

2018 Professional Education Series
CE Seminars for Clinicians

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EACH SEMINAR**

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Space is limited, you **must** pre-register!
We will not be able to accommodate walk-in registration.
Workshops are designed for **professional audiences only.**

Dear Colleagues:

Thank you for your interest in the Ridgeview Institute 2018 CEU Seminar Series. It is our pleasure to bring professional training to our colleagues and referral sources in the Atlanta metro area.

Ridgeview Institute has been treating individuals with mental health and substance use issues since 1976 and we have recently been expanding our services to continue to meet the needs of our community. As professionals and referral sources, we appreciate your support and want to continue providing high quality services to your clients who may have a need for our Inpatient, Partial or Intensive outpatient services. Please let us know how we can make utilizing our services easier for you.

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Ridgeview Institute

2018 CE Seminars for Clinicians

JANUARY 19, 2018

Nancy Kriseman, LCSW

Supporting Families as they care for an Elder with Dementia

FEBRUARY 2, 2018

Gregg Raduka, Ph.D., LPC, ICPS and Susan K. Blank, M.D.

De-conditioning, Educating and Treating Clients regarding Marijuana

FEBRUARY 16, 2018

Marty Lerner, Ph.D.

Eating Disorders: The Case for an Integrated Addiction Model

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Professional Ethics and Clinical Practice: Common Case Scenarios

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Putting the Brain Back in the Body:
Integrating Physical and Mental Health

MAY 4, 2018

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Game Plan: A Clinician's Guide to Helping Men
Achieve Emotional Fitness

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Laughter: The Light Solution for Stress

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The Ethical Use of 1013s in the State of Georgia

JUNE 22, 2018

Brian Dew, Ph.D.

Understanding the Emerging Threat of Heroin/Opiate Use
in Atlanta, Georgia

AUGUST 3, 2018

Bethany Blanco, LMFT

Developmental Trauma, Attachment, and Interpersonal Struggles:
Helping our Clients Fight Their Invisible War

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Aging Mindfully: Clinical Interventions for Mid-Life and Beyond

SEPTEMBER 21, 2018

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Shades of Gray: An Interactive Ethics Workshop

OCTOBER 5, 2018

James Campbell, LPC, CACII, MAC

From Grief to Gratitude: Finding Hope in Recovery

NOVEMBER 2, 2018

Merrill Norton, Pharm.D.

Psychopharmacology 2018

DECEMBER 7, 2018

Margaret Nagib, Psy.D.

Intoxicating Cycles of Shame: The Missing Link in the Treatment
of Co-Occurring Eating and Substance Abuse Disorders

Supporting Families as They Care for an Elder with Dementia

Nancy Kriseman, LCSW

Friday, January 19, 2018, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by January 12; \$115 late registration

This workshop will help professionals learn how to support families caring for someone with dementia. Particular attention will be focused on how caring for someone with dementia can cause ambiguous loss and disenfranchised grief, which can cause tremendous stress for family caregivers. Participants will learn about the three most common forms of dementias, such as; Alzheimer's disease, Lewy body dementia and frontal lobe dementia and how they can impact families. Professionals will learn strategies and therapeutic approaches to help families support elders with dementia. Lastly they will learn when to refer to an elder care professional.

LEARNING OBJECTIVES

- Participants will be able to define the differences between Alzheimer's, frontal lobe dementia, and Lewy body dementia.
- Participants will be able to define what is meant by ambiguous loss and disenfranchised grief.
- Participants will learn three coping strategies for families.
- Participants will learn the most appropriate geriatric professionals to refer their families to when they need elder care resources or other professional support.

Nancy L. Kriseman, LCSW, is a licensed clinical social worker who has worked with older people and their families for over 35 years. Nancy maintains a private practice in the Atlanta area, in addition to presenting workshops on caregiving and dementia across the country. She has written three books, Meaningful Connections: Positive Ways to Be Together When a Loved One Has Dementia (2017), The Mindful Caregiver: Finding Ease in the Caregiving Journey, Roman and Littlefield publishers (2014) and The Caring Spirit Approach to Eldercare: A Training Guide for Professionals and Families, Health Professions Press (2005). Nancy has a Masters in Social Work and Specialist in Aging Degree from the University of Michigan, 1982.

SPECIAL DISCOUNT OFFER

- Register for 2 seminars at once and receive \$15 off the total price
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Group and/or retroactive discounts will not be honored. In order to take advantage of this special offer, registration must be received on one registration form for one individual. When registering online, the discount will not be reflected on your online confirmation. Discount will be taken when your credit card is manually processed in our office and you will receive a written confirmation reflecting the adjusted price.

