

ISSUED FEBRUARY 2019

More than a program – It's an event!



GENERATIONS 2019

Behavioral Health
and Addiction
Interventions
for professionals

APRIL 15 & 16, 2019

Salt Palace Convention Center • 100 So. West Temple • SLC, Utah



FEATURING
MARK WOLYNN

Author of **IT DIDN'T START WITH YOU: HOW INHERITED FAMILY TRAUMA SHAPES WHO WE ARE AND HOW TO END THE CYCLE**, winner of the Silver Nautilus Book Award.

Dive into the language of trauma with this sought-after master of Inherited Family Trauma.

PARTNERING WITH AMAZING PROGRAMS & LEADERS:

- *Youth Care - celebrating their 30th year*
- *Utah Association of Music Therapists*
- *"Bridging The Gap" founders - celebrating their 20th year*
- *"Psychiatry for the Primary Care Provider" - kick-off year*

Offering continuing ed and professional development; a vast variety of topics; in-depth training via 'master workshops'; certification opportunities; and, links to on-going consultation in targeted areas.

Supported by the Utah Division of Substance Abuse & Mental Health (UDSAMH)
Founded by the University of Utah Neuropsychiatric Institute (UNI)
501 Chipeta Way • Salt Lake City, UT 84108

CE/CME Sponsor: ESI Management Group



YOU WON'T FIND ALL THIS ON-LINE!

DON'T MIGRATE LONG DISTANCES OR PAY RISING RATES FOR QUALITY TRAINING. *GENERATIONS 2019* OFFERS YOU

- Significant continuing ed credits
- Robust spectrum of topics & learning formats
- 'Lightening Rounds' of speakers
- Assessment & Intervention-focused curricula
- Skill-building opportunities & practice tools
- Experiential activities
- Quality professional development
- Ethics & suicide prevention credits
- Learning tracks
- 'Master Workshops' with in-depth training and consultation options
- International, national & local experts
- Clinical challenges
- Connections with colleagues – old and new
- Ahead-of-the-curve knowledge of trends
- Methods to protect yourself and deal with insurers, review boards, courts & others
- Connections to referral sources & resources
- Convenient locale
- Comfortable environment

Wherever your clinical perch, this program is designed to help you understand, assess and treat your clients and improve their outcomes. This event is for professionals in:

- Addiction Treatment
- Case Management
- Clergy
- Corrections / Courts
- Counseling
- Crisis Response
- Education
- Employee Assistance
- Family Practice
- Forensics
- Geriatrics
- Gerontology
- Health Education
- Higher Education
- Home Health
- Hospice
- Law Enforcement
- Long-Term Care
- Marriage / Family Therapy
- Medicine
- Military Specialties
- Nursing
- Paramedicine
- Primary Care
- Psychiatry
- Psychology
- Social Work
- Other Health, Behavioral Health & Addiction Professions

This program has been created to help you:

- Expand your knowledge and develop strategies to more effectively promote the healthy growth and development of individuals in all adult life stages and cultural / ethnic backgrounds dealing with critical behavioral health and/or substance use issues;
- Employ effective working tools to properly intervene in these issues;
- Identify needs and access current resources; and,
- Use tools to develop and implement prevention and intervention programs

REGISTER TODAY FOR A REDUCED RATE!

Easily secure your seat by registering on-line with a credit card at <https://esimgt.com> -OR- by mailing in the 'Registration Form'.

YOUR TWO-DAY EVENT REGISTRATION WILL INCLUDE:

- New formats & training options – inc certifications and consultation opportunities
- Popularly requested program features – including a vast selection of topics
- Significant CE / CME credits inc. ethics & suicide prevention credits
- Professional development opportunities & learning tracks
- International, national & local experts together in one convenient location
- Lightening Rounds of experts available to you long after the conference ends
- Concrete tools & clinical skills to make your life easier & improve your client outcomes
- State-of-the-science research & effective treatment skills / modalities to put you ahead

- Varied formats such as case studies / practices, debates & ethical discussions
- Post-conference options for in-depth training & consultation in targeted spheres
- Assessment & intervention-oriented program with skill-building foci
- Ways to protect yourself in judicial arenas and deal with insurers, review boards & others

Additionally, you will enjoy

- An eminent program in a spacious, comfortable setting
- Plentiful networking opportunities and connections with colleagues – old & new
- A 'Field of Experience' during every break
- Exhibit area & immediate access to pertinent resources
- Meeting of expanded referral sources
- An on-site bookstore & author signings
- An event portfolio with resources (in-hand or electronic)
- Access to national & international experts
- Abundant, appetizing food, gifts & more!

In the event of unforeseen circumstances, cancellations must be received in writing by:

- March 15 for a full refund
- March 26 for a 50% refund
- No refunds after March 26

CAPTURE YOUR CONTINUING EDUCATION CREDITS / REQUIREMENTS

Generations provides significant continuing education for an inexpensive price. You will leave this two-day conference with up to 14.5 continuing education hours/credits with an additional 4 hours possible via post-conference "Master Workshops".

*** Professional Credit:** For your convenience, this program, while not required by most disciplines, has been submitted to and/or already approved by the:

- National Association of Alcohol and Drug Abuse Counselors (NAADAC)
- National Association of Social Workers (NASW)
- Nevada Nurses Association
- Police Officer Standards & Training (POST) (training hours are available)
- Utah Association for Marriage & Family Therapy (UAMFT)
- Utah Healthcare Association (for Long-Term Care Administrators)
- Utah Psychological Association

Approval by any of the listed organizations does not imply their endorsement of any program, commercial interests or research. The same holds true for conference partners, planners, organizers, and other parties involved with this event.

** It is recommended that each attendee keep conference materials and/or the event certificate as proof of attendance at a program demonstrating pertinence to his/her field. You may register to receive a CERTIFICATE for verification of attendance for employers, accrediting and/or licensing organizations, and others. (See "Registration Form"),*

*** CME Accreditation:** ESI Management Group is accredited by the Utah Medical Association to provide continuing medical education for physicians.

