

Understanding Adolescent Trauma Through Authentic Connection

A One-Day Symposium for Addictions/Mental Health Professionals

Featured Speakers Include:



Gabor Maté, MD



Nancy Rappaport, MD

FRIDAY, OCTOBER 26, 2018
New York City

Convene Conference Center, Wharton Forum
730 Third Avenue, (Midtown East)
New York, NY 10017

REGISTRATION

Early Bird Registration by Sept. 27—\$150 per person
After Sept. 27—\$180 per person

Register ONLINE at www.usjt.com
or CALL 1-800-441-5569 or 954-360-0909

SCHEDULE

8:00–8:45am	Sign-In Continental Breakfast
8:45–9:00am	Welcome Jamison Monroe, Jr.
9:00–10:30am	Gabor Maté, MD
10:30–11:00am	Audience Interaction
11:15–12:45pm	Mark Levine, MD
12:45–2:00pm	Luncheon Moderator, Jeffrey Zurofsky
2:00–3:30pm	Nancy Rappaport, MD
3:45–5:15pm	Barbara Nosal, PhD, LMFT, LADC

Conference Host



Contributing Sponsor

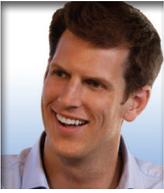


NEW YORK CENTER FOR LIVING
Coordinated Recovery for Adolescents, Young Adults & Families

6 Hours Continuing Education Credits

For Counselors, Therapists, Psychologists and Social Workers

Presentation Information



8:45–9:00am **Welcome**

Jamison Monroe, Jr.,
Founder/CEO, Newport Academy

9:00–10:30am

Trauma, Impaired Attachments, and Fostering Resilience: Beyond The Medical Model

Gabor Maté, MD



A medical doctor recently retired from active practice, Dr Maté was a family physician for two decades and for seven years served as Medical Coordinator of the Palliative Care Unit at Vancouver Hospital. For 12 years he worked in Vancouver's Downtown Eastside with patients challenged by hard core addiction, mental illness, HIV and related conditions. For two years he was the onsite physician at Vancouver's

unique Supervised Injection Site, North America's first such facility. He is internationally known for his work on the mind/body unity in health and illness, on attention deficit disorder and other childhood developmental issues, and his breakthrough analysis of addiction as a psycho-physiological response to childhood trauma and emotional loss. He is the author of four best-selling books including *When The Body Says No: Exploring The Stress-Disease Connection* and the award winning *In the Realm of Hungry Ghosts: Close Encounters With Addiction*. Gabor is the recipient of an Outstanding Alumnus Award from Simon Fraser University and an Honorary Degree of Law from the University of Northern British Columbia. In 2017 he was named among 150 Canadians as a Difference Maker in Mental Health by the Centre for Mental Health and Addictions. This year, he was granted his country's highest civilian distinction, the Order of Canada.

Childhood and adolescent diagnoses are burgeoning in North America, with increasing rates of ADHD, anxiety, autism, conduct disorders, oppositional defiant disorder, depression and addictive patterns. These conditions are often regarded as biological brain diseases rooted largely in genetic inheritance or, on the other hand, as behavior problems to be controlled by means of cognitive teaching or external regulation. Gabor Maté shows that the sources of these dysfunctions are to be found in the disturbed attachments of children to the adult world in this stressed and increasing fragmented culture and, in many cases, in childhood trauma. The biology of the brain and the behavior of the child both reflect relational experiences, hence treatment and the fostering of resilience must focus on improving the young person's relational environment. This talk is based on three of Dr. Maté's bestselling books: *Scattered: How ADD Originates and What You Can Do About It*; *Hold On To Your Kids: Why Parents Need to Matter More Than Peers*; *In The Realm of Hungry Ghosts: Close Encounters With Addiction*.

11:15am–12:45pm

The Art and Science of Mindfulness

Mark Levine, MD



Mark Levine is the founder and managing physician of Community Psychiatry. This private practice group employs 70 psychiatrists in 30 office locations in California. Since its beginnings in 1995, the goal of Community Psychiatry has been to work cooperatively with hospitals, community agencies, physicians, psychotherapists, insurers and patients to improve access to mental healthcare services. Dr.

Levine completed his residency in psychiatry at California Pacific Medical Center in 1981 and is board certified. He has also trained extensively in the applications of stress reduction techniques, including mindfulness, cognitive behavioral therapy, meditation, yoga, and guided imagery. Since 2008, Community Psychiatry has been offering mindfulness training to both clinicians and patients with the belief that these non-pharmaceutical approaches to mood management and wellbeing can provide great benefit. To examine this question, Dr. Levine is participating with the department of psychology at Harvard University to study the influence of mindfulness practice on mood. In 2016, Dr. Levine founded Mind to Mindful, a non-profit company whose purpose is to further the integration of mindfulness practices into traditional forms of psychotherapy and medicine. He also holds an MBA from the University of Michigan, Ann Arbor.