De-Conditioning, Educating and Treating Clients Regarding Marijuana

Gregg Raduka, Ph. D., LPC, ICPS and Susan K. Blank, M.D.
Friday, February 2, 2018, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by January 26; \$60 late registration

Clinicians have a much tougher road to hoe when it comes to cannabis use disorder compared to other substance use disorders. Due to a continuing media blitz and powerful anecdotal evidence being presented by the marijuana industry, a huge gap exists between youthful and adult perceptions about marijuana and what science tells us about the risks and harms related to this substance. Therefore clinicians first have to overcome the vast majority of their clients believing that marijuana is a medicine that can relieve their depression and stress. This workshop will present tools to enable clinicians to become knowledgeable about and access current, evidence-based tools to use when attempting to overcome such barriers to adolescent and adult treatment.

LEARNING OBJECTIVES

- Participants will be able to describe how current attitudes, beliefs and the media regarding marijuana impact its use.
- Participants will be able to access current, evidence-based tools to use when educating and treating clients regarding marijuana.
- Participants will be able to describe evidence-based strategies for preventing and treating marijuana use.

Gregg Raduka, Ph.D., LPC, ICPS, is the director of prevention/intervention of the Council on Alcohol and Drugs in Atlanta. A major part of his duties at the council is being the program director of five regional alcohol and substance abuse prevention programs in Georgia and the Georgia Rx Drug Abuse Prevention Initiative. The evidence-based programs he has designed and implemented have served thousands of Georgia's families and youth since 1987. These programs, rigorously evaluated by Georgia universities, have won seven national awards from the U.S. Department of Health and Human Services.

Susan Blank, M.D., is the founder and chief medical officer for the Atlanta Healing Center. Dr. Blank is president of the Georgia Society of Addiction Medicine and serves on the advisory board of the Georgia Physician's Health Program. She is also a member of the board of directors for the Georgia Council on Alcohol and Drugs and Let's Be Clear Georgia. Dr. Blank and Dr. Lori Karan co-authored the chapter on tobacco and nicotine addiction for the ASAM Patient Criteria released in September 2013. Also, she can be heard nationwide every Tuesday on her weekly radio show "Detailing Addiction" on America's Web Radio.

Eating Disorders: The Case for an Integrated Addiction Model

Marty Lerner, Ph.D.

Friday, February 16, 2018, 9:30 a.m. - 4:00 p.m.

\$100 if postmarked or paid by February 9; \$115 late registration

Within the past few years there has been a growing contingent of scientists exploring the neurological, genetic, biological, and cultural elements of substance use disorders—mostly limited to alcohol, stimulants, and narcotics in general. During the past few years this research has extended itself to investigations of pathological eating patterns with laboratory animals and more recently human subjects. The more recent evidence makes a convincing case for (1) certain DSM V diagnosed eating disordered patients meeting criteria for a substance use disorder with the substance being specific foods, and (2) the reward circuitry of individuals with an eating disorder bear a striking similarity to their chemically dependent peers. More recently, the advance of brain mapping and radiographic imaging technologies (MRI and PET Scans) provide a clear and real-time picture of how similarly a binge eater responds to certain food substances and a chemically dependent subject responds to an addictive drug. As such, the concept of certain eating disorders being classified as process addictions is challenged. The argument for inclusion of these disorders as a substance use disorder is discussed as well as the implications of doing so with respect to better treatment outcomes.

LEARNING OBJECTIVES

- Participants will be able to name a minimum of two food substances suspected of harboring “addictive” qualities.
- Attendees will be able to name a minimum of two neurotransmitters thought to play a role with the etiology of an eating disorder.
- Participants will be able to discuss the phenomenon of cross addiction and the incidence of this phenomenon within the eating disordered population
- Participants will be able explain the difference between an intuitive eating approach and a structured food plan protocol with respect to treating someone with an eating disorder
- Each attendee will be able to identify at least two “external cues” and two “internal cues” playing a role in the regulation of appetite / hunger.
- Participants will be able to discuss a minimum of three treatment modalities shown to be effective in the treatment of an eating disorder

Marty Lerner, Ph.D. is the CEO of the Milestones in Recovery Eating Disorders Program located in Cooper City, Florida. A graduate of Nova Southeastern University, Dr. Lerner is a licensed clinical psychologist who has been treating eating disorders since 1980. He has appeared on numerous national television and radio programs and authored several publications appearing in the professional literature, national magazines, and newspapers. He is the author of A Guide to Eating Disorder Recovery: Defining the Problem and Finding the Solution, 2016.

Professional Ethics and Clinical Practice: Common Case Scenarios

William Doverspike, Ph.D.

