

# AN OVERVIEW TO GUIDE YOU THROUGH THE CONFERENCE

## September 17-18, 2021

Andrew Bailey, LCSW, Wisconsin Anxiety and Depression Clinic, Wales, WI

### “Ethics of Technology in 21<sup>st</sup> Century Psychotherapy”

**Workshop #1, Thursday, 9-16-21 9:30am-10:45am**  
**Workshop #2, Thursday, 9-16-21 11:00am-12:15pm**  
**Workshop #3, Thursday, 9-16-21 2:45pm-4:15pm**

During the pandemic many healthcare workers have been forced to expand their practice to include technology with which they were unfamiliar. Without a good grasp on the technology or ethical issues, you could be exposing your clients' information and opening your practice up to legal threats. It is possible to violate HIPAA without even knowing that you are doing so, and, in fact, many people do this every day! This workshop is designed to help you understand the issues related to technology in the provision of psychotherapy services. It is specifically aimed at psychotherapists who do not have their own IT department to provide for their technological needs. Get up-to-date information about issues that may be hiding in your software or your hardware. Learn how to help your clients protect their own privacy. Discuss questions related to social media and marketing campaigns. Remember, technology is always changing; you'll need to learn to keep pace.

*Ethics will be presented throughout Thursday's presentations only. You must attend all 3 presentations to get full credit. If you plan to attend Ethics, you MUST check the Ethics box listed on the registration form to participate in the presentation.*

#### Goals/Objectives:

- 1) Participants will understand HIPAA requirements pertaining to email and the transmission of Personal Health Information.
- 2) Participants will discuss the ethical principles involved with social media as a professional.
- 3) Participants will develop documentation standards to improve informed consent for clients.

#### How this program will be presented

- 1) Lecture
- 2) PowerPoint
- 3) Group Discussion



Fred Dyer, Ph.D., CADC, LADC, Trainer, Speaker, Consultant, Author, Founder, and Executive Director of Hope Recovery Center, Minneapolis, MN

### “Problem Gambling and Mental Health Issues for Athletes”

**Kick-Off Keynote, Wednesday, 9-15-21 3:30pm-5:00pm**

Problem and disordered gambling typically results in multiple negative outcomes, including risky behaviors, underperformance in roles, and mental health disorders. Problem/disordered gamblers often experience decreased academic and athletic performance, engage in socially isolating behaviors, experience difficulties in social relationships, and are at heightened risk of suicidal ideation and attempts. These athletes generally experience more intense anxiety, feelings of helplessness, irritability, and depression. Similarly, they are more prone to substance use disorders, behavioral problems, familial and financial hardships, and poor work and school performance.

#### Goals/Objectives:

- 1) Understand the impact and influence of stigma on the motivation of athletes seeking help for their challenge of problem gambling and corresponding mental health challenges.
- 2) Understand the negative mental health outcomes associated with problem gambling for athletes.
- 3) Understand the consequences and risk associated for athletes with problem gambling behaviors with corresponding treatment solutions.

#### How this program will be presented

- 1) Lecture
- 2) PowerPoint
- 3) Group Discussion

Fred Dyer, Ph.D., CADC, LADC, Trainer, Speaker, Consultant, Author, Founder, and Executive Director of Hope Recovery Center, Minneapolis, MN

### “Re-entry Challenges of Emerging Adults with Problem Gambling Behaviors/Disorders Back Into the Community”

**Keynote #3, Friday, 9-17-21 8:00am-9:15am**

As difficult as growing up in a juvenile correctional facility can be, many young people adjust to life in such institutions with impressive resilience (Inderbitzin 2005). Gambling problems have been associated with various disorders including substance use, depression, anxiety disorder, ADHD, and suicide. As the time remaining on their sentences winds down, many turn their attention to the outside community and now try to imagine their lives as emerging adults transitioning developmentally from a correctional institution with a problem gambling disorder back into the community.

#### Goals/Objectives:

- 1) Understand how gambling may influence the re-entry process for emerging adult offenders re-entering back into the community.
- 2) Participants will learn 12 strategies emerging adults must utilize in the absence of occupational reintegration for inmates seeking to re-enter back into the community.
- 3) Seize the importance of multiple supports for providing the emerging adult who has just been released from prison with problem gambling issues in need of multiple supports.

