediate course intended for practicing clinicians.

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## **Teaching Parents to Feed their Eating Disordered Child at Home Using Maudsley Techniques**

*By Marcia Herrin, Ed.D, MPH, RD, LD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training the fundamentals of the Maudsley approach are described, case examples are provided, and the research is reviewed. In addition, this course explores other effective food-related interventions with families and with individual patients. This is an intermediate course intended for practicing clinicians.

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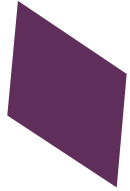
## **The Feminine Cycle: The Role of Menstruation in the Etiology and Treatment of ED**

*By Anita Johnston, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

This presentation explores how modern western culture's disregard for the significance of menarche has contributed to the emergence of eating disorders and negative body image in girls and women. Ways of addressing this in a clinical setting are in this intermediate course intended for practicing clinicians.



# Eating Disorders Continued.



## **The Hidden Addiction: Sugar!**

*By Rebecca Cooper, MFT*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

For some people different types of sugar can be addictive. Alcoholics are most susceptible to sugar addiction because alcohol is assimilated in the body the same way as sugar. Some research findings go so far as to say “sugar is a gateway drug.” In this presentation you will learn the research behind the phenomenon that recovering people have known for years. Sugar is addictive! This presentation is an intermediate course intended for practicing clinicians

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## **The Mindful Eating Journey**

*By Donald Altman, MA, LPC*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

This workshop shows how to engage clients in an inspiring and integrative view of food. You’ll explore the principles of mindful eating and discover what it means to eat mindfully.

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## **The Weight Bearing Years: Eating Disorders and Body image Despair in Adult Women**

*By Margo Maine, PhD, FAED*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Contemporary women experience unprecedented pressures, multiple roles and stressors, and unreasonable standards for perfection. The Body Myth falsely promises that control of weight, shape, and eating, will satisfy their needs and appetites, resulting in increased eating disorders. This workshop addresses the unique clinical issues and needs of adult women. This is an intermediate course intended for practicing clinicians.

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## **Treatment of Eating Disorders from Outpatient to Intensive Care**

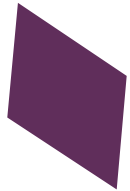
*By Philip S. Mehler, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

This advanced training brings clinical experience to participants with the latest understanding of state-of-the-art treatment of patients with eating disorders. Philip Mehler, MD, CEDS, discusses the medical complications to be aware of, and how best to effectively and efficiently prevent and treat these problems.





# Eating Disorders Continued.



## Treatment of Eating Disorders from Outpatient to Intensive Care: Medical, Psychiatric Interventions

By Emmett Bishop, CEES, MD; Ken Weiner, CEES, MD

3 CEs

Video \$39.95 / Audio \$29.95

This course reviews co-morbidity information and discuss pharmacologic interventions and level of care implications. It integrates and assimilates the latest advances in understanding eating disorders into a cohesive cutting-edge treatment model with innovative treatment techniques including Cognitive Remediation Therapy (CRT). This is an intermediate course intended for practicing clinicians.

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## Understanding and Treating Anorexia Nervosa and Bulimia Nervosa

By Ann Kearney-Cooke, PhD

Video \$39.95 / Audio \$29.95

1.5 CEs

Ann Kearney-Cooke, a psychologist and leading authority in body image and self-esteem issues, discusses new and time-tested approaches from her years as a researcher and practitioner in the eating disorder treatment field. This is an intermediate course intended for practicing clinicians.



# EMDR

## Attachment-Focused EMDR: A Client-Centered Therapy for Healing Childhood Trauma and Neglect

By Laurel Parnell, PhD

Video \$39.95 / Audio \$29.95

1.5 CEs

In this training, Dr. Laurel Parnell presents the five basic principles of Attachment-Focused EMDR and how they are implemented in the treatment of traumatized clients with attachment wounds. Case material and video clips of sessions are used to illustrate key points. Attachment-focused EMDR is a new model of EMDR (Eye Movement Desensitization and Reprocessing) developed over a period of nineteen years by EMDR trainer Dr. Laurel Parnell. This model adapts this powerful and effective trauma therapy to the needs of clients with attachment wounds. In this training, Dr. Parnell explains how the standard EMDR protocol can be modified so that it flows more easily, supports client safety, maintains the therapeutic connection, and enhances attunement. Attachment-focused EMDR is client-centered and emphasizes a reparative therapeutic relationship, using a combination of Resource Tapping (Parnell, 2008) to strengthen clients, EMDR to process



# EMDR Continued.



traumas and talk therapy to help integrate the information from the EMDR sessions and to provide healing from therapist-client interaction. This is an intermediate course intended for practicing clinicians.

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## **EMDR: Trauma Therapy Power Tool**

*By Laurel Parnell, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training Dr. Laurel Parnell describes EMDR's discovery and development, EMDR's theoretical model, the structure of an EMDR processing session, and presents cases from her books. Eye Movement Desensitization and Reprocessing (EMDR) is a powerful and effective therapy for treating trauma-based problems. This revolutionary therapy has helped thousands of people recover from such traumas as war, accidents, assaults, disasters and childhood abuse. In addition to the treatment of post-traumatic stress disorder, EMDR is also used to treat the psychological effects of smaller traumas that manifest as symptoms of depression, anxiety, phobias, low self-esteem, creativity blocks and relationship difficulties. There are more controlled research studies on EMDR for the treatment of post-traumatic stress disorder than any other therapy-most with positive results. This is an intermediate course intended for practicing clinicians.

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## **Resource Tapping: Activating Your Healing Resources Through Bilateral Stimulation**

*By Laurel Parnell, PhD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

In this training by Dr. Laurel Parnell, you will learn how to begin using Resource Tapping—a powerful, highly effective Eye Movement Desensitization and Reprocessing (EMDR)-related technique that harnesses the power of imagery and bilateral body stimulation to achieve deep healing. Through lecture and experiential exercises, Dr. Laurel Parnell, a world-renowned, pioneering EMDR teacher, shows how to use the basic, breakthrough tools of this clinically recognized system, which has demonstrated the capacity to build resilience, aid in healing, and calm the body on a deep physiological level. This is an intermediate course intended for practicing clinicians.



# Emotional Health, Depression, Dual Diagnosis, BPD



## Developing Your Moral Intelligence: The Royal Road to Full Recovery - Parts 1 and 2

By John Bradshaw, MA MSP, THA, MSP, THA

Video \$39.95 / Audio \$29.95

3 CE

John Bradshaw shows how to develop and enrich your moral intelligence and help your clients do the same. Based on the latest findings of Neuroscience, you will learn how your mind can change your brain. You will learn how to develop your emotions and use them for precise decision making, how to be free of binding toxic shame, and how to develop your imagination to help you find new and better alternatives in this original and cutting-edge work. This is an intermediate course intended for practicing clinicians.

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## Effective Therapy: A Major Force in Enhancing Moral Development

By John Bradshaw, MA MSP, THA, MSP, THA

Video \$39.95 / Audio \$29.95

1.5 CEs

In this cutting-edge lecture, John Bradshaw, MA brings forth a strong case for the role of therapy in forming moral intelligence. In his book, Reclaiming Virtue, John draws the conclusion that humans possess a unique innate moral intelligence – defined as “right practical reasoning in making good choices.” John argues that this ability to choose well is marred by addictions and emotional illness. Focusing on the critical part played by emotion and volition in making mature choices, he offers specific ways in which effective therapy can invigorate and restore one’s moral intelligence in this featured course. This is an intermediate course intended for practicing clinicians.

