



Dr. Garrett O'Connor

From 2003 - 2007 Dr. O'Connor, who is an Associate Clinical Professor of Psychiatry at UCLA, was Chief Psychiatrist at the Betty Ford Center, and from 2008 - 2012 was President of the Betty Ford Institute for Prevention, Research and Education in Addictive Disease. Now, he spends full-time writing, lecturing, and conducting workshops in

the U.S. and internationally on cultural and spiritual aspects of addiction and recovery. Dr. O'Connor has himself been in recovery from alcoholism for 35 years, and is a Senior Consultant to the RISE Foundation in Ireland, a charitable organization providing education and treatment for families of alcoholics.

Substance and Process Addictions: Are They the Same, But Different? Only Spirituality Can Tell!

Questions are frequently raised about whether or not alcoholics or other drug addicts should be treated separately from persons with "process" addictions such as food, sex, and gambling. Recent imaging studies have revealed neural pathways connecting the limbic system to the pre-frontal and temporal lobes of the brain in addiction, while clinical observation suggests that accumulations of malignant shame perpetuate all addictions—regardless of classification.

At the neurobiological level, addictions are considered to be disorders of the brain. At the clinical level, however, it is our broken hearts and alienated souls that are most deeply affected by the brutalizing impact of addiction. Social research has shown that acceptance of the spiritual value of authentic suffering, coupled with its capacity to promote motivational shame in the context of a disciplined recovery program, is the most reliable way for addicts to attain stable, long-term emotional sobriety.

Successful treatment approaches must possess the capacity to mount an attack on the psychological force field protecting the black hole of fear, selfishness, rage, and greed that lurks deep in the core of every active addict. When the ego is finally shattered by this attack, a microcosmic burst of spiritual energy is released that has the power to convert despair into hope, fear into courage, and addictive bondage into unfettered freedom. In other words, to let recovery begin!

- Dr. Garrett O'Connor

Beit T'Shuvah
Recover Your Passion Discover Your Purpose
Beit T'Shuvah Residential Treatment and Prevention Center
8831 Venice Boulevard | Los Angeles, CA 90034

Non-Profit Org.
U.S. Postage
PAID
Los Angeles, CA
Permit No. 672

Beit T'Shuvah

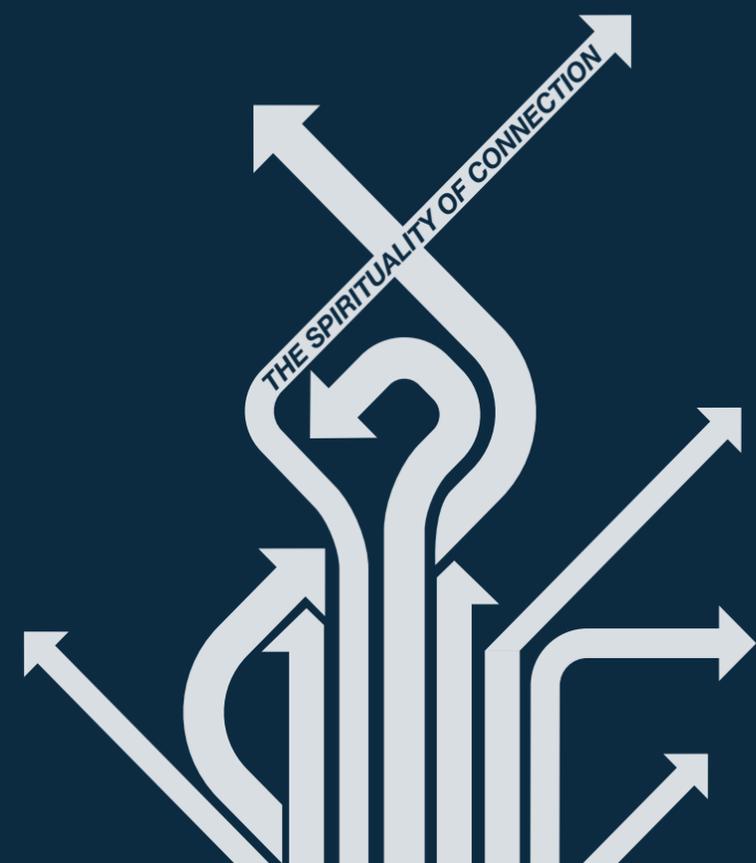
Presents

NO ONE WAY TO RECOVERY...

Healing the Divided Soul
A One Day CEU Symposium

Thursday December 6, 2012

at Beit T'Shuvah



6-CEU Event Schedule for December 6, 2012

- 8:00-9:00a** Registration and Continental Breakfast
- 9:00a-9:30a** Opening Remarks: Harriet Rossetto and Rabbi Mark Borovitz Beit T'Shuvah's Integrative Approach
- 9:30a-11:00a** Keynote Speaker: Dr. Garrett O'Connor The Spirituality of Connection
- 11:00a-11:15a** Break
- 11:15a-12:00p** Q&A with Dr. Garrett O'Connor
- 12:00p-1:00p** Lunch
- 1:00p-1:30p** Presentation: Dr. Reef Karim, Medical Physician/Board Certified Psychiatrist/ Board Certified Addiction Specialist-The Neurobiology of Process Addictions
- 1:30p-1:50p** Personal Story #1, Lifestyle Addiction
- 1:50p-2:20p** Presentation: Gwen Grabb MA, MFT and Dawn Theodore MA, MFT-The Myths of Eating Disorders
- 2:20p-2:40p** Personal Story #2, Eating Disorder
- 2:40p-3:10p** Presentation: Terri Sue Canale, Deputy Director, Office of Problem Gambling-The Secret Addiction, Gambling
- 3:10p-3:30p** Personal Story #3, Problem Gambling
- 3:30p-3:45p** Break
- 3:45p-4:30p** A Panel of all Symposium Presenters



