

Thursday, April 16, 2026 from 8:30am – 4:00pm
“12 Essential Insights for Emotional Sobriety”
with Dr. Allen Berger

Workshop Description (6.0 CEs). Back in the 1950's, Bill Wilson described emotional sobriety as the result of working on each of the Twelve Steps, he stated in the Twelve and Twelve, "Here (speaking about Step Twelve) we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety." It was his hope that his discussion of emotional sobriety would launch the next major development in AA, but unfortunately this didn't happen -- that is until now. In the past fifteen years we have seen an increased interest in emotional sobriety. We are finally recognizing its important role in recovery, that it is an important element of internal recovery capital. This workshop will take an in-depth look into emotional sobriety. Dr. Berger will introduce you to the experiences and awarenesses that will help your clients develop what Bill Wilson called "real maturity and balance" in their lives or a "true independence of spirit." The goal of this workshop is to provide you with the necessary concepts and clinical interventions that will facilitate the expansion of consciousness and emotional maturity in working with your clients.

Allen Berger, PhD is a licensed clinical psychologist and leading expert in the science of recovery from addiction. Dr. Berger is a talented psychotherapist with over five decades of clinical experience. He received his doctorate in clinical psychology from the University of California, Davis, and is internationally recognized as one of the foremost experts on emotional sobriety. Dr. Berger is known for his unique understanding of the process of recovery. He integrates his own personal experiences in recovery and the principles of modern psychotherapy with Twelve Step philosophy. His personal and professional experiences have resulted in the development of a refreshing and insightful perspective into the process of recovery.

Learning Objectives:

1. Define emotional sobriety, real emotional maturity, and paradoxical theory of change
2. List four insights that facilitate the development of emotional sobriety
3. Discuss the importance of an emotional center for gravity
4. List four consequences of depending on environmental support
5. List two characteristics of the consciousness of emotional sobriety
6. Define the difference between self-support vs defiant independence
7. List four characteristics of emotional sobriety
8. Describe two clinical interventions to help a client become aware of their unreasonable expectations
9. Describe two clinical interventions to facilitate acceptance

Thursday, April 16, 2026 -- 5:30 – 9:00pm
“Recovery Comedy: One Laugh at a Time”
with Andy Gold

Laughter is good for the soul and being able to laugh at oneself in recovery can help with healing. Helping clients find fun and humor in life can aid in long term recovery. Using humor, wisdom and personal insight, this presentation will offer an opportunity to laugh, cry, and gain insight into your own recovery and/or how you can help others around you. **(1.0 CE)**

Learning Objective: Identify ways to use and experience humor/laughter in treatment and recovery.

5:00pm Doors Open (enter east side; south door)
5:30pm Buffet Dinner catered by Whitefoot Catering
6:30 Dessert Auction. 7 - 8pm Comedy Show. 8pm Raffles Announced.
Evening festivities will include buffet dinner, dessert auction, raffles, and a comedy show you won't want to miss!

Friday, April 17, 2026 from 8:30am – 3:00pm
“Cannabasics for Behavioral Health Professionals”
with Nate Grimm

Workshop Description (5.0 CEs). It can seem like cannabis is everywhere we look. As societal and legal acceptance of cannabis continues to grow, availability and use will also increase. Nate will share detailed and current insights on drug trends in Nebraska, with a focus on cannabis and the many challenges associated with it, and its impact on individuals, employers, and communities. This workshop will help participants better understand cannabis, its derivatives, and the potential behavioral and health challenges it presents as we work with individual clients, students, schools, businesses, and the community as a whole in a world where cannabis is often seen as “no big deal.”

Nate Grimm is an experienced and active Police Officer, Drug Recognition Expert (DRE), and DRE Instructor. He is a thirteen-year veteran of policing and the owner and lead instructor of CopSmart. Nate has held a variety of policing assignments including patrol officer, field training officer, recruiter, firearms instructor, tactical flight officer, academy instructor, and terrorism liaison officer. He has served on the Weld County Colorado Regional DUI Taskforce and currently serves on the Mothers Against Drunk Driving Nebraska State Advisory Board.

