



55th Annual Institute on Addiction Studies

Who Should Attend:

Addiction Workers

Problem Gambling
Prevention Workers

Substance Abuse
Prevention Workers

Medical & Health Care
Professionals

Police, Fire, EMS &
Corrections Workers

Employee Assistance
Providers

First Nations Support
Workers

Social Workers

Educators

Clergy & Spiritual
Counsellors

Human Resource
Professionals

*55 years of Personal and
Professional Development*

July 13th - July 17th, 2014
Kempfenfelt Conference Centre
Barrie, Ontario, Canada

Addiction Studies Forum Inc.
Box 322

Virgil, Ontario L0S 1T0
1-866-278-3568 (toll free)
info@addictionstudies.ca
www.addictionstudies.ca



Welcome to the 55th Annual Institute on Addiction Studies. For those of you returning, welcome back! For those attending for the first time, you will soon find out why there are those who return every year. Our conference is unique as we offer not only professional leading edge educational opportunities, but also the value of face to face networking that cannot be achieved from online courses, e-learning or webinars.

We have chosen a location nestled on the shores of Kempenfelt Bay that includes comfortable hotel accommodations and the other modern services comparable to any other premium presentation facility. Our past and returning delegates often highlight the fine dining experience combined with the beautiful surroundings rarely found with other venues.

Our motto "Personal and Professional Development" describes what we have been providing for years. An educational setting for front line addiction workers who can develop their skills amongst their peers, while having an opportunity to focus on their own self-care.

We are confident you will not be disappointed!

Tom Gabriel, President
Addiction Studies Forum Inc.

Keynote Address

Sunday, July 13th - 7:00 pm



Rick Csiernik PhD, RSW

*"The Global Politics of Addiction:
The Money Behind the Disease"*

Those of us involved in the addiction field focus most of our energy helping individuals, and rightly so. However, there is a broader picture out there that we need to view that connects our clients to an ex-Marine's family in Malta, pirates in the Arabian Gulf, widows in Afghanistan, farmers in the Andes, voters in Mexico, a famed politician from the US South and youth in the far north of Canada. The address will take you around the world and across the country to provide insights on the supply side of the addiction world and how our work is global work.

Professor Rick Csiernik, School of Social Work, King's University College at Western University has written and edited eight books, including Substance Use and Abuse: Everything Matters and Responding to the Oppression of Addiction, authored over 125 peer reviewed articles and book chapters and has been an invited presenter to 200 national and international conferences, workshops and seminars. Rick has been on the King's University College Honor Role of teaching twelve consecutive times, has taught in the McMaster University Addiction Studies Program for 27 years and was the inaugural recipient of the McMaster University Instructor Appreciation award.

Course Ratings

-  **1 Level 1 - Entry Level**
Entry level courses for those who have little or limited experience in the addictions or helping field.
-  **2 Level 2 - Intermediate**
Entry level to advanced. For those with some experience or knowledge in the addictions or helping field.
-  **3 Level 3 - Advanced**
For those with substantial experience in the addictions or helping field. Some material is at the clinical level of learning and is suitable for those with post secondary to university level education.

NOTE: Ratings are determined on course content and the course presenters input. Addiction Studies Forum Inc. reserves the right to make the final determination of a course rating level.



All courses and presentations have been pre-approved for Continuing Educational Units (CEUs) by the Canadian Addiction Counsellors Certification Federation.

Plenary Address

Thursday, July 17th - 9:00 am



“The Secrets of Extremely Happy People”

There is a lesser-known but extremely pervasive addiction afflicting millions of people today, many who don't even know it. It's called "Destination Addiction," more commonly known as "The Pursuit of Happiness." Symptoms include preoccupation with "next" and "more"; a belief that the next job, partner, house or car will finally bring happiness; and an inability to be happy now. Fortunately, researchers have found several effective interventions to treat Destination Addiction by studying the happiest people in the world to learn their secrets. In this plenary address, David Garvie and Angela Rolleman will reveal the secrets of these extremely happy people; both from science and from David's personal perspective as one of the happiest people on the planet (as voted by Oprah's audience!).



Angela Rolleman MSW, RSW

Angela Rolleman is a social worker, addiction counsellor, writer, speaker, trainer, wife, daughter, aunt, sister and friend. She is founder of Mission: Empowerment, a company that provides personal and professional development seminars and events. Recently, Angela has been offering "Happiness: 101" groups for clients, based on the principles of positive psychology.

David Garvie is a funeral director, motivational speaker, volunteer pre-school teacher, percussionist, husband and father. He also happens to be one of the happiest people on the planet. He has appeared on Oprah and was featured in a documentary called "In Pursuit of Happiness" because of his positive outlook and general happiness. He currently works as general manager of Ogden Funeral Homes in Toronto.

David Garvie

SEMINARS . . .

SUNDAY, JULY 13th - 1:30pm - 4:30pm

CHOOSE **ONE** of the following . . .

A1

How to Motivate, Inspire and Engage
Joe Roberts

This workshop looks at how to motivate, inspire and engage clients. Aimed at people working in the addiction field, this presentation assists front line workers in helping those with substance abuse issues stay focused and motivated in recovery. Participants will learn the psychological tools needed to overcome great obstacles, stay focused, and understand that connecting to your purpose is the key to achieving big things in life.

