

presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

Monday, Tuesday, Wednesday  
May 26 - 28, 2008

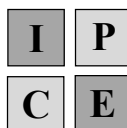
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

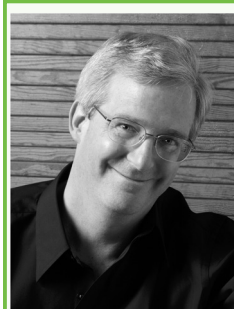
**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

### TOTAL PAYMENT

= \_\_\_\_\_

### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

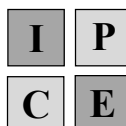
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Uninstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

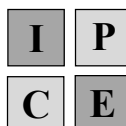
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
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**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

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Mailing Address

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City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



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Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

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Name of Manager: \_\_\_\_\_

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Please make your cheque payable to the University of British Columbia and  
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The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

Monday, Tuesday, Wednesday  
May 26 - 28, 2008

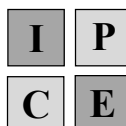
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
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Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

Monday, Tuesday, Wednesday  
May 26 - 28, 2008

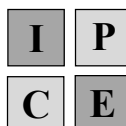
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

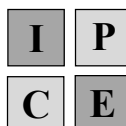
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



**EDGEWOOD**  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Uninstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

Monday, Tuesday, Wednesday  
May 26 - 28, 2008

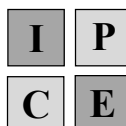
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

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All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

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UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



**EDGEWOOD**  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

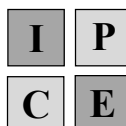
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

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- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

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E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

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Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

Monday, Tuesday, Wednesday  
May 26 - 28, 2008

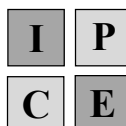
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

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Local/International: (604) 822-6156  
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Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



**EDGEWOOD**  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

Monday, Tuesday, Wednesday  
May 26 - 28, 2008

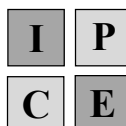
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

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- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

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## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



**EDGEWOOD**  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**Opening Prayer: Chief Ian Campbell**  
*Xálek' / Sekyù Siyám, Chief and Council,*  
*Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks: Ida Goodreau**  
*President and CEO, Vancouver Coastal Health*  
*Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

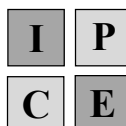
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

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- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



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## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

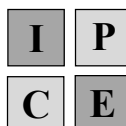
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

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- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

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## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

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As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

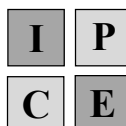
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

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Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

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Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

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This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education,**  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

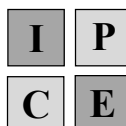
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Uninstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

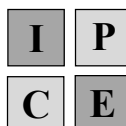
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

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- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

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Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

Monday, Tuesday, Wednesday  
May 26 - 28, 2008

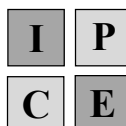
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



**EDGEWOOD**  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Uninstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

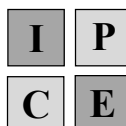
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

## FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

## AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

## Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

## TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

### TOTAL PAYMENT

= \_\_\_\_\_

### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

## CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

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Mailing Address: \_\_\_\_\_

### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education,**  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

Monday, Tuesday, Wednesday  
May 26 - 28, 2008

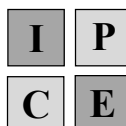
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



**EDGEWOOD**  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

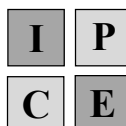
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

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- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



EDGEWOOD  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

# REGISTRATION FORM

# IN 9551

## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

### FOUR WAYS TO REGISTER!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835  
(Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

### AFFILIATION / PROFESSION:

(please select only one)

- |  |  |
|--|--|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Nurse         |
| <input type="checkbox"/> Alcohol & Drug Counsellor | <input type="checkbox"/> Physician     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Policy Maker  |
| <input type="checkbox"/> Consumer/Client           | <input type="checkbox"/> Psychiatrist  |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Family Member             | <input type="checkbox"/> Researcher    |
| <input type="checkbox"/> Law Enforcement Officer   | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Mental Health Counsellor  | <input type="checkbox"/> Student       |
| <input type="checkbox"/> Other: _____              |  |

