Making Legislative Contact

Restore Funding to Substance Abuse Treatment and Prevention

What are the proposed cuts in the Governor’s Recommended Budget?

• Nearly 85% cuts to alcohol and drug residential treatment.
• Nearly 75% cuts to alcohol and drug outpatient treatment.

A Few Reminders:

• Legislators and Policy Makers Don’t Respond Well to Hysteria and Doomsday Talk
• In all of your communication, whether in an email, letter, or phone call, to elected officials, their staff, or other policy makers, communicate in a clear, calm manner.
• Raising your voice, using an angry tone, and blaming the Legislature will not succeed. The most persuasive argument will be one that is delivered clearly and decisively.
• Speak from your Heart and your own Personal Experience
• Tell your own story and experience. While the talking points below are important to express, explain how the proposed cuts will impact you, your clients, or your employer.

• Legislators and their Staff can be your Heroes – Cuts have not been made yet
• These proposed cuts are very serious and potentially harmful but they are only proposed. You can change the course of these proposed cuts but only if you are a credible, calm advocate for alcohol & drug treatment and prevention.
• Thus far this Legislative session, the Legislature has avoided any cuts to alcohol and drug treatment. Please thank them for their actions thus far. But they need to continue their support for Alcohol and Drug Treatment for 2009-2011.
BASIC COUNSELING SKILLS TRAINING
In Springfield, OR
March 26, 27 and 28, 2009
$165.00 for 21 CEU’s
Limit of 10 participants

Entrenamientos en español!!!!

TRATAMIENTO CON EL APOSTADOR PROBLEMÁTICO en Portland, OR
23 y 24 de marzo de 2009
March 23 and 24, 2009
$25.00 para 14 créditos
Limitado a 15 participantes

ENTREVISTA MOTIVACIONAL en Portland, OR
15 y 16 de junio de 2009
June 15 and 16, 2009
$99.00 para 14 créditos
Limitado a 15 participantes

TECNICAS DE CONSEJERIA BÁSICA en Eugene, OR
24, 25 y 26 de junio de 2009
June 24, 25 and 25, 2009
$165.00 para 21 créditos
Limitado a 10 participantes

CLINICAL SUPERVISION
At ACCBO in Portland, OR
June 18, 19 and 20, 2009
$195.00 for 18 CEU’s
Limit of 20 participants
Trainers: Maureen Jenne and Janese Olalde
(Register with Daystar)

GROUP COUNSELING SKILLS TRAINING In Eugene, OR
June 29, 30 and July 1, 2009
$165.00 for 21 CEU’s
Limit of 20 participants
Trainers: Michele Tantriella-Modell (541-741-7107) and Janese Olalde

For any of the above trainings call Janese Olalde 541-870-6706 or e-mail janesejane@olalde@yahoo.com.

ACCBO Fee Schedule
CADC Application Fee: $50
CADC Computerized Examination (any level): $195
CADC Computerized Re-take: $145
CADC Case Presentation Examination: $125
CADC Recertification: $130
CPS Application Fee: $50
CPS Written Exam: $100
CPS Renewal: $100
Gambling Counselor Application Fee: $50
Gambling Counselor Examination: $195
Gambling Renewal: $130
120 Day Extension: $50
Newsletter Advertisement: 8th page - $45
1/4 page - $75, 1/2 page - $135, Full page - $250

D.B.T. in Life™ Products.

Just Released:
Acquiring Competency + Achieving Proficiency with DBT
Vol. I: The Clinician’s Guidebook
Vol. II: The Worksheets

Also available Board Game, Playing Cards, Bonanza Dice Game, Bingo, Posters, + Incentives. All designed to reinforce clients using DBT skills in their lives.

Training, Consultation, + Supervision.

Go to Moonshine-Consulting.com
### ACCBO 2009 Calendar

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<td>Jan 2</td>
<td>ACCBO Board/Ethics Meeting</td>
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<td>CADC Application Deadline for March Exams</td>
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<td>ACCBO Board/Ethics Meeting</td>
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<td>Portland Case Presentation Exams</td>
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<td>CADC Application Deadline for December Exams</td>
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**Do you have challenging marijuana primary clients?**

Up In Smoke is a four hour educational intervention for marijuana primary clients. **Up In Smoke is NOT a treatment program.** It is an adjunctive 4 hour intervention that can be used with your treatment clients.

