

Over 29,000 participants since 1992.

25th *Anniversary*

Annual
Professional Training Series
1992 to 2017





Treatment Programs

Residential Services

Non-Hospital Medical Detox
Adult Residential
Adolescent Residential

Outpatient Services

Substance Abuse Comprehensive Outpatient (SACOT)
Adult Substance Abuse Intensive Outpatient (SAIOP)
Adolescent Outpatient

DWI Services

DWI Assessment
Alcohol Drug Education Traffic School (ADETS)
20/40/90 Hour Treatment
Residential DWI

Criminal Justice

Treatment Alternatives for Safer Communities (TASC)
Drug Screening Services/Lab
Drug Education School (DES)
Cognitive Behavioral Intervention (CBI)
Deferred Prosecution

Opioid Treatment Programs

Charlotte, Concord, Gastonia, Marion,
Monroe, Statesville, Hickory, Boone, Lenoir

McLeod Addictive Disease Center's 2017 Professional Training Series

January 20th	A Clinician's Guide to Helping Men Achieve Emotional Fitness in Recovery Alan Lyme, LISW, ICADC, ICCS, MINT
February 17th	Evidence-based Neuroscience: Mindfulness and Yoga in Recovery Lisa Marzilli, PharmD, CDOE
March 17th	Adult Daughters of Alcoholics & Other Traumas: Helping Women in Abusive Relationships Robert J Ackerman, Ph. D
April 21st	Trauma Informed Care with Adolescents and Young Adults with Substance Use Disorders Mark Sanders, LCSW, CADC
May 19th	Motivational Interviewing for Group Therapy Laurie Conaty, LCSW, LCAS, PA
June 16th	Neurobiology of Addiction & Recovery Dr. Darryl Inaba
July 21st	Forgiveness: Breaking the Link between an Abusive Childhood and Addiction. Eli Branscome, LPCS, LCAS, NCC
August 18th	The Power of Positive Recovery James E. Campbell, MA, CACII
September 15th	Emotional Sobriety: The Next Step in Recovery Allen Berger
October 20th	Using Storylistening and Asking Powerful Questions David Austin Sky, MA
November 17th	Ethical Guide to Establishing Boundaries with Clients Wanda Burger, LPCS, NCC, LCAS, CCS, ICCADC, ICCS, PhD
December 15th	Novel and Emergent Forms of Substance Use and Abuse John Stogner, Ph. D



A Clinician's Guide to Helping Men Achieve Emotional Fitness in Recovery

Alan Lyne, LISW, ICADC, ICCS, MINT
The Phoenix Center
Greenville, SC

January 20, 2017

This is an interactive presentation for anyone who works with and would like to have a better understanding of men and how to help them. Participants will be challenged to examine assumptions and societal roles in male risk and recurrence factors, through media use, story-telling, and role playing. Anger, intimacy, trust and relationship issues, and the efficacy of integrative and alternative therapies will be explored

Alan Lyne, LISW, ICADC, ICCS, MINT, brings respected and innovative clinical and program management skills as the Director of Training for the Phoenix Center's Center of Excellence in Greenville, South Carolina. Alan is concurrently the Clinical Supervisor and Motivational Interviewing trainer and coach for the Screening, Brief Intervention, and Referral to Treatment (SBIRT) grant program in South Carolina, following five years of a similar position in Georgia. Alan has provided trainings nationally on Motivational Interviewing, Clinical Supervision, and Skills on Working with Men. He is co-author for the book: *Game Plan: A Man's Guide to Achieving Emotional Fitness*. He received a Bachelor's Degree in Social Work from Florida Atlantic University, and a Master's Degree in Social Work from Barry University. Alan is a MINT recognized Motivational Interviewing trainer, an Internationally Certified Clinical Supervisor, and an Internationally Certified Alcohol and Drug Counselor.

February 17, 2017

Evidence Based Neuroscience of Mindfulness and Yoga

Lisa Marzilli, PharmD, CDOE
Dominion Diagnostics
N. Kingstown, RI



Current theoretical models suggest that the skills, insights, and self-awareness learned through yoga and mindfulness practice can target multiple psychological, neural, physiological, and behavioral processes implicated in addiction and relapse. Several small but well designed clinical trials will be reviewed, presenting objective evidence (fMRI) supporting the utility of basic breathing meditation in both long-term practitioners and novice subjects. Ongoing research increasingly supports yoga and mindfulness as promising complementary therapies for treating and preventing addictive behaviors.

