CE Seminars for Clinicians

2016 Professional Education Series

Special discount offer: details inside.

Space is limited. You must pre-register. Workshops are designed for professional audiences only.

FOR FULL DETAILS ABOUT EACH SEMINAR
Please visit our website at www.ridgeviewinstitute.com or call (770) 434-4568, extension 3001. Please note that continental breakfast is provided for all seminars, but lunch is not included.
2016 CE Seminars for Clinicians

JANUARY 29, 2016  William Doverspike, Ph.D., P.C.
DSM-5 and ICD-10 for Mental Health Professionals

FEBRUARY 12, 2016  Tara Guest Arnold, Ph.D., LCSW
DBT for Substance Abuse and Eating Disorders

MARCH 11, 2016  William Doverspike, Ph.D., P.C.
Ethical Decision Making for Mental Health Professionals

APRIL 8, 2016  Laura Louis, Ph.D.
A Clinician’s Guide to Treating Couples Dealing with Infidelity

APRIL 29, 2016  Clifton Mitchell, Ph.D.
Effective Techniques for Dealing with Highly Resistant Clients

MAY 6, 2016  Margaret Nagib, Psy.D.
Providing Spiritually Conscious Psychological Care

MAY 13, 2016  Sandra E. Seeger, LMHC, TEP and Susan Mullins Overman, LMHC, TEP
Psychodramatic Approaches to Working with the Empty Chair

JUNE 24, 2016  Debra Premashakti Alvis, Ph.D.
Hardwiring Recovery from Anxiety and Depression

JULY 15, 2016  Clifton Mitchell, Ph.D.
The Legal and Ethical Game Show Challenge

JULY 29, 2016  Murray Dabby, LCSW & Allison Caffyn, LPC, CHT
The Couples College

AUGUST 12, 2016  Howard Gold, Esq.
Legal and Ethical Issues Impacting Therapy Practice

AUGUST 26, 2016  Shatavia Alexander Thomas, DMFT, LMFT
Know Thyself: Self Awareness and Diversity Experiences

OCTOBER 21, 2016  Diane Ehrensaft, Ph.D.
Gender Affirmative Model for Working with Youth

NOVEMBER 11, 2016  Merrill Norton, Pharm.D., D.Ph., ICCDP-D
Psychopharmacology 2016

DECEMBER 2, 2016  Chip Abernathy, LPC
Spirituality in the Treatment of Addiction
Treatment Innovations Using Dialectical Behavior Therapy (DBT) Specifically for Substance Abuse and Eating Disorders (DBT-S, RO-DBT, and DBT for BED and BN)

Tara Guest Arnold, PhD, LCSW
Friday, February 12, 2016, 9:30am – 4:00pm
$100 if postmarked or paid by February 5; $115 late registration

This exciting presentation will explore the current application of new, specific DBT skills to the treatment of substance use disorders and/or eating disorders. Initially we will explore the current state of DBT, then we will explore effective substance use disorder treatment as well as eating disorders treatment utilizing the full continuum of care and the treatment team involved in dual disorder recovery. In addition, we will look at the most effective treatment for substance use disorders (DBT-S) as well as eating disorders including DBT, DBT for Binge Eating and Bulimia Nervosa, and radically open DBT (RO-DBT).

LEARNING OBJECTIVES
• Understand current DBT practice with eating disorders and substance abuse
• Hear case application of DBT skills to clients with dual diagnosis
• Get a sense of general DBT terminology and practice
• Become familiar with the new and effective components of DBT for Substance Abuse (DBT-S), DBT for Binge Eating Disorder and Bulimia Nervosa (DBT-BED and BN) and Radically Open DBT (RO-DBT) for the treatment of anorexia nervosa

