

**pcb**  
**CONFERENCE**

**May 5-6, 2025**

**Harrisburg, PA**





PCB is excited to host its 24th Annual Conference in Harrisburg, PA.

Please join us for up to 10 hours of education, and networking with fellow professionals and organizations.

Conference registration fee includes two continental breakfasts and one lunch.

### **where**

Hilton Harrisburg

### **when**

May 5-6, 2025

### **education hours**

10 hours for full conference attendance

### **registration fee**

\$200 Prior to March 15, 2025

\$225 After March 15, 2025





# SCHEDULE

## MONDAY, MAY 5

7:00am - 8:00am: Registration, Continental Breakfast, Exhibits, Networking

8:00am - 9:00am: Ethics Panel

9:00am - 9:15am: Break, Exhibits, Networking

9:15am - 12:15pm: Morning Trainings

10:45am - 11:00am: Break, Exhibits, Networking

12:15pm - 1:15pm: Lunch

1:15pm - 4:15pm: Afternoon Trainings

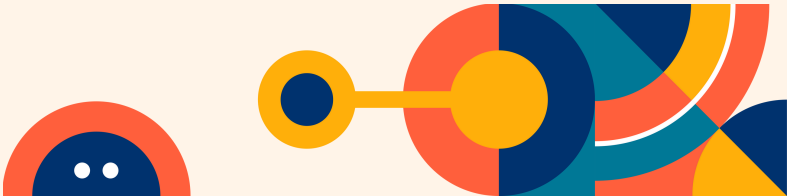
2:45pm - 3:00pm: Break, Exhibits, Networking

## TUESDAY, MAY 6

7:00am - 9:00am: Continental Breakfast, Exhibits, Networking

9:00am - 12:00noon: Morning Trainings

10:30am - 10:45am: Break, Exhibits, Networking





# TRAINING CATEGORIES

All trainings are categorized to assist attendees to select trainings that are tailored to them to enhance their knowledge and improve their professional experience.

**PEER:** peer and recovery support, and community health fields specific.

**CLINICAL:** intermediate and advanced clinical concepts and skills.

**GENERAL:** broad topics that apply across workforces.

**BASIC:** for entry level/new professionals.

**INTERMEDIATE:** builds on fundamental knowledge and skills.

**ADVANCED:** expands on existing knowledge of a topic area, for those who have been in the field for an extended period of time.

**ETHICS:** training will count towards credential ethics requirement.

**BEST PRACTICE:** procedures that are widely accepted or promoted as being correct or most effective.

**RESEARCH TO PRACTICE:** applying knowledge/outcomes to professional life.

**CO-OCCURRING**

**GAMBLING**

**MENTAL HEALTH (MH)**

**SUBSTANCE USE DISORDER (SUD)**

# MONDAY MORNING



## ETHICS PANEL: COMPLAINT PROCESS & OUTCOMES – Q&A

### GENERAL

#### **Panelists:**

*Donald Altemus, MS, CPS, CRS, CRSS, CAADC*  
*Thomas Baier, MHS, LPC, CADC, CCS,*  
*Lynn Brown, CADC, CAAP, CRS, CRSS, CFRS*  
*Margaret Eckles-Ray, BA, CADC, CRS,*  
*Katrin Fieser, LSW, CRS, CFRS, CPS, CADC*  
*Sandra Grottola, CADC, LSW, CCM, CCP*  
*Nicole Johnson, MEd, CAADC, CCDPD,*  
*Theresa Murphy, MHS, CADC*  
*Martha Thompson, PhD, CAADC*  
*Eric Webber, MA, CADC*

#### **training objectives**

- Participants will develop an understanding of ethical complaint evaluation practices.
- Participants will be able to identify elements that support board action on certification status.
- Participants will explore case study examples to practice ethical decision-making.

The PCB Ethics Committee will host a panel discussion in which participants will explore the process by which the PCB Ethics Committee approaches and determines recommendations and outcomes for ethics complaints. The panel will detail the time spent with complaints, the common elements that support or refute board action, and use case studies and ethics questions from the audience to examine more closely the ethics process and responsibilities of committee members to evaluate complaint evidence and severity to determine outcomes in the service of public protection.