Friday, March 9, 2018, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by March 2; \$115 late registration

Dr. Doverspike will present several models of ethical decision-making and discuss how these models can be applied to clinical practice. He will facilitate an interactive discussion of ethical dilemmas encountered by licensed professional counselors (LPCs), licensed clinical social workers (LCSWs), marriage and family therapists (LMFTs), and Clinical Addiction Counselors (CACs). He will outline how a systematic, multiple-stage decision-making model can be applied to ethical dilemmas. He will share practical experiences and a simple approach to ethics acquired from providing advisory consultations and adjudicating ethics complaints on a state ethics committee.

Disclaimer: Dr. Doverspike will not be discussing any rules, regulations, adjudications, or other matters related to the state licensing board for psychologists.

Ethics Code: This workshop will include discussion of aspirational principles and enforceable standards of the ACA (2014) ACA Code of Ethics and the APA (2010) Ethical Principles of Psychologists and Code of Conduct. Case scenarios will illustrate the application of various ACA and APA Standards.

LEARNING OBJECTIVES

- Describe five models of ethical decision making
- List three reasons to consult with colleagues
- Name two common ethics case scenarios
- Apply one model to a case scenario

William F. Doverspike, Ph.D. is an adjunct professor at Emory University. He also teaches Ethical, Legal, and Professional Standards at Richmond Graduate University. He is author of Risk Management (2015), the first edition of which evolved out of his 12 years of experience as a member of the Ethics Committee of the Georgia Psychological Association (GPA). Dr. Doverspike is a former President of GPA and he is currently a member of the state licensing board for psychologists. He holds board certification Diplomas in Clinical Psychology (ABPP) and Neuropsychology (ABPN). He maintains a private practice at the Atlanta Counseling Center.

Putting the Brain Back in the Body: Integrating Physical & Mental Health

Ray Kotwicki, M.D.

Friday, April 13, 2018, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by April 6; \$60 late registration

Until recently, medical scientists believed that mental illnesses were primarily brain diseases, and treatments focused on modifications of brain chemicals and activities. While we continue to think that psychiatric illnesses manifest through changes in brain-controlled functions including thinking, feelings, and behaviors, it is becoming clearer that certain mental illnesses like depression, bipolar disorder, and maybe even schizophrenia stem from pathophysiological mechanisms that involve other organ systems like the inflammatory and sugar-regulation systems below the neck. Correspondingly, treatments for such mental illnesses necessitate a truly holistic approach that involves many other interventions than only neurotransmitters. In this course, Dr. Ray Kotwicki will present new science suggesting that psychiatric illnesses are indeed medical illnesses, and he will issue a call to put the brain back into the body for comprehensive and integrated care for people with mental illnesses.

LEARNING OBJECTIVES

- Explain the mechanism of development of mental illnesses, using the stress-diathesis model
- Describe the complicated static/ dynamic states of genetics, including the roles of genes, epigenes, RNA, and proteins
- Discuss the role of inflammation in mental illnesses, and apply strategies to try to control global, uncontrolled inflammation as interventions for certain mental illnesses
- Summarize the signs and symptoms of major mental illnesses such as depression and “sickness behaviors” that are associated with physical illnesses like infections
- Increase comfort in talking about mental health and seeking help when needed

Dr. Ray Kotwicki is chief medical officer and the George C. West endowed chair at Skyland Trail, a nationally acclaimed private, non-profit residential and day treatment facility for adults with mental illnesses in Atlanta. In this role, Kotwicki oversees all the clinical, educational, and research activities within the organization. Kotwicki trained as a department of energy fellow, and was a medical scholar at the University of Wisconsin Medical School. He had post-graduate training at Harvard Medical School, the Boston University School of Medicine, and Emory University. Throughout his career, Kotwicki has received numerous distinctions, including Emory University’s most prestigious dean’s “Golden Apple” teaching award, Alpha Omega Alpha Medical Honor Society, Mental Health America and Eli Lilly’s “Heroes in Fight” clinical team award, and the National Alliance on Mental Illness’ exemplary psychiatrist award.

Game Plan: A Clinician's Guide to Helping Men Achieve Emotional Fitness

Alan Lyme, LISW, ICADC, ICCS, MINT
Friday, May 4, 2018, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by April 27; \$115 late registration

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 role playing. Anger, intimacy, trust and relationship issues, and the efficacy of integrative and alternative therapies will be explored.

LEARNING OBJECTIVES

- Review the societal biases and “environment of risk” affecting males in resiliency, addiction onset, recurrence and recovery
- Underline the efficacy of a compassionate approach in working with men
- Demonstrate the dynamics and relate the value of integrative and alternative therapies with men
- Discuss the use of media in promoting emotional release
- Utilize targeted questionnaires specific to the male cultural experience

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 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, an internationally certified clinical supervisor, an internationally certified alcohol and drug counselor, and a certified leadership challenge workshop facilitator.

