

THE ADDICTIONS COMMITTEE  
OF THE NEW YORK CITY CHAPTER  
NATIONAL ASSOCIATION OF SOCIAL WORKERS

*Presents*

THE 45<sup>th</sup> ANNUAL  
ADDICTIONS INSTITUTE  
*INNOVATIONS IN ADDICTIONS TREATMENT:  
SHIFTING PARADIGMS FOR CHANGING TIMES*

WEDNESDAY, JUNE 5, 2013

FORDHAM UNIVERSITY • LINCOLN CENTER CAMPUS

113 West 60<sup>th</sup> Street at Columbus Avenue • New York, NY 10023

KEYNOTE ADDRESS

*Microprocessors and Internet Addiction*

Richard N. Rosenthal, M.D.



Microprocessors are now all around us, serving as cognitive tools, guides, knowledge sources, and calculators—some of us overuse them, lose track of time by getting too involved, and become dependent on the stimulation they provide. “Internet addiction” describes only some of the problems encountered by clinicians in patients for whom microprocessor-based devices have become highly salient, not unlike what is seen in chemical addictions. This presentation will map out some of the history of disorders associated with the impact of new technology. Then we will identify and discuss some of the diagnostic dilemmas presented when people demonstrate clinically-significant impairment in the context of their use of the Internet and the microprocessors that support it. Finally, relevant research into disorder prevalence and clinical interventions will be presented.

As the Physician-in-Chief of the Continuum Health Partners Behavioral Health Service Line, Rick oversees the strategic planning, fiscal viability and clinical operations for a hospital-based system that has almost 300 inpatient beds, delivers annually over 250k outpatient mental health and addiction treatment visits as well as over 1 million Opioid Treatment Program visits, and a Health Home of over 75 member agencies. Rick is the Arthur J. Antenucci Professor of Clinical Psychiatry and Senior Associate Dean, Columbia University College of Physicians and Surgeons, and Chairman, Department of Psychiatry, St. Luke’s-Roosevelt Hospital Center, New York. He is board-certified in Psychiatry by the American Board of Psychiatry and Neurology with subspecialty certification in addiction psychiatry.

***The House I Live In* a film by Eugene Jarecki, (Selected Clips)**

Since the 1970’s the War on Drugs has accounted for 45 million arrests and cost more than \$1 trillion. As a result, the United States has become the world’s largest jailer and the high volume of arrests has devastated low-income communities, creating a vicious cycle that has not stopped. *The House I Live In* tells the stories at all levels of America’s War on Drugs. From the dealer to the grieving mother, the narcotics officer to the senator, the inmate to the federal judge. The film offers a penetrating look inside America’s longest war, offering a definitive portrait and revealing its profound human rights implications. The film’s Executive Producer, Melinda Shopsin of Charlotte Street Films, and The New York State Director of the Drug Policy Alliance, Gabriel Sayegh, will present how Advocacy Groups, Law Enforcement and elected officials across the country are educating and mobilizing to end the disastrous War on Drugs.



## Registration and General Information

### Workshops & Registration

Registration for each workshop is limited by considerations of space. Please indicate your 2<sup>nd</sup> and 3<sup>rd</sup> choices for both morning and afternoon workshops, in case your first choice is oversubscribed. Payment must accompany registration form to complete registration. Notification of workshop assignments will be given by email to all who register by June 2, 2013.

### Refunds

To cancel your registration, notification must be received in writing via email to [addictionsinstitute@naswnyc.org](mailto:addictionsinstitute@naswnyc.org). Refunds less a \$20 administrative fee will be given until Sunday, June 2, 2013 at 11 p.m. **Absolutely no refunds after that time.**

### On-site Registration

**The deadline for receipt of your registration is Friday, May 31, 2013. There will be an additional \$20 fee for on-site registration.** Registration packets including session assignments and room numbers will be available at the conference site from 8:00 a.m.

### For Agencies Registering Multiple Attendees

Participants will not be registered until funds are received from the agency. Staff who arrive the day of the conference, before funds are mailed or received, will need to pay on-site including the additional \$20 fee and, then, apply for company reimbursement. **Substitution of pre-registered staff is not allowed.** Refund for the cancellation of a staff member is subject to the policies above.

### Exhibits and Raffle

Exhibits by providers of treatment-related goods and services will be open from 7:45 a.m. to 2:30 p.m. at two locations: the Pope Auditorium and the Plaza. To enter exhibitors' raffles place your business card in the baskets provided. The winners will be posted in the lobby after the lunch break. The conference sponsors' raffle winners will be announced at the plenary session.

### Continuing Education Credit

- Certificate of attendance will be given at the end of each session. All workshops are pending approval for NYS CASAC credits under NYS OASAS Provider Number 0288.
- All a.m. and p.m. workshops are 2-clock hours and the plenary is 1.5-clock hours. The total OASAS credit for the day is 5.5-clock hours. CEU's for other credentialing bodies would be based on 5.5-clock hours.

### Plenary Session (11:30 a.m. to 1:15 p.m.)

Due to space limitations, we urge you to register early. Assignment to the plenary will be on a first come, first served basis. To attend the plenary, check the appropriate box on the registration form.

### Refreshments

A continental breakfast is available and provided to all conference attendees in the Pope Auditorium before the morning workshops. Lunch is at the attendees discretion, and facilities are available on campus or in the vicinity.

### Wheelchair Access

The auditorium and the conference site in general are equipped to accommodate wheelchairs.

### Parking

There is limited on-street parking. For information/directions call Fordham University at (212) 636-6000. Most of the private garages offer discounts when validated at Fordham. Check with the garage you prefer for policies.

