

EAST MEETS WEST IN PSYCHOTHERAPY

Intermediate to Advanced Clinical Training for Mental
and Behavioral Health Professionals

CHICAGO
MARCH 25-28, 2020

Earn Up To
25 CE

Includes 3 Ethics &
3 Cultural CE

Topics include

Mindfulness

Addiction

Neuroscience

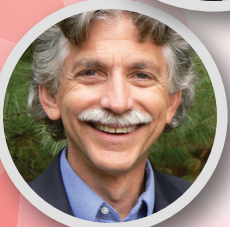
Trauma

Internationally Acclaimed Experts & Authors

James Hollis, PhD
Author of 16 books



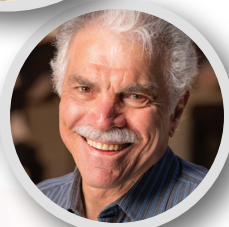
Helen Fisher, PhD
Author of 6 books



Ronald D. Siegel, PsyD
Author of 5 books



Pat Love, EdD
Author of 8 books



John Arden, PhD, ABPP
Author of 15 books

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Addiction Medicine. Saving Lives

Co-hosts



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Featured Speakers



James Hollis, PhD - International Jungian psychoanalyst and author, he has taught Humanities 26 years in various colleges and universities before retraining as a Jungian analyst at the Jung Institute of Zurich, Switzerland. He is presently a licensed Jungian analyst in private practice in Washington, D.C. Additionally he is a Professor of Jungian Studies for Saybrook University of San Francisco/Houston. He has written a total of fifteen books which have been published in multiple languages, including bestselling *Finding Meaning in the Second Half of Life*.



Helen Fisher, PhD - International anthropologist, human behavior researcher, and self-help author, Senior Research Fellow, The Kinsey Institute, as well as Chief Scientific Advisor to the Internet dating site Match.com. She has conducted extensive research and written six books on the evolution and future of human sex, love, marriage, gender differences in the brain and how your personality style shapes who you are and who you love. She is currently using her knowledge of brain chemistry to discuss the neuroscience of business leadership and innovation.



Ronald D. Siegel, PsyD - An Assistant Professor of Psychology at Harvard Medical School, where he has taught for over 30 years. He is a long-time student of mindfulness meditation and teaches internationally. He is the co-author of many publications including *Back Sense* and *Sitting Together: Essential Skills for Mindfulness-based Psychotherapy*.



Pat Love, EdD - Known for her warmth, humor, and practical, research-based wisdom. Her work has been featured on TV, in cyberspace, and popular magazines, but she's also a distinguished professor, licensed marriage and family therapist, and long-standing clinical member and approved supervisor in American Association for Marriage and Family Therapy. She authored/co-authored six books, and has developed multiple training programs.



Colin Ross MD - Author of 225 peer-reviewed papers and 32 books. He is a past President of the International Society for the Study of Trauma and Disassociation. He consults for hospital Trauma Programs in Texas, Michigan and California.

Wednesday, March 25 - 6 CE

8:30 - 10:15 am

KEYNOTE

Lust, Romance & Commitment: Neural Foundations of Love Addiction (1.5 Clinical CE)

Helen Fisher, PhD

10:15 - 10:45 am - Break

10:45 am - 12:15 pm

Biology of Personality and It's Role in Partnership Compatibility (1.5 Clinical CE)

Helen Fisher, PhD

Link Between Trauma, Depression and Borderline Personality Disorder (1.5 Clinical CE)

Colin Ross, MD

12:15 - 1:30 pm - Lunch on own

1:30 - 3:00 pm

Addressing Ethical Issues in Clinical Practice: A Case Study Approach - Part 1* (3 Ethic CE) *Must attend both parts to receive credit*

Kate Mahoney, LCSW

Trauma, Attachment, Disassociation and EMDR - Part 1 (1.5 Clinical CE)

Colin Ross, MD

Addicted Professionals: Treatment Strategies Along the Whole Continuum of Care - Part One (1.5 Clinical CE)

Sara Tigay, LCPC, LMFT, CADC & Jens Hussey, LCPC, CADC

3:00 - 3:30 pm - Break

3:30 - 5:00 pm

Addressing Ethical Issues in Clinical Practice: A Case Study Approach - Part 2* Must attend both parts to receive credit

Kate Mahoney, LCSW

Trauma, Attachment, Disassociation and EMDR - Part 2 (1.5 Clinical CE)

