

**Region 1
Professional Development Training**

**2022
Calendar of Training
ASAC**

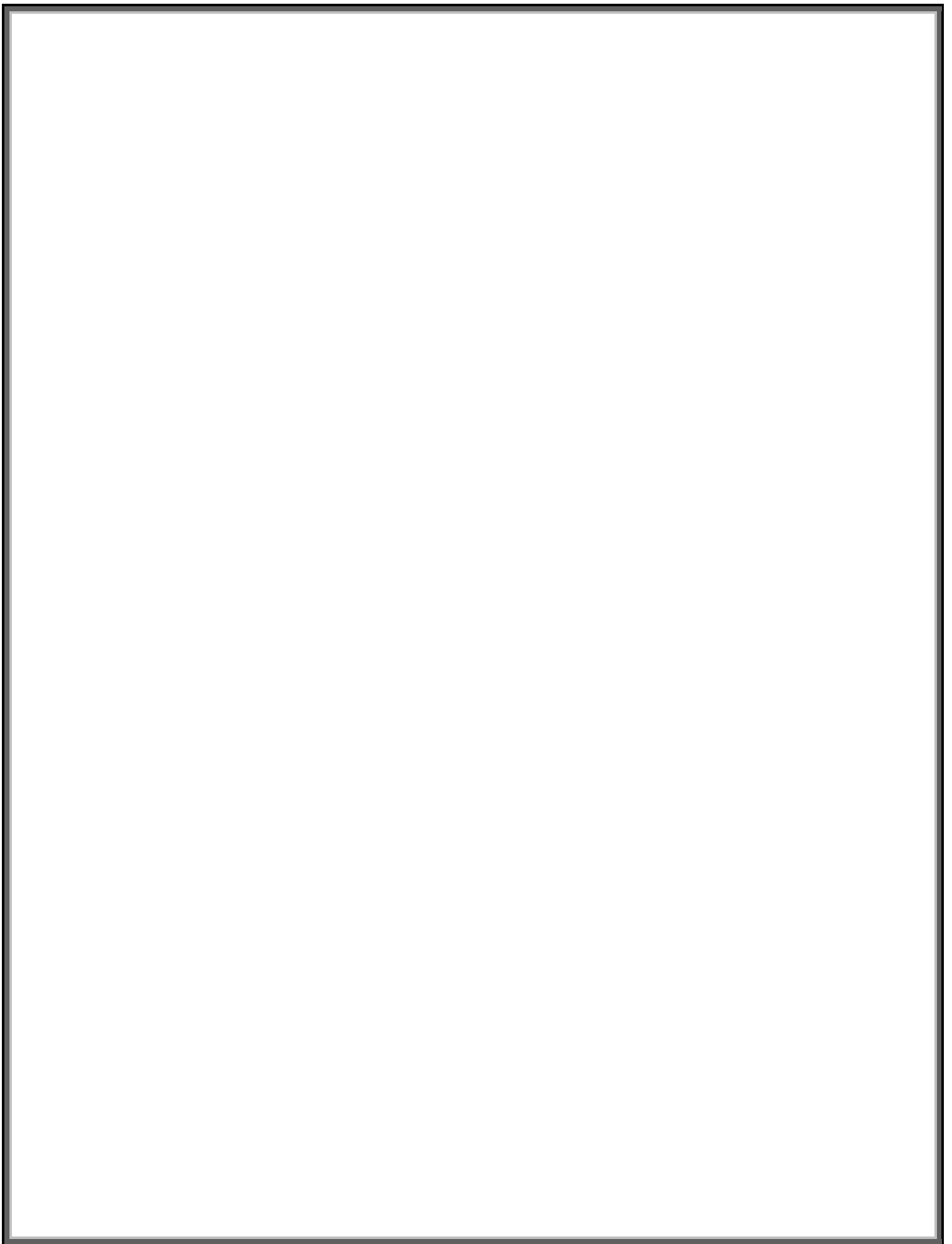
Appalachian Substance Abuse Council

www.gibsontrainingcenter.org

864-467-3065

NAADAC #138776

SC LPC, LMFT #4529



This document lists all scheduled monthly Region 1 trainings for 2022. Additional fee-based trainings will be offered throughout the year.

