

# The Susan Li Conference

## Healing a Woman's Heart

*Trauma, Addiction and Recovery*

### PRESENTATIONS AND TOPICS INCLUDE:

- Evidence-Based Therapies for PTSD and SUD
- Acupuncture and Addiction Recovery: Healing from Within
- The Role of Food and Supplements in Recovery from Addiction
- Healing the Heart with EMDR
- Dancing Mindfulness
- Eating and Substance Use Disorders

WHEN: Thursday, July 18 and Friday, July 19, 2013

WHERE: Fairbanks Recovery Center  
8102A Clearvista Parkway  
Indianapolis, IN 46256

TIME: 8-8:30 a.m., registration and continental breakfast  
8:30 a.m.-4:30 p.m., sessions, lunch and breaks



#### KEYNOTE SPEAKER:

#### Stephanie S. Covington, PhD, LCSW

Stephanie is a clinician, organizational consultant and lecturer based in La Jolla, California where she is co-director of both the Institute for Relational Development and the Center for Gender and Justice.



#### KEYNOTE SPEAKER:

#### Carol Juergenson-Sheets, CSAT, LCSW, PCC

Carol is the only certified sexual addictions therapist in Indianapolis and hosts an internet radio show with over 20,000 listeners all over the world.

This annual conference honors Susan N. Li, MSW, LCSW, LMHC, a licensed clinical social worker and mental health therapist with over 35 years of clinical and administrative experience in mental health and substance abuse disorders. Susan was recognized for her many contributions to these fields at the 2008 Susan Li Conference luncheon. The Susan Li Conference is made possible via a donation to Fairbanks in honor of Susan's continuing contributions to the field of addiction.

## About the Speakers

#### Keynote Speaker: Day 1

**Stephanie S. Covington, PhD, LCSW** is a clinician, organizational consultant and lecturer. For over 25 years her work has focused on the creation of gender-responsive and trauma-informed services. Her extensive experience includes designing women's services at the Betty Ford Center, developing programs for women in criminal justice settings and being the featured therapist on the Oprah Winfrey Network TV show entitled "Breaking Down the Bars." She has also served as a consultant to the United Nations Office on Drugs and Crime (UNODC) in Vienna. Covington is the co-director of the Institute for Relational Development and the Center for Gender and Justice in La Jolla, California.

#### Keynote Speaker: Day 2

#### Carol Juergenson-Sheets, CSAT, LCSW, PCC

Carol has worked in schools, hospitals and in mental health for over 30 years. In her private practice, she provides services to individuals and families who are dealing with life adjustment issues. She is the only certified sexual addictions therapist in Indianapolis and hosts an internet radio show with over 20,000 listeners all over the world. Her expertise is in sexual abuse, eating disorders, sex therapy and women's issues. She has been an executive and life coach for over 10 years and loves motivating her clients to reach their greatest potential!

**Tamara Watson** is an officer with the Indiana State Police. She offers presentations around the state, educating communities on trends.

**Jacqueline Elster, PsyD** is a clinical psychologist at the VA Northern Indiana Health Care System in Marion, Indiana. She works with Veterans diagnosed with co-occurring Posttraumatic Stress Disorder and substance use disorders. She sees the direct correlation between the effects of trauma and substance use disorders in her work.

**Robin Parsons, MS, LMHC, CTRS** is the Director of Adult Services at Fairbanks in Indianapolis, Indiana. She has over 20 years of experience in the field of addiction which includes expertise in addictions counseling, managed care and educational trainings. In her role as Director of Adult Services, she is involved in planning and managing the organization and provides administrative and clinical support to the adult treatment team at Fairbanks. Parsons is a Detoxification Acupuncture Specialist and Certified Trainer.

**Barbara Davis, MD** is a board certified Family Physician and Medical Director at DrAziz. She is also a part time physician at Fairbanks. Dr. Davis graduated from the Indiana University School of Medicine and completed her Family Medicine residency at Community Hospital of Indianapolis in 1993. She worked in private practice in Indianapolis until 2007 when she developed an interest in functional/integrative medicine and began studying basic Ayurvedic concepts.

