



“Professional Clinical Training”
March 2, 2017

Presentations:

9:00am-10:30am

“The Addiction Process and Using the 12 Steps for Recovery”

- **Ben Harris, SUDC**

This presentation will take a very fundamental look at the beginnings of addiction as experienced by individuals. It will address the emotional, psychological, and physiological aspects of addiction and the role they play from first time use to its impact on the family and social structure after regular longer term use. The 12 Steps is a well-known intervention model that is often not well understood. This presentation will discuss its origins and the essence of its message and effectiveness. The role of spirituality in the recovery process will also be discussed.

10:45M-12:15pm

“Spirituality in Treatment and Recovery from Eating Disorders, Substance Abuse, and Other Related Illnesses”

-**Michael Berrett, PhD, CEDS**

There are hundreds of research studies which show that when care providers understand the spiritual beliefs and framework of their patients, and utilize them in treatment, it promotes progress towards recovery. This clinical training will make a case for the importance of spirituality in psychotherapy, consider foundational concepts in healing such as faith and spiritual identity formulation. It will look at the impact of addictive and mental illness on the sense of spiritual self, and will present process guidelines for respectful, effective, and ethical use of spiritual approaches in treatment. It will cover assessing and deepening an understanding of the client’s spirituality, and how assessment methods can become powerful therapeutic interventions. This training will present 14 Spiritual Pathways to recovery from illness, and for each one - themes, principles, and practical interventions. This workshop will include didactic content, discussion, reflection, imagery, sharing, and other experiential activities to enhance learning.

1:45pm-3:15pm

“Shame Storms, Shields and Antidotes”

- **Espra Andrus, LCSW**

Based on The Daring Way™ shame resilience curriculum created by Brené Brown, Ph.D., LMSW, this presentation identifies the “shields” we use to disconnect from the intense pain of shame. The problem: They disconnect us from one another, which is the very thing we fear. Experiential exercises will be used to teach participants how to douse shame with its antidotes, empathy and self-compassion.

3:30pm-5:00pm

“Understanding the Pressure on Women to be Thin: Assessing & Treating Body Image Disturbances Across the Weight Spectrum”

-**Nicole Hawkins, PhD, CEDS**

The main goal of this presentation is to educate professionals on how to assess and treat body image disturbances across the weight spectrum. The presentation will focus on factors that contribute to negative body image and how therapists can effectively assess the influence of these factors in regards to the patients they treat. This presentation will also address the impact of the media and the diet industry, and how dieting leads to a loss of self-esteem and not necessarily weight. This presentation will provide information on individual and group assessment techniques and interventions for body image disturbances that professionals can take home and use in their daily practices.

About the presenters:

Ben Harris, SUDC

- Ben is a Licensed Substance Use Disorder Counselor who began working in substance abuse treatment in 1987. Since that time he has worked in in-patient, residential, wilderness, intensive out-patient, and out-patient adolescent and adult programs. He has spent the majority of those years in management positions including executive director and national director responsible for the safe and effective operations of several programs. Ben also served as president of the Utah Association of Alcohol and Drug Abuse Counselors and on national committees with NAADAC and ICRC.

Michael E. Berrett, PhD, CEDS

Dr. Berrett is a licensed psychologist and is CEO and Co-founder of Center for Change in Orem, Utah. He has more than 35 years' experience working with those suffering from eating disorders. He is a Certified Eating Disorders Specialist (CEDS), and worked as a Clinical Advisor to the NEDA Navigator Program. Prior to opening the Center for Change intensive treatment programs in 1996, He worked in private practice as a psychologist, as adjunct faculty in clinical and counseling psychology at Brigham Young University, as Clinical Director of Aspen Achievement Academy youth wilderness program, and at Utah Valley Regional Medical Center in acute psychiatry and as Chief of Psychology. He is co-author of books, book chapters, and many peer-review research journal articles including the APA best seller "Spiritual Approaches in the Treatment of Women with Eating Disorders." Dr. Berrett is a nationally recognized presenter and clinical trainer at national and regional clinical conferences, and on television, radio, internet webinars, podcasts, and in various printed publications.

Espra Andrus, LCSW

- Espra holds a Master's Degree in Social Work from University of Texas, Arlington and has worked as a clinical therapist for 25 years. She has worked with those suffering with eating disorders, addictions, trauma and other mental health issues for 25 years. Espra is a co-author of the book *Making Peace With Your Plate: Eating Disorder Recovery*. She maintains a private practice in St. George, UT, providing therapy and professional training for eating disorder treatment and Dialectical Behavioral Therapy. As a certified facilitator of The Daring Way™ shame resilience curriculum, based on the research of Brené Brown, Ph.D., LCSW, she routinely facilitates shame resilience groups and retreats.

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.