#### How this program will be presented

- 1) Lecture
- 2) PowerPoint
- 3) Group Discussion

**Fred Dyer, Ph.D., CADC, Trainer, Speaker, Consultant,  
Author, Founder, and Executive Director of Hope  
Recovery Center, Minneapolis, MN**

**“You Bet Your Life: Addressing Problem Gambling in  
Correctional Settings”**

**Workshop #3, Thursday, 9-16-21 2:45pm-4:00pm**  
**Workshop #5, Friday, 9-17-21 11:00am-12:15pm**

Problem gambling is considered in correctional settings as a complex and complicated issue, which impacts the culture and criminogenic prisonization risk factors and cognitive schemas of incarceration. In light of the culture tolerance for recreational gambling and high rates of incarceration among problem gamblers, it is easy to expect gambling activities to be a common feature of prison life. One study/research of incarcerated offenders view gambling as a positive leisure experience associated with stress reduction. In fact, some research professionals consider offender gambling in prisons and jails a hidden leisure experience. Sadly, there is almost no data available to answer basic questions: What are the patterns of inmate gambling in male prisoners? What types of gambling occur? How often and what resources do inmates use to bet with, and where do they acquire them?

Why do inmates engage in gambling activities? What are the institutional responses to real or perceived prison gambling? How does gambling affect inmate relationships? What are the consequences associated with running up debts? Could the institution reduce inmate gambling by possibly addressing this behavior during prisoner orientation?

**Goals/Objectives:**

- 1) Understand the attractiveness of gambling and problem gambling in prison/correctional settings for emerging adults.
- 2) See how gambling within jails and prisons apparently fulfills essential definitional criteria for meaningful and legitimate leisure experiences, such as providing a sense of personal freedom and enjoyment.
- 3) Understand the need for alternative pro social activities in prison to replace gambling activities.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group Discussion



**Patricia Jirovetz, ATR, LPC, ICGC-II,  
Creative Calm Counseling, LLC, Oshkosh, WI  
Ann Frintner, CSAC,  
Waushara County Human Services, Wautoma, WI**

**“Living Your Values, Multiplying Your Positive Feelings,  
Avoid Covid-19 Fatigue/Burnout”**

**Workshop #1, Thursday, 9-16-21 9:30am-10:45am**  
**Workshop #6, Friday, 9-17-21 2:45pm-4:00pm**

Discuss the components of core values, create a focus wheel to increase positive feelings, identify Covid-19 fatigue/burnout and how to prevent it. Identify core values and why it's important to live by them. Learn how core values are an integrative approach linking feelings, thinking, and behaviors. Create a focus wheel to find ways to think about a topic that are beneficial rather than destructive. Learn ways to keep a positive and upbeat attitude.

**Goals/Objectives**

- 1) Learn how core values are an integrative approach linking feelings, thinking, and behaviors.
- 2) Create a focus wheel to find ways to think about a particular topic that is beneficial to your well-being rather than destructive.
- 3) Learn self-care techniques-define Covid-19 fatigue/burnout, how to avoid it, and keep yourself well.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion
- 4) Interactive Exercises

**James Harrison, MS, LPC, CSAC, ICGC-II, BACC  
Cornerstone Counseling Services, Brookfield, WI**

**“Groups: Therapy, Recovery, Support, and Fun”**

**Workshop #3, Thursday, 9-16-21 2:45pm-4:00pm**  
**Part 1 – Thursday only**

**Workshop #6, Friday, 9-17-21 2:45pm-4:00pm**  
**Part 2 – Friday only**

This workshop is designed to discuss and share the dynamics, composition, activities, and facilitation of groups as a therapy tool. Topics to be discussed are: The purpose of groups, the composition of groups, how to select group topics, group rules and ethics, and the mechanics of group presentation and facilitation.

In addition to discussion, workshop participants will have the opportunity and privilege to take on the roles of group facilitators and group members in actual group settings.

**Goals/Objectives**

- 1) Be able to identify the importance and advantages of group therapy in conjunction with individual therapy sessions.
- 2) Be able to select, utilize, and incorporate various counseling techniques and strategies in group treatment.
- 3) Be able to recognize, identify, analyze, and prevent potential problems that can adversely affect group dynamics.