Lisa Marzilli holds a Doctorate of Pharmacy Degree with a sub-specialty in pharmacokinetic research, a Bachelor of Science degree in Pharmacy from the University of Rhode Island, and is a Certified Diabetes Educator. She has worked in the home infusion/oncology industry and in retail pharmacy, focusing primarily on outpatient educational services and wellness programs in disease-state-management. She is an adjunct professor at the University of Rhode Island, has taught numerous lecture series, has spoken at several National Symposia on the topic of designer drugs, pharmacology, addiction science, and has been awarded multiple honors and distinctions.



Adult Daughters of Alcoholics & Other Traumas: March 17, 2017
Helping Women in Abusive Relationships

Robert J Ackerman, Ph. D
University of South Carolina
Beaufort, SC

This workshop will focus on the concerns, emotions, and recovery issues for adult daughters of alcoholics and other dysfunctional families. The workshop is based on Dr. Ackerman's work and research with more than 1200 women in the United States. Identification of problems for adult daughters and intervention techniques will be presented. The workshop will focus addi-

tionally on the positive and as well as the negative characteristics and behaviors of adult daughters with a special emphasis on the transitions necessary to achieve a more balanced and healthy life, and will also focus on the problems for women in controlling/abusive relationships that are not limited to legal and safety issues only. This workshop will examine the underlying issues, often overlooked, in order to provide intervention and recovery for women in controlling/abusive relationships.

Dr. Robert J. Ackerman is editor of *Counselor: The Magazine for Addiction & Behavioral Health Professionals*, co-founder of the National Association for Children of Alcoholics, and recently awarded "Professor of the Year" at the University of South Carolina, Beaufort. As an author, he has published numerous articles and research findings, and is best known for writing the first book in the United States on children of alcoholics: *Perfect Daughters: Adult Daughters of Alcoholics*, as well as being a co-author for *Chicken Soup for the Recovering Soul*. He is the recipient of many awards and is a veteran of numerous TV appearances with his work being featured on CNN Headline News, the New York Times, the Today Show, USA Today newspaper, Newsweek Magazine, Oprah, and other social media.

April 21, 2017

Trauma Informed Care with Adolescents and
Young Adults with Substance Use Disorders

Mark Sanders, LCSW, CADC
University of Chicago
Chicago, IL



Trauma is at the core of addiction for adolescents and young adults. In this workshop you will learn how to address 5 types of trauma common among adolescents and young adults, including: Acute stress disorder, Post traumatic stress disorder, complex trauma, neighborhood trauma and historical trauma. You will be introduced to 5 evidenced based approaches to trauma recovery and be aware of how to develop a trauma informed system of care for adolescents and young adults seeking recovery. Emphasis will also be placed on how to avoid secondary trauma while working with clients who have been exposed to trauma.

Mark Sanders, LCSW, CADC, is an international speaker in the addictions and mental health fields whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. He is co-author of *Recovery Management* and author of *Relationship Detox: How to Have Healthy Relationships in Recovery*. His most recent book is entitled, *Slipping through the Cracks: Intervention Strategies for Clients with Multiple Addictions and Disorders*. He is a lecturer at the University of Chicago.



Motivational Interviewing in Group Therapy

Laurie Conaty, MSW, LCSW, LCAS

Laurie Conaty Counseling

Sanford, NC

May 19, 2017

This workshop will provide clinicians with information and strategies for the use of motivational interviewing in group therapy. The spirit of Motivational Interviewing will be a key component of this training. Interventions will be described and practiced that are effective for helping clients identify and resolve ambivalence. Motivational interviewing is an effective, engaging way to have conversations about change with clients-and this workshop will focus on how to use group dynamics to have these conversations in a group setting.

Laurie Conaty is a Licensed Clinical Social Worker and Licensed Clinical Addictions Specialist with 30 years of experience providing both mental health and substance use disorder treatment. After earning her MSW degree from Virginia Commonwealth University in 1987, she has worked in the public and private MH and SUD treatment field. Her experience includes providing direct treatment, program development and management for both adolescent and adult patients with dual-disorders (substance use disorder and mental health diagnoses) and clinical supervision of new practitioners. She has also held clinical faculty appointments at both Duke University and UNC-CH.

June 16, 2017

Neurobiology of Addiction & Recovery

Darryl S. Inaba, PharmD

Dominion Diagnostics

N. Kingstown, RI



The brain anomalies associated with addictive disorders provide an understanding of the differences between the wide variety of drugs and behavioral compulsions that can develop in some individuals predisposed to addictive disorders. They also help to explain why some are more likely than others to relapse after treatment for their compulsive drug use or behaviors. The rapidly expanding field of Addiction Medicine targets the neurobiological differences to provide new insights on preventing, assessing and treatment of addictions and related disorders. It is also providing more evidenced-based resources to better manage those struggling with the chronic persistent disease of addiction. This presentation will explore the neurobiology of Addiction and Recovery to dispel the undue stigma associated with Substance Related and Addictive Disorders. It will also offer an introduction to new resources in development to treat this disorder targeted to help prevent the catastrophic consequences associated with addiction.

