

# 2009



**17TH ANNUAL  
PROFESSIONAL  
TRAINING SERIES**

*People Get Well at McLeod Center*

**M**cLeod Addictive Disease Center has been unyielding in its commitment to the growth and development of addiction professionals. McLeod Center's dedication to the field of drug and alcohol treatment is evidenced by the design and implementation of *The 17th Annual Professional Training Series*. The 2009 Series includes two national trainers and an interesting mix of topics, such as DBT with Dual Diagnosis; Adolescent Substance Abuse; and Psychopharmacology. With an emphasis on the relevant substance abuse treatment issues and trends occurring today, the Professional Training Series builds upon McLeod Center's tradition of excellence in treatment education.

The Annual Professional Training Series was established by McLeod Center as a forum for trainers to share knowledge and experiences, enhancing the professional development of McLeod Center staff. Since McLeod Center decided to share the experience with the community, the Series has grown to become one of the most important training opportunities in North Carolina. Participants are not charged for attendance, nor are agencies asked for contributions. McLeod Center is proud to offer the workshops as an opportunity for both interested persons and substance abuse professionals to learn more about addiction and to grow professionally.

McLeod Center's commitment to professional development remains strong. Both the Ethics and HIV/AIDS trainings will continue to be offered two times within the month to accommodate the demand and allow flexibility.

## 2009 Training Calendar at a Glance...

January 16	Helping Clients Get Unstuck
February 6	Dialectical Behavior Therapy with Persons with Co-Occurring Personality and Substance Abuse Disorders
March 20	Returning to the Well: A Fresh Look at the Fundamentals of Addiction and Treatment
April 17	Drugs and Crime
May	TBD
June 5 AND 12	Ethics**
July 10	The Treatment of Adolescent Substance Abuse
August 14	The Actions and Effects of Dependence Producing Drugs and the Medicines Used to Treat Them
September 25	From Stigma to Science: Advances in the Treatment and Understanding of Substance Abuse
October 30	What Works in Therapy
November 6 AND 13	HIV/AIDS and Blood Borne Pathogens**
December 11	The Family Dynamics of Addiction

**\*\* Please note: these trainings will repeat; these are NOT two-part trainings.\*\***

**January 16, 2009**

**Counselor as Storyteller:  
Telling Stories to Help People Get Unstuck**

We tell about our lives by story. We tell what we need and how we have failed by our stories. We take in new directions for our lives by being given a new story. We are a collection of stories. Recognizing our story patterns is the basis of counseling. A Created Story can give new options and choices in a new way. Stories can give positive experiences and outcomes. Stories are the bridge between the familiar and the new. When questions alone don't work, people need a story. When the story that got us this far collapses, we need a new story. Experience creating and telling stories to help.

**David Austin Sky**

For the last twenty-three years, David Austin Sky has enjoyed life as a full-time speaker, trainer, and storyteller. He tells stories to share life's wisdom. His daughter says that he puts wings on simple words. Audiences say he is a child in a bald man suit. David has a Master's Degree from the Methodist Theological School. He is the author of *See the Forest, Hear the Trees: The Art of Storylistening* and *Sky Stories: A Storybook for Grownups*. David has been a counselor, a bar band musician, U.S. Air Force Crew Chief, and a janitor at Ripley's Believe It or Not Museum.

**February 6, 2009**

**Dialectical Behavior Therapy for Adults with Co-occurring Personality  
and Substance Use Disorders**

The overarching purpose of this training is to discuss issues related to the assessment and treatment of adults with co-occurring personality disorders and substance use disorders (SUDs). Individuals with this complex and multi-diagnostic presentation often meet diagnostic criteria for borderline personality disorder (BPD), and can be extraordinarily difficult to treat given the range of treatment targets and the emotional, interpersonal, cognitive and behavioral problems that may occur during sessions. This training will focus on one treatment, Dialectical Behavior Therapy for Substance Abuse Disorders (DBT-SUD), as a comprehensive approach to treating individuals with BPD and co-occurring SUDs. The theory, philosophy, structure, process and modes of DBT-SUD will be introduced. To facilitate learning, the training will include experiential exercises designed to help highlight the specifics of DBT-SUD skills, including mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness skills. This is not a comprehensive and intensive DBT-SUD training but is instead a general introduction to this treatment approach.

