



2019 Professional Education Series

CE Seminars for Clinicians

Special discount offer: details inside.

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 2019 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.

Our Access Center staff is available 24/7 for calls and assessments; please contact us at 844-350-8800 with any questions or concerns.

Thank you again for your support.

Ridgeview Institute

SPECIAL DISCOUNT OFFER

- Register for 2 seminars at once and receive \$15 off the total price — use promo code **2SEMINAR**
- Register for 3 seminars at once and receive \$25 off the total price — use promo code **3SEMINAR**
- Register for 6 seminars at once and receive \$50 off the total price — use promo code **6SEMINAR**

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.

2019 CE Seminars for Clinicians

FEBRUARY 8, 2019

Laura Louis, PhD

Mending Broken Fences: A Clinician's Guide to Treating Couples Dealing with Infidelity

MARCH 8, 2019

William Doverspike, PhD

Professional Ethics and Clinical Practice: Common Case Scenarios

APRIL 19, 2019

Raymond J. Kotwicki, MD

From MTV to GPAs and STDs: College Student Mental Health

MAY 10, 2019

Franco Dispenza, PhD

Affirming the Health and Wellness of LGBTQ Persons in Counseling and Psychotherapy

JUNE 14, 2019

David Woodsfellow, PhD and Deborah Woodsfellow, PA, MPH

Love Cycles, Fear Cycles: The Key to Relationship Therapy

AUGUST 23, 2019

Davine Ricks, LCSW, MAC, E-CADC

A Call to Action: Understanding Substance Abuse and Mental Health

SEPTEMBER 13, 2019

Weston Robins, LPC

Inner Strength: Addressing Addiction/Suicidality

OCTOBER 4, 2019

Ruby Blow, LPC

The Ethical Use of 1013s in the State of Georgia

NOVEMBER 15, 2019

Alan Lyme, LISW, ICADC

Creating Cultures of Trauma-Informed Care

DECEMBER 6, 2019

James Campbell, LPC, CACII, MAC

When Words Aren't Enough

Mending Broken Fences: A Clinician's Guide to Treating Couples Dealing with Infidelity

5 core hours

Laura Louis, PhD

Friday, February 8, 2019, 9:30 am – 4:00 pm

\$100 registration fee

When faced with the aftermath of an affair, couples often feel lost in a flood of different emotions. Research shows that the injured party most often experiences symptoms consistent with PTSD. It can be incredibly difficult for therapists to guide couples through reoccurring flashbacks, resentment and a host of other emotions.

This seminar offers a blueprint for using cognitive behavioral therapy to effectively treat couples dealing with infidelity. Drawing on the research of Leone (2013), Piercy, Dolbin-MacNab, Richards (2011) and others, Dr. Louis will provide practical tools for helping couples bring meaning to their situation and gain clarity on the risk and protective factors related to affairs. Lastly, participants will discover how to instill hope in couples, and how to rebuild trust on a path to forgiveness.

LEARNING OBJECTIVES

- Describe the key triggers for infidelity, with an emphasis on motivating patterns to treat couples struggling with the impact of an affair
- Discuss risk and protective factors to treat infidelity
- Examine the types of affairs, and clarify how the treatment pathways differ based on each type
- Develop a blueprint of effective strategies to guide couples through the healing process
- Analyze therapeutic models for rebuilding trust and transitioning through the cycle of forgiveness

Laura Louis, PhD owns Gifted Counseling in Atlanta, where she works solely with couples. She has over 10 years of experience in helping distant couples heal after infidelity. Dr. Louis has conducted many seminars helping couples build trust, cultivate intimacy, and enhance communication. Currently, her national seminar contract allows her to provide full-day CEU seminars to clinicians on how to facilitate healing after infidelity. Her therapeutic approach has been influenced through worldwide training in Brazil, Mexico, London, and Haiti. She presented on the topic of Mending Broken Fences: A Blueprint of Effective Strategies for Working Effectively with Infidelity Couples in 2018 at the American Psychological Association's Vermont Conference. Dr. Louis's book Marital Peace is a valuable resource intended to support couples through the challenges of marriage.

