

## 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, parking 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 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 healthcare 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, Provider No. 1741-06, five (5.0) hours general. Expires 7/2018. Complaints about provider or workshop content may be directed to the TCBAP 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.