*** AMA Credit:** ESI Management Group designates this live educational activity for a maximum of 18.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CME programs like this may be used for re-licensure credit in other fields / states not listed above. It is each person's responsibility to record and report their attendance to the State Board(s) and/or other licensing organization(s) as needed and to check with their Boards to determine reciprocity and licensure credit in their state.



PARTNERSHIPS have soared Generations to the top!

Generations has been built through partnerships with public and private entities dedicated to high quality professional education designed to support and strengthen professionals and, ultimately, improve patient care. A large variety of partners have united for a common purpose and quality program from which many can benefit and flourish. Special thanks is given to the following partners working in harmony in our communities:

CELEBRATING IT'S 30TH YEAR,

Youth Care, was established to provide a dynamic and supportive environment where intensive, therapeutic interventions could be provided alongside premier academic instruction for adolescents struggling with a variety of mental health concerns and/or chemical dependency. Constantly uncovering the role of families in trauma and symptomology, Youth Care, in appreciation to communities and in celebration of its 30th successful year, is honored to support the appearance of Mark Wolynn who will be headlining this year's program around the related topics of multigenerational family trauma.



SHARING ITS EXPERTISE – “PSYCHIATRY FOR THE PRIMARY CARE PROVIDER”

The University of Utah Department of Psychiatry is leading out with this day-long track targeted for primary care providers looking to increase their knowledge on diagnosing and treating mental health conditions. They have partnered with the American and Utah Psychiatric Associations to design a program to covering an array of relevant topics in primary care. Their speaker line-up is filled with psychiatrists and faculty in the Department, many with experience working in primary care settings. Their keynote speaker, Dr. Lori Raney, a leading authority on the collaborative care model and the bidirectional integration of primary care and behavioral health, will conduct a distinctive 4-hour workshop on integrated behavioral health services in primary care the following day.



EXPLORING NEW FLIGHT PATHS, FOR ITS 20TH ANNIVERSARY YEAR

Drs. Douglas Goldsmith and David Oppenheim have brought global experts to Utah to enhance knowledge of attachment theory and clinical interventions through “Bridging the Gap – Application of Attachment Research to Clinical Practice”. It led out with dynamic new insights into the clinical application of attachment theory. They are now joining *Generations* to spread these concepts and clinical skills which are even more significant with the issues surfacing in our society today. They will offer breakouts and an exclusive Master Workshop which will offer consultation follow-up to further strengthen your skills and clinical insight.

COMMUNICATING THE UNIQUE SONG AND SCIENCE OF MUSIC

The Utah Association of Music Therapists will intertwine their Spring Conference thru a unique, experiential track focusing on clinical, evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship. Learn how certified music therapists assess emotional well-being, physical health, social functioning, communication abilities, and cognitive skills through musical responses. See how they can work in your practice to enhance what you are currently providing.



CONNECTING LEADERS

Recovery Ways is connecting *Generations* with its national leaders and board members. To support and strengthen Utah's treatment and recovery sectors, they are supporting a special audience for *Generations* attendees and other community leaders with the Honorable Patrick Kennedy. Mr. Kennedy will share insights into behavioral health and addiction policy and future direction. This will be a rare and landmark opportunity for all who attend.



RESHAPING PRACTICE

A growing alliance of organizations is setting new standards for the future of behavioral health treatment, one organization at a time. If you are a leader within an organization wanting to stay ahead of the curve, and bring qualified, experienced professionals into your environment, you won't want to miss the information and guidance that will be shared in a special post-conference workshop challenging the buzz words of "evidence-based" and "research-informed". This outcome-focused approach has resulted in a significant increase in the number of people experiencing mental illness symptom reduction and decreases in recidivism among substance-abuse treated populations.

IN ADDITION TO THESE AMAZING PARTNERS, EVENT FOUNDER - **UNIVERSITY OF UTAH NEUROPSYCHIATRIC INSTITUTE**, IS PROUD TO RECOGNIZE THE FOLLOWING PARTNERSHIP FLOCK (CONFIRMED AS OF RELEASE DATE)

Keynote Parter

- Youth Care

Platinum Partners (\$7,500)

- Utah Division of Substance Abuse & Mental Health (UDSAMH)

Diamond Partners (\$5,000)

- Optum
- Willow Springs Center

Ruby Partners (\$3,000)

- Cirque Lodge
- HCA Behavioral Health Services / Mountain Star Health
- Maple Mountain Recovery

Sapphire Partners (\$2,500)

- Intermountain Healthcare
- Steward Behavioral Health Services

Emerald Partners (\$1,500)

- Beechtree Diagnostics
- Denials Management, Inc.
- HealthCare Pharmaceuticals
- Larkin Mortuary
- Monte Vista Hospital
- OQ Measures, LLC
- Pinnacle Recovery
- Provo Canyon Behavioral Hospital
- Provo Canyon School
- Salt Lake Behavioral Health
- True North Recovery & Wellness Center
- Utah Department of Veterans & Military Affairs
- Wasatch Recovery

Exhibiting Partners (\$750)

- Alkermes
- American Foundation for Suicide Prevention Utah

- Army Community Service
- Ascendant Behavioral Health
- Aspen Ridge Medical
- Autism Council of Utah
- Brighton Recovery Center
- Choice Recovery
- Collective Recovery
- Community Nursing Services
- Genoa Healthcare
- Guardian & Conservator Services
- Highland Ridge Hospital
- Illuminate Billing Advocates
- LifeLine for Youth
- Lion's Gate Rehab
- Millennium Health
- LifeLine for Youth
- Lion's Gate Rehab
- Millennium Health
- Mountain Peak Recovery
- NexStep Medical Detox
- Odyssey House of Utah
- Pearson
- Recovery Ally
- Renew Wellness & Recovery
- ScenicView Academy
- Substance Use Disorder Program / Recover @ U
- Summit Community Counseling
- The Haven
- White Tree Medical

Honorarium & Track Partners

- Bridging The Gap Founders
- Recovery Ways
- University of Utah Department of Psychiatry
- Utah Music Therapy Association
- Youth Care

Auxiliary Partners

- B&W Consulting • NAMI Utah • National Center for Vet Studies • Salt Lake Vet Center • Utah Department of Health State Plan & Dementia Friendly America • Utah TAA • VA SLC Health Care

All partners confirmed as of print date.