Professional Ethics and Clinical Practice: Common Case Scenarios

5 ethics hours

William Doverspike, PhD

Friday, March 8, 2019, 9:30 am– 4:00 pm

\$100 registration fee

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 (2017) 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, PhD 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 diplomates in Clinical Psychology (ABPP) and Neuropsychology (ABPN). He maintains a private practice at the Atlanta Counseling Center.

From MTV to GPAs and STDs: College Student Mental Health

5 core hours

Raymond J. Kotwicki, MD, MPH
Friday, April 19, 2019, 9:30 am – 4:00 pm

\$100 registration fee

College is a time of great challenges, making new friends, developing new interests, becoming solely responsible for your educational pursuits and learning how to manage life on one's own. Added to all these challenges, the years from 18 to 23 are the prime time for the emergence of mental illnesses. This presentation will describe factors that contribute to the development of mental illness and the factors that contribute to increased resiliency in college students and transitional-age adults. Prevention and intervention strategies that support transitional-age adults who are experiencing mental health and/or substance misuse issues will be outlined.

LEARNING OBJECTIVES

- Describe the factors that contribute to development of mental illnesses and resiliency in college students and transitional-aged adults
- Detail the signs and symptoms of major mental illnesses including generalized anxiety disorder, major depression, bipolar illnesses, and schizophrenia in college-aged individuals and how they may differ from symptoms in children or adults
- Detail unique mental health challenges that high-achieving students face
- Define the term prodrome and describe prodromal symptoms in subsequent development of bipolar-I disorder and schizophrenia
- Outline strategies to support transitional-aged adults who are experiencing mental health and substance misuse issues using a biopsychosocial perspective

Ray Kotwicki, MD, MPH 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 at the University of Wisconsin Medical School and had post-graduate training at Harvard Medical School, the Boston University School of Medicine, and Emory University. He remains on the adjunctive faculty at both the Emory University School of Medicine and the University of Miami Miller School of Medicine. Kotwicki is a diplomate of the American Board of Psychiatry and Neurology, and is president of the Georgia Psychiatric Physicians' Association. 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.

Affirming the Health and Wellness of LGBQ Persons in Counseling and Psychotherapy

5 core hours

Franco Dispenza, PhD, LPC, CRC
Friday, May 10, 2019, 9:30 am – 4:00 pm

\$100 registration fee

The Office of Disease Prevention and Health Promotion (2015) established a national initiative to help improve the health and wellbeing of all Americans living in the United States, entitled *Healthy People 2020*. Lesbian, gay, bisexual, and queer (LGBQ) persons were included in that initiative, and they were identified as possessing significantly higher rates of physical, mental, and behavioral health disparities when compared to heterosexual populations (Fredriksen-Goldsen et al., 2014; Institute of Medicine, 2011). This interactive and engaging seminar will focus on health and wellness of LGBQ persons, with topics such as anxiety, depression, trauma, substance use, HIV/AIDS, sexually transmitted infections, intimate partner violence, and chronic illness/disability. This seminar will focus also on effective health and wellness interventions with LGBQ persons, with particular emphasis on culturally responsive affirmative counseling and psychotherapy.

LEARNING OBJECTIVES

- Identify and enhance understanding of the mental, behavioral, and physical health disparities that interfere with the wellness of LGBQ persons
- Reflect in order to gain a deeper understanding of sociopolitical, cultural, and systemic contexts surrounding health and wellness for LGBQ persons
- Gain theoretical and empirical knowledge of the Minority Stress Framework (Meyer, 2003; Hatzenbuehler, 2009) and its implications for biopsychosocial functioning
- Learn how to implement culturally responsive and affirmative practices with LGBQ clients
- Learn how to apply evidence-based approaches to improving the health and wellness of LGBQ persons

Franco Dispenza, PhD, LP, CRC is a licensed psychologist (PSY003828) in the state of Georgia, and is a nationally certified rehabilitation counselor (CRC #101512). He is an associate professor of counseling and psychology at Georgia State University, with over 50 peer-reviewed journal articles and book chapters related to LGBQ issues in counselor education, clinical supervision, and psychology. His primary area of clinical and scholarly work pertains to chronic illness/disability, career, and health among culturally diverse LGBQ persons. He also has secondary interests in trauma/crisis and couples counseling. He is currently serving as the co-chair on the American Psychological Association (APA) Task Force for revising the professional practice guidelines for working with LGB clients.

