



**San Diego Psychological Association
2018 Fall Conference
Saturday, October 27, 2018**

*Encountering **Substance Use** in Clinical Practice:
Emerging Issues and Divergent Perspectives*

COURSE DESCRIPTIONS AND SPEAKER BIOGRAPHIES

8:30 am – 9:30 am Emerging Issues (Keynote)

Are Alcohol-Related Problems Getting Worse? Numbers, Neuroscience, and NIAAA

George F. Koob, Ph.D.

Director, National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Dr. Koob will provide information about the scope and cost of alcohol-related problems in the U.S. today. Changes in the prevalence and characteristics of alcohol-related problems over the past twenty years will be discussed, along with reasons for the changes, as suggested by research.

Dr. Koob will describe the pathology of addiction, in general, and as it applies to alcohol use. The three stages in the alcohol addiction cycle will be presented along with the brain regions and neural circuits associated with each stage. Dr. Koob will discuss the impact of the three stages on the user's behavioral, emotional and functional domains. He will explain how having a neurobiological disorder framework for alcohol-related problems benefits diagnosis, treatment, and recovery and will provide perspective on the question "Is alcoholism a choice?"

Dr. Koob will provide information about the NIAAA and the goals/contributions made by that institution to helping clinicians better understand and treat alcohol-related problems. He will discuss current NIAAA areas of research, emerging issues with the changing landscape of addiction in the U.S., the NIAA's strategic plan, and development of The Treatment Navigator.



George F. Koob, Ph.D. is an internationally-recognized expert on alcohol and stress and the neurobiology of alcohol and drug addiction. He is the Director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA) where he provides leadership in the national effort to reduce the public health burden associated with alcohol misuse. As NIAAA Director, Dr. Koob oversees a broad portfolio of alcohol research ranging from basic science to epidemiology, diagnostics, prevention, and treatment.

Dr. Koob earned his doctorate in Behavioral Physiology from Johns Hopkins University in 1972. Prior to taking the helm at NIAAA, he served as Professor and Chair of the Scripps Committee on the Neurobiology of Addictive Disorders and Director of the Alcohol Research Center at the Scripps Research Institute. Early in his career, Dr. Koob conducted research in the

Department of Neurophysiology at the Walter Reed Army Institute of Research and in the Arthur Vining Davis Center for Behavioral Neurobiology at the Salk Institute for Biological Studies. He was a post-doctoral fellow in the Department of Experimental Psychology and the MRC Neuropharmacology Unit at the University of Cambridge.

*Dr. Koob began his career investigating the neurobiology of emotion, particularly how the brain processes reward and stress. He subsequently applied basic research on emotions, including on the anatomical and neurochemical underpinnings of emotional function, to alcohol and drug addiction, significantly broadening knowledge of the adaptations within reward and stress neurocircuits that lead to addiction. This work has advanced our understanding of the physiological effects of alcohol and other substance use and why some people transition from use to misuse to addiction, while others do not. Dr. Koob has authored more than 700 peer-reviewed scientific papers and is a co-author of *The Neurobiology of Addiction*, a comprehensive textbook reviewing the most critical neurobiology of addiction research conducted over the past 50 years.*

Dr. Koob is the recipient of many prestigious honors and awards recognizing his contributions to research, mentorship, and international scientific collaboration. In 2017 Dr. Koob was elected to the National Academy of Medicine (NAM). In 2016 the government of France awarded Dr. Koob with the insignia of Chevalier de la Légion d'honneur (Knight of the Legion of Honor) for developing scientific collaborations between France and the United States.

In addition, he has received the Research Society on Alcoholism (RSA) Seixas Award for extraordinary service in advancing alcohol research; the RSA Jellineck award, the RSA Distinguished Investigator Award; the RSA Marlatt Mentorship Award; the Daniel Efron Award for excellence in basic research and the Axelrod Mentorship Award, both from the American College of Neuropsychopharmacology; the NIAAA Mark Keller Award for his lifetime contributions to our understanding of the neurobiology of alcohol use disorder; and an international prize in the field of neuronal plasticity awarded by La Fondation Ipsen.

9:30 am – 10:30 am Emerging Issues (Plenary)

Red Alert: The Dual Crises of Pain and Prescription Opioids

Beth D. Darnall, Ph.D.

Clinical Professor, Department of Anesthesiology, Stanford University Medical School

Dr. Darnall will describe the recent dual crises of pain and prescription opioids and where they intersect. She will distinguish aspects of the opioid crisis (addiction vs. misuse vs. opioid dependence in the absence of addiction or misuse) and will present the role of medical prescribing and the role of psychology as critical solutions to effectively reduce patient risks and the public health crises at hand.

She will discuss the broader needs of the almost 18 million Americans that are taking long-term prescription opioids right now in the U.S.

Dr. Darnall will present the latest evidence on opioid reduction strategies being implemented in nationally funded pragmatic clinical trials (the speaker is the PI for this work) that include the integration of evidence-based psychological treatments to facilitate patient-centeredness.



Beth D. Darnall, Ph.D. is Clinical Professor at Stanford University in the Department of Anesthesiology, Perioperative and Pain Medicine, and by courtesy, Psychiatry and Behavioral Sciences. She is principal investigator for \$13M in current national pain and opioid reduction research awards. She investigates mechanisms of psychological factors, targeted pain psychology treatments and digital treatments she has developed to reduce post-surgical pain and opioid use, and community-based patient-centered opioid tapering. In 2018 her opioid tapering research was published in *JAMA Internal Medicine* and received a national award from the American Academy of Pain Medicine. She delivers pain psychology and opioid reduction lectures and workshops nationally and internationally.

Dr. Darnall is author of three books: The Opioid-Free Pain Relief Kit (2016); Less Pain, Fewer Pills: Avoid the dangers of prescription opioids and gain control over chronic pain (2014); and Psychological Treatment for Patients with Chronic Pain (2018). She spoke at the 2018 World Economic Forum (Davos, Switzerland) on the psychology of pain relief, and has been featured in major media outlets, including O Magazine, Forbes, Scientific American, The Washington Post, BBC Radio, Nature and TIME Magazine.