### Queries

If you have questions about the conference, you may contact Kathleen Kelly by e-mail at [kellyworks@me.com](mailto:kellyworks@me.com). For registration confirmation or workshop assignments send an e-mail to Monika Dorsey at [AddictionsInstitute@naswnyc.org](mailto:AddictionsInstitute@naswnyc.org).

**NASW-NYC would like to thank all of the individual practitioners and agencies included in this brochure for their support of the 45<sup>th</sup> Annual Addictions Institute. All of these professionals have expertise in addiction.**

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## Pre-Conference Event 7:45 a.m. to 8:45 a.m. - Open 12-step Meeting (South Lounge)

This meeting is for all those who wish to experience a meeting, as well as for members of all 12-step fellowships. A social worker that is in recovery will share experiences, strength, and hope. Registration is not required for the Open 12-Step Meeting. Participants will be admitted on a first come, first served basis as space permits. (This event does not carry NYS CASAC credits under OASAS)

## Plenary Session and Keynote Address 11:30 a.m. to 1:15 p.m.

### Opening Remarks:

Louis Burns, LCSW, CASAC, Chair of the NASW-NYC Addictions Committee and member, Board of Directors, Adjunct Faculty at City College of NY and Fordham University Graduate School of Social Service, Division of Continuing Education

### Welcome:

Elaine Congress, DSW, Associate Dean  
Fordham University Graduate School of Social Service  
Martha Adams Sullivan, DSW, Executive Director  
Fordham-Tremont Community Mental Health Center  
President, NASW-NYC Chapter

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## Conference At-A-Glance

7:45 a.m. to 8:45 a.m.	Open 12-Step Meeting (South Lounge)
8:00 a.m. to 9:00 a.m.	Complimentary Continental Breakfast (Pope Auditorium)
9:00 a.m. to 9:15 a.m.	Welcoming Remarks (Pope Auditorium)
9:15 a.m. to 11:15 a.m.	Morning Workshops (rooms TBD)
11:30 a.m. to 1:15 p.m.	Plenary Session (Pope Auditorium)
1:15 p.m. to 2:30 p.m.	Lunch Break (on your own)
2:30 p.m. to 4:30 p.m.	Afternoon Workshops (rooms TBD)

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## Acknowledgements

We would like to express our thanks to the following individuals for their support of this year's Institute:

Martha Adams Sullivan, DSW, Executive Director  
Fordham-Tremont Community Mental Health Center  
President, NASW-NYC Chapter

Robert S. Schachter, DSW, LMSW, ACSW  
Executive Director, NASW-NYC Chapter

Peter B. Vaughan, Ph.D., Dean  
Fordham University Graduate School of Social Service

Elaine Congress, DSW, Associate Dean  
Fordham University Graduate School of Social Service

Arlene Gonzalez-Sanchez, MS, LMSW; Commissioner  
NYS Office of Alcoholism and Substance Abuse Services

### Coordinator, 45<sup>th</sup> Annual Addictions Institute:

Kathleen Kelly, LCSW, CASACT  
Local #3, IBEW Journeyman Electrician

### 45<sup>th</sup> Annual Addictions Institute Planning Committee:

Louis Burns, LMSW, CASAC; Chair, Addictions Committee  
Helene Benjamin, LCSW-R  
Christine Fewell, Ph.D., LCSW, CASAC  
Ellen Friedman, Ph.D., LCSW, CASAC  
Marc Raybin, LCSW  
Laurie A. Storm, LCSW, CASAC  
Bryan Cordes, MSW; Outreach to Exhibitors

### Special Thanks to the NASW-NYC Chapter Staff:

Dana L. Wolf, LCSW, MS; Ammu Kowolik, LMSW;  
Monika I. Dorsey; Jessica Adams; and Kelly Moskos

### Brochure:

Design & production: Jessica Adams  
Editing & content: Kathleen Kelly, Monika I. Dorsey

## Morning Workshops 9:15 a.m. to 11:15 a.m.

### 1. “Getting There from Here:” The Ongoing Effects of Crystal Meth on Gay Men

**Speaker:** Antonio Ruberto, Jr., MS, LCSW, CASAC – Director of Adult Services at the Lesbian, Gay, Bisexual & Transgender Community Center

This workshop will explore the continued effects crystal meth is having on all gay men, including gay men of color. The importance of examining the use and abuse of crystal meth within a larger framework of gay men’s health (mental health, physical health including HIV and Hepatitis C, trauma history ) will provide the participant with a holistic view on how to more effectively approach treating gay men grappling with this addiction.

### 2. Triple Trouble: Addressing Bullying in Substance Abuse Prevention, Treatment, and Recovery

**Speakers:** Andrea Fallick, LCSW-R, CASAC – Certified Bullying Prevention Trainer, Student Assistance Svcs. Corp; Ellen Morehouse, LCSW, CASAC – Executive Director, Student Assistance Svcs. Corp.  
**Speaker/Moderator:** Christine Fewell, Ph.D., LCSW, CASAC – Adjunct Professor, NYU Silver School of Social Work, Private Practice

Bullying is an identified risk factor for substance abuse. It involves the intersecting roles of target, bystander, and person who bullies others. This workshop will present strategies for assessing and intervening with past or current bullying experiences in substance abuse treatment with adolescents and adults. The importance of addressing bullying for those who are the child of a substance-abusing parent will also be discussed.

### 3. Compassion Fatigue

**Speaker:** Marguerite Martin, Ed.D. Counseling Psychology – US Department of Justice, Chief Psychologist, FBOP, Otisville  
**Speaker/Moderator:** Myrna C. Bridges, LMSW, CASAC – US Department of Justice, Re-Entry Coordinator, FBOP, Otisville

When mental health professionals focus on others without practicing self-care, destructive behaviors can surface. Apathy, isolation, bottled up emotions and substance abuse head a long list of symptoms associated with Secondary Traumatic Stress Disorder now labeled *Compassion Fatigue*. Secondary trauma may also occur when issues clients bring to us are similar to issues we may have encountered in our lives. These issues begin to exhaust our ability to work effectively. This workshop will explore symptoms and self-care strategies.

