

**MIDDLE TN ASSOC. OF ALCOHOLISM  
AND DRUG ABUSE COUNSELORS**

**Journey Together Conference**

2505 21st Avenue South - Suite 410  
Nashville, Tennessee 37212

**Return Service Requested**

Non-Profit  
Organization  
US Postage Paid  
Nashville, TN  
Permit No. 498

# **Journey Together Conference 2019**

**A Conference for Addiction Professionals**

Presented by  
**Middle Tennessee Association  
for Addiction Professionals**



**Franklin Marriott Cool Springs**  
700 Cool Springs Blvd  
Franklin, TN 37067  
(615) 261-6100  
(888) 403-6772

**September 2nd, 3rd, 4th, 5th**

**Conference begins Monday, September 2nd  
with 2 Evening Workshops**

## **Conference General Information**

### **Program Description and Objectives**

The overall goal of the conference is to bring together professionals working with addictions, substance use disorders, prevention and treatment. Participants will explore a variety of topics related to the medical, psychological, and familial aspects of the disease of addiction and share knowledge, expertise, and resource networking.

Participants who attend this conference will:

- explore the impact of alcohol and drug use on adolescent, adult and older adult clients and family systems;
- be introduced to the latest research and clinical interventions in addressing the relationship between alcohol and drug use, mood disorders, abuse, other addictions and the newest treatment modalities;
- understand and practice creative and unique treatment approaches, identifying other addictions, treatment issues when working with adolescents and older adults, addressing relapse prevention, and other professional issues.

## **Welcome to the Journey Together Conference!**

**The conference committee would like to  
thank each of you for your support and  
participation.**

**Hospitality Suite in Appaloosa room hours:  
Tuesday - Thursday, open 7:30am - 6:00pm  
Closed during lunch from 12:00 noon -  
2:00pm everyday**

## **Location and Accommodations**

### **Marriott Cool Springs**

**700 Cool Springs Blvd, Franklin, TN 37067**

**(615) 261-6100**

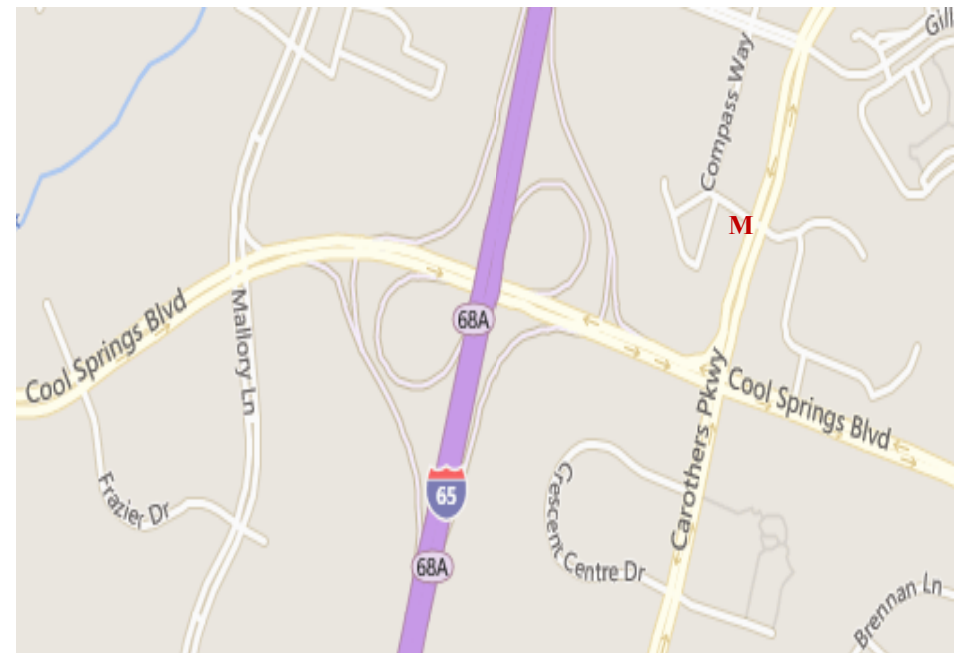
**(888) 403-6772**

Newly renovated Marriott Cool Springs is just 20 minutes south of Nashville. Unique among hotels in historic Franklin, TN, it is surrounded by upscale shopping, dining and history. Cool Springs Galleria Mall, Crescent Centre and Highwoods are within walking distance or just a short ride away from our Cool Springs hotel. They offer wireless Internet access at no charge and free shuttle service within a five-mile radius. Stave Regional Kitchen and Lounge offers a variety of dining and entertainment options to inspire productivity and interaction at Franklin Marriott Cool Springs. Ask for the Journey Together Conference room rate of **\$122** per night (includes free internet), by **8/23/2019**. Do not delay and miss this early bargain!

### **Directions**

**From the south: Follow I-65 north to Exit 68A (Cool Springs Blvd.). Follow signs for Cool Springs Blvd. East. Upon exiting, turn right at the bottom of ramp. Turn left on Carothers Pkwy. Hotel is on the right.**

**From the Airport: Take I-40 West from Nashville Int'l Airport to I-24 E, to I-440 West. Take I-65 South (to Huntsville). Follow approx. 17 miles. Take exit 68-A to Cool Springs Blvd. East. The hotel is located on the left corner at the first stop light.**



# Fee and Payment for Conference

## Registration:

### Early Bird Rate before August 23rd

TAADAC Members: \$285 \_\_\_\_

Non-Members: \$320 \_\_\_\_

### Rates after August 23rd

TAADAC Members: \$305 \_\_\_\_

Non-Members: \$350 \_\_\_\_

### One Day Rate:

TAADAC Members: \$190 \_\_\_\_

Non-Members: \$225 \_\_\_\_

Committee member \_\_\_\_\_

Presenter \_\_\_\_\_

**Payment:** \_\_\_\_ Check/MO \_\_\_\_ Credit Card Visa/MC

Total \$ \_\_\_\_\_

For Credit Card Charges:

Card Type: MasterCard \_\_\_\_ Visa \_\_\_\_ AmEx \_\_\_\_ Discover \_\_\_\_

Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

CVVS \_\_\_\_\_ (3 digit code on back of card or 4 digit code on front of AmEx)

Billing address including zip code \_\_\_\_\_

Signature of Card Holder: \_\_\_\_\_

**Credit card registrations can be phoned in, faxed or mailed to**

**Phil Guinsburg**

**Phone: 615-386-3333 ext. 103 Fax: 615-386-3353**

**Organizational discount for 5 or more attendees.**

**Individual scholarships are available and limited to first 50 applicants.**

**Please fax requests for organizational discounts and scholarships to  
Phil Guinsburg or submit in writing to the address below.**

**Submit completed registration form and payment to:  
MTAADAC 2505 21st Ave. S., Suite 410, Nashville, TN 37212**

## Continuing Education, LADAC Licensure and License Renewal Hours, and Social Work CE credits

This conference has been planned and implemented in accordance with the credentialing standards of the licensed Alcohol and Drug Abuse Counselor standards and provides **25** possible CE credits total. Credit hours will be broken into primary functions for those individuals pursuing licensure. This program was approved by the National Association of Social Workers – Tennessee Chapter (Provider Number: NASWTN 2009-0056) for **25** continuing education units.