Up In Smoke is used by DUII treatment programs, EAP’s, probation/parole officers, drug courts, judges, attorneys, county evaluators, the Oregon Board of Pharmacy, and the OHSU Transplant Unit.

Currently, the Up In Smoke 4-hour intensive educational intervention course is offered in Roseburg, Portland, Hillsboro and Clackamas.

Portland & Hillsboro: Eric Martin

Clackamas: James Gossett

Roseburg: Mark MacDonald

For times, locations and information call: 503.491.9748
Upcoming Workshops

Clinical Supervision I: Building CD Counselor Skills  
April 30 – May 1st – Seaside, OR

Clinical Supervision II: Managing Difficult Supervisory Situations  
March 19-20th, Seattle, WA

Developing Effective Treatment Plans  
March 18th – Seattle, WA  
April 29th – Seaside, OR

Introduction to Using Motivational Incentives  
March 20th - Bend, OR

Understanding & Engaging Clients with Addiction and Mental Health Issues  
April 30th – Grants Pass, OR

LGBT  
April 22nd – Vancouver, WA

Workshop Descriptions:

Clinical Supervision I: Building CD Counselor Skills - Increases your skill in assessing clinical skills of counselors in addiction treatment settings, providing performance feedback, and building learning plans to assure continued counselor growth and development. (14 CEUs)

Clinical Supervision II: Managing Difficult Supervisory Situations – Assumes prior participation in CS I. Provides practice in addressing job performance problems, managing frequently encountered ethical dilemmas, and tips for implementing observation-based supervision. (14 CEUs)

Developing Effective Treatment Plans – Learn to develop individualized treatment plans that are specific, realistic, time-limited, measurable and attainable. Practice oriented workshop based on the NIDA/ATTC curriculum, “Treatment Planning MATRS”. (7 CEUs)

Introduction to Using Motivational Incentives – 3-hour workshop describes effectiveness of the fishbowl method and other incentive strategies that improve client retention in treatment. Based on the NIDA-SAMHSA product, “Promoting Awareness of Motivational Incentives (PAMI). (3 CEUs)

Understanding & Engaging Clients with Addiction and Mental Health Issues – Learn a framework and practical strategies for engaging and treating individuals with co-occurring disorders. The first in a series of workshops designed to help counselors and programs find realistic solutions for a complex health care issue. (7 CEUs)

Lesbian, Gay, Bisexual, and Transgender/Transsexual Issues in Addiction Treatment - Learn fundamental issues, agency sensitivity, and practical strategies for engaging, treating, and working with LGBT clients. (7 CEUs)

Register On-Line for trainings at: http://www.nfattcregistration.org/
Call Judi Wangler at 503-373-1322 for further information or email her at: wanglerj@ohsu.edu
### DOT Evaluations

**Robbie Miller, MAC, CADC III**

Substance Abuse Professional (SAP)

Specializing in DOT/SAP Evaluations & Assessments for employees working under DOT guidelines

robbiemiller@earthlink.net

503-293-6188

### Past Month Illicit Drug Use: Top 10 Drug Abusing States

From the National Survey on Drug Use and Health, 2005-06 State Level Data chart prepared by Eric Martin.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Top Counties</th>
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<tr>
<td>Americans 12 and older</td>
<td>Rhode Island 11.21% Alaska 11.10% D.C. 11.05% Vermont 11.01% Montana 10.65% Washington 10.03% Colorado 9.99% Massachusetts 9.96% Oregon 9.58% Nevada 9.39%</td>
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<tr>
<td>Adolescents between 12-17 years of age</td>
<td>Maine 13.48% Montana 13.46% Vermont 12.68% Vermont 12.66% Arkansas 12.11% New Mexico 11.66% Massachusetts 11.51% Oregon 11.26% Alaska 11.11% D.C. 10.92%</td>
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<td>Young adults age 18-24</td>
<td>Vermont 31.01% Rhode Island 30.67% Maine 28.92% New Hampshire 27.14% Colorado 26.47% Connecticut 26.38% Washington 24.31% Montana 24.22% West Virginia 23.16% D.C. 22.98% Tennessee 22.19% Oregon 22.01%</td>
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<tr>
<td>Mature adults age 26 and older</td>
<td>Alaska 9.92% D.C. 8.76% Montana 7.88% Washington 7.59% Rhode Island 7.47% Vermont 7.39% Nevada 7.38% Oregon 7.32% Colorado 7.32% New York 6.94%</td>
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Oregon ranks **9th** in the U.S. for past month illicit drug abuse among those 12 and older.