### 4. Diagnosing and Treating Sex Addiction in the Age of Internet and Mobile Devices

**Speaker/Moderator:** Puja Hall, LCSW, NCPsYA – Private Practice

The internet, apps, mobile and virtual hookups are seemingly causing an explosion of sexual addiction. Real partners are losing the battle with virtual-partners and strangers to the ever increasing demand of instant gratification. Diagnosing and treating sex addiction must adjust to these new challenges by including questions about use of internet, mobile devices etc. Ms. Hall an experienced sex addiction therapist, will provide an overview and treatment of addictive sexual behavior in today’s world (includes case material.)

### 5. Mild Traumatic Brain Injury and Co-Morbid Substance Abuse in Veterans from the Wars in Iraq and Afghanistan

**Speaker:** George Cuesta, Ph.D. – Supervisory Psychologist and Team Leader, Manhattan Vet Center, Readjustment Counseling Service, Veterans Health Administration, United States Department of Veterans Affairs

**Moderator:** Heather Walczuk, LCSW – Readjustment Counselor and Family Therapist, Manhattan Vet Center, Readjustment Counseling Services, Veterans Health Administration, United States Department of Veterans Affairs

The neuroanatomy of mild traumatic brain injury (m-TBI) in combat veterans caused by blast and concussive injuries will be reviewed. The literature on m-TBI and co-morbid substance use disorders (SUDS) in this population will also be reviewed. The functional effects of m-TBI and SUDS will be presented. We will discuss some of the assessment techniques used to evaluate these veterans including differential diagnosis for m-TBI, post-traumatic stress, and SUDS. Finally, treatment options will be presented.

### 6. Writing for Publications: What You Need to Know

**Speakers:** S. Lala Ashenberg Straussner, Ph.D., CAS – Professor and Director, Post-Masters Certificate Program in the Clinical Approaches to Addictions, Founding Editor, *Journal of Social Work Practice in the Addictions*; Private Practice; and Shlomo Einstein, Ph.D. – Founding Editor, *Substance Use and Misuse*, Clinical and Social Psychologist; Editor/ author of 29 books.

**Moderator:** Allie Calnan, MSW Student, New York University Silver School of Social Work

A growing number of clinicians are interested in publishing their work with clients or in becoming involved in research studies and sharing their findings via professional publications. This workshop will help participants to understand the basics of submitting a paper for publication in a professional journal. Participants will learn what’s required to write a publishable paper, and to understand the journal peer review process. They will also learn about some of the politics of journal publication and some of the rarely considered issues when thinking of publishing their work.

### 7. Transformational Chairwork: Using Psychotherapeutic Dialogues for Addictions and Trauma

**Speaker:** Scott Kellogg, Ph.D. – New York University, Department of Psychology

**Moderator:** Gloria Gaev, LMSW, CASACT, CSAT – Supervisor, Greenwich House, Inc., Chemical Dependent Program Outpatient; Private Practice – Addictive Disorders

Drawing on the clinical wisdom of a variety of Gestalt and integrative psychotherapists, Transformational Chairwork Training is designed to introduce therapists to the art of Chairwork or psychotherapeutic dialogues in a clinically-useful manner. Focusing on the use of this technique in the treatment of interpersonal trauma and addictions to drugs and alcohol, this workshop will include a didactic presentation, a demonstration, and an opportunity for participants to engage in scripted and unscripted role plays.

**Morning Workshops 9:15 a.m. to 11:15 a.m.**

**8. Working with Couples in Recovery: Recreating the Connection**

**Speaker/Moderator:** Carole Gladstone-Ramos, LCSW, CASAC – Private Practice, Consultant and Trainer  
**Speaker:** Roberto Ramos, LCSW, CSC – Private Practice, EAP Affiliate for Behavioral Health Companies

The drugs and alcohol are gone, but old patterns are hard to change. Help couples shift their ways of relating. Learn the basic concepts that underlie Imago couples theory and practice. We will introduce the natural stages of a committed relationship, as well as the unconscious forces that influence it. You will learn practical approaches, such as the “Conscious Dialogue” to enable couples to build a spiritual foundation for their relationship.

**9. Implementing Evidence Based Interventions in Harm Reduction Programs**

**Speaker:** Mary Kay Diakite, LMSW – Technical Assistance Project Manager, NYC DOHMH  
**Moderator:** Guadalupe Dominguez – MPH, CASAC, Harm Reduction Project Officer, NYC DOMH  
**Additional Speakers:** Scott Silverman, Cinthia Tejada, Andrea Lindstrom and Elizabeth Furth

Across NYC, the Ryan White Part A Harm Reduction providers have implemented Evidence Based Interventions into their practice. These include: Motivational Interviewing, Healthy Living Project, Seeking Safety, and Therapeutic Education System. This presentation will describe how these models have transformed practice, improved engagement and retention with actively using clients. Through interactive activities, participants will also have the opportunity to experience a taste of each intervention. Plans for the outcomes evaluation will also be shared.

**10. Online Addiction Treatment: The Next Generation**

**Speaker/Moderator:** Nick Lessa, LCSW, CASAC, MA - Executive Director – Inter-Care and Chat2Recovery

Online substance abuse treatment is the newest, most exciting and innovative approach for reaching those who are unwilling or unable to enter traditional, face-to-face treatment. Learn the technological, clinical, ethical/legal, and business aspects of online counseling. Participants will be introduced to “Chat2Recovery,” the first completely online substance abuse treatment program in New York State.