**How this program will be presented**

- 1) Interactive Lecture
- 2) PowerPoint
- 3) Group Discussion
- 4) Exercises/Group Participation

**Regina K, CEO Gam-Anon International Service Office**

**“Gam-Anon’s Role in the Recovery of Loved Ones  
Affected by Problem Gambling and in the  
Recovery of our Gamblers”**

**Keynote #1, Thursday, 9-16-21 8:00am-9:15am**

Regina will present a brief history of Gam-Anon, the purposes of Gam-Anon, the relationship between Gam-Anon and Gamblers Anonymous, and how the Gam-Anon program works to assist its members to cope with the gambling problem and emotionally support the gamblers in recovery.

Regina has been a Gam-Anon member for 46 years. She was a practicing attorney before serving as Executive Secretary of the Gam-Anon International Service Office from 1994 – 2019 and is currently CEO of the Gam-Anon International Service Office. She is a member of the NCPG Recovery Committee.

**Goals/Objectives:**

- 1) To explain the history, the program, and the purposes of Gam-Anon and how its members work the Gam-Anon program to find recovery, including personal and emotional growth.
- 2) To look at Gam-Anon’s relationship with Gamblers Anonymous and how that contributes to the recovery of the members of both programs.
- 3) To look at how Gam-Anon members work with the mental health community for help for themselves and their gamblers as they progress in recovery.

**How this program will be presented**

- 1) Lecture
- 2) Group Discussion

**Regina K, CEO Gam-Anon International Service Office**

**“The Compulsive Gambler, Mind Games,  
Manipulations and Relationships”**

**Workshop #1, Thursday, 9-16-21 9:30am-10:45am**  
**Workshop #4, Friday, 9-17-21 9:30am-10:45am**

Using information in Gam-Anon literature and focusing on information in the book, “GAMES COMPULSIVE GAMBLERS AND WE PLAY,” this workshop will take an inside look at the lies, manipulations, and enabling in the dysfunctional relationships of an active compulsive gambler.

**Goals/Objectives:**

- 1) Recognizing the illness of compulsive gambling by looking at the behavior and personality of the gambler as he/she interacts with loved ones.
- 2) Recognizing the behaviors of the loved ones that lead to the unintentional enabling of their gamblers, and understanding what Gam-Anon members learn to do to change their behaviors to stop enabling and to experience emotional growth and recovery and how these changes can have a positive impact on their gamblers.

**How this program will be presented**

- 1) Lecture
- 2) Group discussion

**Doug LaBelle, LCSW, ICGC-II, CEAP, Independent  
Consultant, EAP Professional, Presenter, and Trainer,  
Kenosha, WI**

**“How Do YOU Define Gambling?”**

**Workshop #1, Thursday, 9-16-21 9:30am-10:45am**  
**Workshop #5, Friday, 9-17-21 11:00am-12:15pm**

You know what gambling is - right? Are you sure? What if there is skill involved? What if real money is not involved? What if it’s just social gambling? What about loot boxes? What if it’s for a charitable cause? What about the stock market? What if it’s on Facebook? If you know what gambling is, does that mean everyone agrees with your definition? As professionals, we need to be clear about what is gambling AND that clients may have a different opinion. If this potential difference is not understood, clarified, and clinically managed, it will get in the way of our goal - Helping clients make choices and decisions about their gambling and their lives.

**Goals/Objectives:**

- 1) Identify and describe the need for and importance of each attendee developing a definition of gambling that they can accept and incorporate into their professional work and life.
- 2) Provide information, facts, and details to support each attendee to develop this definition of what is and is not gambling that they can accept and incorporate into their professional work and life.
- 3) Support for the application of their definition of what is and is not gambling into the professional work and life of individual attendees.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion

**Andrew J Schreier, ICS, CSAC, LPC, ICGC-I New Life  
Resources, Inc. and Waukesha Comprehensive  
Treatment Center, Menomonee Falls, WI**

**“Supervision During Times of  
Uncertainty and Unknowns?”**

**Pre-Conference, Wednesday, 9-15-21 8:00am-3:00pm**

The pandemic brought significant change worldwide. Counseling and treatment services faced challenges as they transitioned from how to provide much needed services to help those dealing with a variety of issues during the pandemic. Throughout this time, we have been faced with several uncertainties and not knowing what was going to happen next. As helping professionals, we were tasked with helping people navigate through these changes. What help did we receive as supervisors and what help was given to fellow professionals to support them during these times? This pre-conference presentation will focus on understanding the difficulties and challenges when providing supervision during times of unknowns and providing tools and resources for helping professionals manage uncertainties.