10:50 am – 11:50 am Emerging Issues (Plenary)

The Demise of Dreamland: Sociocultural Roots of the U.S. Opiate Crisis

Sam Quinones, Investigative Journalist

Award Winning Author *Dreamland: The True Tale of America's Opiate Epidemic*

Sam Quinones, a noted health journalist with extensive experience covering the narcotic trade will present the investigative journalism work underlying his 2015 award winning book *Dreamland: The True Tale of America's Opiate Epidemic*. This book is an account of the recent spread of opiate addiction to hundreds of small rural towns and suburbs across America with devastating impact on those communities.

The speaker's journalistic effort describes three main sociocultural developments that served as the roots for the current opiate epidemic.

First, Mr. Quinones discusses the evolution in medical policy over the past thirty years regarding use of opiates for pain relief and whether opiates are addictive. He discusses key events and influences determining significant changes in medical policy and practice and various factors underlying this evolution.

Second, Mr. Quinones characterizes the attitudes and behavior of pharmaceutical industries during this period of developing and mass marketing opiate medications with greater potency and addictive potential, reaching new areas of the country.

Third, Mr. Quinones recounts the massive influx of black tar heroin from one region in Mexico which assaulted small town and mid-sized cities across the country, including rural areas previously protected by virtue of their remoteness and isolation. This street heroin influx came on the heels of the coincident explosion of increased marketing and use of prescription opiates. When opiate prescriptions ran out or became unaffordable for users over time, the ready supply of relatively inexpensive street heroin was at hand to fill the void. Many users, by now dependent on their regular use of opiates, switched to the contraband supply with its many inherent risks.

Finally, to summarize, analyze, and conclude, Mr. Quinones explores the deeper, more "existential" root of opiate overuse by integrating all of these social and economic pressures, along with the explosion of technology, into an underlying loss of community for many people in the U.S. The resulting alienation, loss of important relationship networks, and socioeconomic deprivation formed a risk profile that made it hard to resist easy pain relief from substances. The speaker will end by presenting possible sociocultural solutions to this corrosive threat that America continues to face, with the aim of mitigating the predisposing, precipitating and perpetuating factors fueling individual addictions and thus, our nation's devastating opiate crisis.

Note: Because of the volume of information to be covered, this course will be conducted in an interview format with Dr. Mary Mulvihill, Conference Co-Chair, who will prompt the different domains, and structure the presentation to be sure that all areas are covered in the time allotted.



Sam Quinones, a veteran investigative and photo journalist, is one of the nation's top experts regarding immigration, narcotics trafficking, and sociocultural issues in Mexico, specializing throughout his distinguished journalism career in these areas. After the U.S. opiate crisis burgeoned, he came out of retirement to delve into explaining this unprecedented phenomenon. The results of his investigation were compiled into an award-winning tome which explains the evolution of a variety of unrelated actors which came together in a "perfect storm" to create the present opiate epidemic in the U.S. He has lectured at more than 50 universities across the United States and he is the author of 4 books on sociocultural issues in Mexico. Sam's third book, *Dreamland: The True Tale of America's Opiate Epidemic* won the 2015 National Book Critics Circle Award for General Non-Fiction.

12:55 pm – 1:55 pm **Divergent Perspectives – Conceptualizing The Problem (Breakout Session)**

Marijuana Post-Legalization: New Landscape, New Landmines

Susan D. Writer, Ph.D., Clinical Education and Public Affairs Officer, Aurora Behavioral Health Care

Dr. Writer will explore the logistic, legal, evaluative, and clinical implications of the legalization of cannabis in California. Logistically, we will discuss the potency of today's cannabis, the different modes of ingestion of cannabis products, the ramifications of cannabis *not* being regulated by the FDA, and the differential effects on the body, brain, and overall functioning.

Dr. Writer will address the discrepancy between federal and state laws, legal issues around impaired driving, work-place drug policies, and the restrictions around the purchase and use of cannabis. She will examine how cannabis use may be factored into the evaluation process and potentially inform recommendations about fitness, competency, capacity, disability, or other criteria for which the evaluation is being made. Dr. Writer will identify possible cannabis-drug interactions, cannabis-induced symptoms, and examine how cannabis interacts with psychological, interpersonal, and overall functioning of individuals and families.



Susan D. Writer, Ph.D. has her doctorate in clinical psychology from Alliant International University and is a Registered Psychological Assistant. She is the Clinical Education and Public Affairs Officer for Aurora Behavioral Health Care (ABHC), an acute in-patient psychiatric hospital in San Diego that treats children, adolescents, adults, and seniors struggling with mental illness and substance abuse. In addition, she sees substance use and mental illness clients in private practice. Dr. Writer is experienced in working with families to help them navigate complex mental health treatment systems and to develop resources in the community to manage substance use and major mental health conditions recovery.

In addition to major mental illness (depression, bipolar disorder, anxiety disorders) Dr. Writer has a specialty focus in Substance Use, particularly cannabis use, in teens and adults. In her role as a community outreach specialist at ABHC, Dr. Writer speaks widely on the topic of cannabis use and its many effects to professional groups, often in conjunction with San Diego Superior Court Judges from "Drug Court". She has given a number of well received community talks, including *Going Green: Implications of Marijuana Legalization in Mediation*, presentation at Divorce Mediation Group Monthly Meeting, and at Western States Marijuana Summit 2017; *Going Green: Cannabis Use in Veterans*, presentation at San Diego Veterans Association Annual Social Work Retreat; *Teen Drug Use & Trends in San Diego*, full-day training at Behavioral Health Education & Training Academy, Youth and Family Services Contract; *The Effects of Mental Illness or Substance Use on Custody Recommendations*, presented at the San Diego Family Law Bar – San Diego CAMFT Luncheon; *Co-Occurring Illness: What every family member needs to know about loved ones who have mental health AND substance use issues*, presentation to National Alliance for Mental Illness North Coastal Chapter and 2016 Community Alliance for

Healthy Minds Conference; Prevention and Early Intervention: What College Campus Providers Need to Know About Marijuana.