Colin Ross, MD

Addicted Professionals: Treatment Strategies Along the Whole Continuum of Care - Part 2 (1.5 Clinical CE)

Sara Tigay, LCPC, LMFT, CADC & Jens Hussey, LCPC, CADC

Thursday, March 26 - 6 CE

8:30 - 10:00 am

KEYNOTE

Overcoming Self-Doubt & Shame: The Mindfulness Cure for the Narcissism Epidemic (1.5 Clinical CE)

Ronald Siegel, PsyD

10:00 - 10:30 am - Break

10:30 am - 12:00 pm

Deepening Mindfulness: Wisdom and Compassion in Psychotherapy (1.5 Clinical CE)

Ronald Siegel, PsyD



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The Faculty



John Arden, PhD, ABPP - Recently retired from Kaiser Permanente where he served as the Northern California Regional Director of Training. Author of 15 books including his new book *Mind-Brain-Gene: Toward the Integration of Psychotherapy*.



Sara Tigay LCPC, LMFT, CADC - With expertise in cognitive and dialectical behavioral therapy, she specializes in working with adults and couples coping with anxiety, depression, addictive disorders, eating disorders, and relationship issues such as infidelity, communication, and conflict resolution. She is the current Director of Outpatient Services at Foundations Recovery



James Flowers, PhD, LPC-S - For more than 25 years, Dr. Flowers has been one of the most familiar and respected names in the area of pain recovery, chronic pain and addiction. A leader in the field, his history in assessments and treatment of chronic pain and co-occurring addiction has led to an exceptionally distinguished career.



Kate Mahoney, LCSW - Executive Director of the Naomi Ruth Cohen Institute for Mental Health Education at the Chicago School of Professional Psychology. She has presented at national conferences across the country and her contributions to the field have been acknowledged by colleagues at the local and national level, including the prestigious national Nyswander/Dole award and the Mental Health America's George Goodman and Ruth O. Brudney Social Work Award.



Dennis Ortman, PhD - In private practice in the Detroit area, specializing in the treatment of those suffering addictions and emotional problems. In therapy, he also addresses issues on the borderline between psychology and spirituality. Dr. Ortman has a graduate degree in theology and was a Catholic priest for 14 years before becoming a psychologist. He has written 8 books including *Transcending Post-infidelity Stress Disorder (PISD)* and *Anger Anonymous*.

The Daily Schedule

- Continuing on Thursday -

10:30 am - 12:00 pm

Suicide Shootings and Cyber-Threats: This Cannot be our New Normal (1.5 Clinical CE)

Pat Love, EdD

PTSD As a Future-Orientated Survival Strategy (1.5 Clinical CE)

Colin Ross, MD

12:00 - 1:30 pm - Lunch on own

1:30 - 3:00 pm

Lonliness: The Greatest Threat to Mental Health, We Hardly Ever Talk About It (1.5 Clinical CE)

Pat Love, EdD

3:00 - 3:30 pm - Break

3:30 - 5:00 pm

Are we a Culture of Friendly Narcissists? (1.5 Clinical CE)

Pat Love, EdD

Friday, March 27 - 6 CE

8:30 - 10:00 am

**KEYNOTE
Living the Examined Life: A Therapist's Perspective (1.5 Clinical CE)**

James Hollis, PhD

10:00 - 10:30 am - Break

10:30 am - 12:00 pm

Why is Therapy with Men so Difficult? (1.5 Clinical CE)

James Hollis, PhD

Building Cultural Competence to Enhance your Clinical Practice- Part I* (3 Cultural CE) *Must attend both parts to receive credit*

Josefina Alvarez, PhD

12:00 - 1:30 pm

NETWORKING LUNCH & PRESENTATION - Separate Registration (1 CE)

1:30 - 3:00 pm

**KEYNOTES
Addressing the Unmet Needs of LGBTQ Patient: How to treat members of this community, more effectively (1.5 Clinical CE)**

Mark Zissman, PsyD, CADC

Take the Guesswork Out of Comprehensive Healthcare: Importance of Diagnostic Evaluations in Pain Recovery, Complex Medical Cases, and Treatment Resistant Clients (1.5 Clinical CE)

James S. Flowers, PhD, LPC-S



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Jens Michael Hussey, LCPC, CADC - As a staff therapist at one of the most prestigious psychiatric hospitals in the country, Hussey has worked with clients at all levels of care from detox to outpatient individual psychotherapy. His private practice specializes in individuals who are top-level in their field working with many C-level executives, partners in law firms, and physicians.



