

Region 1
Professional Development Training

2023
Calendar of Training
ASAC

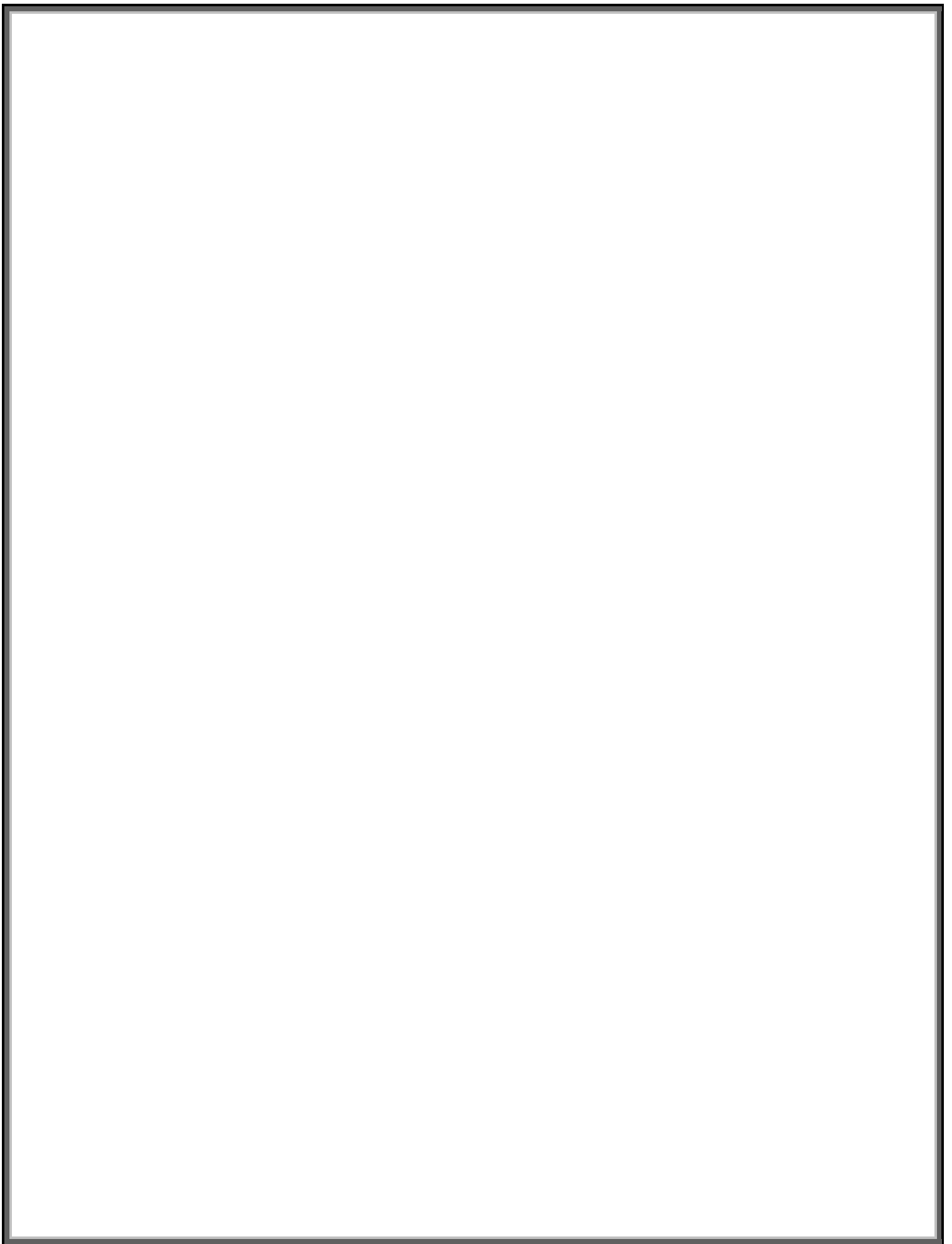
Appalachian Substance Abuse Council

www.gibsontrainingcenter.org

864-467-3065

NAADAC #138776

SC LPC, LMFT #4529



This document lists all scheduled monthly Region 1 trainings for 2023. 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 2023 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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ANXIETY