Dr. Writer has experience in training medical and mental health professionals, law enforcement and family law professionals, how to evaluate when marijuana use becomes problematic (in any domain), and how to factor in marijuana use in mental health evaluations, especially triage for acute and residential care. In addition to her community education role, Dr. Writer chairs the ABHC Clinical CE Series for mental health professionals and nurses. She also currently is an instructor and consultant for the Navy Drug and Alcohol Counselors School in Point Loma, San Diego State University School of Social Work, Behavioral Health Education & Training Academy (BHETA), Academy for Professional Excellence & Cultural Competency Academy, California State University San Marcos School of Nursing, and Argosy University.

Dr. Writer is active in the community with local professional groups related to Substance Use. She served as President of the National Council for Alcohol and Drug Dependence, San Diego Chapter (NCADD) from 2009-2010. She been on the Board of Directors of the Society for Addiction Professionals (SOAP), San Diego chapter and is also an active member of Smart Approaches to Marijuana (SAM), the San Diego County Meth Strike Force, the North City Community Coalition, Drug Free Community Coalition for San Diego City, the San Dieguito Alliance, Drug Free Community Coalition for Del Mar, Encinitas, Carlsbad, Oceanside, and Rancho Santa Fe, and the Safety Wellness Advocacy Community Coalition (SWACC), Drug Free Community Coalition for Poway, Rancho Bernardo, and Rancho Penasquitos. Dr. Writer often is invited and serves on community boards or coalitions where expertise in mental health and substance use is needed by various organizations or health care facilities, as she is an experienced speaker and advocate on these topics.

**12:55 pm – 1:55 pm Divergent Perspectives – Conceptualizing The Problem (Breakout Session)
The Insidious Epidemic: How Benzodiazepines Steal Lives**

Krista Roybal, M.D., Addiction Medicine/Psychiatry, Founder/Director, True Life Center, La Jolla

While increased public awareness, legal restrictions, and a multitude of interventions have led to a dramatic drop in the number of prescriptions for opiate painkillers; benzodiazepine prescriptions continue to rise at startling rates. Highly physically and psychologically addictive, but often prescribed with little warning or consideration, benzodiazepines are the second leading cause of overdose deaths in the United States. This course will address the problem of benzodiazepine addiction: a public health crisis that, despite its prevalence and danger, remains in the shadows of the opiate crisis.

During this course, participants will examine the making of an epidemic through exploration of societal trends – including our collective inability to “sit with pain” – that have paved the way for a national predilection for immediate relief from suffering, at any cost. This course shines a light on the history of benzodiazepines: from Leo Sternbach’s serendipitous discovery, to the ingenious but insidious marketing of benzodiazepines as “Mother’s Little Helper”, to the early recognition and denial of the drugs’ addictive properties. The course also demonstrates the urgency and gravity of the benzodiazepine epidemic through the reporting of dramatic statistics regarding the upward trends in the number of benzodiazepine prescriptions written, quantity filled, overdose fatalities, and complications of co-morbidity.

Course participants will gain knowledge of benzodiazepines’ mechanisms of action and their various therapeutic actions. Participants will also have the opportunity to contrast appropriate clinical indications against common prescribing practices. The benefits of benzodiazepines, in comparison to their many adverse effects, will be described and discussed. New research showing previously unappreciated associations of benzodiazepine use with dementia development and early mortality will be reviewed. Dr. Roybal will also use clinical experience and multimedia to powerfully illustrate the faces of benzodiazepine addiction and withdrawal. For those providers with experience in treating substance use disorder, this will be a helpful reminder that benzodiazepine patients do not fit the stereotypical ‘addict profile’ and may not present as one would expect.

The final portion of the course will offer practitioners with applicable practices and skills to better serve this population of patients. Dr. Roybal will present practitioners with a list of questions to ask themselves before prescribing a benzodiazepine, give tips to identify patients with a benzodiazepine problem, and share her secrets for slow, successful tapers. Practitioners will leave with an understanding of best prescribing practices, patient/family education techniques, and alternative solutions for sleep management and affect regulation.

Dr. Roybal will also propose a multi-disciplinary treatment model that addresses the multi-faceted nature of this challenging issue. Finally, she will propose solutions for patient empowerment and community support, and encourage

societal interventions including increased research and reassessment of the role of the primary care doctor. Having overseen thousands of successful benzodiazepine tapers over the course of her diverse career, and with passion and experience in educating practitioners about the dangers of benzodiazepines, Dr. Roybal will bring necessary awareness to this critical public health topic.



Krista Roybal, M.D. is a recognized addiction medicine psychiatrist who uses her compassionate, strength-based approach to treat complex presentations of anxiety, depression, trauma, addiction and bipolar disorder. Dr. Roybal is an expert in benzodiazepine tapers and medical detox, psychopharmacologic evaluations and medication management.

After attending medical school at New York Medical College and an initial training at UC San Francisco in Family and Community Medicine, Dr. Roybal went on to specialize in psychiatry at the University of New Mexico, where she trained under some of the nation's top addiction psychiatrists.

While working in private practice and at top hospitals including Scripps La Jolla – where she served as Co-Medical Director of the Scripps Drug and Alcohol Treatment Program for many years – Dr. Roybal became passionate about creating a more innovative approach to treatment. In 2014, she opened True Life Center, a national leader in multidisciplinary treatment that utilizes the mind-body connection to provide comprehensive healing. As Medical Director of True Life Center, Dr. Roybal leads a team of 20+ integrative practitioners in delivering exceptional outpatient care to those struggling with mental health and co-occurring disorders.

12:55 pm – 1:55 pm Divergent Perspectives – Conceptualizing The Problem (Breakout Session)

Uppers, Downers, Dogs and Dopamine: A Neuroscience Perspective on Addiction and Personality

Kai MacDonald, M.D.

Addiction Medicine/Psychiatry, Assistant Clinical Professor of Psychiatry and Family Medicine UCSD

Dr. MacDonald will explore aspects of the brain disease model of addiction (BDMA), including the positives and negatives of this model. The concept of an “addictive personality” will be discussed, and Dr. MacDonald will review personality traits and characteristics that increase the risk of addiction (as supported by empirical research). Ultimately, these personality traits will be linked back to brain systems that can be modified by therapy, medication, and experience, so that the whole brain disease model of addiction, including risk, treatment, and recovery, is grounded in neuroscience.



Kai MacDonald, M.D. is board-certified in Addiction Medicine. Though he has focused his professional practice in Psychiatry, he is also trained in Family Medicine. Dr. MacDonald has particular clinical experience in Addiction Medicine, serving as Medical Director of Lasting Recovery Outpatient Treatment Center for over 10 years.

