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## ANNUAL CONFERENCE

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Eden Resort & Suites  
Lancaster  
May 1<sup>st</sup>-2<sup>nd</sup>

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**PENNSYLVANIA**  
CERTIFICATION BOARD



# ITINERARY

Monday, May 1<sup>st</sup> & Tuesday, May 2<sup>nd</sup>

## MONDAY, MAY 1<sup>ST</sup>

7:00am–8:00am

• *Continental Breakfast | Networking & Exhibits*

### KEYNOTE PRESENTER

*Deb Beck, MSW*

Deb Beck brings over 30 years of clinical, policy and legislative experience working in the alcohol and drug abuse prevention and addiction treatment field to her positions as a drug and alcohol consultant and President of the Drug and Alcohol Service Providers Organization of Pennsylvania (DASPOP). She also is a member of the Therapeutic Communities of America, a national organization, is a co-founder and Board Member of the National Alliance for Model State Drug Laws and a Board Member of the Pennsylvania Recovery Organizations Alliance (PRO-A).

Her work has led to the enactment of numerous laws regarding alcohol and other drug abuse and addiction prevention and treatment including: a law requiring coverage of addiction treatment in all group health and insurance plans, a law requiring provision of K-12th grade alcohol and drug prevention/education in the schools, a law establishing residential rehabilitation centers for the treatment of pregnant addicted women and women with dependent children, a law requiring state Medicaid to cover treatment of addiction in residential rehabilitation programs and a law converting the state Bureau of Drug and Alcohol Programs into the Pennsylvania's new Department of Drug and Alcohol Programs.

From March 1992 to October 1993, Beck served as the treatment consultant to the President's Commission on

Model State Drug Laws. During this period, Beck assisted the Commissioners in the development of the Commission's Model Treatment legislation and was the primary drafter of these Model Laws. Beck is a member of the Board and Executive Committee of the Commission's successor organization, the National Alliance for Model State Drug Laws.

Beck provides training, technical assistance, management and counseling services to numerous national and state alcohol and other drug abuse associations, addiction treatment organizations, colleges and universities.

## KEYNOTE ADDRESS

8:00am-9:00am  
• Deb Beck, MSW

## ADDICTION, PREVENTION, TREATMENT & FAMILY ISSUES: Pennsylvania Public Policy Update

The most current Pennsylvania public policy initiatives and how these will impact the treatment community, prevention efforts, and impacts on the individual

and family will be discussed. She will also explore the current legal landscape surrounding substance use.

## BREAK & EXHIBITS

9:00am-9:30am  
10:45am-11:00am

## MORNING SESSIONS

9:30am-12:30pm

## GENDER SPECIFIC TREATMENT: Treatment & Recovery

*Kate Appleman*, MA, CAADC, CCS, CMAT

*Erin Goodhart*, MA, LPC, CCS

The objective of this presentation is to explore and discuss gender specific treatment barriers, considerations and approaches relating to addiction treatment and recovery. Workshop training methods will include didactic education, experiential exercises and discussion to increase understanding of the importance of gender specific treatment approaches for integrated behavioral health treatment

outcomes. We will review how biology effects the pathways of addiction and recovery. We will explore the societal expectations of men, women, and transgendered patients, and process how co-occurring and addiction interaction disorders are assessed and addressed in treatment. Finally, we will investigate gender specific treatment themes and relapse prevention approaches.

## CLINICAL APPLICATIONS OF NEUROSCIENCE

*Craig Strickland*, PhD

*Winden Rowe*, MS

This workshop is designed to present material regarding the impact of traumatic exposure on the human nervous system and how to apply this research in a clinical setting. More specifically, there are several components to this workshop. First, research relating to the biological impact of traumatic exposure will be presented. Second, material will be presented which focuses on the relationship between substance abuse, traumatic exposure and the nervous system. Third, the presented research will be translated into a language that clinicians can comfortably share with their clients. Finally, specific clinical interventions based on altered biology will be provided to the workshop participants.

## PREVENTING OVERDOSE IN THE ERA OF OPIOIDS: Strategies & Treatments that Work

*David Sack*, M.D.

