

# Workshops

## Workshop One

### When Problem Gambling Becomes Addiction Presented by, Susan Edgar, Ph.D.

Are problem gamblers exhibiting a moral failing or are they in the throes of an addiction? Many believe that gambling addiction is moral weakness or that gambling addicts exhibit poor judgement. This workshop will explore the physiological and emotional effects of gambling addiction, its impact on families and society, as well as avenues to intervene and treat gambling addiction.

## Workshop Two

### Sex Addiction: Beyond Pleasure Presented by, Mavis Humes Baird, CASAC, CMAT-S, CSAT-S, ICADC

Sex addiction is like no other addiction in terms of misunderstanding, shame, and secrecy. Compulsive masturbation, extensive use of pornography, phone or computer sex services, involvement in illegal activities such as exhibitionism, voyeurism, and obscene phone calls are some of the behaviors associated with this addiction. Many sexual behaviors are deemed socially unacceptable and are sometimes even criminal. This workshop will examine the dynamics of sex addiction and look to dispel common myths about its diagnosis, treatment, and recovery.

## Workshop Three

### Food Addiction: Why Breaking Up is Hard to Do Presented by, Rabbi Hava Pell

There has been a dramatic increase in obesity in the United States during the past 20 years and rates remain high. In 2010, no state had a prevalence of obesity less than 20 percent. Food addiction is real and its implications on public health are only getting worse. This workshop will offer insight into the illness of food addiction, its causes, pathology, intervention, and treatment options.

## Workshop Four

### Codependency: A Human Response to Addiction and Chronic Stress Presented by, Ann Smith - LPC, LMFT

The word codependency has been overused for many years. This workshop will clarify and humanize codependency as a normal human response to the stress of addiction. It will also examine the instability, insecurity, neglect, and overall inconsistencies that occur within families and other significant relationships within the life of the addict.

## Workshop Five

### Synthetic Drugs: Not for Human Consumption Presented, by Ken Dickinson, MS, R.Ph.

Vanilla Sky, Ivory Wave, K-2, Spice, and Black Diamond are just a few trade names of synthetic drugs that have swept across the United States. Synthetic substances that mimic marijuana, cocaine, and other illegal drugs are making users across the nation seriously ill. These dangerous substances can cause seizures and hallucinations, and have also caused a number of deaths. This workshop will explore in great detail the current synthetic drug trend, its impact on the user, and society in general.

## Workshop Six

### The Brain and Addictions Presented by, Dr. Kevin McCauley

Addiction is not about willpower. It is a chronic brain disease proven to be so by nearly three decades of research. This workshop will provide easy to understand information about brain functioning and addiction. Explanations and examples of how best to address this condition will also be explored. Emphasis will be placed on an approach that offers hope to the addicted person, family, and others important in the life of the addict.

# Conference Agenda

- 8:00am - 8:30am.....Registration
- 8:30am - 9:30am.....Keynote Presentation
- 9:30am - 12:00pm.....Morning Workshop
- 12:00pm - 1:00pm.....Lunch & Awards Presentation
- 1:00pm - 3:30pm.....Afternoon Workshops
- 3:30pm - 4:00pm.....Evaluation & Certificates

# Conference Awards

The 2011 Council on Chemical Abuse award winners will be recognized during the lunch break. These individuals and/or organizations have exemplified the highest standards in the areas of addiction prevention, intervention, treatment, and recovery services. To nominate an individual or agency for recognition in one of these categories please visit [www.councilonchemicalabuse.org](http://www.councilonchemicalabuse.org) or call the Conference Coordinator at (610) 376-8669.

# Registration Form

## Registration Information

To register for the 2011 Council on Chemical Abuse Annual Conference, complete the following form and submit to the Council on or before October 28, 2011. There is a \$50 non-refundable registration fee for all participants. The registration fee may accompany the registration form or it can be presented the morning of the conference during registration. Each participant will be given six (6) CAC credits for attending (pending approval).

## Submitting Registration Materials

Registration forms and payment can be submitted to:

Conference Coordinator • The Council on Chemical Abuse • 601 Penn Street • Suite 600 • Reading, PA 19601  
Phone: (610) 376-8669 • Fax: (610) 376-8423 • Email: [drugfree@councilonchemicalabuse.org](mailto:drugfree@councilonchemicalabuse.org)

Name

Agency • Facility • School • Workplace

Address

City • State • Zip

Phone • Email

Please indicate the correct response:

Add contact information to the Council mailing list: ( ) YES ( ) NO

\$50 registration fee: ( ) ENCLOSED ( ) MAILED ( ) GIVEN AT REGISTRATION

Workshop Selection:

All workshops are offered in the morning and again in the afternoon. Attendees are asked to indicate a preference for both an AM and PM workshop. Workshops can be selected below.

