



THE PRACTICE OF ADDICTION PSYCHOLOGY CONFERENCE

*Co-Sponsored by the San Diego Psychological Association
and Division 50 of the American Psychological Association*

Hyatt Regency, Mission Bay Spa and Marina – June 25, 2022

Thanks to our Conference Planning Committee members* and volunteers

Bruce S. Liese, PhD, ABPP (Conference Chair)

Cynthia Cotter, PhD; *Keith Fosgett; Tom Horvath, PhD, ABPP; *Carrie Jaffe, PhD; Corey M. Monley; *Nicole Karst, PsyD; Jennifer Leaver; *Maxwell Maris; Indiana Murillo; *Julia Rosengren, PsyD; Joseph Severino, PhD; Ray Trybus, PhD

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The Practice of Addiction Psychology

Hyatt Regency, Mission Bay Spa and Marina

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Conference Program

Please note: Six APA CE credits are available for this conference. Participants may choose activities from Track 1 or Track 2. Activities in Track 1 are 1.25 hours long and are individual sessions. Activities in Track 2 are 2.5 hours long, divided into two sessions, and both sessions must be fully attended for 2.5 credits.

8:00 am - 8:45 am Registration and CE check in

8:45 am – 9:00 am Welcome Address - Bruce S. Liese, Ph.D., A.B.P.P. (Conference Chair)

9:00 am – 10:00 am Keynote Address: The Impact of Substance Use Prohibition and Criminalization on Communities of Color (1 APA CE credit)

Maysa Akbar, Ph.D. (Chief Diversity Officer, American Psychological Association)

Systemic racism has been an enduring, insidious, and pervasive feature of the United States since the country's inception. The practice is so engrained in the national fabric of the country that it functions as an axiom and operates beyond the conscious awareness of its targets, perpetrators, and beneficiaries. One of the many consequential manifestations of systemic racism involves the incarceration of people of color for non-violent drug offenses at highly disproportionate rates.

This keynote presentation comes at an existential tipping point for the nation, as both the field of psychology and society at large contend with ongoing racial injustice, inequity, and exclusion. The presentation will discuss the real impact of substance use prohibition and criminalization on communities of color, and will include discussion of the utilization of psychological science in advancing racial equity. Psychologists will be offered a framework by which they can implement best practices that contribute to the eradication of inequity and to consciously and intentionally transforming psychology for the benefit of society.

Learning Objectives

1. Participants will be able to describe the adverse effects of substance use prohibition and criminalization in communities of color within each of the four levels of racism (e.g., structural, institutional, interpersonal, and internalized).
2. Participants will be able to outline actionable strategies for psychologists working with individuals diagnosed with addictive disorders to engage in efforts to advance racial equity.

Speaker Biosketch

Maysa Akbar, PhD, is a respected scientist-practitioner and APA's chief diversity officer, charged with infusing equity, diversity, and inclusion (EDI) into the fabric of the association's work. As the leading architect of APA's evolving EDI framework, Akbar works with APA staff, leaders, and members to refine and build consensus for an overall plan, operationalize its goals and establish metrics to monitor and ensure progress.

Dr. Akbar's areas of specialty include racial identity development, racism, urban trauma, and allyship. Between 2004-2021, she held a faculty appointment at the Yale School of Medicine Child Study Center as an assistant clinical professor. Akbar is the author of two acclaimed books, *Beyond*

Ally: The Pursuit of Racial Justice (2020) and *Urban Trauma: A Legacy of Racism* (2017). She holds a PhD in clinical psychology from St. Louis University and is certified in child and adolescent psychology by the American Board of Professional Psychology.

Conflict of Interest

Dr. Akbar has no conflicts of interest.

10:00 am – 10:20 am – Proceed to Track 1 or Track 2

10:20 am – 11:35 am (Track 1)

Mutual Help Groups for Addictive Problems (1.25 APA CE credits)

A. Tom Horvath, Ph.D., A.B.P.P.

This presentation is divided in to two parts. Part One summarizes current evidence about the effectiveness of mutual help groups for addictive problems and the mechanisms of action in these groups. AA (Alcoholics Anonymous) is well established as effective for alcohol problems. Three other groups (SMART, LifeRing, and Women for Sobriety), when compared to AA in a one-year longitudinal study, were comparably effective. AA is comparably effective to well-implemented CBT. Participants in 30 mutual help groups reported the active ingredients of change as very similar. Older evidence includes that a wide range of psychotherapies for alcohol problems are equally effective, and that there is little evidence of different mechanisms of action across different psychotherapies. The samples in these studies are generally non-diverse. Collectively, these findings suggest that the likelihood of many mechanisms of action for resolving addictive problems is low, that one or a few common factors of change are working across both mutual help and psychotherapy, and that these factors are similar to the common factors of effectiveness in psychotherapy generally.