When: **January 27, 2023**

Presenter: **Nitoya Roberts, M.A., LPC-S**

Description:

According Mental Health America, “Anxiety disorders are among the most common mental illness in America, there is around '42.5 Adults in the US with Anxiety Disorder.” INC, M. H. A. (2022). <https://mhanational.org/mentalhealthfacts>. Retrieved November 6, 2022. The objective of this training is to take a closer look at Anxiety and Anxiety Related Disorders and why it is the most commonly diagnosed mental illness amongst Americans. Participants will learn to identify and treat Anxiety/Related Disorders based on a Holistic Approach and Cognitive Behavioral Therapy (CBT). Participants will learn to assist clients from the Holistic perspective as it relates to understanding the Cognitive Triangle and the relationship between one’s emotional and physical health. During the training, participants will be introduced to, Todd Pressman’s approach to understanding and treating Anxiety Disorders. Participants will also understand how to identify one’s “Core fear and Chief Defenses” based on the Deconstructing Anxiety Model. By the end of the course, participants will have several treatment modalities to add to their tool boxes as they work to treat clients diagnosed with Anxiety/related Disorders.

Objectives:

1. Identify and diagnose Anxiety and related disorders
2. Learn to treat clients from the Holistic Approach
3. Identify one’s “Core fear and Chief Defenses”

PRACTICAL TOOLS FOR TREATING TRAUMA

When: February 24, 2023

Presenter: Barbara Melton, M.Ed., LPC, LAC, NCC, MAC, CS

Description:

This workshop will begin by focusing on defining trauma and examining the section of the DSM-5 on Trauma and Stress-Related Disorders, with some attention to differential diagnosis and the different criterion for diagnosing children vs. adults with PTSD. Assessment instruments which are in public domain will also be provided. We will discuss prevalence and etiology and practical evidence-based methods for treating trauma, including in crisis situations. We will discuss strategies such as anchoring/grounding techniques, systematic desensitization, The Counting Method, demystification and identification of triggers, guided imagery, relaxation training, cognitive restructuring in dreamwork, cognitive behavior therapy, and interoceptive exercises. We will also cover how to offer trauma-informed care in a clinical atmosphere and how to tailor treatment modalities to different populations with an emphasis on crisis management/crisis situations, rape victims, military and their families, accident victims, survivors of childhood physical/sexual abuse, and disaster victims.

Objectives:

1. Diagnose Trauma and Stress-Related Disorders using DSM-5 criterion and assessment instruments.
2. Identify incidence, prevalence, and etiology for Trauma and Stress-Related Disorders.
3. Define Eye Movement Desensitization & Reprocessing (EMDR), Thought Field Therapy (TFT), Traumatic Incident Reduction (TIR), and Colin Ross' Trauma Model.
4. Define and describe 4 strategies for treatment.
5. Develop a tailored treatment modality for specific populations.

ADVANCED GROUP COUNSELING

When: **March 24, 2023**

Presenter: **Charissa Wolford, LISW-CP, LAC, CS, MAC**

Description:

This training is scheduled to take place in person. The location is 208 Blacks Drive, Greenville, SC 29615. See training website for updated information.

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.

GAME PLAN: A CLINICIANS GUIDE TO HELPING MEN ACHIEVE EMOTIONAL FITNESS

When: April 28, 2023

Presenter: Alan Lyme, LISW, CS

Description:

This is an interactive training for anyone who works with and would like to have a better understanding of men and how to help them. Participants will be challenged to examine assumptions and societal roles in male risk and recurrence factors, through media use, story-telling, and written exercises. Anger, intimacy, trust and relationship issues, and the efficacy of integrative and alternative therapies will be explored.