Joe Roberts is an inspirational example of overcoming adversity and managing change. In 1989 he was living under a bridge as a homeless skid row addict. Today he is an author, CEO and internationally sought after professional speaker who motivates and inspires audiences worldwide. Undefeated by addiction, homelessness and poverty, Joe learned to take responsibility for the countless changes in his life. Based on his real-life experiences and the remarkable achievements he has made, worldwide organizations now seek his insight and proven strategies. Since 1989, Joe has acquired two college diplomas, made his first million in sales before he was 35 years old, and became the CEO of one of Vancouver leading multimedia companies by 1999. Before becoming a professional motivational speaker he was recognized by MacLean's Magazine as one of "10 Canadians who have made a difference," won the BC Courage To Comeback Award and received of The Ontario Premier's Award. Joe has also earned many other local and national business awards for his achievements and has been featured in magazines, radio programs and television shows throughout Canada and the United States.

1

A2

An Introduction to Dialectical Behavioural Therapy Skills with Substance Abuse Disorders
Ian Robertson MSW, RSW

Dialectical Behaviour Therapy (DBT) is an innovative treatment developed by Marsha Linehan PhD initially for providing treatment and therapy to chronically suicidal patients with Borderline Personality Disorder (BPD). DBT is also being used to treat other populations such as clients with eating disorders, addictions, anger problems and other impulsive behaviours. This empirically validated treatment has been shown to help patients reduce cycling suicidal, self-harm and emotionally charged behaviour. This basic introduction workshop to emotional regulation using DBT will provide the following learning objectives: Overview the four DBT Core Skills, Core Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness.

Ian Robertson currently works as the Regional Clinical Supervisor for Addictions and Mental Health at the Niagara Health System. He is a certified as a Clinical Traumatologist, Compassion Fatigue Specialist, and Substance Abuse Counsellor. He is trained in Trauma Incident Reduction (TIR), Level 1 & 2 of EMDR, Threat Assessment, Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Cognitive Process Therapy and Motivational Interviewing. Ian has been a speaker at international, national, provincial and regional conferences and an organizational trainer on topics such as substance abuse, trauma, concurrent disorders, mental health, youth at risk, youth threat assessment, Motivational Interviewing, Stages of Change, Organizational Trauma-informed Practices. Ian also owns and operates a private practice in Niagara.

3

A3

Medical Marijuana: Cannabis in the Workplace
Tom Gabriel (Dipl.) ACW, ICADC

As people seek out alternate treatment from traditional drug therapy, physicians are now prescribing cannabis as a legitimate medicine. In Canada, Health Canada is authorizing physicians to legally prescribe cannabis "conditionally" if patients meet a certain criteria. Like any other medication, the legal use of cannabis as a medication is forcing employers to re-think and update policies. The issue at hand is not recreational use, but medicinal use. As world-wide opinion changes for the use of cannabis for medicine and recreational use, public forums (in particular the internet and internet social media), have spurred a considerable amount of debate, opinion and information in the use of cannabis. Unfortunately, a lot of this information is not entirely accurate and some of it actually misleading. In this presentation, participants will receive an unbiased look at cannabis including the pros and cons of medical marijuana as a medication in the workplace.

Tom Gabriel received his diploma (Addiction Care Worker) from McMaster University in Hamilton, Ontario and is certified internationally as an alcohol and drug counsellor (ICADC). His extensive background includes 35 years as a former Police Officer that has given him a unique perspective with those who suffer from addiction and related mental health issues not only from the streets of Toronto, but also within his own profession. To recognize his achievements in policing, he was awarded with the Queen's Diamond Jubilee Medal for his work with Service Members and their families. Tom is on the Board of Directors for the Annual Institute on Addiction Studies, a Member on the Board of Directors for Alpha House in Toronto and is the Vice President of the Canadian Addiction Counsellors Certification Federation. Tom is currently under contract with the Toronto Police Association as an EFAP Consultant, Crisis and Addiction Counsellor.

2

AA & NA Meetings
(Sunday Night)

Drumming Circle
(Tuesday Night)

Laughter Yoga
(Wednesday Night)

Discussion Groups

Daily Networking

Evening Activities



Monday, July 14 . . . Choose **one** full day session or **two** half day sessions

B1 (full day session) **1**
Just Say Know: An Introduction to Drugs for Counsellors
 Rick Csiernik PhD, RSW

This interactive workshop provides a base of technical drug information for persons who do not have a background in pharmacology and whose work would benefit from a basic understanding of psychoactive drugs and how and why they produce the behaviours they do. Topics covered include the basic principles of pharmacology and an introduction to the basic drug groups, depressants, opioids, stimulants, hallucinogens and psychotherapeutic agents.

Professor Rick Csiernik, School of Social Work, King's University College at Western University has written and edited eight books, including *Substance Use and Abuse: Everything Matters and Responding to the Oppression of Addiction*, authored over 125 peer reviewed articles and book chapters and has been an invited presenter to 200 national and international conferences, workshops and seminars. Rick has been on the King's University College Honor Roll of teaching twelve consecutive times, has taught in the McMaster University Addiction Studies Program for 27 years and was the inaugural recipient of the McMaster University Instructor Appreciation award.