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## Food & Mood: When Food and Eating is a Problem in Life

By Ralph Carson, PhD, RD, LD

Video \$39.95 / Audio \$29.95

1.5 CEs

There is a great deal of confusion among dieters over the concept of a food addiction and abstinence from sugar and white flour. Many emotions and behaviors are tied into the overweight and eating disorder patient’s relationship with food. This presentation deals with neurophysiological basis of how trigger foods may control a person’s life to the point it takes on characteristics of an addiction. Though there is little scientific evidence that one is addicted to sugar or white flour, the possibility of addiction to the sensory aspects of trigger foods will be explored. If those controlling foods are removed from the person’s diet, there needs to be similar constructive alternatives to take their place or recovery is short lived.



## Emotional Health, Depression, Dual Diagnosis, BPD Continued.



### **Get a Grip: The Importance of Emotional Regulation**

*By Pat Love, Ed.D*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

A common misconception regarding emotional regulation is that it is synonymous with anger management. The truth is, it is far more than that. Emotional regulation is the ability to feel good, positive, optimistic, centered and/or happy at any given point. Even when life goes against your plans, emotional regulation skills enable you to choose hopefulness rather than despair. But far more than a psychological practice, emotional regulation is a healthy behavior with powerful psychoneurological consequences. Explore with Pat Love, the scientific rationale for managing your emotions and teaching your clients to do the same. This is an intermediate course intended for practicing clinicians.

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### **Growing Yourself Back Up: Understanding Emotional Regression**

*By John Lee, MA*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In John Lee's *Growing Yourself Back Up*, you will explore and expand the term "regression"—the best kept secret in Psychology and Recovery—in a way that most clinicians and lay people have never heard it discussed. Regression is a main factor in inappropriate anger and rage, misunderstanding, miscommunication and creates distance, disasters and divorce. Clinicians will learn to identify regression in their clients and themselves and what to do in both instances and what to say and not say. This is an intermediate course intended for practicing clinicians.

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### **Love in the Time of Twitter: Neuroscience, Relationships in the Age of Social Media**

*By Pat Love, Ed.D*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

It's not your imagination. Twenty-first century love relationships are more difficult to maintain—mainly due to proximity, i.e. ease of access to an unlimited number of partners made possible by the social media. Never before in our history have we been able to meet and greet others with such privacy and privilege. This presents challenges as well as opportunity. Without a working knowledge of the role of neurotransmitters in general and dopamine in specific, perfectly good relationships can be subject to risk and ruin. This is an intermediate course intended for practicing clinicians.



## Emotional Health, Depression, Dual Diagnosis, BPD Continued.



### **Re-Purposing in Dual Disorder Patients: Using Coaching Tools to Rapidly Generate Perspective, Hope**

*By Robert Johnson, DO*

*Video \$39.95 / Audio \$29.95*

*1 CE*

Working on impairments is important and necessary, but by itself is insufficient for sustained growth and sobriety. To sustain one's initial passion for recovery, individuals need to uncover a clear and compelling sense of purpose, and discover the blessing of a new, vital assignment for their lives. They also need the ability to grapple with what their life's larger calling is at each subsequent stage of their lives. In this course, participants will explore how strategies from the coaching adult developmental model can be used to work creatively in the "gap" between the patient's current state and their desired state. This presentation is an intermediate course intended for practicing clinicians.

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### **Sexy Body, Sexy Brain: The New Brain Science**

*By Pat Love, Ed.D*

*Video \$39.95 / Audio \$29.95*

*1 CE*

At birth, each individual is given a sexual set-point which influences sexual arousal and desire patterns. A person with the 'sexy brain' style experiences arousal and desire in a manner which differs significantly from the individual with the 'sexy body' style. Therefore it is vital that expectations as well as sexual techniques honor these differences. Understanding biological differences between and among men and women will improve relationships as well as personal happiness. Enjoy acquiring personal and professional insight through research, brain science, humor and real-life examples. This is an intermediate course intended for practicing clinicians.



# Emotional Health, Depression, Dual Diagnosis, BPD Continued.



## The Link Between Trauma, Depression and Borderline Personality Disorder

By Colin Ross, MD; Melissa Caldwell-Engle, MS, ATR

6 CEs

Video \$59.95 / Audio \$49.95

Dr. Ross and Melissa Caldwell Engle provide an in-depth advanced training on the Trauma Model. Trauma Model Therapy involves a mix of cognitive-behavioral and expressive therapies. It is suitable for a wide range of Axis I and II disorders and addictions, and for the extensive co-morbidity common in borderline personality disorder. Dr. Ross shows us the link between trauma, depression and borderline personality disorders. Dr. Ross gives his enlightening perspective and adds his humor regarding our diagnostic system known as the DSM; as it relates to his Trauma Model. Melissa spends the second half of this two part advanced training discussing the many treatment strategies and techniques and will illustrate these through case examples, and case consultations. The Trauma Model is meant to integrate the treatment process. This is an intermediate course intended for practicing clinicians.

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## The Missing Peace: Solving the Anger Problem for Alcoholics, Addicts and Those Who Love Them

By John Lee, MA

Video \$39.95 / Audio \$29.95

1.5 CEs

Peace that has been missing in most people’s recovery will finally be attained. Most people learned that anger causes people pain. Hard as we may try not to get angry - anger is part of any relationship. This presentation will forever change how you feel about anger and you will clearly see how anger held in long enough finally hurts friends, family and loved ones. Join John Lee for an extremely safe encounter with the most misunderstood emotion. This presentation is an intermediate course intended for practicing clinicians.

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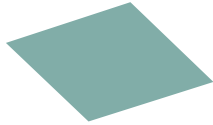
## Treating the Dually Diagnosed in the Outpatient Setting

By Dennis Ortman, PhD

Video \$39.95 / Audio \$29.95

1 CE

Treating the Dual-Diagnosed can work in an out-patient setting. Dr. Dennis Ortman discusses the prevalence and nature of dual diagnosis complications in addictions and psychiatric disorder treatment; using the model of out-patient settings. Dr. Ortman cites specific examples of accurate assessment tools utilized in diagnosis of patients/clients. This is an intermediate course intended for practicing clinicians.



# Ethics



## Law, Ethics, and Risk Management

By Steven Frankel, PhD, JD, ABPP

Video \$59.95 / Audio \$49.95

5 CEs

The extent of the legal statutes that pertain to mental health practitioners can be overwhelming. Dr. Frankel makes the topic approachable by taking a Risk Management approach and teaching participants where to focus their efforts to reduce their exposure to criminal and civil lawsuits. As both a lawyer and psychologist, he provides a multi-dimensional presentation that is informed, practical, and digestible. This presentation is particularly relevant for those practicing in Arizona, California, New Mexico, Oregon, and Washington because specific statutes are referenced. However, resources for practitioners from other states are provided to facilitate the finding of state-specific details of the laws that are presented. This is an intermediate course intended for practicing clinicians.