**Conference Etiquette:** Participants are asked to turn off cell phones when attending sessions or change to a silent signal. Please step outside the room when responding to a call.

**Conference Credits:** Each participant is responsible for recording his or her attendance at workshops and should claim only those hours of credit actually spent in the educational activities.

**Breakout Sessions:** Plenaries and some workshops are in the **CHAMPION Ballroom, Salons 6-10**. Workshop designations will be posted at the registration table and by meeting room doors.

## Conference Registration

Registration is located in the **Morgan room** throughout the conference.

## Printing of Workshop Handouts

Please print handouts for your workshops prior to the conference. Handouts that have been made accessible by presenters can be accessed in the week prior to the conference and downloaded at:

[www.MTAADAC.org/conferences/Presentations](http://www.MTAADAC.org/conferences/Presentations)

- Please “like” us on
- Facebook at MTAADAC
- Follow us for updates regarding
- educational opportunities, meeting
- updates, and all the latest news.



## PLENARY SESSIONS—KEYNOTE SPEAKERS

**Tuesday, September 3rd**

**Umaru (Omar) Jutte, RN, LADAC II**

### **“Energetic and Oriental Medical Approach in Addictions Treatment”**

In this experiential session participants will acquire the transferable skills of Inner Directed Therapy while learning the basis of Channel Theory and Energetic Flow. The Taoist Breathing System, Qi Gong, is known as the Microcosmic Orbit and contributes to positive energy flow. With these tools, participants will learn to decrease stress, anxiety and the rumination associated with self-destructive feedback. Jutte will discuss how to identify and intervene in harmful cognitive transactions and reduce client contamination of one's Energy Field. Participants will gain knowledge in the application of the 5 Phase Energy Exchange and skills for massaging the Source Points.

**Wednesday, September 4th**

**Mark Sanders, LCSW, CADC**

### **“When The Titanic Meets The Iceberg: Addressing Trauma Beneath Addiction, Mental Illness, Criminality and Self-harming Behavior”**

Mr. Sanders will present an in-depth examination of trauma during this session. A history of trauma treatment in America will be followed by the link between trauma, addiction, mental illness, criminality and self harming behavior, and the diagnosis and evidence-based treatment of 5 types of traumatic stress disorders which co-occur with addiction. These 5 types are acute stress disorder, post traumatic stress disorder, complex trauma, historical trauma and 24-7-365 terror. Also included in the presentation will be how to develop a trauma informed system of care and how to avoid secondary PTSD.

**Thursday, September 5th**

**J. David Forbes, MD, ABIHM**

### **“The Reanimation of the Body: Exploring Our Pathways to Psychological and Spiritual Healing ”**

Our minds, hearts, feelings, thoughts, spirit and wounds all meet *in the body*. We will examine how body dissociation is the core “wound” underneath all wounds and how re-inhabiting and re-animating our bodies forms the basis of the psychological and spiritual healing needed at the core of addiction. The roles of current neuroscience, consciousness paradigms, biologically-based emotional theories, quantum realm research, experiential psychotherapeutics, spiritual aspects, and practical applications will all be discussed.

## Registration Form

Journey Together Conference

September 2, 3, 4, 5, 2019

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_

DAY PHONE: (    ) \_\_\_\_\_ CELL: (    ) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

**Indicate which workshops and lunches (included in conference registration fee) you plan to attend:**

\_\_\_\_ Tues. Lunch \_\_\_\_ Wed. Lunch \_\_\_\_ Thurs. Lunch

Vegetarian meals? \_\_\_\_\_

**Please choose only one workshop for each time slot:**

#### **Monday, September 2nd**

5:30-8:30 M1 \_\_\_\_ Stewart Freeman/Stone  
M2 \_\_\_\_ Coffey

#### **Tuesday, September 3rd**

2:00-3:30	T1 ____ Jutte	4:00-5:30	T5 ____ Jutte
	T2 ____ Benson		T6 ____ Abraham
	T3 ____ Patterson		T7 ____ Sanders/Moran
	T4 ____ Licensure Board Panel		T8 ____ Sypolt/Antoskow

6:00-8:00 T9 \_\_\_\_ McAndrew  
T10 \_\_\_\_ Guinsburg/Abrams  
T11 \_\_\_\_ Taylor/Harper

#### **Wednesday, September 4th**

2:00-3:30	W1 ____ Sanders	4:00-5:30	W5 ____ Sanders
	W2 ____ Ezell		W6 ____ Hampton
	W3 ____ Cooper/Bell		W7 ____ Bradford
	W4 ____ Peden/Moore		W8 ____ Peden/Moore

6:00-8:00 W9 \_\_\_\_ Coffey  
W10 \_\_\_\_ Patterson  
W11 \_\_\_\_ Squires

#### **Thursday, September 5th**

2:00-3:30	TH1 ____ Forbes	4:00-5:30	TH5 ____ Forbes
	TH2 ____ Hirsch/Taylor		TH6 ____ Mulloy
	TH3 ____ Bumgarner/Stewart Freeman		TH7 ____ Jackson
	TH4 ____ McKenzie		TH8 ____ Blick