**Zach Rosenthal, Ph.D.**

Dr. Rosenthal received his PhD in Clinical Psychology from the University of Nevada-Reno and is Associate Director of Duke University Medical Center's Cognitive Behavioral Research and Treatment Program. He is a member of both the Association for the Advancement of Behavior Therapy and the Society for a Science of Clinical Psychology. His professional interests include emotion regulation and Borderline Personality Disorder, and has provided special clinical training throughout the Southeastern U.S.

**March 20, 2009**

**Returning to the Well: A Fresh Look at the  
Fundamentals of Addiction and Treatment**

Experienced Addictions Professionals often base their work on a set of beliefs and assumptions that they may have developed at the start of their professional career. New evidence, deepening collective experience, and integration of approaches from the world of mental health treatment have greatly influenced the field of addictions treatment, suggesting the value of a fresh look at the assumptions that we have held for many years. Persons new to the field, however, may be so caught up in new developments that they may miss the value of some "tried and true" ideas about addiction and its treatment. For anyone working in the field of addictions treatment, it is useful to regularly return to the Well of traditional and new knowledge about what it is that we do, to dip in, and to let ourselves raise questions about what we assume to be true and useful. This one day program will highlight several key areas of addiction theory, policy, and treatment and compare "traditional beliefs" with new evidence and trends in an attempt to stimulate thinking and discussion.

**Bohdan Hrynewych**

Bohdan Hrynewych is a licensed clinical social worker and certified addiction specialist in North Carolina. While working for Duke Medical Center, he helped establish and implement an adolescent dual diagnosis inpatient program, was the clinical director of outpatient addictions treatment, and created a groundbreaking mind-body-spirit treatment program for addictions. He currently is in private practice in Chapel Hill and Raleigh, NC. He is a well known trainer in the fields of addictions, group therapy, and the mind-body-spirit connection.

**April 17, 2009**

### **Drugs and Crime**

Empirical evidence supports a significant, positive correlation between drug use and crime. Dr. Kuhns will provide attendees with an overview of the state of drug use in the United States and throughout the world. He will review the history of drug use/abuse and explore current drug use patterns using a variety of sources. Participants will identify and debate issues associated with licit and illicit drug dealing and trafficking, attempt to understand crime and violence associated with drug use and drug markets, and explore the effectiveness of drug control strategies on the local, national and international level.

**Joseph Kuhns, Ph.D.**

As an Assistant Professor at UNCC, Dr. Kuhns teaches policing/community policing, research methods, drugs and crime, and other courses to undergraduate and graduate students. Dr. Kuhns was a Regional Supervisor and a Social Science Analyst at the U.S. Department of Justice and has served as a COPS Grants Management Trainer for five years. As a trainer Dr. Kuhns has delivered presentations to over 1,000 COPS grantees and audiences that included Sheriffs, Tribal Agencies, labor unions, members of Congress and White House staff. Dr. Kuhns has worked on dozens of research/evaluation projects focusing on community policing, substance abuse and violence, prostitution and drug use and the validity of self-reported drug use.

**The May Training Date and Topic is To Be Determined. Please visit [www.mcleodcenter.com](http://www.mcleodcenter.com) to stay current with topic dates and presenters.**

**June 5 AND 12, 2009**

### **Conquering Ethical Dilemmas in Substance Abuse**

The purpose of the training session is to provide an overview of the North Carolina Code of Ethics for Substance Abuse Professionals. Participants will have the opportunity to explore different ethical situations that occur in the workplace and examine ways to prevent or avoid potentially problematic situations. The presenter will discuss how the field of substance abuse has changed over the last decade and what to expect in the coming years.