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## Legal and Ethical Issues: Sorting Through the Toughest Legal and Ethical Issues

By Clifton Mitchell, PhD

Video \$39.95 / Audio \$29.95

3 CEs

This training is a must for every therapist and counselors practice. Dr. Mitchell begins this training with a basic “ Introduction to Ethics 101.” He then goes in depth into some of the more controversial laws and codes that could be perceived two ways. He talks about how to navigate between your Board(s), Lawyer and Clients. The most insightful are the real case discussions revolving pertinent issues that every therapist and counselor must know. The laws and ethics concerning: email, sex offenders, insurance issues and fraud, date rape, child abuse, statutory rape and “duty to warn” (the Big 4.) This is an intermediate course intended for practicing clinicians.





## Mindfulness & Therapy



### **A Mindful Approach to Therapy: Freud Meets Buddha**

*By Dennis Ortman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training, Dr. Dennis Ortman describes how conventional talk-therapy can be greatly enhanced by the inclusion of concepts of Mindfulness. Through using both research summaries and experiential exercises, Dr. Ortman demonstrates techniques such as meditation, present-moment awareness, and acceptance and shows how this will improve therapy and both short- and long-term treatment outcomes. This is an intermediate course intended for practicing clinicians.

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### **Developing Your Moral Intelligence: The Royal Road to Full Recovery - Parts 1 and 2**

*By John Bradshaw, MA MSP, THA, MSP, THA*

*Video \$39.95 / Audio \$29.95*

*3 CEs*

John Bradshaw, MA uses material from his book, *Reclaiming Virtue*, to show how to develop and enrich your moral intelligence and help your clients do the same. Based on the latest findings of Neuroscience, you will learn how your mind can change your brain. You will learn how to develop your emotions and use them for precise decision making, how to be free of binding toxic shame, and how to develop your imagination to help you find new and better alternatives in this original and cutting edge work. This is an intermediate course intended for practicing clinicians.

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*Video \$39.95 / Audio \$29.95*

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In this cutting-edge lecture, John Bradshaw, MA brings forth a strong case for the role of therapy in forming moral intelligence. In his book, *Reclaiming Virtue*, John draws the conclusion that humans possess a unique innate moral intelligence – defined as “right practical reasoning in making good choices.” John argues that this ability to choose well is marred by addictions and emotional illness. Focusing on the critical part played by emotion and volition in making mature choices, he offers specific ways in which effective therapy can invigorate and restore one’s moral intelligence in this featured course. This is an intermediate course intended for practicing clinicians.



## Mindfulness & Therapy Continued.



### **From Positive Psychology to Effective Psychotherapy**

*By Bill O'Hanlon, LMFT, MS*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Positive Psychology has swept through the therapy field and popular culture, but this research-based model doesn't readily translate into practical therapeutic moves. In this training, Bill O'Hanlon, perennially creative and psychotically optimistic, will show how the research on happiness and the good life can be implemented within the therapy room. This is an intermediate course intended for practicing clinicians.

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### **Integrating Mindfulness into Trauma Therapy**

*By John Briere, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Buddhist Mindfulness practices reflect a 2,500 year old model for the remediation of psychological suffering. Much more recently, Western psychology has developed techniques for treating the effects of trauma. This training outlines ways in which these two surprisingly compatible approaches can be integrated in Trauma Therapy. This is an intermediate course intended for practicing clinicians.

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### **Mindful Eating and the Brain**

*By Donald Altman, MA, LPC*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

This training by Donald Altman explains how brain science and the new field of interpersonal neurobiology blend with ancient mindfulness to rewire the brain, as well as old eating habits.



## Mindfulness & Therapy Continued.



### **Post Infidelity Stress Disorder (PISD): A Mindful Path Through the Trauma of Infidelity**

*By Dennis Ortman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Do you have clients and patients that are PISD? Otherwise known as Trauma caused from Infidelity. In this groundbreaking training, learn the symptoms of Post Infidelity Stress Disorder (how one partner's discovery of the other's affair has a traumatic impact on the betrayed partner and children with symptoms akin to PTSD.) Dennis Ortman details how to apply steps to healing from the trauma of infidelity leading to an authentic forgiveness of oneself and one's partner. This is an intermediate course intended for practicing clinicians.

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### **Practicing Empathy with Difficult Clients**

*By Brene Brown, LMSW, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

As helping professionals, regardless of our field of practice, empathy and use-of-self are our primary tools. Our success depends on our ability to develop meaningful and deep connections with our clients. In this workshop, we will discuss some of the major barriers to practicing empathy - especially with clients who use disconnection as a primary strategy for self-protection. We will also talk about the critical role that empathy plays in shame resilience and what specific strategies can be used to address disconnection and increase empathy and connection. This presentation by Brene Brown, PHD is an intermediate course intended for practicing clinicians.

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### **Reconsidering Trauma: Treatment Advances, Relational Issues and Mindfulness**

*By John Briere, PhD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

In this presentation, Dr. John Briere provides an overview of the simple and more complex effects of psychological trauma. He outlines recent developments in the treatment of post-traumatic difficulties including relational processing, titrated exposure, cognitive reconsideration, and mindfulness interventions. This is an intermediate course intended for practicing clinicians.



## Mindfulness & Therapy Continued.



### **The Dissociative Structural Model: A Way of Understanding PTSD**

*By Colin Ross, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training, Dr. Ross explains the Structural Model of Dissociation. He shows how concepts of dissociation can be used to bring together PTSD symptomology and the extensive comorbidity that accompanies it within a single psychological structure. From this model, an integrated treatment plan is presented using case examples. This is an intermediate course intended for practicing clinicians.

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### **The Mindful Eating Journey**

*By Donald Altman, MA, LPC*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

This workshop with Donald Altman shows how to engage clients in an inspiring and integrative view of food. You'll explore the principles of mindful eating and discover what it means to eat mindfully.

\* \* \* \* \*

### **The Synchronicity of Mindfulness Practices and Neurofeedback in the Treatment of Addiction and Co-Morbid Affective Disorders**

*By Shari Corbitt, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Neurofeedback uses sound and visual frequencies to correct areas of hyper- (over) and hypo- (under) arousal in brain activity. Over time, neurofeedback sessions help correct symptoms of attention-deficit disorder, sleep disturbances, depression, and anxiety, which in turn helps correct vulnerabilities for relapse. Neurofeedback can also help improve people's attention by improving concentration and one's ability to focus, which is critical in early recovery. When neurofeedback treatment is complemented by an active mindfulness practice, results improve dramatically. Dr. Corbitt uses case examples to show how these modalities have worked. This is an intermediate course intended for practicing clinicians.



## Mindfulness & Therapy Continued.



### The Trauma Lives On: Adult Children of Unfaithful Parents

By *Dennis Ortman, PhD*

Video \$39.95 / Audio \$29.95

1.5 CEs

Using case studies, Dr. Ortman demonstrates how to recognize the effects of parental infidelity in adult clients and how to address it as part of a therapy program. Dysfunction often pervades in family units where there has been a major violation such as an infidelity. Parents cannot help but be caught up in the emotional aftermath, and may suffer from depression, anxiety, detachment, numbing, and a number of other symptoms. Depending on their developmental stage, children will adopt different coping styles and ways of relating to their emotionally-damaged parents which can have long-standing consequences after the immediate trauma of the infidelity is over. This is an intermediate course intended for practicing clinicians.