For a current list of additional trainings please visit our website:

www.gibsontrainingcenter.org

For additional information please contact Stephanie Bentley at:

sbentley@phoenixcenter.org

or 864.467.3065

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INFORMATION AND REGISTRATION for all scheduled 2022 Region 1 Trainings:

- Where:** Trainings are on Zoom unless otherwise noted
(www.gibsontrainingcenter.org)
- Time:** 9:00 to 4:00 PM
(In-person training extended to 4:30PM to allow an hour lunch)
- Credit:** NAADAC/LMFT/LPC/SW Approved
- Audience:** Private Practitioners, Counselors, Social Workers, Medical Professionals and Prevention Specialists
- Fee:** Registration is \$75.00 per 6 CEU day

Employees of Region 1 301 Agencies (A/OBHS, BHSPC, CCCADA, The Forrester Center, HealthyU, Phoenix Center, Cornerstone, Westview, Gateway, ReGenesis, plus Spartanburg Area Mental Health Center and Anderson/Oconee/Pickens Mental Health Center) may attend monthly Region 1 trainings at no charge; however, registration is needed in advance and is on a first come/first served basis.
- Registration:** www.gibsontrainingcenter.org
- Contact:** Stephanie Bentley: sbentley@phoenixcenter.org or 864.467.3065

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ADVANCED GROUP COUNSELING

When: **January 28, 2022**

Presenter: **Charissa Happe, LISW-CP, LAC, AADC, MAC**

Description:

Groups can often be full of complexities and challenges. This training will provide participants an overview of various potential group dynamics, and potential challenges that could arise across these groups. This training will provide techniques that can be used to address these potential challenges and ways to implement and utilize these techniques. This training will also serve as a space for clinicians to discuss various experiences they have had overcoming these challenges.

Objectives:

1. Identify various group dynamics that can be present and potential challenges across these groups.
2. Gain insight into helpful techniques and interventions to utilize when presented with these group challenges.
3. Discuss and brainstorm with fellow clinicians around past experiences with group challenges and ways to learn from previous experiences.

INTEGRATING EFFECTIVE TREATMENTS TO FACILITATE RECOVERY FOR PERSONS WITH CO-OCCURRING MENTAL HEALTH AND SUBSTANCE-RELATED DISORDERS

When: February 25, 2022

Presenter: Debbie Nieri, MS

Description:

In this one-day seminar, Ms. Nieri will provide an overview of the ASAM-PPC-2R criteria for COD Capable and COD Enhanced programs so participants can review their respective treatment program policies and practices to identify areas that may need addressed to increase COD capability. Following this overview, Ms. Nieri will discuss techniques in blending effective engagement strategies and therapeutic practices to facilitate practitioner's development of person-centered, recovery-oriented plans of care to address both mental health and substance-related disorders. Primary focus will be use of Prochaska and DeClemente's Transtheoretical Model (Stages of Change), Motivational Interviewing, and Cognitive-Behavioral Therapy techniques.

Objectives:

1. Learn the fundamental components of treatment programs that are able to effectively treat co-occurring mental health and substance related disorders.
2. Develop person-centered plans of care to address co-occurring mental health and substance-related disorders.
3. Understand how to provide treatment in a stage-wise integrated approach to address both mental health and substance-related disorders.

THE BRAIN AS AN OBSTACLE TO RECOVERY AND MAT PARTICIPATION

When: **March 25, 2022**

Presenter: **Joshua A. Hall, DO**

Description:

In this training, we will be discussing the neurological shortcomings we must face when helping people with addiction stabilize and recover. We will also learn how to recognize the difference between acute and chronic neurological changes.

Objectives:

1. Understand the reward pathway
2. Discuss dealing with denial
3. Discuss and recognize neuro-complications

SYSTEMIC SKILLS TRAINING FOR COUNSELORS

When: April 22, 2022

Presenter: Kelly Kennedy, PhD, LMFT/S, RPT/S

Description:

This 6 hour training will review basic tenets of systemic theory for working with couples and family. Systems theory, basic tenets of family therapy models, and various systemic techniques will be covered. Participants will learn and discuss at least five new techniques for working with couples and families and will practice case discussion and consultation as a part of conceptualizing cases from a systemic lens.

