

Brain Repair for Addictive Disorders: Successful, Cost-Effective, and Drug-Free Therapies

Hilton Sacramento Arden West Hotel

Sacramento, CA

Your host: Community Addiction Recovery Association

Co-Sponsored by California Department of Alcohol and Drug Programs

www.carasac.org

Friday, April 17, 2009

7:00-8:00 am ATRIUM

Registration and Continental Breakfast

8:00-8:10am BERRYESSA/EAGLE

Welcome

8:10--9:05am BERRYESSA/EAGLE

Ken Blum, PhD

*Nutrigenomic Targeting of Overall Wellness and
Attenuation of Craving Behavior*

A detailed review of the relationship of genes, neurotransmitters, and nutrients as they mediate unwanted development of weight coupled with unhappiness. Using nutrigenomic principles the clinician will be able to intercede and help the client reduce weight by reducing sugar cravings in a safe and predictable manner.

9:15-10:10am BERRYESSA/EAGLE

Stephen Schoenthaler, PhD

*Prison-Based Nutritional Research: Less Violence,
Lower Costs.*

Nutritional interventions implemented in a variety of state and local institutions in California, New York, Virginia, Alabama, Oklahoma, and Kansas were able to dramatically reduce violence and improve cognition and behavior. Learn the costs and implications of these six controlled trials.

10:10-10:25am ATRIUM Break

10:25-11:20am BERRYESSA/EAGLE

Kathleen DesMaisons, PhD

Does Sugar Matter?

A Look at a Key Issue in Treatment Outcomes.

This presentation will outline the definition of sugar sensitivity, its impact on brain chemistry and treatment, and dietary interventions that can heal it.

11:20-11:55 am ZINFANDEL/CHARDONNAY/CABERNET

Break to visit Exhibit Room

11:55am -1:15pm BERRYESSA/EAGLE

Lunch. Abram Hoffer Lifetime Achievement

Award presented to Barbara Reed Stitt, PhD.

Speaker **Brad Yates**

*Tapping into Recovery: EFT To Clear PTSD,
Pain, Cravings, and Disruptive Emotions*

This interactive talk will discuss the meridian-based energy healing modality known as Emotional Freedom Techniques™ (EFT). This is a very simple yet effective tool for reducing stress, cravings, and other physical and emotional issues that can contribute to drug use. Brad will demonstrate both the simple version of EFT, which clients as young as four can quickly learn to use themselves whenever needed, as well as the more creative style which counselors can develop to make the process both more effective as well as more engaging for the client.

1:15-1:35pm ATRIUM Break

1:35 -2:30pm BERRYESSA/EAGLE

Lianne Audette, LAc

*Acupuncture: The Perfect Treatment Without Words or
Medicine for Precontemplative Clients*

Acupuncture offers relief of the physical symptoms of drug withdrawal and the emotional pain that underlies drug seeking whether the client is ready to change, acknowledges his addiction, or is even able to communicate in English. This presentation demonstrates acupuncture and discusses its history in the field of addiction, the benefits and consequences of having an acupuncture component, laws governing its use, and the settings where it works most effectively.

2:40-3:40pm BERRYESSA/EAGLE

Julia Ross, MA, MFT

*NeuroNutrition for Anxiety, Depression, and Carbohydrate
Addiction: Eliminating the Primary Causes of Relapse,
Without Medication*

What is the physiology of relapse? How do brain deficits make it impossible for most addicts to stay in recovery? By recognizing the signs and symptoms of specific neurotransmitter deficiencies, brain targeted nutritional treatment can be individualized and negative moods, cravings, and relapse dramatically reduced. This presentation will identify the key deficiency symptoms and explain how to eliminate them with appropriate amino acid precursors and other nutrient supplementation. It will also explain how a pro-recovery diet can be made more appealing than doughnuts, chocolate, caffeine, and fries.

3:40-4:00pm ZINFANDEL/CHARDONNAY/CABERNET Break for visiting Exhibit Room

4:00-5:00pm **WORKSHOPS**

SONOMA Workshop - Introductory:

Lianne Audette, LAc, ND

*Successful Precontemplation-Stage Treatment with Ear
Seeds for Cravings, Depression, and Stress*

You don't need a license to squeeze your own ears. In this session you will learn the power of the right squeeze to release mood elevating, pain relieving, endorphins. Here is a treatment clients can perform any time, day or night, regardless of their stage of readiness for change.