#### **training categories**

General, Basic, Intermediate, Advanced, Ethics

# STRENGTHENING SUPERVISION: RELATIONSHIP BUILDING AND BEST PRACTICES FOR PROFESSIONALS

## CLINICAL

*Ryan Bowers, PhD, CAADC, LPC, NCC  
David Martinson, Ph.D., LPC, LPC/S, LAC, CCS*

Effective clinical supervision is the bedrock of professional growth, safeguard for ethical and effective clinical treatment, and a space for professionals to expand their knowledge of human development, assessment, treatment, and self-care. While the Commonwealth has many programs that help professionals address these issues, very few professionals and emerging professionals are trained in clinical supervision best practices, supervision theory, and/or gatekeeping standards. This often leads to a misunderstanding between the supervisor and the supervisee of what supervision should look like, how supervision is conducted, and most importantly, what are the roles and expectations for the supervisor and the supervisee. This presentation will focus on best practices for both supervisors and supervisees to get the most out of their clinical supervision while also focusing on understanding expectations of both the supervisor and the supervisee to help build lasting professional relationships that lead to effective clinical treatment.

## training categories

Clinical, Intermediate, Best Practices, Professionalism, Supervision, Ethics



# NAVIGATING ADOLESCENCE: BEST PRACTICES AND PREVENTION STRATEGIES FOR YOUTH WELL-BEING

## PEER

*Melissa Groden, MS, CFRS*

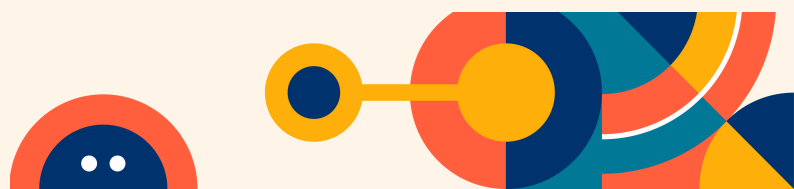
Adolescence is a critical development period marked by rapid physical, cognitive, and psychosocial changes. Participants will leave with a comprehensive understanding of the factors affecting adolescents and young adults, equipped with practical tools and strategies to support their well-being effectively.

### **Key Topics and Objectives Include:**

- Understanding Adolescence - Objective: Gain insights into the developmental stages and the impact of social media, peer pressure, and family dynamics on youth.
- Best Practices for Supporting Youth- Objective: Discover effective strategies through interactive case studies and group activities.
- Prevention Strategies - Objective: Learn methods to prevent mental health challenges, substance abuse, and risky behaviors.
- Promoting Holistic Well-Being - Objective: Emphasize the importance of mindfulness, physical activity, nutrition, and sleep.

### **training categories**

Basic, Best Practice, Prevention, Family, Peer



# FAMILY DYNAMICS: AN INTEGRATED SYSTEMS APPROACH TO SUBSTANCE USE DISORDER

CLINICAL

*Eric Rodriguez, CAADC, LMSW*

This training session is designed to provide participants with a comprehensive understanding of the critical role family systems play in the development, maintenance, and treatment of addiction. Attendees will gain insights into how family dynamics influence addiction, exploring the complex relationships that exist within families affected by these challenges. Key topics will include patterns of communication and their contributions to both the problem and potential solutions, as well as the identification of various family structures and their impact on addiction dynamics, such as enmeshment, disengagement, and dysfunction.

Participants will analyze the systemic effects of addiction on family members, recognizing the emotional, psychological, and relational consequences that extend beyond the individual struggling with addiction. To support effective treatment approaches, the training will equip attendees with skills for assessing family functioning, allowing them to identify strengths and challenges within the familial unit. Additionally, participants will discuss practical strategies for fostering healthy communication, establishing appropriate boundaries, and creating supportive environments for families grappling with addiction. Join us to deepen your understanding of family systems in the context of addiction and enhance your ability to support families on the path to recovery.

## training categories

Intermediate, Advanced, Co-occurring, Family Systems, Clinical

### Objectives:

- Understand the role of family systems in the development, maintenance, and treatment of addiction.
- Explore the interconnectedness of family dynamics and addiction, including patterns of communication, roles, and boundaries.
- Identify common family structures and their impact on addiction dynamics, such as enmeshment, disengagement, or dysfunction.
- Analyze the systemic effects of addiction on family members, including emotional, psychological, and relational consequences.
- Develop skills in assessing family functioning and identifying strengths and challenges within the familial unit.
- Discuss strategies for fostering healthy communication, boundaries, and support systems within families affected by addiction.