The nation is in the midst of a deadly opioid epidemic with more people dying now of overdoses than in automobile accidents. The problem can be traced to rampant overprescribing of prescription painkillers that began in the mid 1990's. Attempts to restrict access to prescription narcotics and to develop pills that are more difficult to abuse, are causing a new problem-a turn to heroin, especially among young adults. The less reliable purity of heroin, combined with adulterants such as fentanyl that are even more potent than heroin, has escalated the overdose problem. This presentation will focus on the neurochemistry of opiate addiction and identify specific factors that increase the risk of overdoses and highlight the differences in treating opiate dependency versus other drugs. I will also share lessons learned from our organization in implementing overdose reduction strategies including the use of long acting injectable naltrexone and longitudinal case management.

## ADDICTION AS A RESPONSE TO MULTI-GENERATIONAL TRAUMA

*Karen Carnabucci, MSS,  
LCSW, TEP*

We know that addiction “runs” in families. Now we are learning more about how addiction is frequently a response to multi-generational trauma and methods to treat addiction more effectively with precise tools to address this trauma. In this experiential workshop, we will explore the interplay of trauma within past generations and how it impacts anxiety, trauma and addiction in the present generation. Special emphasis will focus on the emerging healing process of Family Constellations, which is beginning to make inroads in addiction treatment in the United States, although it is highly popular around the world. Learning objectives will include: understanding the basics of the generational transmission of trauma; learning how the “Orders of Love” from Family Constellations can help pinpoint the origin of the trauma; learning how social history questions can be adapted to gain information about possible past trauma. Presentation methods will include lecture, experiential activities and demonstration, and group discussion.

## AWARDS LUNCHEON

12:30pm–1:30pm

*The Awards Luncheon will honor the recipient of the 2017 PCB Certified Professional of the Year Award.*

## AFTERNOON SESSIONS

1:30pm–4:30pm

## COUNTER-TRANSFERENCE AND THE BOUNDARY OF SELF

*Thomas Baier, MHS, LPC,  
CADAC, CCS*

The therapeutic relationship is not an ordinary social exchange. Instead, the key differentials are ultimately aligned around issues of power and control. Projective identification is a two-way street. But, it’s a two-way street under the control of one traffic cop—you. Yet who among us has not been trapped by the emotional web that is often a part of the therapeutic

relationship? Issues of intimacy, love, hate, over involvement and withdrawal—all of these take a toll on the counselor whose job it is to somehow manage all of these elements while creating an environment that is conducive to meeting the client’s needs and goals while in treatment. This workshop explores the use of clinical self while establishing and maintaining appropriate boundaries thus assuring that the client benefits maximally in the therapeutic exchange while the counselor maintains a healthy psychic distance as a means of assuring objectivity and avoiding burnout.

*This training fulfills 3 hours in ethics.*

## A REVIEW OF THE BASICS: Clinical Applications

*Harry Davis, LPC, CAADC, CCS*

Our profession has advanced in many areas to include a deeper understanding of the biochemistry of addiction, but we always need to be grounded in the “how to” basics. Motivation and the practice of recovery principles are key dimensions of successful recovery. An essential recovery task/skill is establishing and maintaining motivation to go against the pull of addiction until new recovery patterns are formed. Another is the ability to successfully work through a craving episode. In this training,

techniques of Motivational Enhancement Therapy (MET) will be utilized to address motivation while techniques of Cognitive Behavioral Therapy (CBT) will address craving management. The participants will review the Decision Balance Worksheet (DBW) procedure of MET and through group “brain storming” they will complete a DBW on a hypothetical case. Next the participants will review the CBT framework of “Recognize, Avoid and Cope” and the principles of Operant and Classical Conditioning. They will then apply them to the craving management through their triggers associated with: biochemistry, people, places, things, thought patterns which directly trigger cravings or give consent to using D&A, and self-defeating behaviors which spawn cravings through conflict/problem related stress.

## THE CONNECTION BETWEEN ATTACHMENT AND SUBSTANCE USE DISORDERS

*John Houton, MS, LPC, CAADC, SAP*

Attachment is the foundation of healthy interpersonal human relationships and conscience formation. It also has a profound impact on trust, one’s sense of

self, and executive brain function.