Featured Speakers

Mark Wolynn

Director of the Family Constellation Institute, Mark is North America's leader in Inherited Family Trauma. A sought-after lecturer, he leads workshops around the world. His book *IT DIDN'T START WITH YOU: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* (Viking/Penguin) is the winner of the 2016 Silver Nautilus Book Award in psychology. His articles have appeared in *Psychology Today*, *Mind Body Green*, *MariaShriver.com*, *Elephant Journal* and *Psych Central*, and his poetry has been published in *The New Yorker*.

"As creator of the Core Language® Approach, I've spent the last 20 years observing how language and trauma intersect—how patients' presenting symptoms, specifically the language they use, can lead us to the root of the issue, often to a trauma in the family history or in early childhood. Uncovering our core language can free us from reliving traumas that don't belong to us."



Dan Griffin

Dan is an internationally recognized author, thought leader, and expert on men's relationships and masculinity. His work is dedicated to exploring and redefining what it means to be a man in the 21st century; and, his book, *A Man's Way Through Relationships*, was written to help men create healthy relationships while navigating the challenges of the "Man Rules™," those ideas men internalize at very young ages about how to be real boys and men. Griffin's has spent over two decades in the mental health and addictions field and authored *A Man's Way through the Twelve Steps*, the first trauma-informed book to take a holistic look at men's sobriety. He co-authored *Helping Men Recover*, the first comprehensive gender-responsive and trauma-informed curriculum for addiction and mental health professionals.



Lori Raney

A board-certified psychiatrist and Principal with Health Management Associates in Denver, Colorado, Lori is considered a leading authority on integration of primary care and behavioral health. Her work focuses on service evaluation, gap analysis and design and training of multidisciplinary teams to implement evidence-based practices to improve the identification and treatment of mental illness in the primary care setting and improve the health status of patients with serious mental illness in behavioral health settings.

Lori is the editor of two books *Integrated Care: Working at the Interface of Primary Care and Behavioral Health* and *Integrated Care: A Guide for Effective Implementation*. In addition, she has published numerous articles, serves as a Master Trainer for the American Psychiatric Association, and works on evaluating and teaching hospitals and clinics to develop strategies to deal with the impact of behavioral health across health care systems.



Patrick J. Kennedy

Patrick is a well-recognized politician and mental health advocate, founder of the Kennedy Forum, former member of the President's Commission on Combating Drug Addiction & the Opioid Crisis, and co-founder of One Mind. As the youngest son of the long-time Senator Ted Kennedy and nephew of former U.S. President John F. Kennedy, the Honorable Patrick Kennedy is no stranger to family trauma and addiction. Since leaving Congress, Kennedy has gone public about his struggle with bipolar disorder and addiction and become a leading advocate for a stronger mental health care system including full implementation of the Federal Parity Law. In 2018, *Politico* termed Kennedy "the unlikely go-to player for companies seeking to benefit from the Trump administration's response to the opioid crisis." In 2015, he co-authored *A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction* detailing his own journey and ongoing political advocacy for federal legislation in support of mental health and addiction health care.



David Oppenheim

David is Associate Professor of Psychology at the University of Haifa, Israel, and Associate Editor of *Infant Mental Health Journal*. He has been involved in attachment research for more than 20 years, focusing on the importance of secure, emotionally open parent-child relations for children's development and mental health. Dr. Oppenheim has also studied how secure attachments

are fostered by parental insightfulness into the child's inner world and has applied attachment concepts and methods in research on clinical populations. He actively lectures and writes on the clinical applications of attachment.



Lorna Smith Benjamin

Lorna is an internationally recognized psychotherapist known for her creation of Structural Analysis of Social Behavior (SASB) for describing interactions with self and others; and of Interpersonal Reconstructive Therapy (IRT), which she developed for "treatment resistant" psychiatric patients. Lorna trains and consults with clinicians all over the U.S. and Europe in the use of IRT. One of

her popular workshops is 'The Making & Un-Making of Personality Disorders'. Lorna works with those who have experienced various traumas and have been left with symptomology often untouched by other therapies. IRT has proven to be impactful in reducing symptomology and hospitalizations while improving life function even for some of the most difficult and complex clients.



Frank Layden

Best known in this area as the colorful coach of the Utah Jazz, who also drafted and signed franchise mainstays John Stockton and Karl Malone and won NBA Coach (and Executive) of the Year, Frank Layden is far from retired. The antics and talents which helped him create Sports Illustrated's "Dazzling Dunks and Basketball Bloopers", will shine through as he inspires you with

his stories – stories which provide professional and life lessons and inspiration for thousands.

Event Spectrum



MONDAY, APRIL 15, 2019

 7:00 – 8:00 REGISTRATION, EXHIBITS & CONTINENTAL BREAKFAST

8:00 – 9:20 KICK-OFF, POSTING OF THE COLORS & WELCOME

University Neuropsychiatric Institute, Event Founder • Utah National Guard • Youth Care

KEYNOTE PRESENTATION: BREAKING THE CYCLE OF FAMILY TRAUMA ✦ ✦

Mark Wolynn – Director, Family Constellation Institute; Award winning author; Sought-after speaker (supported by YouthCare)

 9:20 – 9:30 EXHIBITS, BREAK & FIELD OF EXPERIENCE

9:30 – 11:00 CONCURRENT SESSIONS

ENHANCE YOUR OUTCOMES WITH PEER SPECIALISTS

Cami Roudy, FRF, CPSS – Recovery Resiliency & Peer Support Program Manager, UDSAMH • Pam Bennett, LCSW – Adult Mental Health Program Administrator II, UDSAMH

GAINING MORE IMPORTANCE IN TODAY'S WORLD: CRIMINOGENIC RISK FACTORS

Don Rosenbaum, PhD – Utah State Hospital

HEALTHY MINDS & BODIES: BRAIN & BODY HEALTH FOR LONGEVITY

Sarah Shizuko Morimoto, PsyD – Assoc. Professor & Cognitive Remediation Director, U of U School of Medicine