B2 (morning session) **2**
Compassion Fatigue: The Cost of Caring
 Eugene Dufour BA, M.Div, CFT, CFE

Excellence in providing compassionate where person care is the goal of working with someone with an addiction. However, there is a physical, emotional and spiritual cost to caring! This workshop will look at the key concepts of Compassion Fatigue and how it affects people involved in providing care to someone whom is suffering. Participants of this workshop will learn: 1) how to assess their own Compassion Fatigue and how to use the Compassion Fatigue Test with co-workers, 2) effective ways to deal with Compassion Fatigue including a toolkit of practical exercises to help cope with Compassion Fatigue, and 3) the concept of Compassion Satisfaction and how to identify this in their work.

Eugene Dufour is a clinically trained Individual, Marital and Family Therapist, Bereavement Specialist, Compassion Fatigue Educator and Therapist and a Critical Incident Stress Debriefing Facilitator. He has been working in the area of bereavement and trauma work, hospice palliative care, mental health, pastoral care, and the HIV/AIDS movement for the past 30 years. He is a past president of the Ontario Palliative Care Association and the Canadian Hospice Palliative Care Association. Eugene provides critical incident stress debriefing and compassion fatigue education sessions to numerous fire departments, police departments, school boards, HIV/AIDS organizations, government agencies, hospitals and community groups. In 2002 Eugene was presented with the Commemorative Medal for Her Majesty Queen Elizabeth 2nd's Golden Jubilee by the Governor General of Canada for his work in hospice palliative care. Eugene presently works at the STAR Family Health Team in Stratford, Ontario.

B3 (morning session) **1**
Addiction and the Affected Family
 Heather Amisson, ICADC

This workshop will be an interactive presentation about family members who are affected by addiction. Addiction affects all family members; parents, partners, children, brothers, sisters, etc. Family members must find support for their needs as the family can become as ill as the active addict. From both a personal and professional perspective, the presenter will share her gift of self awareness and knowledge of recovery options, codependency recovery and Alanon recovery as well as discussing the needs of affected family members. This presentation will include the roles of the affected family members and the behaviours they take on to cope with the chaos caused by addiction. Also covered will be a self care component for all caregivers that those in the helping field will find necessary for their own well being.

Heather Amisson has over 11 years of personal and professional experience on codependency and family recovery. She is presently a Family Counsellor for Renascence Foundation at the Paul J. Sullivan Centre in Brooklin, Ontario. Heather is also part of the team that facilitates the family, children & parenting programs at Renascence's Wright Family Centre in Toronto. In addition of being a graduate from Everest College in addiction studies, Heather is certified as an International Certified Alcohol and Drug Counsellor (ICADC) with the Canadian Addiction Counsellors Certification Federation. Heather had formally worked for 13 years as a Women's Advocate for Unifor and now volunteers on a steering committee for RADD (Racing Against Drugs Durham) in Durham Region.

B4 (morning session) **2**
Survival Guide for the First 3 Months of Recovery
 Pam Beatson M.Ed.

This workshop will present a practical and user-friendly handbook that helping professionals can use directly with clients who are just beginning a recovery program. With exercises to use in sessions and for clients to complete for homework, the handbook is a holistic tool which addresses the key areas of importance in assisting newly sober people to navigate the first most difficult steps in building their new lives. Anyone working closely with the newly recovering will find the material useful in their work.

Pam Beatson has been a practicing psychotherapist with a specialization in addictions since 1986. Currently operating a private practice in Toronto and working for Recovery Counselling Services, she also teaches the Addiction Behaviours course at Western University. She has a Master's degree from the University of Toronto and was certified as an alcohol and drug counsellor in 1988. She has completed extensive training internationally to further her education in a broad range of therapeutic issues.

B5 (afternoon session) **2**
Spirituality and Recovery through the Lens of the Stages of Change
 Rev. Jeff MacLeod MA

Clinicians often avoid talking about spirituality when treating their clients, or leave the option of exploring their spirituality to 12 step work and other outside peer group settings. This session will look at the importance of spirituality through the lens of the Stages of Change. This session will examine how thinking about things that are bigger than self, and mindfulness practices can motivate clients to move through the stages of change and develop a successful recovery that lasts.

Rev. Jeff MacLeod is currently the addiction services program manager at Mission Services in Hamilton Ontario. He oversees six different addiction programs that range from residential programing, community treatment, and two different court treatment programs. He has worked with many different populations, including youth and homelessness. He holds a master's degree and is currently working towards a doctorate in psychology (PsyD).

B6 (afternoon session) **1**
When Your Client Has A Palliative Illness
 Eugene Dufour BA, M.Div, CFT, CFE

Hospice palliative care aims to relieve suffering and improve the quality of living and dying. It strives to help patients and families: 1) deal with important physical, psychological, social, spiritual and practical issues, and their associated expectations, needs, hopes and fears as these occur, 2) promote opportunities for meaningful experiences and personal and spiritual growth as they prepare for dying and death and 3) to help cope with loss and grief. This workshop will provide practical information and tools on how to work with a hospice palliative care person who has a history of addiction.