# CONFERENCE SCHEDULE AT A GLANCE

Tuesday	Wednesday	Thursday
7:30-9:00 Registration	7:30-9:00 Registration	7:30-9:00 Registration
8:45 Opening Ceremonies: color guard	8:45 Announcements	8:45 Announcements
9:00 Plenary 1 Omar Jutte	9:00 Plenary 2 Mark Sanders	9:00 Plenary 3 J. David Forbes
10:30 BREAK 10:50 Door Prizes	10:30 BREAK 10:50 Door Prizes	10:30 BREAK 10:50 Door Prizes Staff Auction
11:00 Plenary 1 Omar Jutte	11:00 Plenary 2 Mark Sanders	11:00 Plenary 3 J. David Forbes
12:30 LUNCH A&D Licensure Board Q&A	12:30 LUNCH Regional Meetings	12:30 LUNCH TAADAC Awards
1:15 Silent Auction Opens	Breakout Sessions	
2-3:30 T1: Omar Jutte T2: Kathryn Benson T3: Frances Patterson T4: Licensure Board Panel	2-3:30 W1: Mark Sanders W2: Jacob Ezell W3: Cooper & Bell W4: Peden & Moore	2-3:30 TH1: J. David Forbes TH2: Hirsch & Taylor TH3: Bumgarner & Stewart Freeman TH4: Matt McKenzie
3:30 BREAK	3:30 BREAK	3:30 BREAK
4-5:30 T5: Omar Jutte T6: Jane Abraham T7: Fisher Sanders & Moran T8: Sypolt & Antoskow	4-5:30 W5: Mark Sanders W6: Vanessa Hampton W7: Anita Bradford W8: Peden & Moore 6:00 Silent Auction Closes	4-5:30 TH5: J. David Forbes TH6: Paul Mulloy TH7: Jon Jackson TH8: Stephanie Blick
6:00-8:00 T9: John McAndrew T10: Guinsburg & Abrams T11: Taylor & Harper	6:00-8:00 W9: Ann Coffey W10: Frances Patterson W11: Michele Squires	5:30 Certificates Distributed

## TAADAC mission:

As an association for addiction professionals we educate, advocate, and promote healthy communities for an addiction free Tennessee.

## Monday, September 2nd Evening Session 5:30-8:30

**Cinde Stewart Freeman, RN, MAC, LADAC II, QCS**  
**Tammy Stone, LPC-MHSP, LADAC II, QCS**

### “Boundaries: Where the Personal and Professional Meet”

Boundary violations are the most common professional ethical violation in behavioral healthcare. Yet, most clinicians believe this would never happen to them. What’s the disconnect? Together we will explore protective and risk factors in our personal and professional background and current situation to help us develop strategies to avoid boundary violations. Using media and interactive exercises, we will look at both humorous and more serious situations to ask the questions, “How is this like me?”

**Ann Coffey, ADS**

### “AcuDetox for Addiction and Beyond”

AcuDetox has been shown to significantly decrease cravings for alcohol, drugs, nicotine, and sugar, as well as inducing a feeling of calm. It has also been shown to decrease the discomfort of withdrawal symptoms and lessen the occurrence of relapse. AcuDetox is not only used as a tool for addiction recovery, but it supports overall wellbeing, immune support and many behavioral health issues such as anxiety, depression, bi-polar, PTSD, ADHD, insomnia and more... wherever there is a mind-body disconnect. Those receiving treatment don’t have to wait for its effects, deep relaxation often occurs within minutes.



## PRESENTERS AND WORKSHOPS

**T1**

**Omar Jutte, RN, LADAC II**  
**“Auricular Energetics and Point Location”**

During this experiential workshop participants will learn and practice the location of the 5 Auricular Points of the NADA Protocol. Additionally, Jutte will demonstrate the removal of needles techniques. Participants will take away skills to train clients in Qi Gong methods to help reduce stress and anxiety.

**T2**

**Kathryn Benson, LADAC II, NCAC II**  
**“Examining the Art and Honing the Craft of Counseling At Its Finest ”**

This presentation will utilize group discussion and exploration of human characteristics, personality traits, intentional and natural gifts that both enhance and impede quality therapeutic relationships. Participants will be introduced to self-evaluations of their attributes and well-being in their role as counselor and healthy professional role model.

**T3**

**Frances Patterson, PhD, LADAC II, MAC**  
**“C-3PO is My Counselor”**

Addiction counselors often work at agencies which utilize evidence-based, manualized treatment programs. Many counselors have expressed concerns and discontent with being required to use a manual with clients in treatment as they feel constrained, limited in what they can teach clients and not allowed to use the counseling skills they have gained. Some feel they are expected to be robotic in the way they present the program in order to ensure fidelity. Manualized programs are, for the most part, intended to be a foundation. They cannot be all inclusive of what should be included in a treatment program. Even with such a program treatment must be individualized to meet the needs of individual clients. This workshop will explore how we can use manualized programs in a productive and valuable way while adding the needed information and skills to ensure quality treatment.

**T4**

**Licensure Board Panel Discussion**  
**Teddy Wilkins, Caroline Tippens, Jane Abraham**  
**“Demystifying Alcohol & Drug Abuse Licensure and the People Who Support the Profession”**

Licensure rules, practices, policies and processes can be confusing to the newly licensed counselor or the veteran. Join the discussion with the professional staff who administer and legally support your state board along with board members. This is an interactive workshop where the panel will provide insight to simplify these administrative and legal topics to strengthen or reinforce your foundation for an ethical and sound practice.

**T5**

**Omar Jutte, RN, LADAC II**  
**“Acupuncture Detox Clinical Practicum ”**

During this experiential workshop participants will have the opportunity to practice needle insertion of the 5 Point NADA Protocol. In addition, non-needle stimulation of points for energy balancing will be taught. Discussion will also include organizing to treat populations using the NADA Protocol.

## WORKSHOP PRESENTER BIOGRAPHIES

**Michele Squires, MS, LADAC, NCAC1, QCS**

Ms. Squires has worked with Shelby County TN Community Corrections program as Treatment Supervisor and Lakeside Behavioral Hospital as Program Director for the General Psychiatric unit and Total Recovery Program. She was the Clinical Director for Grace House of Memphis. She serves on the Shelby County Community Corrections Advisory Board. Ms. Squires is an Adjunct Professor for Memphis Theological Seminary's Addiction Certificate Program. She is currently President of TAADAC.

**Cinde Stewart Freeman, BSN, RN; M.A., MAC, LADAC II, QCS**

Cinde serves as Chief Clinical Officer at Cumberland Heights. With over 30 years experience as a practitioner and clinical supervisor, Cinde has trained addiction professionals since 1996. She has a special interest in the “in between places and spaces” of life which has led her to study boundaries and ethics. She believes that it is the inherent wholeness in our most broken places that lead us to recovery, grace, and joy.