Objectives:

1. Counselors will verbalize understanding of what systems theory is and how it applies to counseling.
2. Counselors will understand at least 3 systemic techniques to use in couples and family counseling sessions.
3. Counselors will gain knowledge of ethical issues involved in working with couples and families.

ETHICS: NAVIGATING THE MINEFIELD OF COMPASSIONATE CARE

When: **May 20, 2022**

Presenter: **James E. Campbell, LPC, LAC, MAC, AADC**

Description:

Those who enter the addictions professions often do so in part because of their compassion for others and their desire to see people move towards greater health and wellness. As we seek to navigate helping others, however, there are many ways to step outside of what is best ethical practice and care for those we serve. This session will explore ethics for addiction professionals as it relates to their relationships with clients, the importance of confidentiality and their responsibilities as addiction professionals.

Objectives:

1. Identify the difference between ethics, morals and values
2. Describe self-disclosure, confidentiality, mandated reporting, and duty to warn in the context of ethics
3. Articulate at least two key concerns related to confidentiality and technology
4. Utilize an ethical decision-making model for dealing with ethical dilemmas as evidenced by evaluating scenarios for ethical concerns within the context of the group.

EQUITY AND INCLUSION IN THE TREATMENT SETTING

When: June 24, 2022

Presenter: Jenniffer Weller-White, LISW-CP, LAC,
NCAAC, CS

Description:

This training will explore the challenges of serving patients in a time and world that does not inherently support equity and inclusion. We will look at the biases that exist for ourselves and our patients and ways to overcome them to create safe spaces to support recovery.

Objectives:

- Participants will expand their knowledge on the implications of social, spiritual, sexual, political, and gender-based life experiences on substance use and recovery.
- Participants will examine their own inherent biases based on their personal lived experience and how those biases may impact the work they do.
- Participants will develop ways to acknowledge and overcome their biases, while also developing ways to help patients navigate inequalities and discrimination as part of their recovery process.

TREATING TRAUMA IN CHILDREN AND ADOLESCENTS

When: July 22, 2022

Presenter: Holly May, LPC, NIC, QMHI

Description:

This training will cover a variety of practical skills to use with children and adolescents who have experienced a variety of types of trauma. We will explore several Evidence Based Practices and apply them for use in children and adolescents. Case studies and real/role plays will be used to help attendees better understand how techniques can be applied and experience hands on use of skills.

Objectives:

1. Learn skills for working with children with a history of a variety of traumas.
2. Apply and practice skills to work with children with a history of trauma.
3. Explore various Evidence Based Practices and treatment of children.

PLUGGED IN: THE IMPACT OF MEDIA AND TECHNOLOGY ON CHILDREN

When: August 26, 2022

Presenter: Ben Barth, LPCS, CS, LAC

Description: ‘

Plugged In provides research related to technology use and the impact this has on child and adolescent development. Benjamin Barth hopes to connect this emerging topic with current addiction research and drug and alcohol treatment. Ben will provide tools for clinicians to enhance assessment and treatment of adolescents with problematic technology use. In addition, through this training, clinicians will be provided with additional resources to help children and families gain knowledge and monitor problematic technology use.

Objectives:

1. Learn about different forms of technology and how they are used by children and adolescents.
2. Understand how media can impact the biology, psychology, and social functioning of children and adolescents.
3. Acquire knowledge in assessing for problematic technology use.
4. Acquire knowledge and skills to help address problematic technology use.
5. Gain resources to help clients and caregivers manage and monitor problematic technology use

TENSION AND TRAUMA RELEASING EXERCISES

When: September 23, 2022

Presenter: Helen Yonts, AADC, NCAC-II, LAC, LBSW

Description:

TRE® is an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. The exercises safely activate a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, the body is encouraged to return back to a state of balance.

Tension & Trauma Releasing Exercises (or TRE®) is based on the fundamental idea, backed by research, that stress, tension and trauma is both psychological and physical. TRE®'s reflexive muscle vibrations generally feel pleasant and soothing. After doing TRE®, many people report feelings of peace and well-being. TRE® has helped many thousands of people globally.

TRE® is designed to be a self-help tool that, once learned, can be used independently as needed throughout one's life, thereby continuously supporting and promoting personal health and wellness.