Tara Arnold received her MSW in 2000 and her Ph.D. in 2003, both from the University of Georgia. Tara started her mental health career at Ridgeview Institute in the women’s center in 1997. She continued to practice, focusing on adult mental health and substance abuse with a special interest in eating disorders and DBT. Dr. Arnold received her LCSW in 2003, and she has worked in various highly respected mental health facilities including Ridgeview Institute, Skyland Trail, St Jude’s Recovery Center and Charter Winds. In private practice since 2003, she currently has a private practice at Lenox Pointe, specializing in eating disorders and dual diagnosis and DBT groups.
Dr. Doverspike will discuss two different but compatible approaches to the study of ethics, as well as five models of ethical decision making. He will discuss reasons for collegial consultation as well as reasons that colleagues are often reluctant to consult with their peers. He will present some ethical dilemmas frequently encountered by licensed professional counselors (LPCs), licensed clinical social workers (LCSWs), marriage and family therapists (LMFTs), and Clinical Addiction Counselors (CACs). He will illustrate how a systematic decision-making model can be applied to these dilemmas. He will not be discussing any matters related to the state licensing board for psychologists, but will share practical experiences and a simple approach to ethics acquired from providing advisory consultations and adjudicating ethics complaints on a state ethics committee.

**LEARNING OBJECTIVES**
- Summarize two approaches to the study of ethics
- Describe five models of ethical decision making
- List three reasons to consult with colleagues
- Name five reasons to avoid consultation
- Apply model to ethics case scenarios

William F. Doverspike, Ph.D. is an adjunct instructor at Emory University. He also teaches Ethical, Legal, and Professional Standards at Richmont Graduate University. He is the author of Risk Management (2015) and Ethical Risk Management (2012), resource books that evolved out of his 12 years of experience as a member of the Ethics Committee of the Georgia Psychological Association (GPA). Dr. Doverspike is a former president of GPA and he is currently a member of the state licensing board for psychologists. He holds board certification diplomates in clinical psychology (ABPP) and neuropsychology (ABPN). He maintains a private practice at the Atlanta Counseling Center.

When faced with the aftermath of an affair, couples often feel lost in a flood of different emotions. Research shows that the injured party most often experiences symptoms consistent with PTSD. It can be incredibly difficult for therapist to guide couples through reoccurring flashbacks, resentment, and a host of other emotions.

This seminar offers a blueprint for using cognitive behavioral therapy to effectively treat couples dealing with infidelity. Drawing on the research of Leone (2013), Piercy, Dolbin-MacNab, Richards (2011), and others, Dr. Louis will provide practical tools for helping couples bring meaning to their situation and gain clarity on the risk and protective factors related to affairs. Lastly, participants will discover how to instill hope in couples, and how to rebuild trust on a path to forgiveness.

**Mending Broken Fences: A Clinician’s Guide to Treating Couples Dealing with Infidelity**

Laura Louis, Ph.D.
Friday, April 8, 2016, 9:30 a.m. – 12:45 p.m.
$50 if postmarked or paid by April 1; $60 late registration

**LEARNING OBJECTIVES**
- Describe the key triggers for infidelity, with an emphasis on motivating patterns to treat couples struggling with the impact of an affair
- Discuss risk and protective factors to treat infidelity
- Examine the types of affairs, and clarify how the treatment pathways differ based on each type
- Develop a blueprint of effective strategies to guide couples through the healing process
- Analyze therapeutic models for rebuilding trust and transitioning through the cycle of forgiveness

Dr. Laura Louis, Ph.D. owns Gifted Counseling in Atlanta, where she works solely with couples. She has over 10 years of experience in helping distant couples heal after infidelity. Dr. Louis has conducted many seminars helping couples build trust, cultivate intimacy, and enhance communication. Currently, her national seminar contract allows her to provide full-day CEU seminars to clinicians on how to facilitate healing after infidelity. Her therapeutic approach has been influenced through training in Brazil, Mexico, London, and Haiti. She presented on the topic of multicultural strategies for working effectively with couples at the 2013 American Psychological Association convention. Dr. Louis’s book Marital Peace is a valuable resource intended to support couples through the challenges of marriage.
The successful management of resistance is the pivotal point of effective therapy. It is also a critical component in alleviating therapists’ stress. Although most therapists have been trained extensively in theoretical approaches, few have had extensive training in dealing with resistance. This is a fast-paced, highly practical seminar designed to teach innovative approaches and ideas to prevent, avoid, and resolve resistance. These techniques are applicable across a wide array of clients and problems, and can be integrated with all theoretical approaches. Emphasis will be on “how to” aspects of resistance management, though the theory behind each approach is provided.