LIGHTENING ROUND: WHAT TO KNOW ABOUT LGBTQ CLIENTS

Kim Mack, LCSW (Coordinator) – Owner, Wiconi Counseling Center; Therapist, Ascendant Behavioral Health • *Hollie Hancock, CMHC* – Clinical Director, Healing Science Retreat; Assoc. Professor, U of U School of Social Work • *Jerilyn Hassell Pool, BS* – Executive Director, QueerMeals and safeXmas • *Brandon Jensen, LCSW* – Clinical Social Worker, Flourish Counseling Services

NEW & CURRENT APPROACHES TO MEDICAL STABILIZATION IN ADDICTION

Michael Coudreaut, MD – Psychiatrist, Intermountain Health Care • *Stephanie Gelman, MD* – Infectious Disease & Internal Medicine • *Dean Mayer, MD, FACP* – Chief Medical Officer, Riverton Hospital • *Eddie Stenehjelm, MD, MSc* – Medical Director, IHC Office of Patient Experience

PRACTICAL APPLICATIONS OF ACT FOR ANXIETY

Marc Porritt, PhD – Clinical Psychologist, UNI

PSYCHIATRY FOR THE PRIMARY CARE PROVIDER ★

TREATMENT OF TREATMENT-RESISTANT DEPRESSION (9:30 – 10:30)

Paula Gibbs, MD – Medical Director U of U Hospital 5 West

TREATMENT OF ALCOHOL USE DISORDER IN PRIMARY CARE (10:30 – 11:15)

Paula Jane Cook, MD – Addiction Medicine Specialist, UNI

RAPE MYTHS & THE NEUROBIOLOGY OF SEXUAL TRAUMA ❖

Jim Asbrand, PhD – Psychologist & Director, City Center Psychology

TAKING A CORE LANGUAGE APPROACH ❖

Mark Wolynn – as above

11:00 – 11:15 EXHIBITS, BREAK & FIELD OF EXPERIENCE

11:15 – 12:30 CONCURRENT SESSIONS

DIAL 'M' FOR MALPRACTICE – ETHICAL PRACTICES TO DECREASE LIABILITY (E)

Trent C. Holmberg, MD – Psychiatrist; Private Practice; Utah Psychiatric Association

DRUG TRENDS STRIKING EVERY AGE

Brian S. Besser, MA – DEA Utah Agent in Charge, U.S. Drug Enforcement Administration (DEA)

EFFECTIVE RESOLUTIONS FOR INDIVIDUALS CONFRONTING INHERITED FAMILY TRAUMA ❖

Mark Wolynn – as above

HOOKED ON SEX: CAN SEX BE AN ADDICTION? HOW WE CAN UNDERSTAND & TREAT OUT-OF-CONTROL SEXUAL BEHAVIORS

Michael Allison, LMFT, ACS – Owner & Clinical Sexologist, Shared Expectations; Clinical Supervisor, Deer Hollow Recovery & Wellness

HOW TO NOTICE & CARE FOR PERINATAL MOOD & ANXIETY DISORDERS

Lyndsey Proctor, LCSW – Owner & Clinical Director, Serenity Recovery & Wellness

LIGHTENING ROUND: CONTRACT OPPORTUNITIES – CASE MANAGEMENT, PEER SUPPORT, DE, FORENSIC COMPETENCY, AND OVERALL INTEGRATION / COLLABORATION

Pete Caldwell, MPA – Program Manager & Telehealth Services Co-Administrator, UDSAMH

Jeremy Christensen, LCSW (Moderator) – Assoc. Director, UDSAMH • *LeAnne Huff, MEd, CMHC*

– Program Administrator, UDSAMH • *Lindsey W. North, PhD* – Supervisory Psychologist, Utah State

Hospital • *Cami Roundy, FRF, CPSS* – Recovery Resiliency & Peer Support Program Manager, UDSAMH

OKAY, YOU HAVE AN ADDICTION PROBLEM. SO, WHAT DO WE DO NOW?

Eric Barker, MD – Medical Director, DaySpring Clinic Logan

PSYCHIATRY FOR THE PRIMARY CARE PROVIDER ★

CURRENT CHALLENGES IN DIAGNOSING & TREATING ADULT ADHD (11:15-12:00)

Rachel Weir, MD – Assistant Professor & MH Integration Program Director, U of U

TREATMENT STRATEGIES FOR ANXIETY DISORDERS (12:00 – 12:45)

Wilbur R. Dattilo, MD – Assistant Clinical Professor & Inpatient Psychiatrist, U of U

THE GOOD, THE BAD, THE UGLY: PSYCHIATRIC MEDICATIONS

Kamile M. Weischedel, MD – Assistant Clinical Professor, U of U



12:30 – 1:30 LUNCHEON

1:30 – 3:00 CONCURRENT SESSIONS

ETHICS: A POTPOURRI FACING CLINICIANS (E)

Brian D. Augustyn, PhD – Clinical Psychologist, UNI

HOPE THROUGH mTBI TREATMENT; HOW fMRI DIRECTED CONCUSSION TREATMENT AIDS IN PSYCHOLOGICAL HEALING OF TRAUMATIC BRAIN INJURY PATIENTS ❖

Alina K. Fong, PhD – Clinical Director, Cognitive FX

INTEGRATION OF MULTICULTURAL FACTORS INTO PSYCHOLOGICAL ASSESSMENT

Danielle McEachern, PsyD – Neuropsychology Postdoctoral Fellow, Utah State Hospital
Chaz Anthony Rich, BS – Undergraduate Intern, Brigham Young University

LIGHTENING ROUND: TECHNOLOGY IN THERAPY: CATCH THE WAVE & DO IT RIGHT (E-30')