Eugene Dufour is a clinically trained Individual, Marital and Family Therapist, Bereavement Specialist, Compassion Fatigue Educator and Therapist and a Critical Incident Stress Debriefing Facilitator. He has been working in the area of bereavement and trauma work, hospice palliative care, mental health, pastoral care, and the HIV/AIDS movement for the past 30 years. He is a past president of the Ontario Palliative Care Association and the Canadian Hospice Palliative Care Association. Eugene provides critical incident stress debriefing and compassion fatigue education sessions to numerous fire departments, police departments, school boards, HIV/AIDS organizations, government agencies, hospitals and community groups. In 2002 Eugene was presented with the Commemorative Medal for Her Majesty Queen Elizabeth 2nd's Golden Jubilee by the Governor General of Canada for his work in hospice palliative care. Eugene presently works at the STAR Family Health Team in Stratford, Ontario.

B7 (afternoon session) **1**
Walking the Good "Red" Road
 Cam Agowissa

"Walking the good Red Road" is a workshop which educates all peoples about First Nations/Aboriginal cultural spirituality, providing foundational teachings on the spirit to spirit relationships, seven grandfathers and medicine wheel. Participants will gain a basic understanding of the traditional teachings which guided the lifestyles of individuals, families and communities, ensuring our people always lived "mno-bmaadisiwin", or "the good life". As our people begin to return to this traditional lifestyle, they are able to overcome their addictive lifestyles. This workshop is an excellent presentation that provides the addiction counsellor an understanding of native cultural lifestyles when working within the aboriginal community.

Cam Agowissa is an Anishnaabe cultural teacher and presenter who works with First Nations children and families in child welfare. He currently works for the Children's Aid Society of Simcoe County. His two daughters and son, along with his three noshen (grandchildren) are his life's greatest joy.

B8 (7:00 PM - 9:30 PM) **1**
S.C.A.R. of the Feather Healing Through Song
 Corene Cheeseman CAG II, CGC, SSW
 H. Neil Monague

S.C.A.R. (Spirit, Culture, Attitude Responsibilities) is a workshop that includes information on the losses and changes experienced by Native Nations since the arrival of other Non-Native Nations. Topics will include residential schools and the changes that have occurred to the various Nations over 500 years. This interactive workshop will also engage participants in a journey of healing through native song. This is an excellent opportunity for counsellors to gain the cultural knowledge and background of Native Nations when working with native clients.

H. Neil Monague is of the Beausoleil First Nation and has been on spiritual journey for 18 years in which he has gathered much of his traditional teachings from his teachers and surroundings. Dealing with his own spirit has given him the opportunity to embark on a road in helping others to strengthen their own spirit by way of song, drum, and smudge. H. Neil has come a long way in his own personal healing after a 24 year bout with alcohol and not knowing his true path in life. He has been given a second chance to show his gratitude to the spirits who set the four directions to grandmothers, grandfathers and to our creator. H. Neil also works in the aboriginal community as an alcohol and drug counsellor.

Corene Cheeseman of the Mohawk Nation, Turtle Clan was born and raised on Six Nations in a family of 10 children. A college graduate and Certified Addictions Counsellor, Corene's background has been in the addictions field for the last 18 years. She presently is an Aboriginal Alcohol and Drug worker at the Hamilton Regional Indian Centre in Ontario.



Tuesday, July 15 . . . Choose **one** full day session or **two** half day sessions

C1 (full day session) **2**
Defusing and Debriefing 101: An Overview of Basic Principles
 Paulette Laidlaw PhD (C. Psych)
 Kent Laidlaw CTR

The primary objective of this workshop is to provide participants with an overview of the purpose and principles of defusings and debriefings, along with a basic understanding of the procedures involved. Multiple models of critical incident stress management will be reviewed followed by definitions and examples of defusings versus debriefings (e.g., when to do a defusing versus a debriefing, the appropriateness of various models currently available, etc.). Session procedures and the steps involved in defusings/debriefings will be highlighted using real-life examples, along with the purpose, timing, ground rules, and logistics of each session.

Dr. Paulette Laidlaw is a counseling, clinical and rehabilitation psychologist in private practice in Burlington, Ontario. She has worked with a diverse population presenting a range of issues including depression, anxiety, bereavement/grief, and trauma. She has extensive experience providing psychological services to inpatients/outpatients in various hospitals throughout the GTA, as well as specialized training and experience in critical incident stress and post traumatic stress disorder. In addition to individual counseling, Dr. Laidlaw provides psychological assessments for law firms, pre-employment selection assessments for various police services and the RCMP, and works with EAP/victim service providers and others in the caring professions.

Kent Laidlaw is a retired police officer having served 31 years with the Halton Regional Police Service. His last posting was as the District Commander for the City of Burlington, Ontario. Kent currently operates his own company, Canuckcare, which offers a wide range of services to the corporate sector, emergency service responders and not-for-profit organizations. He offers workshops and trainings to victim service providers and others in the care giving professions and specialized research and consulting services for the legal profession. Kent specializes in the areas of death notification, trauma education, debriefings and wellness issues.

C2 (morning session) **3**
Concurrent Disorders: The Interaction of Addictions and Compromised Mental Health
 Dennis Kimberley BA, MSW, PhD, RSW

This workshop identifies issues in assessment, support, treatment and follow-up with persons whose lives are impacted by the interaction of addictions and mental health problems. While best practices for CD intervention lean in the direction of integrated treatment, what does that mean in daily practice for the counsellor and the client and social supports. Among issues covered are: challenges in assessment with addictions and mental health interactions; assessment for concrete contextualized change; which came first, mental health or addictions problems; variations in presentations of risks, needs, harm, resilience, strengths and potential, based on a range of addictions and a range of compromised mental health problems; limits of CBT, CD and short term interventions; the interface of complex trauma with CD; residential schools survivors; confounding factors in relapse and regression; concrete change oriented interventions; interface with families and social care; and human elements of patience and hope.