### Method of Payment:

☐ Cheque ☐ P.O. #

Charge by Phone/Fax:

Local/International: (604) 822-6156

Toll free within Canada/USA: 1-877-328-7744

Register by Fax: (604) 822-4835



\_\_\_\_\_  
Credit Card Number Expiry Date

\_\_\_\_\_  
Name of Cardholder

Please note: A \$25 processing fee

will be charged for the re-issue of lost tax receipts.

PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY.

### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

#### TOTAL PAYMENT

= \_\_\_\_\_

#### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
registration form along with a letter explaining financial need & how  
you will benefit by attending this conference to 604-822-4835.

### CONCURRENT SESSIONS:

Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

	1ST CHOICE	2ND CHOICE
Example:	A1	A8
Session A:	_____	_____
Session B:	_____	_____
Session C:	_____	_____

If your organization will be paying with a purchase order on your behalf:

P.O. # \_\_\_\_\_ Manager's Tel. #: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Mailing Address & Payment by Cheque:

Please make your cheque payable to the University of British Columbia and  
send to: **Interprofessional Continuing Education**,  
The University of British Columbia, Room 105 - 2194 Health Sciences Mall,  
Vancouver, BC, V6T 1Z3



presents:

# The 16th Annual

## David Berman

The Coast Plaza Hotel & Suites at Stanley Park  
1763 Comox Street  
Vancouver, BC

## Memorial

## Concurrent Disorders

**Monday, Tuesday, Wednesday  
May 26 - 28, 2008**

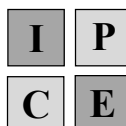
## Conference



In collaboration with:



**Interprofessional Continuing Education**  
The University of British Columbia  
*A Team Approach to Learning*



# GENERAL INFORMATION

## Location

The conference will be held at the:  
**Coast Plaza Hotel and Suites at Stanley Park**  
1763 Comox Street  
Vancouver, BC Canada V6G 1P6

**Telephone:** 604-688-7711 **Fax:** 604-688-5934  
**Toll free in North America:** 1-800-716-6199

Online booking available:

[www.coasthotels.com](http://www.coasthotels.com)

Online booking code is: **CPS GFC 2510**

Please make your own reservation by calling the hotel directly. Identify yourself with the **16th Annual David Berman Memorial Concurrent Disorders** conference. Hotel tax of 10% and 5% GST must be added to all rates.

**Rates:**     **\$156** single, double or twin occupancy  
              **\$186** one bedroom suites  
              (includes two adults)  
              additional person \$20/room/night

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **April 28<sup>th</sup>, 2007**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day
- West End Community Centre, 870 Denman (entrance off Haro) \$4.50 - \$5.50 per day (\$1 coins accepted)

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at 604-822-0054 or by email: [ipconf@interchange.ubc.ca](mailto:ipconf@interchange.ubc.ca)

## PROFESSIONAL CREDITS

All participants attending will be given a certificate stating that the conference involves 19 hours of educational instruction.

Specialized credits have been applied for from several professional organizations. Please refer to our website for updates: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (Approved Continuing Education Provider #6252).

## Four Ways to Register!

- On the web: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) (Mastercard and Visa only)
- By telephone:  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744
- By Fax: (604) 822-4835 (Mastercard and Visa only)
- By mail with a cheque, purchase order or credit card.

Please see registration form for more details.

## Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes: conference material (ONE syllabus), lunches, refreshment breaks and a certificate of attendance.

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **May 1<sup>st</sup>, 2008**. **No refunds** will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 handling charge will be returned.

## Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed registration form along with a letter explaining financial need & how you will benefit by attending this conference to 604-822-4835.

