

# ARTS

## ADDICTION RECOVERY TRAINING SERIES

Winter/Spring 2010

### TARGET AUDIENCE

- Human service, substance abuse, mental health, legal, education, faith based, and medical professionals
- Parents, recovery community, peer service providers, all community members

**5** trainings  
Take all 5 for 30 credit hours

- 6 CEU's per course from the Vermont Alcohol and Drug Abuse Counselor Certification Board (pending approval)
- All trainings are co-occurring focused (mental health and substance use conditions)
- All trainings include content design and/or teaching components by recovery community members
- Register early! Space and seating capacity varies for each location
- Morning refreshments will be provided  
**Lunch is on your own**

### REGISTRATION

**\$65 per training (6 CEU's each)**

**Reduced Rate: \$35 per training for  
FOR-VT Members**

FOR-VT Annual Membership  
INDIVIDUAL \$ 25  
FAMILY \$50  
ORGANIZATION \$100.00

SEND YOUR NAME, ORGANIZATION, MAILING  
ADDRESS, PHONE NUMBER AND EMAIL ADDRESS TO:

Friends of Recovery— Vermont  
PO Box 1202, Montpelier, VT 05601

**1 (800) 769- 2798**

Make check payable to: FOR-VT

### 1 Family Healing Strategies

Date: Friday January 15, 2010  
Time: 9:00 a.m.—4:00 p.m.  
Location: Room 266, Asa Bloomer Bldg.  
88 Merchant's Row, **Rutland**  
Presenter: Diana Clark, JD, MACP

Recognizing that the disease of addiction is a stressor on families and friends, this one-day training is designed to educate attendees about the complex world of addiction and provide coping strategies that help and encourage recovery for your loved one. Family, friends and community members will gain skills and tools they need to become or remain healthy when someone else is struggling with addiction.

### 2 Spirituality As a Resource in Recovery

Integrating Mental  
Health and Substance  
Abuse Education

Date: Friday February 12, 2010  
Time: 9:00 a.m.— 4:00 p.m.  
Location: Alumni Hall  
20 Auditorium Hill, **Barre**  
Presenter: Patricia A. Burke, MSW, LCSW

Research has demonstrated that spiritual or religious involvement reduces the risk of substance abuse and is associated with positive outcomes in recovery. This training will expand the discussion of spirituality to include diversity of spiritual expressions and paths, explore the distinction between spirituality and religion and look at the value of spirituality as a resource in recovery. Participants will be introduced to the Circle of Meaning©, a tool developed by the presenter to help people explore and honor their own spiritual beliefs, values, practices and meanings.

### 3 Planning for Success Client- Led Recovery Planning

Date: Friday March 12, 2010  
Time: 9:00 a.m.—4:00 p.m.  
Location: Education Conference Center  
Brattleboro Retreat, 75 Linden St.,  
**Brattleboro**  
Presenter: Stephen J. Gumbley, MA, LCDP

Because recovery is a self-directed and empowering process, the person in recovery is the 'agent of recovery' and has the authority to exercise choices and make decisions based on his or her recovery goals. This training will look at some of the many pathways to recovery and how we can assist persons in recovery to chart their own course for success.

### 4 Holistic Approaches to Recovery

Date: Friday April 9, 2010 9 a.m. - 4 p.m.  
Time: 9:00 a.m. —4:00 p.m.  
Location: Hazen's Notch Room, Osgood  
Bldg., 103 S. Main St., **Waterbury**  
Presenter: Peter Lolocono, MA, LADC

This training provides an introduction to holistic thinking and the application of these concepts to recovery from addictive disorders. Participants will learn to recognize holistic approaches to health and well-being, apply these concepts to addiction treatment and integrate into a holistic model of recovery. Elements of the holistic model are diet and nutrition, exercise and physical fitness, relationship building, counseling and therapy, religious and/or spiritual awareness, meditation and stress management, brain rehabilitation and the search for meaning and purpose.

Register for  
one or all!

### 5 Ethics and Boundaries for Treatment and Recovery Support Services

Date: Friday May 14, 2010  
Time: 9:00 a.m.—4:00 p.m.  
Location: Conference Rm. 2B  
VT Dept. of Health, 108 Cherry St.,  
**Burlington**

Presenters: Anthony Quintilliani, Ph.D., LADC; Patty McCarthy, M.S.  
A comparison and review of relevant principles from the National Association of Alcohol and Drug Abuse Counselors (NADAAC) Code of Ethics and the FOR-VT Code of Ethics. Boundary issues for clinicians and peer service providers will be explored as well as practical techniques to improve the helping relationship in either role.

For complete training content and presenter biographies, visit the  
Friends of Recovery— Vermont website at the address below

REGISTRATION FORM ONLINE at [www.friendsofrecoveryvt.org](http://www.friendsofrecoveryvt.org)