Learning Objectives:

1. Define common cannabis terminology
2. Explain neurochemistry of cannabis
3. Demonstrate how to effectively communicate with cannabis users
4. Recognize different cannabis products and accessories
5. Identify common signs of cannabis impairment
6. Discuss potential negative outcomes of cannabis use

Prices include lunch which will be provided on-site.
I will be attending:

Earlybird Discount Registration by April 2, 2026

- ___ April 16 Workshop Only \$195
- ___ April 16 Workshop and Dinner/Comedy Show \$248
- ___ April 17 Workshop Only \$180
- ___ April 16 & 17 Workshops Only \$360 (Save \$15)
- ___ SAVE \$25 = Both Workshops & Dinner/Comedy Show \$388
- ___ April 16 Dinner/ComedyShowOnly \$53 / \$96 Couple
- ___ Reserved Table of 8 at Dinner/Comedy Show \$400

....After April 2, 2026

- ___ April 16 Workshop Only \$215
- ___ April 16 Workshop and Dinner/Comedy Show \$268
- ___ April 17 Workshop Only \$200
- ___ April 16 & 17 Workshops Only \$380
- ___ Save \$25 = Both Workshops & Dinner/Comedy Show \$408
- ___ Apr 16 Dinner/ComedyShowOnly \$65 / \$120 Couple (no tickets sold at door)
- ___ Reserved Table of 8 at Dinner/Comedy Show \$500

Name: _____
Organization: _____
Email: _____
Mailing Address: _____
City, State, Zip: _____
Telephone: _____

VISA or MC accepted. For your safety please do not fax or email credit card information. 308-385-5520

CCard# _____

Expiration Date: _____ Code on Backside: _____ Zip Code: _____

Please make checks payable to CNCAA. Please send registration form and payment to CNCAA, 3204 College Street, Grand Island, NE 68803.

Online registration: www.cncaa.net

CNCAA reserves the right to withhold a \$65 processing fee for all cancellations. Force majeure: In the event CNCAA is prevented from carrying out its obligations as a result of any cause beyond its control, such as but not limited to acts of God, war, acts of terrorism, airline flight cancellations, strikes, lock-outs, flood, commercially unfeasible or failure of third parties to deliver goods or services, CNCAA shall be relieved of its obligations and liabilities for as long as fulfillment is prevented. The Central Nebraska Council on Alcoholism and Addictions is a non-profit corporation and is supported in whole, or in part by Grant # 93.959 under the Substance Abuse Prevention and Treatment Block Grant and Grant # 1H79T1081706-01 under Nebraska's Targeted Response to the Opioid Project from the Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention and Treatment and the Nebraska Department of Health and Human Services, the State of Nebraska DHHS Tobacco Free Nebraska Program, Hall County, Heartland United Way, various fundraising activities, and tax-deductible donations. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the DHHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

LADC and Criminogenic Continuing Education

Hours have been APPROVED!!

And, depending upon your scope of service, these workshops may meet the criteria of an approved continuing education program for mental health and social work practices, marriage and family therapists, and professional counselors. All conference sessions are open to all alcohol/drug counselors.

These sessions have been approved by the Central Nebraska Council on Alcoholism and Addictions, Inc. as a NAADAC Approved Education Provider, for up to 12.0 CEs, NAADAC Provider #236874, Central Nebraska Council on Alcoholism and Addictions, Inc. is responsible for all aspects of its programming.

**Hotel Room Block – Ramada Midtown Conference Center, 2503 South Locust Street, Grand Island.
Book before March 16, 2026 to ensure discounted price of \$119; reference CNCAA when making your reservation.
Call 308-384-1330 for reservations.**

NON-PROFIT ORG
U.S. POSTAGE
PAID
Permit #170
Grand Island NE
68803

Central Nebraska Council on Alcoholism
and Addictions, Inc.
3204 College Street, Grand Island NE 68803

Return Service Requested

**The Central Nebraska Council
on Alcoholism and Addictions
Spring Conference**

**Featuring
Dr. Allen Berger**



**and
Nate Grimm**



**Thursday and Friday
April 16-17, 2026**

*to be held at the
Evangelical Free Church
2609 South Blaine, Grand Island, NE
www.cncaa.net*