Dr. MacDonald also has expertise in mood disorders, anxiety disorders, and ADD/ADHD. He has considerable training in brain-based medication treatment (psychopharmacology), general medical issues, and psychotherapy. He has extensive

training in short-term dynamic therapy. He is an experienced QME (qualified medical examiner) for fitness for duty examinations, and has served as an expert witness in forensic psychiatry many times.

At the University of California, San Diego, Dr. MacDonald has participated as an investigator in dozens of clinical research trials in adult ADHD, bipolar disorder, schizophrenia, major depressive disorder, and anxiety. He has published extensively in the neuroscience field. He was a Principal Investigator in the UCSD Oxytocin Clinical Research Program. He has authored or co-authored peer-reviewed articles on ADHD, bipolar disorder, trauma, and anxiety.

Dr. MacDonald is actively involved in teaching physicians in training and other community professionals on these subjects. With two other colleagues, he designed and serves as a faculty member in a nationally recognized program that teaches physicians in practice about healthy relationships in health care. Dr. MacDonald served as the Assistant Director of the Consult-Liaison Psychiatry Service at UCSD Medical Center.

12:55 pm – 1:55 pm Divergent Perspectives – Conceptualizing The Problem (Breakout Session)

Lost in Translation? Establishing a Therapeutic Relationship with People of Color

Monica D. Hinton, Ph.D., Behavioral Health Therapist, Sharp McDonald Center

The goal of this course is to educate mental health clinicians at the introductory level how to create and maintain a therapeutic alliance with people of color seeking chemical dependency treatment. The course will utilize relevant historical facts about healthcare, evidence-based research, available government studies and data, and the instructor's experience of over 20 years working in mental health and chemical dependency treatment with people of color.

The first recorded psychiatric diagnosis of an African slave was Drapetomania. The main symptom of this disorder was that slave tried to flee from captivity. The treatment for this disorder included whipping the urge to flee out of the slave. Historically, people of color have been misdiagnosed and/or received poor treatment in the health and mental health systems. There have been recorded historical incidences of medical professionals using African American bodies for research and without their consent. African Americans have been exposed to diseases and other illnesses for the sake of science. When it comes to mental health the history is no different. Other groups of color, such as Native Americans have had similar experiences within the health and mental health systems in the United States. Given these negative experiences, it is understandable that people of color have difficulty trusting health care systems.

Because of these historical factors, people of color are burdened with real and perceived racial biases when seeking behavior health treatment. At the same time, providers too often will believe and accept the stereotypes and misinformation about groups of color resulting in poor treatment and/or misdiagnosis. High rates of trauma from racially biased incidents/interactions and unappreciated institutional racism, as well as the intergenerational trauma resulting from the displacement, abuse and enslavement of their ancestors constitute an extra layer of issues to which the therapist must be aware of, sensitive to, and skillful in dealing with therapeutically.

The overall healthcare disparities for diverse populations in risk for substance use, challenges in access to substance use treatment, high dropout rates for treatment, and treatment outcome and recidivism findings will be discussed in this presentation. Secondly, the enhanced stigma related to racial and cultural issues, as well as to substance use, and how those interact with each other and with treatment, will be described. The instructor will explain how both disparities and stigma affect clients of color seeking substance use recovery, and the impact they have on substance use treatment and potentially, treatment retention and outcome.

In treating people of color, it is important to be aware of the data regarding the treatment context for people of color and to become culturally competent in addressing the needs of clients of color. According to SAMSHA, the average treatment provider in substance use programs is a middle-aged Caucasian female, while the prototype client of the population most in need of substance use treatment is a young Black male. This gap is thought to account in part for the lower rate of clients of color seeking treatment, the higher dropout rates from treatment, and poorer treatment outcomes.

Few clinicians receive training in cultural competency, how to talk about race, ethnicity or stigma in therapy, and even fewer are taught specific skills with which to engage clients of color in treatment. This course will offer a brief experiential training exercise to introduce culturally specific engagement skills and give attendees an opportunity to practice them with each other in a small group setting with peer feedback. This will be followed by a debrief with the entire group. The

instructor will elicit questions, points of clarification as needed, and personal reactions during the post-discussion. Finally, the overall lessons will be summarized, with concluding comments and recommendations for further training in this area.



Monica Hinton, Ph.D. has worked in Mental Health and Substance Abuse for over 20 years. She is a Behavioral Health Therapist at SHARP McDonald Center, which is a medically supervised substance abuse recovery program in San Diego County. Dr. Hinton has been the Program Director of Alpine Special Treatment, Inc., that is a 24-hour secured setting that offers supportive, rehabilitative services for people suffering from psychiatric and substance abuse disorders.

Dr. Hinton has been the Chairperson of the Training and Implementation Committee for Change Agents Developing Recovery Excellence (CADRE) using the Comprehensive, Continuous, and Integrated System of Care (CCISC) model for San Diego County. CADRE is comprised of county staff and providers who are committed to the CCISC model of service delivery. This committee decides upon the training topics and the delivery of that training for clinicians working in behavior health programs throughout the San Diego County.

Dr. Hinton is the President of The Association of Black Psychologists (ABPsi), San Diego Chapter, an international organization that actively addresses the behavioral health challenges of the African/Black diaspora. Dr. Hinton utilizes this platform to teach and advocate for more culturally appropriate treatment for people of color, especially African-Americans in San Diego County.

12:55 pm – 1:55 pm **Divergent Perspectives – Conceptualizing The Problem (Breakout Session)**

Understanding Substance Use Relapse: The Devil is in the Details

Arthur J. Farkas, Ph.D., SAP, Clinical Director/Co-Founder, Lasting Recovery Outpatient Treatment

Relapse is a common and vexing problem for clients struggling with substance abuse. Though commonly known, even accepted to the point of stigmatization for the recovering individual, what are the facts about relapse? It is a particular risk in outpatient therapy after intensive substance abuse treatment. But how does substance use relapse compare to relapse in other common medical conditions? The results may surprise you! What predicts relapse in substance use treatment? Are there protective factors that have been determined by research? What are the main risk factors that may predispose someone in outpatient therapy for recovery to experience a relapse?