**Tim Hall, LCAS, CCS, CSARFD**

Mr. Hall currently serves as Clinical Director for Robeson Health Care. He received his Bachelor of Science Degree from Campbell University and holds a Master of Divinity Degree from Southeastern Baptist Theological Seminary. He is a member of the North Carolina Substance Abuse Professional Practice Board, has served as Assistant Director for a residential treatment facility, and provides yearly seminars on ethics and substance abuse through North Carolina State University's Office of Professional Development.

**July 10, 2009**

### **The Treatment of Adolescent Substance Abuse**

This seminar is designed to assist the participant in examining treatment strategies for adolescent substance abusers. Information and practical exercises will allow participants to explore and discuss the scope of the problem, unique treatment issues, and strategies for addressing the needs of this population.

**Karen Weiss-Ogden, MS, LPC, CRC, LADAC**

Karen Weiss-Ogden has been working in the mental health/substance abuse field for over 18 years. She has been recognized not only for her gifted teaching abilities, but also for her commitment to client-focused treatment. Presently, Ms. Ogden is working in private practice and is on staff with Duke University Medical Center and the Department of Psychiatry at the University of North Carolina, Chapel Hill. In addition to her current clinical responsibilities, Ms. Ogden has served as the program coordinator for inpatient substance abuse services at Duke University Medical Center and as the Day Treatment Coordinator at Wake County Human Services.

**August 14, 2009**

### **The Actions and Effects of Dependence Producing Drugs and the Medicines Used to Treat Them**

The knowledge base in the field of psychopharmacology is changing rapidly. In the last 10 years researchers and clinicians have learned much about the actions and effects of dependence producing drugs as well as the medications used to treat substance use disorders. This seminar will provide the clinician with an update in the state-of-the-art knowledge of the effects of these drugs on the nervous system with a focus on introducing and explaining the many new medications developed in recent years.

**Richard Ogle, Ph.D, LCAS.**

Richard Ogle, Ph.D., LCAS received his doctorate in clinical psychology with a minor in psychopharmacology and addictive behaviors from the University of New Mexico in 2001. He received post-doctoral training at the Center of Excellence in Substance Abuse Treatment and Education at the Seattle Veterans Affairs Medical Center. Dr. Ogle is currently an Associate Professor of Psychology and Clinical Training Coordinator for the Substance Abuse Treatment Psychology Program at the University of North Carolina Wilmington. His program of research is on the consequences and treatment of substance use/abuse as well as the relationship between alcohol intoxication and aggressive behavior. He has a part-time private practice and has been conducting trainings in Motivational Interviewing and the Community Reinforcement Approach for over 10 years.

September 25, 2009

### From Stigma to Science: Applying Best Practices in the Treatment of Addictive Disorders

Following 30 years of neuro-scientific study aided by imaging technology as well as accumulated trials of behavioral and pharmacological research, there have been remarkable advances toward our understanding of substance abuse as a complex but highly treatable brain disorder. This research has greatly informed our approaches to preventing as well as treating established substance use disorders and has led to empirically supported principles and guidelines for effective substance abuse treatment. While a gap between research and practice has been highlighted by the Institute of Medicine (1998), there is a growing effort within the field of addictions treatment to better integrate research with practice by implementing science based practices into community based treatment settings. This presentation is designed to assist community and student clinical practitioners to better understand these science based perspectives of substance, while also increasing awareness about evidence based practices for the treatment of substance use and co-occurring disorders.

Paul D. Nagy, M.S., LPC, LCAS, CCS

Paul Nagy is a Clinical Associate in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center where he serves as Program Director of the Duke Addictions Program and Director of Substance Abuse Clinical Training and Consultation for the Duke Department of Psychiatry and Behavioral Sciences. Mr. Nagy has over 25 years experience as a substance abuse treatment specialist, administrator, consultant and educator and presently provides routine and ongoing best practices consultation and technical assistance to a number of public and private organizations. He regularly conducts seminars and workshops to audiences throughout the United States on a range of topics. Mr. Nagy also works as Expert Content Director overseeing the development of publications for the Center for Substance Abuse Treatment. He served as Consensus Panel Chair and Co-Chair of the Federal Treatment Improvement Protocols on Intensive Outpatient Treatment of Alcohol and Other Drug Abuse and has written three book chapters for textbooks published by the American Psychiatric Press.