Love Cycles, Fear Cycles: The Key to Successful Relationship Therapy

3 core hours

David Woodsfellow, PhD and Deborah Woodsfellow, PA, MPH

Friday, June 14, 2019, 9:30 am – 12:45 pm

\$50 registration fee

The purpose of the workshop is to teach therapists a model for doing these two tasks. Participants will learn how to diagram the Fear Cycle and Love Cycle in any client's relationship. This diagram helps therapists and clients understand what has been going wrong, and what needs to change. Every fear cycle is the worst possible combination of the vulnerability and reactivity of each person.

Therapists will learn how to add client's childhood influences to this diagram, and also client's dreams for the future. This model can then be used to guide therapeutic interventions. Behavioral, cognitive, emotional and insight interventions are all suggested by different aspects of the diagram. Therapists will see how and when to use each.

There will be two demonstrations of using this model. One will be working with an individual; the other will be working with a couple. Participants will also apply this model to their own relationship, or past relationships. By seeing how it applies to them, participants get to experience the power and elegance of this way of conceptualizing relationship dynamics.

LEARNING OBJECTIVES

- Discuss how every relationship has a Fear Cycle where each person threatens the other—again and again
- Learn how to help clients change their fear cycle into a love cycle
- Learn how to diagram the Fear Cycle and Love Cycle in any client's relationship to understand what has been going wrong and what needs to change
- Learn common factors of all successful couple's therapy: thinking systematically and interrupting negative cycles

Dr. David Woodsfellow's psychology practice has been devoted exclusively to couples therapy for the last 25 years. During this time, he's done over 25,000 hours of couples therapy. Deborah Woodsfellow is a relationship coach who works with couples. They are co-founders of The Woodsfellow Institute of Couples Therapy. In 2018, David and Deborah and co-authored Love Cycles, Fear Cycles: Reduce Conflict and Increase Connection in Your Relationship, published by Select Books, NY. The Woodsfellows have been teaching therapists for the last 15 years. David is a graduate of Harvard, Antioch New England, UC Santa Barbara, and Georgia State University. Deborah is a graduate of Emory Medical School and the Emory School of Public Health. Together they have trained extensively with Harville Hendrix, John Gray, John and Julie Gottman, and Terry Real.

A Call to Action: Understanding Substance Abuse and Mental Health

3 core hours

Davine S. Ricks, PhD, LCSW, MAC, E-CADC

Friday, August 23, 2019, 9:30 am – 12:45 pm

\$50 registration fee

In this course participants will learn strategies that will enhance their skillset in the practice of serving clients in the field of mental health and substance use using a holistic perspective. Participants will also learn techniques for implementing strategies. This interactive course will use didactic methodologies to assist participants in recognizing signs and symptoms of mental illnesses and multiple substance use disorders. In addition, the participant will be able to identify patterns of addiction and learn evidence-based practices that help in the treatment of these disorders. Participants will develop knowledge/skills for intervention which will include learning the stages of change in the recovery process and the role of the family in the recovery process.

LEARNING OBJECTIVES

- Enhance your skillset in the practice of serving clients in the field of mental health and substance use, using a holistic perspective
- Recognize signs and symptoms of mental health illness and/or substance use
- Identify patterns of addiction
- Develop knowledge/skills for intervention
- Identify stages of change in the recovery process
- Learn strategies that embrace the role of the family in the recovery process

Dr. Davine S. Ricks, LCSW, MAC is a dedicated and enthusiastic leader with over 28 years of experience in developing and implementing behavioral healthcare systems in the public and private sectors and in faith-based organizations. Dr. Rick's expertise includes providing treatment services in the areas of substance use, mental health, and criminal justice. She is a licensed clinical social worker (LCSW), master addiction counselor (MAC), and certified alcohol and drug e-counselor (E-CADC). She has provided direct services and leadership in Drug Courts, DUI Courts, Veteran's Court, Re-Entry Services and Community Integration programs. Dr. Ricks is also accomplished as a federal and state grant writer and reviewer, program evaluator, teacher, and provider of clinical supervision.