Objectives:

1. Describe the societal biases and “environment of risk” affecting males in resiliency, addiction onset, reoccurrence and recovery.
2. Underline the efficacy of a compassionate approach in working with men.
3. Demonstrate the dynamics and relate the value of integrative and alternative therapies with men.
4. Name two current treatment materials effective in men’s work.

ETHICS

When: **May 26, 2023**

Presenter: **Alan Lyme, LISW, CS**

Description:

The substance abuse and behavioral health field are fraught with ethical dilemmas. Lines are often blurred between legal, ethical, and moral influences as we make in-the-moment decisions that can ripple out to create major unforeseen effect. This six-hour training will focus on some of the most common ethical digressions, reinforcing the importance of adhering to agreed-upon standards and the responsibility of maintaining competence. Individuals will be encouraged to bring their most challenging dilemmas to the conversation (de-identified) for group problem solving through several decision-making models.

Objectives:

1. Describe the core concepts of ethics in the substance abuse and behavioral health fields.
2. Explain the limits of confidentiality, when it should and should not be broken.
3. Describe the challenges posed by dual relationships, including the use of social digital media, and how to safely navigate them.
4. Identify three ethical decision making models.
5. Describe their own strengths and limitations in ethical dilemmas.

**ADVANCED SUPERVISION SKILLS:
SUPERVISION MODELS, EXPLORING THE
“SELF” OF THE THERAPIST AND
CONSIDERATIONS WHEN MANAGING DUAL
ROLES AS A SUPERVISOR**

When: June 23, 2023

**Presenter: Andrea M. Fleming, Ph.D., LPCS, LPC, LAC,
CS, MAC**

Description:

This training is scheduled to take place in person. The location is The Forrester Center. 129 Dillon Drive, Spartanburg, SC 29307. See training website for updated information.

Objectives:

1. Describe various supervision models and the benefits of incorporating them into supervisory practices
2. Learn the importance of emphasizing self-awareness, understanding the client's worldview, biases and developing multicultural competency.
3. Examine the concept of “dual role supervisor” and gain strategies on managing clinical and administrative responsibilities

ASAM

When: July 28, 2023

Presenter: Jeff R. Brooks DMIN, LAC

Description:

A practical training designed to help counselors, social workers, administrators, and other clinical staff develop patient-centered service plans and make objective decisions about patient admission, continuing care, and transfer/discharge for individuals with addictive, substance-related, and co-occurring conditions. The course content is based on information found in the textbook: *The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions, Third Edition*, and provides opportunities for participants to practice applying the information through case-based activities. Participants will participate in a didactic\interactive lecture, small group discussion, case studies and application of the ASAM patient placement, decision flow process.

Objectives:

1. Describe the underlying principles and concepts of the ASAM Criteria.
2. Identify the six dimensions of the ASAM Criteria's multidimensional patient assessment.
3. Determine treatment priorities based on risk assessment to guide treatment and service planning.
4. Determine an appropriate level of care and treatment priorities based on risk assessment:
 - a. Demonstrate understanding of the ASAM Levels of Care and key treatment and organizational elements that distinguish each level.
 - b. Demonstrate ability to apply the ASAM Criteria in practice.

THE BRAIN AS AN OBSTACLE TO RECOVERY AND MAT PARTICIPATION/CO-OCCURRING DISORDERS

When: August 25, 2023

Presenter: Dr. Joshua Hall

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. We will also be discussing Co-occurring disorders and their effects on counseling and treatment.

