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John Bradshaw, MA
Author of *Reclaiming Virtue*

Polly Young-Eisendrath, Ph.D, MSW, MA
Author of *Jung's Self Psychology*

John Briere, Ph.D
Author of *Principles of Trauma Therapy*

Shauna Shapiro, Ph.D
Author of *The Art and Science of Mindfulness*

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John Briere, Ph.D
An Associate Professor of Psychiatry and Psychology, and Director of the Psychological Trauma Program at the Keck School of Medicine, USC. He is also Center Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network. He is a recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the APA. Author of *Principles of Trauma Therapy* and *Treating Complex Trauma in Adolescents and Young Adults*. He teaches trauma, therapy, and mindfulness practices internationally.

John Bradshaw, MA
He has been called "America's leading personal growth expert." The author of five New York Times bestsellers, *Bradshaw On: The Family, Healing the Shame That Binds You, Homecoming, Creating Love,* and *Family Secrets.* He created and hosted four nationally broadcast PBS television series based on his best-selling books. John pioneered the concept of the "Inner Child" and brought the term "dysfunctional family" into the mainstream.

Robert Weiss, LCSW, CSAT-S
Founding Director of the Sexual Recovery Institute – Los Angeles, author of *Cruise Control* and co-author of *Untangling the Web* and *Cybersex Exposed.* Currently he serves on the editorial board of The Journal of Sexual Addiction and Compulsivity. In a field with very few recognized experts, he is an acknowledged professional in the assessment and treatment of persons with addictive sexual disorders and sexual offending.

Victoria Abel, MA, MNT
Has been practicing in the field of addiction recovery for over 17 years. She has been a family, trauma, and primary therapist for dual diagnosis inpatient treatment as well as eating disorders treatment. She is presently an Instructor of Human Development at Prescott College and owner of Center for Addiction Nutrition(CAN). Through CAN, she consults at Decision Point Center and offers independent training in addiction nutrition.

Coleen Moore, MA, LCPC, CAADC, CCGC, MISA II, SAP
Currently the Marketing and Admissions Manager at the Illinois Institute for Addiction Recovery. Ms. Moore trains professionals regarding process addictions both regionally and nationally. A sought after consultant regarding her expertise for the growing emergence of process addictions by media venues such as E! Entertainment, MSNBC, BBC, and Fox News.

Clifton Mitchell, Ph.D
Professor of Counseling at East Tennessee State University where he received the Teacher of the Year award in 2002. He is a national trainer and motivational speaker who specializes in cutting-edge approaches to the management of therapeutic resistance. Author of *Effective Techniques for Dealing with Highly Resistant Clients* of which the second edition is currently in its second printing.

Polly Young-Eisendrath, Ph.D, MSW, MA, Jungian Analyst
A writer, psychoanalyst and mindfulness teacher, author of 13 books that include *The Self Esteem Trap, Women & Desire, You're Not What I Expected* and *Resilient Spirit.* In demand nationally as a speaker and organizational consultant, she is a clinical Associate Professor of Psychiatry at the University of Vermont and Clinical Supervisor at the Norwich University in Northfield, VT. She is also the editor of *The Cambridge Companion to Jung.*

Shauna Shapiro, Ph.D
Associate Professor of Counseling Psychology at Santa Clara University and an internationally recognized expert in mindfulness. Dr. Shapiro has conducted extensive clinical research investigating the effects of mindfulness training across a wide range of populations and has published over 70 peer-reviewed journal articles in addition to co-authoring the critically acclaimed professional text, *The Art and Science of Mindfulness.*

Dennis Ortman, Ph.D
In private practice he works with adolescents, adults, and couples to find relief from their suffering, happiness, and a renewed life. Dr. Ortman received his doctorate in clinical psychology from the University of Detroit-Mercy and has a graduate degree in theology. He has extensive experience working with those who are addicted and with those struggling with issues on the border between psychology and spirituality. Author of *Transcending Post-Infidelity Stress Disorder* and *The Dually Diagnosed, Dual Diagnosis Recovery Sourcebook.*

Lynn Grodzki, LCSW-C, MCC
One of the leading business coaches in the US for small business owners. She specializes in working with change-agents: therapists, coaches, healers, and other service-oriented consultants who help others make change in their lives. Through her workshops and writing, she has become a pioneer in the field of practice-building, helping non-business-oriented professionals develop their private practices. With Lynn's guidance, thousands of professionals now operate small businesses that offer them a high degree of integrity as well as enhanced financial success.

