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

55th Annual Institute on Addiction Studies

55 years of Personal and Professional Development

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

Addiction Studies Forum Inc.
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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.

Out 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.

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.
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, 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

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.

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’s 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 the Canadian Community Foundation’s Award of the year. 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.

A2 An Introduction to Dialectical Behavioural Therapy Skills with Substance Abuse Disorders Ian Robertson MSW, RSW

Dialectical Behaviour Therapy (DBT) is an empirically validated 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 Behaviour 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.

A3 Medical Marihuana: Cannabis in the Workplace Tom Gabriel (Dipl.) ACW, ICADC

As people seek out alternative 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 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 marihuana 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.
Special Evening Session 7:00 PM - 9:30 PM

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

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

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.

Rick Csiernik, School of Social Work, University of Toronto, has written and edited eight books, including Substance Use and Abuse: Everything Matters and Responding to the Addicted Family. He has received a number of peer reviewed articles and book chapters and has been invited to present to numerous organizations, government agencies, hospitals, and seminars. Rick has been on the University of Toronto College Honor Roll for twelve consecutive years. He 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)
**Compassion Fatigue: The Cost of Caring**
Eugene Dufour BA, M.Div, CFT, CFE

Excellence in providing compassionate whole person care is the goal of working with someone with substance use disorder. However, there is a personal, 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 who 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 areas 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 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)
**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 opportunities, 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 Renascent Foundation at the Paul J. Sullivan Centre in Toronto. In addition to being a graduate of 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)
**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 will cover 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)
**Spirituality through the Lens 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 examine how thinking about things that are bigger then self, and mindfulness, can assist 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 families and community treatment and two different court treatment programs. He has worked with many different populations, including youth homelessness. He holds a master’s degree and is currently working towards a doctorate in psychology (PsyD).

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

Hospice palliative care aims to relieve suffering of the individual and their family. This workshop will look at the quality of life stage and how it strives to help patients and families: 1) deal with important physical, psychological, social, spiritual, moral and financial issues; 2) to motivate the client to 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 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)
**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 individual families and communities, ensuring our people always lived “mno-bmaadisiwin”, or “the good life”. We have come a long way in our own personal journey, but we 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 Anishinaabe 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)
**S.C.A.R. of the Feather Healing Through Song**
Coren Cheeeseeman CAG II, CGC, SSW

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 the 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 19 years in which he has gathered much of his traditional teachings from his teachers and surroundings. Dealing with his own spiritual path he has the opportunity to embark on the good Red Road in helping others to strengthen their own spiritual path by way of song, drum, and smudging. He has come a long way in his own personal healing after a 24 year bout with alcohol and has shared his journey in his true self in life. He has been given a second chance to show his gratitude to the spirits who set the four directions to grandmother, grandfather and to our creator. H. Neil also works in the aboriginal community as an alcohol and drug counsellor.

Coren Cheeeeseman 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 Counselor, Coren’s background has been in the addictions field for three years and is an Aboriginal Alcohol and Drug worker at the Hamilton Regional Indian Centre in Ontario.
**Tuesday, July 15 . . .**

**C1** (full day session)
**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 issues involved. Multiple models of critical incident stress management will be reviewed followed by discussions and examples of defusings and debriefings (e.g., when to do a defusing versus a debriefing, the appropriateness of various models currently in use). Session participants will gain an understanding of the steps involved in defusings/debriefings and how these are carried out using real-life examples, along with purpose, timing, ground rules, and logistics of each session.

Dr. Paulette Laidlaw is a counseling, clinical and school psychologist with a specialty in psychological trauma 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 hospital settings as well as specialized training and experience in critical incident stress and post traumatic stress disorder. In 2001, Dr. Laidlaw founded Laidlaw Psychological Clinical Services providing psychological assessments for law firms, pre-employment selection assessments for various police departments, expert witness services for victim service providers and others in the caring professions.