Melissa Caldwell - MS, LPC, ATR - Clinical Director and Co-founder of Healing Springs Ranch she has over 25 years of experience treating trauma and addictions. She has been the Executive Clinical Director at the Ross Institute for Psychological Trauma for 20 years. She was involved in the development, and implementation of the Trauma Model and its integration into the programs' treatment milieu.



Mark Sanders - LCSW, CADC - An international speaker, trainer, and consultant in the behavioral health field whose work has reached thousands throughout the world. Author of five books, including *Slipping through the Cracks*. He has received numerous awards including a Lifetime Achievement Award from the Illinois Addiction Counselor Certification Board and the Barbara Bacon Award for outstanding contributions to the Social Work profession as a Loyola University of Chicago Alumni.



Josefina Alvarez - PhD - Retired Professor Emerita Department of Psychology at Adler University/Chicago Campus. She taught courses in multicultural psychology, community psychology, and the social determinants of mental health. She has held leadership positions related to diversity and inclusion and her research has focused on the development of culturally competent behavioral health interventions.



Mark Zissman, PsyD, CADC - Currently the Clinical Director of Gateway Foundation, Lake County Residential and Outpatient Services. He has extensive experience in the treatment of Substance Use Disorders and co-occurring mental health conditions, in both adolescent and adult populations. Dr. Zissman is passionate about helping remove barriers that prevent people from safely accessing treatment and participating in the change process.

- Continuing on Friday -

3:00 - 3:30 pm - Break

3:30 - 5:00 pm

The Project of the Second Half of Life: Doing Therapy as a Means of Psychospiritual Growth (1.5 Clinical CE)

James Hollis, PhD

Building Cultural Competence to Enhance your Clinical Practice - Part 2* *Must attend both parts to receive credit*

Josefina Alvarez, PhD

The Spectrum of Emotions: A Scheme for Trauma and Addiction (1.5 Clinical CE)

Melissa Caldwell, MS, LPC, ATR

Saturday, March 28 - 6 CE

8:30 - 10:00 am

Mind-Brain-Genes: Toward Psychotherapy Integration (1.5 Clinical CE)

John Arden, PhD, ABPP

10:00 - 10:15 am - Break

10:15 - 11:45 am

Epigenetics and Adverse Childhood Experiences (ACEs) (1.5 Clinical CE)

John Arden, PhD, ABPP

Hooked on Anxiety: Steps to Overcoming Fear (1.5 Clinical CE)

Dennis Ortman, PhD

Breaking Intergenerational Patterns of Addiction, Trauma and Dark Secrets (1.5 Clinical CE)

Mark Sanders, LCSW, CADC

11:45 am - 12:45 pm - Lunch on own

12:45 - 2:15 pm

KEYNOTE

East Meets West in Psychotherapy (1.5 Clinical CE)

Dennis Ortman, PhD

2:15 - 2:30 pm - Break

2:30 - 4:00 pm

Brain-Based Therapy: A Cross-Cultural and Trans-Theoretical Integration (1.5 Clinical CE)

John Arden, PhD, ABPP

Logo Therapy: Helping Clients Turn Grief & Trauma into Purpose (1.5 Clinical CE)

Mark Sanders, LCSW, CADC



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The Registration

Four Days

24
CE

Wednesday - Saturday
March 25-28

Early Bird Special - \$550
After Feb. 10 - \$625

Three Days

18
CE

Thursday - Saturday
March 26-28

Early Bird Special - \$490
After Feb. 10 - \$545

Daily

6
CE

Wednesday, Thursday,
Friday*, or Saturday
*Excludes luncheon presentation

Early Bird Special - \$175
After Feb. 10 - \$195

Friday Lunch Presentation
\$40

1
CE

Non-Clinical Professionals
\$690

How to register?



Online - www.htiLearn.com



Mail - Higher Thought Institute, PO Box 27946, Scottsdale, AZ 85255



Phone - 480 440-7700



Fax 480 203-2256

Group Rates and Registration Inquiries - info@htiLearn.com | 480 440-7700
Sponsor & Exhibitor Inquiries - Judi Beshella | judi@htiLearn.com | 602 214-7073

Cancellations and Refunds

All registration fees are refundable, less a \$60 cancellation fee. All requests for cancellation must be submitted in writing to info@htiLearn.com and must be received 60 days prior to the event start date. Cancellations received after 60 days from the event start date will receive a credit that can be used towards a future Higher Thought Institute conference for up to one year. NO EXCEPTIONS WILL BE MADE. Persons who register and fail to attend will not receive a refund. For questions or more information, contact Higher Thought Institute at (480) 440-7700 or info@htiLearn.com.