October 30, 2009

### What Works in Therapy: Practical Applications from 40 Years of Outcome Research

For today's practitioner, finding reliable information about "what works" in therapy—separating fact from fiction—can be challenging. Since the 1960's, the number of treatment approaches has exploded, going from 60 to over 400 at last count. During the same time period, over 10,000 books and 100,000 articles and research reports have been published. Without exception, developers and devotees to particular methods claim superiority in conceptualization and outcome of their chosen approach. Meanwhile, governmental bodies, professional organizations, and third party payers are assembling, mandating adherence, and in some instances limiting payment to lists of treatments considered "evidence-based." So, "what works?" Drawing from a comprehensive review of 40 years of outcome research in his best-selling book, *The Heart and Soul of Change: What Works in Therapy* (with Barry Duncan and Bruce Wampold [APA Press, revised 2008]), Scott D. Miller, Ph.D. will identify core factors responsible for therapeutic success regardless of theoretical orientation or psychiatric diagnosis. The research on "what works" will be carefully translated into practical, common sense, and empirically-supported therapeutic skills that can be used for the efficient and effective resolution of problems clients bring to treatment.

Scott Miller, Ph.D.

**Scott D. Miller, Ph.D.** is a co-founder of the [Institute for the Study of Therapeutic Change](#), a private group of clinicians and researchers dedicated to studying "what works" in mental health and substance abuse treatment. He works as a therapist providing all clinical services pro bono to traditionally under served clients. Dr. Miller conducts workshops and training in the United States and abroad and is known for his engaging and humorous presentation style. He has presented to many professional audiences including: the American Psychological Association, the American Society of Clinical Hypnosis, the International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, and the National Association of Social Workers. Most recently, he served as an invited faculty member at the Evolution of Psychotherapy Conference. He is the author of numerous articles and co-author of *Working with the Problem Drinker: A Solution Focused Approach* (with Insoo Berg [Norton, 1992]), *The "Miracle" Method: A Radically New Approach to Problem Drinking* (with Insoo Kim Berg [Norton, 1995]), *Finding the Adult Within: A Solution-Focused Self-Help Guide* (with Barbara McFarland [Brief Therapy Center Press, 1995]), *Handbook of Solution-Focused Brief Therapy: Foundations, Applications, and Research* (with Mark Hubble and Barry Duncan [Jossey-Bass, 1996]), *Escape from Babel: Toward a Unifying Language for Psychotherapy Practice* (with Barry Duncan and Mark Hubble [Norton, 1997]), *Psychotherapy with Impossible Cases: Efficient Treatment of Therapy Veterans* (with Barry Duncan and Mark Hubble [Norton, 1997]), *The Heart and Soul of Change: What Works in Therapy* (with Mark Hubble and Barry Duncan [APA Press, 1999]), *The Heroic Client: A Revolutionary Way to Improve Effectiveness through Client-Directed, Outcome-Informed Therapy* (with Barry Duncan [Jossey-Bass, 2000], and Jacqueline Sparks [Revised, 2004]), and the forthcoming *What Works in Drug and Alcohol Treatment* (with David Mee-Lee and Bill Plum).

November 6 AND 13, 2009

### HIV/AIDS and Blood Borne Pathogens

The program will provide information on preventive methods to reduce the transmission of HIV/AIDS among patients who are diagnosed with substance abuse or dependency. Participants will learn to assist clients with identifying risk, setting goals and taking necessary actions to reduce the transmission of HIV/AIDS. Interactive methods of learning will provide opportunities for recognizing signs of at risk behavior, methods of risk reduction, counseling and referral services.