## Financial Assistance

We would like to acknowledge with special appreciation the financial contribution from the following organizations:



**EDGEWOOD**  
extending the branch of hope



# THE 16<sup>TH</sup> ANNUAL DAVID BERMAN MEMORIAL CONCURRENT DISORDERS CONFERENCE

## Who was DAVID BERMAN?

David Berman was a great friend and colleague to many mental health and alcohol and drug professionals.

Originally from the United States, he worked for 7 years at the Strathcona Mental Health Team as a community mental health worker. In 1989, he initiated the Dual Diagnosis Program and became its first director.

Sadly, on April 4, 1991 - one day before his 44th birthday - Dave passed away.

As a tribute to Dave, the David Berman Memorial Fund was established following his death. The aim was to host an educational event each year which would honour him by bringing together professionals sharing his commitment to bridging mental health and alcohol and drug systems. This annual conference is a tribute to his memory.

## Conference Description:

This conference is designed to provide clinicians/delegates with advanced training in concurrent disorders, including in-depth exploration of integrated treatment.

## Who Should Attend:

This annual conference brings together an interdisciplinary group of professionals which includes: administrators/managers, alcohol and drug counsellors, community health workers, consumers, educators, families, law enforcement officers, mental health counsellors, nurses, peer-support workers, physicians, policy makers, psychiatrists, psychologists, researchers, social workers, students, and all who are interested in, or who work in, the field of mental health and addictions.

## Learning Objectives:

- Learn evidence-supported practical therapy skills and strategies for working with concurrent disorder clients through theory and case discussions.
- Understand various stages and goals of the concurrent disorder treatment process.
- Receive information on latest evidence-based treatment strategies.
- Become aware of latest research evidence and resources available.
- Network, share information, experiences, perspectives, and resources amongst those working with concurrent disorders.

## Committee Listing

**Lorie Ross**, (Conference Chair) Manager ACT/Bridging/CCD, Educator, Riverview Redesign Project, Mental Health Triage Project, Vancouver Community Mental Health Services (VCMHS)

**Dammy Albach**, Co-ordinator, Suicide Attempt Follow-up Education & Research

**Daniel Buse**, Clinician, Centre for Concurrent Disorders

**Jack Beatty**, Director, Employment Services, Coast Mental Health

**Dr. Laura Chapman**, MD, FRCPC, Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

**Dana Clifford**, Alcohol & Drug Counsellor, Sheway

**Diane Dickson**, Office Manager, Centre for Concurrent Disorders

**Sherry Gable**, Educator, Family Support & Involvement (Mental Health), VCMHS

**Dr. Garth McIver**, Medical Manager - Adult, Addiction Services

**Raymond LaPerrière**, Clinician, Centre for Concurrent Disorders

**Elaine Liao**, Director, UBC, Interprofessional Continuing Education

**Otto Lim**, Coordinator, Centre for Concurrent Disorders

**Sean Murphy**, Clinician, Centre for Concurrent Disorders

**Nirmal Power**, Clinician, Centre for Concurrent Disorders

**Ron Prasad**, Clinician, Centre for Concurrent Disorders

**Lori Rock**, Clinician, Centre for Concurrent Disorders

**Debbie Suian**, Therapist, TriCities Mental Health

**Jennifer Toomey**, Nurse Clinician, Provincial Youth Concurrent Disorders Program, BC Children's Hospital

**Dale Wagner**, Clinical Supervisor - Addictions, Pender Community Health Centre

### Transforming Three Classic Clinical Gremlins: Stalled Treatment Planning, Medication Nonadherence, and Missed Diagnoses

**Shawn Christopher Shea, MD**

In the first workshop, Dr. Shea creatively uses philosophy as a cutting-edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy, *Happiness Is.*, he tracks down answers to two questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client, as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help case managers, psychiatrists, psychiatric nurses, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model". From the Foreword to Dr. Shea's latest book, *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic processes including suicide, homicide, and self-mutilation.