Objectives:

1. Participants will learn about the history of TRE®, how they can become certified in TRE®, and how this can be a useful tool for patients who have experienced trauma.
2. Participants will learn the 7 exercises of TRE®.
3. Participants will have a TRE® experiential session. (Yoga mats, exercise clothing or clothing you can move your body in, and a small pillow is recommended).

SUPERVISION OF THE NOVICE COUNSELOR

When: **October 28, 2022**

Presenter: **Camilla Bravo, PhD, LPC-S**

Description:

As Clinical Supervisors we are many things and wear many hats – gatekeepers, role models, custodians, strategists, communicators – the list seems almost endless. In this workshop, you will learn about the journey called clinical supervision. We will discuss the variety of concerns and issues (also known as critical incidents) Associates new to the counseling profession bring to the table when taking part in clinical supervision, along with deeper exploration of the difference between ‘bad’ and ‘harmful’ supervision. Several video vignettes are included. We will also look at how incorporating the Six Thinking Hats (Edward de Bono) model into the supervisory process can lead to a more productive group supervisory session. Questions and examples from participants are encouraged.

Objectives:

1. List at least three factors that contribute to being considered a ‘good’ supervisor.
2. List at least three factor that contribute to being considered a ‘bad’ supervisor.
3. List and discuss at least three contexts included in a harmful supervisory relationship.
4. List at least three critical incidents found with Associates and the supervisory process.
5. List at least three using *Six Thinking Hats* is beneficial as a part of supervision.
6. List at least two ways to maintain a safe holding environment for Associates while in supervision.

DIAGNOSIS OF SUBSTANCE USE DISORDERS

When: November 18, 2022

Presenter: Charissa Happe, LISW-CP, LAC, AADC, MAC

Description:

This training is scheduled to take place in person unless unsafe to do so. The location for the training is TBD. See www.gibsontrainingcenter.org for updated information.

Diagnosis of Substance Use Disorders can be complex. This training will provide participants an overview of the basics of developing substance use disorder diagnoses. This training will provide a review of DSM 5 criteria required to meet certain diagnoses, information on criteria justification and how to obtain this, and translating old diagnoses from DSM 4. This training will also assist clinicians in developing ways to obtain criteria information and how to document this.

Objectives:

1. Identify DSM 5 requirements for various SUD diagnoses.
2. Gain insight into helpful techniques to obtain criteria justification.
3. Learn ways to appropriately document diagnosis of substance use disorders.

HANDLE WITH CARE: SELF CARE FOR THE OVERLOADED CLINICIAN

When: December 16, 2022

Presenter: Alan Lyme, LISW, MAC

Description:

Working as a substance use or behavioral health professional can be both challenging and rewarding at the best of times. Given the trials of the past two years, for many, burnout is replacing a feeling of satisfaction. Self-care helps you respond to and prevent burnout. It also enables you to carry out your professional responsibility, which is to do well for your clients. Modeling good self-care is good for you and everyone else, including clients. The principles of self-care are the same as for recovery, as exemplified by recovery-oriented systems of care. These principles promote a person-centered, strengths-based approach that helps people marshal the individual, social, and environmental factors that support their well-being. This workshop, built around a framework created by Drs. David Mee Lee and Deborah Teplow, will present skills that, when practiced, will help create lasting change so you can be well to do well.

Objectives:

1. Define the principles of good self-care and their parallels to SAMHSA's 10 principles of recovery, particularly in the context of burnout.
2. Discuss the core drivers of burnout through the lens of Christina Maslach
3. Apply three science-based strategies for making lasting change in your own life to reduce and/or prevent burnout.
4. Review your own self-care strategies and make a new plan

TRAINERS' BIOGRAPHIES

JANUARY: **Charissa Happe, LISW-CP, LAC, AADC, MAC**, is a Clinical Supervisor for the Phoenix Center in Greenville, South Carolina. Charissa also currently provides crisis counseling services for Palmetto Employee Assistance Program. She is an alumna of the University of South Carolina where she received a bachelor's degree in Experimental Psychology, a Master of Social Work degree, and a Certificate of Graduate study in Drug and Addiction Studies. Charissa has worked in the Alcohol and Drug Treatment field for the past 13 years. She has worked previously with medication assisted treatment programs and other various populations including incarcerated youth and adults, and domestic violence survivors. Other notable work has included being a member of the Leadership Academy, which has been a South Carolina statewide initiative supported by DAODAS in efforts to produce a streamlined approach to Alcohol and Drug Treatment.

