

Outline

12-Step Program Narratives, Language and Therapy-Interfering Misconceptions

Personal story of 12-step recovery process
Narratives as evidence-based care
Exploring unique language and expressions to improve rapport
Dispelling 12-Step misconception that can negatively impact therapy

Spirituality and Recovery in 12-Step Programs

Exploring the connection between addiction and the human “void”
Evidence-based perspective of spirituality and healing
Modifications for atheist and agnostic clients

12-Step Challenges and Relevant Themes to Process in Therapy

Defining and examining each “Step”
Powerlessness vs. making a choice
Identifying mood symptoms that may correlate with 12-Steps
Improving dialogue and communication with 12-step clients
How to handle countertransference - when clients get 12-step advice we question

How the 12-Step Recovery Lifestyle Impacts Treatment

The importance of connection and community
Advantages and disadvantages of anonymity
Debunking myths and stereotypes
Supportive and damaging 12-step interpersonal dynamics

Strategies to Integrate the 12-Step and Clinical Models

12-step support for treating co-occurring mental health disorders
Strategies for initiating dialogue and recommendations for clients
Combining medication assisted treatment and 12-step approaches
Navigating interpersonal and social issues
Relapse prevention and management approaches
Research and treatment risks and limitations

Live Webinar Schedule

(Times listed in Central)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Analyze myths and misconceptions about 12-step programs that could potentially interfere with therapy.
2. Investigate recovery language and concepts from 12-step programs to better understand experiences clients may want to share in sessions.
3. Evaluate how clinicians can improve their ability to initiate dialogue and recommendations for clients in 12-step programs to build rapport and connection.
4. Support dual diagnosis clients on medication assisted treatment in navigating 12-step programs and maintaining a healthy relationship with their chosen support systems.
5. Investigate how clinicians can mitigate countertransference issues that might arise and obstruct effective treatment with substance use clients who are also involved in 12-step programs.
6. Analyze effective ways to integrate 12-step models into client treatment plans as an adjunct to therapy.



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Integrate 12-Step Programs into Therapy

Harness the Power of 12-Step Programs to Enhance Substance Use Treatment

LIVE Interactive Webinar

Tuesday, March 23, 2021

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Integrate 12-Step Programs into Therapy

Harness the Power of 12-Step Programs to Enhance Substance Use Treatment

This one-day program is a must-have for anyone who works with clients in 12-Step Programs!

- Misconceptions about 12-Step programs that could interfere with therapy
- Work with all your client’s experiences, influences and supports to improve treatment outcomes
- Strategies to integrate 12-Step programs with clinical models for greater impact

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INTEGRATE 12-STEP PROGRAMS INTO THERAPY

If you have clients in 12-step programs, but haven’t integrated these programs into your treatment, you’re missing a chance to find greater therapeutic success and deepen recovery for your clients.

But misconceptions about rigid rules and religious dogma in 12-step programs leave some therapists biased against their effectiveness, feeling uncomfortable discussing their client’s experiences in the program, and struggling to incorporate them into their own treatment plans.

How can you ensure you’re fully prepared to work with all of your client’s experiences, influences and supports to improve treatment outcomes?

Sarah Allen Benton, MS, LMHC, LPC, AADC is a counselor, addiction expert, recovering alcoholic and author who has been featured in *The New York Times* and has appeared on The Oprah Winfrey Show, The Today Show, and The CBS Early Show.

In this **live one-day training** she’ll teach you how to effectively integrate 12-step programs into your clinical work so you can more fully engage your clients, build a solid therapeutic alliance, and confidently manage 12-step related issues that may arise during the course of treatment. Join her and discover:


- Misconceptions about 12-step programs that could interfere with therapy
- The narratives, norms and dynamics of 12-step programs you need to better understand your client’s experiences
- How to grow your comfort in exploring 12-step issues with clients
- Strategies to integrate 12-step programs with clinical models for greater therapeutic impact

Don’t let your treatment become compartmentalized and leave a pivotal part of your clients’ lives left unaddressed in therapy.

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Target Audience:

Counselors • Addictions Counselors • Social Workers • Psychologists
Marriage and Family Therapists • Case Workers • Nurses • Chaplains

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Meet Your Speaker

Sarah Allen Benton, MS, LMHC, LPC, AADC, is a Licensed Mental Health Counselor and co-owner of Benton Behavioral Health Consulting, LLC and Mind Redesign providing redesign services from a design psychology framework. She is the clinical consultant and former director of clinical services at Aware Recovery Care home-based addiction treatment in North Haven, CT for The Strathmore House transitional sober living for men in Boston, MA. She previously worked as an outpatient Therapist specializing in addiction treatment at Insight Counseling in Ridgefield, CT, Turnbridge young adult male addiction treatment in New Haven, CT and at McLean Hospital at McLean Brook transitional living program for dual diagnosis in Belmont, MA. Sarah is author of the book, *Understanding the High-Functioning Alcoholic* and has been featured frequently in the media including *The New York Times* and has appeared on The Oprah Winfrey Show, The Today Show, The CBS Early Show, NPR and is a blogger for PsychologyToday.com. She has been in long-term recovery since 2004.

Speaker Disclosure:
Financial: Sarah Benton is the owner of Benton Behavioral Health Consulting. She is an author for Praeger Publishers and receives royalties. Ms. Benton receives a speaking honorarium from PESI, Inc.
Non-financial: Sarah Benton has no relevant non-financial relationship to disclose.


CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Psychologists, and Social Workers**

For specific credit approvals and details, visit www.pesi.com/webcast/84518

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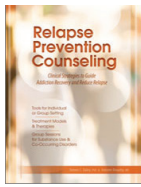
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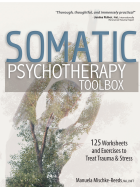
- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



Relapse Prevention Counseling:
Clinical Strategies to Guide Addiction Recovery and Reduce Relapse
Dennis C. Daley, PhD & Antoine Douaihy, MD
~~\$26.99~~ **\$19.99***
PUB083830



SOMATIC Psychotherapy Toolbox
125 Worksheets and Exercises to Treat Trauma & Stress
Manuela Mischke-Reeds, MA, MFT
~~\$34.99~~ **\$24.99***
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* Discount Included with purchase of the Webinar

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