Part Two considers the clinical implications of this evidence, to include the ideas that clients can be encouraged to attend the mutual help group of their choice, that not attending any group should be acceptable, and that presenting surface differences between groups may persuade a client to investigate one group even if another group is not of interest. Increasing the number of clients who attend mutual help attendance (which is free and can continue indefinitely) can help sustain success and reduce cost, thereby making treatment available to a larger number of clients. Many groups will support diverse clients reporting their unique experiences, including experiences of oppression and marginalization. The course overviews the mutual help groups currently available, their surface differences, and interventions for clients who report having no interest in attending any group.

Learning Objectives

1. Identify two mutual help groups not based on the 12-step approach.
2. Explain how recent research suggests that mutual help groups may be equally effective, so that clients can be encouraged to seek out options most agreeable to them.
3. Specify at least one strategy for integrating client attendance in mutual help groups as an adjunctive component addiction-focused psychotherapy.

Speaker Biosketch

Dr. Horvath has specialized in addictive problems since 1985. He is founder and president of Practical Recovery Psychology Group, past president of the American Psychological Association (APA)'s Society of Addiction Psychology (Division 50; the world's largest organization of addiction psychologists), and author of *Sex, Drugs, Gambling & Chocolate: A Workbook for Overcoming Addictions*, recommended as a self-help book by the Association for Behavioral and Cognitive

Therapies (ABCT). He was an instructor of graduate addiction courses at Alliant International University and the University of San Diego. For 20 years he was the volunteer president of SMART Recovery (established 1994), an international non-profit offering free, self-empowering, science-based mutual help groups. He continues to serve on SMART's US board of directors and the Global Research Advisory Council of SMART Recovery International. He is a fellow of the San Diego Psychological Association, ABCT, and APA.

Conflict of Interest

Dr. Horvath has no conflicts of interest.

10:20 am – 11:35 am (Track 2; Part 1)

Good People Do Bad Things: Ethics for Addiction Psychologists (2.5 APA CE credits)

Jessica Martin, Ph.D.

All psychologists covered the principles and professional codes of ethics in their graduate training but may have had little opportunity to revisit that learning in light of their ongoing practice. This course offers a refresher in ethical decision making, grounded in the dilemmas that are encountered in the professional practice of addiction psychology. Included in the workshop are, reviewing the foundational principles and ethical standards for psychologists, discussing how addiction treatment is unique in comparison to the treatment of other mental health concerns and distinct ethical considerations for addiction psychologists, exploring models of ethical decision-making and factors that impact moral and ethical decisions-making, mapping the ethical decision-making process, and applying that process to selected ethical issues that may arise in practice with people using substances or engaging in addictive behaviors.

Learning Objectives

1. Identify 3 factors that influence ethical decision-making processes
2. List 3 steps to follow in the ethical decision-making process
3. Name at least 3 ethical principles or standards and describe how they apply to addiction psychology

Speaker Biosketch

Jessica Martin, Ph.D. is a licensed psychologist, Associate Professor, and Director of the Division of Counseling Psychology at the University at Albany-SUNY. She teaches graduate courses in addiction, ethics and professional issues, and serves as clinical supervisor for masters and doctoral trainees. Dr. Martin's research interests are in psychosocial, cultural, and contextual risk and protective factors for college student drinking and other health-risk behaviors as well as the training of mental health providers in addiction psychology and screening and brief interventions for substance use. She has delivered CE workshops on SBIRT and Ethics to psychologists nationwide. She has secured over \$2 million in federal funds to support training and brief interventions for alcohol use and HIV and has published over 40 peer-reviewed articles, 5 book chapters, and an edited book on these topics. She currently chairs the Education and Training Committee for the Society of Addiction Psychology.

Conflict of Interest

Dr. Martin has no conflicts of interest.

11:35 am – 12:35 pm - Lunch

12:35 – 1:50 pm (Track 1)

Mindfulness-Oriented Recovery Enhancement: A New Neuroscience-Based Treatment for Addiction and Pain (1.25 APA CE credits)

Eric L. Garland, Ph.D.