**Bridget Kielty, MA, LMHC** is the Clinical Manager for La Verna Lodge for Women. A native of Indianapolis, Kielty received her undergraduate degree from Purdue University and her master's degree in Clinical Psychology from Eastern Illinois University. She is a Licensed Mental Health Counselor and has clinical and program management experience.

**Amy Konkle, MD** has practiced psychiatry in the Indianapolis area for more than 35 years and has used EMDR for more than 15 years. She is an EMDR International Association (EMDRIA)-certified EMDR Practitioner, Consultant, and Provider of Basic Training, and has served on the EMDRIA Board of Directors. She is on the adjunct clinical faculty of the Department of Psychiatry at the Indiana University School of Medicine.

**Jamie Marich, PhD, LPCC-S, LICDC** is the developer of the Dancing Mindfulness practice. A life-long musician, dancer and performing artist, Marich entered the counseling field after serving as a humanitarian aid worker in post-war Bosnia from 2000-2003. Since 2008, Marich has presented multi-faceted educational workshops on topics related to trauma, addiction and spirituality throughout the United States. Marich is the author of two clinical books, *EMDR Made Simple: 4 Approaches for Using EMDR with Every Client* and *Trauma and the Twelve Steps: A Complete Guide to Enhancing Recovery*, and numerous peer-reviewed publications.

**Kate Fisch, LCSW** specializes in both chemical dependency and eating disorders. After training and working in both an eating disorder treatment facility and chemical dependency center, she now owns a private practice in Carmel, Indiana. Kate is a member of several professional organizations including National Association of Social Workers and the Indiana Counseling Association. In addition to being a member, Kate currently serves as the 2013 President of the Eating Disorders Task Force of Indiana.



**Fairbanks**  
Experts in addictions. Focused on recovery.

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## Healing a Woman's Heart

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► July 18 and 19, 2013

Fairbanks Recovery Center  
8102A Clearvista Parkway  
Indianapolis, IN 46256

Join Fairbanks and other national and local experts in the field of addiction treatment and recovery for this two day conference for professionals and students. This annual conference is designed to provide insight and education on the most relevant and evidence-based topics to help support and educate those providing treatment and recovery services.

To register, visit [www.fairbanksd.org/susan-li-conference](http://www.fairbanksd.org/susan-li-conference).

# CONFERENCE SCHEDULE

Thursday, July 18 and Friday, July 19, 2013

*Brief recovery presentations will be held throughout the day on Thursday and Friday.*

## THURSDAY, JULY 18

- ▶ **8-8:30 a.m.**  
Registration and continental breakfast
- ▶ **8:30-9 a.m.** Main Floor, Rooms 128/158  
Welcome and overview  
**Mark Monson**, President and CEO of Fairbanks

Mark Monson, the new president and CEO of Fairbanks, has had a 30-year career in the healthcare, mental health and addictions fields, which led him to his leadership role at Fairbanks. Mark will provide a brief statistical overview of the impact of alcohol and drug use nationally and locally, sharing future initiatives in the addiction field.

- ▶ **9-10:30 a.m.** Main Floor, Rooms 128/158  
**KEYNOTE: Women and Addiction: A Trauma Informed Approach - Part 1**

**Stephanie S. Covington PhD, LCSW**  
Over the past 40 years, our knowledge of women's lives has increased dramatically and there is a better understanding of what services are needed. One dominant and recurring theme in the lives of women is the interrelationship between addiction, mental health issues and all forms of interpersonal violence (as well as other traumatic experiences). This presentation focuses on the process of trauma and the need for gender-responsive and trauma-informed services.