**Tammy Stone, M.A. LPC-MHSP, LADAC II, QCS**

Tammy Stone serves as Associate Clinical Officer for Cumberland Heights. Well known to the addiction professionals' community, Tammy has over 30 years of experience as a practitioner, supervisor, and trainer. Through her core LADAC classes and supervision groups, Tammy has helped many people to achieve their dream of being a LADAC. Creative and innovative, Tammy believes in learning by doing.

**Vivian Sypolt MS, LADAC II**

Vivian began working in the mental health and addictions field in 1995 and currently serves as the Residential and Extended Care Men's Services as Clinical Director for Cumberland Heights. Vivian has more than 20 years of experience working with persons struggling with the disease of addiction. She holds an MS in Psychology.

**Will Taylor, LADAC I, CPRS**

Will has 5 years of experience in the field of MH and SA Services. He has been a TN CPRS since 2015 and National CPRS since 2018. Will serves as a Youth & Adult Mental Health First Responder, a member of the TSPN Middle TN Postvention Response Team, a QPR trainer and a member of TN Alliance for Drug Endangered Children. He currently serves as Lifeline Peer Coordinator for Region 5 North, contracted through the TN DMHSA. His home hub is Prevention Coalition For Success out of Murfreesboro, TN but works within 13 counties of north middle TN.

**Britney Taylor, M.S., LADAC-C**

Ms. Taylor is an outpatient Counselor at Cumberland Heights. She is a proud alumni of UT Chattanooga where she earned her BS in psychology and MS in Clinical MH Counseling. She is one year into the process of seeking her LPC-MHSP. She has worked in the field of Mental Health and Addiction for 9 years, but has fallen in love with the world of Recovery in the past 3 years. Britney looks forward to having many years ahead of helping those on their journey to recovery.

**Caroline Tippens, Attorney**

Ms. Tippens is an Asst. General Counsel at the TN Dept of Health. She is a 2007 graduate of UT Martin and a 2011 graduate of Nashville School of Law. She is the prosecuting and advisory attorney for the Abuse Registry; Board of Licensing for Healthcare Facilities; Licensed Alcohol and Drug Abuse Counselors; Board of Licensing for Nursing Home Examiners; Board of Veterinary Examiners, Certified Nurse Aide Registry; and Surgical Technicians.

**Teddy Wilkins**

Ms. Wilkins is the Administrative Director over the Tennessee Board of A&D Counselors as well as nine other boards including Social Work; Psychology; LPCs and MFTs; Licensed Behavior Analysts; Optometrists; Dispensing Opticians; Communication Disorders and Sciences; Hearing Instrument Specialists; and Podiatrists. Ms. Wilkins has held this position for four years giving her a broad base of knowledge and experience in various counseling professions.

## WORKSHOP PRESENTER BIOGRAPHIES

### **Jon Jackson, LADAC II, NCAC I, QCS**

Jon is COO at Harbor House in Memphis and has been in the addictions field for 20 years. He is certified in Greif Recovery, Reality Therapy and Moral Recognition DV. Jon serves on the Governor's Suicide Prevention Advisory Council and the Morehouse School of Medicine's ATTC Advisory Board. He is past president of TAADAS and past Treasurer of WTAADAC. He received the 2018 Professional of the Year award from TAADAC and WTAADAC.

### **John McAndrew/Recording Artist WBA Records**

John's music has been heard around the world, at many National Events and in several feature films including "One Little Red Wagon" directed by David Anspaugh. While touring, he has performed for and worked with Recovery Audiences for over 30 years. John's last two albums "Forgiven" and "Souls" have been in Grammy Consideration. John currently is Music Services Coordinator at Cumberland Heights in Nashville.

### **Matt McKenzie M.A., LPC**

Matt is the Director of Therapeutic Interventions at Bradford Health Services. He holds membership in the Motivational Interviewing Network of Trainers (MINT). Matt helped lay the groundwork for the Emerging Adult Program and utilized adventure-based counseling models during that experience. Combining MI with experiential counseling models has helped him see the positive outcomes that comes from emphasizing autonomy on behalf of the client when they are asked to evoke existing problem-solving skills during adverse situations.

### **Kimberly Moore, LADAC I**

Ms. Moore is a counselor at Buffalo Valley in Hohenwald TN. She received her LADAC in March of 2019. She began her career in the medical field and realized she wanted more. She transitioned to The Ranch where she was employed for 5 years. She then transitioned to Buffalo Valley. To her, addiction counseling is more than a job; it is a much needed resource for those in need. For Ms. Moore, to be known as a helper to those in need is a great gift.

### **Karen Moran, LADAC II, NCAC II, QCS**

Karen has been working in the field of addiction since 1989. Her professional history includes specialized work with adolescents and adults with SUD, as well as individuals of all ages who struggle with codependency and other ACA issues. In May of 2010, she opened Inner Vision Clinical Consulting, a counseling and consulting practice providing clinical supervision to professionals seeking licensure, and working with individuals & families who seek their own "Inner Vision" for the healing journey.

### **Paul Mulloy, MA, LADAC II**

Paul has worked for the Nashville Sheriff's office for 27 yrs and Director of Programs for 10 yrs, which includes Pretrial Release, Day Reporting Program, DUI School, A&D Treatment, Batterer Intervention, SAAFE and Transition from Jail to Community. He is a member of the Am Jail Assn, Am Correctional Assn, Natl Coalition Against DV, and TN Coalition Against DV. Paul works with community agencies through an initiative Transition from Jail to Community and with the Natl Inst of Corrections and Urban Inst.

### **Frances Patterson, PhD, LADAC II, MAC, BCPC, CCJAS, QSAP, QCS**

Frances has worked in the addictions field for over 30 years. She owns Footprints Consulting Services and also works PT for the Sheriff's office as a clinical supervisor. She is a past NAADAC RVP, and is currently chair of the clinical issues committee, member of the ethics committee and an approved education provider. In 2006 she was honored to receive NAADAC's Professional of the Year award.

### **Lisa Peden, B.S., LADAC II**

Lisa has been working in the field of addictions since 2004. She earned a BS from Martin Methodist College with an emphasis in Addiction Psychology in 2007. Lisa has worked in corrections at CCA South Central as an Addiction Therapist and at Centerstone as a Mental Health Case Manager. Lisa has worked at Buffalo Valley 5 years as a primary therapist and earned her LADAC II in 2017.