## Neuroscience, Learning, & Memory

### Better than Prozac: Using the New Brain Science to Relieve Depression and Anxiety

By *Bill O'Hanlon, LMFT, MS*

Video \$39.95 / Audio \$29.95

1.5 CEs

New research shows the important contribution that movement, especially regular aerobic exercise, plays in helping people decrease depression and anxiety levels and increase cognitive functioning and the ability to take in new learning. This training will give you a clear and compelling overview of this exciting new research that will help you jumpstart stuck clients. Bill O'Hanlon gives you simple strategies to get your patients started in their exercise routines. This is an intermediate course intended for practicing clinicians.



Neuroscience,  
Learning, & Memory  
Continued.



## Brain Imaging in Anxiety Disorders

By *J. Douglas Bremner, MD*

Video \$39.95 / Audio \$29.95

1.5 CEs

The field of brain imaging has invaded and taken over the currency of psychology. This training by J. Douglas Bremner provides a perspective on the meaning of brain imaging for psychiatry from someone with a dual training and clinical and research experience in Psychiatry and Nuclear Medicine. Practical information about when and how the mental health professional should use brain imaging in their clinical practice, and a summary of research findings and current state of knowledge in the area of anxiety disorders are included. Images are used to illustrate key clinical findings in specific disorders. This is an intermediate course intended for practicing clinicians.

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## Love in the Time of Twitter: Neuroscience, Relationships in the Age of Social Media

By *Pat Love, Ed.D*

Video \$39.95 / Audio \$29.95

1.5 CEs

Twenty-first century love relationships are more difficult to maintain—mainly due to proximity, i.e. ease of access to an unlimited number of partners made possible by the social media. Never before in our history have we been able to meet and greet others with such privacy and privilege. This presents challenge as well as opportunity. Without a working knowledge of the role of neurotransmitters in general and dopamine in specific, perfectly good relationships can be subject to risk and ruin. This is an intermediate course intended for practicing clinicians.

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## Neuroscience and Brain Imaging of Trauma-Related Mental Disorders

By *J. Douglas Bremner, MD*

Video \$39.95 / Audio \$29.95

1.5 CEs

The past decade has seen an explosion in the application of neuroimaging sciences to abuse-related posttraumatic stress disorder (PTSD) and other trauma-related psychiatric disorders. In particular, neuroimaging, including PET and MRI technologies, has been useful in mapping out the neural circuitry of trauma-related disorders. Brain images have also been used to show that hippocampal volume and memory deficits have reversed following antidepressant treatment in PTSD. This intermediate course presented by J. Douglas Bremner, MD is intended for practicing clinicians.



Neuroscience,  
Learning, & Memory  
Continued.



## **Solution-Oriented Approaches to Rapid Change: Drawing on Positive Psychology and the New Brain Science**

*By Bill O’Hanlon, LMFT, MS*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Recent years have seen a shift in focus from what is wrong with people (diagnosis of deficits and damage) to what is right with people (strengths, competence and abilities). This approach has been validated by recent research findings about the plasticity of the brain and on what makes us happy and gives our lives meaning. Translating this research into practical interventions isn’t always obvious.

In this inspiring and informative training, Bill O’Hanlon helps the therapist translate the latest research findings into practical interventions for their patients and provides tools to more rapidly join with clients and help them change. It can make your clinical work easier, more cooperative and more joyful. This presentation is an intermediate course intended for practicing clinicians.

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## **The Development of the Social and Spiritual Brain**

*By Cardwell Nuckols, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this session, Dr. Nuckols addresses the spiritual evolution of the brain when an individual moves along a course toward spiritual conversion (including 12-Step and other spiritual disciplines.) Much of the change is attributed to the right hemisphere and its link to consciousness. Also emphasized will be the transitional ego state and the development of the physiology of the spiritually-based right hemisphere as seen in the serenity of recovery. This is an intermediate course intended for practicing clinicians.

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## **The Science of Recovery: Applying Neuropsychology and Neuroscience to Your Practice**

*By Cardwell Nuckols, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

This skills training gives viewers an understanding of the neuroscience and neuropsychology of recovery from addictive disorders. From this profound understanding, psychotherapeutic and pharmacological techniques will be described that can assist in early recovery. This assistance is in the areas of cognitive enhancement, increased motivation and management of craving. This is an intermediate course intended for practicing clinicians.





Neuroscience,  
Learning, & Memory  
Continued.



### Trauma and Neuroscience: The Connection

By *J. Douglas Bremner, MD*

Video \$39.95 / Audio \$29.95

1.5 CEs

The past two decades have seen a rapid expansion of knowledge about the effects of traumatic stress on the brain. Studies have shown that traumatic stress is associated with hippocampal memory deficits, fear response in the amygdala, and reasoning ability in the pre-frontal cortex. In this training, Dr. Bremner provides an overview of the current state of knowledge in this area, using brain images and examples to convey complex concepts in simple terms. This is an intermediate course intended for practicing clinicians.



Psychological Resistance,  
Therapy, and Resiliency

### Eliminating Self-Defeating Behaviors: A Cognitive Behavioral Model

By *Robert Ackerman, PhD*

Video \$39.95 / Audio \$29.95

1.5 CEs

In this training, you'll discover how self-defeating behaviors may have once helped a person survive a crisis, but now cause harm by limiting the client from the potential to develop healthy behaviors. Some examples of self-defeating behaviors include procrastination, defensiveness, perfectionism, under-achievement, and so on. Using a cognitive behavioral approach, Dr. Robert Ackerman shows you how you can help your clients reduce their self-defeating behaviors and replace them with life enhancing skills. This is an intermediate course intended for practicing clinicians.

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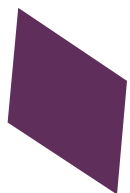
### Practicing Empathy with Difficult Clients

By *Brene Brown, LMSW, PhD*

Video \$39.95 / Audio \$29.95

1.5 CEs

As helping professionals, regardless of our field of practice, empathy and use-of-self are our primary tools. Our success depends on our ability to develop meaningful and deep connections with our clients. In this workshop, we will discuss some of the major barriers to practicing empathy - especially with clients who use disconnection as a primary strategy for self-protection. We will also talk about the critical role that empathy plays in shame resilience and what specific strategies can be used to address disconnection and increase empathy and connection. This presentation by Brene Brown, PHD is an intermediate course intended for practicing clinicians.



## Psychological Resistance, Therapy, and Resiliency Continued.



### **Resistance: Fundamental Principles for Preventing and Resolving Psychological Resistance**

*By Clifton Mitchell, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Dr. Clifton Mitchell asks the question, “Is resistance in your client or you?” In this course, you will learn advanced approaches for managing resistance when it is encountered in the therapeutic process. The focus is on the most common errors therapists make that foster resistance and techniques to overcome these errors. Dr. Mitchell walks you through how to break these non-productive critical therapeutic exchanges. He reviews specific tools to help in this change: slowing down during sessions, learning how to become naïve and puzzled to get the information you need, how to deal with “Yes, but...” responses and how to plant seeds of positive behavior. This is an intermediate course intended for practicing clinicians.