- Participants in this session will:**
- Gain a review of the history of women's treatment
  - Learn definitions of trauma-informed and gender-responsiveness
  - Describe the process of trauma
  - Delineate gender differences
  - Demonstrate specific therapeutic exercises

- ▶ **10:30-10:45 a.m. - Break**

- ▶ **10:45 a.m.-12:15 p.m.**  
Main Floor, Rooms 128/158  
**KEYNOTE: Women and Addiction: A Trauma Informed Approach - Part 2**

**Stephanie S. Covington PhD, LCSW**

- ▶ **12:15-12:30 p.m.**  
Question and answer session

- ▶ **12:30-1:30 p.m.**  
Lunch, networking, booth visits

- ▶ **1:30-3 p.m.** Main Floor, Rooms 128/158  
**Heroin and Prescription Drug Abuse Trends in Indiana**

**Tamara Watson, Indiana State Police**  
The use of prescriptions medications and illicit drugs such as heroin are a growing concern across the country. This presentation will provide an overview of substance issues within Indiana and the efforts to overcome this problem.

- Participants in this session will:**
- Gain insight into the drug trends within the State of Indiana
  - Become knowledgeable regarding the efforts of the Indiana State police related to drug concerns

- ▶ **3-3:15 p.m. - Break**

- ▶ **3:15-4:30 p.m.**  
**Break Out Sessions (choose one)**

**Session 1: Main Floor, Rooms 128/158**  
**Evidence-Based Therapies for PTSD and SUD**

**Jacqueline R. Elster, PsyD**  
There is a definite link between exposure to trauma and substance use disorders. It is important to understand their relationship and how to support the needs of the individuals who experience both.

- Participants in this session will:**
- Review evidence on co-occurrence of substance use disorders(SUD) and PTSD
  - Illustrate ways of addressing substance use in PTSD treatment

- Identify key recommendations for integrated treatment of SUD and PTSD

**Session 2: Upstairs, Room 219**  
**Acupuncture and Addiction Recovery: Healing from Within**

**Robin Parsons, MS, LMHC, LCAC, LADS,**  
At five designated ear points in each auricle (outer ear), clinicians trained through NADA apply fine gauge, sterilized one-time use stainless steel needles just under the skin, while the client relaxes for up to an hour. This procedure functions as an adjunct to a comprehensive treatment program of substance abuse treatment and recovery.

- Participants in this session will:**
- Learn the value of acupuncture for substance abuse treatment
  - Participate in a demonstration of acupuncture (optional)
  - Learn how to incorporate acupuncture into treatment

## FRIDAY, JULY 19

- ▶ **7-7:45 a.m.** Upstairs, Room 219  
12-Step Meeting (Open)

- ▶ **7:45-8:30 a.m.** Upstairs, Room 219  
12-Step Recovery Yoga

- ▶ **8-8:30 a.m.**  
Registration and continental breakfast

- ▶ **8:30-10 a.m.** Main Floor, Rooms 128/158  
**KEYNOTE: Love, Addiction and Codependency Strengths**

**Carol Juergenson-Sheets, CSAT, LCSW, PCC**

Love Addiction is a term that describes a condition that is characterized by women who chronically "hook up" with men who emotionally, physically and spiritually mistreat them. Women who suffer from love addiction typically move too quickly into the relationship and over extend themselves prematurely, resulting in women feeling inadequate. The result is the addict tries even harder to please which creates a compulsion to stay in the relationship to get it right with the partner.

- Participants in this session will:**
- Gain insight into the clinical characteristics of love addicts

- Learn to identify the characteristics of co-addiction
- Experience self esteem exercises to promote healthy individuation
- Gain knowledge about strategies to replace love addiction with healthy relationships

- ▶ **10-10:15 a.m. - Break**

- ▶ **10:15-11:30 a.m.** Main Floor, Rooms 128/129  
**The Role of Food and Supplements in Recovery from Addiction**

**Barbara Davis, MD**

This session will discuss how to encourage and support patients/clients to heal the whole body and make healthier choices with suggestions for proper diet, appropriate nutritional supplementation and lifestyle changes that will facilitate early recovery.

- Participants in this session will:**
- Be able to list three organ systems that need extra support during early recovery
  - Learn how to assist patients/clients and their families in making better lifestyle and dietary choices in order to facilitate recovery from addiction/alcoholism and develop good habits
  - Understand the risks and benefits of selected nutritional supplements which may aid the recovery process

- ▶ **11:30 a.m.-12:30 p.m.**  
Lunch, networking, booth visits

- ▶ **12:30-1:45 p.m.**  
**Break Out Sessions (choose one)**

**Session 1: Upstairs, Room 219**  
**La Verna Lodge for Women: A Holistic Approach to Women's Drug and Alcohol Treatment**

**Bridget Kielty, MA, LMHC**

Women with drug and alcohol addiction face unique and complex clinical issues which impact their treatment and recovery. This presentation will provide an overview of an holistic approach to treating women's alcohol and drug addiction.