Dr. Dennis Kimberley has been involved in addictions practice as a therapist, supervisor, educator, consultant, scholar, and professional-expert witness since 1966. He has 45 years experience and over 40,000 hours of clinical experience. As a former psychiatric social worker, and director with the Addiction Research Foundation, Dennis promoted integrated intervention with clients experiencing dual disorders. His experience resulted in him being appointed to Canadian expert panels and training activities on concurrent disorders (1990's).

C3 (morning session) **2**
Brain Injury and Addictions
 Carolyn Lemsky PhD, (C. Psych)

Roughly one out of four people seeking services related to addictions report a history of traumatic brain injury severe enough to suspect lasting neuro-cognitive impairment. Those with a history of brain injury are more likely to present with co-occurring psychiatric conditions, leave treatment prematurely and have more episodes of care. For most, the association between their brain injury and clinical presentation will go un-diagnosed. This presentation will provide an overview of the relationship of brain injury and substance use, how it can be recognized in clinical practice and address the question of what clinicians can do to adapt the services they provide in order to accommodate the needs of brain injury survivors.

Dr. Carolyn Lemsky is a board certified clinical neuropsychologist with over 20 years of experience in brain injury rehabilitation settings in the US and Canada. She is currently the director of the Substance use and Brain Injury Bridging project, a research and knowledge transfer initiative funded by the Ontario Neuro-trauma foundation and the Ontario Ministry of Health.

C4 (morning session) **1**
Modern Treatment and 12 Step Programs: Kissing Cousins or Evil Relatives
 Robert McArthur (Dipl.) ACW, ICADC

The purpose of this workshop is to explore how to work with people in 12 step recovery, how to use science and researched methodology to support their recovery work, not stifle it. Many of our approaches are the same even though our language may differ. Some of the topics for discussion will be the transtheoretical model of change, motivational interviewing, harm reduction, addiction as a brain disease. We will also look at our biases and preconceived ideas that influence our treatment modalities.

Robert comes with over 23 years experience in the addiction and mental health field and over 25 years of personal recovery. He is a graduate of Loyalist College as a Social Service Worker and went on to receive diplomas from McMaster University in Addictions Studies and Addictions Careworker. He is a registered Internationally Certified Alcohol & Drug Counsellor, certified by the Canadian Addiction Counsellors Certification Federation. He has experience working in outpatient, in-patient, youth, severe mental health, individual and group. He is presently the Addiction and Mental Health Counsellor for the Ingersoll Nurse Practitioner-Lead Clinic.

C5 (afternoon session) **3**
The Many Faces of Internet Addictions: How these sets of Compulsive Actions fit an Addiction Paradigm
 Dennis Kimberley BA, MSW, PhD, RSW

This workshop identifies some of the issues in assessment, support, treatment and follow-up with persons whose lives are impacted by internet addiction. Among the issues covered are: assessment of compulsive patterns of personal and social functioning which emulate chemical addictions; how the dynamics of attachment and social bonding problems are clinically significant in internet related addictions; interactions between and among chemical addictions and internet addictions; how interactions among internet relational patterns, from social networking to sexting and sex addiction, may be considered in differential assessment and treatment; when internet addiction interfaces with porn addiction; the face of co-dependency in internet addictions; when internet addiction interfaces with gaming addiction; the paradox of internet addiction interfacing with the empowerment of oppressed minorities; special considerations in counsellor risk management; the need for integrated and dynamic counselling strategies; and organizational risk management.

Dr. Dennis Kimberley has been involved in addictions practice as a therapist, supervisor, educator, consultant, scholar, and professional-expert witness since 1966. He has 45 years experience and over 40,000 hours of clinical experience. As a former psychiatric social worker, and director with the Addiction Research Foundation, Dennis promoted integrated intervention with clients experiencing dual disorders. His experience resulted in him being appointed to Canadian expert panels and training activities on concurrent disorders (1990's). Dennis' work with sex abuse victims and sex offenders (1980's), led him to become a leader in promoting treatment of sex addictions (1990's). As an early adopter of desktop computers (1986) and the internet, he became interested in compulsive internet activities and parallels with chemical addictions. He has presented and offered training nationally and internationally. Among his current projects is the impact of complex trauma on addictions and mental health issues, associated with transgenerational survivors of unjust "Indian" residential schools placements.

C6 (afternoon session) **1**
Self Esteem & Addiction: Practical Tools for Improving Self-Esteem in our Clients & Ourselves
 Angela Rolleman MSW, RSW

Low self-esteem is a major risk factor for both addiction and relapse. Even someone who is in "a good recovery" can be undermined by feelings of inferiority, rejection, and comparison if they haven't developed a healthy self-esteem to buffer against this. In this highly practical workshop we will explore the link between low self-esteem and addiction, with a focus on effective tools and strategies that we can teach our clients (and ourselves!) to develop and maintain healthy self-esteem and to increase chances for success in recovery and in life.