Kim Dennis, MD
Specializes in treating addictions, eating disorders and co-occurring disorders. Currently serves as the Medical Director at Timberline Knolls. Her knowledge of eating disorders and substance abuse isn't just limited to her academic and clinical experience, having had her own personal experience as a woman in recovery from an eating disorder and alcoholism. She believes in and maintains a holistic perspective in the practice of psychiatry, incorporating biological, psycho-social and spiritual approaches.

THURSDAY March 14, 2013

8:30-10:15pm Keynote John Briere, Ph.D

1.5CE's

Reconsidering Trauma: A Mindfulness Approach to Trauma Processing

Several Aspects of Buddhist "psychotechnology" can be helpful in working with traumatized people. These include the development of metacognitive awareness, mindfulness, and existential insight. Dr. Briere will describe how these processes and skills can be used to facilitate cognitive processing, therapeutic exposure, and the enhancement of emotional stability.

10:45-12:15pm Keynote Robert Weiss, LCSW, CSAT-S

1.5CE's

The Id, The Ego and the Ex: Understanding Sex Addiction, Infidelity and Process Addictions

Rob Weiss, a nationally known author and sex addiction specialist, will discuss the latest advances in the assessment and treatment of sexual addiction; including presenting symptoms, initial interventions, sexual sobriety and relationship healing. This promises to be a lively discussion on how to work with these challenging concerns in the modern age.

1:30-5:00pm Skill Building Workshops

3CE's

Sex, Tech and Addiction: Understanding the Assessment and Diagnosis of Sexual Addiction in the Digital Age

Robert Weiss, LCSW, CSAT-S

By the early 1990's concerned addiction professionals were exploring, researching and writing about the challenges of an exploding new media format called - The Internet. By necessity we learned to engage this medium as clinical specialists and in the process, helped our clients negotiate its many landmines. Today, less than 20-years later as smartphones and tablet-based computers begin to outsell and outperform laptops and PC's, and as social networks rapidly become the predominant way individuals gather information and connect, we again are facing a new era. This workshop will explore the realities of this New Media Frontier by providing an overview of these technologies along with in-vivo examples of how they are affecting the clients we treat.

Working with Easily Triggered and "Acting Out" Trauma Survivors

John Briere, Ph.D

Many of the difficulties that trauma survivors experience occur when relational stimuli trigger painful memories. Once triggered, the survivor may need to engage in behaviors such as self-injury, substance abuse, compulsive sexual behavior, or aggression that reduce or externalize distress. This workshop presents multiple ways to increase the client's affect regulation skills and decrease his or her "trigger-ability."

Building Your Ideal Private Practice Today: How to Survive and Thrive in an Uncertain Economy

Lynn Grodzki, LCSW-C, MCC

Whether you are new to private practice or an experienced clinician, you can build a thriving practice, even in this uncertain economy. Lynn Grodzki, clinician, business coach and author of *Building Your Ideal Private Practice* has helped thousands of therapists learn how to make more money, attract quality clients, and feel a renewed sense of optimism about private practice. Learn how to develop an entrepreneurial mindset, use strategies to generate clients and adopt ideas that will help your practice flourish. Don't miss this informational, experiential and motivational workshop.

Program Focus & Goals

Ben Franklin Institute, producer of The Summit for Clinical Excellence Conference 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 offering a broader perspective; to help our therapists and counselors better address the issues that their client is facing day to day.

