

Central Nebraska Council on Alcoholism and Addictions, Inc.

219 West Second Street

Grand Island, NE 68801

Central Nebraska Council on Alcoholism and Addictions, Inc. presents

2020 CONFERENCE



for Professionals

June 18 & 19, 2020

HAS MOVED TO AN ONLINE PLATFORM

IN PARTNERSHIP
WITH



BELLEVUE
UNIVERSITY



REGISTRATION IS OPEN

Due to the novel coronavirus pandemic, related Directed Health Measures for the State of Nebraska and, more specifically the COVID-19 outbreak in Hall County, the Central Nebraska Council on Alcoholism and Addictions (CNCAA) will move its spring conference online. CNCAA is extremely excited to be able to partner with Bellevue University and take advantage of its expertise in online learning to present this annual conference in a virtual format.

- A link to join the registered workshop(s) and handouts will be sent multiple times prior to the conference dates.
- We record the webinar for auditing purposes only and you are required to use a microphone or call the Participant line.
- Your camera/video should be available and operational for full participation and engagement also. You will use your audio and video at different times during the workshop, be ready to activate your audio and video upon request.
- To receive a Certificate of Completion, attendance for the complete workshop (6 hours) is required. If you arrive late at the start, return from breaks/lunch late, or leave early, there is no credit earned. Please log in to the workshop prior to 8:30 AM, participate in all quizzes, polls, chats, and complete any assignments. The certificate email

The conference will take place on the ZOOM platform in partnership with Bellevue University. More information is available on our website at www.cncaa.net/conference-for-professionals.

Continuing Education Units

Six (6) LADC CEUs for BOTH Thursday and Friday HAVE BEEN APPROVED by the State of Nebraska Division of Public Health for Licensed Alcohol and Drug Counselors;

Six (6) Criminogenic CEUs for BOTH Thursday and Friday HAVE BEEN APPROVED by the State of Nebraska Office of Probation Administration;

Due to the COVID-19 pandemic, the State of Nebraska Division of Public Health and State of Nebraska Office of Probation Administration has provided leniency in regard to in-person continued education hours. Please see their respective websites for more information.

These programs meet the criteria of an approved continuing education program for mental health and social work practices, Marriage/Family Therapists, Professional Counselors, and Social Workers.

This workshop is open to all alcohol/drug abuse counselors. Target audience includes alcohol/drug abuse counselors, social workers, mental health therapists, professional counselors, probation and parole officers, juvenile justice, corrections officers, drug court professionals, LB1184 teams, judges, nurses, human service professionals, DHHS case workers, CASA volunteers, peer support workers, recovery coaches, etc.

Conference Sponsorship & Exhibitor Booths

There are fantastic deals and discounts for agency sponsorship and exhibitors. Please view how this format has changed to align with the virtual conference. Contact CNCAA development coordinator, Sandy Yager for additional information at (308) 385-5520 ext. 210, sandy@cncaa.info or visit our website. Deadline is June 3, 2020.

Follow us on social media and our website for additional conference information. www.cncaa.net

Books and other items will be available for purchase through our online bookstore.



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Thursday, June 18, 2020 | 8:30 a.m. - 4:00 p.m.

“Best Self: a New Model for Trauma, Addiction or Both ” with Dr. Lisa Najavits



Addiction and trauma are two of the most common and difficult issues that people face. In this presentation, leading expert Lisa Najavits explains the link between addiction and trauma and presents science-based self-help strategies that one can use no matter where one is the recovery journey. This presentation will offer skills and strategies to help others: Build coping skills, safety plans, and support systems, Set goals, and plans for achievement, Choose compassion over self-blame and shame. This model was designed as self-help however can be conducted by a counselor in group or individual format. It is a very flexible model that can be delivered by any clinician, to any client, in any setting, including criminal justice. Much like Najavits' well-known model Seeking Safety, this one too strives to increase hope through emphasis on ideals; it offers exercises, emotionally-evocative language, and

quotations to engage patients; and provide concrete strategies to build recovery skills. It differs from Seeking Safety in being able to be done as self-help or counselor-led, and offers updated and new topics.

Lisa M. Najavits, PhD is director of Treatment Innovations and adjunct professor, University of Massachusetts Medical School. She is a licensed psychologist in Massachusetts and conducts a psychotherapy practice. She received her PhD in clinical psychology from Vanderbilt University and her bachelor's degree with honors from Barnard College of Columbia University. She was on the faculty of Harvard Medical School for 25 years and was a research psychologist at Veterans Affairs Healthcare System, Boston for 12 years. Her major clinical and research interests are substance abuse, trauma, co-morbidity, behavioral addictions, veterans' mental health, community-based care, development of new psychotherapies, and outcome research. She is author of over 190 professional publications, as well as the books Seeking Safety: A Treatment Manual for PTSD and Substance Abuse; A Woman's Addiction Workbook; and the self-help book, Recovery from Trauma, Addiction or Both: Finding Your Best Self.