BRANDYWINE Workshop - Advanced:

Kathleen DesMaisons, PhD

Practical Dietary Solutions In Treatment

A look at the steps clinicians and administrators can take to enhance treatment outcomes. Adding a component of "doing the food" can improve all the other treatment options. This session will outline concrete interventions for detox, reduction of cravings, reduction of PAWS and support of long term sobriety.

NAPA Workshop - For Administrators:

Julia Ross, MA, MFT

*Improving Your and Your Staff's Mood With
NeuroNutrition*

Many people staffing recovery programs are themselves in recovery. How do neurotransmitter deficiencies express themselves in those no longer using their former substances? What simple nutritional strategies can address the common complaints of recovering people: moodiness, insomnia, fatigue and a need for tobacco, sugar, caffeine, and antidepressants? How much would these nutrients cost? How could they be integrated into an existing treatment program?

5:00-6:30 pm BRANDYWINE

Meet and Greet

6:30pm **Dinner On Your Own**

7:00-10:00pm NATOMAS

Upstairs **Hospitality Room** With Snacks for Networking, Socializing.

7:00-10:00pm EUREKA

Upstairs **Treatment Room** For Acupuncture/Other Hands-On Healing

Saturday, April 18, 2009

7:00-8:00am Atrium Registration and Continental Breakfast

8:00-8:05am Atrium Welcome Back

8:05-9:05am BERRYESSA/EAGLE

Stan Stokes, MS, LPC, CCDC

NeuroNutrient Infusion Therapy: Healing the Addicted Brain Rapidly and Safely

This presentation will describe the history of intravenous nutritional therapy for the treatment of addiction, its success in reducing relapse and the severity of symptoms occurring in abstinence, its impact on the quality of sobriety, and the people for whom this treatment is most appropriate.

9:15-10:15am BERRYESSA/EAGLE

John Giordano, CAP

An Addict's Journey From Addiction to Creating a Holistic Treatment Center

An addict's journey from early triumphs to the depths of addiction to successful recovery and ownership of a treatment center integrating traditional models such as 12 Step with multiple holistic alternative approaches including ibogaine detoxification.

10:15-10:30am ATRIUM Break

10:30-11:30am BERRYESSA/EAGLE

Hyla Cass, MD

Handling the Challenges of Psych Meds and Nutrients in Recovery

Depression, anxiety, and cognitive impairment during recovery are treated almost exclusively with medications. However, medications do not address the root cause of addiction. Patients often respond better to dietary interventions and supplements, especially after acute detoxification. This presentation explains how a treatment program can help clients transition from medications to natural products to raise their mood, cope with anxiety, and improve sleep.

11:30-11:50am ATRIUM Break to visit Exhibit Room

11:50-1:15pm BERRYESSA/EAGLE Lunch w/Speaker

**Renee Zito, LMSW, CASAC, Director,
California Department of Alcohol and Drug Programs**
How We Got Here and Where We're Going

The State's top official for alcohol and drug treatment and prevention programs shares her personal experience with alcohol and the effectiveness of treatment as well as the value of complimentary medicine in a continuum of services. She will also discuss her department's legislative proposal to strengthen counselor certification and to develop treatment standards that offer consistent care across all agencies.

1:15-1:35pm ATRIUM Break

1:35-2:30pm BERRYESSA/EAGLE

Charles Gant, MD

Why Antelopes Don't Use Drugs or Alcohol: Simple Solutions to Chronic Stress and Burnout

What is it about the human brain that makes us prone to medicate away our psychic pain, anger, and stress? This presentation explains the role of our large frontal lobes in mediating the stress response and how nutrients can be chosen to target the symptoms of frontal lobe dysfunction in people suffering from mental and substance use disorders.

2:40-3:40pm **WORKSHOPS**

EAGLE Workshop - Introductory:

Stephen Schoenthaler, PhD

Curing the Addictive Criminal Mind

This introductory workshop will include a review of why nutritional interventions influence criminal behavior and how clinicians can change the internal functioning of neurons by recognizing and treating specific secondary nutritional deficiencies unique to individual clients.

BERRYESSA Workshop - Advanced:

Julia Ross, MA, MFT

Case Studies Solutions Using NeuroNutrition for Anxiety, Depression, and Carbohydrate Addiction

The presenter will describe several recovery resistant cases including a methamphetamine addict and a bi-polar addict and how they were able to attain long-term, comfortable abstinence. She'll also interview a volunteer to demonstrate the neurotransmitter deficiency assessment process and how successful nutrient protocols are identified. Participants will then use self-assessment tools to determine their own needs and have access to amino acid supplements should they choose to try them during the workshop.