About 1 out of 11 Oregonians 12 and older has used illegal drugs in the past 30 days.

Oregon ranks **8th** in the U.S. for past month illicit drug use among adolescents 12-17.

About 1 out of 9 Oregon teens has used illegal drugs in the past 30 days.

Oregon ranks **12th** in the U.S. for past month illicit drug use among young adults 18-25.

About 1 out of 5 of Oregon’s young adults has used illegal drugs in the past 30 days.

Oregon ranks **8th** in the U.S. for past month illicit drug use among mature adults 26 and older.

About 1 out of 13 mature Oregon adults has used illegal drugs in the past 30 days.

Oregon ranks **9th** overall for recent illegal drug use among those 12+.
Talking Points

Cuts Pose a Danger to Society, Especially Children

Cutting Substance Abuse Treatment and Prevention Funding is Anti-Family
- Families deteriorate and spousal and child abuse increases when substance abuse treatment and prevention funding decreases.
- The last time funding for Alcohol and Drug treatment and prevention was cut in 2003 the number of children in foster care rose dramatically.
- The average monthly cost of a child in foster care is $1,974 per month. The average child spends 15.1 months in care. So, the average cost of care per child in foster care is $29,807.40.

Crime
- There is a strong correlation between the increase in crime and decrease in funding for alcohol and drug treatment in Oregon.
- Of the 52,337 adult alcohol and drug treatment episodes in Oregon last year
  - 37,118 arrested not receiving treatment
  - Only 2,580 arrested while receiving treatment

Cuts are Fiscally Irresponsible; Penny Wise, Pound Foolish

$5.93 billion every year in avoidable costs
- $813 million in healthcare costs related to alcohol and drug abuse programs.
- $4.15 billion in lost earnings as a result of foregone productivity by users who die prematurely, are sick, fail to come to work, or are incarcerated as a result of alcohol and drug abuse
- $967 million in other costs such as violent, property, and consumption-related crimes; expenditures on alcohol and drug enforcement laws, criminal justice, and social welfare programs.

Oregon’s Unemployment Rises Significantly
- 56% employment rate: Substance abusers who did not complete treatment
- 77.8% employment rate: Substance abusers who did not complete treatment

Every dollar spent saves five
- Every tax dollar spent on treatment in Oregon produces $5.60 in avoided costs to the taxpayer.
Daystar Education, Inc.

A nonprofit consortium of Oregon Addiction Educators

Over 20 years of experience offering continuing education in addictions, pharmacology, addiction treatment best practices, co-occurring disorders, and prevention

Our Team of Instructors

Nikki Johnson, M.A., CPS, CSAT Certified HIV Trainer
ACCRO Ethics Chair
Adjunct Faculty, Portland Community College

Eric Martin, M.A.C., CADC III, CPS
Director, Addiction Counselor Certification Board of Oregon
Instructor, University of Oregon
Governor’s Advisory Board on Drugs & Violent Crime

Sarah Wheeler, CADC II
Private Practice/Consultant

Kathyleen Tomlin, M.S., LPC, CADC III
Supervisor, MINT trainer & author with Hazelden Press

Marilyn Cady, CSAT Certified HIV Trainer
Instructor, Chemeketa Community College

Ann Fields, MEd, CGAC I, CADC III
Counselor, MINT trainer, ASAP Treatment Services

Cathy Moonshine, Ph.D. CADC III
Consultant, Adjunct/faculty Pacific University,
Lewis and Clark College

Janese Olalde, CADC II, CGAC II,
DHS Problem Gambling Treatment Specialist and Trainer

Maureen Jenne, MS, CADC III
Clinical Consultant

Kelly Washam, MA, CADC I
Adjunct Faculty PSU Graduate School of Counseling

Lisa Langford
Author, 7 Steps to Finding your Spiritual Life

Ricardo Olalde, M.S., D.Soc. Candidate, CADC III, NCAC II
Director, El Programma Hispano Y Recuperacion & Multicultural Consultants