Dr. Darryl S. Inaba, is recognized internationally as one of the foremost authorities on drugs and addiction. He was one of the original founders of the Haight Ashbury Free Clinics, Inc., in San Francisco and directed its Drug Detoxification, Rehabilitation and After Care Program until 1998. Dr. Inaba also served as their Chief Executive Officer and President. He currently serves as the Director of Education and Training for CNS Productions, Inc. During his career he has supervised the clinical treatment of over 120,000 substance abusers most of whom were self-referred into "recovery oriented", outpatient treatment. Dr. Inaba is noted for his work in developing innovative treatment and culturally relevant services especially in the Asian and African American communities. Dr. Inaba is the author of Uppers, Downers, All Arounders, a text/reference used at over 400 colleges nationwide, and he has produced several published articles and a series of award winning educational films on various aspects of addiction science.



Forgiveness: Breaking the Link between an Abusive Childhood and Addiction.

July 21, 2017

Eli Branscome, LPCS, LCAS, NCC
Counselors of Charlotte
Charlotte, NC

Adverse childhood events are highly correlated with substance use disorders. By proxy, therapists often treat childhood abuse (emotional, physical, sexual) and neglect (physical, emotional) when we treat the subsequent addiction. Substance use and abuse can be a maladaptive coping strategy that becomes a deadly disease. This presentation will review empirical evidence that attending to childhood abuse, neglect, and adversity can strengthen recovery efforts. Forgiveness does not forget or condone. Forgiveness can be a cognitive process of liberation from negative feelings and resentment. Forgiveness can be simple, 'You will never change the past, so stop trying. Use your energy to change what you can.'

Eli Branscome is a Licensed Clinical Addiction Specialist, Licensed Professional Counselor, LPC Supervisor, a National Certified Counselor, and serves on the board of the South Carolina Counseling Association. Eli worked as a counselor for an area AIDS service organization and was on the Board for House of Mercy, Belmont NC. His speaking experience is diverse: AHEC, Union County Schools, regional addiction treatment facilities, UNCC's McLeod Institute, as well as many state and national conferences.

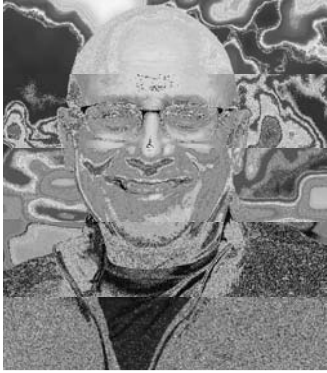
August 18, 2017

The Power of Positive Recovery **James E. Campbell, MA, CACII** **The Phoenix Center** **Greenville, SC**



Often we hear those struggling with addiction, their family members, and even our colleagues pose the question of why individuals in active addiction don't "just stop using". Questions about the motivation of individuals in active addiction are often posed with an emphasis on what it will take for them to stop using and the idea of "hitting bottom". This didactic and experiential training will provide clinicians with a greater understanding of both the holistic factors that contribute to continuing in active addiction as well as how those same factors can be used to cultivate effective recovery. Participants will also explore and develop practical tools for better facilitating movement from active addiction into active and vibrant recovery.

James Campbell has been working professionally in the human services field with addictions, children, and families for over twenty years. James has worked with diverse human services programs including High Management Group Homes, Supervised Independent Living Programs, Clinical Day School Programs, Outpatient Services, and In-Home Services throughout his years in the field. He currently serves as the Adolescent Residential Manager at the White Horse Academy in Greenville, South Carolina through The Phoenix Center. James is also a pastor and an author.



**Emotional Sobriety:
The Next Step in Recovery**

Allen Berger, Ph.D

**The Institute for Optimal Recovery and Emotional Sobriety
Hermosa Beach, CA**

September 15, 2017

Emotional sobriety has emerged as a critical variable in recovery. A client's emotional stability and ability to recover balance after being knocked off balance are essential for optimal recovery. The question becomes how do we help our clients learn how to hold on to themselves when they are being challenged by life? This workshop will attempt to provide several answers to this question. Dr. Berger, a leading authority on emotional sobriety, will unravel the nature of emotional sobriety and demonstrate several clinical interventions designed to facilitate a client's growth along these lines.