**T6**

### **Rev. Dr. Jane Abraham, LCSW, LADAC, ADS, CPS II "Experiential Process Work"**

Dr. Abraham will provide participants with several unique ways to access their inner strength through breathing techniques, meditation, sound therapy, and music. She will offer the opportunity for participants to feel the vibrational healing qualities of sound.

**T7**

### **Beth Fisher Sanders, LCSW, LCAS, MAC, CCS, MAT Karen Moran, LADAC II, NCAC II, QCS**

#### **"Our House is a Very Fine House:**

#### **Finding Ethical, Standards-Based Recovery Homes in TN"**

This presentation will provide essential information for understanding all levels of residential recovery services in the continuum of care. An overview of requirements and laws directing recovery home operation in the state of Tennessee will be provided. Particular attention will be provided for identifying ethical vs. unethical practices, as well as an overview of the requirements of the national Standard promulgated by NARR (the National Alliance for Recovery Residences). Red flag indicators will be discussed, as well as tools offered for finding ethics-based recovery housing in Tennessee.

**T8**

### **Vivian Sypolt MS, LADAC II Brandon Antoskow, LPC MHSP, NCC "Grief in Recovery"**

Grief in Recovery is a presentation used to explore the role that personal grief plays in one's recovery process. By design, the presentation is masculine responsive and allows participants to identify unresolved personal areas of grief, communicate effectively about the grief identified, and ultimately, accept the grief through incorporating recovery related skills as support and strength.

**T9**

### **John McAndrew, Recording Artist WBA Records "Music and the Brain in Recovery"**

Singer/songwriter and piano player John McAndrew takes us on a musical and spiritual journey from self-centeredness to humility, using stories and songs. This journey is a long and difficult one in recovery. Recent studies show us that music can reach the parts of the brain that are linked to addiction, and can function as an integral part of recovery. This experiential session demonstrates how music and music therapy can be applied in a variety of treatment settings to bring about therapeutic change.

**T10**

### **Phil Guinsburg, PhD, LADAC II, MAC Toby Abrams, LADAC II, NCAC II**

#### **"Aging, Ill, Terminal Clients and Therapists: An Interactive Process Group"**

The ever increasing client populations who are infirm or are beginning to have problems connected with aging will be the focus of this workshop. In addition, we will look at the therapist with similar problems and complications dealing with aging and chronic illness.

**T11**

### **Will Taylor, LADAC I, CPRS Jamie Harper**

#### **"Addressing Substance Abuse in Suicide Prevention"**

Suicide is a difficult topic to address but is necessary for clinicians to understand when working with individuals who struggle with addiction. This presentation will discuss suicide from the standpoint of individuals in long-term recovery and delve into the behaviors and circumstances that often lead to suicide. It will help provide tools to prevent suicide, not just among patients, but among employees, colleagues, friends, and family members.

## W1

### **Mark Sanders, LCSW, CADC** **“The First 6 Sessions of Addictions Counseling”**

Research reveals that SUD clients make most of their progress in the first 6 sessions of counseling, yet nearly 50% of clients are no-shows at their second session. In this workshop you will learn: How to increase the probability that clients will make it to 6 sessions; how to increase 1st session attendance; 6 strategies to engage first 5 minutes of contact; how to increase 2nd session attendance; the magic of 3; goal setting; task centered approaches to accelerate progress ; overcoming resistance within the first 3 sessions of counseling; proven approaches which help clients successfully complete a minimum of 6 sessions.

## W2

### **Jacob Ezell, LMSW** **“HIV & Substance Abuse: An Inclusive Perspective ”**

This workshop is an introduction to HIV education as well as current best practice for clients experiencing co-occurring substance use disorders and being HIV positive and/or being at higher risk for HIV. Participants will walk away with key points to be able to discuss HIV with their clients. This workshop will approach HIV and substance abuse from a trauma-informed and intersectional framework, one that is essential in best-practice clinical work.

## W3

### **Dr. R. Lyle Cooper, PhD, LCSW** **Lisa Bell, LADAC II, SAP** **“Medication Assisted Treatment (MAT)** **Diminishing the Stigma With Positive Outcomes”**

With the surge in rates of Opioid Use Disorder and overdose, Medically Assisted Treatment (MAT) with Buprenorphine has become a new treatment alternative and topic of controversy in the treatment industry. This workshop addresses the facts about Medication Assisted Treatment (MAT) and controversial, yet innovative Harm Reduction models.

## W4

### **Lisa Peden, B.S., LADAC II** **Kimberly Moore, LADAC I** **“Are Too Many Rules an Adverse Childhood Experience?” Part 1**

This workshop will discuss the ACES assessment and how adverse occurrences prior to the age of 18 often times leads to health problems as an adult. Participants will learn that these occurrences can be related to substance use disorders and even a lack of impulse control that can lead to suicide. Participants will gain more in-depth information about ACES including how to use the assessment. This interactive workshop will be fun while learning how to help clients who have experienced adverse childhood experiences.

## W5

### **Mark Sanders, LCSW, CADC** **“Good Grief: Helping Clients with Substance Use Disorders Cope with Loss”**

Dealing with loss can be debilitating and increase of risk of relapse. This presentation will prepare participants to help clients with substance use disorders cope with the wide range of losses they experience. These include the loss that accompanies giving up alcohol and other drugs or the death of a parent, child, or sibling. A multitude of ambivalent losses also occur with the person who experiences addiction, such as unspeakable losses, unacknowledged losses, parental abandonment, the end of an addictive or toxic relationship, loss of the peer group, “not making the cut”, loss of dreams, loss of employment, and betrayal. Fifteen strategies for helping clients cope with loss will be discussed during this workshop.

## **WORKSHOP PRESENTER BIOGRAPHIES**

### **Ann Coffey, ADS**

Ann is certified through the Yoga School of Nashville and is registered with the Yoga Alliance. She is certified as an Acupuncture Detoxification Specialist (ADS) and is licensed from the TN Committee and Board of Medical Examiners. Ann is passionate in her belief and practice of using Auricular Acupuncture, Yoga and Meditation as tools to achieve mental, physical, and spiritual balance.