**11. Unchain Your Brain: Breaking the Addictions That Steal Your Life**

**Speaker:** Daniel Amen, MD – Founder & CEO Amen Clinics, Inc.  
**Moderator:** T.B. Crystal Harper, LMSW, Esq. – Amen Clinic NY

In this talk on psychiatry and brain imaging, Dr. Daniel Amen will discuss his work with over 80,000 brain SPECT studies and specifically talk about his work looking at the brain as it applies to addictions. One of the biggest discoveries is that addicts have 6 different types of brains that enhances diagnosis and treatment.

**12. Introducing Motivational Interviewing: Get Your Collaboration On**

**Speaker/ Moderator:** Nancy Violette, Ph.D., LCSW, LCADC – Violette Consulting

Ever wonder about the reality-based TV shows that depict “in your face” confrontations with addicted folks? This workshop is the antidote you need to avoid high drama. Motivational Interviewing is a style of client engagement and treatment based on empathic regard for clients. Become familiar with core concepts by listening to a short lecture on the clinical usefulness of MI, and then dig in to practice these skills with other workshop participants.

**13. Substance Abuse Prevention From a Community Perspective: An Evidenced Based Approach**

**Speaker/Moderator:** Stephanie Elias Sarabia, Ph.D., LCSW, LCADC – Assistant Professor, Ramapo College of New Jersey  
**Speaker:** Eileen Klein, Ph.D., LCSW – Assistant Professor, Ramapo College of New Jersey

Drawing on social work’s community-based roots, this presentation will provide an overview of current evidence-based practice (EBP) for substance abuse prevention from a community perspective that reduces substance abuse risk factors. The presentation will also present an example of a community partnership between local college students who participated in the National Institute on Drug Abuse’s Drug Facts Week at an economically and ethnically/racially diverse high school that embodied current EBP substance abuse prevention.

**14. Saving Sisyphus: Using Process Improvement to Sustain Innovation and Evidence Based Practice Implementation**

**Speaker/Moderator:** Matthew R. Roosa, ACSW, LCSW-R – Consultant, Trainer, Coach, SAE & Associates, Behavioral Health Consultation

Our times demand innovation and service improvements that do not “roll back down the hill” after implementation. Learn how to convene a team of “change champions”, create a flexible climate for adaptation and growth, and sustain your improved outcomes, whether they relate to increased clinic volume, engagement of new consumers, integrated care, or new evidence-based interventions. Learn how to achieve and maintain your status at the top of the hill!

**15. Psychodrama: From Talk Therapy to Action**

**Speaker/Moderator:** Nan Nally Seif, LCSW, DCSW, TEP – Co-Director, Psychodrama Institute, a Division of the Sociometric Institute, Private Practice

Psychodrama has been proven to be an excellent modality in working with addicted populations and their significant others. Psychodrama can be a gateway into a person’s feelings and challenges. It can address both the interpersonal and intrapsychic struggles that a person who is addicted faces. This workshop will give participants the opportunity to learn basic action techniques and warm ups, which they can bring to their work.

**Morning Workshops 9:15 a.m. to 11:15 a.m.**

**16. Addiction and Chronic Conditions in our New Health Care Era**

**Speaker/ Moderator:** Nancy Andino, LCSW – Coordinator, Patient Navigation Program on Chronic Conditions, William F. Ryan Community Health Center

Our renewed focus on coordinated care, patient centered care and cutting cost affects us all. Addiction and Chronic conditions affect the health care system, affect providers, and directly affect our client’s ability to self manage. This presentation discusses ways to communicate client needs as a provider team; ways to overcome communication and care coordination challenges between providers; and the importance of non-medical providers staying updated on chronic conditions education and management.

**17. The Evolution of and New Trends in Pharmacological Treatment of Addictive Disorders: A Collaborative Approach**

**Speaker:** Shabnam Shakibaie Smith, MD – Assistant Clinical Professor in Clinical Psychiatry, Columbia University, College of Physicians and Surgeons, Private Practice, Manhattan

**Speaker/Moderator:** Joan Westreich, LCSW-R – Faculty and Supervisor at The Psychoanalytic Training Institute of New York, Counseling and Guidance, Private Practice, Manhattan

Addiction psychiatrists working in tandem with social workers have an expanding arsenal of treatments at their disposal to help clients navigate the transition from an addiction lifestyle to a more productive, fulfilling one. Medications, including newer treatments such as long acting injections can ensure medication delivery and help improve adherence to treatment. This workshop will provide an overview of new trends in psychopharmacology as well as a paradigm for effective collaboration between psychopharmacologists and social workers in treating patients.

**18. Why Stigma Matters – Designing and Implementing Treatment That Works**

**Speakers:** Ellen Friedman, Ph.D., LCSW, CASAC – Mental Health Association of New York City, NYC OASAS Hopeline; Nancy Tartakoff, LCSW-R, ACSW, CASAC – Director, Chemical Dependence Treatment, Long Island Consultation Center and Private Practice, DWI Specialist, EAP Consultant

**Moderator:** Patricia Williams, LCSW, CASAC – Director of Clinical Services, Cylar House

How can we recognize the stigma towards our substance abusing clients and make clinical use of our own countertransference? How can we present ourselves as the bridge for our clients to break through societal barriers? This presentation will address how misunderstanding and stigmatization of clients undermine the effectiveness of substance abuse treatment. Focusing on the causes of addiction, our use of language and clinical examples, workshop participants will be offered practice guidelines to enhance their care of clients.

