

LEARNING OBJECTIVES

Addiction & the Family

9AM – 12Noon (3.0 CE Hours)

Families are important stakeholders who both aid the process of change and benefit from the improvement of an addiction problem. There are considerable benefits to acknowledging and capitalizing on the role of families with respect to getting substance abusers in treatment, maintaining their participation, improving their substance use related outcomes and reducing the negative impact and harm to the family including children. This session will provide a framework to use when working with clients and their families.

At the conclusion of this course, the participants will be able to:

- ◆ Discuss how the disease of addiction manifests within the family
- ◆ Identify the roles of family members that propel the cycle of addiction
- ◆ Provide interventions to support the family in breaking the vicious cycle of addiction
- ◆ Describe the characteristics of the “recovering” family

Life After Loss

1PM – 4PM (3.0 CE Hours)

Death and loss of a loved one is inevitable, certain and an unavoidable and inexorable part of life that nobody escapes. But loss can also be a broken relationship, a marriage that ends in divorce, the loss of a pet, a home destroyed by natural disaster, our economic security, or even loss of youth and mobility as we age. Individuals react differently to the loss and differently to the various types of loss. This session will provide a better understanding of loss and grief, and offer resources to help the clients you serve.

At the conclusion of this course, the participants will be able to:

- ◆ Discuss the five stages of grief
- ◆ Describe a sixth step in the process of moving on after loss
- ◆ Differentiate the reaction to sudden loss vs. predictable loss
- ◆ Explain disparities and commonalities of the various forms of loss
- ◆ Cite factors that contribute to complicated grief
- ◆ Recognize the feelings of guilt that are sometimes present for those who have suffered loss
- ◆ Distinguish reactions to loss that come from the cognitive vs. limbic parts of the brain
- ◆ Cultivate greater compassion for clients who are dealing with loss while maintaining self-care to avoid compassion fatigue
- ◆ More comfortably talk with clients about death and dying and loss, including those who have not presented with these issues
- ◆ Assist clients to take charge of their bereavement and avoid victimization
- ◆ Provide tools that clients can use to build resiliency when dealing with all types of loss