### **R. Lyle Cooper, PhD, LCSW**

Dr. R. Lyle Cooper completed his doctoral training at the University of Louisville in 2004 and has been a Licensed Clinical Social Worker since 2005. Dr. Cooper is the primary investigator for several federally funded grants addressing opioid use disorder and has published over 20 articles on this content area. Dr. Cooper is currently an Assistant Professor at Meharry Medical College’s Department of Family and Community Medicine.

### **Jacob H. Ezell, LMSW**

Jacob obtained his MSW at the University of Alabama. Currently he serves as a behavioral health therapist at Nashville CARES, Middle TN’s largest HIV Service Organization. Jacob’s experience includes serving as HIV & Infectious Disease Care Coordinator at an outpatient substance abuse treatment center; gaining certification in HIV testing and education counseling; and participating in transforming agencies to provide trauma-informed and inclusive care.

### **Beth Fisher Sanders, LCSW, LCAS, MAC, CCS, MAT**

Beth has been working in the field of addictions since 1987. She has professional experience at numerous organizations working as both an addictions counselor and family therapist. She founded Hope Homes Recovery in 1996. Hope Homes has grown to be a leader in residential recovery and continuing care support, serving adult men and women in Atlanta, GA, Charlotte, NC and Nashville TN. In 2011 Beth served as the founding President for the National Alliance for Recovery Residences, which has become instrumental in creating and implementing standards and ethics for all types and levels of Recovery Residences. Beth continues to serve NARR as the Standards committee chair.

### **Philip Guinsburg, PhD, LADAC II, MAC**

Dr. Guinsburg has been in the A&D field for 47 years. He was awarded, by TAADAC, both the Professional of the Year Award and the Lifetime Achievement Award. In 2004, NAADAC awarded him national Professional of the Year. Phil has presented on various topics. He was an oral examiner for over 15 years for the LADAC Licensing Board. He has been instrumental in helping to plan and implement the JT Conference since it’s beginning.

### **Vanessa Hampton, ISSA CFT, YogaFit L2, CrossFit L2**

Vanessa is a personal trainer, yoga instructor, fitness coach, and owner of a massage and wellness business. At the age of 35 she left the corporate world to pursue her passion of helping people through fitness and wellness. She found this passion just a couple of years prior, after beginning her own journey to a healthier life. Vanessa works with a variety of people of all ages and at many different places in their own journey. She believes in the pursuit of life balance and that true health is all encompassing of mind, body, and spirit.

### **Jaime Harper**

Mr. Harper serves as the Regional Faith-Based Community Coordinator for Middle Tennessee where he is a point of contact in the faith community for establishing recovery programs, providing educational presentations, and facilitating coordination of substance abuse treatment and recovery services to those in need. He is a certified QPR trainer, and has worked in recovery for the past nine years. He is currently in a master’s program for Clinical Mental Health Counseling at Lipscomb University.

### **Jessica Hirsch, M.Ed., LADAC II, NCAC I**

Jessica is an outpatient counselor at Cumberland Heights Foundation in Nashville. She began her career in the addictions field 6 years ago and has served in a variety of capacities during those years. Jessica earned her BFA from Emerson College and her M.Ed. from Vanderbilt University. Her passion for recovery lead her to pursue her LADAC and work with the patients and staff at Cumberland Heights.



## **WORKSHOP PRESENTER BIOGRAPHIES**

### **Rev. Dr. Jane Abraham, LCSW, LADAC, ADS, CPS II**

Dr. Abraham is the Executive Director of The Healing Arts Research Training Center (The HART Center) in MidTown Memphis, TN. She received her Doctorate of Theology from the New Mexico Theological Seminary, her MSSW from the University of TN, and her BPS undergraduate degree from the University of Memphis - University College. Dr. Abraham brings 32 years of experience working in the addictions field.

### **Toby Abrams, LADAC II, NCAC II**

Ms. Abrams is a past President of TAADAC, Tennessee affiliate of NAADAC. Her practice at Psychiatric and Psychological Services in Nashville includes clients from the wealthiest families as well as chronically homeless and addicted men, experiencing the poorest living conditions. This dual perspective affords a unique view of offering strategies for clients in recovery.

### **Brandon Antoskow LPC-MHSP**

Working in the field since 2012, Mr. Antoskow serves as the Residential and Extended Care Men's Services Clinical Coordinator for Cumberland Heights. He has a passion for working with men as they recover their lives from the disease of addiction. Brandon's teachings incorporate action and nature into the recovery process, expressing a desire to not only teach, but to learn just as much from those he serves.

### **Lisa Bell, LADAC II, SAP**

Lisa Bell began her career as an addictions counselor in 2003, and has worked throughout the years with marginalized populations in and outside of criminal justice settings and recovery courts. She currently directs the Meharry Family Medicine MAT program and harm reduction services. Before working in the substance abuse treatment field she worked for a 100,000-watt rock and roll station where she gained a great deal of the knowledge she utilizes today.

### **Kathryn Benson, LADAC II, NCAC II, QSAP, QCS**

Ms. Benson maintains a clinical practice, Pleiades Consulting, in Nashville where she provides therapeutic services, program development, professional education, clinical competency training and clinical supervision services. She is past Chairperson of, and continues to serve on the National Certification Commission, the regulating commission of NAADAC's various certifications for addictions professionals. She conducts training locally, statewide, nationally and internationally.

### **Stephanie Blick, MS, LADAC II**

Stephanie holds an MS in Clinical Mental Health Counseling, with a specialization in Play Therapy. After several years working in residential treatment with young adults, she transitioned into her current role as the Substance Abuse Program Manager at the TN Prison for Women. Her presentation of TRIBE reflects her commitment to multicultural inclusivity and how utilizing expressive arts and nature-based interventions through a cultural framework can provide greater meaning to the treatment process.

### **Anita Bradford, LADAC II, NCAC I, QCS, CPS**

Ms. Bradford has been in the addictions field over 20 years. She is currently employed at Innovative Counseling and Consulting as the Lead Evening Counselor. She loves showing new counselors some of her techniques and ideas and networking with others in the field, many of whom have become friends. She graduated from SouthWest TN Community College, and attended The University of Memphis, and LeMoyne-Owen Colleges in Memphis Tennessee. She has 2 grown children and 5 grandchildren. She enjoys riding motorcycles, traveling all over the country, conducting Womens Retreats and visiting her children and grandchildren.

