



**Professional Clinical Training
Southern Utah Conference**

March 1, 2018

WELCOME!

Thank you for joining us for our Southern Utah Conference. We are very excited about hosting the conference in St. George and the opportunity we have to hear from such well respected leaders in our field. The following is some information that may be helpful as you navigate the conference.

Schedule

A copy of the schedule is included in your packet. We will begin and end each session on time, allowing for breaks and opportunities to network in between sessions. Out of respect to our presenters, as well as other attendees, please be seated a minute or two prior to each session.

Continuing Education Credit

There is a continuing education packet included in your conference materials. If you wish to obtain CE credits for this conference, please read through the CE packet carefully, fill it out in its entirety, and turn it in to Kari Jacobson at the end of the conference.

Lunch

We will provide lunch to attendees of the conference from 12:15pm- 12:45pm.

Questions or problems

If you have a question or a problem that comes up outside of the conference hours, please feel free to contact Kari Jacobson: email- Kari.Jacobson@uhsinc.com or cell-801-419-1935.

Enjoy the conference!



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Thursday

8:00am-8:45am	Registration
8:45am-9:00am	Welcome and Announcements
9:00am-10:30am	<i>"Shifting from Loss to Hope: Learning Resiliency Amidst the Ambiguous Road of Recovery"</i> - Melissa K. Taylor, MS, LMFT, CEDS
10:30am-10:45am	Break
10:45am-12:15pm	<i>"The Current Status of Suicide and Eating Disorders: What Clinicians Need to Know"</i> - Nicole Hawkins, PhD, CEDS
12:15pm - 12:45pm	Lunch in conference room
12:45pm-1:00pm	Welcome Back and Announcements
1:00pm - 2:30pm	<i>"Hyperstimulation"</i> - Craig Georgianna, Psy.D., M.S., LMFT, CSAT, CMAT, CTT
2:30pm-2:45pm	Break
2:45pm – 4:15pm	<i>"Life Launch: Building Resilience in Today's Youth and Young Adults"</i> - Espra Andrus, LCSW
4:15pm	Closing Remarks



**Center for Change and Life Launch Centers
Professional Clinical Training
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Presentations:

9:00am-10:30am

Shifting from Loss to Hope: Learning Resiliency Amidst the Ambiguous Road of Recovery

-Melissa K. Taylor, MS, LMFT, CEDS

Normally one feels validated and supported in a clearly defined loss (i.e., death). Families and those suffering with an eating disorder experience ambiguous loss without emotional support. This presentation will offer 6 steps for healing and hope for those experiencing a sense of loss due to an eating disorder.

10:45am-12:15pm

The Current Status of Suicide and Eating Disorders: What Clinicians Need to Know

- Nicole Hawkins, PhD, CEDS

Eating disorders have the highest mortality rate of any mental illness. The mortality rate is related to medical complications from the disorder and a significant percentage is due to suicide. Suicidal behavior has emerged as an issue of critical concern in the treatment of eating disorders over the past decade. This presentation will discuss the trends in suicide rates in this country and the also discuss the current research with eating disorder patients and suicide. This presentation will also focus on assessment of suicide when working with individuals with eating disorders. Participants will learn how to assess a specific patient according to the patient's own particular baseline for suicidal ideation as well as assessing the patient in comparison to other patients in their current practice. These two types of assessment help the clinician make a more effective decision on immediate treatment intervention when meeting with a patient presenting with suicidal ideation. All clinicians who are treating patients with eating disorder patients must be well versed in the serious risk of suicidal behavior and of suicide in this population and this presentation will assist clinicians if feeling more competent in assessment and documentation.

1:00pm-2:30pm

Hyperstimulation

- Craig Georgianna, Psy.D., M.S., LMFT, CSAT, CMAT, CTT

Hyperstimulation is a presentation based upon the research of the effects of internet gaming and pornography on the developing adolescent brain as well on the adult brain, chemical interactions and changes to the brain. Scientific approaches to treat the hyper stimulated brain, and understand the brain chemistry due to Internet addictions is a key component to treating clients. Unlike the traditional technologies most of us are familiar with, such as print or video, computer content provides teens and adults a gateway for hyperstimulation: instant gratification linked to any content our teens and adults desire. This readily-available virtual environment often mystifies families. We might not understand the technology like our teens do. Many of us are so busy with the necessities of life that we cannot keep up with the latest trends. As a concerned family member or parent of an teen or adult, this presentation will provide the tools you need to address some of the fears and keep your family safe online.

