



EVERGREEN
council on problem gambling

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WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS
FOCUS ON THE FUTURE

PRE-CONFERENCE WORKSHOPS

Basic and Advanced Problem Gambling Counselor Training

***FOCUS ON THE FUTURE* MAIN CONFERENCE**

Two full days of plenary and breakout sessions:

- Clinical / Behavioral / Integrated Care
- Community / Culture
- Prevention / Outreach

Earn up to 30 Continuing Education Units (CEUs)!



Seattle April 27-30, 2015

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS **FOCUS ON THE FUTURE**

April 27–30, 2015

ABOUT THE CONFERENCE

Dear Prospective Conference Attendees:

The 8th annual **Focus on the Future Conference**, the Western Regional Conference on Problem Gambling Awareness, is an opportunity for us to learn from experts across the country on prevention and impactful programs and services. In addition, it is a place where you can exchange your ideas, experiences, and knowledge to become a collective voice in raising awareness on problem gambling and the importance of gambling responsibly.

What does the future hold for our communities with regard to responsible gaming and problem gambling? At this conference, treatment and healthcare providers, gaming industry members, educators, researchers, prevention specialists, and policy makers will join together to collaborate on one of our state's, and our region's, most serious issues. Each of you has an important part to play in sharing relevant messages about problem gambling in our communities.

Together, we can learn more about the resources needed to assist those negatively affected by problem gambling and help reduce the stigma surrounding this very serious disorder. I invite you to attend **Focus on the Future**. We can make a difference in our communities, state, nation, and world.

Sincerely,

Brad Owen

Washington State Lieutenant Governor
Honorary Chair



CONFERENCE COORDINATOR

Evergreen Council on Problem Gambling (ECPG) provides treatment, training, and awareness programs and services around problem and responsible gambling issues. We provide confidential support for those affected by gambling disorders residents through our 24-hour Problem Gambling Helpline; and public awareness, education, prevention, and resource development services for individuals, families, employers, students, the gaming industry, and business and community groups. ECPG also provides training and certification programs and continuing education units (CEUs) for treatment professionals.

Gambling is a personal choice. And for the majority of residents in the Pacific Northwest, gambling is a source of fun, recreation, and entertainment. But for some, gambling can become a serious problem that leads to broken marriages and relationships, bankruptcy, depression, or even suicide. If you or someone you love struggles with a gambling problem, there is hope. Help starts today by calling **800.547.6133**.



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@EvergreenCPG



ECPGambling

ECPG

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS **FOCUS ON THE FUTURE**

—PRE-CONFERENCE WORKSHOPS—

MONDAY, APRIL 27 & TUESDAY, APRIL 28

Basic Problem Gambling Counselor Training *Sheryl Anderson, MS, BCC, LADC, ACR-MN, NCGC-II*

This session serves as an introduction to problem and pathological gambling disorders. Participants will learn about the scope and prevalence of gambling and problem gambling on a national scale, risk factors, and how the increased availability of gambling over the past 10 years has affected the prevalence of gambling problems in the United States.

The DSM-5 criteria for gambling disorder will be discussed and participants will learn practical application of the most commonly used screening and diagnostic tools, including the South Oaks Gambling Screen. This session outlines the types and sub-types of gamblers and several approaches to the treatment of problem gamblers.

MONDAY, APRIL 27

Alan Basham, MS *Ritual, Story, Health: Techniques for Integrating Spiritual Belief Into the Counseling Process*

There are many techniques for spiritual focus available to counselors from journals to story-telling and many others in between. Participants will be able to identify these techniques and learn ways to bring creative and meaningful ritual and personal story into treatment approaches with clients.

Sarah Nelson, PhD *Psychiatric Comorbidity and Gambling Disorder*

In this presentation, Dr. Sarah Nelson will discuss how gambling disorder fits within our understanding of other addictions and briefly present the syndrome model of addiction, discuss how gambling disorder is diagnosed, as well as challenges to diagnosis, review different tools for screening and assessing gambling disorders, and discuss our current understanding of the course and pathways to

disordered gambling, including its relationship to other psychiatric disorders. Throughout, Dr. Nelson will challenge conventional wisdoms about addiction, gambling, and gambling problems and review the most recent research in these areas.

TUESDAY, APRIL 28

Carlos Reinoso, MS, MOL *Cultural Competency: Understanding Latinos and How To Effectively Reach and Work With Them*

A multicultural perspective is essential in all aspects of counseling and education. This workshop will focus on some of the challenges and barriers treatment providers may encounter when working with members of the Latino community. Treatment approaches, prevention and awareness strategies, and best practices for success will be discussed in this 4-hour interactive workshop.