Debra Buffalo-Boy Bigelow, CADC II
Clinical Supervisor, El Programma Hispano Y Recuperacion & Multicultural Consultants

Pernell Brown, CADC I, CGIS
Brown & Brown Consultants, Supervisor, CREW - Columbia Villa

Ashley Brown, CADC I, CGIS, QMHA
Brown & Brown Consultants, Supervisor, CREW - Columbia Villa

Terry Paddon, Ph.D
Licensed Clinical Psychologist, Clackamas County Behavioral Services

www.DaystarEd.com

Accredited by The Addiction Counselor Certification Board of Oregon and The National Association of Alcoholism and Drug Abuse Counselors
Course Descriptions

Addiction Pharmacology 18 hours
A three day course that meets prerequisite requirements for CADC & CPS. This course includes: the basics of human physiology, rules of pharmacology and the drugs of abuse categories. Excellent course for pre-test brush-up. Presented by: Johnson, M.A., CPS & Martin, M.A.C., CADC III, CPS

Infectious Disease Risk Assessment Risk Reduction 6 hours

Professional Ethics for Chemical Dependency Counselors 12 hours
This two day workshop meets the prerequisite requirements for certification. This course explores Professional Role, values, especially values based on cultural differences, Dual Relationships, NAADAC Ethical Principles, Ethical Decision-making, etc. Presented by Johnson, M.A.,

Group Counseling Skills 18 hours
This three day interactive course meets the prerequisite requirements for certification. This course will give participants an understanding of basic group dynamics, leadership styles, stages of development, and how to use facilitation skills. Through the use of experiential exercises, lectures, written materials, this training will assist in gaining and practicing effective techniques, including science-based best practices such as Stages of Change. Presented by Johnson

Basic Counseling Skills 18 hours
This three day course meets the prerequisite requirements for certification. Through lecture, skill demonstration and practice, participants will have the opportunity to understand counseling in its most basic parts and practice the skills contained therein. All skills will be drawn from evidence-based practices. Participants will create video and review a video tape counseling interaction. Presented by Wheeler, CADC II.

Gangs: Risk Assessment and Intervention  6 hours
Explore types of gangs, learn to assess for risk of gang involvement, identify stages of involvement and proven intervention strategies for both Hispanic and African-American clients. Taught by; Ashley Brown, CADC I, GIS, QMHA, and Perrell Brown, CADC I, GIS

Transforming Grief 6 hours
The losses clients experience are immense. Helping them work through grief holds the potential for healing and wholeness. Learn strategies to help your clients discover the vital information their grief has to offer and how to use it in their recovery. Taught by Marilyn Cady.

Resolving Client Shame 6 hours
This workshop will focus on a model for understanding and exploring shame issues, and the impact of those issues on recovery and relapse. We will apply evidence-based counseling practices that support the client’s resolution of their shame issues. Led by Sarah Wheeler, CADC II

Public Spirituality  6 hours
This workshop will introduce a framework for addressing a person’s spiritual life, using a common language that honors one’s unique spiritual identity. Participants will become familiar with the workbook, 7 Steps to Finding your Spiritual Life which features a strength-based, spiritually-grounded approach to recovery. Taught by book’s author, Lisa Langford

Theories of Addiction Treatment and Counseling (pre-test brush-up) 12 hours
This two day course covers 54 theories, including research-based principles of effective drug treatment along with traditional counseling theory. This course is designed as a refresher for the theories section of the National Certification Examinations. Includes test taking strategies. For counselors with less test experience Presented by Eric Martin, M.A.C, CADC III, CPS.

The Teaching Side of Treatment 12 hours
Developing good teaching materials with or without fancy technology. Participants will learn the principles of learning and teaching and how to apply them to special needs of addicts in treatment. Leave with the beginnings of a usable teaching product. Participants will need to bring their own laptop computer and materials for developing a teaching module. Presented by Johnson, M.A.

Treating Marijuana Dependence 6 hours
This one day course covers NIDA best practices with marijuana dependent clients, educating clients around the scientifically-defensible research on the health consequences of marijuana use. The increasing potency of marijuana and neuropharmacology of THÇ. Review of Marijuana Treatment research and the CYT EBP. Presented by Eric Martin, M.A.C, CADC III, CPS.