FEBRUARY: **Debbie Nieri, MS**, is a graduate of the Clinical Psychology Masters of Science program at the University of Central Florida and has over 25 years' of experience providing, administering, and evaluating the effectiveness of behavioral healthcare services. In the formative years of her career, Ms. Nieri practiced as a licensed mental health counselor and certified supervisor at CENTAUR, a behavioral health AIDS Service Organization. In 2001, she became the director of HIV/AIDS Services at the Center for Drug-Free Living in Orlando, Florida wherein she designed, implemented and supervised residential and outpatient services for persons with HIV/AIDS and co-occurring mental health and substance-related disorders.

After relocating to South Carolina, she was hired by the South Carolina Department of Mental Health to perform evidence-based practice fidelity reviews of treatment services for persons with co-occurring disorders and to deliver training to direct care providers as part of South Carolina's Co-Occurring State Incentive Grant. Ms. Nieri currently works with the South Carolina Department of Mental Health, at the Lexington County Community Mental Health Center as director of utilization management and review. She continues to provide training on evidence-based practices, primarily on cognitive-behavioral therapy approaches and motivational interviewing.

MARCH: **Dr. Joshua A. Hall** completed his medical degree at the Philadelphia College of Osteopathic Medicine Atlanta Branch and then completed his residency in family medicine at UPMC Pinnacle Lititz. He is double boarded in Family Medicine and Addiction Medicine and is now the Director of Addiction Medicine at Regenes Health Centers and the CMO of the Phoenix Center. He has interests in addiction medicine, nutrition, and preventative care. Beyond practicing medicine, Dr. Hall enjoys old cars, golfing and spending time with his wife and two sons. He sees patients from birth to as long as possible in Spartanburg, Union, Greenville, Woodruff, and Gaffney.

APRIL: **Kelly Kennedy, PhD, LMFT/S, RPT/S**, directed the Marriage and Family Therapy Program at Converse University for eight years before she became a part-time Lecturer of Marriage and Family Therapy so that she could open a group practice, Modern Wellness Family Counseling, LLC. She has a BA in Psychology, a MS in Child and Family Development, and a Ph.D. in Child and Family Development with a specialization in Marriage and Family Therapy. She has experience working in an agency and private practice setting. She is a SC licensed MFT, an AAMFT Approved Supervisor, Registered Play Therapy Supervisor, and clinical member of AAMFT.

MAY: **James E. Campbell, LPC, LAC, MAC, AADC**, has been working professionally in the human services field for over twenty-five years in a wide range of clinical programs. His passion is helping individuals, families, and relationships to heal and assisting them in building on the strengths they possess.

James is a member of NAADAC and ACA and serves as the current President of APSC/SCAADAC, the Director and Lead Trainer of Family Excellence Institute, LLC, the Training and Technical Manager for Southeast Addiction Technology Transfer Center, an adjunct professor, and a nationally recognized author and speaker.

JUNE: **Jennifer Weller-White, LISW-CP, LAC, NCAAC, CS**, graduated with a Bachelor of Arts in Sociology in 2008 from the University of South Carolina. In 2011 she graduated with a Master of Social Work from USC's College of Social Work. Jennifer has been serving children, adolescents, and families in the Midlands since 2009. Jennifer has spent the majority of her career working with a focus on substance use disorders, but also has a number of years' experience working with Anxiety and Depression, trauma, and families. She has focused her time in private practice on helping clients meet their authentic selves and navigate challenges with racial, sexual, gender, and justice inequalities. Jennifer is a Licensed Independent Social Worker – Clinical Practice/Supervisor, a Licensed Addictions Counselor, a National Certified Adolescent Addictions Counselor, a Master Addictions Counselor, and a certified Clinical Supervisor. Jennifer is also a Certified Community