Angela Rolleman is a registered social worker, addiction counsellor, speaker & trainer. She has worked in both outpatient and residential addiction treatment settings as well as implementing the Ontario Works Addiction Services Initiative in Guelph. Angela currently delivers on-site training workshops about substance abuse, addiction and related topics as well as teaching workshops about addiction for the Wilfrid Laurier University Faculty of Social Work Professional Development Program. She is also founder of Mission: Empowerment, a company that provides personal and professional development seminars and events. In her spare time Angela enjoys writing; her stories have been featured in national publications including Woman's World Magazine, Guideposts and "Chicken Soup for the Soul".

C7 (afternoon session) **1**
Parents - Collateral Damage!
 Jackie Coffey
 Sandra McQuade

Parents/guardians of individuals dealing with an addiction often become collateral damage of the addiction. They are suffering tremendously: their lives feel out of control and they feel guilty, judged, lost and alone. In this session, participants will learn there is HOPE for these individuals. HOPE [Helping Other Parents Everywhere (HOPE), Inc.] is a self-help support group for parents/guardians concerned about the acting-out behaviours of their teens or adult children. The behaviours vary and run the gamut of verbal and physical abuse, skipping school, addictions and trouble with the law but the common theme is the impact on the parents/guardians. Participants will be introduced to HOPE and a Six Step Action Plan parents can utilize to help them regain control of their lives, when dealing with concerns related to their teens or adult children. Presenters are parents who have been there, and they will share their journeys and successes through HOPE.

Jackie is a founding member of HOPE. She is a parent who was "lost" and sought support when dealing with the extreme behaviours of her acting-up teen. As a result of the skills she developed and the ongoing support she received, Jackie and her daughter were able to heal their relationship, one that continues to strengthen and grow each day. In 2008 Jackie, along with a number of other individuals made a decision to form HOPE so they could provide support to other parents who are faced with similar concerns about the acting out behaviours of their teens and adult children. Jackie served as Vice President of HOPE from its inception until mid 2013 and today she remains active in the organization both at an organizational level and by providing ongoing support to HOPE members.

Sandra McQuade is an active member of HOPE and the current Vice President. Feeling lost, alone, and paralyzed by fear due to her relationship with her "acting out teen", Sandra found HOPE via the internet. Mustering all possible courage, she attended her first HOPE meeting where she realised she was not alone. Leaning on support, strategies and strength of her peer group, Sandra has and continues to work toward a healthy and balanced relationship with her son. Sandra is a 30 year civilian member of the Toronto Police Service (TPS), and is grateful to be able to bring HOPE as a resource to Greater Toronto Area communities via the members of the TPS, and other outreach avenues.

Register Online
www.addictionstudies.ca



52nd Annual Institute on Addiction Studies
 Online Registration Form

July 15th - 16th, 2011

Please fill out all of the information on this form and return it to the Registrar at the address below. If you have any questions, please contact the Registrar at the phone number below.

Name: _____ Title: _____
 Organization: _____
 Address: _____
 City: _____ Postal Code: _____
 Telephone: _____ Fax: _____
 E-mail: _____

EDUCATION: (Indicate by marking a box) None Graduate Postgraduate
 ACCOMMODATION: (Indicate by marking a box) None Graduate Postgraduate

Please check the box of your health status: Healthy Not Healthy

Please indicate your \$200 choice for a room:

Single	100.00	4.00pm	0.00	Education Sub Total	0.00
Double	100.00	4.00pm	0.00	Accommodation Sub Total	0.00
Single	100.00	10.00pm	0.00	Saturday Evening Sub Total	0.00
Double	100.00	10.00pm	0.00	GRAND TOTAL	0.00

Select Payment Method: Cash Credit Card

Card Number: _____
 Expiry Date: _____
 Name: _____

REGISTRATION POLICIES:
 1. Payment must be received by July 1st, 2011. Payment received after this date will be a \$200 non-refundable cancellation fee. No refund will be given if you do not attend the Institute on Addiction Studies during the dates of the Institute.

Seminars

Wednesday, July 16 Choose **one** full day session or **two** half day sessions

D1 (full day session) **3**
CRA 101: the Basics of the Community Reinforcement Approach
CRAFT 101: the Basics of the Community Reinforcement Approach Family Training
Greg Purvis M.Sc

CRA 101 (morning session): Practitioners looking for an opportunity to learn the basics of the evidence based practice of CRA and add to their therapeutic tool kit should consider attending this session. The focus will be on: reviewing the research supporting CRA, it's philosophy of treatment, and the three core skills used in this best practice protocol. Meta analysis have consistently ranked CRA as one of the top 5 treatments for substance use disorder and it is listed in Health Canada's Best Practices Guide for Substance Abuse and Rehabilitation. CRA is a positive, motivational and client-centered approach that is rooted in behavioral and cognitive behavioral therapy. Participants will be led through a highly interactive large group activity followed by an opportunity to hone skills with small group practice. Large group discussion will follow each practice session. Multiple training techniques, therapy games, prizes and a healthy dose of humor will ensure an entertaining and meaningful learning experience.