Laughter: The Light Solution for Stress

Enda Junkins, LCSW, LMFT, BCD
Friday, May 18, 2018, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by May 11; \$60 late registration

Laughter, the Light Solution for Stress provides information on the benefits of laughter, laughter tools to help handle stress on a regular basis and includes brief audience participation throughout. The course incorporates humor to create laughter for the audience to enjoy as they release their own stress. The particular stresses of the audience are incorporated and addressed as they are presented to me.

LEARNING OBJECTIVES

- Participants will learn the importance of laughter in managing stress.
- Participants will gain tools to incorporate more laughter in daily lives, home and work.
- Participants will experience the power of laughter and will experience a reduced stress level.

Enda Junkins, MSW, LCSW, LMFT, BCD is a rare commodity—a laughing psychotherapist. She has been speaking on laughter internationally since 1991. She shares her unique, practical, and memorable tools for creating laughter to enthusiastic audience response. A leading, national expert on laughter, she presents with wit, wisdom and a flexible approach to using laughter with a wide range of serious topics. Her presentations are effective for businesses, organizations, and the personal arena as well. Enda's laughter expertise developed over more than 30 years as a practicing psychotherapist using laughter in the healing of serious issues. Her work with laughter has been enthusiastically received by her audiences who consistently rave about her presentations on laughter. She is the author of two books and three videos on laughter as well as numerous articles. She is a member of the National Speaker's Association.

The Ethical Use of 1013s in the State of Georgia

Ruby Blow, MA, LPC, NCC, BCC, ACS, CPCS, DCC
Friday, June 8, 2018, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by June 1; \$115 late registration

The purpose of this presentation is to inform and address mental health therapists in the state of Georgia about the proper use and intent of the 1013 form (a legal process), which is used to authorize the involuntary transportation of individuals with mental health emergencies (those who have intent to harm themselves or others) to emergency receiving facilities. It will also address the ethical dilemmas inherent in the process of assessing individuals including requests from family and other collaterals as well as the challenges involving access to resources for the person who will be re-assessed at the receiving facility.

LEARNING OBJECTIVES

- Review the relevant documents and forms and their language (1013s, 1014s, etc.)
- Review the legal rights people have as it relates to voluntary and involuntary placement in hospitals for mental health crisis stabilization
- Focus on effective and ethical assessment of risk factors (low, medium and high risk)
- Discuss the ethical pitfalls and challenges involved in the entire process from the client/patient and their family to the assessor/clinician and to the emergency receiving facility
- Discuss the collaborative approach to suicide intervention

Ruby Blow, MA, LPC, NCC, BCC, CPCS, ACS, DCC is a licensed professional counselor, national certified counselor, board certified coach, certified professional counselor supervisor, approved clinical supervisor and distance credentialed counselor with 19 years of clinical experience in a variety of settings. She served 10 years as an adjunct faculty member at Argosy University Atlanta in the community counseling program; a member of the LPCA-GA Board (former events co-chairperson); and former LPCA-GA ethics committee member; the recipient of the 2012 Counselor Educator of the Year Award by LPCA-GA; and owner of Development Counts, an agency that provides counseling, coaching, supervision and workshops.

Understanding the Emerging Threat of Heroin/Opiate Use in Atlanta, Georgia

Brian Dew, Ph.D.

Friday, June 22, 2018, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by June 15; \$60 late registration

Like in most major U.S. metropolitan areas, Atlanta has witnessed an alarming increase in use of heroin and prescription opiates in the past five years. These drugs' deleterious effects on individuals, families, and communities have been well-documented by treatment professionals, public health officials, and clinical practitioners. In this presentation, the biopsychosocial aspects of heroin use will be explored, unique risks will be discussed, and challenges to treatment will be reviewed. Results from the presenter's local epidemiological research efforts will be shared along with a current examination of treatment challenges.

LEARNING OBJECTIVES

- Participants will enhance their understanding of the biopsychosocial aspects of heroin use.
- Participants will gain knowledge of the unique psychological and physical risks associated with using heroin
- Participants will learn the unique challenges that heroin users present upon entering substance abuse treatment.

Dr. Brian J. Dew currently serves as chair of the department of counseling and psychological services at Georgia State University. Prior to assuming the department chair position in 2011, Dr. Dew coordinated the master's and Ed.S. programs in mental health counseling at GSU. Dr. Dew's research has been focused on substance use, primarily on the topics of methamphetamine use and treatment, ecstasy use, and more recently, the spread of opiate consumption. Prior to his academic position at GSU, Dr. Dew worked for four years as a substance abuse counselor in an inpatient and outpatient, hospital-based setting. In this role, he developed and directed an intensive family program gearing toward educating the non-addict on aspects of recovery. Over the past 12 years, Dr. Dew has served as Atlanta's primary representative to the National Institute on Drug Abuse's (NIDA's) Community Epidemiological Work Group where he is responsible for reporting Atlanta drug trends to federal officials. Dr. Dew has been awarded the outstanding faculty research award from Georgia State University's College of Education and Human Development and the outstanding addictions and offender professional award by the Association of Addictions and Offender Counseling, a division of the American Counseling Association. Dr. Dew has made over 200 professional presentations, including key note addresses and international trainings.