**LEARNING OBJECTIVES**

- Differentiate between conventional and modern definitions of “resistance.” Participants will be able to conceptualize resistance in a manner that empowers them to avoid, circumvent, and utilize it for client benefit.
- Describe and understand the most common errors therapists make that foster and promote client resistance. Explain the pitfalls of over-questioning when working with resistant clients and how to employ alternative approaches.
- Identify basic, overriding principles for dealing with resistance in therapeutic environments. Explain the importance of tending to each principle in therapeutic relationships in order to tactfully manage resistance.
- Understand and explain the inherent power of language with regards to resistance. Employ numerous specific linguistic techniques that circumvent resistance and create therapeutic movement.
- Understand methods for dealing with common difficulties such as “Yes, but…” and “I don’t know” responses.

**Clifton Mitchell, Ph.D.**, Licensed Psychologist, is an international clinical trainer and keynote speaker. He delivers practical information in a uniquely entertaining, fast-paced style that is filled with humor and examples from his experience in mental health. For more than 15 years, he has studied and presented seminars on methods for dealing with resistance in therapy. In his book, Effective Techniques for Dealing with Highly Resistant Clients, he presents cutting-edge approaches for managing psychological resistance. Dr. Mitchell is currently a professor of counseling at East Tennessee State University in Johnson City, Tennessee, where he received the Teacher of the Year award in 2002. For more information please visit cliftonmitchell.com.

This presentation focuses on empirically based reasons for why the integration of spirituality in psychological care is imperative to providing effective treatment. It will also discuss different ways in which spirituality is integrated into clinical practice. The learning experience provided in this presentation helps the profession of psychology by increasing understanding and awareness of the client’s spirituality and how it affects psychological issues. It helps the profession have a more holistic approach to treatment and will provide practical methods to the clinician for spiritual assessment and intervention to help the eating disordered client to strengthen spirituality.

**LEARNING OBJECTIVES**

- Describe the different approaches to integrating spirituality in psychological care and select the one that is most appropriate
- Assess the importance of a patient’s spiritual and religious beliefs and practices to individualize patient care
- Understand the unique aspects of integrating spirituality with eating disorder treatment and provide practical methods for spiritual assessment and intervention to help clients strengthen their spirituality

**Margaret Nagib, Psy.D.** is a clinical psychologist specializing in Christian counseling, inner healing and treating eating disorders, trauma, addiction, self-injury, and mood disorders. For 15 years, she has provided individual, family, and group therapy. Today, as a key faculty member of Timberline Knolls’ Clinical Development Institute, she travels throughout the country providing clinical training and presentations to professionals. Dr. Nagib’s goal is to restore Timberline Knolls’ residents to wholeness through a deeper relationship with God, helping each one to find her voice, purpose, and passion. She collaborates with the campus chaplain, Todd Warren, to provide leadership and guidance to fulfill the goal of supporting each woman’s spirituality. As an expert in providing treatment from a Christian perspective, she has been featured in the Relevant magazine; the Wall Street Journal; “The Everlasting Love,” a Christian public affairs television program broadcast throughout Chicago, and “Doctor to Doctor” on Trinity Broadcasting Network. Dr. Nagib earned her undergraduate degree from Pace University in New York and her doctorate in clinical psychology from Wheaton College in Illinois, where she also served as an adjunct graduate psychology professor. Dr. Nagib is a member of the American of Professional Counselors, the Christian Association for Psychological Studies, the Association of Christian Therapists, and is a regional director for the international Bethel Sozo organization.
Who’s in Your Shoes? Psychodramatic Approaches to Working with the Empty Chair

