

The Evidence Based Treatment of Anxiety and Depression: Symptoms and Disorders in Early Recovery

Friday, August 13, 2004

Program Purpose

Many alcoholics and addicts in early recovery exhibit symptoms of depression and anxiety. If these symptoms are severe enough they may be diagnosed as Co-occurring Affective or Anxiety Disorders. In some instances, the depression and anxiety symptoms do not qualify as a psychiatric disorder but can be a part of a relapse dynamic. In order to aid in the alcoholics and addicts recovery, these issues must be treated.

The field of Behavioral Medicine is robust with new data and research that needs to be translated into useful information for the benefit of the front-line clinician. The ultimate goal of this translation is to empower the clinician with the best information and technique available.

This skills training event will give clinicians the latest research on the interface between Substance-Related Disorders and Axis I Anxiety and Affective Disorders. The training will also look at symptoms of anxiety and depression (not severe enough to meet DSM IV criteria) that may precipitate relapse.

Participants can expect to learn how this research translates into actual work with clients. Empirically based psychotherapeutic and pharmacological interventions will be the focus of this skills training event. Case vignettes will be utilized to demonstrate practical application of clinical technique.

Faculty

An internationally recognized expert in areas of behavioral medicine and addictions treatment, Cardwell C. Nuckols, MA, Ph.D., has been a clinical and developmental consultant for over thirty years. He has been awarded national honors including the SECAD and Gooderham awards, as well as, being recognized for his contributions to The American Society of Addiction Medicine's Patient Placement Criteria. Dr. Nuckols' passion and mission is to assist in the translation of emerging scientific research into information and techniques helpful to those who do the important work of helping alcoholics, addicts and those suffering from co-occurring disorders.

Dr. Nuckols is widely published, having authored more than 50 journal articles, 28 books and workbooks, 24 DVDs, CDs and videos, and 17 audiotape series. Dr Nuckols first book, **Cocaine: Dependency to Recovery**, is a trade best seller, as are his booklets **Quitting Heroin** and **Quitting Marijuana** (Hazelden). His recent works include the book, **Healing an Angry Heart** (HCI) and video **Chalk Talk on Drugs** with Father Martin (Kelly Productions).

Date and Location

The seminar will be held **Friday**, August 13, 2004, at the University of Central Oklahoma, Nigh University Center, 2nd, Garland Godfrey Drive, Ballroom B & C, Edmond, OK. From Interstate 35, take the 2nd Street exit in Edmond (Exit 141) and travel west to the University campus. Turn north on Garland Godfrey Drive and you will immediately see the Nigh University Center. Visitor parking is directly east of the Nigh University Center. All visitors must take a parking voucher from the machine before entering the parking lot. Parking will cost \$2.00. Visitors will be ticketed in other parking areas.

Program Objectives

Upon completion of the program, the participant shall be able to:

1. Discuss newer research findings as they relate to the integrated treatment of Co-occurring Disorders.
2. Explain the difference between symptoms and disorders.
3. Apply techniques and strategies to your clinical population.
4. List at least two psychotherapeutic and/or pharmacological techniques empirically proven to be effective in the treatment of Substance-Related Disorders and Affective Disorders (Examples-Major Depressive and Bipolar Disorders).
5. Describe psychotherapeutic and/or pharmacological techniques empirically proven to be effective in the treatment of Substance-Related Disorders and Anxiety Disorders. (Examples: Social Anxiety and PTSD)
6. Discuss the use of cognitive, behavioral and interpersonal strategies useful in treating symptoms and disorders.

Program Schedule

8:00 - 8:30	Registration
8:30 - 10:00	Overview Affective Symptoms and Disorders Clinical Understanding and Treatment
10:00 - 10:15	Break
10:15 - 11:45	Affective Symptoms and Disorders (continued)
11:45 - 12:45	Lunch on your own
12:45 - 2:15	Anxiety Symptoms and Disorders Clinical Understanding and Treatment
2:15 - 2:30	Break
2:30 - 4:00	Anxiety Symptoms and Disorders (continued)

Lodging

Ramada Plaza
930 East 2nd Street
Edmond, Oklahoma

Please call:
1-800-322-4686 or 405-341-3577

NOTE:

A rate of \$65 for single or double occupancy and \$75 for triple or quadruple occupancy has been offered for participants who **make reservations by August 6, 2004**. State that you want the group rate for the Department of Mental Health and Substance Abuse Services.