Conference Objectives

1. To identify specific diagnostic and treatment approaches, counseling skills and modalities that will be successfully applied to the fields of mental health, behavioral health and addictive disorders; including but not limited to: mindfulness and psychotherapy, ethics, psychological resistance, process addictions, trauma and related psychological and behavioral disorders.
2. To learn the symptoms and characteristics of the disorders mentioned in objective #1 and how they have interfered with the clients' interpersonal and family relationships. To participate in skill building workshops and unique training that offer cognitive and experiential clinical techniques; to assist in patient/client recovery from these listed disorders.

FRIDAY March 15, 2013

8:30-10:00am Three Newly Discovered Brain Systems: Romance, Lust and Attachment
John Bradshaw, MA

10:30-12:00pm Unwelcome Change: Embracing the Lessons of Loss
Polly Young-Eisendrath, Ph.D, MSW, MA

12:00-1:30pm Networking Topic Luncheon 1CE

1:30-3:00pm The New Paradigm: Scientific Psychology of Willpower, Emotion and Selfhood – Part 1
John Bradshaw, MA

Integrity, Wisdom, Transcendence: Psychology of Mature Spirituality
Polly Young-Eisendrath, Ph.D, MSW, MA

Trauma and Addiction: The Link That Binds
Kim Dennis, MD & Marcia Nickow, PsyD, CADC, CGP

3:30-5:00pm The Gifts of Suffering: Finding Insight, Compassion and Renewal
Polly Young-Eisendrath, Ph.D, MSW, MA

The New Paradigm: Scientific Psychology of Willpower, Emotion and Selfhood – Part 2
John Bradshaw, MA

Emotions, Egos and Eggplant: Healing Addiction Through Mindfulness, Nutrition and Integrative Medicine
Victoria Abel, MA, MNT

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SATURDAY March 16, 2013

8:30-10:00am **The Art and Science of Mindfulness in Psychotherapy**
Shauna Shapiro, Ph.D

10:30-12:00pm **Effective Techniques for Dealing with Highly Resistant Clients**
Clifton Mitchell, Ph.D

The Dance of Destruction: Compulsive Behaviors and Process Addictions
Coleen Moore, MA, LCPC, CAADC, CCGC, MISA II, SAP

Integrating Mindfulness into Psychology and Helping Professions: The 3 Pathways - Part 1
Shauna Shapiro, Ph.D

1:15-2:45pm **Freud Meets Buddha: East Meets West in Psychotherapy**
Dennis Ortman, Ph.D

2-Part Ethics Workshop 3CE's

The Legal and Ethical Game Challenge: Are you Smarter than a Fifth Grader? - Part 1
Clifton Mitchell, Ph.D

Say good-bye to dull legal and ethical trainings and get your annual ethical training in a dynamic, entertaining game show format! Come join a team and participate in a fun, stimulating way to review and learn more about ethical and legal dilemmas. Using an electronic remote, each team answers legal and ethical questions while a computer keeps score for all to see. Management of some of the most perplexing legal and ethical quandaries will be explored and topics include child abuse, confidentiality, dual relationships, duty to warn, and more. This material is applicable to all disciplines, practices and states.

3:15-4:45pm **Integrating Mindfulness into Psychology and Helping Professions: The 3 Pathways - Part 2**
Shauna Shapiro, Ph.D

A New Look at Addiction Through the Eyes of Freud and Buddha
Dennis Ortman, Ph.D

The Legal and Ethical Game Challenge: Are you Smarter than a Fifth Grader? - Part 2
Clifton Mitchell, Ph.D

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CONFERENCE HOTEL INFORMATION

Holiday Inn Mart Plaza Chicago

350 West Mart Center Drive | Chicago, IL 60654 | www.martplaza.com

Located in the center of downtown Chicago's exciting River North area and minutes from the Loop – the New Chicago – the contemporary Holiday Inn Mart Plaza Chicago Hotel offers exceptional views of the Chicago River and the Chicago skyline. The atrium lobby is uniquely situated 15 floors above the street level excitement, adjacent to the Merchandise Mart and the Shops at the Mart, and minutes from Michigan Avenue, the Magnificent Mile shopping district, and the Loop, downtown Chicago's energetic business center. The recent $20 million redesign is apparent in every aspect of the hotel, from the stunning atrium lobby to the 521 comfortable and contemporary guest rooms and suites, each with individual climate control, complimentary WiFi, and breathtaking skyline views.