The primary work of the attachment process occurs in the first 30 months of life and significantly impact the human brain by age five. When this process is disrupted, the individual experiences significant deficits in the ability to develop and maintain meaningful interpersonal relationships, emotional self-regulation, and the ability to experience love or happiness. These characteristics are frequently observed in individuals with Substance Use Disorders and it is hypothesized that when one cannot derive pleasure from meaningful human relationships, s/he will find it elsewhere, frequently through chemical means. Persons struggling with these conditions are best served in treatment through modalities and approaches that help the person to address deficits in the areas of interpersonal relationships, emotional regulation, trust-building, and practicing vulnerability. To this end, Rogers' Unconditional Positive Regard, Yalom's interactional group psychotherapy, and 12 Step meetings have been very efficacious in the treatment of individuals with attachment deficits and substance use disorders. Among the primary goals of this workshop:

differentiating between healthy and unhealthy attachment, identifying the connections between attachment and substance use disorders and the barriers these can present to treatment, exploring practices that promote healing of attachment wounds, and connections between group therapy and 12 step fellowships to attachment and healthy relationships.

## USING CRITICAL THINKING IN OUR WORK

*Andrew Nocita, Ph.D, CAAP*

In our daily work as counselors and treatment providers, we make certain assumptions. For example, we assume that treatment works; if it is not working, we might assume that the patient is "treatment resistant". We may believe that manualized or Evidence-Based Practice approaches are more effective than other approaches, and that some approach is superior to other approaches. But how often do we critically analyze our treatment "tools" in terms of their empirical efficacy- whether they actually work, and when they do not? We will explore treatment trends, evidence-based approaches, manualized treatments, and controversial interventions. Goals will be to

learn what current research says about the effectiveness of various treatment methods and to evaluate other factors that can contribute to success in treatment. We will utilize a model for critical analysis that helps us avoid egocentric or sociocentric thinking and instead consider evidence from both sides as we explore these issues. This training is oriented toward counselors who have experienced both success and lack of success in their work, and who want to look more deeply at their own methods, and those of our field, in order to make effective choices in daily practice.

## SPECIAL PANEL DISCUSSION

4:30pm-5:30pm

Panelists

*Thomas Baier, MHS, LPC, CAD, CCS*

*James Bechtel, PhD, CDDPD*

*Mary Jo Mather, PCB Executive Director, IC&RC Executive Director*

*Craig Strickland, PhD*

## LESSONS ON THE WAY OUT — A SHARED LEARNING EXPERIENCE

Identifying themselves as people near the end of their careers, this panel discussion brings together senior professionals comprising more than 120 years of experience in the field of behavioral health, most specifically in the addictions treatment arena. Perspectives on clinical care, clinical supervision and administration combined with a vision of the future for our field will be shared as a means of communicating the collective wisdom of this group of seasoned individuals. Here's your chance to pick the brains of this esteemed group and gain a perspective of both our historical roots in the treatment of substance use disorders and perhaps what the future holds for those of us who will pick up the reins to lead our field into the future.

## WELCOME RECEPTION

5:30pm-6:30pm

- *Light Refreshments Provided*
- *Dinner: On Your Own*

**TUESDAY, MAY 2<sup>ND</sup>**

**7:00am–8:00am**

• *Continental Breakfast | Networking & Exhibits*

## KEYNOTE PRESENTER

*Jean M. Bennett, PhD, MSM,  
MSN, RN*

In 2011, Dr. Jean Bennett was selected as the SAMHSA Regional Administrator responsible for the federal Region III territory which includes Delaware, the District of Columbia, Maryland, Pennsylvania, Virginia and West Virginia. In this new SAMHSA leadership role, Dr. Bennett works closely with federal, regional and national behavioral health leaders and stakeholders. Prior to joining SAMHSA, Dr. Bennett served in the HHS Office of the Secretary as Senior Advisor to the Assistant Secretary

for Administration, who had responsibility for providing Department-wide support services for all of HHS. As Senior Advisor, Dr. Bennett collaborated on designing solutions to shared administrative and management challenges so as to better serve internal and external stakeholders of HHS.