Eric Tadehara, LCSW (Coordinator) – UDSAMH

LIGHTENING ROUND: THE OPIOID EPIDEMIC & CHANGING PRACTICE

Eric Barker, MD – Medical Director, DaySpring Clinic Logan • *Audrey Jiricko, MD* – OB/GYN, Intermountain Healthcare • *Joel G. Porter, MD* – Assoc. Medical Director, Intermountain Healthcare Family Medicine • *Debbie Scovill, MPA, LCSW* (Coordinator) – SUD Coordinator, Intermountain Healthcare • *Jeremiah West, MD* – Medical Director, Layton Intermountain Chronic Pain

PSYCHIATRY FOR THE PRIMARY CARE PROVIDER ★

USE OF BRIEF THERAPEUTIC INTERVENTIONS DURING PRIMARY CARE VISITS (1:30 – 2:30)

Dave Eldredge, LCSW – Behavioral Health Integration Manager, U of U Health Community Clinics Provider Group

DIFFERENTIALLY DIAGNOSING THE PATIENT W/BIPOLAR DISORDER (2:30 – 3:15)

Roxanne Bartel, MD – UNI

THE MAKING & UN-MAKING OF PERSONALITY DISORDERS ❖

Lorna Smith Benjamin, PhD, ABPP – Psychologist, Private Practice; Author, Lecturer

TRAUMA INFORMED PRACTICE: IS IT REALLY IMPORTANT? HOW DO YOU GET THERE? ❖

Douglas Goldsmith, PhD – Psychologist, Private Practice; Co-Founder, "Bridging the Gap"

SHIFTING FOCUS FROM SYMPTOMS TO VALUES

Ben Pearson, LCSW – Clinical Director, Choice Recovery Outpatient



3:00 – 3:15 EXHIBITS, BREAK & FIELD OF EXPERIENCE

3:15 – 4:45 CONCURRENT SESSIONS

ASSUMPTIONS ABOUT BORDERLINE PERSONALITY DISORDER THAT ARE ACTUALLY HELPFUL: A DBT PERSPECTIVE

Amanda L. Rapacz, PsyD – Psychology Training Director, Utah State Hospital • *Hillary Urban, MA* – Doctoral Psychology Intern, Utah State Hospital

ATTACHMENT & REFLECTIVE FUNCTIONING IN ADULTS ❖

Douglas Goldsmith, PhD – as above • *David Oppenheim, PhD* – Professor, University of Haifa, Israel; Co-Founder, "Bridging the Gap"

PORTRAIT OF A CAREGIVER

Jacqueline Eaton – Gerontology Interdisciplinary Program Director, U of U College of Nursing

POWER OF RESILIENCE: EFFECTIVE STRATEGIES FOR EVERYDAY LIFE

Sam Goldstein, PhD – Adjunct Assistant Professor, U of U School of Medicine

PSYCHIATRY FOR THE PRIMARY CARE PROVIDER ★

THE BIG GUNS: WHEN TO USE ATYPICAL ANTIPSYCHOTICS & MOOD STABILIZERS IN PRIMARY CARE (3:15 – 4:00)

Michael R. Lowry, MD – Staff Psychiatrist, U of U Neuropsychiatric

PRIMARY CARE DELIVERING EFFECTIVE BEHAVIORAL HEALTH TREATMENT: NEW APPROACHES (4:00 – 5:00)

Lori Raney, MD – Principal, Health Management Associates

SPECTROPOLIS: WHAT HAPPENS IN ADULTHOOD WHEN AUTISM IN YOUTH IS MISSED, MISDIAGNOSED, OR IGNORED

Julia Connelly, PhD – Founder & Director, The Autism Clinic

THE AMAZING POWER OF PSYCH ASSESSMENTS: WHAT IT IS & WHAT IT IS NOT

Ted R. Barratt, PhD – Clinical Director, Youth Care

TREATING TOBACCO USE & DEPENDENCE

Deanna E. Englund, BS – Health Educator, Salt Lake County Health Department

WALKING THRU GRIEF'S PATH WITH YOUR CLIENTS

Mike Wilkins, PhD – Psychologist & Supervisor, Wasatch Mental Health

4:45 – 5:15 MINGLE WITH THE EXPERTS

5:15 – 6:15 A SPECIAL AUDIENCE WITH THE HONORABLE PATRICK KENNEDY ★

(Included with full conference registration - supported by Recovery Ways)

TUESDAY, APRIL 16, 2019

7:30 – 8:00 CHECK-IN, EXHIBITS & CONTINENTAL BREAKFAST

8:00 – 12:00 PSYCHIATRY FOR THE PRIMARY CARE PROVIDER WORKSHOP ★

APPLYING THE INTEGRATED CARE APPROACH: PRACTICAL SKILLS FOR THE CONSULTING PSYCHIATRIST AND PRIMARY CARE PROVIDERS

Lori Raney, MD – Health Management Associates (supported by U of U Dept. of Psychiatry)

8:00 – 9:00 KEYNOTE ADDRESS: THE RULES HAVE CHANGED: WHY GENDER MATTERS & WHAT WE NEED TO DO ABOUT IT ⌘

Dan Griffin, MA – CEO & Lead Consultant – Griffin Recovery Enterprises; Author

9:00 – 9:15 EXHIBITS, BREAK & FIELD OF EXPERIENCE

9:15 – 10:30 CONCURRENT SESSIONS

BEERS CRITERIA: SENESCENCE, MENTAL ILLNESS & COMMON MEDICAL CONDITIONS

Christine Lutz, MSN, GNP-BC – APC, United Health Care / Optum

A CONTINUUM OF MUSIC IN HEALTHCARE: FROM MUSIC LISTENING TO MUSIC THERAPY ⌘

Peggy Cann, CMP – Symbii Hospice, Encompass Hospice, Timpanogos Regional Medical Center • *Sydney Cheek-O'Donnell, PhD* – Assoc. Professor & Assoc. Dean for Research, U of U College of Fine Arts • *Emily Christensen, SCMT, MT-BC (Moderator)* – Owner, Crescendo Music Therapy; Utah Association of Music Therapists • *Massimiliano Frani, PhD* – CEO, Genote • *Maureen Hearn, PhD* – Director of Music Therapy, Utah State University