Objectives:

1. Understand the reward pathway
2. Discuss dealing with denial
3. Discuss and recognize neuro-complications
4. Describe how Co-occurring disorders affect counseling and treatment

BEST PRACTICES: APPLICATION OF LGBTQ+ AFFIRMATIVE THERAPY

When: September 22, 2023

Presenter: Elizabeth (Liz) Serricchio, MA, LPCS, LPC, LAC

Description: ***This training is scheduled to take place in person. The location is 30 Pointe Cir, Greenville, SC 29615. See training website for updated information.***

This course will provide its participants with an overview of terms and definitions for shared language and a foundational knowledge base for working with this population. Participants will move from cultural competence to cultural humility by taking their foundational knowledge and learning how to apply it as an affirming provider. You will walk through the assessment, treatment planning, and a variety of case studies regarding typical scenarios you may encounter working with this population. These activities will serve as a practical application skills building process to identify affirmative protocols, techniques, and perspectives to increase clinical judgement and confidence in working with this population. Queer specific aspect of life, including the impact of public policy, will also be reviewed to increase your awareness of culturally sensitive differences to be aware of when treating a member of this community.

Objectives:

1. To develop a sense of cultural competence through condensing foundational terms/definitions, local statics, and public policies impacting this marginalized population.
2. To move forward into cultural humility by deconstructing the influence of social constructs and societal norms on the clinician in their practice with LGBTQ+ clients.
1. To gain practical application skills in terms of assessing, treatment planning, and providing affirmative care in the therapeutic relationship.

DIAGNOSIS OF SUBSTANCE USE DISORDERS

When: **October 27, 2023**

Presenter: **Charissa Wolford, LISW-CP, LAC, CS, MAC**

Description:

This training is scheduled to take place in person. The location is 208 Blacks Drive, Greenville, SC 29615. See training website 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. Demonstrate insight into helpful techniques to obtain criteria justification.
3. Discuss ways to appropriately document diagnosis of substance use disorders.

WORLDS APART: WHAT WORKS IN ADOLESCENT TREATMENT AND WHY

When: November 17, 2023

Presenter: James Campbell, LPC, LAC, MAC, AADC

Description:

Sometimes adolescents can seem as though they come from an entirely different world, and in some regards they do! There has been a wealth of recent discoveries about adolescent development and learning. Unfortunately, there is frequently a disconnect between what we know works best with adolescents and the treatment modalities we use when working with them. This session reviews recent research and discoveries and explores how to best apply that knowledge to effectively treat adolescents with a strong emphasis on practical application.

Objectives:

1. Identify the fundamental developmental task of adolescence, why knowing this task matters, and how to leverage it effectively in prevention, intervention, and treatment.
2. Verbalize the vulnerabilities particular to adolescent development related to substance use.
3. Articulate an understanding of the role of family, support systems, and traditional and social media in adolescence and how to help build support for the adolescents we serve.
4. Experience techniques designed to enhance engagement with adolescents.

ADDICTION 101

When: December 15, 2023

Presenter: Charlie Stinson, LAC, MAC, CCS, CPS

Description:

This training is scheduled to take place in person. The location is 208 Blacks Drive Greenville, SC 29615. The BHSA Region 1 Annual Awards Ceremony will take place during the lunch break. Lunch will be provided. See training website for updated information.

Working in the field of addiction treatment can feel daunting. What types of drugs are there? How do they affect a person? What is the difference between a depressant and a stimulant? What is tolerance and withdrawal? What does treatment look like? Does everyone need a Detoxification? Do we even call it Detoxification anymore? How can I tell if someone is addicted to a drug? How do we define addiction? This training seeks to increase the attendees overall knowledge of basic drug classes, the basic brain chemistry related to addiction, basic DSM-5 diagnostic criteria, and basic treatment modalities including ASAM levels of care.

Objectives:

1. Describe a basic overview of the history of drugs in society.
2. Discuss different drug classes and the characteristics of each class.
3. Understand basic brain chemistry and the effects drugs have on the brain.
4. Review current DSM-5 TR diagnostic criteria and practical examples of each criteria.
5. Recall current ASAM criteria and levels of care and criteria for each level.