### **Kathy Norins, M.Ed.**

Ms Norins has been presenting HIV and Health Education in the Substance Abuse field for over 15 years as a State-Certified HIV Educator at Alcohol/Drug Services in High Point. She earned a BA in Sociology and a M.Ed in Counseling Psychology from UNC-Charlotte and is a Certified Instructor for Center for Substance Abuse Training. She trains on other topics such as Infectious Disease, Ethics, Death and Dying; and Nicotine Dependency. She is an avid gardener, kayaker, bicyclist, and contra dancer as well as a former costume and clothing designer.

**December 11, 2009**

### **The Family Dynamics of Addiction**

Drug and alcohol issues affect not only the addict, but the family unit as well. The program will educate clinicians and case managers about the dynamics that exist in addicted families. During the presentation, the group will explore family dynamics from a systems perspective—exploring intergenerational patterns of addiction, dynamics in the family, roles individuals play and treatment implications.

### **Marty Weems, MSW, LCSW, LCAS**

Ms. Weems has extensive experience in the area of substance abuse with adolescents and adults, as well as mental health and crisis intervention experience. She worked as a substance abuse education consultant in the area of substance abuse prevention before concentrating on clinical practice. Ms. Weems conducts research in the areas of substance abuse, crisis intervention, clinical work with children and adolescents, and Critical Incident Stress Management.

---

All trainings provided by the McLeod Center are certified through the North Carolina Substance Abuse Professional Practice Board (NCSAPPB). Training is for six continuing education credits. McLeod Center has a responsibility to the NCSAPPB to grant credit hours only to those who have attended the ENTIRE training. In order to receive a certificate participants must sign in at the beginning of training and then turn in an evaluation at the conclusion of the training.

### **MCLEOD CENTER CAMPUS DIRECTIONS**

**515 CLANTON ROAD, CHARLOTTE, NORTH CAROLINA 28217**

**From I-77, heading North: (heading towards uptown Charlotte)**

Exit 7 (Clanton Road) Make right onto Clanton Rd. and McLeod Center will be on the right.

**From I-77, heading South: (coming from uptown Charlotte)**

Exit 7 (Clanton Road) Make left onto Clanton Rd. and McLeod Center will be on the right.

### **SCHEDULE**

PRE-REGISTRATION IS NOT NECESSARY FOR ANY TRAINING.

Doors open at 8:00 a.m. All trainings begin promptly at 8:30am and conclude at 4:00pm. In order to comply with the Practice Board requirements, timelines are strictly enforced. McLeod Center reserves the right to refuse entry due to tardiness and no one will be admitted once the session is closed. Lunch hours are 11:45am to 1:15pm. Training will resume promptly at 1:15pm. Trainers may adjust the lunch and break schedules to suit their presentations.

### **COST**

As a result of McLeod Center's dedication to the growth and development of staff and others, all trainings are provided at NO COST to participants.

### **SNACKS**

Coffee and tea are provided at no cost by McLeod Center. Snack and drink machines are located in the facility.

### **TEMPERATURE**

Temperature may fluctuate in the auditorium. Participants may want to plan their attire accordingly.

### **DISCLAIMER**

The Professional Training Series is provided for the staff of McLeod Center. Others are welcome to attend free of charge with an understanding that special accommodations required by participants, other than McLeod Center staff, are not the responsibility of McLeod Center. On rare instances trainers, dates, locations, and topics may change. Please check McLeod Center's website at [www.mcleodcenter.com](http://www.mcleodcenter.com) regularly to stay current with training events. McLeod Center reserves the right to refuse entrance to any training session for any reason.

**McLeod Addictive Disease Center**  
145 Remount Road  
Charlotte, North Carolina 28203  
704.332.9001  
[www.mcleodcenter.com](http://www.mcleodcenter.com)



*People Get Well at McLeod Center*



**Accredited by the  
Commission on  
Accreditation of  
Rehabilitation  
Facilities**

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5