- Participants in this session will:**
- Increase their understanding of the complexities of women's drug and alcohol addiction issues
  - Examine women's drug and alcohol treatment from a holistic perspective focusing on treating the whole individual including underlying issues that impact women
  - Identify the benefits of treating women's drug and alcohol addiction from a holistic perspective

**Session 2: Main Floor, Rooms 128/158**  
**Healing the Heart with EMDR**

**Amy Konkle, MD**

This presentation will give an overview of EMDR, what it is and how it heals and its role with addiction and trauma. A promising adaptation of the standard EMDR protocol will be discussed, with a focus on unlinking the connection between the positive feeling state and the addictive behavior or substance, prior to targeting underlying trauma.

- Participants in this session will:**
- Gain an understanding of the components of traumatic experiences
  - Obtain a general understanding of the model for how EMDR works and why it is effective in healing trauma
  - Gain awareness of both positive and negative aspects of utilizing EMDR in the presence of addictive disease
  - Learn about the need for adaptations of EMDR developed specifically for addictive disease

- ▶ **1:45-2 p.m. - Break**

- ▶ **2-3:30 p.m.**  
**Break Out Sessions (choose one)**

**Session 1: Upstairs, Room 219**  
**Dancing Mindfulness**

**Jamie Marich, Ph.D., LPCC-S, LICDC**  
*Dancing Mindfulness* is a practice developed by clinical counselor Dr. Jamie Marich that incorporates evidenced-based elements of clinical mindfulness, psychodrama and spiritual practice, using the coping skill of dance/ exercise as the primary modality for accessing their benefits. Movement offers a powerful adjunct to what traditional psychotherapy can provide, and must enter our professional discussion about assisting client access to coping resources in the community.

- Participants in this session will:**
- Identify at least three elements of psychotherapeutic approaches (e.g., Gestalt, psychodrama, mindfulness) that appear in *Dancing Mindfulness*
  - Discuss the relevance of these elements to trauma/addiction recovery, especially when accessed through movement
  - Explain the rationale of accessing body-based coping as optimal for trauma/addiction recovery

- Access conscious dance and movement resources within their community and screen clients for appropriateness for referral to these resources as part of integrated treatment planning
- Describe the benefits of a movement-based, holistic practice for emotional healing, making specific connections between the principles of traditional recovery and the principles of mindfulness

**Session 2: Main Floor, Rooms 128/158**  
**Eating and Substance Use Disorders**

**Kate Fisch, LCSW**

Clients diagnosed with both substance dependence and an eating disorder present for treatment with a complicated set of issues. Often intertwined and used symbiotically, these diagnoses make it difficult for the clinician to know how or even where to begin when working with the client. Through descriptive case studies the audience member will learn how to assess for and identify a presenting eating disorder in a chemically dependent client. Additionally, current evidence-based treatment options will be presented and efficacy of each explored. Finally, attendees will have the option of participating in an experiential activity designed to further expand understanding of the issues.

- Participants in this session will:**
- Learn how to identify eating disorders in chemically dependent clients
  - Understand how to treat dual diagnosis of substance dependence and eating disorder using best practice treatment recommendations
  - Gain understanding about the breadth and scope of dual diagnosis clients as well as risk factors, etiology, and common links between substance dependence and disordered relationships with food

- ▶ **3:30-4 p.m.**  
Closing remarks, evaluations and CEUs/CEHs

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This session is approved for 12 Continuing Education Units (CEUs) by the Indiana Professional Licensing Agency (IPLA) and the National Association of Alcoholism & Drug Abuse Counselors (NAADAC).

To register, visit [www.fairbanksed.org/susan-li-conference](http://www.fairbanksed.org/susan-li-conference).