FREUD: IS HE IN THE PAST OR PRESENT? CONTEMPORARY PSYCHODYNAMICS

Colleen M. Sandor, PhD – Psychologist, Private Practice

IS EMDR RIGHT FOR YOUR CLIENT? UNDERSTANDING USE OF EMDR FOR DESENSITIZATION OF MEMORIES & THE PROCESS OF NEGATIVE CORE BELIEFS ❖

Trevor Hardcastle, LMFT – Therapist, EMDR Coach/Consultant/Trainer, Center for Change

KENNEDY ROUNDTABLE REPORT: SUGGESTIONS FROM STAKEHOLDERS

Andrew Sidoli, LCSW, CAC – Executive Clinical Director, Recovery Ways

LIGHTENING ROUND: SUICIDE PREVENTION IN OUR RISK-REDUCTION WORLD (SP)

Lisa Giles, MD – Assoc. Professor, U of U; Medical Director of Behavioral Health Consultation, Emergency & Community Liaison, Primary Children's Hospital • *Lisa Nichols, MSW* – Executive Director, Intermountain Healthcare Community Health • *Morissa Sobelson Henn, DrPH (Coordinator)* – Community Health Program Director, Intermountain Healthcare • *Michael Woodruff, MD* – Senior Medical Director, Office of Patient Experience, Intermountain Healthcare

LIGHTS, CAMERA, ACTION – TODAY'S SPECIAL SHOWING OF A DBT CONSULTATION GROUP IN ACTION

Jan Pendley, LCSW – Adult Mental Health Director, Davis Behavioral Health

NEUROPLASTICITY: HOW OLD DOGS LEARN NEW TRICKS

Kevin Duff, PhD – Professor of Neurology, U of U

THE MISSING PEACE: MEN & TRAUMA ❖

Dan Griffin, MA – as above

10:30 – 10:45 EXHIBITS, BREAK & FIELD OF EXPERIENCE

10:45 – 12:00 CONCURRENT SESSIONS

FOUNDATIONS OF HEALTHY SEXUALITY

Jessica Hofeltz, ACMHC & Corey Holmgren, LMFT – Therapists, Lifestar Network

HAVE YOUR CLIENTS EXPERIENCED THE ECLIPSE? TRANSFORMING LIVES WITH SUPPORTED EMPLOYMENT IS OUT-OF-THIS-WORLD?

Jed Burton, MSW – Clinical Services Director, Weber Human Services • *Michael Cain, LMFT* – Clinical Director, SW Behavioral Health • *Sharon Cook, LVRC, CRC* – Supported Employment Program Mgr, UDSAMH • *Katy Cox* – Supported Employment Supervisor, SW Behavioral Health

LIGHTENING ROUND: SO YOU'RE A MANAGER – NOW WHAT?

Albert Foster, MSHR – Human Resource Director, Wasatch Mental Health • *Randy Huntington, LCSW* – Adult & Family Services Division Director, Wasatch Mental Health • *Bryant Jenks, LMFT* – Program Manager & CIT Regional Coordinator, Wasatch Mental Health • *Juergen Korbanka, PhD (Coordinator)* – Executive Director, Wasatch Mental Health

LIGHTENING ROUND: SUICIDE NUANCES OF AGES, STAGES & CIRCUMSTANCES (SP)

Kimberly Myers, MSW (Coordinator) – Suicide Prevention & Crisis Services Administrator, UDSAMH • *Lisa T. Hansen, PhD, LMFT* – Clinical Director, Flourish Counseling Services • *Kent D. Hinkson, Jr., MS* – Researcher, Trainer & Clinician, National Center for Veteran Studies • *Misty McIntyre Goodsell, MSW* – Clinical Instructor, U of U College of Social Work • *Kathie Supiano, PhD, LCSW, FT* – Caring Connections Program Director, U of U College of Nursing

MILITARY TRAUMA – WHAT'S THE DIFFERENCE? ❖

Kent D. Hinkson, Jr., MS – as above

MUSIC THERAPY IN UTAH: CURRENT TRENDS, REIMBURSEMENT & MORE ✂

Emily Polichette, MM, SCMT, MT-BC – Music Therapist, U of U Health & UNI; Government Relations Task Force Chair, Utah Music Therapy

MY PATIENT IS AT-RISK OF COGNITIVE OR EMOTIONAL CHALLENGES: NOW WHAT? DETECTION & MANAGEMENT OF COGNITIVE & PSYCHIATRIC CONDITIONS

Sara Weisenbach, PhD, ABPP – Assistant Professor & Clinical Psychologist, U of U & VA SLC

TARGETING THE BRAIN: NEW INTERVENTIONS FOR DEPRESSION

Brian J. Mickey, MD, PhD – Assistant Professor, U of U School of Medicine

TRAUMA-INFORMED COUPLES TREATMENT ❖

Sara Owen, PhD – Psychologist, City Center Psychology & Department of Veterans Affairs

12:00 – 1:15 LUNCH

1:15 – 2:30 CONCURRENT SESSIONS

A NOT SO LOVELY LOVE TRIANGLE: THE COMPLEX RELATIONSHIP BETWEEN MENTAL HEALTH, TRAUMA, AND ADDICTION ❖

Dan Griffin, MA – as above

LEARN TO USE THE ACUTE TRAUMATIC INCIDENT PROTOCOL (A-TIP) - PART 1 ❖

Lanice Hollingsworth, LCSW – Therapist, Wasatch Mental Health & Private Practice

MOVING PAST TRAUMA THROUGH FOREGIVENESS ❖

Heather Black, PsyD – Staff Psychologist & SUD-PTSD Specialist, VA Salt Lake City • *Jacek Brewczynski, PhD* – Staff Psychologist & SUD-PTSD Specialist, VA SLC & U of U

MUSIC AND MENTAL HEALTH IN THE MEDICAL SETTING ✂

Heather Fellows, SCMT, MT-BC – U of U Hospital & Huntsman Cancer Institute; Owner, A Tempo Music Therapy