This course will have three parts. First, a discussion of the challenge of avoiding relapse in outpatient therapy – how common is it? What are the main predictors? What about the protective factors, especially those related to client self help? A useful assessment tool, the AWARE Survey will be presented as a validated instrument to predict relapse in the following 60 days, useful in outpatient treatment. Factors related to client self-help, that have been identified as predicting a good outcome in addiction research, will also be discussed.

Of interest, the epidemiology of relapse in substance abuse treatment will be presented. These research findings will be compared to relapse rates for common medical conditions in order to put the relapse issue into perspective. This is important since clients, therapists and family members may get discouraged or give up on treatment, when actually relapse is predictable, and may identify important triggers or skill deficits which need to be address for long term success.

Second, the important role of the recovering client's friend, family and social relationships will be discussed. What comprises an "enabling" relationship - that is, one which inadvertently promotes a return to substance use? How does this stigmatize a partner? How does this affect risk for relapse? The concept of co-dependency, in partners, its origin and its relationship to relapse risk will be explained. How to talk to clients about the value of more in-depth exploration of their family of origin's dysfunction and its relation to their relapse risk and to successful recovery will be explained.

Finally, it is often observed that many clients engaging in substance abuse have co-occurring mental health disorders. These include mood disorders, anxiety disorders, trauma, and personality disorders. How and when to assess clients for these common conditions, which might predispose or precipitate a relapse back to substance abuse will be explained. An example of an evidence-based treatment for each of these common disorders will be provided.

Overall, the key to understanding a substance abuse recovery client's risk for relapse entails careful attention, observation, and assessment by the therapist, so that these predisposing factors can be identified and addressed effectively with the appropriate treatment. Helpful self-help behaviors can also be encouraged. With a comprehensive understanding of relapse facts, and a plan for what risk factors to look for and how these factors trigger a return to substance abuse, the therapist can intervene to guide a client in recovery through the shoals of their particular relapse risk profile to attain long term sobriety.



Arthur Farkas, Ph.D. SAP is a licensed clinical psychologist and substance abuse professional. He served on the faculty of University of California San Diego Medical School and has authored/co-authored over 40 publications on addiction in peer-reviewed journals. Dr. Farkas is Co-Founder and Clinical Director of Lasting Recovery Outpatient Substance Use Treatment Center. His role there is to facilitate psychological testing for all clients, guide the development of Lasting Recovery's program curriculum, and to oversee continuous quality improvement efforts. After more than 30 years of work in the substance use recovery field, Dr. Farkas, is a respected leader, and mentor. He is a founding member of the SDPA Addictive Disorders Committee, new this year.

12:55 pm – 1:55 pm Divergent Perspectives – Conceptualizing The Problem (Breakout Session)

Special Workshop (Galleria – No Audiotape)

Rock to Recovery: Using Music with Non-Musicians to Improve Mental Health and Recovery Outcomes

Constance Scharff, Ph.D., Chris Feldman, Sonny Mayo, Rock to Recovery, Laguna Beach

Clients in recovery from substance use disorder often struggle to find the words to articulate their feelings and manage them in a constructive way when deprived of substances as a coping modality. Music, the universal language, can be a bridge to assist clients during this vulnerable time by offering an expressive outlet, and expressive music is a skill which they can learn for self-expression and personal growth during their treatment and beyond.

Rock to Recovery is an organization based in Laguna Beach, founded by Wes Geer, founder and guitarist for Hed PE, which has sold more than a million albums and former lead guitarist for the nu metal band Korn. When he retired as a touring musician, Wes looked to see how he could give back to others in recovery. He remembered his time in rehab where there was no music and founded Rock to Recovery. He created a program with protocols for guiding non-musicians in acute and early substance use treatment how to use music, particularly expressive songwriting, to aid their recovery. Besides the externalization of difficult emotions and traumatic narratives, the process of creating a personalized song in a group context, which is an authentic expression can be empowering, validating and create a new avenue for attaining self-esteem. The experience of collaborative relationships formed in the "band" is therapeutic. Finding positive meaning through creative artistry can encourage the hard work of recovery and forge a new, more wholesome path.

This course will introduce participants to how music can be used, as an example of an expressive arts therapy approach, in recovery from substance use. Rock to Recovery operates their program in over 100 residential and outpatient recovery programs in California. They have recently expanded to Nashville, Tennessee and have a contract with the Department of Defense to provide services to veterans nationally through the Air Force Wounded Warriors program. They will discuss their experience working in recovery programs as part of the clinical team, including specific guidelines and protocols they have developed over the past 6 years. This course will be lead by Constance Scharff, Ph.D., a Rock to Recovery Board

member and an addiction advocate who specializes in the application of complementary practices and innovative psychotherapeutic interventions to addiction treatment. She will be supported by founder, Wes Geer and two other Rock to Recovery program staff members, who will provide the musical support.

The course will begin with the theoretical background (expressive arts therapy), and research findings. For example, faced with epidemic rates of youth substance use, Iceland has evaluated the effects of implementing a countrywide program of the arts, including music and songwriting. By involving families and providing facilities for music, art and sports, in every village, rates of youth substance use have plummeted. Following the introduction, there will be an experiential component, where non-musician participants will be guided in the composition of a song using Rock to Recovery's protocols as a feasibility demonstration, followed by a debriefing with Dr. Scharff and the musicians.

What happened in the exercise will be linked back to the introductory theories, and participants may engage in Q & A with the instructors. As part of the concluding discussion, participants will be advised on common challenges in implementing Rock to Recovery type programs, which clients might benefit, and which might be contra-indicated for participation. Finally, local resources available and what to look for when adding this adjunctive therapy to recovery programs or psychotherapy will be discussed.