AM Workshop	-	1	2	3	4	5	6
PM Workshop	-	1	2	3	4	5	6

## The Brain and the Addictions Conference Sponsors

**The Council on Chemical Abuse** serves as the coordinating agency for publicly supported drug and alcohol services in Berks County. These services are made possible through the United Way of Berks County, private monies received from client fees and private/corporate contributions, tax dollars received from federal, state and local governments through the Bureau of Drug and Alcohol Programs (Pennsylvania Department of Health) and Berks County Board of Commissioners. The Department of Health specifically disclaims responsibilities for any analyses, interpretations or conclusions herein.

**The Mental Health/Mental Retardation Program of Berks County** is regulated by the Pennsylvania Department of Public Welfare through the Office of Mental Retardation and the Office of Mental Health and Substance Abuse Services. The Program maintains responsibility for all MH/MR funding programs and services. In collaboration with the Council on Chemical Abuse, the Program provides oversight for the behavioral health care component of the Health Choices Program.

**Berks County Children and Youth Services** is regulated by the Pennsylvania Department of Public Welfare and governed by the Pennsylvania Protective Services Law, the Pennsylvania Juvenile Act, and Act 148. Funding is provided by county, state and federal resources. Berks County Children and Youth Services' mission is to protect children and to assure their physical and emotional well-being as provided by law, and to strengthen and empower their families.

**Substance Abuse Service Providers Association of Berks County** serves as a forum addressing common concerns regarding the prevention, intervention, and treatment of drug and alcohol problems in Berks County.

**Community Care Behavioral Health Organization's** mission is to improve the health and well-being of the community through the delivery of clinically effective, cost-efficient, and accessible behavioral health services.

# The Brain and the Addictions

One of the most important thoughts about addiction questions, "Is it really a disease?" The argument against calling addiction a disease centers on the nature of free will. This perspective, referred to as the Choice Argument, considers addiction to be a choice: the addict made the decision to start drinking, using drugs, or engaging in other addictive behaviors. Real diseases, on the other hand, are not choices: the diabetic did not decide to get diabetes. The Choice Argument posits that the addict can stop their addiction at any time if properly coerced.

The Brain and the Addictions Conference will focus on the last thirty years of scientific medical research validating addiction as a diagnosable and treatable brain disease. Breakout workshops will provide an expansion on addiction as a brain disease, as well as intervention strategies, treatment options, and hope for recovery from addiction.

## Keynote Speaker

### Dr. Kevin McCauley



For decades, research in neuroscience, psychology, and pharmacology has been steadily searching for clues about addiction. Recently, this information has accrued to the point that we now have a good working model of the physiology of addiction.

Keynote presenter Dr. Kevin McCauley explores the latest neuroscientific research about addiction. Over the past ten years, Dr. McCauley has devoted his career to reviewing the most current neuroscientific research. His work offers irrefutable evidence, in easily understood terms, that addiction is a diagnosable medical disease. He also offers

valuable information that will help people in recovery feel better understood, while their families and friends receive hope that recovery is possible.

Dr. McCauley is a graduate of the Medical College of Pennsylvania. After completion of medical school, he joined the Navy and became a Naval Flight Surgeon. After earning his wings in Pensacola, Florida he was assigned to a Marine helicopter squadron (The Red Lions). He was later transferred to the Marine F/A-18 Hornet squadron (Sharpshooters). While working as a flight surgeon, he treated pilots with alcohol and drug problems. As a physician, he advocates strongly for the rights of addicts as patients.

## Conference Sponsors

- Council on Chemical Abuse • Mental Health/Mental Retardation Program of Berks County • Berks County Children and Youth Services • Substance Abuse Service Providers Association of Berks County • Community Care Behavioral Health Organization

[www.councilonchemicalabuse.org](http://www.councilonchemicalabuse.org)

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# The Brain ... and the Addictions

Food • Sex • Gambling • Synthetic Drugs • Codependency



**Council on Chemical Abuse**  
**Thursday, November 3, 2011**  
Crowne Plaza Hotel, Wyomissing, PA