2:45pm-4:15pm

Life Launch: Building Resilience in Today's Youth and Young Adults

-Espra Andrus, LCSW, CDWF

Many of our children and young adults are struggling, resistant and/or afraid to "launch". It is our duty to empower and equip them with tools to help them show up and build lives that feel meaningful and worthwhile to them by building and strengthening individual, family, community and therapy resources and programs. This presentation brings some of the interventions researched to be effective in the acquisition and generalization of those life skill areas that are identified by the World Health Organization as crucial to help youth deal with the demands and challenges of everyday life.

About the Presenters:

Melissa Taylor, MS, LMFT, CEDS

Melissa Taylor, MS, LMFT, CEDS received her Master's Degree from the University of Kentucky in Marriage and Family Therapy. She found out early in her career that she had a passion for eating disorder recovery work. Melissa is the Outpatient Clinical Director and runs the Partial Hospitalization Program, the Intensive Outpatient Program, the Independent Living Program and the Outpatient Clinic. Melissa has her own caseload and enjoys meeting with families and individuals in therapy. Melissa enjoys speaking around the country and locally, educating therapists and the community on the prevention and treatment of eating disorders. Melissa is an avid reader, loves the outdoors, and traveling.

Nicole Hawkins, PhD, CEDS

Dr. Hawkins received her PhD in Clinical/Counseling Psychology from Utah State University in 1999. She has provided clinical expertise at Center for Change since that time and is currently the Director of Clinical Services overseeing all aspects of the inpatient, residential and outpatient programs. She is a regular presenter on body image and the treatment of eating disorders on a local and national level. Dr. Hawkins developed a comprehensive body image program that focuses on the media, diet industry, plastic surgery, childhood issues, and learning to appreciate one's body, and she leads these groups for the inpatient and residential patients. She is also a member of the Power and You committee and is active in many eating disorder prevention projects. Dr. Hawkins has recently published several articles on the media and how this relates to eating disorders and presents nationally at conferences.

Espra Andrus, LCSW

Espra Andrus, LCSW, CDWF is a founding partner and the clinical director of Life Launch Centers in St. George, UT. A 27-year veteran in the counseling field, she holds a Masters Degree in Social Work from University of Texas, Arlington and specializes in the treatment of life change, eating disorders, trauma, addictions, mood disorders, emotion regulation and distress tolerance skills. She is a co-author of the book *Making Peace With Your Plate: Eating Disorder Recovery*. Espra is a Certified Daring Way™ and Rising Strong™ facilitator (based on the research of Brené Brown, Ph.D., LMSW) and is intensively trained to deliver Dialectical Behavioral Therapy with fidelity to the evidence based model.

Craig Georgianna, Psy.D., M.S., LMFT, CSAT, CMAT, CTT

Dr. Georgianna is the founder of The Centre for Psychotherapy, the Saggio Institute, and the International Institute for Adolescent Process Addiction. Dr. Georgianna started the The Centre for Psychotherapy in 1993 with the objective of providing experienced marriage and family therapy to the communities of North Orange County, California. Dr. Georgianna has expanded his practice to provide services to clients throughout Southern California and many parts of the United States. Dr. Georgianna served as the clinical director at Therapia Addiction Healing Center in southern Utah.

Dr. Georgianna specializes in treating adolescents, young adults, young couples, and families struggling with issues ranging from depression to substance abuse and dependence, trauma, sexual and multiple addictions. Dr. Georgianna has published literature that has been published internationally. Craig has recently published the book "Hyperstimulation" a book for parents on addressing adolescent gaming and sexual addictions. He is often requested to participate in various training sessions, conferences, and workshops throughout the United States, as well as internationally.