

Session Information

Morning Plenary Session

From Grief to Gratitude, James Campbell, LPC, CACII, MAC

Grief is defined as the normal process of reacting to a loss. Though there are a wide variety of losses that can lead to grief, there are also many commonalities in how we experience it and how we begin the healing process. This training is designed to explore various types of loss, aspects of grief, and pathways to healing. Specific attention will be given to the process of grieving as it relates to substance use disorders, and participants will gain practical tools for assisting those struggling with grief and bereavement.

Objectives:

At the end of this session, participants will be able to:

- Identify diverse types of loss and common experiences related to each
- Explore differing models of the grief process
- Examine the specific impact of grief on substance use disorders and recovery
- Gain practical tools to assist others in healing following loss

Afternoon Breakout Sessions

Internet and Sexual Addiction, Chip Green, PhD, LPC, LPC/S

Objectives:

At the end of this session, participants will be able to:

- Discuss internet and sexual addiction
- Discuss the assessment process
- Discuss the neuro-chemistry of sexual addiction
- Discuss co-occurring factors with substances & sexual addiction

Imposter Syndrome, Christina Jones LPC, LPC/S, CAC II, MAC

According to the American Psychological Association, imposter syndrome is “when high achievers are unable to internalize and accept their success, attributing their accomplishments to luck instead of ability and constantly fearing that others will unmask them as a fraud.” Anyone at any level of their career is subject to this phenomenon, but graduate students and new professionals are especially vulnerable. This session is designed to destigmatize these feelings of inadequacy, talk more in depth about this common phenomenon, and provide strategies to overcome them to help individuals continue their paths to successful careers.