SONOMA Workshop -For Administrators:

Brian Mackin, MD

Omega Fatty Acids and Mental Health: How a Change in Diet Can Change Your Brain

It is clear that nutrition plays an important role in physical health, but it is not as clear the role nutrition plays in mental health. In this presentation we will explore how diet has changed historically, the evidence that it could be altering the brain, and a look ahead to what global changes in nutrition can be expected. Special attention will be given to the role of fatty acids.

3:40-4:00pm

Break for visiting Vendor Room

4:00-5:00pm BERRYESSA/EAGLE

Durga (Cathy O'Neill), BA, CAS, PKS (Yoga), Acharya (Yoga of Recovery)

Yoga: Movement Therapies for Optimum Treatment Outcome

Those who suffer from the physical and emotional consequences of addiction find relief in the ethical and social guidelines for healthy living inherent in East Indian yoga philosophy, psychology, and practice.

5:10-6:20pm BERRYESSA/EAGLE

Christina Veselak, LMFT, CN

Remembering to Treat Codependents: Improving Recovery with Whole Family Brain Repair

A series of interventions designed to help the family member become willing to commit to self-care and successfully address the physical and emotional exhaustion that often accompanies life with an addicted family member. Interventions discussed include EMDR, hypnosis, nutritional supplementation, diet, exercise, and relaxation techniques, among others.

6:20pm

Dinner On Your Own

7-10:00pm NATOMAS

Upstairs **Hospitality Room** With Snacks for Networking, Socializing

7-10:00pm EUREKA

Upstairs **Treatment Room** For Acupuncture, Other Hands-On Healing

Sunday, April 19, 2009

7:00-8:00am Atrium Registration and Continental Breakfast

8:00-9:00am BERRYESSA/EAGLE

Frank Gaviola, 6th Dan

Tai Chi: Movement Therapies for Optimum Treatment Outcome

From China comes a tradition of mind-body integration called Tai Chi. By focusing on this moving meditation individuals relearn to trust, empower, and control their psycho-physical-emotional energies in a positive way. The technique reduces anxiety and offers other benefits even before the client is ready to talk to a counselor.

9:00-9:30am

Morning Snacks, Final Visit to Exhibit Room

9:30-10:30am BERRYESSA/EAGLE

Allan Sosin, MD

Combining Sauna, Acupuncture, and Oral/Intravenous Nutrient Therapies for Drug-Free Detox

Detoxification is a uniquely important phase of recovery, where physical discomfort often trumps the will of the individual to stay clean and sober. In this presentation we explore a spectrum of ways to speed up and ease detox without pharmaceuticals.

10:30-11:30am **WORKSHOPS**

BERRYESSA **Workshop – Introductory:**

Charles Gant, MD

Heavy Metal Is Not A Rock Band: Functional Laboratory Testing for Recovery

A multiplicity of causes can be linked to mental or substance use disorders. Which are important for the individual's successful recovery can be pinpointed with certain laboratory tests. This workshop will highlight commonly used test panels and with case studies allow clinicians to become familiar with the revolutionary potential of functional medicine testing.

EAGLE

Workshop - Advanced:

Susan Keckley, RN and Stan Stokes, MS, LPC, CCDC

Practical Guidelines for Adding NeuroNutrient Infusion Therapy To Your Program

In this session practical guidelines will be presented for opening a clinic that offers intravenous nutritional therapy for the treatment of addiction or adding this therapy to an existing program. Equipment required, legal issues, ingredients for specific needs, and personnel requirements will be discussed.

SONOMA

Workshop - For Administrators: John Giordano, CAP

OK, I'm Convinced: How Do I Convince My Staff?

Administrators want to know how to protect themselves and their treatment centers in terms of liability, how to train and implement an integrated medical approach, and how to increase consistency of quality and continuity of service when expanding into the new territory of alternative modalities.

11:40-12:45pm BERRYESSA/EAGLE

Christina Veselak, LMFT, CN

Integrating Brain Repair into Group and Individual Psychotherapy During Recovery

How does a private practitioner working in a conventional treatment model begin to attend to the physical side of the clients' condition? This final program looks at the different levels of intervention possible, useful assessment tools, and practical questions about "scope of practice" and "dual relationships."

12:45-1:00pm BERRYESSA/EAGLE Closing.