Many events in life are painful, but struggling with our own thoughts turns pain into suffering. When we feel stressed we focus on negative thoughts and feelings. This negative focus is often self-fulfilling because it influences how we perceive and engage with the world. And yet it is possible to train our attention in a different way that frees us from this negative focus. It is possible to influence the mental conditions and neurochemistry in which all thoughts, emotions and sensations are formed and connected. By training a gentle curious attitude of attention to whatever arises, even stressful thoughts and emotions, we can create healthy mental conditions which reduce suffering, enliven neutral moments and enhance pleasant moments. This is a skill that can be strengthened in just minutes a day.



12:45–2:00pm

Luncheon | Moderator

Jeffrey Zurofsky

Jeffrey Zurofsky is Culinary Program Director at Newport Academy. Jeffrey believes that learning how to grow and make our own food can have a powerful healing effect on mental health, and brings this awareness to the Newport Academy programs.

2:00–3:30pm

Managing Challenging Behavior: Helping Struggling Adolescents

Nancy Rappaport, MD



Nancy Rappaport is a board certified child and adolescent psychiatrist and is currently a part-time associate professor of psychiatry at Harvard Medical School. Her research, teaching, and clinical expertise focus on the collaboration between education and psychiatry. Working as a science teacher at an innovative elementary school in Harlem, NY where she advocated for support for struggling families was

a life-altering experience and inspired her to enter medical school. Dr. Rappaport received the American Academy of Child and Adolescent Psychiatry's Sidney Berman Award for the School-Based Study and Treatment of Learning Disorders and Mental Illness in 2012. She also received Cambridge Health Alliance's Art of Healing Award in 2013—an award given to one who “transcends boundaries, joyfully embraces humanity, and profoundly inspires the healing of body and spirit.

Many children face adversity with traumatic abuse, neglect, or special needs that often leads to apathy, learning problems, or aggressive behavior. Dr. Rappaport, author of the influential book *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students*, will present the FAIR plan method: a comprehensive, accessible, and flexible framework for intervention with traumatized children and their caregivers. This method of understanding and improving behavior in challenging students looks at the function of the behavior, accommodations, interventions, and nurturing responses to traumatized children, with an emphasis on building relationships.

3:45–5:15pm

Healing Relational Trauma: The Path to Sustainable Healing

Barbara Nosal, PhD, LMFT, LADC



Barbara Nosal has worked in the mental health and addiction treatment field with adolescents and their families for over 20 years. She has held managerial and clinical positions in a variety of treatment settings, including a private practice in Newport Beach, CA. Barb holds a doctorate in Transpersonal Psychology and dual master's degrees in human services and counseling psychology, is a licensed

Marriage Family Therapist and licensed Alcohol and Drug Counselor. She is the founding Clinical Director, and currently Chief Clinical Officer of Newport Academy, where she oversees the treatment of adolescents, ages 12-20, and their families in their residential and outpatient programs.

This presentation incorporates attachment-based therapies to identify how attachment ruptures from early childhood often interferes with achieving health, happiness, and emotional well-being—particularly for those with mental health and addiction issues. Relational trauma forms disempowering core beliefs which define the sense of self, resulting in life-long emotional and relational patterns. Healing relational trauma minimizes triggers and reduces emotional dysregulation in the present. Gaining self-awareness of what often is deeply rooted and unconscious, frees us from the past and the need to act out in self-defeating behaviors. This presentation not only assists clinicians in their therapeutic process with individuals and families, but is critical for treatment providers to understand the impact in their own lives.

Registration FAST | EASY | SAFE

Register Online at www.usjt.com

1 Day Symposium, October 26, 2018

Early Bird Registration by September 27—\$150 per person

After September 27—\$180 per person

Tuition includes Continental Breakfast and Lunch

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All registration fees are refundable, less a \$50.00 processing fee, when requests for cancellation are submitted in writing and postmarked by October 11. **No refunds are available after October 11.** Your name and address will be added to our mailing list unless otherwise requested.

REGISTER BY PHONE: 800-441-5569 or 954-360-0909. Business Hours Monday-Friday 8:30am–5:00pm EST. Have your MC/Visa/AMEX number ready.

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WHARTON FORUM

730 Third Avenue, New York, NY 10017

(Between 45th and 46th Streets)

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42nd Street Station (Northeast Exit)

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GGMC Parking Seven Eleven, 711 3rd Avenue

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