**Goals/Objectives**

- 1) Understand challenges and difficulties presented to supervisors during the pandemic.
- 2) Provide tools for working with other helping professionals during supervision.
- 3) Utilize resources and support for providing self-care for supervisors.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion

**Andrew J Schreier, ICS, CSAC, LPC, ICGC-I New Life Resources, Inc. and Waukesha Comprehensive Treatment Center, Menomonee Falls, WI**

**“Addictions at the Verge: What Happens When Addictions Combine and What Happens to Gambling?”**

**Workshop #2, Thursday, 9-16-21 11:00am-12:15pm**  
**Workshop #6, Friday, 9-17-21 2:45pm-4:00pm**

Substances, technology, and other behavioral addictions are combining to create additional challenges for clients and professionals. The old paradigm of “switching” or “substituting” is now being thrust into the wave of addictions meeting at the verge where one issue is potentially many. Imagine a smartphone or tablet app with a game that is free to play, has in-game purchases, and is in the form of a slot machine. Is it technology? Is it gaming? Is it gambling? The emergence of technology is creating a multitude of examples where different addictions are combining and the impact is uncertain. Becoming a gambling-informed professional will play an important role in helping to address many of the issues we are seeing today with other behaviors. With these addictions merging it’s important to ask, “Where is gambling in all of this?”

**Goals/Objectives:**

- 1) Learn about the wave of addictions meeting at the verge in relation to substance use, technology, pornography, video gaming, gambling, etc. and specific examples of what to look for in this new territory.
- 2) Understand the impact these addictions can have on populations related to gambling, mental health, and substance use disorders.
- 3) Identify how to triage these verging addictions in the role as a professional as far as treatment and making appropriate referrals.

**How this program will be presented**

- 4) Lecture
- 5) PowerPoint
- 6) Group discussion

**Daniel Lloyd Smith, BACC, ICGC-II, SAP, LCSW, CISD**  
**Program Director, Assessment Counseling Solutions,**  
**St. Louis, MO**

**“Gambling & Substance Use Disorders:  
Awakening to Grief”**

**Pre-Conference, Wednesday, 9-15-21 8:00am-3:00pm**

This workshop began many years ago as an examination of the stigma of addiction, “stuck tragically in the grief and mourning of addiction.” It has developed into an application of palliative/end of life care issues and related techniques for recovery from gambling and other addictive behaviors; then into a review of available complementary alternative medical as a practical adjunct (if not a replacement) for meaning-making in cognitive-behavioral therapy. This particular iteration is a practical, hands-on approach for novice and experienced counselors.

**Goals/Objectives**

Participants will apply current and novel grief counseling techniques borrowed in part from palliative care literature and applied to addiction theory in order to:

- 1) Better understand the role of story-telling, identification, and grieving both with bereavement and addiction losses.
- 2) Examine extremes of dealing with different losses as they affect cognitive and emotional functioning of both individuals, families, and group dynamics.
- 3) Better understand and experiment with excerpts of successful and unsuccessful core processes in grief work regardless of context.
- 4) Engage in participants’ own story-telling and other immersive exercises readily adaptable to the therapeutic setting.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion
- 4) Exercises

**Daniel Lloyd Smith, BACC, ICGC-II, SAP, LCSW, CISD**  
**Program Director, Assessment Counseling Solutions,**  
**St. Louis, MO**

**“Engaging Recovery in Times of Chaos”**

**Keynote, Thursday, 9-16-21 1:00pm-2:30pm**

Turmoil, chaos, and disillusionment are especially common in early recovery from process addictions. Attending many meetings, working the steps, and obtaining a sponsor are wonderful and necessary antidotes, but this presentation addresses what can be done to heal the rifts between loved ones, to reengage social and vocational successes, and to begin a life of recovery and not just simple abstinence. This is especially pertinent during and following 2020 and the pandemic when in-person counseling and in-person support meetings were thrown into chaos: A new opportunity presented!