Rory Reid, PhD *Using Mindfulness-Based Training With Problem Gamblers*

Mindfulness-based training has been shown in pilot studies to attenuate gambling severity, and other features common among problem gamblers such as shame, emotional dysregulation, stress proneness, and impulsivity. Moreover, neuroscience models of attention suggest that mindfulness may also help enhance attentional networks that subsequently enable problem gamblers to pay greater attention to internalized emotional states and gambling cravings. This session will offer participants some pragmatic solutions using mindfulness scripts and audio files used to reduce shame, increase affect regulation, and enhance attention when helping problem gamblers.



WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

FOCUS ON THE FUTURE

— MAIN CONFERENCE OVERVIEW —

WEDNESDAY, APRIL 29

Morning Keynote

Panel Discussion *Good Morning Seattle!*

Join a panel of experts in the field from our region and across the country as we explore current topics and trends around gambling, problem gambling, and responsible gambling, such as:

- Blurring lines between Social Gaming and Gambling;
- How does our region compare to other regions and specific states in funding, services, expansion of gambling, etc.;
- What do policy makers need to know and how do we get our messages to them;
- How do we regulate gambling and gambling expansion, and how do we ensure that support for treatment, prevention, and awareness are considered as expansion is discussed.

This is an interactive session and we encourage you to join in the dialogue, ask questions, and share successes and challenges you have experienced.

Morning Breakout Sessions

- **Ruby Takushi, PhD**
Co-occurring Disorders
- **Isabelle Duguay, MA, LPCC, PCGC**
Healing Families in Problem Gambling Treatment
- **Panel Discussion**
Strategies and Barriers to Working with the Latino Population

Lunch Plenary

Rory Reid, PhD *Adult ADHD, Brain Science, and Gambling Disorder*

Adult symptoms of ADHD vary and are often more difficult to diagnose than those present in children. General practitioners often attribute ADHD symptoms in adults to more commonly diagnosed disorders such as depression, bipolar disorder, and anxiety disorders, leaving ADHD undiagnosed. Adults with undiagnosed ADHD often exhibit a much more frequent incidence of addictive behavior. Are these adults self-medicating? What does the brain science tell us? Where do gambling disorders fall into this picture? What are the issues and what can we learn about treating adults with ADHD when there is a history of gambling disorder and/or substance abuse?

Afternoon Breakout Sessions

- **Rick Berman, MA, CCGC**
Feedback-Informed Treatment
- **Isabelle Duguay, MA, LPCC, PCGC**
Financial Management: Money Matters in Problem Gambling Treatment
- **Victor Ortiz, MSW, LADC-I, CADC-II**
Problem Gambling: The Hidden Addiction

THURSDAY, APRIL 30

Morning Keynote

Scott Breedlove, MS *Life Lessons from an African Elephant and Other Surprising Places*

This session is an upbeat motivational session to help remind attendees that what we do every day impacts lives and makes a difference and to enjoy every moment of it. We are all on a journey of learning and if we are watching closely, there are unique moments that teach us valuable life lessons. These lessons can provide insight into the behaviors of the clients we serve.

Morning Breakout Sessions

- **Sheryl Anderson, MS, BCC, LADC, ACR-MN, NCGC-II**
Addressing Cognitive Distortions and CBT/Mindfulness Approaches
- **Julie Hynes, MA, CPS**
App'rehensive: How the Lines Have Blurred Between Games & Gaming, and How to Protect Our Most Vulnerable
- **Scott Breedlove, MS**
The Rest of the Story

Lunch Plenary

Voices of Recovery

Afternoon Breakout Sessions

- **Janese Olalde, MS**
Ethics in Addiction Counseling
- **Pete Pennington, NCGC-I**
Yoga and Gambling Disorder: Treating the Mind, Body and Spirit
- **Carlos Reinoso, MS, MOL**
Problem Gambling Among Older Adult Populations

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS FOCUS ON THE FUTURE

GENERAL INFORMATION

CONFERENCE REGISTRATION DEADLINES

- Early Bird registration deadline is April 3, 2015.
- Regular registration deadline is April 22, 2015.
- On-site registration only after April 22, 2015. Please do not mail, e-mail, fax, or drop off registration after this date. Cash, check, or credit card will be accepted for on-site payment at the conference.

Fill out the attached registration form or visit <http://fotf.evergreencpg.org> to register.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Full scholarship opportunities available for Washington State treatment providers! There are a limited number of scholarships with preference going to those pursuing gambling counselor certification. Scholarship includes full registration fees, hotel stipend (\$50 per night, up to two nights), and Washington State Problem Gambling Certification application fees (value of up to \$650). Visit <http://fotf.evergreencpg.org> for more details.