# SUBSTANCE ABUSE AND SEXUALITY: ARE WE COMFORTABLE ENOUGH TO TALK ABOUT IT?

CLINICAL

*Jennifer Weeks: PhD, CAADC, LPC, CSAT-S*

It is well documented that substance use and abuse has an effect on the sexual behavior of the user. Studies have shown that examining a client's sexual behavior needs helps address specific sexuality needs that should be addressed in substance abuse treatment. However, many clinicians are not talking about their client's sexual behavior either due to discomfort or lack of training. While this talk will discuss sexualized substance use, this training will be primarily focused on examining clinicians' level of comfort in talking about sexual behaviors with the clients and provide in depth discussions and tasks aimed to help clinicians become more comfortable with talking about sex and sexuality with the clients in their care. This knowledge can then be used to enhance treatment interventions related to sexuality in substance abuse clients. This talk will involve frank and open conversations about sexual interests and behaviors.

## **Learning Objectives:**

- Attendees will learn how various substances can affect sexual behavior.
- Attendees will investigate their own comfort level when talking to clients about sexual behavior and sexual dysfunction.
- Attendees will gain insight into how discussing sexual topics with clients can enhance recovery planning to include sex-substance relationship.

## **training categories**

Clinical, Intermediate, Professionalism, Secondary Addictions, Substance Use Disorder



# MONDAY AFTERNOON



## CONFIDENTIALITY IN PRACTICE: A DEEPER DIVE

### GENERAL

*Katrin Fieser; LSW, BS, CRS, CPS, CFRS*

This training will focus and detail concepts and applications related to Confidentiality in Behavioral Health Practice for professionals, including therapists, counselors, case managers, peers and other clinical staff. The goal of the training is to reinforce the importance of confidentiality in behavioral health settings, enhance understanding of relevant laws and ethical standards, and provide practical tools for handling real-world scenarios through case study analysis.

#### Objectives:

- Understand Key Legal and Ethical Principles:
  - Familiarize themselves with federal and state confidentiality laws (e.g., HIPAA, 42 CFR Part 2, Act 53).
  - Understand the ethical guidelines governing confidentiality in behavioral health (e.g., PCB codes of ethics).
- Identify Confidentiality Violations:
  - Recognize potential breaches of confidentiality and understand the consequences.
  - Identify common confidentiality dilemmas in clinical practice.
- Apply Best Practices for Protecting Confidentiality:
  - Implement strategies for securing client information both electronically and physically.
  - Understand the importance of informed consent and the limits of confidentiality.
- Navigate Confidentiality Challenges Through Case Studies:
  - Analyze real-world case studies to practice making ethical decisions around confidentiality.
  - Engage in discussion to explore different perspectives and solutions to confidentiality challenges.

### training categories

Basic, Ethics, Peer, Family, Clinical

# MINDFULNESS MEETS RECOVERY: TRANSFORMING ANGER AND IMPULSE CONTROL THROUGH MBCT

CLINICAL

*Wendy Insalaco, MS, LCADC, LCPC*

Mindfulness-based interventions are gaining traction among mental health and substance use disorder professionals for a reason: growing evidence supports their powerful impact on emotional regulation and cognitive recovery. Join Wendy Insalaco, MS, LCPC, LCADC, from Ashley Addiction Treatment, in an interactive session to explore how mindfulness-based cognitive therapy can transform the clinical approach to managing emotions, anger, and impulse control in substance use recovery.

**Goal:** Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based approach that combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. In this session, attendees will learn about the basic principles of mindfulness-based cognitive therapy and experience specific clinical applications of MBCT in the treatment of anger.

## **Objectives:**

- Upon completion, the participant will be able to describe mindfulness-based cognitive therapy (MBCT) and list how it benefits clients.
- Upon completion, participants will be able to apply MBCT in anger management group therapy.
- Upon completion, participants will be able to apply skills to promote mindfulness in clients with substance use disorders.

