The Central Nebraska Council on Alcoholism and Addictions, Inc. proudly presents

Harvey Milkman, PhD

A Two-Day Conference for Professionals --- Thursday and Friday, May 1st and 2nd 2014

to be held at the Evangelical Free Church
2609 South Blaine St, Grand Island, Nebraska

About Harvey Milkman, PhD

Harvey Milkman, PhD, Scholar in Residence, Department of Psychology, Metropolitan State University of Denver. Dr. Milkman received his baccalaureate degree from City College of New York and his doctorate from Michigan State University. He is currently professor of psychology at Metropolitan State University of Denver. His doctoral research was conducted with William Frosch, M.D., at Bellevue Psychiatric Hospital in New York City, on the “User’s Drug of Choice.” In 1980-81, he completed a sabbatical exploration of addictive behavior in Africa, India and Southeast Asia. In 1985-86 he was recipient of a Fulbright-Hays Lectureship award at the National University of Malaysia. He has represented the United States Information Agency as a consultant and featured speaker in Australia, Brazil, Iceland, The Netherlands, Peru, Turkey and Yugoslavia.

Dr. Milkman is a consultant and advisor to The Division on Addiction Cambridge Health Alliance, an affiliate of Harvard Medical School. From September 1992 – June 2002, he was author, principal investigator and director of Project Self-Discovery: Artistic Alternatives for At-Risk Youth, a national demonstration model funded by The Center for Substance Abuse Prevention and the Edward Byrne Foundation.

In addition to serving as featured author and blogger for Psychology Today, he has authored numerous published articles on the personality characteristics of drug abusers and behavioral addiction.

There will be books and other items available for purchase throughout the two-day workshop.

Working with Youth: Evidence-Based and Strength-Centered Approaches -- Treatment for Adolescent Substance Abuse, Delinquency and Criminal Conduct

Each of the two days begins at 8:30 a.m. and ends at 4:00 p.m.

Description: Taught by eminent psychologist and author Dr. Harvey Milkman, this program teaches evidence-based strategies and essential components of an effective treatment program for working with youth.

Section I. Theoretical and Research Perspectives
This section describes the theoretical foundations and research evidence for development and implementation of adolescent-focused treatment programs. Included are discussions of risk and resiliency factors that mediate problem behaviors; mental health factors associated with deviant activity; bio/psycho/social underpinnings of substance abuse and crime; the action of AOD on the developing adolescent brain; factors that predict adolescent-limited and life-course persistent patterns of criminal involvement; gender differences and treatment implications for juvenile justice clients; treatment enhancement through cultural mindfulness; perspectives on assessing risk and resiliency for screening; in-depth treatment planning; and outcome assessment.

Section II. Foundational Treatment Models: Evidence-Based Approaches
This section explains the basic principles of cognitive-behavioral treatment, including the primary focal points of cognitive restructuring and social skills training. The integration of therapeutic and didactic approaches, as well as the synthesis of correctional and therapeutic strategies, results in improved relapse and recidivism prevention outcomes. Visual schemas, used throughout the program, are introduced to clarify how thinking and behavior are related to learning and change. A visual blueprint of the sequential model for relapse and recidivism prevention is provided. This section shows how generic CBT principles are applied for juvenile justice clients and how these basic approaches are adapted for individual, family, and residential treatment applications.

Section III. The Treatment Curriculum
Implementation and operational procedures for delivery of an adolescent focused, cognitive-behavioral, group treatment curriculum are provided. This section presents detailed guidelines for how to introduce cognitive-behavioral treatment in an atmosphere of safety, trust, and rapport within adolescent settings. The theoretical and research basis for sequential treatment phases are presented as clients move through Challenge to Change; Commitment to Change; and Ownership of Change. Hands-on counseling skills building exercises are the primary focus of this core training segment.

Learning Objectives:
Upon completion participants will be able to:
1. Understand adolescent development and pathways to drug abuse and juvenile crime
2. Understand and utilize fundamental principles of cognitive-behavioral treatment for clients
3. Understand and utilize comprehensive guidelines for treating female clients
4. Understand the relationships between adolescent brain development, substance abuse and criminal conduct
5. Utilize techniques to address trauma and mental health issues in the context of treatment
6. Utilize new methodology for engaging clients in developing their individualized plan for change
7. Develop and implement strategies for addressing gang affiliations
8. Develop and utilize techniques for developing a support network upon community re-entry

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Thursday Evening Banquet
May 1, 2014 -- 5:30 -- 8:30 p.m.

“Craving for Ecstasy and Natural Highs: A Positive Approach to Mood Alteration”
With Dr. Harvey Milkman

5:30p.m. Banquet Catered by Whitefoot
7:00p.m. This presentation explains how a broad spectrum of pleasure inducing activities including over-indulgence in: gambling, food, sex, drug use, on-line role playing games, and criminal conduct (to name just a few) can result in similar patterns of compulsion, loss of control and harmful consequences. Predilections toward hedonic dependencies can be offset through the attainment of “Natural Highs” - self-induced changes in brain chemistry resulting in health and well-being for the individual and the society. The audience will gain new perspectives on how to manage the relentless urge to feel good.

8:15p.m. Purchase raffle tickets throughout the day; raffle winners announced following banquet speaker.

Continuing Education Units
Twelve (12) CEUs have been APPROVED from the State of Nebraska Division of Public Health for Licensed Alcohol and Drug Counselors; Twelve (12) Criminogenic CEUs have been APPROVED from the State of Nebraska Office of Probation Administration; this program meets the criteria of an approved continuing education program for mental health and social work practices, Marriage/ Family Therapists, Professional Counselors, and Social Workers.

I will be attending:
Earlybird Registration by April 18, 2014
- Workshop Only -- $250
- Workshop & Banquet -- $275
- Banquet Only -- $25

After April 18, 2014
- Two-Day Workshop Only -- $285
- Two-Day Workshop & Banquet---$310
- Banquet only---$25

Participants will receive a copy of Pathways to Self-Discovery and Change - Participant’s Workbook (2nd Edition) by H. Milkman and K. Wanberg, Sage Publications, Inc., 2012 (retail value $39.00)

Name _____________________________
Email _____________________________
Address ____________________________
City,State,Zip _______________________
Telephone __________________________
Card # _____________________________
Expiration Date ________________

Make checks payable to: CNCAA VISA and MC accepted.

Send registration form and fee to: Central NE Council on Alcoholism and Addictions, 219 West 2nd Street, Grand Island, NE 68801. Ph: (308) 385-5520 Fax: 308-385-5522 srodeaman@kdsi.net

CNCAA reserves the right to withhold a $25 processing fee for all cancellations