Constance Scharff, Ph.D. is an internationally recognized speaker and author on the topics of addiction recovery and mental health. She currently serves Rock to Recovery, a music therapy based addiction and trauma treatment group, on their Board of Directors and is writing a book on the power of music therapy with their founder, Wesley Geer. Previously, she was the Senior Addiction Research Fellow and Director of Addiction Research for Cliffside Malibu, an addiction treatment center based in Malibu, California. Her addiction treatment and research interests center around using complementary health and contemplative practices to improve treatment outcomes among addicts and the mentally ill. Dr. Scharff is co-author of the Amazon.com best-selling book *Ending Addiction for Good* and the award-winning poetry book *Meeting God at Midnight*. She regularly travels the world speaking, teaching and advocating for compassionate health practices that de-stigmatize mental health problems. She has worked with such groups as UNESCO, the World Federation for Mental Health, Global Addiction, the American Legion, Veterans of Foreign Wars (VFW), Interamerican Society of Psychology, the World Congress on Psychotherapy, and many others.



Christian Heldman has been a singer-songwriter for over 25 years. As a boy he was influenced by his father, Jerry Heldman, a world-class jazz bassist and often got to sit in with artists such as Larry Coryell, McCoy Tyner and David Friesen. A Seattle native, Christian was entrenched in the grunge scene of the 90's, performing regularly with members of Alice in Chains, Pearl Jam, Soundgarden, and the Screaming Trees. He is a multi-instrumentalist and currently plays in a host of San Diego bands. Christian's substance abuse started at a young age and was as much a part of his life as his music career, "I always thought the drugs and alcohol were my solution until I discovered they were just holding me back from accessing my artistic nature." Christian now finds great purpose and enjoyment in helping others to recover and he sees music as one of the greatest vehicles for that adventure.



Sonny Mayo is on the board of directors and a program administrator for Rock to Recovery, a 501(c)3 organization that brings music to people in various stages of recovery from drug/alcohol dependence, PTSD, mental health issues, and more. Sonny is a professional musician who began playing in a thrash metal band called Silence in the late 1980s. In 1995, Mayo moved to Santa Barbara, CA to join the band Snot. He has played and toured with many bands since then, including Ugly Kid Joe and Sevendust. In June 2014, Sonny joined Wes Geer in the nonprofit organization, Rock To Recovery, (www.rocktorecovery.org), which harnesses the healing power of music by bringing musical instruments and equipment in to treatment facilities to write and record original songs with people recovering from drug/alcohol addiction, PTSD, eating disorders, and other mental illnesses.

2:10 pm – 3:10 pm **Divergent Perspectives – Intervention Strategies (Breakout Session)**
Treating Diverse Addictions with Cognitive-Behavioral Therapy: Lessons Learned Over 25 Years
Bruce S. Liese, Ph.D., ABPP, Professor of Family Medicine and Psychiatry, University of Kansas
Clinical Director, Cofrin-Logan Center for Addiction Research & Treatment, University of Kansas

Participants will learn about the initiation, development, and maintenance of substance use disorders (SUDs) and addictions from a cognitive-behavioral therapy (CBT) perspective. They will be presented with common misconceptions of CBT, along with more accurate and current approaches to CBT for SUDs and addictions. Graphic conceptual models of SUDs and addictions will be provided, and components of CBT will be described and explained in detail.



Bruce S. Liese, Ph.D., ABPP is Professor of Family Medicine and Psychiatry at the University of Kansas Medical Center, Courtesy Professor of Psychology, and Director of Clinical Services at the Cofrin-Logan Center for Addiction Research & Treatment at the University of Kansas. He completed post-doctoral training at the Center for Cognitive Therapy under the supervision of Dr. Aaron T. Beck and has co-authored two texts on addictions with Dr. Beck. He is Past-President of APA Division 50 (Society of Addiction Psychology; SoAP). Dr. Liese is a researcher, teacher, clinical supervisor, and clinician. His work focuses primarily on the diagnosis and treatment of addictive behaviors and, over time, he has supervised hundreds of cognitive-behavioral therapists and published more than 50 articles and chapters.

2:10 pm – 3:10 pm **Divergent Perspectives – Intervention Strategies (Breakout Session)**
Alternative No More! Evidence-Based Psychological Treatments for Pain
Beth D. Darnall, Ph.D.
Clinical Professor, Department of Anesthesiology, Stanford University Medical School

National needs assessments reveal that the overwhelming majority of psychologists and mental health professionals report a training and skills gap to treat clients with chronic pain. These data reveal a critical gap in competency and comfort to address pain in the therapeutic context, despite the fact that 1/3 of the U.S. population is living with ongoing pain. This session equips learners with a fundamental understanding of the role of psychology in the experience and

treatment of pain. This session provides an overview of the psychological science of pain and pain relief, and provides a basic review of evidence-based treatments for pain. Clinician and patient resources included!

See **Beth D. Darnall, Ph.D.** biographical information above.

2:10 pm – 3:10 pm **Divergent Perspectives – Intervention Strategies (Breakout Session)**

Refuge Recovery: A Mindfulness-Based Approach to Substance Use and Trauma

Daniel Doyle, LMFT, Clinical Director, Refuge Recovery Treatment Centers, Los Angeles

This course will introduce an innovative new approach to substance use treatment, Refuge Recovery, developed in the last few years. Based on classical principles of Buddhist psychology, including the Four Noble Truths and the Eightfold Path, as specifically applied to substance use, this approach provides a psycho-spiritual framework for recovery. This approach is also based upon the evidence base assembled now demonstrating the cognitive and affective benefits of various mindfulness-based approaches on attentional control, interoceptive awareness, behavioral restraint, negative thought suppression, affective regulation – all parameters relevant to substance use recovery.

The Refuge Recovery Approach provides not just a new model, but a number of practical components which may facilitate recovery through changing substance misuse behaviors, promoting alternative coping behaviors, decreasing vulnerability to triggering thoughts and emotional states. A critical part of the approach is the regular practice of mindfulness-based meditation, often as part of a group or “sangha”. Through the meditative practice, skills of directing attention away from substances and toward more wholesome foci can be developed. The adoption of a compassionate, “witness” stance of mindful observation of what is really happening, in both the interior (affective, cognitive and physiological) and the exterior (behavioral & social/relational context) aspects of the substance user, provide useful information about triggers and consequences of substance use.

Mindfulness-based principles are also applied beyond formal meditation practice to stressful situations in daily life. There is specific application of mindfulness to relapse prevention, a critical issue in maintaining sobriety in substance use recovery. Many substance users struggle with low self-esteem, shame, regrets over past actions, and ethical lapses, so mindfulness-based compassion practice (in meditation and daily life) can be helpful in developing more self-acceptance & self-understanding. Adoption of a stance of kindness toward oneself can lead directly to reducing behavior harmful to oneself or others. This stance can be cultivated over time with practice (formal and informal), with the aim of becoming habitual.