HOTEL ACCOMMODATIONS

DoubleTree Suites by Hilton, Seattle Airport - Southcenter
16500 Southcenter Parkway, Seattle, WA 98189
Reservations: 1-800-222-8733



★ Request the **Focus on the Future** conference room rate of \$119 per night by April 12, 2015. DoubleTree Suites Southcenter's amenities include: complimentary on-site parking, a café and restaurant, a fitness room and swimming pool, and free shuttle service.

MEALS & DIRECTIONS

Breakfast and lunch will be provided during the **Focus on the Future** conference. Pre-conference meals are the responsibility of the workshop participant. Driving directions will be included in your registration confirmation.

CONTINUING EDUCATION UNITS / PROBLEM GAMBLING COUNSELOR CERTIFICATION

The Evergreen Council on Problem Gambling's basic training workshops qualify toward the 30 hours of gambling-specific education required by the Washington State and National Problem Gambling Certification Boards for certification. Additionally, ECPG is an Approved Provider of Continuing Education by The Association for Addiction Professionals (NAADAC) and the National Board for Certified Counselors (NBCC). Our workshops have also been approved for continuing education by the Addictions Counselor Certification Board of Oregon (ACCBO) and the American Academy of Health Care Providers in the Addictive Disorders (AAHCPAD). All of our conference sessions are eligible for CEUs. Contact us with further questions.

PRE-CONFERENCE AT-A-GLANCE

MONDAY, APRIL 27 AND TUESDAY, APRIL 28			
8 am - 5 pm	Basic Training	Sheryl Anderson, MS, BCC, LADC, NCGC II	<i>Training for problem gambling counselor certification.</i>
MONDAY, APRIL 27			
8 am - Noon	Pre-Conference Workshop	Alan Basham, MA	<i>Ritual, Story, Health: Techniques for Integrating Spiritual Belief Into the Counseling Process</i>
1 - 5 pm	Pre-Conference Workshop	Sarah Nelson, PhD	<i>Psychiatric Comorbidity and Gambling Disorder</i>
TUESDAY, APRIL 28			
8 am - Noon	Pre-Conference Workshop	Carlos Reinoso, MS, MOL	<i>Cultural Competency: Understanding Latinos and How to Effectively Reach and Work With Them</i>
1 - 5 pm	Pre-Conference Workshop	Rory Reid, PhD	<i>Using Mindfulness-Based Training with Problem Gamblers</i>

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

FOCUS ON THE FUTURE

— MAIN CONFERENCE AT-A-GLANCE —

WEDNESDAY, APRIL 29			
7 - 8:15 am	Registration and Continental Breakfast		
8:15 - 8:30 am	Welcome		
8:30 - 10 am	Keynote	Panel Discussion	<i>Good Morning Seattle! Topics & Trends in the Field</i>
10 - 10:15 am	Break / Exhibits		
10:15 - 11:45 am	Clinical / Behavioral / Integrated Care	Ruby Takushi, PhD	<i>Co-occurring Disorders</i>
	Prevention / Outreach	Isabelle Duguay, MA, LPCC, PCGC	<i>Healing Families in Problem Gambling Treatment</i>
	Community / Culture	Latino Panel of Experts	<i>Strategies and Barriers to Working with the Latino Population</i>
11:45 - Noon	Break / Exhibits		
Noon - 2 pm	Lunch Plenary	Rory Reid, PhD	<i>Adult ADHD, Brain Science and Gambling Disorder</i>
2 - 2:15 pm	Break / Exhibits		
2:15 - 4:15 pm	Clinical / Behavioral / Integrated Care	Rick Berman, MA, CCGC	<i>Feedback-Informed Treatment</i>
	Prevention / Outreach	Isabelle Duguay, MA, LPCC, PCGC	<i>Financial Management: Money Matters in Problem Gambling Treatment</i>
	Community / Culture	Victor Ortiz, MSW, LADC-I, CADC-II	<i>Problem Gambling: The Hidden Addiction</i>
THURSDAY, APRIL 30			
7 - 8 am	Registration and Continental Breakfast		
8 - 8:15 am	Welcome		
8:15 - 9:45 am	Keynote	Scott Breedlove, MS	<i>Life Lessons from an African Elephant and Other Surprising Places</i>
9:45 - 10 am	Break / Exhibits		
10 - 11:30 am	Clinical / Behavioral / Integrated Care	Sheryl Anderson, MS, BCC, LADC, ACR-MN, NCGC-II	<i>Addressing Cognitive Distortions and CBT/Mindfulness Approaches</i>
	Prevention / Outreach	Julie Hynes, MA, CPS	<i>App'rehensive: How the Lines Have Blurred Between Games & Gaming, and How to Protect Our Most Vulnerable</i>
	Community / Culture	Scott Breedlove, MS	<i>The Rest of the Story</i>
11:30 - 11:45 am	Break / Exhibits		
11:45 am - 1:30 pm	Lunch Plenary	Voices of Recovery	<i>Voices of Recovery</i>
1:30 - 1:45 pm	Break / Exhibits		
1:45 - 3:45 pm	Clinical / Behavioral / Integrated Care	Janese Olalde, MS	<i>Ethics in Addiction Counseling</i>
	Prevention / Outreach	Pete Pennington, NCGC-I	<i>Yoga and Gambling Disorder: Treating the Mind, Body and Spirit</i>
	Community / Culture	Carlos Reinoso, MS, MOL	<i>Problem Gambling Among Older Adult Populations</i>

