



2019 CIRC Training Schedule

January 18. “The Sex Addict Carries the Shame while the Partner Carries the Pain: Understanding How the Sex Addict Can Help Heal the Couple-ship,” Carol Juergensen Sheets, LCSW, PCC, CSAT, CCPS, Strategic Therapies, Indianapolis. The World Health Organization has now classified sexual addiction as a compulsive sexual health disorder, which means that therapists will be expected to know how to deal with this mental health issue and how it affects relationships and the family. Therapists are dealing with clients presenting with dysregulation which greatly affects relationships. Working from the premise that sex addicts can help to heal the partner betrayal that has occurred in the relationship as they work on healing their own shame and improving their self-esteem, this workshop will focus on teaching recovery tools necessary to support the addict while assisting the partner in regulating her trauma as her safety and stabilization are assured.

March 22. NOTE THIS IS 4th FRIDAY. “Poems and Movies and Quotes, Oh My! Beyond Talk Therapy -- Creative Strategies for Clinical Practice,” Christine Turo-Shields, ACSW.LCSW, LCAC, Co-Owner/Psychotherapist, Kenosis Counseling Center, Greenwood. Pain, struggle, and suffering are all part of the human condition, and the healing nature of therapy touches clients at a deep emotional level. This workshop highlights use of creative strategies, including poetry, movie titles, quotes, songs, and beloved books, all of which can speak to the heart, to assist clients in transcending their suffering. Attendees are asked to bring their own favorite poems, movies, quotes, songs, books, etc., to share with others in an interactive format.

May 17. “Between Obedience and Rebellion: Exploring and Containing Obsessive Compulsive States of Mind in Therapy,” K. Brynolf Lyon, Ph.D., Private Practice, Indianapolis. This workshop is designed for therapists working with clients exhibiting various forms of obsessive-compulsive personality styles and related symptoms. The workshop will explore psychodynamic approaches to treatment of obsessive-compulsive personality styles and states of mind and invite participants to explore the emergence, resilience, and transformation of clients who express rigid emotional isolation often created by the recursive, dissociated links between obedience and rebellion, rage and fear, and their common roots in complex shame and relational trauma.

July 19. “Experiencing the Internal Family Systems Therapy Model: A Day of Retreat and Soulful Experiments for Therapists,” David J. Burkhard, M.A., LMFT, LCSW, LMHC, Burkhard Counseling Center, Indianapolis. Participants will be provided with an “experience” of Internal Family Systems (IFS), a model that can be used effectively with individuals, couples, families, and groups and which can be used to treat a wide range of mental and behavioral disorders, including those stemming from trauma, addictions and personality disorders, leading to personal enrichment and professional growth as a therapist. This workshop will consist of a series of personal reflections, therapeutic “experiments” (individual, partner, small group), didactic material, and question-and-answer discussions.

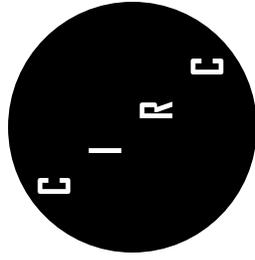
September 20. “Developing a Recovery Lifestyle: Three Foundational Attitudes and Skill Sets for a Balanced Life,” Randy Evans, BS, LAC, CADAC II, Families First Indiana, Indianapolis. This workshop provides an overview of the basics of three foundational attitudes and skill sets drawn from Albert Ellis’s Rational Emotive Behavior Therapy (REBT), the 12 Steps of Alcoholics Anonymous, and Stephen Covey’s “Seven Habits of Highly Effective People” to help clinicians think in new ways about how to equip clients in embracing growth and developing a recovery lifestyle. Participants will learn “How to 10-90 Life” using Ellis’s basic principles for reducing triggers and cravings; how to help clients work and not just read or think about AA’s 12 Steps; and how to help clients understand and develop Covey’s “Seven Habits” to become more productive and effective in their personal lives and relationships.

November 15. “Update on Opioids, Marijuana, CBD Oil and Non-Opioid Prescription Drug Abuse,” Christopher Suelzer, M.D., Board Certified Addiction Specialist and Past President Indiana Society of Addiction Medicine, Indianapolis. The last 10 years have seen significant changes in addiction trends and treatment needs in the United States. The opioid epidemic has progressed from opioid pain medications to heroin and to fentanyl and other synthetic opioids. Each year, more and more patients are being placed on buprenorphine as a treatment option. During this same time-frame, more states have legalized both medical and non-medical marijuana. This workshop will review the most recent trends in opioid addiction and treatment and the latest research on marijuana as both a medicinal agent and a drug of abuse. The hidden epidemic of benzodiazepine addiction will also be reviewed.



