



Fourth Annual Community Integration Conference
**My Road, My Journey, My Life:
Enhancing Self-determination in
Treatment and Recovery**
Thursday, June 21, 2018

[Program Schedule](#)

8:30 – 9:00 am

Registration and Continental Breakfast

9:00 – 9:15 am

Welcome and Opening Remarks

- Cynthia Mulder, LCSW, Director of Education and Training, The Menninger Clinic
- Ed Levin, LICSW, Chief Executive Officer, Association for Community Integration Programs (A4CIP); Director of Business Development, Ellenhorn, LLC
- Ross Ellenhorn, PhD, MSW, CEO, Ellenhorn, LLC; and Co-founder and President, A4CIP
- Brad Kennedy, MRC, Executive Director, Driftwood Recovery; Co-founder, A4CIP

9:15 – 10:15 am

Self-determined Healthcare: Research and Practice

Maria O'Connell, PhD

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10:15 – 10:30 am	Morning Break
10:30 – 11:30 am	An Overview of Contemporary Self-determination Theory Kennon Sheldon, PhD
11:30 am – 12:30 pm	Reconsideration of “Psychotic” Experience: Self-determination and New Definition of Health Will Hall, MA
12:30 – 1:30 pm	Lunch
1:30 – 2:30 pm	The Scientific Revolution in Addiction Treatment: From Disease Model to Psychobiosocial Process, from Abstinence-only to Integrative Harm Reduction Psychotherapy Andrew Tatarsky, PhD
2:30 – 2:45 pm	Afternoon Break
2:45 – 3:45 pm	Moderated Panel Discussion—Integrating Theory, Research and Strategy into Best Practices Moderator: Brad Kennedy, MRC
3:45 – 4:00 pm	Closing Remarks Ross Ellenhorn, PhD, MSW

Jointly Provided by

- [Association for Community Integration Programs \(A4CIP\)](#)
- [Ellenhorn, LLC](#)
- [The Menninger Clinic](#)

Practice Gap Statement

Throughout this century, mental health professionals have developed, learned and practiced a wide range of treatments for psychiatric disorders. They have also developed significant means for diagnosing these disorders. What is missing and causing an imbalance in treatment and recovery is an equal or greater focus on the voice of the mental health client: their wishes, their strategies for change and their ideas about barriers to change.

Over the last three decades, the imbalance has shifted a bit, primarily because of increasing social awareness, sparking social movements with

a focus on self-determining rights for psychiatric clients. From this shift, we are learning valuable and perhaps unexpected details: self-determination is not only an essential value or goal to help clients succeed in treatment, it is also the ingredient that makes treatment prosper. Growing evidence shows therapeutic relationships in which the clinician respects and supports the client’s self-determination are the most prophetic in recovery. Self-determination, in other words, is not merely something to target as a sign of therapeutic success, it is central to how we conduct our treatment relationships.

This year’s Community Integration Conference will inspire participants to engage in thinking and exploring how to integrate a self-determination approach into practice. Through a series of presentations, participants will gain advanced knowledge of

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theories and practices that mitigate the bridge between therapeutic models and the value of self-determination.

Learning Purpose Statement

The purpose of this educational conference is to enhance the awareness of mental health professionals on the importance of engaging their clients as unique “experts” of their minds. We will examine both the importance of self-determination in psychological well-being and the clinical innovations that seek to place clients front and center in driving their treatment.

Target Audiences

- **Mental Health Professionals:** Physicians, Psychologists, Social Workers, Licensed Professional Counselors and Addiction Professionals (novice to experienced)
- **Providers and consumers of behavioral health services**

Learning Objectives

At the conclusion of this learning activity, participants should be able to:

1. Discuss how current research findings on self-determination and person-centered medicine, including the utilization of an instrument, helps facilitate self-determination within the health care setting.
2. Describe the historical and philosophical premises of Self-determination Theory (SDT) and how three mini-theories can be combined to build an integrated model of positive social/personal functioning.
3. Identify four practices in understanding and treating psychotic experience that reflect the emerging paradigm for defining “health.”
4. Articulate the seven therapeutic tasks of Integrative Harm Reduction Psychotherapy (IHRP) and how “urge-surfing,” a technique for interrupting addictive urges and action,

facilitates healing, growth and positive behavior change.

5. Identify ways to implement integrative approaches in effective community integration programming.

Requirements for Successful Completion

Successful completion of this activity requires (no partial credits will be awarded):

- 100% attendance of activity
- Completed Education Activity Evaluation
- Completed Attestation for Continuing Education Hours

Continuing Education

The Menninger Clinic has awarded 5.0 Contact/Credit/Clock hours to the following disciplines:

Physicians: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Menninger Clinic, the Association for Community Integration Programs (A4CIP) and Ellenhorn, LLC. The Menninger Clinic is accredited by the ACCME to provide continuing medical education to physicians.

