

Trauma and Addictions

REGISTRATION FEE: \$42

**(\$33.60 for Stockton alumni
Coupon Code = Alumni1)**

**Registration includes light supper
each evening, all participant
materials, and 5.0 clinical CEs.**

**Register online at:
www.stockton.edu/cs
under**

**'Continuing Professional Education→
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**Please call us at 609.652.4227 with
any questions**

CONTINUING EDUCATION CREDITS

**Approved for 5.0 CEs LCADC/CADC
Continuing Education for
Addiction Professionals
Approval # 19203152010-REC**

**5.0 Clinical CEs for
Social Workers, Licensed Professional
Counselors, Marriage and Family
Therapists**

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**SCHOOL OF GRADUATE
AND CONTINUING STUDIES**
THE RICHARD STOCKTON COLLEGE OF NEW JERSEY

Trauma and Addictions

**Wednesday, May 18, 2011 and
Wednesday, May 25, 2011
5:30pm - 8:30pm (Light dinner
served at 5:30pm; course
begins promptly at 6:00pm)**



**Co-sponsored by the
*No Wrong Door Consortium***

**Seminar Location:
*Behavioral Crossroads, LLC***

*205 West Parkway Drive
Egg Harbor Township, NJ
www.behavioralcrossroads.com*



Trauma and Addictions



SEMINAR DESCRIPTION

This seminar will review the problems and issues associated with trauma and addictions, including treatment options and suggested goals of treatment. We will utilize case presentation and interactive discussions of a variety of patient profiles and apply them to several evidenced-based therapeutic techniques.

LEARNING OBJECTIVES

- Describe addiction in the context of emotional dysregulation stemming from trauma and oppression.
- Describe how addiction serves as a diversion from a primary emotional experience, thereby keeping individuals from processing the trauma.
- Describe how to overcome trauma by coming to terms with the trauma, using examples of mindfulness and emotion-focused therapy.
- Identify the elements of various therapeutic techniques including mindfulness, emotion-focused therapy, and narrative therapy.
- Apply uses and application of therapy techniques with case examples of rape, molestation and death of a parent.
- Describe the basic biology and psychology of stress.
- Describe how stress affects reward systems of the brain and alters processing of thoughts, emotions, motivation and behavior.
- Describe the development, format and basis of mindfulness-based treatments.
- Interpret the results of various clinical and experimental studies of mindfulness-based treatments.
- Identify the basic elements of post-traumatic growth and explain the conditions under which this can occur.

FACULTY PROFILE

Dr. Sara Martino is a graduate of the Temple University Counseling Psychology doctoral program. Her research interests include self-mutilation, early maturation, perceptions of visual piercings and feminist identity development. She is a licensed professional counselor and has worked as an independent clinician as well as in a hospital setting. Her clinical focus is on women and family therapy. She recently published *Scars: Creative Approaches for Understanding and Coping with Self-Mutilation*.

Dr. Marcello Spinella received his PhD from the City University of NY Graduate Center. He trained in clinical neuropsychology and has worked with various psychiatric, neurological and addiction populations. In 2001, he published *The Psychopharmacology of Herbal Medicines: Plant Drugs That Alter Mind, Brain and Behavior* and is currently working on books on the neuroscience of meditation and applying positive psychology strategies to addiction recovery.



Join us for two interesting and information packed evenings specially for mental health professionals seeking greater understanding of how traumatic experiences impact addictions.

This two-part clinical seminar is co-sponsored by:

**The Richard Stockton College of NJ
Graduate and Continuing Studies**

**No Wrong Door Consortium,
and
Behavioral Crossroads, LLC**

The seminar will be held at:

**Behavioral Crossroads, LLC
205 West Parkway Drive (off Delilah Rd)
Egg Harbor Township, NJ**

Complete seminar description, online registration and travel directions at:

**www.stockton.edu/cs
under
'Continuing Professional Education→
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