## **training categories**

Advanced, Co-Occurring, Research to Practice, Substance Use Disorder, Clinical



# GET OUT OF YOUR OWN WAY AND YOUR CLIENTS TOO; WHO IS MORE IMPORTANT?

## GENERAL

*Martha Thompson, PsyD, CAADC*

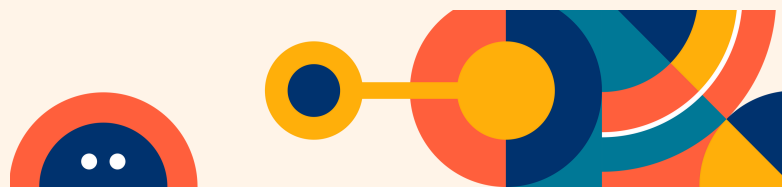
Why are you talking so much.... about yourself? It's not about you. Stories, examples, analogies and words all have power in the work we do. They also have a time and place to be used in an effective, client centered, and appropriate manner. How we use them, what we say, and how these practices impact the person receiving them is important. Let's talk about listening, active listening, reflective listening, listening to respond vs reacting and all the things we can do when we are not talking or thinking about what to say next. The ethics and boundaries of strategic self-disclosure will be explored throughout this training along with potential pitfalls and safeguards for professional practice.

### **Objectives:**

- Explore ethical boundaries around self-disclosure
- Define steps to ensure appropriate use of self-disclosure is followed
- Weigh the impact of when a helper has placed the importance of their own story over those they help
- Identify corrective action steps for when a person has crossed a boundary, utilizing an ethical decision-making process

### **training categories**

Basic, Intermediate, Best Practice, Ethics, Boundaries, Clinical, Peer



# BEYOND TALK: EXPERIENTIAL THERAPY TECHNIQUES TO ENHANCE YOUR PRACTICE

CLINICAL

*Eric Webber, MA, CADC  
John Goldman, CAADC, LCSW*

This presentation will directly teach various experiential therapy techniques to participants. Activities to be demonstrated and taught are Group Juggle, Triangle Tag, Circle of Strengths, and Floor Check. Additional techniques may be included depending on time allowances (e.g. Karpman Triangle). Participants will be able to learn through participating in the activities and then engaging in processing and discussion of appropriate applications in clinical and para-clinical settings. Handouts for all activities will be provided to participants, including activity descriptions and instructions for facilitating activities.

**Goal:** To demonstrate and teach participants experiential activities to be used therapeutically.

## Objectives:

- Develop new therapeutic skills beyond talk therapy.
- Discuss appropriate applications for each activity.
- Learn and understand ethical appropriateness for each

## training categories

Advanced, Professionalism, Applied Practice, Clinical



# TUESDAY MORNING

## ATTRACTION IN THE THERAPY ROOM

CLINICAL

*Lori Gabert, MS, CAADC, LPC*

Attraction in the Therapy Room is designed for clinical therapy professionals, but peers and recovery specialists may also find it beneficial. This workshop addresses the complexities of attraction in therapeutic settings, highlighting both the comfort and discomfort that can arise when a client expresses feelings and when a therapist feels attraction towards a client. We will explore ethical considerations surrounding sexual and romantic attraction and non-professional relationships, including real-world examples of board complaints and strategies for establishing healthy boundaries.

Participants will learn about the Split Attraction Model, which clarifies that attraction can take various forms beyond sexual interest, helping to contextualize these experiences within therapy. The session will also cover concepts of transference and countertransference, examining what influences these dynamics and the various types that can emerge. This knowledge will aid therapists in recognizing and processing attraction in the therapy room while maintaining professional integrity. We will address the when and how of transferring a client, providing practical strategies for effectively managing these situations with confidence and professionalism. And finally, we will explore effective ways to discuss attraction, transference, and countertransference in supervision, ensuring that therapists are supported in navigating these complex issues.