The Menninger Clinic designates this live activity for a maximum of 5.0 *AMA PRA Category 1 Credits™*.

Psychologists: The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists (5.0 credit hours). The Menninger Clinic maintains responsibility for this program and its content.

Social Workers: The Menninger Clinic, Provider #4586, is approved by the Texas State Board of Social Worker Examiners to offer continuing education for social workers. This activity is offered for 5.0 continuing education contact hours for social workers. We adhere to the Texas State Board of Social Worker Examiners Continuing Education Guidelines.

Addictions Professionals: Menninger is approved by the TCBAP Standards Committee, *(Continued on next page)*

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Provider No. 1741-06, five (5.0) hours general. Expires 7/2018. Complaints about provider or workshop content may be directed to the TCBAAP Standards Committee, 401 Ranch Road 620 S., Suite 310, Austin, Texas 78734, fax number 888-506-8123.

Licensed Professional Counselors:

The Menninger Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5139. Programs that do not qualify for NBCC credit are clearly identified. The Menninger Clinic is solely responsible for all aspects of the programs.



Certificates of Attendance will be awarded for all other participants.

Registration

Fees of \$125 for professionals and \$75 for students and A4CIP members includes a continental breakfast, box lunch and refreshments.

[Click to sign up online.](#)

Payments are accepted via Visa, MasterCard, Discover, American Express and checks. Registration will be finalized with receipt of payment.

If paying by check, mail payment to:
The Menninger Clinic
Attention: Bree Scott
Continuing Education Department
12301 Main Street
Houston, Texas 77035

Refunds

The Menninger Clinic will provide a full refund upon written request if requested at least two weeks prior to live event date. In the unlikely event the conference is canceled, prepaid registrants will be given a full refund.

Special Needs

If you have any specific dietary or ADA needs, please include in online registration or by contacting Bree Scott at bscott@menninger.edu, 713-275-5060.

For Information

For assistance with registration or payment, please contact Bree Scott at bscott@menninger.edu.

For Continuing Education information, please contact Michelle A. Taylor at mataylor@menninger.edu.

Conference Location

The Menninger Clinic
John M. O'Quinn Foundation Commons Building
12301 Main Street
Houston, Texas 77035

Menninger is located about 10 minutes south of the Texas Medical Center. The parking is free.

When you arrive, please stop by the hospitality building at the entrance.

The Menninger Clinic does not discriminate on the basis of race, color, national origin, disability, sexual orientation or age for admission to its programs, activities or employment.

Hotel Location

A special conference lodging rate of \$129/night, standard king room, is available at the Hotel Derek when you make a reservation by midnight June 4. Hotel Derek is conveniently located in Houston's Galleria District, which features shopping, dining and activities.

To make a reservation, [click here for online booking](#). Or call 713-961-3000 and please mention The Menninger Clinic or the Association for Community Integration Programs to get the conference rate. This rate can be extended three days pre- and post-conference.

Hotel Derek
2525 West Loop South
Houston, Texas 77027

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Faculty Members and Presentations

Self-determined Healthcare: Research and Practice

Presented by
Maria O'Connell, PhD

Providing opportunities for choice and self-determination is considered a critical component of person-centered medicine. An emerging body of research suggests care that is responsive to an individual's needs, desires and values may also enhance treatment engagement and outcomes. Dr. O'Connell will present an overview of research on self-determination and person-centered care; share methods and results from a PCORI-funded pilot study on the development of a tool to help patients identify and communicate their preferences, concerns and values to providers in the context of a treatment appointment; and discuss ways of incorporating such tools into everyday practice.

Maria O'Connell, PhD, is Associate Professor of Psychiatry and Director of Research and Evaluation at the Yale Program for Recovery and Community Health (PRCH). Dr. O'Connell is most well-known for her work on the



**Maria
O'Connell, PhD**

assessment of recovery-oriented practices in psychiatric care and her work on psychiatric advance directives, self-determination and choice, housing and other community-based programs. Dr. O'Connell also has expertise in the areas of statistical analysis, data management systems and program evaluation. Dr. O'Connell currently has an NIMH R01 grant examining the adoption and diffusion of person-centered and recovery-oriented practices among community mental health centers nationwide.

An Overview of Contemporary Self-determination Theory

Presented by
Kennon Sheldon, PhD

Self-determination Theory (SDT) is a theory of healthy motivation, based on an organismic/dialectical perspective, which has received nearly 50 years of empirical testing and development. Dr. Sheldon will explain SDT's three mini-theories: cognitive evaluation, organismic integration and basic psychological need, showing their relevance for clinical practice, as discussed in his 2003 book, *Self-determination Theory in the Clinic: Motivating Physical and Mental Health*. As an exercise, attendees will evaluate their own motivation for attending the conference. Attendees may intuitively recognize and agree with the basic themes and benefit from the conceptual and terminological framework provided.