Developmental Trauma, Attachment, and Interpersonal Struggles: Helping our Clients Fight Their Invisible War

Bethany Blanco, LMFT

Friday, August 3, 2018, 9:30 a.m. – 12:45 p.m.

\$50 if postmarked or paid by July 27; \$60 late registration

The consequences of developmental trauma plague its victims in many forms and fashions. Some of the residual impacts are obvious to outsiders while others remain invisible, but crippling nonetheless. Specifically, insecure attachment patterns learned in childhood manifest themselves into adult attachment insecurities, which lead to countless relational disturbances in the lives of adult survivors of childhood abuse.

The presentation at hand will examine the nature and impact of developmental trauma, especially as it pertains to complications with attachment and interpersonal struggles in adulthood. The translation of insecure childhood attachment styles to insecure adult attachment styles will be discussed, with specific attention paid to the Borderline diagnosis and style. Additionally, strategies will be given to help clients understand their attachment patterns and subsequent relational difficulties, as well as to help clients transcend their damaging interpersonal patterns.

LEARNING OBJECTIVES

- Participants will be able to explain the nature of developmental trauma, as well as why and how it leaves such a lasting impact.
- Participants will be able to explain the connection between insecure childhood attachment styles and insecure adult attachment styles.
- Participants will be able to utilize strategies given in order to help their clients understand their interpersonal struggles and to transcend those interpersonal struggles.

Bethany Blanco, LMFT obtained her master's degree in Marriage and Family Therapy from Richmond Graduate University. While pursuing her master's, she completed a thesis regarding the parallels between modern slavery and intimate partner violence, which led her to a deep interest in trauma treatment. For the past three years Bethany has led trauma groups and body acceptance groups at the Women's Center for Trauma and Eating Disorders, located at Ridgeview Institute. Additionally, Bethany sees outpatient clients at her own practice, Better Story Counseling, in Marietta, GA.

Aging Mindfully: Clinical Interventions for Mid-Life and Beyond

Debra Alvis, Ph. D., RYT

Friday, September 14, 2018, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by September 7; \$115 late registration

By 2020, the population of Americans ages 55 to 64 will have grown 73 percent since the year 2000. As these generations encounter the losses and opportunities of the golden years, a unique model of aging emerges requiring new skills for elders and health care providers. While many of the 'youth generation' will enjoy unprecedented health, vitality, and an extended life span, acceptance of aging may be hard won, exacerbating the challenges of this transition. Drawing primarily from cognitive behavioral therapy and mindfulness, this experiential workshop offers a research-based, integrative approach to treatment of the anxiety, depression, and grief that frequently accompany the aging process. You will explore the factors predicting successful aging through a brief review of related research, clinical examples, and interventions designed to promote each of the factors. Dyadic and small group work will facilitate clinical application. Options for sequencing and individualizing interventions will be discussed. Handouts with detailed interventions will further support application. You will leave this seminar with a deeper understanding of aging and renewal along with new, effective tools to address this process.

LEARNING OBJECTIVES

- Recognize empirically established factors predicting positive aging
- Implement clinical interventions designed to cultivate positive aging factors
- Utilize mindfulness and whole brain strategies evidenced to buffer age related cognitive changes
- Apply cognitive behavioral strategies for addressing stereotypes of aging
- Employ integrative relapse prevention strategies for depression
- Explain pivotal research findings on mindful aging and neuroscience

Debra Premashakti Alvis, Ph.D., RYT, is a licensed psychologist, mindfulness teacher, and therapeutic yoga educator practicing in Athens, Georgia. She conducts a private practice, providing counseling to individuals, couples and families, and offers workshops and consultation in the United States and internationally. She teaches at the University of Georgia, integrating neuroscience into psychology courses. Debra also developed and led the Mind Body Program at the university where she trained clinicians in the integration of neuroscience and psychotherapy. Debra co-leads a health psychology research team investigating mindfulness. She has been engaged in contemplative practices for over twenty-five years, studying yoga and mindfulness.

Shades of Gray: An Interactive Ethics Workshop

Georgia Geiger, LPC & Marti Cobb, LMFT, LPC
Friday, September 21, 2018, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by September 14; \$115 late registration

The ethical guidelines for social workers, marriage and family therapists and professional counselors are clear, concise and comprehensive; stated in black and white. Why, then, are there often situations that appear to be grey? Using an interactive format, participants will work through difficult and intriguing scenarios that challenge interpretation of the guidelines. This workshop will address ethics from square one using LPC, LCSW, LMFT codes of ethics and guidelines to develop useful protocols for testing ethical decision making. Differences between legal ethics, therapeutic ethics and personal values will be discussed.