### **Stan Bumgarner M. Div. LADAC II**

Stan has been working with clients for 10 years and is now Spiritual Director at Cumberland Heights in Nashville. His experience with clients who have a wide range of spiritual needs has given him unique insights and helped him develop specific and effective tools for enhancing their spiritual journey. He is a member of the national Spiritual Care Addiction Treatment Professionals (SCATP) organization.

## **W6**

### **Vanessa Hampton, ISSA CFT, YogaFit L2, CrossFit L2 “Stress and Our Body: Finding Balance in Our Life”**

As professionals, we spend our days investing in others and advising them of how to better care for themselves, but do we sacrifice our own health in the process? Stress has a profound impact on our body and our mind. Sometimes stress in our life is obvious. Sometimes we don't even realize that we are living in a state of stress. Learn the physical and emotional signs and symptoms of stress, the long-term effects of chronic stress, and how we can effect a change in our own lives to minimize or eliminate it in order to find a healthier life balance. During this workshop participants will learn the physical emotional impact of stress, how to recognize it in their own lives and how to make changes for healthier life balance.

## **W7**

### **Anita Bradford, LADAC II, NCAC I, QCS, CPS “Cultural Diversity”**

This workshop will include interaction from the participants who will play the roles of various types of clients that may appear for treatment and various approaches negative and positive that can present that may affect the outcome of treatment. Participants will also role play counselors or other treatment professionals. This will be a fun, lighthearted workshop that will give participants hands on experience for those who have been in the field for multiple years to the newer counselor with limited experience. It will also afford an opportunity for those participants who have been on the other side of the desk (clients) to share their experiences, negative and positive, with counselors.

## **W8**

### **Lisa Peden, B.S., LADAC II**

### **Kimberly Moore, LADAC I**

### **“Are Too Many Rules an Adverse Childhood Experience?” Part 2**

This is a continuation of workshop W4.

## **W9**

### **Ann Coffey, LADS “Recovery Yoga”**

Participants will be able to experience the simple act of connecting with the breath. With some fundamental yoga poses, participants can gain insight of how those in early recovery learn awareness of and connection with their bodies, breath and emotions. Ann will also share some anonymous cases and testimonials of how yoga has helped people in early recovery and beyond. No experience necessary!

## **W10**

### **Frances Patterson, PhD, LADAC II, MAC**

### **“They Just Don't Pay Attention: Recognizing PAWS Symptoms”**

This workshop will include an overview of Post-Acute Withdrawal Syndrome (PAWS). In a combination of didactic information, multi-media and discussion, participants will be able to discover why clients in treatment often have difficulty concentrating, staying awake, trouble remembering, or have a “short fuse” and anxiety, among other problems. Dr. Patterson will provide information and tools to help counselors better understand and work with clients early in recovery when they are experiencing PAWS symptoms.

## **W11**

### **Michele Squires, MS, LADAC II, MAC, QCS**

### **“COR-12: Comprehensive Opioid Response Utilizing the 12 Steps: Program Implementation Challenges and Successes”**

We are challenged to take a fresh look at how well our interventions reach the high-risk, OUD population. Many clinicians were hoping MAT was a fad and would eventually lose its allure, however, COR-12 is a new philosophy in treating OUD which asks us to take a fresh look at how we remove the barriers to long term recovery. This new approach combines the best of science and recovery supports to engage OUD clients and promote long-term recovery. Learn how this program philosophy combines the best of both worlds and what we know works. Personal challenges with implementation, shifting the culture of an existing program, and community buy-in, will be shared.

## PLENARY PRESENTER BIOGRAPHIES

### TH1

**J. David Forbes, MD**  
**“The Ten Steps to Letting Go:  
A Practical Guide to Clearing Old Wounds”**

This workshop will present a Ten Step Process for healing the old wounds at the core of the addictive drive. We will discuss flexible, body-based, experiential methods, adaptable to virtually any therapeutic environment, to help heal the shock, fear, hopelessness, guilt, anger and shame at the core of addiction, and pathways to the love and gratitude that naturally follows. It will also dovetail with the previous Plenary discussion of Porges Polyvagal Model of Safety.

### TH2

**Jessica Hirsch, M.Ed., LADAC II, NCAC I**  
**Britney Taylor, M.S., LADAC-C**

**“Integrating Mindfulness into Substance Abuse Treatment ”**

During this workshop participants will explore mindfulness interventions and how those are beneficial during the treatment process and the clients’ process of transitioning home. The practice of incorporating mindfulness facilitates learning coping skills to help patients tolerate urges and prevent relapse. This workshop will include a PowerPoint presentation and additional hands-on-activities, handouts, and short video clips.

### TH3

**Rev. Stan Bumgarner, M.Div., LADAC II**  
**Cinde Stewart Freeman, RN, MAC, LADAC II, QCS**  
**“The Spiritual Journey: Walking Alongside ”**

It is said that saying recovery is a spiritual process is like saying that water is wet. Yet, addiction counselors may receive little formal training in spiritual care of patients. This workshop will offer a set of principles developed over time to actively guide real clinical situations. Using scenarios, we will begin an honest self-assessment about our own biases. This level of “Seeking” helps to transfer the counselor into a fellow Journeyer to walk with the patient-alongside.

### TH4

**Matt McKenzie M.A., LPC**  
**“Experiencing Motivational Interviewing with Adventure-Based  
Counseling in the Treatment of Emerging Adults ”**

Motivational Interviewing is growing as an evidence-based practice for enhancing people’s personal goals, values, and strengths towards the change that they choose. Under this lens, therapists’ behaviors increase individual and group client’s buy-in with the treatment process, which leads to a decrease in substance use and an increase in treatment retention. Combining Motivational Interviewing with adventure-based counseling models supports clients in evoking personal strengths and reflect on their abilities to use existing strengths to overcome adversity.

**Umaru (Omar) Jutte, RN, LADAC II**  
**Tuesday Plenary Speaker**

Omar Jutte is Tennessee’s first practitioner of Traditional Oriental Medicine, having practiced for 35 years in Tennessee for various Medical Doctors including a previous Medical Director for the State of Tennessee, Department of Health. Umaru is also an active Registered Nurse, specializing in cardiac and transplant nursing. Having practiced as a Licensed Addictions Counselor, Omar developed numerous treatment, intervention and prevention programs for numerous state, federal and local agencies. Omar currently operates two holistic medical clinics.