Kent Laidlaw is a retired police officer having served 21 years with the Halton Regional Police Service. His last posting was as the District Commander for the City of Burlington, Ontario. Kent currently operates Kent Laidlaw Consulting. Kent Laidlaw Consulting offers a wide range of services to the corporate sector, emergency service responders and not-for-profit organizations. Kent has completed specialized trainings to victim service providers and others in the caring professions. Kent specializes in the areas of death notification, trauma education, debriefings and wellness issues.

**C2** (morning session)
**Concurrent Disorders: The Interface 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 counselor 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 grief, fear, anxiety, strengths and potential, based on a range of addictions and a range of compromised mental health problems; limits of CBT, PD 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, researcher, and author 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 addictions and mental health issues, as well as being appointed to Canadian expert panels and training activities on concurrent disorders (1990’s).

**C3** (morning session)
**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 non-convulsive brain damage. Those in a state of brain injury are more likely to present with co-occurring psychiatric conditions, leave treatment prematurely and have more relapses of care. For most, the association between their brain injury and clinical presentation will go un-diagnosed. There is a growing recognition of the relationship of brain injury and substance use, how it can be recognized in clinical practice and address 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 Neurotrauma foundation and the Ontario Ministry of Health.

**C4** (morning session)
**Modern Treatment and 12 Step Programs: Kissing Cousins or Evil Relatives**
Robert McArther (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 research methods to understand 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 include pre-orientation, 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 field of addictions and addiction and recovery work. He is a graduate of Loyalist College as a Social Service Worker and went on to study at Western 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-Led

**C5** (afternoon session)
**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. Some examples of assessment: compulsive patterns of personal and social functioning which emulate chemical addictions; the dynamics of attachment and social bonding problems are clinically significant in internet related addictions; interactions between chemical addictions and internet addictions; how interactions among internet relational patterns, from social networking to sexting per sex addiction may be considered in differential assessment and treatment; when internet addiction interfaces with porn addiction; the focus of abnormal internet additions; how internet addiction interfaces with gaming addiction; the paradox of internet addiction and social media: the need for integrated and dynamic strategies; and organizational risk management.

Dr. Dennis Kimberley has been involved in addictions practice as a therapist, supervisor, educator, consultant, scholar, and 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 addictions and mental health issues, as well as being appointed to Canadian expert panels and training activities on concurrent disorders (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. Roughly one out of four people seeking services related to addictions report a history of traumatic brain injury severe enough to suspect non-convulsive brain damage. Those in a state of brain injury are more likely to present with co-occurring psychiatric conditions, leave treatment prematurely and have more relapses of care. For most, the association between their brain injury and clinical presentation will go un-diagnosed. There is a growing recognition of the relationship of brain injury and substance use, how it can be recognized in clinical practice and address the needs of brain injury survivors.

Dr. Dennis Kimberley has been involved in addictions practice as a therapist, supervisor, educator, consultant, scholar, and 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 addictions and mental health issues, as well as being appointed to Canadian expert panels and training activities on concurrent disorders (1990’s).

**C6** (afternoon session)
**Self Esteem & Addiction: Practical Tools for Improving Self-Esteem in our Clients & Ourselves**
Angela Roliemme 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. The 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 can help us understand the needs of our clients and ourselves) to develop and maintain healthy self-esteem and to increase chances for success in recovery and in life.

Angela Roliemme is a registered social worker who has been a speaker and trainer for over 20 years. She has worked in both outpatient and residential addiction treatment settings as well as implementing the Ontario and Federal Mission: Empowerment Program. She is the founder of the company that provides personal and professional development seminars and events. In her spare time she is the author of a book that has been featured in national publications including Woman’s World Magazine, Guideposts and “Chicken Soup for the Soul”.