The Search for Meaning: Addiction and Young Adult Development

3 core hours

Weston Robins, LPC

Friday, September 13, 2019, 9:30 am – 12:45 pm

\$50 registration fee

During a time where substance use, self-harm, depression, anxiety and suicidality continue to plague and impact our world, it is crucial that we tackle head-on the challenges and struggles our families and communities face. In his authentic and groundbreaking talk, Wes speaks about his own growth and development and the years he spent in young adulthood challenged with addiction, impulsivity and substance abuse. Wes shines light on pathways we can access in ourselves to feed our creative life force energy, while finding channels to strengthen and heal ourselves rather than continuing to harm ourselves. Wes explores and examines young adult addiction and specifically focuses on unique and experiential therapeutic modalities to use when working with young adult clients suffering from addiction.

LEARNING OBJECTIVES

- Conceptualize addiction from a holistic and integral framework
- Explore the use of experiential therapeutic work with young adults struggling with addiction
- Utilize internal belief system and narrative therapy to explore identity
- Explore addictive energy and learning to harness it for growth and healing
- Understand young adult development as a radical pilgrimage and journey of growth and exploration
- Recognize ways to assess severity and offer/provide higher levels of therapeutic care as needed
- Explore addiction through various lenses, i.e. psychological, socio-cultural, spiritual and biochemical

Weston Robins is a creative force in the therapeutic community. As a licensed professional counselor in private practice he works with children, adolescents, adults and families. His unique approach is grounded in humanistic, existential and person-centered psychologies. Wes views the human soul as having the innate capacity to grow and expand and tap into its true potential. Wes has an extensive clinical background working in psychiatric hospitals, experiential therapeutic treatment centers, advocacy centers, and substance abuse treatment facilities. In addition to his private practice work he is completing a PhD in Consciousness and Society at the University of West Georgia where he is researching addiction and youth development.

The Ethical Use of 1013s in the State of Georgia

5 ethics hours

Ruby Blow, MA, LPC, NCC, BCC, CPCS, ACS

Friday, October 4, 2019, 9:30 am – 4:00 pm

\$100 registration fee

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 the emergency receiving facility
- Discuss the collaborative approach to suicide intervention

Ruby Blow 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, is a member of the LPCA-GA Board (former events co-chairperson) and former LPCA-GA ethics committee member, and is the recipient of the 2012 Counselor Educator of the Year Award by LPCA-GA. She is also the owner of Development Counts, an agency that provides counseling, coaching, supervision and workshops.

Creating Cultures of Trauma-Informed Care

5 core hours

Alan Lyme, LISW, MAC

Friday, November 15, 2019, 9:30 am – 4:00 pm

\$100 registration fee

In a trauma-informed system of care we have come to understand that many of our clients are affected by violence and abuse. Traumatic events are all too common and affect people in many areas of their lives. Trauma causes people to have difficulty controlling their emotions, many develop addictions and compulsions, and they may also develop medical issues. We also realize that it becomes the experience around which they organize the rest of their life. It shapes the way they act and the way they react.

LEARNING OBJECTIVES

- Describe the various types of trauma
- Understand the trauma survivor's needs in services
- Develop an awareness of the core competencies of trauma-informed care
- Understand the need for reviewing service procedures and settings and how to do so

Alan Lyme, LISW, MAC brings respected and innovative clinical and program management skills as the director of training for the Phoenix Center in Greenville, South Carolina. Alan has been an active member of MINT (Motivational Interviewing Network of Trainers) since 2004, is an internationally certified clinical supervisor, a master addictions counselor, and a leadership challenge workshop certified master in training. He is concurrently the trainer for the University of South Carolina's SBIRT grant, as he has been for several SBIRT grants since 2009. He is a Trauma Recovery Empowerment Model (TREM) trainer and a Trauma Informed Care (TIC) champion for South Carolina.