**19. “Never Again Will You Have a Dull Supervisory, Training or Group Session!”**

**Speakers:** George Biglan, LCSW, TEP – Director, Westchester Intrapsychic Psychodramatic Institute; Elizabeth O’Connor, Psychodrama in Training, Student

**Moderator:** Mary P. Mulligan, M.S. Ed., NY Public School System

Experiential demonstration of a critical incident and relapse prevention role plays. These models are truly amazing, interesting, insightful and fun! They can be used in treatment, supervision and training; clearly addressing clinical and real life problems and how to solve them. Theoretical presentation of the rationale, benefits and potential hazards of these supervisory techniques. Students will learn to instruct and gently warm-up in breakout groups, where role play and problem solving will ultimately occur.

**Get Involved**

**The NASW-NYC Addictions Committee meets the third Wednesday of every month at the NASW-NYC Chapter office.**

Visit the Chapter website at [www.naswnyc.org](http://www.naswnyc.org) for more information.

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**Afternoon Workshops 2:30 p.m. to 4:30 p.m.**

**20. Synthetic Drugs and New Drug Trends – What You Always Wanted to Know**

**Speaker:** Steven Kipnis, MD, FACP, FASAM – NYS Office of Alcoholism and Substance Abuse Services – Medical Director

**Moderator:** Rob Piculell, LMSW – New York State Office of Alcoholism and Substance Abuse Services, Director of Policy Development – Office of Medical Director

This workshop will describe the “new” class of synthetic drugs-signs and symptoms of use along with newer trends in substance abuse. A major portion of the presentation will be on the synthetic Cannabinoids and bath salts. We will describe what is driving this epidemic of use. In addition, Rob Piculell, LMSW will describe the process of engaging the client in treatment.

**21. The Relationship Between Adolescent Substance Abuse and ADHD**

**Speaker/Moderator:** Michael Zampella, LCSW, CASAC – Silver Lake Psychotherapy Associates, PLLC

Several empirical studies have identified the diagnosis of ADHD as a risk factor for the development of substance abuse during adolescence. Citing this research, this presentation will offer an overview of ADHD and demonstrate how target symptoms of ADHD are a clear risk factor for the development of a co-occurring substance abuse disorders. The presentation will then broker an interactive process where treatment considerations are discussed including the effective use of family treatment and mindfulness in the context of an adolescent with ADHD.

**22. Managing the Therapeutic Alliance and Embracing Ambivalence: Critical Tasks for Motivating Positive Change, A Skills Building Session**

**Speaker:** Andrew Tatarsky, Ph.D. – Director, Center for Optimal Living NYC

**Moderator:** Thomas Healy, LMSW, CASAC, SAP – Director, Bleuler Chemical Dependency Recovery Services

Managing the therapeutic alliance and embracing ambivalence are two therapeutic tasks critical to motivating substance using clients to stay in treatment and promoting healing, growth and positive change when working toward moderation or abstinence. This workshop will provide the rationale, theory and overview of Integrative Harm Reduction Psycho-therapy and go into Managing the Alliance and Embracing Ambivalence in more depth. Specific skills and strategies will be taught and demonstrated and participants will have opportunities to practice them.

**23. Exploring the Real Culprits in Food Addiction – Its Not Broccoli!**

**Speaker:** Dianne Schwartz, CASAC, CPA - Administrative Director, CFO, The Realization Center

**Moderator:** Pia Marinangeli, Ph.D., LCSW, CASAC – Director of Community Relations, the Realization Center

We will examine: the biological nature of food addiction with a discussion of the familial underpinnings; why an individual’s eating problems (overeating, undereating or eating and purging) are an addiction; how these behaviors are brain based (as evidenced by new brain imaging technologies). Discussions will include how blood sugar operates in the body and how/what to eat so that blood sugar levels are normalized, which then normalizes energy, mood, sleep, digestion, weight and brain chemistry.

**24. Women at War – Promoting Resilience Through Practice**

**Speaker/Moderator:** Jamila S. Miah, LCSW – Veterans Justice Outreach Coordinator for VA Hudson Valley Health Care System

The emerging population of women veterans promises to pose unique issues and needs that previously have not been the focus of services for the male dominated veteran population. Women are not only faced with combat exposure, they are also dealing with sexual harassment, sexual assault, substance abuse, and other interpersonal stressors that make the experience of this particular cohort very unique and challenging. The goal of this workshop is to increase awareness regarding the unique experiences and mental health issues that our women Veterans have to deal with after their military experience.

**25. From Victimization to Self-Efficacy: Helping Women Recover from Domestic Violence/Sexual Abuse and Addiction**

**Speaker/Moderator:** Donna Robin Lippman, MS, LMSW, Social Worker/Therapist, Lincoln Hospital Victim Assistance Program

Helping survivors of DV/SA/SUD take ownership for their wellbeing, learn to make wise choices, and honor their individuality requires clarity of purpose on the part of the worker. In this workshop there will be a brief presentation on specific techniques to help clients feel safe enough to expand their positive expectations, promote self-efficacy and create a life with peace of mind. Expect to participate in a dynamic interactive peer discussion and to learn practical techniques.

**WHY YOU NEED TO JOIN NASW-NYC**

**NASW-NYC Tackles Professional Issues and Provides Solutions**

These are just a few of the ways membership in NASW-NYC supports the wonderful work you do:

- Members get discounts on workshops and invitations to members-only events
- Members are often the only ones to know about changes in the licensing law
- Stay on top of your profession’s latest trends through our award-winning journals, publications, and field of practice specialty sections.
- Boost your job search and put NASW membership on your resume – your job interviewer will likely be a NASW member

**Afternoon Workshops 2:30 p.m. to 4:30 p.m.**

**26. Beyond Talking About Addiction: Integrate the Inner Voice Dialogue Model into Your Clinical Practice**

**Speaker/Moderator:** Bridgit Dengel Gaspard, LCSW – Co-Founder, New York Voice Dialogue Institute

**Speaker:** Alexandra Milonas, LCSW, MPA – New York University, Counseling and Wellness Services Team Leader/ Clinical Social Worker

The core of Voice Dialogue is the experience of meeting parts of oneself in a structured way. Body mindfulness is emphasized due to its attachment to the short term effect of the substance of choice. This skills-building workshop includes a demonstration and exercises that focus on integrating Voice Dialogue into your practice immediately and aligns with 12-step and harm reduction models, parallels MI’s philosophy of facilitating change, and shares the IFS perspective of competing parts.