**C7** (afternoon session)
**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 are consumed by their loved ones’ situation. The behaviors 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 behaviors of her acting out 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 parents, decided to form HOPE so they could provide support to other parents who are faced with similar concerns about the acting out behaviors of their teens and adult children. Jackie served as Vice President of HOPE from its inception until recently and both on and off the board, Jackie served as an active member of 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 when she was looking for help through the internet. Mustering all possible courage, she attended her first HOPE meeting where she realised she was not alone. Learning 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 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
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 skills and knowledge are encouraged to attend. Greg Purvis, M.Sc.

CRA 101 is a well-regarded emergent 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 CRA. A study exploring CRA with partners or concerned significant others (CSOs) of alcohol abusers found that between 84% of 4-5 counseling sessions, 84% of those receiving CRA were successful in getting their loved one into treatment. CRA is a positive, motivational and client-centered approach models change. CRA is an interactive group practice. Tools such as the Functional Analysis, Happiness Scale and Goals of Counseling will be introduced 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 use the CRA 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.

CRA 102: 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.


Gain the skills you need to deepen your awareness and understanding 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 Theory 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.

CRA 104: CRAFT - Community Reinforcement and Family Training Greg Purvis M.Sc.

Approximately 20% of the population in the Western world is LATG. 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.

CRA 105: “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-compromising 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”.

CRA 106: 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 cope. The co-occurrence of anxiety and depression with addiction is quite common. For many individuals, substance use can increase anxiety and depression and interact with medications in a way that renders them less effective or dangerous. In this workshop, we will examine the prevalence of addiction problems in anxiety disorders and depression will be discussed, as well as the ways they interact. Workshop attendees will also learn to identify signs of anxiety and depression in people with addiction and develop case plans and strategies to optimally address these comorbid problems.

CRA 107: The Opioid Expansion: Treatment Approaches and Considerations 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. Pam’s private practice counselling for grief and loss issues, to education and training in the field of HIV/AIDS. These, and numerous others, 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!

Dr Courbasson is the Director of the Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, and Humanistic Therapy Centre in Toronto. She also serves as Clinical Director at Trafalgar Residence, a 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 first survivor of a Post Doctoral Fellowship at the Centre for Addiction and Mental Health (CAMH) and the Addiction Research Foundation. She is the Director of the CAMH Resident Development Program investigating the predictors of treatment success for individuals with addiction and mental health problems.
Registration

Mail or Fax your completed form to: Addiction Studies Forum Inc, Box 322, Virgil, ON L0S 1T0
1-866-278-3568 • FAX 1-888-898-8033 • Email: info@addictionstudies.ca
Register online at: www.addictionstudies.ca

Name ___________________________ Title __________________
Organization ___________________________
Address □ home or □ office ___________________________
City ___________________________ Province _________ Postal _________
Phone __________ Other Phone __________ Email ________

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Addiction Studies Forum Inc. will NOT be responsible for costs incurred by early arrivals. If a reservation is required for those arriving SATURDAY EVENING, a $145.00 fee will be added to your total. Please indicate if you require Saturday evening accommodation.

Please check this box if you have mobility issues requiring wheelchair access □

Please indicate any dietary restrictions here:

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Corporate Rates For Groups Available
Call Linda Hood at 1-866-278-3568

Education Sub Total ____________
Accommodation Sub Total ____________
Saturday Evening Sub Total ____________

GRAND TOTAL ____________

Method of Payment

Cheque: make payable to "Addiction Studies Forum Inc"

Credit Card: VISA MASTERCARD (circle choice)

Card Number ___________________________
Expiry Date ___________________________
Name on Card ___________________________
Signature ___________________________ (not valid unless signed)

REGISTRATION POLICIES
A $100.00 deposit is required upon registration with the balance payable by June 13, 2014. There will be a $50.00 nonrefundable cancellation fee. There will be no refunds after June 13, 2014. The Institute (Addiction Studies Forum Inc) reserves the right to cancel or reschedule all sessions and courses.
Sponsors
We would like to thank the following for their generous support of the 55th Annual Institute on Addiction Studies.

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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