LEARNING OBJECTIVES

- Have a useful protocol for ethical decision making
- Be familiar with a group consultation model for determining ethical behavior
- Recognize practice areas that are potentially gray
- Be aware of personal as well as professional character and integrity
- Have an understanding of how to protect yourself when engaging in related professional activities

Georgia Geiger has been an intake counselor, a contract worker for DFACS, and a college counselor. She has also worked in the field of alcohol abuse. Georgia's experience includes 40 years as an educator, most recently as an Associate Professor at Reinhardt University. She is a Licensed Professional Counselor and a National Certified Counselor. She is also a mediator, registered as a neutral with the Georgia Supreme Court. In addition to a private practice in counseling, Georgia is a partner in Above and Beyond Conflict, a firm that does mediation and continuing education.

Marti Cobb has been both a mediator and licensed marriage and family therapist for the past 33 years. As a mediator, she is particularly skilled in areas of custody and shared parenting disputes and cases involving parties with difficult personalities. Marti has served on the board of directors of the Family Mediation Association of Georgia and the Cobb Mediators Association, and is a current member as well as a past president of Georgia Mediators Association. She also has been appointed, by the Supreme Court, to the Commission of the Georgia Office of Dispute Resolution, just finishing a six-year term. She is a clinical member of the American Association of Marriage and Family Therapists. Marti is the co-author of the court-mandated divorcing parent's seminar, Children of Divorce®. Her company is Above And Beyond Conflict. They provide conflict resolution consultation to organizations, workshops for mediators, attorneys, therapists, school systems and corporations as well as training and conflict resolution services for agencies and companies.

From Grief to Gratitude: Finding Hope in Recovery

James Campbell, LPC, CACII, MAC
Friday, October 5, 2018, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by September 28; \$115 late registration

Grief is defined as the normal process of reacting to a loss. Though there are a wide variety of losses that can lead to grief, there are also many commonalities in how we experience it and how we begin the healing process. This training is designed to explore various types of loss, aspects of grief, and common pathways to healing. Specific attention will be given to the process of grieving as it relates to substance use disorders, and participants will gain practical tools for assisting those struggling with grief and bereavement.

LEARNING OBJECTIVES

- Identify diverse types of loss and common experiences related to each
- Explore differing models of the grief process
- Examine the specific impact of grief on substance use disorders and recovery
- Evaluate what constitutes simple versus complicated grief
- Gain practical tools to assist others in healing following loss

James Campbell, LPC, CACII, MAC has been working professionally in the human services field for more than twenty-two years. His passion is helping people, families, and relationships to heal and assisting them in building on the strengths they possess. He is a licensed professional counselor, certified as an addictions counselor II through SCAADAC, and a master addiction counselor through NAADAC. James currently serves as the adolescent residential manager of The Phoenix Center, Founder of Family Excellence, Inc., director of Family Excellence Institute, LLC, and is an author and nationally recognized speaker and trainer.

Psychopharmacology 2018

Merrill Norton, Pharm.D.

Friday, November 2, 2018, 9:30 a.m. – 4:00 p.m.

\$100 if postmarked or paid by October 26; \$115 late registration

Medications have become an integrated component in the treatment of addictive disease, so much so that there is a new specialty in healthcare: Addiction Pharmacy. Addiction pharmacy is the “know-how” of the use of antidepressants, anti-craving, anti-psychotics, anti-anxiety, anti-manic, ADHD/ADD, and many others in the recovering patient. This workshop’s instructor has been involved with the development of addiction pharmacy for the last two decades and will bring to the participants a down-to-earth explanation of the how and why of these medications. You might also have a little fun.

LEARNING OBJECTIVES

- Explain the neurobiology and pharmacology of the current psychotropic medications used in the co-occurring treatment industry
- Summarize the latest use of medication in the chronic pain patient
- Apply the latest clinical diagnostic criteria for anxiety, mood, and psychotic disorders
- Apply the latest use of pharmacotherapies for nicotine, drug, and alcohol use disorders
- Understand the new addiction theories of the dynorphin and anti-stress systems in the brain

Dr. Merrill Norton is a clinical associate professor at the University of Georgia College of Pharmacy with specialty areas in psychopharmacology and addiction pharmacy. He has also been a faculty member of the Fairleigh-Dickinson University postdoctoral training program in the masters of psychopharmacology, Alliant International University of San Francisco College of Psychology, University of Georgia School of Continuing Education, and Berry College in the areas of psychopharmacology and addiction pharmacy. His area of specialty in addiction pharmacy is the management of chronic pain in the addicted patient. Recently, Dr. Norton received an Emmy from the National Academy of Television Arts & Sciences’ Southeastern Chapter for his work on the Spanish language documentary “Prescription Drugs, Legally Dangerous.” His book, The Pharmacology of Psychoactive Chemical Use, Abuse, and Dependence, and his DVD series, “The Hijacking of the Brain” have been used to train thousands of mental health professionals nationally; they have become the standards of teaching excellence in the addiction treatment profession. His new books, The Pharmacology of Substance Use Disorders and The Practitioners’ Guide to Opioid Use Disorders will be released in 2017.