#### OBJECTIVES:

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
- 2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams", the "inquiry into med sensitivity", and the "trap-door question".
- 3) Understand and be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

### Schedule

**7:30 am Registration Open**

**8:30 am Welcome Remarks:** *Lorie Ross, Conference Chair*

**Opening Prayer:** *Chief Ian Campbell  
Xálek'/Sekyù Siyám, Chief and Council,  
Squamish Nation, North Vancouver, BC*

**8:45 am Opening Remarks:** *Ida Goodreau  
President and CEO, Vancouver Coastal Health  
Authority, Vancouver, BC*

**9:00 am Workshop 1: Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop 2: From Medication Nonadherence to Medication Interest**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Workshop 3: The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders**

**2:45 pm Refreshment Break & Exhibits Open**

**3:00 pm Workshop 4: The Elusive World of Psychosis: How to Help Patients Share Their Pain, Hallucinations, Delusions, and Dangerous Thoughts**



**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and educational innovator in the fields of clinical interviewing, suicide prevention, and improving medication adherence. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where, in 1999, his course received the highest evaluation of the thirty courses presented over the summer. He has also presented at the Santa Fe

Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of the best selling texts *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition and *The Practical Art of Suicide Assessment*. In 1999, *Psychiatric Interviewing: the Art of Understanding*, 2nd Edition, was chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. In 2005 the French translation of the book was chosen for the Prix Psyche as the most important new psychiatry text to appear in the French language.

In 2004 Dr. Shea released his first book of philosophy, *Happiness Is.*, which was chosen as a Brodart Library Gem, a Bowker's Title to Watch, and as the Philosophy Book of the Month by the Radical Academy. His latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications*, was released in October 2006.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (<http://www.suicideassessment.com>). He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School, and in private practice.



## Fresh Start Program - Living Beyond Alcohol and Drugs

**Kim T. Mueser, Ph.D.**

*Professor of Psychiatry and Community and Family Medicine,  
Dartmouth Medical School, Hanover, New Hampshire*

This presentation will describe a brief intervention for psychiatric and substance use disorders that incorporates the core features of effective integrated treatment programs for co-occurring disorders. The presentation will begin with a review of the principles of integrated treatment for co-occurring disorders, with particular emphasis on the stages of change and use of motivational interviewing. The 6-8 session Fresh Start program will then be introduced, with a focus on the use of motivational enhancement, educational, and cognitive-behavioural approaches in the program for helping clients achieve and maintain sobriety. Finally, strategies will be described for providing continuing support and work with the client and families, using the Fresh Start framework as a guide to tailoring treatment and clinical decision making.

### OBJECTIVES:

At the end of the workshop participants will be able to:

- 1) Identify the 4 stages of treatment, and for each stage list the objective and one clinical strategy that could be used to achieve the objective.
- 2) Summarize the 5 steps of motivational interviewing with clients with co-occurring disorders.
- 3) Identify the 5 components of a sober lifestyle plan.
- 4) Describe at least 2 cognitive-behavioral strategies for dealing with high-risk substance use situations and 2 cognitive-behavioral strategies for getting one's needs met in ways other than using substances.

## Schedule

**8:00 am Registration Open**

**8:30 am Welcome Remarks: Lorie Ross, Conference Chair**

**9:00 am Fresh Start Program - Living Beyond Alcohol and Drugs**

**10:30 am Refreshment Break & Exhibits Open**

**10:45 am Workshop Cont'd**

**12:15 pm Lunch (provided) & Exhibits Open**

**1:15 pm Consumer & Family Panel**

Dr. Mueser will facilitate discussion with people with concurrent disorders and family members about what helps or hinders in recovery.