Dr. Bennett's academic experience and research has included work with inner city pregnant women with substance use disorders, developmentally delayed newborns, and survey studies to evaluate organizational climate, hospital emergency preparedness, and e-mail communications. During her military career from which she retired as a Navy Nurse Corps Captain, Dr. Bennett's assignments included clinical roles in mental health, pediatrics, and medical-surgical nursing and leadership assignments overseeing national recruiting programs, tri-service incentive policy development, and a Department of Defense-wide

transition assistance program. Originally from Boston, Dr. Bennett graduated with a B.S.N. from the University of Rhode Island, earned a MS in nursing at the University of Pennsylvania, and a MS in management from Troy State. Jean's Ph.D. in Organization and Management is from the Capella University School of Business and Technology.

## KEYNOTE ADDRESS

**8:00am–9:00am**

*Jean M. Bennett, PhD, MSM,  
MSN, RN*

## SAMHSA-SUD- WORKFORCE ISSUES

This keynote presentation will focus on the changing climate in substance abuse treatment and workforce initiatives to meet the challenges.

## MORNING SESSIONS

**9:00am–12 Noon**

## BREAK & EXHIBITS

**10:45am–11:00am**

## ETHICAL DILEMMAS OF TECHNOLOGY USE FOR CLINICIANS AND CLINICAL SUPERVISORS

*Martha Thompson, PsyD, CAADC*

Technology is changing the face of supervision and counselor training today. More online education and training programs arise each day. The developing counselor has quite a bit more experience in the world of technology than many of the seasoned supervisors. This training will discuss ways to bridge the gap between the technology natives and technology immigrants. We will focus on ways to provide great supervision within a web based world. Participants of this workshop will gain knowledge and learn ways to navigate the ethical dilemmas supervisors and counselors face with web based services.

*This training fulfills 3 hours  
in ethics.*

## **FACILITATING PERSONAL GROWTH GROUPS IN A SUD TREATMENT SETTING: Using Gestalt Experiential Activities and Mindfulness Techniques**

*Emily Meyer Stewart, MSED, NCC, LPC*

*Heatherlee Sittler, LPC*

This workshop will explore the research based evidence on the efficacy of personal growth groups and of mindfulness training for addiction recovery. Participants will learn experiential activities that facilitate personal awareness of the self and others, using gestalt and mindfulness principles. We will investigate and practice mindfulness training for use in group therapy for substance use disorders. The primary objectives of this workshop include: increased knowledge and awareness of current research that support the use of personal growth groups and mindfulness for SUD, increasing engagement and support of stakeholders, examples of group room setting that support and accommodate active learning, and increased knowledge of how to facilitate mindfulness

activities for personal growth for SUD groups. This presentation is designed for intermediate professionals and all information presented will address the multi-cultural counseling competencies and the Association Specialist in Group Work best practices as they relate to gestalt and mindfulness applications.

## **EVOLVING TRENDS IN MEDICATION ASSISTED TREATMENT FOR OPIOID USE DISORDERS**

*Christopher Davis, D.O., CAADC*

This training will begin with a review of our country's opioid epidemic and current treatment approaches including: abstinence based treatment, opioid agonist therapy with methadone maintenance, buprenorphine maintenance and the newer implantable buprenorphine (Probuphine). Other approaches including opioid antagonist therapy with oral Naltrexone and extended release Naltrexone (Vivitrol) will also be presented and explored. Recent data showing the exceedingly high mortality rates observed following release from residential treatment and prison, demands that we rethink our treatment approaches. This

training will explore how major policies and a push for MAT are based on limited studies, most of which follow individuals for short periods of time although these individuals have a chronic relapsing disease. Attempting to identify those clients at greater risk for overdose and determining the best treatment approach for them in different settings, such as residential treatment prior to release from prison will also be discussed. We will also explore obstacles for the implementation of MAT. Treatment approaches for the pregnant opiate dependent female will also be reviewed including data from the MOTHER study, and 3 year outcomes of the infants followed in this study.