Sandra E. Seeger, LMHC, TEP and Susan Mullins Overman, LMHC, TEP
Friday, May 13, 2016, 9:30 a.m. – 4:00 p.m.
$100 if postmarked or paid by May 6; $115 late registration

Jacob Levi Moreno, the father of psychodrama, developed the concept of the empty chair as a way to help individuals express themselves safely and therapeutically. Later Moreno added the technique of role reversal, which deepened the work and allowed the client to step into the role of the other, gaining empathy and understanding.

Many therapists use the empty chair method both in individual and group therapy with dynamic results. Most clients report that the sessions using role reversal and the empty chair move them more quickly and effectively through difficult emotional issues and relationship dynamics. Participants will be able to take home specific tools for working with a wide variety of populations, groups, and individual clients. The empty chair/role reversal techniques can be used with such varied clients as cancer survivors, eating disordered individuals, individuals in recovery and clients with bereavement issues.

Participants will learn how to facilitate action sessions with the techniques of role reversal, empty chair and doubling. Lastly, everyone will have the opportunity to participate in and experience a group psychodrama.

LEARNING OBJECTIVES

- Understand the theory behind empty chair techniques
- Learn how to use, apply, and practice the technique of the empty chair
- Demonstrate understanding of the theory of role reversal
- Learn multiple ways to use, apply, and practice role reversal
- Discover the applicability of both methods with different populations

Susan Mullins, LMHC, TEP, CEDS has worked with eating disorders, trauma, and substance abuse for the past 20 years. She has a private practice in Tampa, Florida and works with Hyde Park Counseling Center. Susan is a trainer, educator and practitioner of psychodrama, an action method of doing therapy. She is passionate about this powerful healing modality and uses psychodrama in her work with clients both individually and in groups. Along with Sandra Seeger, she co-founded South Tampa Psychodrama Training. They have presented trainings on psychodrama locally, nationally and internationally and are authors of “Sociodrama A Deux: A New Hybrid” published in the Journal of Psychodrama, Sociodrama and Group Psychotherapy.

Sandy Seeger, LMHC, TEP has used action methods for over 20 years with children and families. She specializes in eating disorders, trauma, and anxiety treatment for children. In addition, she has been an adjunct professor and taught group counseling methods at the University of South Florida.

Learned Happiness: Positive Psychology Approaches for Hardwiring Recovery from Anxiety and Depression

Debra Premashakti Alvis, Ph.D.
Friday, June 24, 2016, 9:30 a.m. – 4:00 p.m.
$100 if postmarked or paid by June 17; $115 late registration

This experiential seminar demonstrates how to harness the power of positive psychotherapy to increase the happiness and well-being of clinicians and clients. Through lectures, clinical examples, and small group work, participants will learn brief, easily implemented interventions. Participants will discover why positive psychology is effective and how it surpasses CBT plus medication. Attendees will take home tools including how to measure happiness, fuel resiliency, and develop keys for thriving. Debra will review scientific evidence supporting this approach in clear language. Her detailed handouts will further support integration of the workshop material.

During the past decade, psychology research has discovered how we can become happier and flourish. This new science of happiness offers revolutionary clinical recovery and well-being approaches emphasizing strengths, joy, virtues, and optimism. Positive psychotherapy provides effective, evidence-based tools for recovery from anxiety, depression, substance abuse, and distressing relational patterns. Continued practice of these recovery skills rewires the brain to experience greater happiness and better living.