When Words Aren't Enough: Experiential Techniques for Clinical Settings

5 core hours

James E. Campbell, LPC, MAC, MAC, CACII

Friday, December 6, 2019, 9:30 am – 4:00 pm

\$100 registration fee

It has often been said that actions speak louder than words. It is also true that actions have the ability to change what words alone cannot. This session is an exploration of kinesthetic and experiential techniques designed to engage those we serve more deeply and to have greater clinical impact than traditional modalities alone can afford.

LEARNING OBJECTIVES

- Grasp the strengths and vulnerabilities particular to our brain physiology
- Gain an understanding of the strengths and limitations of traditional, verbal/auditory treatment modalities
- Develop a deeper understanding of the role of experiential exercises in treatment
- Gain exposure to and an understanding of the role of experiential exercises for those we serve

James Campbell has been working professionally in the human services field for over 24 years. His passion is helping individuals, families, and relationships to heal and assisting them in building on the strengths they possess. He is a licensed professional counselor, licensed addiction counselor, a certified addictions counselor II through SCAADAC, a master addictions counselor, and is a member of both NAADAC and ACA. James is the current president of SCAADAC. James is the founder of Family Excellence, Inc., the director and lead trainer of Family Excellence Institute, LLC, and is a nationally recognized author and speaker.

REGISTRATION

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

- February 8** A Clinician's Guide to Treating Couples Dealing with Infidelity
\$100 if postmarked or paid by February 1; \$115 late registration
- March 8** Professional Ethics and Clinical Practice: Common Case Scenarios
\$100 if postmarked or paid by March 1; \$115 late registration
- April 19** From MTV to GPAs and STDs: College Student Mental Health
\$100 if postmarked or paid by April 12; \$115 late registration
- May 10** Affirming the Health and Wellness of LGBTQ Persons
\$100 if postmarked or paid by May 3; \$115 late registration
- June 14** Love Cycles, Fear Cycles: The Key to Successful Relationship Therapy
\$50 if postmarked or paid by May 31; \$60 late registration
- August 23** A Call to Action: Understanding Substance Abuse and Mental Health
\$50 if postmarked or paid by August 16; \$60 late registration
- September 13** Addiction and Young Adult Development
\$50 if postmarked or paid by September 6; \$60 late registration
- October 4** The Ethical Use of 1013s in the State of Georgia
\$100 if postmarked or paid by September 27; \$115 late registration
- November 15** Creating Cultures of Trauma-Informed Care
\$100 if postmarked or paid by November 8; \$115 late registration
- December 6** Experiential Techniques for Clinical Settings
\$100 if postmarked or paid by November 29; \$115 late registration

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

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, Latosha Lawler, Business Development Department, 3995 South Cobb Drive, Smyrna, GA 30080. Fax: (770) 431-7025. Requests may also be e-mailed to LLawler@ridgeviewinstitute.com.

We are pleased to continue serving your professional education needs.

NAME

CREDENTIALS

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

STREET ADDRESS

CITY

STATE

ZIP

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Accepted Methods of Payment

Check American Express Discover MasterCard Visa

Please make checks payable to Ridgeview Institute.

AMOUNT ENCLOSED

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STATE

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Mail completed form to: Ridgeview Institute, 3995 S. Cobb Dr., Smyrna GA 30080-6397, attn: Latosha Lawler. 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.

Registration is not confirmed until payment is received. If you have any questions or concerns, please call Latosha Lawler at 770-434-4568 ext 3001.

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**FOR FULL DETAILS ABOUT
EACH SEMINAR**

Please visit our website at www.ridgeviewinstitute.com or call (770) 434-4568, extension 3001. Please note that continental breakfast is provided for all seminars, but lunch is not included.