### training categories

Intermediate, Ethics, Boundaries, Professionalism, Clinical

# WHEN THE COMPASS BREAKS: RECOGNIZING AND ADDRESSING MORAL INJURY IN SUBSTANCE ABUSE TREATMENT

## CLINICAL

*Tammy Ahn Hock, LPC, CAADC, CCTP-II*  
*Christopher Cooper, MA, LPC, NCC, CCTP-II*

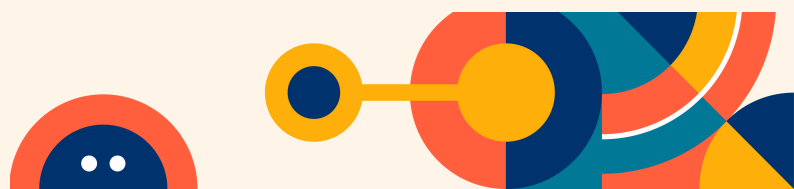
This interactive presentation is designed to educate about moral injury, its relationship to substance abuse, and how Acceptance Commitment Therapy (ACT)-based techniques can be utilized to help clients move beyond treatment barriers associated with morally injurious experiences, such as guilt, shame, and anger. Studies have shown ACT to be an effective modality for treating moral injury and SUDs. While the term “moral injury” was coined thirty years ago by Psychiatrist Jonathan Shay (2014), its concept has existed for ages. Originally studied within military populations, moral injury research is increasingly expanding to civilian groups and shows a strong relationship with substance abuse. The broad goal of the presentation is to provide attendees with a basic understanding of moral injury in the context of substance use and of ACT’s six core processes.

### Objectives:

- Identifying three causes and signs of moral injury and the demographics of those at higher risk of morally injurious experiences.
- Three ways that moral injury and substance abuse can be related (i.e., how one may play a role in the development of the other).
- Practice with a minimum of three effective Acceptance Commitment Therapy-based strategies counselors/therapists can utilize when treating moral injury and substance abuse together.

### training categories

Intermediate, Co-Occurring, Substance Use Disorder, Research to Practice, Clinical



# APPLYING MOTIVATIONAL INTERVIEWING TO OLDER ADULTS

## GENERAL

*James Klasen, BA, CPS  
Jesslyn Jamison, PhD*

Motivational Interviewing (MI) is an evidence-based practice that has been studied in a range of health settings and can be effectively delivered by individuals with a range of professional degrees and training. This training will explore how Motivational Interviewing may be particularly well-suited to the older adult population, who often encounter significant barriers to accessing care. We will incorporate several strategies developed within the Certified Older Adult Peer Specialist (COAPS) program which prepares Certified Peer Specialists to work with this population and are translatable to applications within clinical settings. We will review the fundamental tenets of MI and briefly instruct foundational skills. The presentation includes didactic information, skill demonstrations, and opportunities for attendees to practice applied methods. Finally, attendees will be encouraged to ask questions specific to their work settings and populations. Attendees will leave with a more thorough understanding of the tenets of MI and the skills to effectively apply MI with older adults. This training is appropriate for those with previous experience in Motivational Interviewing principles and practices as well as those for whom this will be an introduction.

## training categories

Basic, Intermediate, Prevention, Best Practice, Older Adult Behavioral Health, Peer, Clinical





# DIGITAL DYNAMICS: UNDERSTANDING TECHNOLOGY'S IMPACT ON ADDICTION AND BEHAVIORAL HEALTH

GENERAL

*Samantha Osterlof, MS, CAADC, CRS*

The rapid advancement of technology has significantly influenced the landscape of addiction and behavioral health. This presentation explores how digital platforms, including social media, gaming, and online streaming, shape substance use patterns and process addictions. While technology often acts as a trigger for addictive behaviors, it also presents unique opportunities for intervention and recovery support.

Drawing on current research and clinical experiences, this session will examine the dual role of technology in addiction – its risks and its potential as a therapeutic tool. Attendees will gain insights into mitigating digital overstimulation, fostering healthier technology use, and leveraging digital resources to enhance client outcomes. This presentation aims to equip behavioral health professionals with practical strategies to navigate the complexities of technology's influence on addiction and recovery in the modern age.

## training categories

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Intermediate, Professionalism, Best Practice, Clinical, Peer





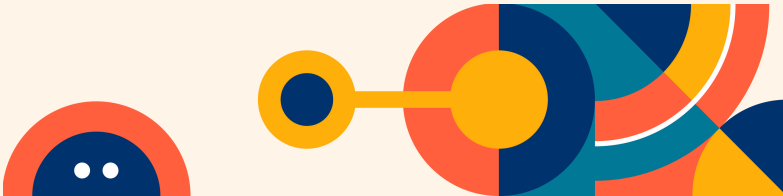
# HOTEL INFORMATION

A block of rooms has been reserved at the Hilton Harrisburg at a special conference rate of \$149 for a standard room per night. Room rate includes complimentary self-parking in the Walnut Street Parking Garage attached to the Hilton Harrisburg.