LEARNING OBJECTIVES

- Describe how positive psychotherapy supports recovery from anxiety and depression
- Effectively measure happiness and resiliency
- Apply key skills evidenced to resolve depression and decrease anxiety
- Implement interventions shown to develop neural pathways for happiness
- Outline strategies for savoring positive emotions and working with challenging emotions

Debra Premashakti Alvis, Ph.D. is a licensed psychologist, mindfulness educator, and therapeutic yoga teacher practicing in Athens, Georgia. She conducts a private practice of psychology providing strengths-based counseling to individuals, couples and families. Debra developed and led the Mind/Body Program at the University of Georgia where she continues to train therapists in the integration of contemplative practices and psychotherapy. She serves on a research team investigating mindfulness and created a clinician’s training program in strength-based approaches to psychotherapy. In her role as faculty at the University of Georgia, she teaches students how to apply the principles of positive psychology to their personal and professional lives. Debra offers seminars and retreats in the United States and internationally. She has presented as a master clinician for the American Psychological Association’s Division 42 of Independent Practitioners, serves as a mindfulness consultant and trainer for the National Art Educators Association, and offers retreats at well-being centers across the country.
Say goodbye to dull legal and ethical trainings and get your annual legal and ethical CE training in a dynamic, entertaining game show format! This presentation grew out of a recognition that most mental health professionals do not need another lecture on typical legal and ethical topics. What has been needed is a fun, stimulating way to review and learn from what they already know. Participants are broken into teams and each team has an electronic remote that sends the team’s answer to legal and ethical questions presented. Answers from teams are graphed, posted, and discussed. A computer keeps scores for all to see. Questions are presented in various formats including Jeopardy-style where categories are chosen and questions get harder as point values increase. Management of some of the most perplexing legal and ethical quandaries will be explored. Topics include child abuse, confidentiality, dual relations, suicide, duty to warn, elder abuse, HIPAA, and more. The material is applicable to all disciplines, practices, and states. For more information, please visit www.cliftonmitchell.com.

LEARNING OBJECTIVES
• Explain legal and ethical requirements surrounding informed consent.
• Explain numerous situations when confidentiality should and should not be broken.
• Understand the differences between child abuse, rape, and statutory rape and mental health professional’s duty relative to each under the codes and laws.
• Explain specific instances when duty to warn is mandated and the complications presented by specific codes and laws.
• Understand the pitfalls and complexities posed by dual relationships.
• Understand what constitutes elders abuse and professionals duties regarding reporting.

Clifton Mitchell, Ph.D., Licensed Psychologist, is an international clinical trainer and keynote speaker. He delivers practical information in a uniquely entertaining, fast-paced style that is filled with humor and examples from his experience in mental health. For more than 15 years, he has studied and presented seminars on methods for dealing with resistance in therapy. In his book, Effective Techniques for Dealing with Highly Resistant Clients, he presents cutting-edge approaches for managing psychological resistance. Dr. Mitchell is currently a professor of counseling at East Tennessee State University in Johnson City, Tennessee, where he received the Teacher of the Year award in 2002.
Psychotherapists of all licensures are having more interaction with legal issues in their practice than ever before. For many years, Mr. Howard Gold has offered brief telephone consultations at no charge to therapists who are facing legal issues. Recently, he has been averaging three calls a week. This influx of calls has been greater than ever before in his practice.

This seminar will review the range of legal issues confronting all therapists in their practice involving confidentiality, privilege, duty to warn/control, legal suicide ideation responsibilities, institutionalization of clients to psychiatric facilities, standard of care of practice, subpoenas, depositions, testifying in court as well as therapist involvement in divorce and custody issues. Other issues to be discussed in this workshop are record keeping, informed consent, board complaints and possible lawsuits against a therapist.

In this seminar Mr. Howard Gold will discuss and explore the legal implications of placing clients involuntarily into care. Over the years many clinicians have struggled with this incredible responsibility from an ethical and legal perspective and now with the changes in Georgia law, LPCs have the privilege and responsibility of writing 1013s or 2013s.