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### **Science Based Treatment of Early Life Developmental Trauma**

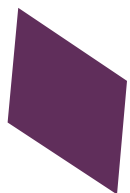
*By Cardwell Nuckols, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Take a look at the population you treat. No matter whether it is a criminal justice, alcohol and drug or psychiatric population, the recidivists will have a high incidence of early life trauma. Research is teaching us more and more about this population. However, research is only useful when it can be translated into clinically useful technique.

This course focuses on the treatment of early life developmental trauma. Emphasis is placed on the understanding of current research from such disciplines as neurobiology, neuropsychology and attachment theory. Practical treatment techniques translated from the research will give participants hands-on skills that can be used to better client understanding and clinical outcomes. This is an intermediate course intended for practicing clinicians.



## Psychological Resistance, Therapy, and Resiliency Continued.



### **Solution-Oriented Approaches to Rapid Change: Drawing on Positive Psychology and the New Brain Science**

*By Bill O’Hanlon, LMFT, MS*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Recent years have seen a shift in focus from what is wrong with people (diagnosis of deficits and damage) to what is right with people (strengths, competence and abilities). This approach has been validated by recent research findings about the plasticity of the brain and on what makes us happy and gives our lives meaning. Translating this research into practical interventions isn’t always obvious.

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### **The Art of Therapeutic Language: Using Priming for Self-Improvement and Client Success**

*By Clifton Mitchell, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Dr. Mitchell’s presentation teaches 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. This is an intermediate course intended for practicing clinicians.



## Psychological Resistance, Therapy, and Resiliency Continued.



### **The Development of the Social and Spiritual Brain**

*By Cardwell Nuckols, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

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### **Therapeutic Dialogue: Maximizing Critical Junctures in Therapeutic Dialogue**

*By Clifton Mitchell, PhD*

*Video \$39.95 / Audio \$29.95*

*3 CEs*

Defining therapeutic resistance in a new way, Dr. Clifton Mitchell teaches techniques for moving through critical junctures in the therapeutic dialogue. Specifically, addressed are the perils of over questioning, managing “I don’t know” responses, responding to challenges, silence and defining goal setting with a new approach. Dr. Mitchell teaches how to ask therapeutic questions using specific proven technique. All therapeutic junctures are discussed from the perspective of minimizing resistance and altering the dialogue style to maximize the potential for movement. This is an intermediate course intended for practicing clinicians.



## Psychological Resistance, Therapy, and Resiliency Continued.



### Treating the Dually Diagnosed in the Outpatient Setting

By Dennis Ortman, PhD

Video \$39.95 / Audio \$29.95

1 CE

Treating the Dual-Diagnosed can work in an out-patient setting. Dr. Dennis Ortman discusses the prevalence and nature of dual diagnosis complications in addictions and psychiatric disorder treatment; using the model of out-patient settings. Dr. Ortman cites specific examples of accurate assessment tools utilized in diagnosis of patients/clients. This is an intermediate course intended for practicing clinicians.

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### What Resilient Individuals Do: Implications for Psychotherapists

By Don Meichenbaum, PhD

Video \$39.95 / Audio \$29.95

1.5 CEs

This advanced training explores the dynamic nature of resilience, in both children and adults, and how it relates to people in the world today. It will examine the implications for Psychotherapists, as a way to bolster resiliency. Dr. Meichenbaum stresses key concepts of resilience as they relate to interventions. Following a focused discussion of the evidence of resilience in traumatized adults, Dr. Meichenbaum considers the factors that contribute to post-traumatic growth and the implications for treatment. He gives specific examples of psychotherapeutic recommendations from his work he is presently conducting with returning soldiers and their families. This is an intermediate course intended for practicing clinicians.



## PTSD

### Post Infidelity Stress Disorder (PISD): Infidelity as a Traumatic Experience

By Dennis Ortman, PhD

Video \$39.95 / Audio \$29.95

1.5 CEs

Do you have clients and patients that are PISD? Otherwise known as Trauma caused from Infidelity. In this groundbreaking training, learn the symptoms of Post Infidelity Stress Disorder and how to help your client. Dr. Dennis Ortman's work examines how one partner's discovery of the other's affair has a traumatic impact on the betrayed partner and children with symptoms akin to PTSD. This is an intermediate course intended for practicing clinicians.



## PTSD Continued.



### **The Dissociative Structural Model: A Way of Understanding PTSD**

*By Colin Ross, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training, Dr. Ross explains the Structural Model of Dissociation. He shows how concepts of dissociation can be used to bring together PTSD symptomology and the extensive comorbidity that accompanies it within a single psychological structure. From this model, an integrated treatment plan is presented using case examples. This is an intermediate course intended for practicing clinicians.

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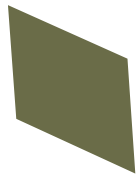
### **Trauma Model Therapy in Treating Post Traumatic Stress Disorder**

*By Colin Ross, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Trauma Model Therapy involves a mix of cognitive-behavioral and expressive therapies. It is suitable for a wide range of Axis I and II disorders and addictions, and for the extensive co-morbidity common in patients with PTSD. Dr. Colin Ross shows us the link between trauma, PTSD and other common co-morbid conditions in patients who present with PTSD symptoms. Treatment strategies and techniques will be illustrated through case examples. This is an intermediate course intended for practicing clinicians.



## Relationships, Marriage & Divorce

### **10 Steps to Remarkable Relationships: Improving Communication and Understanding in Anxious Times**

*By Harriet Lerner, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Discover and practice the 10 key steps to clarity and relational courage. Help your clients do the same! Dr. Harriet Lerner brings her integrated wisdom and clinical expertise to this course. She explores 10 key steps to clear communications with family and difficult people, and identifies the challenges of defining a bottom line in relationships, and distinguishing between defensive and pure listening. This is an intermediate course intended for practicing clinicians.



## Relationships, Marriage & Divorce Continued.



### **After the Affair: Trauma to Reconnection, Does It Have to Be This Hard?**

*By Janis Abrahms Spring, PhD, ABPP*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Infidelity is often the deathblow to a relationship. But it can also be a wake-up call, challenging couples to confront the issues that led to the affair and build a healthier, more intimate relationship than before. As a clinical psychologist who has been treating distressed couples for over 30 years, Dr. Janis Abrahms Spring has found that couples can survive infidelity, provided that both partners are willing to look honestly at themselves and at each other and acquire the skills they need to help themselves through such a shattering crisis. In this workshop crucial questions are addressed including:

- Why did the affair happen?
- Once love and trust are gone, can they ever be rekindled?
- How can I—or should I—recommit when I feel so ambivalent?
- How do we get the lover out from between the two of us and become sexually intimate again?
- Is forgiveness possible? Is it healthy?

Dr. Abrahms Spring teaches concrete, practical strategies for helping absorb this trauma and think thoughtfully about whether and how to stay together. This is an intermediate course intended for practicing clinicians.

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### **Healing the Self When Forgiveness Seems Too Generous: A Radical Approach**

*By Janis Abrahms Spring, PhD, ABPP*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Forgiveness is good for us and good people forgive - right? But are some interpersonal traumas - infidelity, abuse, neglect - simply unforgivable? This new way of thinking about forgiveness may be described as radical. In this course, Dr. Abrahms Spring gives an alternative to forgiveness called Acceptance, which spells out ten steps hurt parties can take to rise above a violation; such as refusing to live in a grudge state, de-shaming the injury, taking a fair share of responsibility for what went wrong, and giving up a need for revenge but not a need for justice. It also helps them forge a relationship with the offender that makes sense and serves their best interest. This could mean cutting off from that person or full engagement. In the end, hurt parties will learn to heal themselves – with or without forgiving an unrepentant offender. This is an intermediate course intended for practicing clinicians.