TRAINERS' BIOGRAPHIES

JANUARY: **Nitoya V. Roberts, M.A., LPC-S** received her under graduate degree from the University of South Carolina, Columbia in May of 2005. She graduated with a Master's in Mental Health Counseling from Webster University in December of 2009. She has worked in the mental health field for the past 13 years. She is currently the Clinic Director for the SC Department of Mental Health (SCDMH) supervising Mental Health Professionals and Administrative staff, counseling patients with Serious Mental Illness, serving as a Designated Mental Health Examiner for the State, supervising the Individual Placement and Supports Program (IPS), supervising LPCA's as they work towards full licensure and ensuring that the needs of the clinic are met daily. Nitoya Roberts is also owner of Monarch Counseling Services, which is a private practice seeing clients for individual and family therapy. As a Licensed Professional Counselor-Supervisor, she oversees LPCA's in private practice as well. Throughout her counseling career Nitoya Roberts has served in many roles including working with VR as a Transition Counselor, serving as Clinic Director of a non-profit, in-house foster placement center and working as a Program Director for SCDMH. Years of training has afforded her the opportunity to work with a variety of clients which includes children, adolescents, adults and the geriatric population. She also has experience working with clients to cope with symptoms of a variety of diagnosis including but not limited to, Anxiety, Depression, Trauma, Schizophrenia, Obsessive-Compulsive D/O, Comorbidity, and Personality Disorders. Her main goal is to assist clients with the skills needed to cope with mental illness as they navigate their journeys to healing and happiness.

FEBRUARY: **Barbara Melton, M.Ed., LPC, LAC, NCC, MAC, CS** has been in private practice in the Charleston area since 1991 and works with adult and adolescents. Her specialty areas include working with trauma/loss, including PTSD, Borderline Personality Disorder, Bipolar Affective Disorder, and Self-Injurious Behavior. She has taught graduate level courses for Webster, Columbia College, Coastal Carolina and Webster University. She also is a contract clinical supervisor at the Dorchester A&D Commission. She has a wealth of experience with the more serious disorders as outlined in the DSM and has also served as Disaster Mental Health Lead for the local chapter of the American Red Cross for many years. She is also the immediate Past President of the SC Assn for Licensed Professional Counselors.

MARCH: **Charissa Wolford, LISW-CP, LAC, CS, MAC** is currently a Clinical Supervisor for the Phoenix Center in Greenville, South Carolina. As the owner of Helping Healers LLC – Charissa provides clinical supervision and various training opportunities. 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 over 15 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 SC 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.

APRIL: 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.

MAY: Alan Lyme, LISW, MAC, ICCS, See April

JUNE: Andrea M. Fleming, Ph.D., LPC/S, LPC, LAC, CS, MAC, is a native of Sumter, South Carolina. Dr. Fleming is an educator, expert trainer, mentor, entrepreneur and life-long learner with more than 25 years of experience as a clinical mental health counselor specializing in substance use disorders treatment. She is a Licensed Professional Counselor Supervisor (LPCS), Licensed Professional Counselor (LPC), Licensed Addictions Counselor (LAC), Certified Clinical Supervisor (CS), and Master Addictions Counselor (MAC). In addition, she is a 2007 graduate of Leadership Institute with Southeast Addiction Technology Transfer Center sponsored by the Morehouse School of Medicine, which identified and mentored emerging leaders in the behavioral health profession.

Dr. Fleming previously served as a Board Member with the South Carolina Association of Licensed Professional Counselors (SCALPC), now known as the South Carolina Clinical Mental Health Counselors Association (SCCMHCA), and is an appointee to the South Carolina Association of Alcoholism and Drug Abuse Counselors Certification Commission. In 2010, she launched her business, The Gold Standard, LLC where she serves full-time as the principal consultant to behavioral and mental health agencies providing professional development workshops, quality assurance services, policy and accreditation preparation assistance, and clinical supervision for licensure and certification.