**Mark Sanders, LCSW, CADC**  
**Wednesday Plenary Speaker**

Mark Sanders is an international speaker, trainer, and consultant in the behavioral health field whose work has reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands. Mark is the author of five books focusing on behavioral health. Recent writings include *Slipping through the Cracks: Intervention Strategies for Clients Multiple Addictions and Disorders*; *Recovery Management*; and *Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery*. He has had two stories published in the New York Times best-selling books series, *Chicken Soup for the Soul*. Mark has been a certified addictions counselor for 34 years. He has received numerous awards including a Lifetime Achievement Award from the IL Addiction Counselor Certification Board and the Barbara Bacon Award for outstanding contributions to the Social Work profession as a Loyola University of Chicago Alumni. Mark is co-founder of Serenity Academy of Chicago, the only recovery high school in IL. He is past president of the IL Chapter of NAADAC. He also has a 30 year career as a university educator.

**J. David Forbes, M.D., ABIHM**  
**Thursday Plenary Speaker**

Dr. Forbes is a practicing internist, a Founding Diplomate of the American Board of Holistic Medicine, Past-President of the American Holistic Medical Association (AHMA), and Founder and Director of Nashville Integrated Medicine. In addition, he has trained and practiced for over twenty-five years in the fields of emotional counseling work and meditation training. He is a frequent keynote speaker and retreat leader in emotional trauma and addiction/recovery work.

## Conference Planning Committee

**Toby Abrams, LADAC II, Committee Co-chair**  
**Roger Enlow, ADACI, CNC, Committee Co-chair**  
**Phone # 615-386-3333 x103**

Phil Guinsburg - finance	Joe Dabbs - hospitality/general duties
Mike Coupe - exhibitors	Frances Patterson - brochure/presenters
James Nihan - audio/visual	Ramie Siler - registration/communications
Donna Caum - registration	Terry Kinnaman - hospitality/advertising
Cassie Gray - exhibitors	Jane Taylor - registration/door prizes
Karen Dennis - door prizes	
Susan Cunningham - LCSW liaison/general duties	

Floyd Patterson - badges/certificates  
Clifford Fiedler - computers

### Exhibitors

We encourage you to visit exhibitors in the exhibit areas.

**Exhibitors at the Journey Together Conference are not necessarily endorsed by MTAADAC or the conference.**

The TAADAS Recovery bookstore is located in the **Saddlebred Room**.

### Hospitality Suite

The hospitality suite is located in the **Appaloosa room**, where you may enjoy refreshments during breaks. Coffee is available during morning breaks in the lobby and the hospitality suite.

### NAADAC/TAADAC Membership

Are you a member of NAADAC, your professional association? Pick up membership benefits information and an application in the exhibit area. If you join during the conference you will receive a \$50 certificate towards your Journey Together 2020 registration fee.

### TH5

**J. David Forbes, MD**

#### **“The Five Pillars: Optimizing Nutrition, Movement, Rest, Stress Reduction and Connectedness for Complete Health”**

This workshop will discuss a framework of Five core “Pillars” of our health and well-being: our relationship to food and nutrition, our exercise and movement, our sleep and rest, our stress and tension reduction, and our connectedness to self and other. Participants will have the opportunity to explore their crucial interactions and ways to engage them for benefits in a much shorter timeframe than expected!

### TH6

**Paul Mulloy, MA, LADAC II**

#### **“Transition from Jail to Community: Designing a Systemic Flow for Special Populations in Corrections”**

This presentation will review how a person who is incarcerated is processed though the jail system and how a person can access programming. This process begins at booking with a PROXY screening for RISK, assessing the person’s NEEDS for programming, and finally how Comprehensive Release plans are conducted including the “in-reach and outreach” with community partners. There will be data to show how the processes are working and trends driving improvements in programming and training.

### TH7

**Jon Jackson, LADAC II, NCAC I, QCS**  
**“New Ethical Dilemmas in the Digital Age”**

Advances in technology along with the availability of and access to the internet are impacting how behavioral health and SUD professionals deliver treatment services and what constitutes typical standards of care. These changes also raise practice issues, such as counselor self-disclosure, boundary crossings and violations, confidentiality, and informed consent. Counselors face a myriad of new ethical dilemmas with little guidance from existing ethical codes. This workshop will review the current literature regarding ethical dilemmas related to technology and the internet, and provide guidance and recommendations for both counselors and clinical supervisors. Case scenarios will be used to highlight these dilemmas and encourage group discussion.

### TH8

**Stephanie Blick, MS, LADAC II**

#### **“Therapeutic Refuge for Inspired Balance & Expression (TRIBE): A Cultural Model for Creative Discovery ”**

TRIBE, a multicultural recovery model from an indigenous worldview perspective, is an empowered response to culturally encapsulated treatments that largely dismiss the impact of culture on addiction and mental health. It weaves holistic wellness, spirituality, expressive arts, nature, sustainability, and activism together to create an inclusive, vibrant platform for connection, healing, and growth. After developing a greater understanding of cultural influences, participants will discover how the expressive arts can aid clients during their recovery journeys.

**The Journey Together Conference  
Welcomes all attendees to YOUR  
conference this year!**

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**Our special thanks to  
The Davidson County  
Sheriff's Office  
Color Guard**

**The color guard will open the  
Conference with the presentation of  
the Flags and the Pledge of Allegiance**

.....

**Thank you to those who offered the morning  
meditations:  
Kathryn Benson  
James Nihan  
Karen Dennis**

.....

**The Middle Tennessee Association for  
Addiction Professionals  
would like to offer our special thanks and  
acknowledge the following benefactors of our  
conference:**

**MICHAEL AND JANET RICHARDSON  
BILL AND ROBIN KING  
TOM BLACK**

**These generous donors enable us to provide  
scholarships to our conference.**

### **Door Prizes**

**Thanks to all who donated door prizes.  
*Please enter for door prize drawings at the  
registration desk.***

**Only one entry per conference  
participant.**

### **Silent Auction**

**This year we have added a fun event to our conference.  
On Tuesday and Wednesday we have a silent auction to  
benefit the scholarship program for the 2020 conference.**

**Auction opens Tues. at 1:15 pm and closes Wed. at 6:00 pm.**

**Auctions items can be picked up and paid for in the  
registration room on Thursday.**

**We will have a live auction of the healing staff handmade by  
Floyd Patterson on Thursday during door prize giveaways.**