**2:15 pm Workshop Cont'd**

**3:00 pm Refreshment Break & Exhibits Open**

**3:15 pm Workshop Cont'd**

**4:30 pm Adjourn**



**Kim T. Mueser, Ph.D.** is a licensed clinical psychologist and a Professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Medical College of Pennsylvania in Philadelphia until 1994. In 1994 he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include psychiatric rehabilitation for persons with severe mental illnesses, intervention for co-occurring psychiatric and substance use disorders, and the treatment of post-traumatic stress disorder. He has published extensively and given numerous lectures and workshops on psychiatric rehabilitation. In 2007 he received the Ken Book Award from the New York Metro Chapter of the National Alliance on Mental Illness for his book with Susan Gingerich, *The Complete Family Guide*

to *Schizophrenia*. He is the co-author of several other books, including *Social Skills Training for Psychiatric Patients* (1989), *Coping with Schizophrenia: A Guide for Families* (1994), *Behavioral Family Therapy for Psychiatric Disorders, Second Edition* (1999), *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* (2003), *Social Skills Training for Schizophrenia: A Step-by-Step Guide, Second Edition* (2004), *The Coping Skills Book: A Session-by-Session Guide* (2005), *The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment* (2007), and *The Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (2008). He can be reached at the Dartmouth Psychiatric Research Center, Main Building, 105 Pleasant St., Concord, NH 03301; email: kim.t.mueser@dartmouth.edu

**8:00 am Registration Open**

**8:30 am Concurrent Breakout Session A**

**A1 Dialectical Behaviour Therapy Applications for Working with Challenging Clients**

**Lorne Korman, PhD, R.Psych**

*Research Director, Provincial Youth Concurrent Disorders Program; Research Scientist, BC Mental Health and Addictions Services; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC*

Dialectical Behaviour Therapy (DBT) is evidence-based psychotherapy for individuals diagnosed with borderline personality disorder, including those with concurrent substance use disorders. Adaptations of DBT have also been demonstrated to be effective for individuals with concurrent anger and addictions problems, and for clients suffering from eating disorders. This session will examine some of the features of DBT that are used to work effectively with challenging clients, including the use of active engagement strategies, the identification of both overt and covert angry behaviours for change, and providing structural support for therapists.

**A2 Post-traumatic Stress Disorder and Comorbidities - A Focus on Addictions**

**Diane McIntosh, MD, FRCPC**

*Clinical Assistant Professor, University of British Columbia; Private Practice Psychiatrist, Vancouver, BC*

Not all exposures to traumatic events lead to a diagnosis of PTSD. However, when PTSD is diagnosed, it is seen commonly in association with depression, other anxiety disorders, and alcohol/substance abuse. In this workshop we will discuss approaches to treatment when substance abuse is a factor in the psychopathology.

**A3 Gender Identity Issues: Working with Transgendered Clients**

**Lukas Walther**

*Coordinator, Transgender Health Program, Vancouver Coastal Health; Member, World Professional Association for Transgender Health (WPATH), Vancouver, BC*

Care providers in Addictions and/or Mental Health have little, if any, access to accurate information about transgendered people, their psychosocial barriers, and specific challenges faced by both staff and recipients regarding care and services. This workshop will provide practical information and valuable insights for working with transgendered clients, including those who have concurrent disorders.

**A4 The Older Male Alcoholic (Differences and Commonalities)**

**Shaohua Lu, MD, FRCPC**

*Addiction Psychiatrist, Department of Psychiatry, VGH; Clinical Assistant Professor, University of British Columbia; Co-Medical Manager of UBC Concurrent Disorder Intervention Unit (CDIU), Vancouver, BC*

This session will focus on the medical and psychiatric presentations common to the older male alcoholic. It will explore the medical and clinical differences that impact assessment, diagnoses, treatment, and rehabilitation.

**10:00 am Refreshment Break & Exhibits Open**

**10:30 am Concurrent Breakout Session B**

**B1 Hepatitis C Treatment and Addiction: An Overview**

**Fiona Duncan, MD, CCFP**

*Physician, Vancouver Coastal Health Authority, Pender Community Health Centre, Vancouver, BC*

An overview of treatment for hepatitis C for patients with a history of, or ongoing issues with addiction. This includes preparation for treatment and managing the challenges of treatment, including depression and relapse.