Continuing Education Credits

- The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training, is accredited by the Oklahoma State Medical Association (OSMA) Council on Medical Education to sponsor continuing medical education for physicians.
- The DMHSAS Institute for Mental Health and Substance Abuse Education and Training has applied for six credit hours in Category I of the Physician's Recognition Award of the American Medical Association for this medical education activity.
- Continuing education credit hours have been applied for through the Oklahoma State Board of Licensed Social Workers and Licensed Behavioral Practitioners Board. Credit hours have been approved by the Oklahoma Board of Examiners of Psychologists and the Licensed Professional Counselors Committee.

How to Receive Your Certificate of Attendance

Certificates of attendance will be distributed at the end of the seminar. If you have an emergency and are unable to complete the seminar, you may pick up a certificate before you leave which will reflect the actual hours you were in attendance. Participant evaluation forms must be submitted in order to receive continuing education credit and a certificate of attendance.

Seminar Fees

If Pre-Registering by Mail: Current DMHSAS staff members or DMHSAS retirees are admitted at no charge. Registration for non-DMHSAS participants is \$75. Those registering by the early date of August 6 will qualify for the early bird discounted fee of \$50. **Payment may be made by check or money order only; cash cannot be accepted. No refunds.**

Complete the form below and mail it (with payment, if applicable) to:

Seminar Coordinator
Human Resource Development Division
Institute for Mental Health and Substance Abuse Education
and Training
2401 NW 23rd St., Suite 82
Oklahoma City, OK 73107

DONAHUE SEMINAR SERIES
The Evidence Based Treatment of Anxiety and Depression:
Symptoms and Disorders in Early Recovery

Faculty:

Cardwell C. Nuckols, MA, Ph.D.

Location:

University of Central Oklahoma,
Nigh University Center, 2nd and
Garland Godfrey Drive,
Ballroom B & C
Edmond, Oklahoma

Registration for August 13, 2004

The Evidence Based Treatment of Anxiety and Depression:
Symptoms and Disorders in Early Recovery

Name _____
Home Phone Number _____
Occupation or Job Title _____
Place of Employment _____
Address _____
City, State, Zip _____
Daytime Phone _____
E-Mail
Address _____

Check All That Apply:

- DMHSAS current employee or retiree, no charge
- Early bird discount by August 6, \$50 enclosed, payable to ODMHSAS
- Check or money order for \$75 enclosed, payable to ODMHSAS (August 9 and after)
- Paying with purchase order
- Require special accommodations as follows:

Sign interpreters and/or other special accommodations required by disabled participants will be available upon advance request (please allow one week's notice). Please indicate on the registration form the type of special accommodations you require.

To discuss requests, call: 405-522-8300.

Continuing Education Credit Requested:

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Physician | <input type="checkbox"/> LPC/LMFT |
| <input type="checkbox"/> Psychiatrist | <input type="checkbox"/> Physician's Asst. |
| <input type="checkbox"/> Psychologist | <input type="checkbox"/> Pharmacist |
| <input type="checkbox"/> RN or LPN | <input type="checkbox"/> LBP |
| <input type="checkbox"/> LSW | <input type="checkbox"/> CDSVRP |
| <input type="checkbox"/> CADAC | <input type="checkbox"/> Other _____ |

Please check in at the registration desk upon your arrival to verify your attendance. You will need to complete an on-site registration form if you have not pre-registered. On-site registration is \$75. Continuing education credit is not provided without verification. At the completion of the seminar, all participants will receive a certificate of attendance from the DMHSAS Institute for Mental Health and Substance Abuse Education and Training.

For information, call: 405-522-8300.
The HRD fax number: 405-522-8320.