



# Join us for Distance Learning Opportunity

## November 2022 Series

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### **Motivating and Facilitating Change - CBT Applications in SUD Treatment**

**Presenter:** Craig Johnson, LMHC, CASAC-G

**Date:** Wednesday, November 2, 2022

**Time:** 9:00 a.m. – Noon

**Cost:** \$40

**Content:** There has been a great deal of emphasis in recent years on motivational work with people. Assisting clients to achieve new perspectives and success in changing our views and behavior is inherently motivating for many! This workshop will explore classic and contemporary theory and practice that targets improved thinking and behavior as a roadmap to success in recovery from SUD. Participant involvement and the sharing of experiences will be encouraged as we also focus on applications in today's treatment and recovery environments. CBT is long recognized as best practice in therapy with a variety of people and should be part of every counselor's repertoire.

**3 Clock Hours:**

CASAC Renewal  
CPP Section 1  
CPS Section 1  
LMHC

**Registration deadline:**

Wednesday, October 26, 2022

**Training Location:**

*This training will be offered in person and through Zoom platform*

**In Person:**

1931 Buffalo Rd  
Rochester, NY 14624

**Click on the link below to register online:**

<https://ncadd-ra.org/events-trainings/>

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### **Acceptance & Commitment Therapy (ACT)/ Mindfulness Interventions as Coherent Strategy for Problems Complicating Substance Use Treatment**

**Presenter:** Jim Bridges, PhD; Chelsey Wilkes, PhD; William Gibson, PhD

**Date:** Wednesday, November 30, 2022

**Time:** 9:00 a.m. – Noon

**Cost:** \$40

**Content:** Participants will gain an understanding and appreciation of the range of client difficulties that can be addressed using a conceptually coherent set of interrelated treatment strategies. Discussed will be how these strategies offer novel approaches beyond traditional approaches to substance use problems. Discussion will include applying mindful self-compassion therapy to sexual trauma, using acceptance-based therapies with moral injury, and using ACT for suicide prevention.

**3 Clock Hours:**

CASAC Renewal  
CPP Section 1  
CPS Section 1  
LMHC

**Registration deadline:**

Wednesday, November 23, 2022

**Training Location:**

*This training will be offered in person and through Zoom platform*

**In Person:**

1931 Buffalo Rd  
Rochester, NY 14624

**Click on the link below to register online:**

<https://ncadd-ra.org/events-trainings/>

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**Additional Information:**

- Link to training will be e-mailed upon successful registration 24 hours prior to training.
- PDF of handouts will be e-mailed 24 hours prior to training.
- Quiz and Evaluation form will be provided at the end of the training.
- Certificate will be issued upon receipt of passing quiz (70% or higher) and completed evaluation.

*St. John Fisher College is recognized by the New York State Educational Department's State Board as an approved provider of continuing education credits for Licensed Mental Health Counselors*

**Registration form on second page.**

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