**27. Innovation and Supervision**

**Speaker/Moderator:** Langdon Holloway, Ph.D., LCSW, CASAC – Private Practice

How can supervisors keep up in a field as dynamic as addictions? This workshop will focus on current evidence based practice and research on clinical supervision. Guidelines will be reviewed from NASW and SAMHSA. Bidirectional supervision will be compared to parallel process. Participants will be encouraged to share their real conflicts related to organizational change.

**28. Effective Strategy for Denormalizing Tobacco Use in Addiction Services**

**Speaker:** Tony Klein, MPA, CASAC – Manager of Outpatient Services, Unity Chemical Dependency

**Moderator:** Barbara Feldmann, LCSW, CASAC – Clinical Director, Parallax Center, Inc.

Tobacco interventions in addiction services must concurrently challenge prevailing social norms that promote tobacco use within the recovering community while providing evidence-based treatment. This interactive workshop utilizes research findings and the lessons learned from the NYS Promising Tobacco Intervention Projects to discuss the bio-psycho-social aspects of tobacco use specific to individuals with substance use disorders, and practical application of a recovery-oriented tobacco intervention model to advance social change and integrate tobacco treatment into clinical practice.

**29. Talk is Cheap! Action and Activity for Groups**

**Speaker/Moderator:** Laura MacLeod, LMSW – Adjunct Professor Silberman School of Social Work at Hunter College; Consultant: Hilton Hotels

This is an experiential workshop focusing on the DOING rather than the processing and discussing in groups. Activity work is an invaluable tool to access individual feelings and gut reactions, and foster group cohesion and trust. We will “improvise”: create scenes based on a scenario (real or imagined), and learn a variety of acting exercises. I’ll provide guidelines for implementation, purpose, and adaptations. This workshop is FUN! A learning experience with a self-care benefit for participants.

**30. Cross Cultural Interventions in the Treatment of Addiction**

**Speaker:** Allyne Spinner, LCSW – Partner Diversonomix, Executive Director, First Steps to Recovery

**Moderator:** Louis A. Burns, LCSW, CASAC – Addictions Committee, Chair, NASW-NYC Board Member; Adjunct Faculty, Fordham University Graduate School of Social Service

Addiction is an equal opportunity disease where people of all ages, ethnicities, genders, race and walks of life are affected. The importance of cultural competence will be discussed. Defining culture, prejudice and stereotyping will be highlighted. We will use role play to demonstrate different techniques and interventions used in clinical situations where culture is an issue.

**31. Utilization of Psycho-Education in Behavioral and Substance Use Disorder Treatment**

**Speaker/Moderator:** Howard Josepher, LCSW – President and Founder Exponents, Inc.

Under the new healthcare act, drug treatment and behavioral health providers will be required to address the multitude of chronic health and mental health conditions found in the those who use and misuse drugs, alcohol and nicotine. Numerous evidenced-based, psycho-education practices give clinicians the ability to address co-occurring conditions in a non-invasive, strength-based manner while educating program participants with self-management and coping tools that can prevent relapse and chronic conditions from becoming more acute.

**32. The Social Work Role in the Provision of Integrated Treatment for Dually Diagnosed Clients Identified Through Evidence Based Practice and Policy Advocacy**

**Speaker/Moderator:** Eileen Klein, Ph.D., LCSW, MS – Assistant Professor, Ramapo College

**Speaker:** Stephanie Sarabia, Ph.D., LCSW, CADC – Assistant Professor Ramapo College of New Jersey

There is a need for cross training of staff to provide integrated treatment for those dually diagnosed with substance abuse and mental health disorders. The lack of coordinated care is complicated by policy and resources for treatment coming from different funding streams. This workshop will identify evidence based practices on the provision of integrated treatment for the dually diagnosed in order to inform clinical practice, policy makers, and advocate for essential services.

- ✧ **LOOKING FOR A JOB?**
- ✧ **INTERESTED IN SOCIAL WORK RELATED SERVICES AND TRAININGS?**
- ✧ **NEED OFFICE SPACE?**

**CHECK OUT OUR SOCIAL WORK MARKETPLACE**

[www.naswnyc.org/marketplace](http://www.naswnyc.org/marketplace)



**Afternoon Workshops 2:30 p.m. to 4:30 p.m.**

**33. Alcohol and Marijuana Addictions Addressed Through a Psychoanalytic Model**

**Speaker/Moderator:** Michael Fischman, MSW, LCSW-R, CGP – The Institute for Psychotherapeutic Advancement

This workshop will illustrate how psychoanalytic therapy facilitates the achievement of sobriety. Case examples will demonstrate how enlisting the client’s cooperation in an “experiment” with sobriety leads to interesting results. Here the theory: Marijuana and Alcohol Addictions anesthetize a part, or parts, of the personality. And when the substance is removed these personality structures begin to wake up. It then takes a depth oriented therapist to “spot” and help integrate these new formations.