In May of 2020, Dr. Fleming completed the doctoral requirements for the Counselor Education Program at the University of South Carolina and was a fellowship recipient with the Grace Jordan McFadden Professors Program. Her research was a qualitative inquiry entitled: "A Theoretical Formulation of Best Practices in Balancing Administrative and Clinical Supervision: Perceptions of Exemplar Dual Role Licensed Supervisors in Community Behavioral and Mental Health Agencies". In January, she will join the faculty in the College of Education as a Clinical Assistant Professor at the University of South Carolina.

Besides her professional endeavors, Dr. Fleming is a charter member and Chaplain with the COLA City Chapter of Top Ladies of Distinction, Incorporated. She is also a very active Life Member of Sigma Gamma Rho Sorority, Incorporated where she currently serves as the State Director for South Carolina.

JULY: **Dr. Jeff R Brooks** has over 30 years of experience as an effective behavioral health care leader, entrepreneur, addictions treatment clinician, clinical supervisor, professional trainer and clinical/business consultant. He has designed and developed a variety of programming service models across multiple modalities, populations, funding sources and business structures. This includes both public and private sector, for profit and 501©3 non- profit entities. Jeff is highly dedicated to creating high quality, sustainable, compassionate and effective services and programs to meet the needs of people who are suffering from the despair, indignity and hopelessness that untreated addiction and behavioral health challenges impose upon the community, families, neighbors and friends.

Jeff holds an undergraduate degree in psychology from Limestone College, a graduate degree in Healthcare Administration from the University of South Carolina and a Doctorate degree in Preaching, Theology and Leadership from Asbury Theological Seminary. He has an extensive background in the treatment of mental health and substance abuse disorders, serving children, adolescents and adults and their families over a 30 year career. He holds multi-state licensure as a Clinical Addiction Specialist & Clinical Supervisor (North Carolina, Colorado, South Carolina), an Advanced Certification in Relapse Prevention from the renowned CENAPS Corporation (Gorski), a national certification as a Master Addiction Counselor (NAADAC) and is Board Certified in Healthcare Management through the American College of Healthcare Executives (ACHE).

Jeff is also a licensed pastor and writer (Holding on for Life-Credo Publishing-2014; Preaching the Gospel to Trauma Survivors-ProQuest- 2020) and a life-long student, living in Charleston, South Carolina with his wife and best friend of 30 years. They maintain an active lifestyle with outdoor adventures, live for college football season and enjoy visiting with their adult children and their families.

AUGUST: 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.

SEPTEMBER: Elizabeth (Liz) Serricchio, MA, LPCS, LPC, LAC, is the Founder & CEO of Amaryllis Counseling, an LGBTQ+ affirmative mental health clinic located in Greenville, SC. She is also the Co-Founder & President of 864Pride, an LGBTQ+ affirmative clinical non-profit focused on addressing the disparities in medical and mental health care for queer folks. Additionally, she is the Co-founder of the Queer Wellness Center, a collaborative focused on bridging together LGBTQ+ resources with marginalized communities. With over a decade of experience in the mental health field as both a therapist and in program development, she draws upon her experience to assess community needs and create resources.

OCTOBER: Charissa Wolford, LISW-CP, LAC, AADC, MAC, See March

NOVEMBER: 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.

DECEMBER: Charlie Stinson LAC, MAC, CCS, CPS has been in the addiction prevention and treatment field for 25 years. He received his Masters of Art Therapy from Nazareth College in Rochester, New York. He is licensed as an Addiction Counselor, certified by APSC as a Clinical Supervisor in South Carolina, certified by NAADAC as a Masters Addiction Counselor, and certified by SCAPPA as a Certified Prevention Specialist. Mr. Stinson's 25 years of work experience includes conducting and managing treatment programs for adults and adolescents, managing admissions to a treatment facility that included inpatient programs and detoxification, and conducting

emergency evaluations for psychiatric and addiction emergencies. He currently is the Executive Director for GateWay Counseling Center in Laurens.



Anderson/Ocone
Behavioral Health Services



State of South Carolina
Department of Mental Health