**Helping Couples Heal: The Intimate Dance of Forgiveness**

*By Janis Abrahms Spring, PhD, ABPP*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

We enter intimate relationships blindly, often effortlessly, swept up with passion and an idealized perception of our partner, often cocky about our ability to keep things hot. Most of us are totally unprepared for what lies ahead, and ignorant of what’s required to last the course... The affair shocks us into reality. Fortunately, it also invites us to try again. For over 30 years relationship expert Dr Janis Abrahms Spring has been working with couples, in this workshop she helps us to reframe forgiveness as an intimate dance between two people held together by an interpersonal violation. She spells out exactly what offenders must do to earn forgiveness, and what hurt parties must do to foster forgiveness. This is an intermediate course intended for practicing clinicians.

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**Life with Pop: Lessons on Caring for an Aging Parent**

*By Janis Abrahms Spring, PhD, ABPP*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Seventeen million Americans currently care for their elderly parents, with more than 44 million baby boomers in the wings. This course gives a language to this intergenerational, ordinary, extraordinary journey and help caregivers feel more normal - less crazy, helpless, and alone. It teaches them to calm their inner critic when their resources run dry and help them muster up all the compassion they deserve. With unsparing honesty, and humor, Dr. Spring addresses the joy and the imposition, the blessing and the heartache of the job: the guilt over placing a parent in a facility, resentment over sibling interference, shame over money anxieties, angst in making healthcare and end-of-life decisions. She also highlights the inspiration that accompanies those everyday moments of grace and offer universal lessons about caring for an aging parent and growing old gracefully. This is an intermediate course intended for practicing clinicians.

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**Love in the Time of Twitter: Neuroscience, Relationships in the Age of Social Media**

*By Pat Love, Ed.D*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

It’s not your imagination. Twenty-first century love relationships are more difficult to maintain—mainly due to proximity, i.e. ease of access to an unlimited number of partners made possible by the social media. Never before in our history have we been able to meet and greet others with such privacy and privilege. This presents challenges as well as opportunity. Without a working knowledge of the role of neurotransmitters in general and dopamine in specific, perfectly good relationships can be subject to risk and ruin. This is an intermediate course intended for practicing clinicians.



**Post Infidelity Stress Disorder (PISD):  
A Mindful Path Through the Trauma of Infidelity**

*By Dennis Ortman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Do you have clients and patients that are PISD? Otherwise known as Trauma caused from Infidelity. In this groundbreaking training, learn the symptoms of Post Infidelity Stress Disorder (how one partner's discovery of the other's affair has a traumatic impact on the betrayed partner and children with symptoms akin to PTSD.) Dennis Ortman, PHD details how to apply steps to healing from the trauma of infidelity leading to an authentic forgiveness of oneself and one's partner. This is an intermediate course intended for practicing clinicians.

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**Post Infidelity Stress Disorder (PISD): Infidelity as a Traumatic Experience**

*By Dennis Ortman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Do you have clients and patients that are PISD? Otherwise known as Trauma caused from Infidelity. In this groundbreaking training, learn the symptoms of Post Infidelity Stress Disorder and how to help your client. Dr. Dennis Ortman's work examines how one partner's discovery of the other's affair has a traumatic impact on the betrayed partner and children with symptoms akin to PTSD. This is an intermediate course intended for practicing clinicians.

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**Sexy Body, Sexy Brain: The New Brain Science**

*By Pat Love, Ed.D*

*Video \$39.95 / Audio \$29.95*

*1 CE*

At birth, each individual is given a sexual set-point which influences sexual arousal and desire patterns. A person with the 'sexy brain' style experiences arousal and desire in a manner which differs significantly from the individual with the 'sexy body' style. Therefore it is vital that expectations as well as sexual techniques honor these differences. Understanding biological differences between and among men and women will improve relationships as well as personal happiness. Enjoy acquiring personal and professional insight through research, brain science, humor and real life examples. This presentation is an intermediate course intended for practicing clinicians.



### **Time to Say Goodbye: Ending Trauma Relationships**

*By Laurie Pearlman, PhD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

In this training, Dr. Pearlman describes why the ending of a long-term therapy relationship is an integral piece of the work to be managed, within the same frame and with the same thoughtfulness as the rest of the therapy. Because attachment (and therefore abandonment) issues are often central in therapies with complex trauma clients, poorly managed endings can create retraumatization. Dr. Pearlman offers tools and techniques to manage a smooth transition. This is an intermediate course intended for practicing clinicians.

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### **Vicarious Trauma: Protecting the Front Line**

*By Laurie Pearlman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training, Dr. Laurie Pearlman provides therapists and others who support trauma survivors with a framework for understanding the negative impact trauma work can have upon the helper. Such a framework allows helpers to protect themselves from premature job shifts and harmful shifts in their own world views, to protect their helping relationships from the boundary violations that can occur as a result of unaddressed vicarious traumatization (VT), and to preserve the personal relationships of trauma workers from the stress of the helper's unresolved work-related issues. Special attention is paid to the process of vicarious transformation, a positive transformation in the helper that comes about through empathic engagement with the traumatized people they attempt to assist and active engagement with the negative changes in helpers that come about in response to trauma work. This is an intermediate course intended for practicing clinicians.

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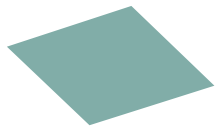
### **Wired for Connection: Helping Families Develop Authenticity and Resilience in Anxious Times**

*By Brene Brown, LMSW, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Way too many families today are experiencing tremendous anxiety. Dr. Brene Brown explains that it's a result of having to face increasing volatile shifts in our social world. As a result of the anxiety, we now are seeing children and parents struggling with many of the same issues: addiction, depression, violence, bullying, behavioral health crises, and increases in pervasive feelings of disconnection. This enlightening training offers solutions as Dr. Brown explains the impact of focusing our family systems intervention around the concepts of connection, love and belonging. She is strong in her message of how authenticity and resilience are vital components of connection and belonging. This is an intermediate course intended for practicing clinicians.



## **Sexual Health: A New Ally for Improving Drug and Alcohol Treatment**

*By Douglas Braun-Harvey, MFT*

*Video \$39.95 / Audio \$29.95*

*2 CEs*

While great strides have been made in treating women and men suffering from addiction, their sexuality is too often marginalized. Keeping sexuality away from a central focus of recovery for the large number of addicts with sex/drug-linked patterns of combining crystal meth, cocaine, alcohol and club drugs with sexual relations leads to treatment failure, relapse, and untold costs in the lives of addicts and their families. Sexual Health in Drug and Alcohol Treatment is an evidence-based intervention for all treatment settings, approaches, and clientele. The psycho-educational group curriculum is designed to increase client retention, identify sexual thoughts and feelings associated with increasing or decreasing risk of relapse and reduce sex/drug-linked shame—a common cause of relapse. This presentation by Doug Braun-Harvey is an intermediate course intended for practicing clinicians.