**B2 Vicarious Trauma: Personal and Professional Responsibility for Self-Care**

**Liz Choquette, RN, BSN**

*Abuse Survivor Resource Worker, Vancouver Community Mental Health Services, Vancouver, BC*

It is imperative that as professionals we care for ourselves so that we can be truly available to the clients we work with. Vicarious trauma is something that can affect our health and well-being and as a result affect our ability to provide service to our clients. It is our professional and personal responsibility to attend to Vicarious trauma. This workshop will define vicarious trauma, help you identify signs and symptoms, give you an opportunity to assess your present level of vicarious trauma and provide you with some strategies to deal with your own vicarious trauma.

**B3 Helping People Change: Therapist Variables and Their Impact on Relationship Development and Treatment Outcome**

**Debbie Suian, MA, RCC**

*Instructor, Centre for Leadership & Community Learning, Justice Institute of BC; Instructor, Faculty of Child, Family & Community Studies, Douglas College; Concurrent Disorders Therapist, Tri-Cities Mental Health Centre, Fraser Health; Consultant/Trainer in Private Practice, Port Moody, BC*

An interactive and experiential workshop providing an overview of practical considerations in therapeutic work, and exploring the interaction between therapist variables and treatment outcome. Participants will have an opportunity to identify personal and professional factors influencing their work, as well as consider ways in which these factors may be used and/or modified in an effort to create positive treatment outcomes. This workshop is recommended for service providers working with people who are marginalized, disenfranchised, and frequently denied access to the very programs that exist to serve them.

**B4 Tobacco and Mental Health**

**Milan Kara, MBChB, CCFP, CASAM**

*Vancouver Coastal Health, Addiction Services, Nicotine Dependence Clinic, Vancouver, BC*

Nicotine dependency disproportionately affects those with mental illness. 5 million people a year die across the world as a consequence of tobacco. This presentation will address this epidemic with a focus on those with mental illness, including a description of current treatment approaches.

12:00 noon Lunch (provided) & Exhibits Open

1:00 pm Concurrent Breakout Session C

**C1 Putting Clients First: Becoming Client-Directed and Outcome-Informed (CDOI)**

**Rob Axsen, BA (Honors)**

Addiction Counsellor, Vancouver Coastal Health; Private Practitioner (Training and Consultation); Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

**Cynthia Maeschalck, MA**

Clinical Supervisor, Addiction Services, Vancouver Coastal Health; Certified Trainer, Client-Directed Outcome-Informed Service Delivery, Institute for the Study of Therapeutic Change (ISTC, Chicago, IL.), Vancouver, BC

Certified trainers, Rob Axsen and Cynthia Maeschalck offer an overview of Client-Directed Outcome-Informed (CDOI) work. CDOI is based on the principle of "practice-based evidence". Treatment is guided by client feedback on therapeutic alliance factors and reduction of symptoms. This approach has been shown to enhance treatment outcomes.

**C2 Labyrinth: Addiction and the Search for Healing**

**Ross Laird, PhD**

Professor, Kwantlen University College, Instructor, Vancouver Community College Counselling Programs; Clinical Supervisor to Multiple Social Service Agencies, Delta, BC

Ross A. Laird, best-selling author and award-winning scholar, will present ideas and treatment strategies from his new book, *Labyrinth: Addiction and the Search for Healing*. Based on Dr. Laird's extensive experience as a counsellor and clinical supervisor to addictions agencies, the book presents a detailed framework for understanding the emergence of adult addictions through the imprinting, in childhood, of the nervous system and personal psychology.

This workshop is for social service providers, family members, and others with direct experience of addiction. Participants will learn how the beginnings of addictions evolve early in childhood, how predispositions toward various substances are formed, how mental illness and addictions come to be conjoined, and how humane approaches to healing can be developed through greater awareness of the dynamics involved.

Dr. Laird's approach is to interpret addiction as a healthy impulse led astray. In this workshop, participants will be encouraged to view the wounds of addiction as guides in healing. Inside those wounds lies deep wisdom.