LEARNING OBJECTIVES
- Determine potential issues that may lead to legal exposure to the therapist
- Identify family law issues that may arise in practice including participation in the legal process
- Establish limits with clients that may cause adverse legal consequences for the therapist

Howard A. Gold, Esq. is a former psychotherapist who has led a dedicated Georgia family law practice for more than 35 years. His unique credentials and compassionate, assertive approach are optimal for clients seeking to resolve divorce and other family problems as favorably as possible. Mr. Gold is a sought-after resource not only for a diverse clientele facing family law problems, but also for therapists and social workers in need of sound, insightful legal guidance. He frequently speaks at seminars and other events sponsored by educational and community institutions.

Charles Safford, LCSW is the president and owner of yourceus.com, a company that develops and markets web-based and live continuing education training for mental health clinicians. Mr. Safford has been providing counseling services since 1981.
Psychopharmacology 2016

What’s Your Gender?
Gender Affirmative Model for Working with Youth
Diane Ehrensaft, Ph.D.
Friday, October 21, 2016, 9:30 a.m. – 12:45 p.m.
$50 if postmarked or paid by October 14; $60 late registration

This course will present the gender affirmative model for treating gender-nonconforming youth and their families, based on the premise that variations in gender equal health, not pathology, and the role of mental health is to 1) explore gender and its meanings to the youth; 2) affirm an authentic gender self; 3) build gender resilience; 4) facilitate family, institutional, and social supports. Content will include the need to re-learn gender; description of the gender web; the role of the family in gender development; the psychosocial terrain for gender-nonconforming youth; recognition of the wide diversity of gender and the difference between gender identity and gender expressions; controversies about mental health gender diagnoses for children and youth; interventions for children and youth, including gender assessments; gender transitions; puberty blockers, cross-sex hormones; building family supports. Clinical tools that rely on non-binary gender principles will be presented, along with case material of children in their various hues of gender.

LEARNING OBJECTIVES
• Differentiate between gender identity and gender expressions and implications for treatment
• Assess whether a youth is demonstrating gender stress or distress or dysphoria
• Delineate the three major therapeutic models for treating gender-nonconforming youth and their families
• Apply a non-pathologizing developmental model of gender variations in youth to clinical work
• Demonstrate increased capacity to explore the psychodynamics of parenting a gender-nonconforming youth
• Implement a treatment plan with a therapeutic goal of increasing gender health
• Identify co-existing psychological problems or issues that may accompany gender-nonconformity
• Recognize the significance of collaborative interdisciplinary teamwork in promoting gender health

Dr. Ehrensaft is the Director of Mental Health and founding member of the Child and Adolescent Gender Center and a clinical psychologist in the San Francisco Bay area. Her research and writing focus on the areas of child development, gender, parenting, parent-child relationships, and psychological issues for families using assisted reproductive technology. Dr. Ehrensaft is an expert consultant, founding member, and board member of A Home Within, a national project offering pro bono long-term psychotherapy to children in foster care. More information about A Home Within can be found at www.ahomewithin.org.

Psychopharmacology 2016

Merrill Norton, Pharm.D., D.Ph., ICCDP-D
Friday, November 11, 2016, 9:30 a.m. – 4:00 p.m.
$100 if postmarked or paid by November 4; $115 late registration

Medications have become an integrated component in the treatment of addictive disease, so much so that there is a new specialty in healthcare: addiction pharmacy. Addiction pharmacy is the “know-how” of the use of antidepressants, anti-craving, anti-psychotics, anti-anxiety, anti-manic, ADHD/ADD, and many others in the recovering patient. This workshop’s instructor has been involved with the development of addiction pharmacy for the last two decades and will bring to the participants a down-to-earth explanation of the how and why of these medications. You might also have a little fun too.

LEARNING OBJECTIVES
• Understand the neurobiology and pharmacology of the current psychotropic medications used in the co-occurring treatment industry
• Become familiar with the latest use of medication in the chronic pain patient
• Learn the latest clinical diagnostic criteria for anxiety, mood, and psychotic disorders
• Learn the latest use of pharmacotherapies for nicotine, drug, and alcohol use disorders
• Apply a non-pathologizing developmental model of gender variations in youth to clinical work

Dr. Norton is a clinical associate professor at the University of Georgia College of Pharmacy. His specialty areas include psychopharmacology and addiction pharmacy. His area of specialty in addiction pharmacy is the management of chronic pain in the addicted patient.