Dr. Berger is the clinical director for The Institute for Optimal Recovery and Emotional Sobriety. He is a leading clinician, popular speaker at behavior health conferences, and author of *12 Stupid Things that Mess Up Recovery*, *12 Smart Things to do When the Booze and Drugs are Gone*, *12 Hidden Rewards of Making Amends*, and *12 More Stupid Things that Mess Up Recovery*. He is widely recognized for this work in several areas of recovery that include: Integrating modern psychotherapy with the Twelve Steps, developing emotional sobriety, helping new patients understand the benefits of group therapy and how to get the most out of it and helping family to adjust to the challenges of recovery. Dr. Berger is in private practice in Southern California.

October 20, 2017

**Using Story listening and
Asking Powerful Questions**

David Austin Sky, MA

**Sky Stories
Bexley, OH**



What is the story that your clients are telling, trying to be heard? We tell stories to hear ourselves think, to see what we will do next and to feel connected. This workshop will give advanced tools for listening and helping. We express what is troubling us in stories and actions before we have awareness of why we are doing it. Our behavior, our choices and our actions are based on trying to be heard by ourselves and by others. This workshop will offer a different way to listen, to help and to ask questions.

David Austin Sky is a full time speaker, trainer and storyteller with a Masters Degree in the Alcoholism and Drug Abuse Ministry from the Methodist Theological School. His book, *See the Forest, Hear the Trees: The Art of Storylistening* is based on his thirty years of experience in using stories in the helping profession.



**Ethical and Legal Issues in Counseling:
Establishing Boundaries with Clients**
Wanda Burger, Ph. D
Still Waters Counseling and Training
Hendersonville, NC

November 17, 2017

This presentation will teach participants how to deal with ethical issues that arise in the counseling field pertaining to clients, and will compare the differences between legal and ethical problems. Commonalities in codes between disciplines and similarities in disciplines as they pertain to various licenses: i.e.: LPC/LCAS/LCSW will also be addressed. This workshop will allow the participants to take a deeper look into understanding the parameters of having appropriate relationships in counseling, such as supervisory vs. clinician roles. Issues and policies regarding consent, confidentiality, duties (warn/protect), record keeping and finally - the new updated October ACA 2014 and Skype and Social Media Policy, will be discussed.

Dr. Wanda Burger began working as a nurse in the early 80's. Following a near fatal car accident, caused by a drunk driver in 1991, Wanda completed physical recovery and returned to college in 1997. In 2003 she graduated with a Masters in Counseling from Gannon University and a Masters in Faith Based Counseling from Sarasota Academy in Florida. She began work on a PhD and opened Changing Seasons Counseling Services. In 2004 she relocated to her birth state of North Carolina and began working as a dually licensed therapist. Over the years she has had opportunity to work as an outpatient therapist, team leader, supervising therapist, director of programs, clinical director, consulting director and consultant to agencies developing programs. In 2010 she transferred work from Sarasota to FUMC of Trinity University and completed the PhD in faith based counseling.

December 15, 2017

**Novel and Emergent Forms of
Substance Use and Abuse**
John Stogner, Ph.D
UNC Charlotte
Charlotte, NC



Novel psychoactive drugs (NPDs), an emerging class of understudied dangerous substances, mimic the actions of commonly abused substances such as marijuana, stimulants, hallucinogens, and opiates, but are formulated, marketed, and used either to sidestep legal restrictions or to avoid positive drug screen.. In one year alone, over 100 new recreational psychoactive drugs were identified as having reached consumers. Thus, current challenges are greater than those at any other time in history in that the diversity and number of distinct newly emergent drugs is unprecedented. Formulating an appropriate and proactive response to this mass emergence of distinct new recreational drugs is challenging because little is initially known about these substances' psychoactive properties, use dynamics, or the health and social consequences of use.

Dr. John Stogner is a criminologist who primarily teaches courses in Criminological Theory, Drugs and Crime, Biosocial Criminology, and Research Methodology. The majority of his research focuses on drug use, abuse, and policy, but much of his work also focuses on the interplay between issues of health and deviance. Dr. Stogner has also explored how health and deviant behavior are intertwined. He has published a series of articles that examine the role that "health strain" may play in antisocial behavior and substance use. He plans to continue this work and evaluate criminal justice policies that affect public health. He currently serves as a member of the Southern Criminal Justice Association's Board of Directors.