## **KINKY SEX OR SEX ADDICTION: Looking Beyond the Behavior when Diagnosing Problematic Sexual Behavior**

*Jennifer Weeks, PhD, LPC, CAADC, CSAT-S*

Often, clinicians who are unfamiliar with sexual addiction or uncomfortable dealing with sexual issues make clinical diagnoses of sexual addiction based on the sexual behavior of a client alone. As problematic

sexual behavior is often a result of dysfunctional affect regulation and unhealthy bids for connection, it cannot be diagnosed based solely on the sexual behaviors presented. Clinicians' own beliefs about sex and sexuality, as well as their discomfort in discussing "out of the box" sexual behavior, can influence client treatment in a negative manner resulting in shaming, judging, or pathologizing sexual behavior that is not problematic. In this training attendees will learn the following: the psychological deficits underlying sexual addiction, how the personal beliefs of the clinician about sex and sexuality influence diagnosing sexual problems, why non-traditional sexual behavior is not always a problem and how to help clients assess their own goals for long term sexual health. Case examples will be provided to help aid understanding of the issue.

# RESERVATION

## EXHIBITS OPEN

Monday 7:30am–6:30pm  
Tuesday 7:00am–11:00am

## CONFERENCE LOCATION

Eden Resort & Suites  
222 Eden Road  
Lancaster PA 17601  
Phone: (717) 569-6444

## HOTEL RESERVATIONS

A block of rooms has been reserved at the Eden Resort & Suites at a special conference rate of \$117 for a single room - \$157 for multiple room suites per night. Reservations should be made by contacting the Eden Resort at (717) 569-6444 or 866-801-6430 or online at [www.edenresort.com](http://www.edenresort.com) and must be made by March 31st, 2017 to receive this special rate. Be sure to identify yourself as attending the Pennsylvania Certification Board Conference to receive this special room rate.

*Check-in time is 3:00pm*

*Check-out time is 11:00am*

Welcome to the Eden Resort & Suites: A Best Western Premier Hotel in Lancaster, PA.

The hotel showcases 301 contemporary appointed guest rooms and suites nestled in the heart of Lancaster County, Pennsylvania. Centrally located to Amish attractions, outlet shopping and Dutch Wonderland, our resort boasts two award-winning restaurants (Garfields & Arthurs) and a relaxing cocktail lounge. Outdoor and heated indoor pools, fitness center and much more at the Eden Resort make us one of the top Lancaster PA hotels. Why choose the Eden Resort and Suites over other hotels near Lancaster PA? It's simple: the Eden offers a large collection of unique and spacious guest room styles, unsurpassed on-site recreational facilities, all at an incredible value.

# INFORMATION

## GUEST ROOMS

*All guest rooms include:*

32" and/or 42" Flat panel HDTV's with 24 Hi Definition Channels, 24 digital channels, and in-room Hi Definition Pay Per View movies and entertainment system,

Complimentary in-room safe, 2-two-line phones, with speakerphones, data ports and voice mail, Complimentary high speed wireless and wired internet services Refrigerator, microwave and coffee maker, Hair dryer and full-size ironing board and iron, Oversized work desk with "Smart Lamp" and ergonomic chair, Sitting area with comfortable chair.

Our hotel offers full accessibility with many rooms located on ground level. Elevator service is also available between floors. Whether you're searching for hotels in Lancaster PA for business or pleasure, our new Suites fulfill all the needs of today's contemporary traveler. The hotel's two-room suites feature a hospitality center with a refrigerator, microwave and coffee maker. Each room offers a large 32" and/or

42" flat panel television and luxurious furnishings. It is the perfect style of room to "sneak in a little business" between your recreation and relaxation.

## DINING

Eden Hotel and Suites has multiple dining options within the hotel

### Garfield's Food & Spirits

For a FUN, family-friendly atmosphere with an eclectic menu, Garfield's restaurant in Lancaster is the place to be.

*Open daily: 11:30am–10:00pm*

*Lunch buffet*

*Mon-Sat 11:30am-2:00pm.*

### Arthur's Terrace

Offers a truly FINE Lancaster dining experience in a casual atmosphere, featuring award-winning cuisine and Lancaster's #1 Prime Rib Buffet.

### Encore Lounge

Serves a light fare menu along with its full range of beers, wines and cocktails. Perfect for business or pleasure.

Lancaster also has various quality dining options in town for those interested in getting to know the city better.