NEW & EVOLVING ISSUES IN MARRIAGE & FAMILY THERAPY – PART 1

Jonathan D. Sherman, LMFT – Therapist, MarriageEnvy.com

SUCCESSFUL CONVERSATIONS WITH FAMILIES & INDIVIDUALS WITH MEMORY PROBLEMS

Nancy A. Allen, PhD, ANP-BC – Assistant Professor, U of U College of Nursing

TAKE CARE OF YOU: SIMPLE STRETCHING & BREATHING BREAKS FOR TRAUMA ❖

Yael Calhoun, MS, MA, E-RTY – Executive Director, GreenTREE Yoga

THE ETHICS & RESPONSIBILITY OF MIND-BODY-SPIRIT SUPPORT FOR CAREGIVERS (E)

Kathy S. Nelson, BA – Training Specialist, Salt Lake County Aging & Adult Services

THE ETHICS, EFFICACY, AND ART OF THERAPIST SELF-DISCLOSURE (E)

David Johnson, PhD – Clinical Psychologist, Ogden Center for Change • *Katie Johnson, LCSW* – Clinical Social Worker, Ogden Center for Change

UNDERSTANDING & ASSESSING FOR SLEEP DEFICIENCIES IN YOUR OFFICE: MENTAL HEALTH, COGNITION AND RECOVERY FROM ILLNESS

Anna K. Boller, PsyD – Executive Director, Boller Psychological Services; Psychologist, Waterford School

2:30 – 2:45 EXHIBITS, BREAK & FIELD OF EXPERIENCE

2:45 – 3:45 CONCURRENT SESSIONS

DISSOCIATION WITH TRAUMA – REALLY? NOW WHAT? CLINICAL INTERVENTIONS FOR THE MOMENT AND BEYOND ❖

Ashley Greenwell, PhD – Clinical Director, Utah Center for Evidence Based Treatment

GERIATRIC MEDICINE, TEAM BASED CARE AND ETHICAL ISSUES (E)

Richard John Lassere, MD – Geriatrician, Intermountain Healthcare

HAVE I HAD ENOUGH? A GLIMPSE INTO THE MIND OF AN ADDICT & HIS EMPOWERING STRUGGLE TO FIND THE FAITH TO SURRENDER

Ryan David Hiatt – Author & Recovery Advocate

LEARN TO USE THE ACUTE TRAUMATIC INCIDENT PROTOCOL (A-TIP) – PART 2 ❖

(Certification Available)

Lanice Hollingsworth, LCSW – as above

MEDICAL BEHAVIORAL INTEGRATION: WHY, WHEN AND HOW? (BUT ARE THESE REALLY THE QUESTIONS?)

Blaine Bergeson, BS – Vice President of Business Development Public Sector, Optum Health

THE POWER OF YOUR INDIVIDUAL VOICE: SONGWRITING & VOICE IN MUSIC THERAPY ✂

Brandtley Henderson, MM, MT-BC – Music Therapist, Utah State Hospital

UNDERSTANDING THE UTAH FORENSIC SYSTEM: CHALLENGES & SUCCESSSES

Jeremy Christensen, LCSW – Assoc. Director, UDSAMH • *Dallas Earnshaw, APRN, CNS BC* – Superintendent, Utah State Hospital

WHAT SCIENCE IS SAYING – INCLUDE EXERCISE IN THE TREATMENT OF MENTAL & PHYSICAL ILLNESSES

Gary Ethington, MTRS, CTRS – Recreation Therapy Administrative Director, Utah State Hospital

Aaron DeGriselles, TRS, CTRS – Therapeutic Recreation Therapist, Utah State Hospital

WORKING WITH NEW & EVOLVING ISSUES IN 'MARRIAGE OPTIONS' WHEN YOU HOLD DIFFERING OPINIONS & VALUES (E-30')

Jonathan D. Sherman, LMFT – as above

3:50 – 4:50 MARK PAYNE KEYNOTE ☼

Frank Layden, Former NBA Coach & Executive of the Year

(E) ETHICS CONTENT

☼ Music Therapy Track

* Psychiatry in Primary Care Track

(SP) Suicide Prevention Content

❖ Trauma-Focus

Minor program changes may occur.

WEDNESDAY, APRIL 17, 2019

SPREAD YOUR WINGS WITH
ONE OF THESE OPTIONAL TRAININGS
OR MASTER WORKSHOPS

7:30 – 8:00 REGISTRATION, EXHIBITS & CONTINENTAL BREAKFAST

8:00 – 12:30 MASTER WORKSHOP*

PARENT-CHILD ATTACHMENT: EVALUATING PARENTS' EARLY HISTORY & UNDERSTANDING ITS IMPORTANCE IN EVALUATING PARENT CHILD RELATIONSHIPS. HOW TO REPAIR THE DANCE OF ATTACHMENT WHEN PARTNERS ARE NOT IN SYNC?

Douglas Goldsmith, PhD – Psychologist, Private Practice; Co-Founder, "Bridging the Gap"
David Oppenheim, PhD - Professor, University of Haifa, Israel; Co-Founder, "Bridging the Gap"

Attachment theory provides critical understanding and insights into the parent child relationship. While developmental psychologists have made extensive use of the theory to enhance understanding of the parent child relationship, clinicians continue to struggle with its direct application in therapeutic practice. During this master workshop you will gain deeper insight into the parent's role in the development of the attachment relationship and discuss the Adult Attachment Interview (AAI) and Parental Insightfulness as two critical keys in the evaluation of the parent-child relationship.

You are encouraged to bring questions from your own clinical experience which may include: How do we assess a child's attachment? What is the differences between bonding and attachment? How do we assess and repair attachment problems particularly with foster or adoptive children? Can a child recover from a failed adoption?