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS FOCUS ON THE FUTURE

REGISTRATION


Fill out the form below, or register online at <http://fotf.evergreencpg.org>. Early bird deadline is April 3. Regular deadline is April 22. After April 22 only non-discounted, on-site payment will be accepted.

ATTENDANT INFORMATION

Name: _____
 Position / Title: _____ Agency / Organization: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Day phone: _____ Cell phone: _____
 Email address: _____
 Dietary needs / other accommodations: _____

ATTENDANCE OPTIONS & PRICING

	Early Bird ECPG Member - By April 3 -	Early Bird Non-Member - By April 3 -	ECPG Member - By April 22 -	Non-Member - By April 22 -	Student - By April 22 -	On-site - After April 22 -
<input type="checkbox"/> Basic Problem Gambling Counselor Training (April 27 & 28)	\$90	\$100	\$90	\$100	\$80	\$150
<input type="checkbox"/> Pre-conference Workshop: Monday April 27	\$60	\$70	\$60	\$70	\$50	\$75
<input type="checkbox"/> Pre-conference Workshop: Tuesday April 28	\$60	\$70	\$60	\$70	\$50	\$75
<input type="checkbox"/> Focus on the Future Two-day Main Conference (April 29 - 30)	\$150	\$175	\$175	\$200	\$125	\$250
<input type="checkbox"/> Basic Training + Focus on the Future Two-day Main Conference (April 27 - 30)	\$230	\$265	\$250	\$300	\$200	\$400
<input type="checkbox"/> Pre-conference + Focus on the Future Two-day Main Conference (April 27 - 30)	\$260	\$300	\$280	\$340	\$220	\$400
TOTAL AMOUNT ENCLOSED:	\$	\$	\$	\$	\$	\$

-  CANCELLATION POLICY: Refunds will be issued, less a \$35 administrative fee, if received in writing by April 16, 2015. No refunds will be issued after that date.
- Students must provide proof of current enrollment.
 - To become an ECPG member, fill out the application or visit www.evergreencpg.org/membership

PAYMENT METHOD

Payment Type: Visa® MasterCard® Check/Money Order Cardholder's Name: _____
 Check #: _____ Money Order _____ Credit Card #: _____
 Please make checks payable to: **Evergreen Council on Problem Gambling** Expiration Date: _____ CSC #: _____
 Signature: _____ (3 digits on back of card)

REMIT PAYMENT TO:

Mail: Evergreen Council on Problem Gambling **Fax:** 360.352.4133
 1801 4th Avenue East Olympia, WA 98506

Questions? 360.352.6133
info@evergreencpg.org



SPECIAL MEMBERSHIP OFFER



Join a team of proven and dedicated leaders as they raise awareness, increase treatment availability and prevent problem gambling in your community and nationwide.

MEMBER INFORMATION

Name: _____

Position / Title: _____ Agency / Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Day phone: _____ Cell/Alternate phone: _____

E-mail address: _____

MEMBERSHIP OPTIONS



___ **\$39** ECPG Membership—Special member discounted fees on quarterly trainings and conference registration (all offer CEUs), certification training workshops, quarterly newsletter, and member certificate.

___ **\$74** Joint ECPG & NCPG Individual Membership—Includes ECPG Membership plus full National voting rights, 1-year subscription to NCPG newsletter, member certificate, bimonthly subscription to *Addiction Professional* as well as discounts on literature and conferences. This special offer is a \$114 value! The cost of NCPG Individual Membership alone is \$75 when purchased directly. Save \$40 through ECPG!

___ **\$99** Joint ECPG & NCPG Individual Plus Member—Includes all the benefits of ECPG & NCPG Individual Member level, with the addition of a subscription to *International Gambling Studies*, a peer-reviewed interdisciplinary journal in gambling studies with the latest research.

PAYMENT METHOD

Payment Type: Visa® MasterCard® Check/Money Order Cardholder's Name: _____

Check #: _____ Money Order _____ Credit Card #: _____

Please make checks payable to: **Evergreen Council on Problem Gambling** Expiration Date: _____ CSC #: _____

Signature: _____ (3 digits on back of card)