Client Counselor Boundary Issues: Resolving Transference and Countertransference 12 hours
This two day course will enhance skills in recognizing and resolving transference and countertransference with addiction treatment clients, enhance awareness of counselor vulnerability for boundary problems, and will assist in developing a plan to avoid boundary violations. Presented by Johnson, MA

Co-Occurring Disorders : Screening and Assessment 12 hours
This workshop will review the principles of COD-substance abuse and mental health disorders, and criminality, in light of substance-induced brain injury. Participants will practice using validated screening and assessment instruments using TIP 42 (provided). Taught by Kathleen Tomlin, LPC, CADC III, & Nikki Johnson, MA
Evidence Based Practice Workshops

Advanced Group Skills: Motivational Interviewing 18 hours
This three day workshop follows the Group Skills training. Participants will advance their skills in group facilitation, with practice and feedback. Special emphasis will focus on utilizing M.I. in group process. Will include trainer’s new book. Presented by one of Oregon’s premier MI trainers, Kathyleen Tomlin, M.A., LPC, CADC III.

Addiction and Personality Disorders 6 hours
This workshop will explore the world view and interpersonal style of clients with Cluster B personality disorders, examine the impact of drug use on the expression of pathology, explore strategies for engagement and retention, and learn to appreciate the “pathology” of early abstinence. This workshop also contains an overview of psychiatric EBP’s with Personality Disorders and overview of the limited research on Co-occurring Disorder EBP’s, including Dialectical Behavior Therapy. Taught by Nikki Johnson, MA

MI: Theory and Practice 12 hours
This workshop will ground participants in the theory and skill of this evidence based practice. Participants will practice the skills and strategies of MI. Presented by MI author Kathyleen Tomlin, CADC III, LPC

Curriculum-based Motivational Group 6 hours
This workshop will provide you with everything you need to facilitate a five contact motivational group. Every activity is designed to further client motivation. A manual with rationale, structure and reproducible handouts is provided. Taught by Ann Fields, M.Ed., CADC III

Managing Client Records with ASAM 12 hours
ASAM Made Easy has been morphed into a two day workshop. The most common finding State Auditors have with client records is treatment plans. Adding this to ASAM should be a great help to people struggling with paperwork. Taught by Kathy Tomlin, MS, CADC III, LPC

Treating Codependency 6 hours
Counselors will learn to help clients recognize codependent behavior as an ineffective attempt to get needs met. Participants will learn a structured process to teach clients how to assess themselves and how to support clients in the process of improving functional capacity. Led by Sarah Wheeler, CADC II

Dialectical Behavioral Therapy 12 hours
This workshop emphasizes developing an understanding of DBT and the foundation for developing the skill set necessary to use DBT effectively with a wide variety of clients. DBT helps empower clients to improve emotional containment and develop skills to improve functioning. Participants will gain experience by practicing specific DBT techniques. Taught by Cathy Moonshine, Ph.D. CADC III

Principles of Understanding Addictions and the Family 12 hrs
Designed to provide an overview of the theories, addictive processes, roles and relational problems that emerge in treatment of families with addiction. Will provide foundation for a future series of one day workshops that will explore special topics on Families and Addiction. Taught by Kelly Washam, MA, CADC I

Clinical Supervision 18 hrs
Designed to enhance skills for new and experienced clinical supervisors in addiction treatment. Will focus on the specific supervisor roles of assessing and coaching counselors in the skills, knowledge and attitudes (KSAs) necessary for counselor professional development. Taught by Maureen Jenne, MS, CADC III and Janese Olalde, CADC II, CGAC II

The 2008-9 Schedule

JANUARY 2009
- Infectious Disease: RA/RR
  - Jan. 5
- Transforming Grief
  - Jan. 6
- Professional Ethics
  - Jan. 14-15
- Addiction Pharmacology
  - Jan. 21-3
- Basic Counseling Skills
  - Jan. 26-8
- Family/Addiction
  - Jan 29-30

FEBRUARY 2009
- Theories of Tx & Counseling
  - Feb. 2-3
- Client-Counselor Boundaries
  - Feb. 4-5
- Treating Gangs
  - Feb. 9
- MI: Theory & Practice
  - Feb. 12-13
- Group Counseling
  - Feb. 18-20
- Treating Co-Dependancy
  - Feb. 23
- DBT
  - Feb. 26-7