CRAFT 101 (afternoon session): If working with the loved ones of those adversely affected by addiction is your passion then this is the workshop for you! CRAFT is a well-regarded emerging practice for the treatment of concerned significant others and is supported by numerous multi-centered randomized controlled trials. Several comprehensive studies have demonstrated the efficacy of CRAFT. A study exploring CRAFT with partners or concerned significant others (CSOs) of alcohol abusers found that after an average of 4 -5 counseling sessions, 64% of those receiving CRAFT were successful in getting their loved one into treatment. CRAFT is a positive, motivational and client-centered approach rooted in behavioral and cognitive behavioral approaches. Tools such as the Functional Analysis, Happiness Scale and Goals of Counseling will be reintroduced from the earlier CRA training and some with a new twist! Additional skills will be showcased, including behavioral road mapping, a powerful technique designed to encourage change in a loved one's behavior. Participants will be given the opportunity to begin developing these new skills with small group practices. Large group discussion will follow each practice session. As always multiple training techniques, prizes and a healthy dose of humor will ensure an entertaining and meaningful learning experience.

Greg Purvis is the Director of Addiction and Mental Health Services for the Pictou County Health Authority located in Northern Nova Scotia. Greg has a Master's in Clinical Psychology from Saint Mary's University and has held various positions including Director of Addiction Services for 3 health authorities (13 years), Acting director of Mental Health Services for Pictou County, Supervisor of treatment services for Addiction Services, Clinical psychologist at a Mental Health clinic, one of the first clinical therapists in Nova Scotia specializing in gambling addiction, and as a Forensic psychologist within two federal penitentiaries. Greg has worked within addictions for over 20 years and led the first team in Canada to implement the evidence based practice of CRA. He is one of 6 people certified internationally as a trainer in the Community Reinforcement Approach (CRA) and Community Reinforcement Approach and Family Training (CRAFT). Greg is a registered clinical psychologist with the Nova Scotia Board of Examiners in Psychology. He was chair of the Atlantic Canadian Counsel on Addictions he co-founded in 2004.

D2 (morning session) **2**
Tomorrow Does Not Exist - Working with people who have lost so much they feel they have no future
Tom Regehr

This presentation will explore the work of the participants and the nature of 'trauma' including abuse, loss, severe neglect, cyclical abandonment, living under threat etc., and how it relates to their work. Included will be an experiential exercise that will give the participants a deep, intuitive understanding of the client who has suffered so many losses that they have trouble investing in a traditional positive future. Participants will be taught 5 tools to help them respond to clients safely and move ahead effectively. At the end of the day, participants will have more hope, focus, skill and patience when working with clients.

Tom Regehr began offering workshops on addiction and trauma in 2002. He has held over 100 panel discussions where people with direct experience with addiction and trauma interact with healthcare professionals. Regehr is an associate professor at McMaster University where some of his material was adopted as curriculum for masters Occupational Therapists. Regehr hosts Grounding Trauma, a national conference. He lives in Peterborough where he started a non-profit 'Trauma Informed Peterborough'. Boards/advisories over the years including the Ontario Ministers Advisory Group on Addictions and Mental Health. He won the CAMH Courage to Come Back award in 2007.

D3 (morning session) **2**
Addictions: Can Couples Therapy Work? The Imago Model in Action
Maureen Brine Reg. N, ICADC

Gain the skills you need to deepen your awareness of addictions as an attachment disorder. Addiction is an attempt to fill the empty space left by the lack of a secure attachment. Most traditional addiction treatment focuses on the individual and not the relationship. This workshop will give you a taste of how Imago Relationship Therapy can provide an effective approach to attachment-based recovery. Learning Objectives: to enhance skills in working with addicted couples, to understand how the relational paradigm is the cornerstone of recovery and to gain new insights from the latest research on couples and addictions.

Maureen Brine is an internationally known and respected Toronto-based psychotherapist, certified addictions counselor, interventionist, consultant, and faculty member of Imago Relationship International. As an Imago therapist, she works with couples in recovery. With over 35 years of experience in the addictions field, Maureen played an instrumental role in the intervention movement in Canada and is a featured interventionist on the TV show Intervention Canada. In addition to her work in addictions, she is currently launching an Imago Couples workshop, "Recovering our Connection."

D4 (morning session) **1**
LGBT Diversity
Jody Raven

Approximately 20% of the population in the Western world is LGBT. That means that likely 2 of 10 of your clients are queer. Queerness is a more fluid process than most people imagine. Many people who identify as bi-sexual, questioning or other gendered are not necessarily visible in a culture that prefers clearly defined identities. Our capacity to hold space for people is strengthened by our awareness and sensitivity. This workshop will use a combination of visual, discussion and group work to expand your awareness of queer culture.

Jody Raven is a therapist and teacher in Bancroft, Ontario. Jody is a highly engaging and responsive presenter who weaves both traditional and alternative approaches to offer people new hope in healing and wholeness. Jody's current work emphasizes mindfulness and integration of our bodies into awareness. Jody has worked for 30 years, both in the inner city and rurally and brings passion, experience, knowledge and beauty to her work with people.