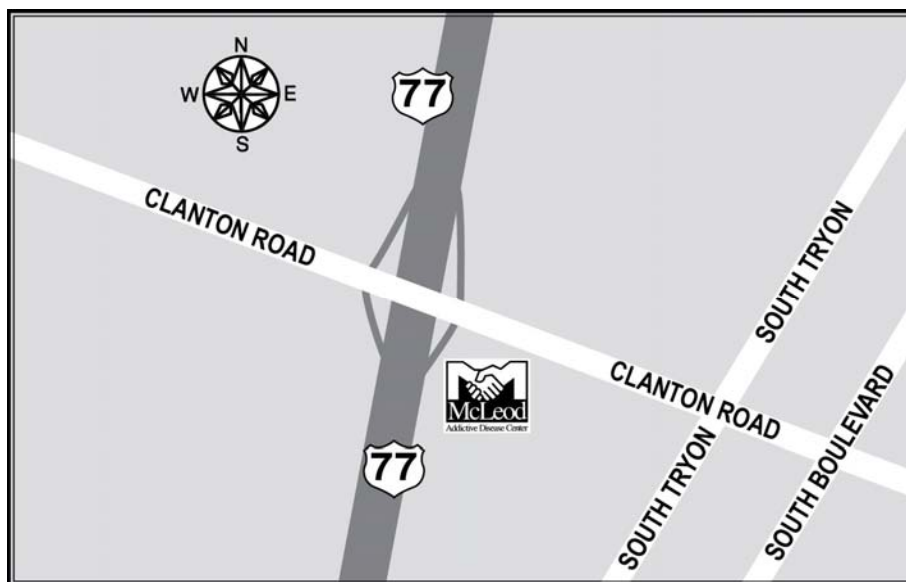
Directions

From I-77, heading North: (Heading towards Uptown Charlotte); Exit 7 (Clanton Rd), make a right onto Clanton Road. McLeod Center will be on the right.

From I-77, heading South: (Coming from Uptown Charlotte); Exit 7 (Clanton Rd), make a left onto Clanton Road. McLeod Center will be on the right.

From South Blvd, heading North: (Heading towards Uptown Charlotte); Take South Blvd going North. Make a left onto Clanton Road. McLeod Center will be located on the left following the first (N. Tryon) light, immediately after the Super 8 Motel.

From South Blvd, heading South: (Coming from Uptown Charlotte); Take South Blvd going South. Make a right onto Clanton Road. McLeod Center will be located on the left following the first (N. Tryon) light, immediately after the Super 8 Motel.



Online registration is required for every training

- Participants must register online at www.mcleodtraining.com. Registration will open the 1st Wednesday of each month for the corresponding month's training. Credit card information is required at the time of registration to secure your attendance.
- The McLeod Center trainings remain **FREE OF CHARGE**, however, participants that register and do not attend the training or do not cancel their registration 3 days prior to the training, will be charged a \$25.00 fee. Your credit card will not be charged unless you are registered and absent.

Credit Hours

Qualifying trainings provided by **McLeod Center** are certified through the National Board of Certified Counselors (NBCC Board), The Association for Addiction Professionals (NAADAC), and the North Carolina Substance Abuse Professional Practice Board (NCSAPPB). Training is for six continuing education credit hours. McLeod Center has a responsibility to each practice board to grant credit hours only to those who have attended the entire training. In order to receive a certificate, participants must check in at the beginning of training, attend the entire session, and turn in an evaluation form at the conclusion of the training program.

Attendance for the complete training is required in order to receive credit.

McLeod Center will not provide duplicate certificate replacement for any reason.

McLeod Training Guidelines/Dress Code Requirements

McLeod Center employees are required to present and conduct themselves on a professional level at all work functions and training events hosted by McLeod Center and any other organization. At McLeod Center, significant attention is given to create a professional and courteous work environment that will positively reflect the important and serious nature of the field of addiction services. Welcomed guests are asked to conform to the following guidelines that apply to all McLeod Center Employees:

- Appropriate professional or business casual clothing is required. Jeans, cropped pants, Capri's and other recreational attire are not acceptable.
- Respect for the presenter, staff and the rights of other attendees is required in order to receive full benefit from the training.
- Electronic devices and outside literature will not be permitted in the training center. Cell phones must be silenced.

Participants will be denied admission if the attire standards described above are not met.

Disclaimer

The Professional Training Series is provided for the staff of McLeod Center. Others are welcome to attend as guests of McLeod Center, free of charge, with an understanding that special accommodations required by participants, other than McLeod Center staff, are not the responsibility of McLeod Center.



515 Clanton Rd.
Charlotte, NC 28217

704-332-9001
www.McLeodCenter.com



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on Accreditation of
Rehabilitation Facilities