Harriet Rossetto, LCSW

Harriet Rossetto is Founder and CEO of Beit T'Shuvah. She is a much sought-after speaker in the community, at synagogues, and is a trainer for the National Association of Social Workers, teaching classes about the "dis-ease" of addiction. Harriet's latest noteworthy project is her upcoming book *Sacred Housekeeping*, a spiritual memoir.



Rabbi Mark Borovitz

Rabbi Mark Borovitz is the Spiritual Leader, Head Rabbi and COO of Beit T'Shuvah. He co-authored his autobiography, *The Holy Thief* for which the rights were recently purchased to be made into an adapted screenplay. Rabbi Mark has a Masters in Rabbinic Literature, and was ordained as a Rabbi by the University of Judaism.



Dr. Reef Karim

Dr. Reef Karim (@DrReef) is an Assistant Clinical Professor at the UCLA Semel Institute for Neuroscience, and the Founder of The Control Center in Beverly Hills (thecontrolcenter.com). Dr Reef is well known in the media (Oprah, Today, Dr. Phil) and is a published author and researcher. He currently hosts the Discovery Show "Broken Minds."



Dawn Theodore, MA, MFT

Dawn Theodore is currently the Clinical Director at the Eating Disorder Center of California in Brentwood, an affiliate of Monte Nido Residential Treatment Center in Malibu. She is a leader in the treatment of eating disorders.



Gwen Grabb, MA, MFT

Gwen Schubert Grabb is a psychotherapist in private practice specializing in all facets of eating disorder treatment and recovery. She and leading expert, Carolyn Costin, cowrote the highly acclaimed book, *8 Keys to Recovery From an Eating Disorder*.



Terri Sue Canale

Terri Sue Canale currently serves as Deputy Director of the California Department of Alcohol and Drug Program's Office of Problem Gambling. Deputy Director Canale developed and implemented the first ever, state-funded problem gambling treatment program.

About Beit T'Shuvah

Beit T'Shuvah is a Los Angeles based residential addiction treatment center. Our mission for the past 25 years has been to help individuals and families in need of healing and recovery to live well. Employing spirituality, psychotherapy, 12 steps, the creative arts, and realization of right livelihood, Beit T'Shuvah's faith-based community integrates the connection to self and others, helping individuals create a sense of belonging and a life of purpose.

Continuing Education

This Symposium meets the criteria for up to 6 Continuing Education Units-6 units for full day and 3 units for half day.

We are a provider for:
BBS #PCE3806
CAADE #93535
CFAAP/CAADAC #2N-12-171-0914

Educational Objectives

Participants will be able to:

- Identify the signs of addictive behaviors
- Gain understanding of how addiction is the manifestation of the separate selves
- Hear personal stories from recovered individuals
- Learn how spirituality is the path to integration of self and connection to others
- Understand how addictive behaviors are the antidote to emotional dysregulation
- Learn why people choose one behavior or substance over another
- Explain the difference, similarities and co-occurrences of addictions
- Understand the neurobiology of addiction
- Learn how to Integrate interventions to help those with eating disorders in an addiction setting
- Discuss "Can you fully recover from an addiction or an eating disorder?"

Symposium Location

Beit T'Shuvah
8831 Venice Blvd.
Los Angeles, CA 90034

Registration Information

Registration includes: Continental breakfast, refreshments, complimentary valet parking and CEU's. (Lunch not included, however there are plenty of local places both walking and driving distance that we can direct you to.)

Rates

\$129 per person
\$99 per person if paying for a group of 5+ people
\$79 per student (must have current valid student ID presented at registration)
\$79 per person for HALF DAY

2 Ways to Register

1. Online: www.beittshuvah.org
2. Mail: 8831 Venice Blvd. Los Angeles, CA 90034
attn: Ali Ditlove (cut off and mail the attached registration form with payment.)

For questions, please call Ali Ditlove at 310-204-5200 ext. 230 or email her at aditlove@beittshuvah.org.

Please make checks payable to Beit T'Shuvah and write "CEU Event 2012" in the memo.

Cancellation and Refund Policy

All cancellations are subject to a \$40 cancellation fee. Cancellations after November 26, 2012 will forfeit the entire registration fee.

REGISTRATION FORM

You may also register online at www.beittshuvah.org

Name: _____

Address: _____

City State Zip: _____

Phone: _____

Email: _____

Circle which type(s) of credit you need:

BBS CAADE CAADAC

Certification/License #: _____

Rates Per Person: \$129 full day/ \$79 half day

Rates per person in group of 5 or more: \$99

Rates per student: \$79 (must provide current valid student ID at event)

Method of Payment:

Check payable to Beit T'Shuvah
(print "CEU Event 2012" on memo line)

MasterCard American Express Visa

Card Number: _____

Exp. Date: _____

Security Code: _____

Cardholder Name: _____

Signature: _____

Please tear off and mail in the enclosed envelope.