The ability to better manage troublesome emotional states and reduce stress-related upregulation of the nervous system, as facilitated by these mindfulness-based treatment components, may lead to significant harm reduction to the substance user in recovery and to others in their social circle. Addictions steal the user’s attention. The systematic attentional training of mindfulness, which has been shown to facilitate cognitive and affective focus, and improve directed attention over time, may play a key role in helping a substance user retrain their reactions to stimuli and habitual, maladaptive thought patterns.

An important aspect of this Refuge Recovery approach, is the use of sangha, or a community of fellow mindfulness practitioners, including those in recovery from substance use, as a key component of social, psychological and behavioral recovery. The traditional “Three Refuges”: dharma (truth), Buddha (Buddhist philosophy & mindfulness principles) and sangha (fellowship groups), are integral to the recovery approach. These help facilitate emotional safety and thus, sobriety.

When clients settle into clear observation and quiet reflection, many clients connect with underlying, unprocessed trauma, including attachment disruption. The Refuge Recovery program employs the EMDR treatment template to assist clients in trauma processing. Mindfulness training, in turn, assists with this processing, bringing calm, acceptance, and self-compassion to the process. Other trauma-focused or attachment-based interventions can also be engaged in, as needed. This trauma-informed substance use treatment fits within a Buddhist framework of seeking insight and wisdom in one’s actions, and applying compassion to everything. This aspect of the Refuge Recovery model, is known as the Mindfulness & EMDR Treatment Template for Addictions, the MET(T)A Protocol. (Metta is a Sanskrit word denoting “friendliness of the heart”)

No one treatment approach is appropriate for all substance use clients, since they vary in learning history, degree of addiction, nature of substance, function of substance, genetics, & personality. The course will conclude with a discussion of which substance use clients may be the best match for the Refuge Recovery approach, how the approach is helpful for them, versus which clients might be better served by more traditional recovery models.



Daniel Doyle, LMFT is the Clinical Director of the Refuge Recovery Outpatient Treatment Program. Daniel is a licensed Marriage & Family Therapist, certified in EMDR. Daniel has a private practice in South Pasadena, CA and has specialized in substance abuse for 15 years. He also treats clients through Headstrong, an organization that provides no cost psychotherapy to Post 9-11 veterans.

Daniel integrates his love of theatre as a practicing Drama Therapist. He has presented on his work, integrating Drama Therapy and EMDR at the Expressive Therapy Summit in New York and Los Angeles, at the National Conference of the North American Drama Therapy Association (NADTA), and at the Applied Improvisation Network World Conference. Daniel is a Board Member of the Southern California Chapter of the NADTA. He is on the faculty of the SoCal Drama Therapy Center, where he teaches a course on trauma-informed intervention.

Daniel works closely with Refuge Recovery's founder, Noah Levine, a noted Buddhist teacher, and author of the books *Refuge Recovery*, *Dharma Punx*, *Against the Stream*, and *Heart of the Revolution*, on the ongoing development of the innovative new program at Refuge Recovery Treatment Centers, based in Venice, CA.

2:10 pm – 3:10 pm **Divergent Perspectives – Intervention Strategies (Breakout Session)**

Love is a Skill: Using the CRAFT Model with Significant Others of Substance Users

Julia Rosengren, Psy.D., Addiction Specialist, CRAFT Provider, San Diego

Substance misuse in a family member or loved one is emotionally painful for everyone who cares about that substance user. Substance misuse treatment often leaves out an integral part of the problem's dynamic, namely the substance users concerned significant others (CSO's). In many 30-day rehab facilities, only one weekend is devoted to family intervention. Telling CSOs that they just have to "let their loved one hit rock bottom" is often not very helpful for them nor their loved one suffering from substance misuse.

Community Reinforcement and Family Training, or "CRAFT" treatment is an empirically supported approach that teaches friends and family behavioral strategies to increase the likelihood of positive change for their struggling loved ones. Clients are coached to gain new skills to respond to their family member with the aim of reducing substance misuse and accessing treatment. Regardless of the outcome, the concerned significant others (CSOs) are able to have improved quality of life by learning how to create healthy boundaries and practice self-care. The skills provided to family members by learning CRAFT behavioral strategies gives them power of influence instead of leaving them feeling helpless, without knowing what to do to support their family member. CRAFT is grounded in Motivational Interviewing, behaviorism, and harm-reduction techniques.

During this course, mental health professionals will learn the basics of CRAFT treatment and the behavioral and communication techniques used in the CRAFT approach. Dr. Rosengren will discuss what kind of client or populations are a good match for CRAFT treatment, how to assess clients to determine this match. She will describe how to effectively communicate to increase motivation for change with both the concerned significant others and their loved ones who are resistant to treatment for substance misuse.



Julia Rosengren, Psy.D. has a Doctoral degree in Clinical Psychology. For the past 12 years, Dr. Rosengren has specialized in addiction, depression, anxiety, and relationship difficulties, applying a psychodynamic and humanistic lens. For addiction-related treatment, Dr. Rosengren uses an alternative to the 12-step model that involves Cognitive Behavioral Therapy, Motivational Interviewing, and harm-reduction techniques.

For the past five years, Dr. Rosengren has been a SMART Recovery facilitator, working with individuals struggling with addiction of all kinds and their concerned significant others with a CBT/harm-reduction approach. The weekly SMART Recovery meeting she runs is for Family and Friends in San Diego and is based on Community Reinforcement and Family Training (CRAFT) principles. She is one of the few therapists in California that is trained CRAFT, which is an empirically supported individual treatment for the loved ones of people struggling with addiction.

For the past 8 years, in addition to her private practice, Dr. Rosengren has also worked at New Vistas Crisis Center in San Diego. The crisis center is a 24-hour facility that is a “step down” from a hospital. Her experience in acute crisis management for substance misuse and serious, chronic mental health issues also informs her approach working with clients, including family members of those struggling with addiction.