## REGISTRATION

The attached registration form should be completed and emailed, faxed, or mailed to:

PCB, 298 S. Progress Avenue,  
Harrisburg, PA 17109

FAX: 717.540.4458

Email: [info@pacertboard.org](mailto:info@pacertboard.org)

Payment must accompany each registration.

Confirmation letters and driving directions will be emailed for all registrations received up to 10 working days prior to the conference.

## CONFERENCE PRICE INCLUDES

*Monday & Tuesday*

*Continental Breakfast*

*Deb Beck, MSW*

*Keynote Presentation*

*Jean M. Bennett, PhD,*

*MSM, MSN, RN*

*Keynote Presentation*

*Monday & Tuesday Workshops*

*Panel Discussion*

*Awards Luncheon*

*Welcome Reception*

*Registration will be open Monday, May 1st at 7:00am through 12 Noon on Tuesday, May 2nd.*

## CANCELLATIONS/REFUNDS/CHANGES

Written refund requests, acceptable up to 10 days prior to the conference are subject to a \$25 administrative fee. Written substitute attendee requests, acceptable up to 10 days prior to the conference, are subject to a \$25 administrative fee. Payments on or after the conference date are subject to a \$25 administrative fee.

## CONTINUING EDUCATION

Certificates of attendance with earned continuing education hours will be emailed to all participants within 10 working days after the participant completes a brief on-line training evaluation for each workshop attended.

Twelve continuing education hours will be awarded for attendance at the entire conference.

# WORKSHOP SELECTIONS

*Please check only one workshop within each training session period - all workshops are three hours in duration*

## MONDAY, MAY 1<sup>ST</sup> – MORNING WORKSHOPS

- Gender Specific Treatment: Treatment and Recovery
- Clinical Applications of Neuroscience
- Preventing Overdose in the Era of Opioids: Strategies and Treatments that Work
- Addiction as a Response to Multi-Generational Trauma

## MONDAY, MAY 1<sup>ST</sup> – AFTERNOON WORKSHOPS

- Countertransference and the Boundary of Self
- A Review of the Basics: Clinical Applications
- The Connection Between Attachment and Substance Use Disorders
- Using Critical Thinking in Our Work

### 4:30pm-5:30pm SPECIAL PANEL DISCUSSION

Lessons on the Way Out – A Shared Learning Experience

- Attending
- Not Attending

## TUESDAY, MAY 2<sup>ND</sup> – MORNING WORKSHOPS

- Kinky Sex or Sex Addiction: Looking Beyond the Behavior when Diagnosing Problematic Sexual Behavior
- Evolving Trends in Medication Assisted Treatment for Opioid Use Disorders
- Facilitating Personal Growth Groups in a SUD Treatment Setting: Using Gestalt Experiential Activities and Mindfulness Techniques
- Ethical Dilemmas of Technology Use for Clinicians and Clinical Supervisors



# REGISTRATION

*Payment Must Accompany Each Registration*

PCB  
298 South Progress Avenue  
Harrisburg, PA 17109-4626

Phone: (717) 540-4455  
Fax: (717) 540-4458  
Email: info@pacertboard.org

*Please Print*

Name.....

Address.....

City.....

State..... Zip.....

Phone.....

Fax.....

Email.....

Check here to receive confirmation and directions by email. Email address  
MUST be listed above to receive directions.

## CONFERENCE FEE SCHEDULE

\$175 Prior to April 1st registration  \$200 After April 1st

## METHOD OF PAYMENT

Visa  MasterCard  Discover  Check Enclosed  
(payable to PCB)

Credit Card #.....

Expiration Date...../..... 3 digit code.....

Billing Address.....

City.....

State..... Zip.....

Print Name.....

*(as it appears on card)*

## CANCELLATION/CHANGE POLICY

Written refund requests, acceptable up to 10 days prior to the conference are subject to a \$25 administrative fee. Written substitute attendee requests, acceptable up to 10 days prior to the conference, are subject to a \$25 administrative fee. Payments on or after the conference date are subject to a \$25 administrative fee.

PENNSYLVANIA  
CERTIFICATION BOARD

298 South Progress Avenue  
Harrisburg, PA 17109-4626

**Return service requested**

SPACE IS LIMITED...  
**REGISTER TODAY!**