Dr. Norton is the 2009 recipient of the Georgia School of Addiction Studies (GSAS) Excellence in Addiction Treatment Individual Achievement Award “for his selfless dedications to the treatment of addicted families, not only in the state of Georgia, but nationally.” Dr. Norton was recognized by the GSAS Board of Directors for the ongoing development of undergraduate and graduate curriculum and drug research in the area of addiction pharmacy. His book, The Pharmacology of Psychoactive Chemical Use, Abuse, and Dependence, and his DVD series, “The Hijacking of the Brain” have been used to train thousands of mental health professionals nationally; they have become the standards of teaching excellence in the addiction treatment profession. His book, The Pharmacology of Substance Use Disorders will be released in 2015.
CONTINUING EDUCATION CREDIT

Psychologists  Application for continuing education credit in Area IV has been made to the Georgia Psychological Association for the following seminars:

- January 29, February 12, March 11, April 29, June 24, July 15, August 26, November 11 — 5 hours
- August 12 — 5 ethics hours
- April 8, May 6, October 21 — 3 hours

The GPA is approved by the American Psychological Association to offer continuing education credit for psychologists. The APA-approved sponsor maintains responsibility for the program.

Social Workers, Licensed Professional Counselors, and Marriage and Family Therapists  Application has been made for core professional education hours for each seminar in accordance with the guidelines established by the Georgia Composite Board.

- January 29, February 12, March 11, April 29, May 13, June 24, July 15, August 26, November 11 — 5 hours
- August 12 — 5 ethics hours
- April 8, May 6, July 29, October 21, December 2 — 3 hours

Certified Addiction Counselors  Application has been made to the Georgia Addiction Counselors Association for continuing education hours.

- January 29, February 12, March 11, April 29, May 13, June 24, July 15, August 26, November 11 — 5 hours
- August 12 — 5 ethics hours
- April 8, May 6, July 29, October 21, December 2 — 3 hours

LOCATION

All programs are held in Ridgeview’s Professional Building North. Ridgeview is located off I-285 at Exit 15 (South Cobb Drive). From Exit 15, travel north on South Cobb Drive approximately 2.5 miles. Ridgeview is on the right. Turn left at the stop sign after you enter the Ridgeview campus. If you need further directions, please call (770) 434-4567.

REFUND POLICY

Requests must be in writing. Refunds will be given on requests postmarked or faxed no later than 5 business days prior to the seminar. No refunds will be issued for “late arrivals” and “no shows.” Address: Ridgeview Institute, Erin Evans, Business Development Department, 3995 South Cobb Drive, Smyrna, GA 30080. Fax: (770) 431-7025. Requests may also be e-mailed to eevans@ridgeviewinstitute.com.

We are pleased to continue serving your professional education needs.

*All proceeds from the December seminar will be given as tax-deductible donations to your choice of one of the following charitable organizations. Thank you!

Atlanta Community Food Bank  The Atlanta Community Food Bank provides food and other donated products to nearly 700 not-for-profit member agencies serving 38 counties in metro Atlanta and North Georgia. The Food Bank is an IRS 501(c)(3) organization (EIN #58-1376648).

MUST Smyrna (Ministries United for Service and Training)  MUST is a faith-based organization dedicated to providing services to persons in crisis while maintaining their dignity. MUST Ministries is an IRS 501(c)(3) organization (EIN #58-2034725).