**34. Problem Gambling in New York State**

**Speaker:** James J. Maney, CPGC – Executive Director, New York Council on Problem Gambling, Albany, New York

**Moderator:** Michelle Hadden, LMSW, CPP-G – Director of Prevention and Training, NY Council on Problem Gambling

This workshop will provide participants with an overview of gambling and problem gambling in NYS. Content covered in this training includes definitions of gambling and compulsive gambling, the role of money, compulsive gambling prevalence rates statewide and nationally, the five types of gamblers, review of compulsive gambling diagnosis from DSM-IV, and discussion of available services throughout NYS including treatment, prevention and self-help

**35. Gestalt Therapy and Addiction Treatment: Individual and Group Interventions**

**Speaker/Moderator:** Evan Senreich, Ph.D., LCSW, CASAC – Assistant Professor of Social Work, Lehman College, CUNY

**Speaker:** Patricia Tucker, LCSW – Adjunct Instructor, New York University Silver School of Social Work; Faculty, Gestalt Associates for Psychotherapy

Gestalt therapy provides a holistic, strengths-based framework for social work practice. Its aim of heightening awareness of the client’s experience makes it an ideal approach to working with people with addiction problems. In this workshop, participants will experience methods for helping clients become more self-aware. They will have an opportunity to witness or participate in both individual and group sessions demonstrating the use of Gestalt therapy in working with clients with addictive behaviors.

**36. Internet Porn Addictions: A Growing Social Malignancy Effecting Individuals, Couples and Families – A Treatment Workshop Using Cognitive-Behavioral Therapy and the Techniques of “Smart Recovery”**

**Speaker/ Moderator:** Dorothy Hayden, LCSW, CAC – Post Graduate Society for Psychoanalysis, Society for the Advancement of Sexual Health (SASH)

Internet Pornography Addiction presents with significant distress, cravings, tolerance, withdrawal, loss of control and continued use despite adverse consequences. Staggering numbers of individuals are adversely impacted by “sexnology.” An epidemic, porn/cybersex is changing the face of sexuality and the family unit as we know it. The worker of today needs to be on the alert for signs/symptoms and know how to treat it. This workshop will teach clinical interventions to assess and treat Internet porn/cybersex addiction with CBT and techniques from Rational Recovery.

**37. Thirst, Cravings and Cue Extinction: How to Teach Effective Mastery of Craving**

**Speaker/Moderator:** Andrew Park, LCSW, DAPA – Private Practice – Addiction Focused Psychotherapist, Program Case Manager for the National Football Leagues’ Substance Abuse Program

Cravings remain the biggest threat to relapse prevention. Learn a new skill; combining “distancing”, pre and post rating, visualization and the satisfaction of thirst. Thirst is ever present as a bodily need. The creation of cravings has been a perceived risk factor when teaching cue extinction skills. Clinicians, as a result, have avoided teaching these skills. When thirst is paired with substance craving, a “real” satisfaction is experienced without the risk. Learn to teach this new more effective management of cravings

**38. Creative Exploration of Counter-Transference Issues in Dealing with Addiction**

**Speaker/Moderator:** Jacob Gershoni, LCSW, CGP, TEP – Co-Director the Psychodrama Training Institute of New York

What we learn from our clients is invaluable in enhancing our clinical skills and our own personal growth. At times the learning process is fraught with many hurdles when the clients’ issues conflict with our own struggles from the past and present. Sociometry and psychodrama will be utilized in addressing the effect our work on the therapist, reaching a higher level of creativity to expand our repertoire in dealing with multiple and complex demands.



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## Workshops At-A-Glance

### Morning 9:15 a.m. - 11:15 a.m.

1. "Getting There from Here:" The Ongoing Effects of Crystal Meth on Gay Men
2. Triple Trouble: Addressing Bullying in Substance Abuse Prevention, Treatment, and Recovery
3. Compassion Fatigue
4. Diagnosing and Treating Sex Addiction in the Age of Internet and Mobile Devices
5. Mild Traumatic Brain Injury and Co-Morbid Substance Abuse in Veterans from the Wars in Iraq and Afghanistan
6. Writing for Publications: What You Need to Know
7. Transformational Chairwork: Using Psychotherapeutic Dialogues for Addictions and Trauma
8. Working with Couples in Recovery: Recreating the Connection
9. Implementing Evidence Based Interventions in Harm Reduction Programs
10. Online Addiction Treatment: The Next Generation
11. Unchain Your Brain: Breaking the Addictions That Steal Your Life
12. Introducing Motivational Interviewing: Get Your Collaboration On
13. Substance Abuse Prevention From a Community Perspective: An Evidenced Based Approach
14. Saving Sisyphus: Using Process Improvement to Sustain Innovation and Evidence Based Practice Implementation
15. Psychodrama: From Talk Therapy to Action
16. Addiction and Chronic Conditions in our New Health Care Era
17. The Evolution of and New Trends in Pharmacological Treatment of Addictive Disorders: A Collaborative Approach
18. Why Stigma Matters – Designing and Implementing Treatment That Works
19. "Never Again Will You Have a Dull Supervisory, Training or Group Session!"

### Afternoon 2:30 p.m. - 4:30 p.m.

20. Synthetic Drugs and New Drug Trends – What You Always Wanted To Know
21. The Relationship Between Adolescent Substance Abuse and ADHD
22. Managing the Therapeutic Alliance and Embracing Ambivalence: Critical Tasks for Motivating Positive Change, A Skills Building Session
23. Exploring the Real Culprits in Food Addiction – Its Not Broccoli!
24. Women at War – Promoting Resilience Through Practice
25. From Victimization to Self-Efficacy: Helping Women Recover from Domestic Violence/Sexual Abuse and Addiction
26. Beyond Talking About Addiction: Integrate the Inner Voice Dialogue Model into Your Clinical Practice
27. Innovation and Supervision
28. Effective Strategy for Denormalizing Tobacco Use in Addiction Services
29. Talk is Cheap! Action and Activity for Groups
30. Cross Cultural Interventions in the Treatment of Addiction
31. Utilization of Psycho-Education in Behavioral and Substance Use Disorder Treatment
32. The Social Work Role in the Provision of Integrated Treatment for Dually Diagnosed Clients Identified Through Evidence Based Practice and Policy Advocacy
33. Alcohol and Marijuana Addictions Addressed Through a Psychoanalytic Model
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37. Thirst, Cravings and Cue Extinction: How to Teach Effective Mastery of Craving
38. Creative Exploration of Counter-Transference Issues in Dealing with Addiction