Hotel Reservations

Hotel reservations can be made by calling the Holiday Inn Mart Plaza Chicago reservations at **312.836.5000**. Request the **Special Summit/Ben Franklin Institute Rate** of **$143.00** per night plus tax (single or double occupancy). The rooms we have reserved fill rapidly! Please make your reservations early. Reservations made after **February 9, 2013** 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.

Continuing Education Credits Available

19 Continuing Education Credits Available – *Includes Networking Topic Luncheon*

APA – Ben Franklin Institute is approved by the American Psychological Association to offer continuing education for psychologists. Ben Franklin Institute maintains responsibility for the program.

ASWB – Association of Social Work Boards, Provider #1045

CAADAC – California Association of Alcoholism & Drug Abuse Counselors, Provider #OS-99-428-1013

CBRN – Provider approved by the California Board of Registered Nursing, Provider #CEP12920

CBBS – California Board of Behavioral Sciences – Course meets the qualifications for continuing education credit for MFCC's and/or LCSWs as required by the California Board of Behavioral Sciences – Approved Education Provider Program, Provider #PCE1477

NAADAC – Approved Education Provider #000300

NBCC – National Board of Certified Counselors, Provider # 5884

Full time conference attendees who complete all required evaluation and attendance documentation are eligible to receive credit for each day in attendance. No partial credit will be awarded. NBCC approval is limited to sponsoring organizations and does not necessarily imply endorsement of individual offerings. It is the responsibility of the provider to abide by NBCC guidelines.

IDFPR – Illinois Department of Financial & Professional Regulation, SWB Provider #159.000735, MFT, PC & CPC – Approval Pending

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

*Please refer to our website at **www.BFIsummit.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.*

REGISTRATION

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Register by 1/31/13

SAVE $96 – Must be paid before January 31, 2013 | **Includes 3 FREE Online CE's**

❍ **$379** **EARLY BIRD REGISTRATION** for Complete Summit Conference | Thursday – Saturday, March 14-16, 2013, includes 3 days of workshops and Networking Topic Luncheon. **19CE's**

❍ **$425** Registration for Complete Summit Conference | Thursday – Saturday, March 14-16, 2013, includes 3 days of workshops and Networking Topic Luncheon. **19CE's**

Daily Chicago Summit Registration (Add **$15** to each day if registered **after** January 31, 2013)

❍ **$150** Thursday March 8, 2013 – **6CE's**

❍ **$175** Friday March 9, 2013, includes Networking Topic Luncheon – **7CE's**

❍ **$150** Saturday March 10, 2013 – **6CE's**

Total $ _____

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Cancellation Policy:
All cancellations are subject to a $60 cancellation fee. Cancellations after February 20, 2013 will forfeit the entire registration fee, or a credit may be issued (less the $60 cancellation fee) towards a future Summit conference for up to one year. **NO OTHER EXCEPTIONS WILL BE MADE.**

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March 14-16, 2013

19 CE's

2013 SUMMIT CONFERENCE SCHEDULE

June 13-15, 2013 CHARLOTTE, NC
National Eating Disorder Conference

October 3-5, 2013 ATLANTA, GA
Freud Meets Buddha: Mindfulness, Trauma and Process Addictions

October 17-19, 2013 SCOTTSDALE, AZ
East Meets West In Psychotherapy: Freud, Jung & Buddha

DATES & LOCATION TO BE ANNOUNCED
Young Adult Conference

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