Intoxicating Cycles of Shame: The Missing Link in the Treatment of Co-Occurring Eating and Substance Abuse Disorders

Margaret Nagib, Psy.D.

Friday, December 7, 2018, 9:30 a.m. – 12:45 p.m.

\$35 charitable donation*

A deep sense of shame often underlies and drives eating disorders (ED) and substance abuse (SA). When these two disorders co-occur, the level of shame intensifies. The special challenges of treating these co-occurring disorders will be discussed and this presentation highlights shame as a key force underlying and perpetuating the cyclical nature of these disorders. Clinicians will learn how to identify and help individuals break the patterns of shame that drive destructive behaviors.

LEARNING OBJECTIVES

- Articulate and identify the special challenges in diagnosing and treating co-occurring ED and SA
- Articulate and identify the cyclical role that shame plays in the precipitation and perpetuation of these disorders
- Identify and articulate practical ways to help individuals break cycles of shame and destructive behaviors in ED and SA

Dr. Margaret Nagib is a clinical psychologist specializing in treating eating disorders, trauma, addiction, self-injury and mood disorders as well as spirituality and inner healing. For more than 15 years, she has provided individual, family and group therapy. Today, as a key faculty member of Timberline Knolls’ Clinical Development Institute, she travels throughout the country, offering more than 30 presentations annually at national and regional meetings, and contributes to awareness and early intervention through media interviews and blog contributions.

*All proceeds from the December seminar will be given as tax-deductible donations to your choice of *one* of the following charitable organizations. Thank you!

Atlanta Community Food Bank The Atlanta Community Food Bank provides food and other donated products to nearly 700 not-for-profit member agencies serving 38 counties in metro Atlanta and North Georgia. The Food Bank is an IRS 501(c)(3) organization (EIN #58-1376648).

MUST Smyrna (Ministries United for Service and Training) MUST is a faith-based organization dedicated to providing services to persons in crisis while maintaining their dignity. MUST Ministries is an IRS 501(c)(3) organization (EIN #58-2034725).

NAMI Georgia (National Alliance for the Mentally Ill) The mission of NAMI Georgia is to improve the quality of life for persons and families who struggle with mental illness through support, education, advocacy and research. NAMI is an IRS 501(c)(3) organization (EIN # 48-1201653).

CONTINUING EDUCATION CREDIT

Psychologists: Application for continuing education credit in Area IV has been made to the Georgia Psychological Association for the following seminars:

- February 16, September 14, November 2 — 5 hours
- March 9 — 5 *ethics* hours
- February 2, April 13, June 22, December 7 — 3 hours

The GPA is approved by the American Psychological Association to offer continuing education credit for psychologists. The APA-approved sponsor maintains responsibility for the program.

Social Workers, Licensed Professional Counselors, and Marriage and Family Therapists: Application has been made for core professional education hours for each seminar in accordance with the guidelines established by the Georgia Composite Board.

- January 19, February 16, May 4, September 14, October 5, November 2 — 5 core hours
- March 9, June 8, September 21 — 5 *ethics* hours
- February 2, April 13, May 18, June 22, August 3, December 7 — 3 core hours

Certified Addiction Counselors: Application has been made to the Georgia Addiction Counselors Association for continuing education hours.

- January 19, February 16, May 4, September 14, October 5, November 2 — 5 core hours
- March 9, June 8, September 21 — 5 *ethics* hours
- February 2, April 13, May 18, June 22, August 3, December 7 — 3 core hours

LOCATION

All programs are held in Ridgeview's Professional Building North. Ridgeview is located off I-285 at Exit 15 (South Cobb Drive). From Exit 15, travel north on South Cobb Drive approximately 2.5 miles. Ridgeview is on the right. Turn left at the stop sign after you enter the Ridgeview campus. If you need further directions, please call (770) 434-4567.

REFUND POLICY

Requests must be in writing. Refunds will be given on requests postmarked or faxed no later than 5 business days prior to the seminar. No refunds will be issued for "late arrivals" and "no shows." Address: Ridgeview Institute, Erin Evans, Business Development Department, 3995 South Cobb Drive, Smyrna, GA 30080. Fax: (770) 431-7025. Requests may also be e-mailed to eevans@ridgeviewinstitute.com.