**ANDREA IATROU, LCSW-R**  
**Licensed Psychotherapist**  
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**Specializations:**

Anxiety/Panic	Depression	Life Transitions
Self-Esteem/Shame	Relationships	Procrastination
Body Image/Weight	Trauma/Abuse	Stress Reduction

**Margaret Becker, LCSW-R, CASAC**  
*Psychotherapist*

margaret.d.becker@gmail.com

New York, NY  
 By Appointment

Tel: 917-868-8632

# REGISTRATION FORM



Tel: (212) 668-0050, ext. (press pound) #223  
Email: AddictionsInstitute@naswnyc.org

45<sup>th</sup> Annual Addictions Institute  
Wednesday, June 5, 2013, 8:30 a.m. – 4:30 p.m.  
Fordham University, Lincoln Center Campus  
113 West 60<sup>th</sup> Street at Columbus Avenue

Register Online At [www.naswnyc.org](http://www.naswnyc.org) By Friday, May 31, 2013

Full Name \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail \_\_\_\_\_

Please print clearly: **CONFIRMATION WILL BE SENT VIA E-MAIL**

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name of agency (required if agency sends check) \_\_\_\_\_

Will agency be forwarding check?  Yes  No

### PLEASE NOTE:

- Registration must be received by Friday, May 31, 2013. There is an additional \$20 fee for on-site registration.
- Payment must accompany registration form to complete registration. Attendees will be registered and placed in workshops only after payment is received.
- Please do not call regarding workshop assignments - send email to: **AddictionsInstitute@naswnyc.org**.
- Refund Policy: To cancel registration please send written notification via email to [addictionsinstitute@naswnyc.org](mailto:addictionsinstitute@naswnyc.org). Refund less \$20 administrative fee will be given until Sunday, June 2<sup>nd</sup> at 11 p.m.: **Absolutely no refunds after June 2<sup>nd</sup>**. For Agencies Registering Multiple Attendees: Please see page 2 for instructions.

### REGISTRATION FEES (check one) and PAYMENT OPTIONS (No Refunds after 11:00 p.m. June 2, 2013)

- Current NASW Member - ID # (must be included) \_\_\_\_\_ \$90
- Student/ Retired /Unemployed Member (circle one) - ID # (must be included) \_\_\_\_\_ \$50
- Non-NASW Member (incl. Non-Member Students) \_\_\_\_\_ \$120

### FOR IMMEDIATE CONFIRMATION, REGISTER ONLINE WITH YOUR CREDIT CARD

Check/ Money Order \$ \_\_\_\_\_; Send to: NASW-NYC, 50 Broadway, Suite 1001, New York, NY 10004

Charge: \$ \_\_\_\_\_ \*\* CARD CODE (must be included) \_\_\_\_\_  MasterCard  Visa  Discover Card  Amex

Card No. \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Your name as it appears on card \_\_\_\_\_

Credit Card Billing Address:  Same as Above Address

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### PROGRAM PREFERENCES

Please indicate preferences, including 2<sup>nd</sup> and 3<sup>rd</sup> choices.

**Morning Workshops (2 CEUs)**

**9:15 a.m. to 11:15 a.m.**

**(enter workshop numbers)**

1<sup>st</sup> Choice \_\_\_\_\_

2<sup>nd</sup> Choice \_\_\_\_\_

3<sup>rd</sup> Choice \_\_\_\_\_

**Plenary (1.5 CEUs)**

**11:30 a.m. to 1:15 p.m.**

**(Please check one)**

I am Attending

I am Not Attending

**Afternoon Workshops (2 CEUs)**

**2:30 p.m. to 4:30 p.m.**

**(enter workshop numbers)**

1<sup>st</sup> Choice \_\_\_\_\_

2<sup>nd</sup> Choice \_\_\_\_\_

3<sup>rd</sup> Choice \_\_\_\_\_

# THE 45<sup>TH</sup> ANNUAL ADDICTIONS INSTITUTE

*INNOVATIONS IN ADDICTIONS TREATMENT: SHIFTING PARADIGMS FOR CHANGING TIMES*

WEDNESDAY, JUNE 5, 2013

8:30 a.m. – 4:30 p.m.

FORDHAM UNIVERSITY • LINCOLN CENTER CAMPUS

113 West 60<sup>th</sup> Street at Columbus Avenue • New York, NY 10023

## PLENARY SESSION

11:30 a.m. - 1:15 p.m.

Pope Auditorium

### KEYNOTE ADDRESS

*Microprocessors and  
Internet Addiction*

**Richard N. Rosenthal, M.D.**

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*The House I Live In*

*a film by Eugene Jarecki*

*(Selected Clips)*

## WE WOULD LIKE TO THANK THIS YEAR'S EXHIBITORS (list at press time)

Addiction Institute of New York  
Advanced Health and Education  
American Addiction Centers  
Bleuler Chemical Dependency Recovery Services  
Employee Assistance Professionals Association NYC Chapter  
Fordham University Graduate School of Social Service  
Inter-Care Ltd.  
LGBT Community Center/ Center Recovery Program  
Marworth Treatment Center  
National Association of Social Workers NYC Chapter  
NY Center for Living  
Odyssey House, Inc.  
Park Bench Group  
Psychoanalytic Psychotherapy Study Center  
Realization Center, Inc.  
Retreat at Lancaster County  
Rushford  
Seabrook House  
Seaford Center  
Steps to Recovery