2:10 pm – 3:10 pm Divergent Perspectives – Intervention Strategies (Breakout Session)

Rethinking Risk/Benefit: Use of Medically Assisted Therapy (MAT) with Psychodynamic Markers

Kristy Lamb, M.D., Chris Small, M.D., Addiction Medicine/Psychiatry, Co-Founders, BOLD Health, Inc.

With rapidly rising opioid addiction rates in the U. S., providing effective treatment has become a public health priority. Last year, 72,000 deaths due to substance use occurred, the worst year ever. Yet substance use treatment is challenging, fraught with difficulty, and relapse is frustratingly common. Increasingly, there is an appreciation that genetic differences in neurobiological response to substances may determine in part how difficult withdrawal and maintenance are for a particular client. For some individuals, multiple treatment attempts may be necessary for a variety of reasons, including neurobiological changes rendered by substances. This makes addiction recovery match to a “chronic illness” model: where management and harm reduction are the goal. Clients can also vary in psychological vulnerability, based on temperament, developmental history/trauma, personality disorders, co-morbid mental health diagnoses, and other factors.

Medication-assisted therapy is the adjunctive use of an opiate blocker or a long acting opioid, which provides relief from drug withdrawal symptoms while avoiding the “high” of using. For some individuals in recovery who struggle to stay clean, MAT may be an option to help them stabilize medically with routine, controlled opioid administration, while they build new skills, relationships and undergo reparative psychotherapy. MAT may prevent relapsing back into uncontrolled substance use, by providing this controlled administration routinely, which prevents drug seeking behavior during rehabilitation. A limitation of this therapy, which is new, and as yet not completely tested, is that some clients can still abuse (or sell) this drug and it has its own risks. Additional certification is required for psycho-pharmacologists to safeguard administration of MAT.

How does the addiction practitioner know which substance use recovery client will be a good candidate for using MAT? A good starting point is a complete psycho-diagnostic evaluation, where psychodynamic markers such as affect identification/tolerance, self-esteem, self-care and relationship quality, indicate the psychic vulnerability of a client entering substance use treatment. Once a client has enrolled in MAT, it’s important to appreciate that MAT is not a complete treatment, but a component valuable to some clients. MAT should be integrated into a psycho-dynamically-informed treatment program for substance abuse, where a client’s need for comfort, safety, and control, as well as their degree of dissociation, helplessness, self-organization and omnipotence can be ascertained and worked with therapeutically.

The course will end with a discussion with the attendees about how using MAT in the treatment of addiction affects the recovery client and the therapist relationships in psychotherapy, as well as the overall recovery treatment context. The integration of this state of the art pharmacology with a psycho-dynamically informed evaluation and treatment program, including psychotherapy, creates a powerful combination that may enable clients attempting to achieve substance use recovery to succeed in maintaining sobriety.



Kristy Lamb, M.D. and Chris Small, M.D. are the Co-Founders of an innovative clinic in Encinitas - Bold Health Outpatient Clinic. This independent practice offers a variety of programs focusing on wellness and mental health, including a unique outpatient mental health and addiction program that specializes in the treatment of substance use disorders and dual diagnosis clients. Additionally, BOLD offers a 10-week program for the treatment of anxiety disorders, and a private/individual psychiatric treatment clinic.

Dr. Small is uniquely qualified to treat both medical and mental health conditions. He completed his medical and psychiatric training at UCSD, where he currently holds the title of Health Sciences Assistant Clinical Professor. He holds Board Certification by the American Boards of Psychiatry and Family Medicine.

Dr. Lamb is Board certified in both Family Medicine and Psychiatry from UC San Diego. Dr. Lamb is well versed in the most cutting-edge, evidence based, psychopharmacology, but as importantly, she pursued further training in psychodynamic psychotherapy with a belief that for many, psychotherapy is an integral part of personal transformation and healing. Dr. Lamb started her training as an undergraduate at Vanderbilt University, obtaining a bachelor's degree in Neuroscience. She went on to obtain a master's degree in humanities with a focus on philosophy and social theory from the University of Colorado. She subsequently completed a fellowship in community and public psychiatry at UC San Diego as well as the fellowship in psychodynamic psychotherapy at the San Diego Psychoanalytic Society and Institute. Dr. Lamb is an Associate Clinical Professor at UC San Diego and specializes in providing care from an integrative perspective. She specializes in psychopharmacology, intensive short-term dynamic psychotherapy, addiction medicine, preventive healthcare, women's health, maternal mental health, as well as primary care and mental health integration.

3:45 pm – 4:30 pm Closing Panel: Integrating the Divergent Perspectives, One Client at a Time

Moderator – Richard Levak, Ph.D., Host of Mind Matters – Fox 5 Morning News

Panelists – Bruce S. Liese, Ph.D., ABPP, Kai MacDonald, M.D., Arthur J. Farkas, Ph.D., SAP

Most clinicians are aware now of the epidemic of substance use occurring in the U.S. In response, a myriad of treatment approaches and programs have proliferated in recent years. If you are not an addiction specialist, how do you know what the best practices for substance use disorder treatment are for a particular client?

This panel will feature a moderated discussion between several expert addiction specialists who can help illuminate how their particular treatment approaches affect the conceptualization of a client's substance use problem and how the conduct of treatment proceeds from their perspectives, or which referral for specialized services is recommended based on their model.

Representing the CBT perspective and a harm reduction approach will be Dr. Bruce Liese. Representing the Abstinence-Based, including AA approach will be Dr. Arthur Farkas. Dr. Kai MacDonald represents the neurobiological/relational model that considers attachment injury/disruption and its neurobiological sequelae (attempts to self-regulate with substances). All of these presenters have many years of experience in the addiction treatment field, so their conversations about making complex clinical decisions and clarifications of similarities and differences in substance use treatment approaches should be illuminating.



Richard Levak, Ph.D., Clinical Psychologist, Host of Mind Matters – Fox 5 Morning News will use his moderator’s skill to help integrate the pro’s and con’s of the different treatment approaches, will help the panel speakers explain and discuss how their substance use models translate into different assessment and treatment approaches, and apply to a particular client seeking substance use recovery. The aim of this discussion with the three speakers and then, the Q & A with the audience will be to discuss the controversies and ambiguities in the substance use field, integrate the different theoretical perspectives and help audience members refine their thinking about how to approach individual substance use client’s with different risk profiles and needs.