8:00 – 1:30 MASTER WORKSHOP*

EXPERIENTIAL LEARNING TO EFFECTIVELY WORK WITH HIGHLY COMORBID, PERSONALITY-DISORDERED INDIVIDUALS

Lorna Smith Benjamin, PhD, ABPP – Psychologist, Private Practice; Author, Lecturer

Distinctive interpersonal and affective patterns in early relationships with parents affect ways of relating to and feelings about relationships with others in adulthood. Analysis of those patterns make it clear that perceptions of parenting patterns do have specific connections to patterns of personality disorder as well as affective symptoms of anger, anxiety and depression. Come learn the clinical skills to effectively work with even the most complex cases. Delve into concepts such as "family in the head", copy processes (identification recapitulation and introjection), and "Gifts of Love" - meaning compliance with parental modeling /instruction via copying feels "right and good" even if logic says otherwise. This dive into Interpersonal Reconstructive Therapy (IRT) offers (1) a treatment guide that emphasizes differentiation from symptom relevant aspects of relationships with family in the head and (2) selection of behavioral and/or psychodynamic techniques to facilitate reprogramming of affects and behaviors.



8:00 – 12:30 BEYOND THE BASICS: IMPLEMENTING MINDFULNESS INTO PRACTICE

Brandon Yabko, PhD – Mindfulness Center Director, VA Salt Lake City Healthcare System

Interested in applying mindfulness to your professional practice? Attend this program to go beyond the basic principles and get into the nitty gritty of using mindfulness. This seminar will include a brief overview of the literature, didactic exercises, and role plays. The majority of the class will focus on the main elements you should know when using mindfulness, such as case conceptualization, developing a dialogue about mindfulness through medifore, the key elements in a mindfulness exercise, and how to process these exercises in an in-depth way. The seminar will end with a discussion about the utility / adjustments made for mindfulness techniques when working with clients diagnosed with trauma / PTSD, chronic pain, Traumatic Brain Injuries, and psychosis, as well as children, adolescents and, geriatric populations.



8:00 – 12:30 IMPROVING CLIENT OUTCOMES THROUGH IMPLEMENTATION SCIENCE

With increased attention to outcomes and value-based care, several organizations have shifted their focus from evidence-based practices, to the organizational processes associated with effective implementation of these practices. If you are looking to re-shape your organization's "outcomes" future, you won't want to miss this special post-conference workshop. Experts from various private and public entities will share how they have significantly improved clinical outcomes for clients through the application of implementation science principles.

**Ongoing training & consultation opportunities will be offered.*

LODGING BRANCHES

Exclusive discounted hotel rooms within walking distance of the event and in the hub of Salt Lake City are available to registrants of *Generations 2019*. Contact the hotel of your choice directly to take advantage of the low rates and make reservations as you prefer -

Holiday Inn Express Salt Lake City

206 South West Temple
\$129 / night – Guest Parking \$13/day
801-521-9500 or www.hiexpress.com/SaltLakeCity/HIExpress

Hilton Salt Lake City Center

255 South West Temple
\$139 / night – Guest Parking \$18/day
801-328-2000 or
www.hotelsone.com/Salt-Lake-City/Hilton-Center

Peery Hotel

110 West Broadway (300 South)
\$129 / night – Guest Parking \$12/day
801-521-4300 or www.peeryhotel.com



PARKING & TRANSPORTATION PERCHES

Easily accessible, underground, self-parking is available at the Salt Palace for guests of *Generations* for a rate of \$8-12/day. For your maximum convenience, enter the parking lot off 200 South 200 West then take the elevator to the main floor by the Grand Ballroom.

Alternate parking options include nearby Diamond lots for \$5/hour or City Creek lots (110 N. West Temple / 380 W. South Temple) with posted rates. The Temple Square TRAX stop is less than one block north of the convention center - on the intersect of West Temple & South Temple.

**All prices quoted as of publish date.*

TAKE FLIGHT AFTER HOURS

With this event headquartered in the heart of downtown Salt Lake City – you can easily walk to city landmarks, entertainment or recreation sites. TRAX makes exploring the city affordable and convenient. For more information on Salt Lake City events or recreation, call the Salt Lake Convention and Visitors Bureau at 801-534-4901 or 800-541-4955.

FOR QUESTIONS OR ADDITIONAL INFORMATION

Contact ESI Management Group at esi@esimgt.com; 801-501-9446; or, toll-free 877-501-9446.

REGISTRATION FORM



Registration is easy via one of these three options –

- Register on-line with a credit card at <https://esimgt.com>
- Mail in this completed form with a check or money order
- Mail in this completed form w/PO # _____ to be billed to the agency noted

Name*: _____

Degree(s): _____

License / Credentials (if any): _____

Job Title (if any): _____

Organization (if any): _____

Preferred Mailing Address: _____

City/State/Zip: _____

Phone: (_____) _____ Email: _____

* Substitutions requested after April 3rd will be subject to a \$20 processing fee.

By March 4

By April 3

On-Site

REGISTRATION

\$270

\$295

\$365

Two-Day Conference (Monday & Tuesday)

\$125

\$155

\$190

Psychiatry for the Primary Care Provider
(Monday Track Only)

\$50

\$60

\$80

Psychiatry for the Primary Care Provider
(Students & Residents)

\$25

\$40

\$60

Integrated Care Workshop w/Dr. Raney
(Tuesday Morning Only)

\$0

\$0

\$0

Integrated Care Workshop w/Dr. Raney
(Students & Residents)

\$75

\$100

\$130

Music Therapy Track Only
(Tuesday Track Only)

\$10

\$10

\$10

CEU/CME Certificate (optional)

\$10

\$10

\$10

Written Syllabus (Alternately, downloadable
materials will be available at <https://esimgt.com>)

\$155

\$175

\$210

Master Class w/Dr. Smith Benjamin
(Wednesday inc. certificate)

\$155

\$175

\$210

Master Class w/Drs. Goldsmith & Oppenheim
(Wednesday inc. certificate)

\$125

\$150

\$160

Mindfulness Workshop w/Dr. Yabko
(Wednesday inc. certificate)

\$50

\$75

\$125

Implementation Science Program
(Wednesday inc. certificate)

\$ _____ **Total Amount Enclosed & payable to "ESI"**

**MAIL THIS FORM WITH PAYMENT TO:
GENERATIONS - ESI MANAGEMENT GROUP - POST OFFICE BOX 1734 -
DRAPER, UT 84020-1734**

University of Utah Neuropsychiatric Institute
Generations 2019
501 Chipeta Way
Salt Lake City, UT 84108

Electronic Service Requested