

Substance Abuse Certificate Program

A Six-Part Training Series to Achieve Effective Outcomes

Supplement your professional clinical training:

- Learn the fundamentals as well as best practices and trauma-informed care
- Respond more effectively to people with alcohol and other drug problems
- Increase your confidence when working with substance abusers
- Update your skills and discover the latest research

2011 Spring Series

March 2–3

April 19–20

May 19–20

2011 Fall Series

Sept. 28–29

Oct. 17–18

Nov. 14–15



Continuing Studies
UNIVERSITY OF WISCONSIN-MADISON

Substance Abuse Certificate Program

A Six-Part Training Series to Achieve Effective Outcomes

“The variety of presenters, topics, and presentation styles were helpful in providing a comprehensive look at ways to impact people with abuse and addiction problems.”

Valuable training for

- Social workers • Mental health professionals
- Clergy • Healthcare professionals • Human Services providers

Fundamentals of Substance Abuse and Addiction

March 2 or September 28, 2011

Substance Abuse, Families, and Trauma-Informed Care

March 3 or September 29, 2011

Effective Screening, Assessment, and Treatment Models

April 19 or October 17, 2011

Cultural Competency in Treatment and Recovery

April 20 or October 18, 2011

Effective Models for Treatment

May 19 or November 14, 2011

Motivating Clients for Change

May 20 or November 15, 2011

“I have never attended a workshop or seminar that was as well put together as this one. I am already applying what I learned professionally and personally.”

“Has improved my self confidence as a case manager working with individuals with substance use problems.”

Completing the Certificate Program demonstrates that you have:

- acquired current, research-based information on substance-use-disorders
- learned three evidenced-based practices showing positive outcomes working with people who have substance use and co-occurring disorders
- learned evidence-based models for working with families
- **fulfilled 36 approved hours toward the 360 hours of specialized substance abuse education for the Wisconsin Department of Regulation and Licensing***

“This class has been invaluable to me as a counselor.”

Your faculty

Flo Hilliard, MSH, associate faculty associate, has worked for 20 years as a clinician, lecturer, prevention specialist, grant writer, and national trainer in substance abuse, addiction treatment, and prevention. She directs the Gender Studies Project for UW-Madison Continuing Studies and the Wisconsin Women's Education Network on Addiction and Recovery. Hilliard developed *Women and Substance Abuse: Understanding the Problem*, a series of training tapes and manual that have been used by Hazelden–New York, the Betty Ford Center, and the Washington and Oregon state departments of public health; and a training and therapeutic video titled *Many Voices, One Journey*.

Guest Trainers:

Scott Caldwell, MA, CSAC, program coordinator, Bureau of Prevention, Treatment and Recovery
Tami Bahr, LCSW, CSAC, assistant director, Connections Counseling, Madison WI
Suzanna Waters Castillo, PhD, faculty associate, UW-Madison

* Please refer to the Wisconsin Department of Regulation and Licensing at <http://drl.wi.gov/prof/burhealth.htm> for further information and requirements to become a Certified Substance Abuse Counselor.



“A truly great investment of my time and resources.”

Class 1

Fundamentals of Substance Abuse and Addiction

March 2 or September 28, 2011

In this comprehensive overview and critical look at the biological, moral, legal, and sociocultural aspects of substance use, abuse, and addiction, you learn:

- basic pharmacological terms and concepts
- effects of alcohol on brain functions
- current understandings from neuroscience research on abuse, addiction, and recovery
- the connection between addiction, the brain, and self-destructive behavior

Class 2

Substance Abuse, Families, and Trauma-Informed Care

March 3 or September 29, 2011

This class explores the intersection between active addiction and trauma and their impact on the individual with addiction and on the functioning of a family unit. You learn:

- potential effects of addiction on family members
- the effects of trauma on the brain and on human development
- the relationship between post-traumatic stress disorder and addiction
- strategies to screen for and address trauma in individuals with substance-use disorders
- strategies to help families with a member who is experiencing active addiction

Class 3

Effective Screening, Assessment, and Treatment Models

April 19 or October 17, 2011

This clinical overview covers signs and symptoms of substance-use disorders; the tools to screen and assess for abuse, addiction, and co-occurring disorders; and discusses evidenced-based models of treatment. You learn:

- physical, psychological, social, and behavioral indicators of substance-use disorders
- which screening and assessment instruments are most effective in what settings
- how to work effectively with the most common co-occurring diagnoses
- medication interventions

Class 4

Cultural Competency in Treatment and Recovery

April 20 or October 18, 2011

This comprehensive workshop examines the role of culture in successfully treating substance-use disorders. You learn:

- how culture is defined and its relevance to successful treatment and recovery
- the impact of various cultural groups (ethnicity, gender, age, religion, sexual orientation, urban/rural) on treatment planning
- evidence-based models of culture as it relates to treatment

Class 5

Effective Models for Treatment

May 19 or November 14, 2011

This workshop covers successful treatment models and relapse-prevention strategies for long-term recovery. You learn:

- an overview of Cognitive Behavioral Therapies (CBT)
- how to use CBT in relapse prevention
- an overview of Mindfulness Meditation and its effectiveness working with clients who have co-occurring disorders
- how group therapy and self-help groups can raise outcomes for long-term recovery

Class 6

Motivating Clients for Change

May 20 or November 15, 2011

In this knowledge- and skill-based workshop we focus on an evidence-based practice that motivate people to change behavior even in the most difficult circumstances. You learn:

- what Motivational Interviewing (MI) is and why it succeeds
- why MI is so effective even with the most difficult clients
- how to use MI effectively with different populations and cultures
- listening for and supporting Change Talk
- how to use MI to work effectively with difficult clients without having to be confrontational



“Thank you for a wonderful course that opened my eyes to a new therapeutic approach that will prove fruitful in my practice.”



Continuing Studies

UNIVERSITY OF WISCONSIN-MADISON

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