

THURSDAY, SEPTEMBER 15

Understanding ACT and Developing Flexibility

8:30 - 10:00 (1.5 CONTACT HOURS/CEU)

CHARLOTTE DORE MS, LPC

ACT is comprised of six different processes to develop psychological flexibility. The session will provide a brief overview of the six processes that include experiential learning to use in groups or individual session.

Understanding Narrative and Solution Focused Therapy

10:15 - 11:45 (1.5 CONTACT HOURS/CEU)

MEGAN WATT-CASTOR MS, LPC, PPC, PAT

Narrative therapy approach is a collaborative and respectful approach, which focuses on the lives of the people and their stories. The therapist seeks to help the person co-author a new story. Solution focused therapy is founded on the rationale that there are exceptions to every problem and through examining these exceptions and having a clear vision of a preferred future, client and counselor, together, can generate ideas for solutions.

Lunch 11:45 - 1:00

Co-dependency and Adult Children of Alcoholics

1:00 - 2:30 (1.5 CONTACT HOURS/CEU)

KELLY BUCKINGHAM, MSW, LCSW, MAC, LAT

Codependency and being an adult child of an alcoholic often go hand in hand in treating our clients. This section will look at how they are similar and different and will explore the impact of growing up around unhealthy behaviors and or addictions and how to best provide support for our clients.

Practical Mindfulness in the Therapeutic Process

2:45 - 4:15 (1.5 CONTACT HOURS/CEU)

JUDY WALLACE MAC, LAT

This training will concentrate on the use of mindfulness practice as a means to alleviate client stress, anxiety, depression and both emotional and physical pain. A combination of expanding mindfulness vocabulary, the client's learning style; brain research and attention versus inattention will enrich the therapist/client relationship. Lastly, the clinician will be able to learn and practice practical ideas to use in individual and group therapies.

Closing Q&A 4:15 - 4:30

FRIDAY, SEPTEMBER 16

Self Care and Stress Management

9:00 - 10:30 (1.5 CONTACT HOURS/CEU)

LYNN GORDON, MS, LPC, NCC, RYT

First understand and then cruise through stress. If we don't learn to take care of ourselves, no one will.

Make Language Work for You

10:45 - 12:15 (1.5 CONTACT HOURS/CEU)

LYNN GORDON, MS, LPC, NCC, RYT

Everything is about language, using language and metaphors for understanding and meaning.

Lunch 12:15 - 1:30

Understanding the Pathological Gambler & Unprocessed Grief

1:30 - 3:00 (1.5 CONTACT HOURS/CEU)

CHARLOTTE DORE MS, LPC

Gambling Addiction is very similar to drug or alcohol addiction. This session will review the character traits of the pathological gambler and the role of unprocessed grief plays in addiction.

Self Care and Reigniting your Passion

3:30 - 5:00 (1.5 CONTACT HOURS/CEU)

MARK LUNDHOLM

Comedian Mark Lundholm takes you beyond the show with a message directly for health care professionals, designed to reignite your passion, focus your purpose, and provide guidance for your career.

Addicted ... A Comedy of Substance

7:00 - 9:00 (FOR AN ADDITIONAL \$16 AT THE DOOR)

MARK LUNDHOLM

Join us at the WYO Theatre for Mark's show, 'Addicted ... a comedy of substance' is a hilarious and unexpectedly moving view into one man's journey down the rabbit hole of bad choices, wrong places, and insurmountable obstacles and the transformation that ultimately pulled him out ... or did it? Lundholm's autobiographical comedy is a full-throttle, heart-pounding and wildly entertaining ride - looking at all our addictive tendencies; making for 85 minutes of harrowing humor leaving nothing off the table.



VOLUNTEERS OF AMERICA
1876 S. Sheridan Ave.
Sheridan, WY 82801

WELLNESS CONFERENCE

12 CONTACT HOURS / CONTINUING EDUCATION UNITS

PRESENTATIONS FROM MARK LUNDHOLM, LYNN GORDON, CHARLOTTE DORE,
MEGAN WATT-CASTOR, KELLY BUCKINGHAM AND JUDY WALLACE.

September is National Recovery Awareness Month. Please join Volunteers of America in attending a conference focused on addiction issues, self care of the clinician and an opportunity to collaborate and network.

Please mail registration and payment to Kelly Buckingham - VOA at 1876 S. Sheridan Ave., Sheridan, WY 82801. Kelly is also available to answer questions at 307.672.0475.



Wellness Conference

FEATURING MARK LUNDHOLM

SEPTEMBER 15 & 16, 2016

AT VOLUNTEERS OF AMERICA
1876 S. SHERIDAN AVE
SHERIDAN, WYOMING

12 CONTINUING EDUCATION UNITS

FOR MORE INFORMATION CONTACT
KELLY BUCKINGHAM 307.672.0475



EVENT REGISTRATION

\$200 (POSTMARKED BEFORE SEPTEMBER 8, 2016)

\$225 (REGISTRATION AT THE DOOR OR AFTER SEPTEMBER 8)

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