We are pleased to continue serving your professional education needs.

REGISTRATION

Please select the seminar(s) you would like to attend. Space is limited for all seminars.

- January 19** Supporting Families as they care for an Elder with Dementia
\$100 if postmarked or paid by January 12; \$115 late registration
- February 2** De-Conditioning, Educating and Treating Clients regarding Marijuana
\$50 if postmarked or paid by January 26; \$60 late registration
- February 16** Eating Disorders-The Case for an Integrated Addiction Model
\$100 if postmarked or paid by February 9; \$115 late registration
- March 9** Professional Ethics and Clinical Practice: Common Case Scenarios
\$100 if postmarked or paid by March 2; \$115 late registration
- April 13** Putting the Brain Back in the Body: Integrating Physical and Mental Health
\$50 if postmarked or paid by April 6; \$60 late registration
- May 4** Game Plan: A Clinician's Guide to Helping Men Achieve Emotional Fitness
\$100 if postmarked or paid by April 27; \$115 late registration
- May 18** Laughter: The Light Solution for Stress
\$50 if postmarked or paid by May 11; \$60 late registration
- June 8** The Ethical Use of 1013's in the State of Georgia
\$100 if postmarked or paid by June 1; \$115 late registration
- June 22** Understanding the Emerging Threat of Heroin/Opiate Use in Atlanta
\$50 if postmarked or paid by June 15; \$60 late registration
- August 3** Developmental Trauma, Attachment, and Interpersonal Struggles
\$50 if postmarked or paid by July 27; \$60 late registration
- September 14** Aging Mindfully: Clinical Interventions for Mid-Life and Beyond
\$100 if postmarked or paid by September 7; \$115 late registration
- September 21** Shades of Gray: An Interactive Ethics Workshop
\$100 if postmarked or paid by September 14; \$115 late registration
- October 5** From Grief to Gratitude: Finding Hope in Recovery
\$100 if postmarked or paid by September 28; \$115 late registration
- November 2** Psychopharmacology 2018
\$100 if postmarked or paid by October 26; \$115 late registration
- December 7** Intoxicating Cycles of Shame: The Missing Link
\$35 charitable donation*

Please note: Continental breakfast is provided for all seminars; lunch is not included.

*Your registration fee for the December 7th seminar will be contributed to one of the following local charities. Please choose **only one** organization.

- NAMI Georgia
- Atlanta Community Food Bank
- MUST Smyrna

NAME _____ CREDENTIALS _____

PROFESSIONAL LICENSE NUMBER OR SOCIAL SECURITY NUMBER (REQUIRED FOR REPORTING TO ALL AGENCIES) _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____ E-MAIL ADDRESS _____

Accepted Methods of Payment

Check American Express Discover MasterCard Visa

Please make checks payable to Ridgeview Institute.

AMOUNT ENCLOSED _____ CREDIT CARD ACCOUNT NUMBER _____

EXPIRATION DATE _____ SECURITY CODE _____ SIGNATURE OF CARDHOLDER _____

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CITY _____ STATE _____ ZIP _____

Mail completed form to: Ridgeview Institute, 3995 S. Cobb Dr., Smyrna GA 30080-6397, attn: Erin Evans. To register by fax (credit card only): (770) 431-7025.

Secure online registration is available by clicking on the Professional Education/CEU tab at www.ridgeviewinstitute.com.

If you are unable to register by mail, fax, or online, please call Erin Evans at (770) 434-4568, extension 3001, to register by phone.

Registration is not confirmed until payment is received.

SPECIAL DISCOUNT OFFER

- Register for 2 seminars at once and receive \$15 off the total price
- Register for 3 seminars at once and receive \$25 off the total price
- Register for 6 seminars at once and receive \$50 off the total price

Please note: the Holiday Seminar is excluded from all discount offers

Group and/or retroactive discounts will not be honored. In order to take advantage of this special offer, registration must be received on one registration form for one individual. When registering online, the discount will not be reflected on your online confirmation. Discount will be taken when your credit card is manually processed in our office and you will receive a written confirmation reflecting the adjusted price.

Evergreen At Ridgeview

Premier program with eligibility starting at age 55
for psychiatric and substance use disorders



- Full continuum of services provided by multidisciplinary clinical team offering inpatient and day treatment, with residential support if needed
- Holistic approach focusing on wellness and life balance
- Cognitive behavioral and motivational enhancement therapies
- Health management that embraces the physical, emotional, and spiritual needs of the individual and family
- Foundation in 12-step philosophy and fellowship
- Programming incorporates medication management, education, exercise, meditation, grief and loss, life transitions, recovery tools, life planning, stress management, spirituality, establishing healthy boundaries
- Family education, coordination, and support groups