Learning Objectives:

1. Describe current understanding of trauma, addiction, and the combination
2. Identify how to use “Finding Your Best Self” in counselor-led format
3. Describe how to engage clients based on their clinical needs related to trauma, addiction, or both
4. Identify how to apply the model in a broad range of criminal justice settings
5. Describe adaptation with respect to culture
6. Identify key principles of the model
7. Identify how topics relate to phase-based treatment for trauma and/or addiction
8. Describe resources for trauma and addiction

addiction has a spiritual aspect, yet many clinicians are reticent to engage in addressing spirituality in their practice. This session offers practical tools in discussing and engaging spirituality as it relates to the addiction and recovery of those we serve. Specific emphasis is given to the role of spiritual empowerment within treatment, recovery, fostering resiliency, avoiding recidivism, and making healthy life choices.

Thursday workshop attendees will receive a copy in the mail of the workbook, Best Self: A New Model for Trauma, Addiction or Both.

Friday, June 19, 2020 | 8:30 a.m. - 4:00 p.m.

“Spirituality in Addiction & Recovery” with James Campbell, LPC, LAC, MAC, CACII



Substance Use Disorders impact every aspect of the lives of those who have them. Likewise, effective treatment should engage every aspect of the individual as they enter recovery. Few would deny that addiction has a spiritual aspect, yet many clinicians are reticent to engage in addressing spirituality in their practice. This session offers practical tools in discussing and engaging spirituality as it relates to the addiction and recovery of those we serve. Specific emphasis is given to the role of spiritual empowerment within treatment, recovery, fostering resiliency, avoiding recidivism, and making healthy life choices.

behavior and be able to articulate them

3. Explore the role of mindful practice as a tool for emotional regulation, craving management, and recovery
4. Evaluate past patterns of behavior for common risk and resiliency factors
5. Discuss intentionality and empowerment as a means for reducing relapse/recurrence of substance use disorders and recidivism

Therapy through the Department of Alcohol and Other Drug Abuse Services. He is a Licensed Professional Counselor, a Certified Addictions Counselor II through the South Carolina Association of Alcoholism and Drug Abuse Counselors, and a Master Addictions Counselor through the National Association of Alcoholism and Drug Abuse Counselors. James is also a certified as an instructor of De-escalation Techniques. He is the current President-Elect of SCAADAC.

James Campbell has been working professionally in the human services field with addictions, children, and families for over twenty-three years. His passion is helping people, families, and relationships to heal and assisting them in building on the strengths they possess. James received his B.A. in Psychology from Anderson College and obtained his M.A in Management in Leadership and a second M.A. in Community Counseling from Webster University. In addition, James has studied Multi-Systemic Therapy with the Medical University of South Carolina and Cognitive Behavior

James has worked extensively with diverse programs including High Management Group Homes, Supervised Independent Living Programs, Clinical Day School Programs, Outpatient Services, In-Home Services, and Adolescent Residential Substance Use Disorder Treatment Facilities throughout his years in the field. He currently serves as the Director and Lead Trainer for Family Excellence Institute, LLC in South Carolina.

Learning Objectives:

1. Identify distinctions between religion and spirituality
2. Enhance understanding of both the strengths and limitations of insight and awareness in changing

The Dinner & Comedy Show scheduled for the evening of June 18, 2020, featuring recovery comedian Mark Lundholm will be rescheduled for a later date. We apologize for the inconvenience.

I will be attending:

Early Bird Registration by June 3, 2020

- June 18 Workshop ONLY | \$150
- June 19 Workshop ONLY | \$135
- June 18 & 19 Workshops | \$245

After June 3, 2020

- June 18 Workshop ONLY | \$170
- June 19 Workshop ONLY | \$155
- June 18 & 19 Workshops | \$285

Name: _____

Agency Name: _____

Email: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Card # _____

Expiration Date: _____

CVV# _____

Make checks payable to CNCAA

VISA and MC accepted.

(For your safety, please do not send payment information via fax or email.)

Send registration form and fee to:

CNCAA
219 W. 2nd Street, Grand Island, NE 68801
Ph: (308) 385-5520 Fax: (308) 385-5522

ONLINE REGISTRATION IS

**AVAILABLE AT:
WWW.CNCAANET**

CNCAA reserves the right to withhold a \$35 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.