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## **The Clinical Link Between Religious Abuse, & Sexual Addiction**

*By Leo Booth, MTH, CADC*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this workshop, Rev. Leo Booth explores an often undiscussed link between sexually addictive behavior and the cycle of guilt and shame that stem from Religious Abuse. Dysfunctional messages concerning the expression of sexuality often have their roots in religious upbringing. For the individual, the consequences of disrupting these centuries-old expectations can carry an unfathomable weight. Rev. Leo closes by providing a healthy understanding of Spirituality that has the power to heal Religious Abuse.



### **Appreciating Gender Differences in Treatment and Recovery from Chemical Dependency**

*By Robert Ackerman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Develop an appreciation for gender differences in the treatment and recovery from alcohol and drug addiction and other problems in this course with Dr. Ackerman. Investigate how dysfunctional families effect gender development and, in turn, how this development effects personal change for females and males. Dr. Robert Ackerman's approach is not to treat women and men from dysfunctional families or addicted individuals as victims, but rather as survivors who have strengths as a result of the adverse conditions they endured. This is an intermediate course intended for practicing clinicians.

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### **Attachment-Focused EMDR: A Client-Centered Therapy for Healing Childhood Trauma and Neglect**

*By Laurel Parnell, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training, Dr. Laurel Parnell presents the five basic principles of Attachment-Focused EMDR and how they are implemented in the treatment of traumatized clients with attachment wounds. Case material and video clips of sessions are used to illustrate key points. Attachment-focused EMDR is a new model of EMDR (Eye Movement Desensitization and Reprocessing) developed over a period of nineteen years by EMDR trainer Dr. Laurel Parnell. This model adapts this powerful and effective trauma therapy to the needs of clients with attachment wounds. In this training, Dr. Parnell explains how the standard EMDR protocol can be modified so that it flows more easily, supports client safety, maintains the therapeutic connection, and enhances attunement. Attachment-focused EMDR is client-centered and emphasizes a reparative therapeutic relationship, using a combination of Resource Tapping (Parnell, 2008) to strengthen clients, EMDR to process traumas and talk therapy to help integrate the information from the EMDR sessions and to provide healing from therapist-client interaction. This is an intermediate course intended for practicing clinicians.



## Teens & Adolescents Continued.



### **Perfect Daughters: Adult Daughters of Alcoholics and Other Traumas**

*By Robert Ackerman, PhD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

This training will focus on the concerns, emotions, and recovery issues for adult daughters of alcoholics and other dysfunctional families. The workshop is based on Dr. Ackerman's research and work with more than 1,200 women in the United States. Identification of problems for adult daughters and intervention techniques will be presented. The training will focus on the positive and as well as the negative characteristics and behaviors of adult daughters with a special emphasis on the transitions necessary to achieve a more balanced and healthy life. This is an intermediate course intended for practicing clinicians.



## Trauma

### **After the Affair: Trauma to Reconnection, Does It Have to Be This Hard?**

*By Janis Abrahms Spring, PhD, ABPP*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Infidelity is often the deathblow to a relationship. But it can also be a wake-up call, challenging couples to confront the issues that led to the affair and build a healthier, more intimate relationship than before. As a clinical psychologist who has been treating distressed couples for over 30 years, Dr. Janis Abrahms Spring has found that couples can survive infidelity, provided that both partners are willing to look honestly at themselves and at each other and acquire the skills they need to help themselves through such a shattering crisis. In this workshop crucial questions are addressed including:

- Why did the affair happen?
- Once love and trust are gone, can they ever be rekindled?
- How can I—or should I—recommit when I feel so ambivalent?
- How do we get the lover out from between the two of us and become sexually intimate again?
- Is forgiveness possible? Is it healthy?



## Trauma Continued.



Dr. Abrahms Spring teaches concrete, practical strategies for helping absorb this trauma and think thoughtfully about whether and how to stay together. This is an intermediate course intended for practicing clinicians.

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### **Attachment-Focused EMDR: A Client-Centered Therapy for Healing Childhood Trauma and Neglect**

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### **EMDR: Trauma Therapy Power Tool**

*By Laurel Parnell, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training, Dr. Laurel Parnell describes EMDR’s discovery and development, EMDR’s theoretical model, the structure of an EMDR processing session, and presents cases from her books. Eye Movement Desensitization and Reprocessing (EMDR) is a powerful and effective therapy for treating trauma-based problems. This revolutionary therapy has helped thousands of people recover from such traumas as war, accidents, assaults, disasters and childhood abuse. In addition to the treatment of post-traumatic stress disorder, EMDR is also used to treat the psychological effects of smaller traumas that manifest as symptoms of depression, anxiety, phobias, low self-esteem, creativity blocks





## Trauma Continued.

and relationship difficulties. There are more controlled research studies on EMDR for the treatment of post-traumatic stress disorder than any other therapy-most with positive results. This is an intermediate course intended for practicing clinicians.

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### **Integrating Mindfulness into Trauma Therapy**

*By John Briere, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Buddhist Mindfulness practices reflect a 2,500 year old model for the remediation of psychological suffering. Much more recently, Western psychology has developed techniques for treating the effects of trauma. This training outlines ways in which these two surprisingly compatible approaches can be integrated in Trauma Therapy. This is an intermediate course intended for practicing clinicians.

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### **Mud, Water and Light: Introspection, Myth and Recovery Metaphors**

*By Robert Chapman, MSSW, LADC, CRPS*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this experiential workshop, Bobby Chapman uses an environmental metaphor to explore the important role of introspection and reflection in the recovery process. Participants journey to three introspective destinations, 1) the mud, which represents powerlessness and surrender, 2) the marshes - those learned survival skills that stem from dysfunction, and 3) the caverns -- those deepest of childhood issues and traumas. Metaphor is a powerful and engaging tool that can enhance your view of recovery and offer an engaging mode of healing for your clients. This is an intermediate course intended for practicing clinicians.

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### **Neuroscience and Brain Imaging of Trauma-Related Mental Disorders**

*By J. Douglas Bremner, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

The past decade has seen an explosion in the application of neuroimaging sciences to abuse-related posttraumatic stress disorder (PTSD) and other trauma-related psychiatric disorders. In particular, neuroimaging, including PET and MRI technologies, has been useful in mapping out the neural circuitry of trauma-related disorders. Brain images have also been used to show that hippocampal volume and memory deficits have reversed following antidepressant treatment in PTSD. This intermediate course is intended for practicing clinicians.



## Trauma Continued.



### **Post Infidelity Stress Disorder (PISD): Infidelity as a Traumatic Experience**

*Dennis Ortman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Do you have clients and patients that are PISD? Otherwise known as Trauma caused from Infidelity. In this groundbreaking training, learn the symptoms of Post Infidelity Stress Disorder and how to help your client. Dr. Dennis Ortman's work examines how one partner's discovery of the other's affair has a traumatic impact on the betrayed partner and children with symptoms akin to PTSD. This is an intermediate course intended for practicing clinicians.

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### **Reconsidering Trauma: Treatment Advances, Relational Issues and Mindfulness**

*By John Briere, PhD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

In this presentation, Dr. John Briere provides an overview of the simple and more complex effects of psychological trauma. He outlines recent developments in the treatment of post-traumatic difficulties including relational processing, titrated exposure, cognitive reconsideration, and mindfulness interventions. This is an intermediate course intended for practicing clinicians.