Opioid misuse among people with chronic pain fueled the current opioid epidemic. However, to date, there are no evidence-based treatments that simultaneously address chronic pain, opioid misuse, and opioid use disorder (OUD). To meet this need, Dr. Garland designed Mindfulness-Oriented Recovery Enhancement (MORE) through a decade-long treatment development process funded by the National Institute on Drug Abuse. Rooted in affective neuroscience, MORE unites complementary aspects of mindfulness training, CBT, and positive psychology into an integrative therapy to target the brain reward system and reduce addictive behavior, stress, and chronic pain. This session will detail the theory underlying the MORE treatment approach, research data demonstrating MORE's effectiveness, and unique clinical skills integral to this novel treatment approach. To date, MORE has demonstrated efficacy in four clinical trials involving 490 patients. Across these studies, MORE has been shown to decrease opioid misuse twice as effectively as standard psychological therapy, while simultaneously reducing pain, craving, and depression. At the same time, as a result of the savoring techniques taught in the intervention, MORE increases brain responses to natural rewards, healthy pleasure, and meaningful life experiences. Despite MORE's clear efficacy, extant research has been limited by a lack of data on the factors that predict treatment response to MORE. MORE should now be disseminated by addiction psychologists and behavioral health providers throughout the country to help stem the tide of the opioid crisis.

Learning Objectives

1. Identify at least three overlapping cognitive, affective, and neurobiological mechanisms implicated in substance use disorders, affective disorders, and chronic pain.
2. Explain the theoretical framework underpinning MORE.
3. Describe at least three therapeutic techniques to reduce craving, regulate addictive behavior, decrease negative emotions, and manage chronic pain.

Speaker Biosketch

Dr. Eric Garland, PhD, LCSW is Distinguished Endowed Chair in Research, Distinguished Professor, and Associate Dean for Research in the University of Utah College of Social Work and Director of the Center on Mindfulness and Integrative Health Intervention Development (C-MIIND). Dr. Garland is the developer of an innovative mindfulness-based therapy founded on insights derived from cognitive neuroscience, called Mindfulness-Oriented Recovery Enhancement (MORE). He has received more than \$60 million in research grants to conduct clinical trials of *mindfulness* for addiction and chronic pain. In recognition of his expertise, Dr. Garland was appointed by NIH Director Dr. Francis Collins to the NIH HEAL Multi-Disciplinary Working Group to guide the \$1.1 billion HEAL initiative to use science to halt the opioid crisis. In a recent bibliometric analysis of mindfulness research published over the past 55 years, Dr. Garland was found to be the most prolific author of mindfulness research in the world.

Conflict of interest disclosure:

Dr. Garland has received honoraria and payment for delivering seminars, lectures, and teaching engagements (related to training clinicians in mindfulness) sponsored by institutions of higher education, government agencies, academic teaching hospitals, and medical centers. Dr. Garland receives royalties from the sale of books related to MORE. Dr. Garland has also been a consultant and licensor to BehaVR, LLC.

12:35 – 1:50 pm (Track 2; Part 2)

Good People Do Bad Things: Ethics for Addiction Psychologists (Continuation of above workshop)
Jessica Martin, Ph.D.

1:50 pm – 2:00 pm – Proceed to Track 1 or Track 2

2:00 pm – 3:15 pm (Track 1)

Medication-Assisted Therapies for Addiction (1.25 APA CE credits)
Laurel B. Witt, M.D., M.Phil.

This interactive and case-based session will further participants' understanding of medication-assisted therapies (MAT) for patients with addictions, including opioid, alcohol, tobacco, and stimulant use disorders. Evidence-based medication prescribing will be discussed, including the neurobiological basis for overdose treatment, withdrawal management, and maintenance medication. Mechanism of action and safety and effectiveness data will be emphasized for each MAT agent. Further, for each medication, relevant drug interactions, uses and indications, prescribing protocols, and ethical and equity issues will be discussed. Participants will be asked to apply knowledge through active-learning approaches, including compare-and-contrast activities and case-based presentations. It is assumed that multi-modal and interprofessional treatment plans that treat the patient as a whole person improves care outcomes, and participants will be asked to envision how interprofessional collaborative practice might improve outcomes for patients with addictions, especially in difficult situations.