MARCH 2009
- Infectious Disease: RA/RR
  - Mar 9
- Transforming Grief
  - Mar 10
- Teaching Side of Treatment
  - Mar. 11-12
- Addiction Pharmacology
  - Mar 18-20
- Basic Counseling Skills
  - Mar 23-25
- Curriculum Based MI
  - Mar 27
- Addiction and Pers. Disorder
  - Mar. 30

APRIL 2009
- Public Spirituality
  - April 2
- Adv. Counseling
  - April 6-7
- Resolving Client Shame
  - April 16
- Tx Marijuana Dependency
  - April 20
- Group Counseling
  - April 22-24

MAY 2009
- Basic Counseling
  - May 4-6
- MI: Theory & Practice
  - May 7-8
- Infectious Disease
  - May 11
- Treating Grief
  - May 12
- Gangs
  - May 18
- Addiction Pharmacology
  - May 20-22
- Professional Ethics
  - May 28-29

JUNE 2009
- Families/Addiction
  - June 3-4
- Group Counseling
  - June 10-12
- Treating Co-Dependency
  - June 16
- Clinical Supervision
  - June 18-20
- Theories of Tx & Counseling
  - June 23-26
- Co-Occurring Disorders
  - June 29-30

If you’re coming from out of town and need lodging; Tell them: “Daystar Education contracted rate” at Holiday Inn at # 503-233-2401 and at Shilo inn 1 800-222-2244 (Also online www.shiloinns.com rate code DSTAREDU). Rooms are limited.

www.DaystarEd.com

To schedule any of the courses at your agency (or a specialized training tailored for your agency) please contact: Daystar Education, Inc. 503-234-1215

A nonprofit consortium of Oregon Addiction Educators
Confirmation postcards are sent 2 weeks prior to workshops. People will be contacted if workshop is filled or cancelled.

Payment policy: Credit Cards are run the day of the workshop unless otherwise specified. Credit towards future courses only for check & cash payment. $50 fee for less than 5 days cancellation.

Call 503 234-1215 or visit the web www.DaystarEd.com.

Registration Information (please print - no cursive)

Name

Address (home or business)

Home Phone Work Phone Message/Cell Phone

Email

Registration for the 5 core certification classes - check off desired course(s)

Addiction Pharmacology ($220 incl.book) Q January 21-23 Q March 18-20
Basic Counseling Skills $175 Q January 26-28 Q March 23-25
Group Counseling $175 Q February 11-13 Q April 22-24
Infectious Disease RA/RR $80 Q March 9 Q May 11
Professional Ethics $105 Q January 13-14 Q May 28-29

Continuing education workshops - check off desired course(s)

Addiction and Personality Disorders $70 Q March 30
Curriculum Based Motivation Group $80 Q March 27
Gangs: R/A & Intervention $80 Q February 9 Q May 18
Resolving Client Shame $70 Q April 16
Sexual Addictions $80 Q October 23
Treating Marijuana Dependence $70 Q April 20
Transforming Grief $70 Q January 6 Q March 10
Public Spirituality $80 Q April 10 Q August 10
Treating Co-dependency $70 Q February 22 Q June 16
Principles of Family Work in Addictions $105 Q January 29-30 Q June 3-4
MI: Theory and Practice $105 Q March 12-13
Theories of Treatment and Counseling $105 Q February 2-3 Q June 25-26
DBT (Dialectical Behavioral Therapy) $150 Q February 26-27
Client Counselor Boundary Issues $105 Q February 4-5
Client Record Management with ASAM $105 Q TBA
Co-Occurring Disorders: Assess/Treat $150 Q June 29-30
Teaching Side of Treatment (need laptop) $135 Q March 11-12
Advanced Group with MI (with book) $185 Q TBA (Please call for information)
Clinical Supervision $195 Q June 18-20
Treating African American Clients $80 Q September 11

Payment: _____ Check enclosed for $_______

Charge Visa/MC # ____________________ Exp. date ____ signed ______________________

Check or Credit Card number must accompany this form to reserve a space. 2009 Discount: 5 core classes. Pay all at once 10% savings $675

Make Check to/Mail to: Daystar Education, Inc. 2054 N. Vancouver Ave. Portland, OR 97227