**C3 CD Clients with Gambling Problems: Initial Intervention Strategies**

**Janine Robinson, M.Ed., CPGC**

Addiction Therapist/Trainer, Problem Gambling Project, Centre for Addiction and Mental Health, Toronto, ON

This workshop is for addiction and mental health workers who may be treating clients who are also experiencing difficulties with gambling. It will focus on problem recognition, appropriate screening and assessment strategies, and brief interventions that make sense in the broader treatment context.

**C4 Beyond Benzos: Management of Sleep Disorders in Addictions**

**Laura Chapman, MD, FRCPC**

Clinical Assistant Professor of Psychiatry, University of British Columbia; Consultant Psychiatrist, VIHA & NHA, Victoria, BC

Sleep Disorders are very common in individuals with addictions, whether related to intoxication, withdrawal, post-acute withdrawal, or independent of each other. In this workshop we will discuss an approach to assessment of sleep complaints and utilize assessment tools that can be easily integrated into a busy clinical practice. We will explore, by way of case examples, optimal treatment, both behavioural and pharmacological, of individuals with sleep disorders and addictions. This workshop will be case-based and interactive.

**C5 Addictions in the Elderly**

**David Evans, MD, CCFP, FCEP, CCSAM**

Medical Consultant, VISTA, (Victoria Innovative Seniors Treatment Approach), Vancouver Island Health Authority, Victoria, BC

The focus of this workshop will be effective approaches to the challenges of treating substance use problems in older adults. Topics to be addressed include brief intervention, motivational enhancement, recovery facilitation, and harm reduction interventions.

2:30 pm Refreshment Break & Exhibits Open

**3:00 pm Plenary Presentation: Immeasurable Outcomes: Underwhelming Stories of the Unexpected**

**Vikki Reynolds**

Instructor, Vancouver Community College Counselling Programs, City University Master's Program, University of British Columbia Diversity Counselling Program; Therapeutic Supervisor to Social Service Agencies, and VCH's Prism Program, Vancouver, BC

Against the scarcity of resources and the abundance of need, front-line workers can experience their work as hard. But the untold stories, which happen just below the surface of everyday life, speak to the multiplicity and magnitude of our interconnections: stories of sustainability. In the contexts of social injustice, in which our clients struggle and we work, how do we stay connected with a spirit of aliveness? How do we hold onto our integrity and dignity more fully? As with our clients, we do not need to be merely survivors of this complex work, as there are always unexpected possibilities and hopes of transformations.

4:20 pm Closing Remarks and Evaluations

4:30 pm Adjourn

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## The 16th Annual David Berman Memorial Concurrent Disorders Conference

PLEASE WRITE IN BLOCK LETTERS

ONE registration form per person.

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### TUITION FEES:

Pre-registration prior to **May 1<sup>st</sup>, 2008** is strongly recommended.  
All rates are quoted in \$CAD and the tuition fee includes GST.  
The registration fee includes conference material (ONE syllabus),  
lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary restrictions.

#### Early Bird Rate, before March 28, 2008

Full Program (Monday - Wednesday) ☐ \$465

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$195

Tuesday, May 27, 2008 only ☐ \$195

Wednesday, May 28, 2008 only ☐ \$195

#### Rate after March 28, 2008

Full Program (Monday - Wednesday) ☐ \$525

#### Individual Day Rates

Monday, May 26, 2008 only ☐ \$210

Tuesday, May 27, 2008 only ☐ \$210

Wednesday, May 28, 2008 only ☐ \$210

#### 1/2 day Rates (Wednesday only, lunch included)

Wednesday am, May 28, 2008 only ☐ \$135

Wednesday pm, May 28, 2008 only ☐ \$135

Student Rate (limited number of spots available) ☐ \$250

Students: Available for the full program only, paid before **May 1<sup>st</sup>, 2008**  
A copy of valid student photo ID must be sent with registration.

### TOTAL PAYMENT

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### Tuition Bursary Available

A bursary towards tuition fees is available. Please fax a completed  
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Please refer to the program for session descriptions

Please enter your 2 choices to ensure space availability

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