Learning Objectives

1. Discuss pharmacological treatment options for substance use disorders, including their mechanisms of action, their uses and indications, and relevant effectiveness data.
2. Explain differences between agonists, partial agonists, and antagonists.
3. Begin to collaborate with other health professions providers to develop and facilitate multi-modal and interprofessional treatment plans for patients who have substance use disorders.

Speaker Biosketch

Laurel B. Witt, MD, MPhil is an Associate Professor of Family Medicine at the University of Kansas School of Medicine. She practices hospital and outpatient family medicine, with a focus on addiction medicine. She authored the authoritative piece on opioid use disorders for FP Essentials, and her work in teaching addiction treatment to medical students won a AAMC Curricular Innovation award. She is a buprenorphine waiver trainer for Providers Clinical Support System, which provides training and continuing education credit to physicians and advanced practice providers. She regularly teaches addiction concepts to local, regional, and national audiences of medical students, interprofessional learners, and physicians, and she has supervised hundreds of trainees in addiction treatment settings. Dr. Witt currently teaches addiction and other topics in all four years of the medical curriculum and provides family and addiction care as a member of an interprofessional team to approximately thirty patients per week.

Conflict of Interest:

Dr. Witt has no conflicts of interest.

2:00 pm – 3:15 pm (Track 1; Part 1)

Psychological Treatment of Addictive Disorders: An Interactive Workshop (2.5 APA CE credits)

Bruce S. Liese, Ph.D., A.B.P.P.

The prevalence of substance use and addictive disorders in the United States remains high and the US is in the midst of an opioid epidemic. At the same time, rapidly changing marijuana laws will likely increase the prevalence of problems associated with substance use. It has been well established that there is an especially high prevalence of addictive behaviors in clinical populations and settings, and therefore practicing psychologists and other behavioral healthcare providers are in a unique position to assist individuals with these problems. Unfortunately, providers who possess general diagnostic and treatment skills are reluctant to diagnose and treat addictive behaviors. Reasons for this include prohibitive beliefs and limited knowledge about addictive behaviors.

This workshop offers timely, vital clinical knowledge and skills for practicing psychologists who wish to help people with substance use disorders and addictions. Specifically, this workshop focuses on a wide range of addictive behaviors, including chemical (e.g., alcohol, tobacco, opioids, methamphetamine) and behavioral (e.g., gambling and online gaming) addictions. It describes common distal and proximal antecedents, shared and unique consequences of addictions, and common cognitive, behavioral, and affective processes associated with addictive behaviors. Perhaps more importantly, this workshop focuses on five components associated with effective psychotherapy for addictions: structure, collaboration, case conceptualization, psychoeducation, and structured techniques.

In this workshop, evidence-based practices will be taught to participants in a lively, interactive manner: including lectures, demonstrations, role-plays, discussions, and opportunities for questions and answers. It is believed that this approach will facilitate acquisition of skills, but also increase psychologists' confidence in their ability to help clients with substance use disorders and addictions.

Learning Objectives:

1. List and describe five essential components of psychotherapy for substance use disorders (SUDs) and addictive behaviors
2. Formulate case conceptualizations, including distal and proximal antecedents, cognitive, behavioral, and affective processes in SUDs and addictions
3. Describe an approach to structuring individual therapy sessions for SUDs and addictive behaviors
4. Describe an approach to structuring group therapy sessions for SUDs and addictive behaviors

Speaker Biosketch

Bruce S. Liese, PhD, ABPP is a Professor of Family Medicine and Psychiatry at the University of Kansas (KU) Medical Center and Clinical Director at the Cofrin Logan Center for Addiction Research and Treatment at KU. He has taught more than 100 courses and workshops on addictive behaviors, psychotherapy, and evidence-based practice, and supervised hundreds of psychotherapy trainees. Dr. Liese has more than 75 publications and he has co-authored three texts on addictions. His most recent text, *Cognitive-Behavioral Therapy of Addictive Disorders*, was just published with co-author Dr. Aaron T. Beck. Dr. Liese received a *President's Citation* for his work in Division 50 of the American Psychological Association (APA). He also received the *Distinguished Career Contributions to Education and Training* award from Division 50 and an *APA Presidential Citation* for his community service in 2018. In addition to his scholarly activities, Dr. Liese continues to see approximately 25 patients weekly.