## Trauma Continued.

### **Science Based Treatment of Early Life Developmental Trauma**

*By Cardwell Nuckols, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Take a look at the population you treat. No matter whether it is a criminal justice, alcohol and drug or psychiatric population, the recidivists will have a high incidence of early life trauma. Research is teaching us more and more about this population. However, research is only useful when it can be translated into clinically useful technique.

This course focuses on the treatment of early life developmental trauma. Emphasis will be placed on the understanding of current research from such disciplines as neurobiology, neuropsychology and attachment theory. Practical treatment techniques translated from the research will give participants hands-on skills that can be used to better client understanding and clinical outcomes. This is an intermediate course intended for practicing clinicians.

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### **Stress and Trauma Management: Implications for Addiction and Relapse**

*By Terry Gorski, MA, MAC, NCAC-II*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

For addicts in recovery, the symptoms related to relapse become worse with the increase of stress. Conversely, as symptoms intensify the level of stress increases. This creates a viscous cycle of painful dysfunction that often ends in relapse. High stress can have such severe adverse effects that it can interfere with the client's ability to respond to treatment. Therefore, it is of critical importance that one of the first tasks in helping addicts to recover is to teach them how to manage stress without having to use mood or mind altering chemicals. In this course, you will see how the Gorski-CENAPS approach to Stress Management can be used with your clients to build their stress management skills and improve their treatment outcomes. This is an intermediate course intended for practicing clinicians.



## Trauma Continued.

### **The Dissociative Structural Model: A Way of Understanding PTSD**

*By Colin Ross, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training, Dr. Ross explains the Structural Model of Dissociation. He shows how concepts of dissociation can be used to bring together PTSD symptomology and the extensive comorbidity that accompanies it within a single psychological structure. From this model, an integrated treatment plan is presented using case examples. This is an intermediate course intended for practicing clinicians.

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### **The Link Between Trauma, Depression and Borderline Personality Disorder**

*By Colin Ross, MD; Melissa Caldwell-Engle, MS, ATR*

*6 CEs*

*Video \$59.95 / Audio \$49.95*

Dr. Ross and Melissa Caldwell Engle provide an in-depth advanced training on the Trauma Model. Trauma Model Therapy involves a mix of cognitive-behavioral and expressive therapies. It is suitable for a wide range of Axis I and II disorders and addictions, and for the extensive co-morbidity common in borderline personality disorder. Dr. Ross shows us the link between trauma, depression and borderline personality disorders. Dr. Ross gives his enlightening perspective and adds his humor regarding our diagnostic system known as the DSM; as it relates to his Trauma Model. Melissa spends the second half of this two part advanced training discussing the many treatment strategies and techniques and will illustrate these through case examples, and case consultations. The Trauma Model is meant to integrate the treatment process. This is an intermediate course intended for practicing clinicians.

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### **The Trauma Lives On: Adult Children of Unfaithful Parents**

*By Dennis Ortman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Using case studies, Dr. Ortman demonstrates how to recognize the effects of parental infidelity in adult clients and how to address it as part of a therapy program. Dysfunction often pervades in family units where there has been a major violation such as an infidelity. Parents cannot help but be caught up in the emotional aftermath, and may suffer from



# Trauma Continued.

depression, anxiety, detachment, numbing, and a number of other symptoms. Depending on their developmental stage, children will adopt different coping styles and ways of relating to their emotionally-damaged parents which can have long-standing consequences after the immediate trauma of the infidelity is over. This is an intermediate course intended for practicing clinicians.

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## Time to Say Goodbye: Ending Trauma Relationships

*By Laurie Pearlman, PhD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

In this training, Dr. Pearlman describes why the ending of a long-term therapy relationship is an integral piece of the work to be managed, within the same frame and with the same thoughtfulness as the rest of the therapy. Because attachment (and therefore abandonment) issues are often central in therapies with complex trauma clients, poorly managed endings can create retraumatization. Dr. Pearlman offers tools and techniques to manage a smooth transition. This is an intermediate course intended for practicing clinicians.

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## Trauma and Neuroscience: The Connection

*By J. Douglas Bremner, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

The past two decades have seen a rapid expansion of knowledge about the effects of traumatic stress on the brain. Studies have shown that traumatic stress is associated with hippocampal memory deficits, fear response in the amygdala, and reasoning ability in the pre-frontal cortex. In this training, Dr. Bremner provides an overview of the current state of knowledge in this area, using brain images and examples to convey complex concepts in simple terms. This is an intermediate course intended for practicing clinicians.



## Trauma Continued.

### Trauma Model Therapy in Treating Post Traumatic Stress Disorder

*By Colin Ross, MD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Trauma Model Therapy involves a mix of cognitive-behavioral and expressive therapies. It is suitable for a wide range of Axis I and II disorders and addictions, and for the extensive co-morbidity common in patients with PTSD. Dr. Colin Ross shows us the link between trauma, PTSD and other common co-morbid conditions in patients who present with PTSD symptoms. Treatment strategies and techniques will be illustrated through case examples. This is an intermediate course intended for practicing clinicians.

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### Understanding and Treating Complex Psychological Trauma

*By John Briere, PhD*

*Video \$39.95 / Audio \$29.95*

*1 CE*

This training by John Briere presents a non-pathologizing, developmentally-informed approach to the treatment of complex posttraumatic presentations in older adolescents and adults. This “self-trauma model” incorporates cognitive-behavioral, relational, and mindfulness principles to support (a) the processing of implicit and explicit traumatic memories through titrated exposure (aka the therapeutic window), (b) the development of increased self-capacities (especially identity and affect regulation), (c) the reworking of activated relational schema and other implicit memories within the therapeutic relationship, and (d) an increased capacity to experience distress and cognitive intrusions without judgment or excessive reactivity. The technical importance of a positive, attuned therapeutic relationship is stressed. This is an intermediate course intended for practicing clinicians.



## Trauma Continued.



### **Vicarious Trauma: Protecting the Front Line**

*By Laurie Pearlman, PhD*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

In this training, Dr. Laurie Pearlman provides therapists and others who support trauma survivors with a framework for understanding the negative impact trauma work can have upon the helper. Such a framework allows helpers to protect themselves from premature job shifts and harmful shifts in their own world views, to protect their helping relationships from the boundary violations that can occur as a result of unaddressed vicarious traumatization (VT), and to preserve the personal relationships of trauma workers from the stress of the helper's unresolved work-related issues. Special attention is paid to the process of vicarious transformation, a positive transformation in the helper that comes about through empathic engagement with the traumatized people they attempt to assist and active engagement with the negative changes in helpers that come about in response to trauma work. This is an intermediate course intended for practicing clinicians.

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### **When God Becomes a Drug: Understanding Religious Addiction and Abuse**

*By Leo Booth, MTH, CADC*

*Video \$39.95 / Audio \$29.95*

*1.5 CEs*

Rev. Leo Booth makes a careful distinction between spirituality and religion. "Spirituality is a healthy relationship between body, mind, and emotions that empowers choice, responsibility, and change. Unhealthy use of religion often separates people from themselves, others, and God. Spirituality always unites us." In this course, Rev. Leo reveals common dysfunctional religious messages that are symptomatic of Religious Abuse. He talks about the spiritual link with "God energy" that activates our spiritual empowerment, and he shows us how attachment to toxic religious messages stops us from realizing that we are all children of God.



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