Accreditation and Certification

Earn up to 25 CE (Includes 3 Ethics & 3 Cultural Diversity CE)

Detailed information on schedule, course objectives, course descriptions and CE completion requirements can be found online at www.htiLearn.com

National Organizations

APA - American Psychological Association, co-sponsored with CE Learning Systems, LLC (Pending Approval)

ASWB - Social Workers we have applied for consideration of CE credits for this conference through the ASWB ACE.

CA BBS - California Board Behavioral Sciences, accepts approvals from ASWB, APA, co-sponsored with CE Learning Systems, LLC (Pending Approval)

NBCC - We have applied for consideration of CE credits for this conference through NBCC.

NAADAC - The Association for Addiction Professionals Approved Provider Program # 189745

State Organizations

IDFPR - Illinois Department of Financial & Professional Regulation, **SWB** Provider - Approval Pending, **PC** and **CPC** - Approval Pending,

MFT - Approval Pending

IAODAPCA - Illinois Alcohol & Drug Abuse Professional Certification Association - Approval Pending

Check www.htiLearn.com for State Boards and updates on approvals

Program Focus and Goals

Higher Thought Institute is the premier provider of continuing education for behavioral health, mental health and addiction professionals. We bring together the best and brightest trainers from many disciplines to provide high value content for therapists to maintain their professional license and keep their therapy skills sharp.

Conference Objectives

1. To identify specific diagnostic and treatment approaches, counseling skills and modalities that can be successfully applied in the fields of mental health, behavioral health and addictive disorders; including but not limited to: Trauma, Mindfulness, Neuroscience, Addiction, Intimacy & Relationships and PTSD

2. To define the symptoms and characteristics of the disorders mentioned in objective #1 and how they have interfered with the clients' interpersonal and family relationships.

3. Identify clinical applications of recent key scientific research to include Trauma, Mindfulness, Neuroscience, Addiction, Intimacy & Relationships and PTSD, and their implications in psychotherapy and counseling

25 CE Continuing Education Credits Available - Includes Luncheon Presentation (1 CE) Separate Registration

Certification

A continuing education certificate for the event will be obtained using the website, www.ce-go.com. Approximately 3 days before the event, you will receive an email containing a link to CE-Go. (This link will be sent to the email account you used to register for the event). Upon accessing the CE-Go website, you will be able to complete evaluation forms for the event (mandatory to receive credit for each session) and download your continuing education certificate in a PDF format.

If you have any questions or concerns regarding the CE-Go process, please contact CE-Go at 877 248 6789 or by email at support@ce-go.com.

Please refer to our website at www.htiLearn.com for continuing education updates. Please note it is your responsibility to contact your licensing/certification board directly to determine eligibility to meet your continuing education requirements.

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- ◆ Addicted Professionals: Treatment Strategies
- ◆ Ethical Issues in Clinical Practice
- ◆ Wisdom and Compassion in Psychotherapy
- ◆ PTSD as a Future Orientated Survival Strategy
- ◆ Loneliness & Mental Health
- ◆ Therapy and Men
- ◆ Anxiety – Steps to Overcome Fear
- ◆ Mindfulness for Narcissism
- ◆ Intergenerational Addiction
- ◆ Cultural Competence in Clinical Practice
- ◆ Epigenetics & ACEs
- ◆ Trauma, Attachment, Disassociation and EMDR
- ◆ And much more...

Earn Up To
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3 Cultural CE

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Conference Location

Hotel Reservations

The **Holiday Inn Chicago-Mart Plaza**, 350 West Mart Center Drive, Chicago, IL 60654 is the perfect base from which to explore Chicago while attending the East Meets West in Psychotherapy event.

Hotel reservations can be made by calling the Holiday Inn Chicago Mart Plaza reservations at (312) 836-5000. Request the Special **East Meets West/Higher Thought Institute** Rate of \$159.00 per night plus tax (single or double occupancy). The reserved rooms fill rapidly! Please make your reservations early. Reservations made after **February 24, 2020** will be honored on a space and rate availability basis.

ADA STATEMENT: ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. We cannot ensure the availability of appropriate accommodations without prior notification.

EAST MEETS WEST IN PSYCHOTHERAPY

Trauma Addiction Mindfulness Neuroscience



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