**Goals/Objectives**

Participants will be better able to:

- 1) Understand in new ways the degree to which complacency complicates progress.
- 2) Cite three strategies to teach to clients, or to practice by recovering persons, in order to calm person, image, and noise of early recovery.
- 3) Dig deeper into the tasks of early, middle, and late recovery as outlined in much of the relapse prevention literature.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion

**Daniel Lloyd Smith, BACC, ICGC-II, SAP, LCSW, CISD**  
**Program Director, Assessment Counseling Solutions,**  
**St. Louis, MO**

**“How Most Financial Advisors Get It Wrong: What Makes Gamblers’ Family Financial Pictures So Different”**

**Workshop #2, Thursday, 9-16-21 11:00am-12:15pm**  
**Workshop #5, Friday, 9-17-21 11:00am-12:15pm**

Most financial management professionals are a wonderful guide to security and retirement goal management. But if the client is a gambler, and especially if the gambler has family involved, standard practices can veer off course so very much, endangering the gambler’s and the family’s recovery. Relying solely on GA’s “Pressure Relief” can also appear to be an outdated solution for many. In almost three decades of working with gamblers and their families, this counselor has developed a sane approach to fixing the “seemingly insurmountable” and “most easily fixed” financial disasters of problem gamblers.

**Goals/Objectives**

Participants will be better able to:

- 1) Practice and utilize new ways of addressing the financial messes created by problem gambling.
- 2) Learn four strategies to teach to clients, or to practice by recovering persons, in order to triage and address early, middle, and late recovery financial issues.
- 3) Ask new questions about “in action” behaviors including spending, eating, hoarding, sexing, and sexting.
- 4) Come to believe that while the financial problems are huge, problem gambling needs to be addressed as an emotional issue.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion

**Scott Webb, MSE, Wisconsin Department of**  
**Health Services, Madison, WI**

**“Bearing Witness to Pain: Coping with Secondary Trauma”**

**Workshop #2, Thursday, 9-16-21 11:00am-12:15pm**  
**Workshop #4, Friday, 9-17-21 9:30am-10:45am**

Those who work in human services are often “wounded helpers” themselves. We will look at vicarious trauma and collective trauma and its effects on our work. We will discuss strategies to practice self-care for ourselves and for those who depend on us for help.

**Goals/Objectives**

Participants will be better able to:

- 1) Define secondary trauma, compassion fatigue, and burnout.
- 2) Articulate what makes a helper more susceptible to secondary trauma, compassion fatigue, and burnout.
- 3) Identify some ways the helper can care for themselves to they in turn can care for others.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion

**Ken Winters, Ph.D., Senior Scientist, Oregon Research**  
**Institute (MN location), Falcon Heights, MN**

**“The Two Sides of Risk Taking: Adaptive Trait yet Contributor to Problem Gambling”**

**Keynote #4, Friday, 9-17-21 1:00pm-2:30pm**

This talk will focus on research pertaining to risk taking and its role both as an adaptive trait and as a vulnerability for gambling problems. Whereas risk-taking has many negative aspects, including a source of personal danger, it is also a positive feature of human nature. Risk-taking behavior will be discussed from an evolutionary developmental perspective and its role in psychological functioning. How brain development influences risk-taking will be noted. Risk-taking tendencies, with several mediating factors, will then be discussed in light of their potential pathway to problem gambling. Clinical implications of these risk-taking issues will be highlighted.

**Goals/Objectives**

- 1) To gain appreciation of risk-taking behavior as normal and adaptive and yet a source of problem gambling and other addictive behaviors.
- 2) To increase understanding of the role of context in risk-taking behaviors.
- 3) To gain an understanding of how strategies and approaches for treating problem gamblers can be strengthened by working with, instead of against, a client’s risk-taking tendencies.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion

**Ken Winters, Ph.D., Senior Scientist, Oregon Research**  
**Institute (MN location), Falcon Heights, MN**

**“Youth Gambling: Trends, Prevention, and Treatment”**

**Workshop #3, Thursday, 9-16-21 2:45pm-4:00pm**  
**Workshop #4, Friday, 9-17-21 9:30am-10:45am**

This presentation will address adolescent and young adult gambling by reviewing trends of gambling behavior as well as prevention and treatment issues. Topics include sports betting, loot boxes, the link of ADHD and problem gambling, the risk of early initiation of gambling, and industry prevention efforts. The continuing pattern that very few youth seek treatment will also be addressed.

**Goals/Objectives**

- 1) To gain knowledge of trends of youth gambling involvement.
- 2) To increase appreciation of various risk factors linked to youth gambling and to later gambling problems.
- 3) To gain an understanding of prevention and treatment issues pertaining to youth gambling.

**How this program will be presented**

- 1) Lecture
- 2) PowerPoint
- 3) Group discussion