2019 WORKSHOP REGISTRATION FORM

- Friday, January 18** “The Sex Addict Carries the Shame while the Partner Carries the Pain...”
- Friday, March 22** “Poems and Movies and Quotes, Oh My! Beyond Talk Therapy - Creative Strategies for Clinical Practice”
- Friday, May 17** “Between Obedience and Rebellion: Exploring and Containing Obsessive Compulsive States of Mind in Therapy”
- Friday, July 19** “Experiencing the Internal Family Systems Therapy Model: A Retreat and Soulful Experiments for Therapists”
- Friday, September 20** “Developing a Recovery Lifestyle: Three Foundational Attitudes and Skill Sets for a Balanced Life”
- Friday, November 15** “Update on Opioids, Marijuana, CBD Oil and Non-Opioid Prescription Drug Abuse”



Name _____

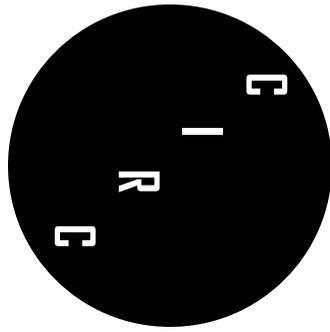
Address _____ City _____ State _____ Zip _____

Phone (____) _____ Fax (____) _____ Email _____

of Pre-Registered Workshops @ \$45 _____ Total Enclosed \$ _____

of @ the Door Workshops @ \$50 _____ Total @ Door \$ _____

Checks should be made payable to CIRC Training and mailed to: CIRC Training, P.O. Box 20127, Indianapolis, IN 46220.



Each 2019
Workshop
Approved by the
NASW for 5 CEUs

CIRC Training,
P.O. Box 20127
Indianapolis, IN 46220



2019 CIRC Training

CIRC Training was established in Indianapolis in 1999 to help meet the training needs of Indiana behavioral health practitioners. Throughout its existence, CIRC Training has endeavored to provide low-cost, high quality workshops to help keep front-line clinical staff abreast of the most effective treatment modalities for individuals with various forms of addictions and individuals with mental health and co-occurring mental health and substance use disorders. In addition to education, CIRC Training serves a role in fostering networking opportunities among Indiana behavioral health providers, and over the years, it has attracted not only clinical personnel but professionals working in the criminal justice and other related fields. CIRC Training keeps its cost low and its quality high by minimizing staff time through keeping in-between workshop communication to a minimum; utilizing the support of excellent volunteer assistance; capitalizing on its considerable provider network to identify excellent local presenters; and adhering to a non-transferable registration policy except with prior approval.

- **CIRC Training Workshops.** In 2019, CIRC Training is offering its traditional series of six bi-monthly workshops, all of which are approved by the Indiana Chapter of the National Association of Social Workers (NASW) for five CEUs. All CEUs are valid for application to and renewal of the Indiana Professional Licensing Agency licenses for Social Workers, Marriage and Family Therapists, Mental Health Counselors, and Addiction Counselors, as well as for certification by both the Indiana Counselors Association on Alcohol and Drug Abuse (ICAADA) and the Indiana Association for Addiction Professionals (IAAP) and their national organizations, the IC&RC and the NAADAC Certification Commission. In 2019, January, May, July, September and November workshops are being held on third Fridays, with the March workshop on the fourth Friday, March 22.

- **Workshop Site.** 2019 workshops are again being conducted at the North United Methodist Church, 3808 N. Meridian Street, Indianapolis, located on the northwest corner of N Meridian and West 38th Streets. Entrance is through the facility’s west door, adjacent to a large parking lot accessible from N. Illinois Street. Workshops are held in the basement Fellowship Hall, accessible via stairs to the left after you enter the main floor entrance or via an elevator further down the hall. Please be aware that in the event of seriously inclement weather, such as incapacitating ice or snow storms impeding driving, CIRC Training will follow the closure schedule of the Indianapolis Public Schools (IPS). If there is any doubt in your mind about a closure, please tune in an Indianapolis radio or television station early on those mornings to be sure that IPS closure has not been announced.
- **Workshop Times.** Registration for each workshop begins at 8:30 a.m., and workshops will begin at 9:00 a.m. Workshop hours are 9:00 a.m. – 12:00 noon and 12:45 p.m. – 3:15 p.m., with 45 minutes for a light catered lunch.
- **Payment policy.** The per-workshop pre-registration fee is \$45 if payment is received in the post office by no later than seven days prior to the workshop and \$50 if payment is received at the door or past the seven-day pre-registration deadline. Registration fees include coffee in the morning, a light catered lunch, and coffee throughout the day as the supply lasts. A certificate of attendance attesting to the CEUs achieved is provided at workshop close to all participants who attend the full workshop. CEUs are adjusted if the full workshop is not attended. Checks and money orders are acceptable for pre-registration, as is cash at the door.
- Registration is not transferable to another workshop without prior-to-the-workshop approval by CIRC Training.

Checks and money orders should be made payable to CIRC Training and mailed to:

**CIRC Training
P.O. Box 20127
Indianapolis, IN 46220**

Unfortunately, payment by credit card is not available.

For more information or if interested in taking part in CIRC Training either as a presenter or a volunteer, please contact Louise Polansky at Louise-Polansky@sbcglobal.net