**Robert Cook, Ph. D.**  
Independent Practice, Psychologist  
Lubbock, Texas

**Session Information**  
**Title:** Ethics 3 Ways: Dilemmas, Self-Care, and Duty to Report  
**When:** Thursday, March 5th, 2:00 PM – 5:00 PM  
**Where:** TTU - Center for Collegiate Recovery Communities

**Description:** The provision of ethical treatment is a fundamental requirement for service providers. This presentation will address three areas of ethics that present challenges to service providers: Dilemmas, Self-Care, and Reporting. Ethical Dilemmas are situations in which a difficult choice has to be made between two or more viable options. Attendees will be presented with strategies for managing ethical dilemmas and will have the opportunity to apply those strategies during the presentation. Self-Care is an essential component of ethical service. At times, however, self-care choices can present ethical dilemmas of their own. Attendees will learn about the importance of self-care and strategies for identifying and managing dilemmas that occur when self-care and service provision are in conflict. Here in the 21st Century, duty to report requirements have increased and are likely to continue increasing. They also come from diverse authorities and laws such as Protective Services, Criminal Law, Licensing Statutes and Rules, and Title IX. These reporting requirements can also be in conflict with each other, creating difficult choices for service providers. Attendees will learn about current duty to report requirements, how these requirements differ and may conflict, and they will learn strategies for successfully negotiating them.

**Learning Objectives**
1) Participants will learn where and how to access the ethics codes relevant to their practice.
2) Participants will be able to identify what constitutes an ethical dilemma.
3) Participants will learn and will be able to use effective dilemma management strategies.
4) Participants will become aware of the importance of self-care in provision of ethical treatment.
5) Participants will be able to identify when self-care conflicts with service provision and will be able to apply decision strategies to manage those conflicts.
6) Participants will learn about the various reporting requirements and the potential for increased reporting requirements that will impact treatment, confidentiality, and patient access to treatment.
7) Participants will learn strategies for managing conflicts between various duty to report requirements and conflicts between reporting requirements and their ethical code.
Jon R. Webb, Ph. D.
Associate Professor, Department of Community, Family, and Addiction Sciences
Texas Tech University
Lubbock, Texas

Session Information
Title: Understanding Forgiveness in the Context of Addiction Recovery
When: Friday, March 6th, 8:30 AM – 10:00 AM
Where: TTU - McKenzie-Merker Alumni Center

Description: Although the relevance of forgiveness to addiction and recovery has received anecdotal support for over three-quarters of a century, it has only recently begun to receive attention in the scientific literature. Over 60 empirical studies explicitly focused on forgiveness in the context of addictive behavior support the notion that multiple dimensions of forgiveness may play an important role in addiction and recovery, and comprehensive theoretical modeling has been developed to explain the largely salubrious association. While multiple dimensions of forgiveness are individually associated with addiction and recovery, it appears that self-forgiveness may be the most important, such that, when considering forgiveness in recovery, self-forgiveness may be a linchpin to full recovery. In this presentation, the underpinnings of (e.g., core definitional issues and theoretical modeling regarding the association of forgiveness with health in general, and addiction recovery in particular) and current and future efforts regarding the science of forgiveness, addiction, and recovery will be discussed.

Learning Objectives
1) Participants will learn the core definitional aspects of forgiveness as a broad multidimensional construct, and important distinctions related to self-forgiveness.
2) Participants will consider the theoretical nature of the relationship between forgiveness and health, in general, and forgiveness and addiction, in particular.
3) Participants will be able to describe the scientific evidence supporting the use of forgiveness as an intervention in the context of treatment for addictive disorders.
Session Information
Title: Self-Care for Caregivers: Vicarious Trauma Prevention & Recovery
When: Friday, March 6th, 10:15 AM – 11:45 AM
Where: TTU - McKenzie-Merket Alumni Center

Description: Helping professionals are often exposed to the traumatic experiences of their clients, and given their compassionate and empathetic work with others, can develop secondary traumatic stress, also known as compassion fatigue or burnout. The presentation will help individuals identify the elements of secondary trauma in themselves and others, explain how secondary trauma and poor self-care are ethical issues, and offer tools for self-care and self-compassion that make it possible to continue the important work of helping others through challenging experiences.

Learning Objectives
1) Participants will learn how to identify secondary trauma in themselves and others.
2) Participants will explore the impact of secondary trauma personally and professionally.
3) Participants will understand the ethical implications of secondary trauma on their work with others.
4) Participants will explore various tools for self-care and self-compassion that can help prevent secondary trauma and/or help recover from secondary trauma.
Tom Hill, MSW  
Vice President, Practice Improvement  
National Council for Behavioral Health  
Washington, DC

Reflecting his commitment to the goal of long-term recovery for individuals, families, and communities, Tom has also served on numerous Boards of Directors, advisory boards, committees, and task force/working groups. He is the recipient of numerous awards including the Johnson Institute America Honors Recovery Award, the NALGAP Advocacy Award, the Phoenix Advocacy Award, the On Our Own Visionary Award, the ARHE Champion Award, and a Robert Wood Johnson Fellowship in the Developing Leadership in Reducing Substance Abuse initiative.

Session Information  
**Title:** Connecting the Dots: Trauma, Addiction, and Recovery  
**When:** Friday, March 6th, 12:45 PM – 1:15 PM  
**Where:** TTU - McKenzie-Merket Alumni Center

**Description:** This presentation will highlight trauma and its underlying presence as a factor in addiction, and ways in which trauma-informed practice aligns with recovery-oriented systems of care (ROSC), peer practice, and the overall recovery experience.

**Learning Objectives**  
1) Build knowledge and awareness of trauma as it interfaces with addiction;  
2) Develop understanding trauma-informed practice, especially as it relates to ROSC  
3) Recognize ways in which healing from trauma can enhance the recovery process
Kristy L. Soloski, Ph. D., LMFT-A, LCDC
Assistant Professor, Couple, Marriage, and Family Therapy Program
Texas Tech University
Lubbock, Texas

Session Information
Title: Nature or Nurture? Examining the Origins of Addiction and its Effect on Treatment
When: Friday, March 6th, 2:30 PM – 4:30 PM
Where: TTU - McKenzie-Merket Alumni Center

Description: Clinicians working with addiction know that both nature and nurture affect the development of addiction. The relative impact of each, however, varies depending on what research you’re citing. This is problematic because a clinician’s understanding about the cause of addiction can affect both the case conceptualization and the approach to treatment. Beliefs about addiction can change the clinician’s faith in the capability of change, and they can change the clinician’s reactions to an addicted client. In this way, the belief in the biological component of addiction can itself change the addict’s environment. In this presentation, we will take a critical look at the empirical research examining the biological and environmental origins of addiction. In this presentation we will review genetic variants and neurological mechanisms affecting addiction, and of which may impact the treatment provided. We will examine how biological and environmental components interact to affect addiction. Although the effectiveness of psychotherapy can be impacted if there’s strong heritability of addiction, treatment effectiveness can also be impacted by the clinician’s belief in the process.

Learning Objectives
1) Participants will learn about the biological mechanisms involved in the development of addiction.
2) Participants will learn about how environmental and biological factors interact to affect addiction.
3) Participants will understand how conceptualizations around the etiology of treatment can change the treatment environment.