NAMI Georgia (National Alliance for the Mentally Ill)  The mission of NAMI Georgia is to improve the quality of life for persons and families who struggle with mental illness through support, education, advocacy and research. NAMI is an IRS 501(c)(3) organization (EIN # 48-1201653).
• Full continuum of services provided by multidisciplinary clinical team offering inpatient and day treatment, with residential support if needed

• Holistic approach focusing on wellness and life balance

• Cognitive behavioral and motivational enhancement therapies

• Health management that embraces the physical, emotional, and spiritual needs of the individual and family

• Foundation in 12-step philosophy and fellowship

• Programming incorporates medication management, education, exercise, meditation, grief and loss, life transitions, recovery tools, life planning, stress management, spirituality, establishing healthy boundaries

• Family education, coordination, and support groups

ABOUT RIDGEVIEW INSTITUTE

Ridgeview Institute, a private, not-for-profit hospital treating people with addiction or mental health problems, has earned a national reputation for care and service. Since 1976, more than 70,000 people have turned to Ridgeview in crisis, in despair, and in hope.

At our quiet campus in suburban Atlanta, patients and their families find cost-effective, highest-quality treatment, grounded in the experience and compassion of our clinical leaders and staff.

Through a comprehensive array of programs, we serve youth, young adults, adults, older adults, professionals who need intervention, and women affected by eating disorders.

Every program at Ridgeview helps the patient acquire both the courage and the skills to begin a new life.
REGISTRATION

Please select the seminar(s) you would like to attend. Space is limited for all seminars.

- **January 29** DSM-5 and ICD-10 for Mental Health Professionals
  - $100 if postmarked or paid by January 22; $115 late registration

- **February 12** DBT for Substance Abuse and Eating Disorders
  - $100 if postmarked or paid by February 5; $115 late registration

- **March 11** Ethical Decision Making for Mental Health Professionals
  - $100 if postmarked or paid by March 4; $115 late registration

- **April 8** A Clinician’s Guide to Treating Couples Dealing with Infidelity
  - $50 if postmarked or paid by April 1; $60 late registration

- **April 29** Effective Techniques for Dealing with Highly Resistant Clients
  - $100 if postmarked or paid by April 22; $115 late registration

- **May 6** Providing Spiritually Conscious Psychological Care
  - $50 if postmarked or paid by April 29; $60 late registration

- **May 13** Psychodramatic Approaches to Working with the Empty Chair
  - $100 if postmarked or paid by May 6; $115 late registration

- **June 24** Hardwiring Recovery from Anxiety and Depression
  - $100 if postmarked or paid by June 17; $115 late registration

- **July 15** The Legal and Ethical Game Show Challenge
  - $100 if postmarked or paid by July 8; $115 late registration

- **July 29** The Couples College
  - $50 if postmarked or paid by July 22; $60 late registration

- **August 12** Legal and Ethical Issues Impacting Therapy Practice
  - $100 if postmarked or paid by August 5; $115 late registration

- **August 26** Know Thyself: Self Awareness and Diversity Experiences
  - $100 if postmarked or paid by August 19; $115 late registration

- **October 21** Gender Affirmative Model for Working with Youth
  - $50 if postmarked or paid by September 9; $60 late registration

- **November 11** Psychopharmacology 2016
  - $100 if postmarked or paid by November 4; $115 late registration

- **December 2** Spirituality in the Treatment of Addiction
  - $35 charitable donation*

Please note: Continental breakfast is provided for all seminars; lunch is not included.

*Your registration fee for the December 2 seminar will be contributed to one of the following local charities. Please choose **only one** organization.

- [NAMI Georgia](#)
- [Atlanta Community Food Bank](#)
- [MUST Smyrna](#)

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**Accepted Methods of Payment**

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Please make checks payable to Ridgeview Institute.

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**SPECIAL DISCOUNT OFFER**

- Register for 2 seminars at once and receive $15 off the total price
- Register for 3 seminars at once and receive $25 off the total price
- Register for 6 seminars at once and receive $50 off the total price

Please note: the Holiday Seminar is excluded from all discount offers

Group and/or retroactive discounts will not be honored. In order to take advantage of this special offer, registration must be received on one registration form for one individual. When registering online, the discount will not be reflected on your online confirmation. Discount will be taken when your credit card is manually processed in our office and you will receive a written confirmation reflecting the adjusted price.