D5 (afternoon session) **2**
"In Through the Out Door" Helping People Who Don't Want Your Help
Heather Kerr MSW, RSW

We have all had the experience of trying to help people who don't want our help. We often recognize these moments by our tendency to lean forward in our chairs, talk more than the client, or feel frustrated, resentful and sometimes just plain exhausted. People's paths to addiction treatment are often influenced by conflict with the law, child protection issues with Family and Children Services, or fear of losing a relationship. Using case examples, this workshop will explore ways of working with pre-contemplative clients creatively and effectively. By combining stages of change, motivational interviewing and brief solution focused concepts, participants will come away from this workshop with new tools to engage clients differently, whether leading to lasting change or "planting a seed".

Heather Kerr is a registered social worker, therapist, consultant and trainer providing workshops and teaching as part of her private practice. Heather holds a BA in Psychology/Law & Criminology and a Masters of Social Work. She has over 20 years of experience specializing in addictions and trauma. Heather has worked extensively in provincial and federal corrections. She is also a certified Equine Therapist. Heather has been the Executive Director of Stonehenge Therapeutic Community in Guelph Ontario for over 10 years. She has just completed a secondment with the Waterloo Wellington Local Health Integration Network as Lead for Addictions Integration. Heather is Chair of the Wellington Guelph Drug Strategy Committee. Provincially, Heather is an Executive Member of the Ontario Halfway House Association. Nationally, she is one of the founding members of the Canadian Association of Women's Criminal Justice Residential Options. In addition to her role as Executive Director of Stonehenge, Heather currently teaches part time at Conestoga College.

D6 (afternoon session) **2**
The Opioid Explosion: Treatment Approaches and Considerations
Pamela J. Hill BA, M.Div.

This workshop will look at the rise of opioid addiction and current best practice treatment approaches, including substitution therapies (Methadone, Suboxone and Buprenorphine), harm reduction strategies and ways to support individuals in withdrawal. Session will also include information about pregnancy and neo-natal abstinence syndrome, and addressing chronic pain issues.

Pamela J. Hill is the Director of Clinical Services for Addiction Services of Thames Valley. Pam has a long history in social services ranging from justice services to long term and palliative care chaplaincy, private practice counselling for grief and life losses to education and training in the field of HIV/AIDS. These, and other experiences, led her to become a founding member of the Heartspace program for substance-involved women who are pregnant or parenting in 2002, which led further to her leadership role at ADSTV, including the collaborative development of the London Drug Treatment Court in 2010, and the development of the Community Opioid Addiction Program (COAP). Pam lives in London, Ontario and loves communing with nature, being in awe of human resilience, fostering hope, making and listening to music and following opportunities that always make life interesting!

D7 (afternoon session) **2**
Anxiety, Depression and Addiction
Christine Courbasson PhD, (C. Psych)

Individuals who seek treatment for addiction often have problems with anxiety and/or depression. They often use substances or addictive behaviours to medicate symptoms of depression and anxiety. Yet, substance use can increase anxiety and depression and interact with medications in a way that renders them less effective or dangerous. In this workshop the prevalence of addiction problems in anxiety disorders and depression will be discussed, as well as the ways they interact. Workshop participants will also learn to identify signs of anxiety and depression in people with addiction and develop care plans and strategies to competently address these comorbid problems.

Dr. Courbasson is the Director of the Cognitive Behavioural Therapy, Dialectic Behavioural Therapy, and Humanistic Therapy Centre in Toronto. She also serves as Clinical Director at Trafalgar Residence, a treatment centre for men with addictions. She is a registered psychologist with the province of Ontario. She received her Ph.D. in Clinical Psychology from York University and she was the recipient of a Post-Doctoral Fellowship at the Centre for Addiction and Mental Health (CAMH) in the Concurrent Disorders Service, investigating the predictors of treatment success for individuals with addiction and mental health problems.



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Conference Highlights

This conference continues with the tradition of meeting the educational needs of our delegates while providing the opportunity of participating in self care and rejuvenation. In addition to enjoying the serene environment and the delicious meals, we invite you to join in any of the following activities to enhance your experience and to network with delegates from across Canada and the USA.

- Morning Ceremonies • AA & NA Open Meetings •
- Campfires • Music • Movie Night • Evening Activities •



Delegates attending the 55th Annual Institute on Addiction Studies can earn up to **26.5 hours** of Continuing Educational Units (CEUs). All CEUs have been approved by the Canadian Addiction Counsellors Certification Federation.

Notice for CACCF Members:

All courses have been pre-approved as "core specific hours" for CACCF Members requiring addiction specific core CEUs for recertification purposes. CACCF standards often meet or exceed other governing agencies requirements for CEUs (nurses, ATSS, CPGC, etc.) It is the responsibility of the delegate to check with their particular agency for criteria requirements.

Special Thanks

We would like to thank the following members of our planning committee for their combined personal knowledge and experience to develop and make this conference possible.

Corene Cheeseman	Aboriginal Alcohol and Drug Worker, Hamilton Regional Indian Centre
Rick Csiernik	Kings College, University of Western Ontario and McMaster University
Tom Gabriel	EFAP Consultant, Crisis & Addiction Counsellor Toronto Police Association, CACCF Vice President
Linda Hood	Director UFCW Local 12R24 Members Assistance Program, ATSS Board of Directors
Jim McIlveen	Employee Assistance Provider, Ministry of Community Safety & Correctional Services (Ontario)
Jeff Ramackers	EFAP and Addictions Representative, Unifor Local 88
Angela Rolleman	Training & Personal Development Services, Mission: Empowerment!, Wilfrid Laurier University

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