Kennon Sheldon, PhD, is a Curator's Professor of Psychological Sciences at the University of Missouri, known for research on well-being, motivation and goals. He is the author of more than 200 research articles



**Kennon
Sheldon, PhD**

and several books, including *Optimal Human Being: An Integrated Multi-level Perspective*; *Self-determination Theory in the Clinic: Motivating Physical and Mental Health*; *Designing Positive Psychology: Taking Stock and Moving Forward*; and *Stability of Happiness: Theories and Evidence on Whether Happiness Can Change*. He has received many prizes and awards, and in 2010 was named one of the 20 most cited social psychologists in the world (Nosek et al., PSPB).

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Reconsideration of “Psychotic” Experience: Self-determination and New Definition of Health

Presented by
Will Hall, MA

Emerging transdisciplinary redefinitions of health urge moving away from absence-of-disease/symptom markers, which inflates the role of professional intervention and consequently medical services markets, towards ability to adapt and to self-manage across physical, mental and social domains. How do promising new practices and perspectives on understanding psychosis treatment and recovery reflect this broader shift in medical paradigms? Hall brings together clinical experience as a family and individual therapist with PhD studies in psychiatric epidemiology and his history as a survivor of a schizophrenia diagnosis.

Will Hall, MA, DiplPW, PhD, Candidate at Maastricht University, is a therapist and trainer internationally recognized for his innovative work with psychosis and the social response to madness. He is host of Madness Radio, co-founder of Freedom Center and a past co-coordinator of The Icarus Project. Hall was trained in Open Dialogue and holds a Diploma in Process Oriented Psychology. A schizophrenia diagnosis survivor, Hall is a longtime organizer with the psychiatric survivor movement, and has appeared in Crazywise, Healing Voices, Newsweek, the New York Times, Newsweek, Forbes, Radio New Zealand, Radio Sarajevo and The Guardian. Hall is author of the *Harm Reduction Guide to Coming Off Psychiatric Drugs*, which has been translated into 14 languages, and his new book is *Outside Mental Health*.



Will
Hall, MA

The Scientific Revolution in Addiction Treatment: From Disease Model to Psychobiosocial Process, from Abstinence-only to Integrative Harm Reduction Psychotherapy (IHRP)

Presented by
Andrew Tatarsky, PhD

Accumulating evidence is moving us from moral, criminal and reductive disease models to viewing substance use as a psychobiosocial process that varies on multiple dimensions in ways that are unique to each person. This shift implies the need for personalized, integrative harm reduction psychotherapy for problematic substance users. Dr. Tatarsky will introduce the psychobiosocial model of addiction and Integrative Harm Reduction Psychotherapy (IHRP), his application of harm reduction principles into psychotherapy and substance use treatment. IHRP combines relational psychoanalytic, cognitive behavioral and mindfulness techniques in a harm reduction frame to support positive change in substance use and related issues.

Andrew Tatarsky, PhD, has developed Integrative Harm Reduction Psychotherapy (IHRP) for treating the spectrum of risky and addictive behavior. IHRP brings psychoanalysis, CBT and mindfulness together in a harm reduction frame. The therapy has been described in his book, *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems*, and a series of papers. The book has been translated into Polish and Spanish. He holds a doctorate in clinical psychology from the City University of New York and is a graduate of New York University's Postdoctoral Program in Psychoanalysis and Psychotherapy. He is Founder and Director of the Center for Optimal

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Andrew
Tatarsky, PhD

Living in New York City, a treatment and training center; founding member and Past President of the Division on Addiction of New York State Psychological Association and member of the Medical and Clinical Advisory Boards of the New York State Office of Alcoholism and Substance Abuse Services. Dr. Tatarsky trains nationally and internationally.

**Panel Discussion:
Integrating Theory, Research and
Strategy into Best Practices**

**Moderated by
Brad Kennedy, MRC, CRC, CPRP**

Brad Kennedy, MRC, is the Executive Director of Driftwood Recovery in Austin, Texas. Kennedy received an undergraduate degree in sociology from the University of Texas at San Antonio and a master's degree in rehabilitation counseling from the University of Kentucky. He is a Certified Rehabilitation Counselor and attended Boston University's Certification Program in Psychiatric Vocational Rehabilitation. Kennedy was a founding member of the Compass Young Adult Program at The Menninger Clinic, and he also served as Program Manager of Menninger's community integration program, Pathfinder, where he co-developed therapeutic programming and provided vocational assessments and social skills development to help clients improve their relationships and find the optimal fit of meaningful work, volunteer or academic roles.



**Brad
Kennedy, MRC**

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