Reinforcement and Family Training (CRAFT) Therapist and Trainer and a Nationally Certified Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Therapist; as well as being trained in Eye Movement Desensitization and Reprocessing (EMDR). Jenniffer believes living an authentic life is the best gift one can give themselves. She feels called to help others determine what authenticity means to them and to walk alongside them on their path of creating a life that is meaningful and fulfilling, while meeting life's challenges head on. Looking through the lens of vulnerability and its interesting and inspiring place in our lives, coupled with relationship dynamics and connections, Jenniffer uses mindfulness and evidence-based practices to meet the unique needs of her clients to help them achieve their desired goals and treatment outcomes. Jenniffer hopes to be considered an ally of the LGBTQ+ community and works specifically with individuals in this community and others in nontraditional relationships to help navigate the challenges that come from existing in a world that is not always kind to those who don't fall into traditional value systems or cultural norms. On a more personal note, Jenniffer has adopted the south as her home, is a Hufflepuff, and considers her dogs official members of her immediate family.

JULY: **Holly May, LPC, NIC, QMHI**, lives in Columbia, SC and works for the SC Department of Mental Health managing the state-wide program for Deaf and hard of hearing for over 20 years. Holly holds her license in professional counseling (LPC) as well as her National Interpreting Certification (NIC). Holly is trained in Trauma Focused CBT for children, youth, and adults, Motivational Interviewing, Dialectical Behavioral Therapy, EMDR, as well as Adverse Childhood Experience trainer.

AUGUST: **Ben Barth, LPCS, CS, LAC**, completed his Master's Degree in Clinical Psychology from the University of Central Florida and has worked with Behavioral Health Services since moving from Florida in 2011. His clinical work has been predominantly with children and adolescents. Using both clinical and personal experience, Mr. Barth has explored this topic and completed research in hopes to educate those within the helping profession as to the emerging influence of media on children.

SEPTEMBER: **Helen Yonts, AADC, NCAC-II, LAC, LBSW**, has been working in substance abuse counselling for more than 30 years in both Tennessee and South Carolina. She has worked in several treatment levels of care. Through her experience, Helen recognized that not only did trauma play a significant role in substance use disorders as well as other brain diseases, but that trauma treatments were effective, but often could be re-traumatizing and did not have a lasting effect. Helen also recognized the body/mind connection with trauma and that somatic therapies were helpful. She

has studied and practiced different trauma therapies including psychotherapy, CBT, DBT, and somatic therapies including TRE or Tension and Trauma Reducing Exercises. Helen is a Certified TRE® Provider, having trained through TRE® For All, Inc. in St. Louis, Missouri and Greensboro, NC. She has been providing TRE® for clients since 2018.

OCTOBER: **Camilla Bravo, PhD, LPC-S**, is an LPC Supervisor and Board Certified Telemental Health Provider and is the founder/owner of The Bravo Institute. She has been licensed since 2000 and has experience in a variety of positions throughout the years, including therapeutic foster care, community mental health and teaching on a college campus. In the last 10 years, she has worked in senior management roles in both the state and corporate arenas. The focus of her business is Clinical Supervision and Continuing Education, for which she is a permanent provider sanctioned by the state of South Carolina. The Bravo Institute is also in the process of NBCC approval for nationwide recognition of CEs/clock hours.

NOVEMBER: **Charissa Happe, LISW-CP, LAC, AADC, MAC, See January**

DECEMBER: **Alan Lyme, LISW, MAC, ICCS**, brings respected and innovative clinical and program management skills as the Training Director for the Phoenix Center in Greenville, South Carolina. Alan is concurrently the Clinical Supervisor for the Screening, Brief Intervention, and Referral to Treatment (SBIRT) grant initiative for the State of South Carolina. Alan has provided trainings nationally on Motivational Interviewing, Clinical Supervision, and Skills on Working with Men. He is a co-author on the book “Game Plan” (2007) with Dr. David Powell. He received a BSW from Florida Atlantic University in 1998 and a MSW from Barry University in 1999. Alan is a MINT recognized Motivational Interviewing trainer, a Certified Clinical Supervisor, a Master Addictions Counselor, and a Certified Master of Leadership Challenge Workshops.



Anderson/Oconee
Behavioral Health Services



State of South Carolina
Department of Mental Health