Reservations should be made by contacting the Harrisburg Hilton at (717) 233-6000. Please indicate group code: 97C when calling to receive the conference rate or click on the [reservation link](#).

**Room reservations must be completed by April 14, 2025, to receive these special rates**

The Hilton, [www.harrisburghilton.com](http://www.harrisburghilton.com), is located in the center of historic downtown Harrisburg PA, and on the banks of the Susquehanna River, home to riverfront park, where even on those chilly mornings a picturesque river front walk is a great way start to your day! And best of all it is open 24 hours and available to all.



# REGISTRATION

**SPACE IS LIMITED.** It is recommended to register via PCB's secure, on-demand online conference registration at [www.pacertboard.org/conference](http://www.pacertboard.org/conference)

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

**CREDENTIAL(S):** \_\_ AAC \_\_ CAAC \_\_ CAADC \_\_ CAAP \_\_ CADC \_\_ CCHW  
\_\_ CCS \_\_ CFRS \_\_ CIP \_\_ CPD \_\_ CPS (Peer) \_\_ CPS (Prevention) \_\_ CRS  
\_\_ CRSS \_\_ No Credentials/Certifications  
\_\_ Other, please specify: \_\_\_\_\_

## PAYMENT

Payment must accompany the registration form. Registrations will not be processed without payment.

\$200 - Prior to March 15, 2025

\$225 - After March 15, 2025

Personal Check  Organization Check  Money Order  Credit Card

Checks & Money Orders made payable to PCB.

## CREDIT CARD INFORMATION

CARD NUMBER: \_\_\_\_\_

EXPIRATION DATE: \_\_\_\_\_ SECURITY CODE: \_\_\_\_\_ BILLING ZIP CODE: \_\_\_\_\_

NAME ON CARD: \_\_\_\_\_

Return form to PCB at [info@pacertboard.org](mailto:info@pacertboard.org) or mail to PCB, 298 S. Progress Avenue, Harrisburg, PA 17109

Registration is on a first-come, first-served basis. Mailed forms require longer processing time and it does not guarantee your attendance at the conference.

**CANCELLATIONS/REFUNDS/CHANGES:** Written refund requests, acceptable up to 10 working days prior to the conference are subject to a \$25 administrative fee. Written substitute attendee requests, acceptable up to 10 days prior to the conference, are subject to a \$25 administrative fee. Payments on or after the conference date are subject to a \$25 administrative fee.

# TRAINING SELECTIONS

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

## MONDAY MORNING

\_\_\_\_\_ Ethics Panel: Complaint Process & Outcomes

### CHOOSE ONE

- \_\_\_\_\_ Strengthening Supervision: Relationship Building and Best Practices for Professionals
- \_\_\_\_\_ Navigating Adolescence: Best Practices and Prevention Strategies for Youth Well-Being
- \_\_\_\_\_ Family Dynamics: An Integrated Systems Approach to Substance Use Disorder
- \_\_\_\_\_ Substance Abuse and Sexuality: Are we comfortable enough to talk about it?

## MONDAY AFTERNOON

### CHOOSE ONE

- \_\_\_\_\_ Confidentiality in Practice: A Deeper Dive
- \_\_\_\_\_ Mindfulness Meets Recovery: Transforming Anger and Impulse Control through MBCT
- \_\_\_\_\_ Get Out of Your Own Way and Your Clients Too; Who is More Important?
- \_\_\_\_\_ Beyond Talk: Experiential Therapy Techniques to Enhance Your Practice

## TUESDAY MORNING

### CHOOSE ONE

- \_\_\_\_\_ Attraction in the Therapy Room
- \_\_\_\_\_ When the Compass Breaks: Recognizing and Addressing Moral Injury in Substance Abuse Treatment
- \_\_\_\_\_ Applying Motivation Interviewing to Older Adults
- \_\_\_\_\_ Digital Dynamics: Understanding Technology's Impact on Addiction and Behavioral Health