Conflict of Interest Statement:

Dr. Liese has co-authored a text, *Cognitive-Behavioral Therapy of Addictive Disorders* with Dr. Aaron Beck (2022). He receives royalties for sale of this text.

3:15 pm – 4:00 pm – Poster session (Coffee, tea, soda, snacks)

Horvath, Tom (SMART Recovery) – *A summary of evidence supporting SMART Recovery as an effective mutual support pathway*

Kaufman, Benjamin (CSPP - California School of Professional Psychology, Alliant International University) – *Suicidality Among Native Americans*

Keskin, Yesim (University of LaVerne Psychology Department) – *Common factors informed treatment of co-occurring alcohol use disorder and developmental trauma*

King, Anthony (University of Nevada) – *Adverse childhood experiences predict addictive behavioral patterns in US college students: Video game addiction is the exception*

Krayem, Farah (CSPP) – *Veterans Engage Recovery: Coping and Quality of Life in 12 Step Versus SMART Programs*

Monley, Corey (University at Albany) – *Veterans' Risky Drinking and PTSD Decrease Following Brief Multimodal Group Treatment*

Perone, Olivia (CSPP) & Monley, Corey – *History, Efficacy, and Ethics of Psychedelic Treatments for Addiction*

4:00 pm – 5:15 pm (Track 1)

Everything you Need to Know about Cannabis (1.25 APA CE credits)

Bradley T. Conner, Ph.D.

This training is designed to provide clinicians and trainees who do not currently work with cannabis misuse or who have limited experience in working with cannabis misuse and cannabis use disorder better understanding of the etiology of cannabis misuse, the consequences of cannabis misuse, which other mental health disorders commonly co-occur with both cannabis misuse and cannabis use disorder, and how to treat cannabis use disorder when it is both the primary diagnosis and a co-occurring diagnosis. Additionally, the course will provide information and training on differences between cannabis use, which may not be harmful, and cannabis misuse as well as differences between cannabis misuse and cannabis use disorder. Finally, the course will offer information on the impacts of cannabis use, misuse, and use disorder on treatment progress, the therapeutic relationship, and treatment outcomes. The training will be conducted using a combination of lecture, discussion, demonstration, and small group exercises including role plays. This course directly relates to psychologists practicing at the doctoral level as the legality of medicinal and recreational cannabis use continues to evolve across the country and, thus, cannabis is becoming more widely available and cannabis use is becoming more and more common among clients. Clients using cannabis for both recreational and medicinal reasons may need help from their clinicians in both talking about their cannabis use and understanding how it is impacting their mental health. This course is designed to provide the information that clinicians need to best help their clients who use cannabis.

Learning Objectives

1. Assess cannabis use in their clients using measures like the Cannabis Use Disorder Identification Test.

2. Define differences between cannabis use, cannabis misuse, and cannabis use disorder which will be evidenced by participants being able to describe cannabis use disorder symptoms.
3. Describe how cannabis use may impact the course of treatment for co-occurring mental health disorders by defining how cannabis use impacts cognition, emotion, and behavior.
4. Define differences in cannabis use, misuse and use disorder as well as consequences related to cannabis use for individuals who have a minoritized identity or intersectional minoritized identities compared to individuals who have majority identities.

Speaker Biosketch

Dr. Conner is an associate professor at Colorado State University and a licensed psychologist in Colorado. He is also currently the director of the Addiction Counseling Program at Colorado State University, which consists of a 2-year terminal master's degree in addiction counseling and two undergraduate concentrations in addiction counseling, one in psychology and one in social work. He has a Ph.D. from UCLA in clinical psychology with a minor in quantitative psychology and specialization in genetics and genomics. His research focuses on distal and proximal predictors of engagement in health risk behaviors, such as cannabis use. He has received state and federal funding for research on cannabis and other substance use. He has published extensively on cannabis use, consequences, and motives. I have also treated cannabis use disorder and am currently working to enhance existing treatments for cannabis use disorder to be more inclusive of individuals who identify as having a sexual or gender minority identity. He is also currently the President of the Research Society on Marijuana.

Conflict of Interest

Dr. Conner has no conflicts of interest.

4:00 pm – 5:15 pm (Track 2; Part 2)

Psychological Treatment of Addictive Disorders: An Interactive Workshop (Continuation of above workshop)

Bruce S. Liese, Ph.D., A.B.P.P.

5:30-6:30 pm – Social Hour (Hors d'oeuvres and beverages served)