

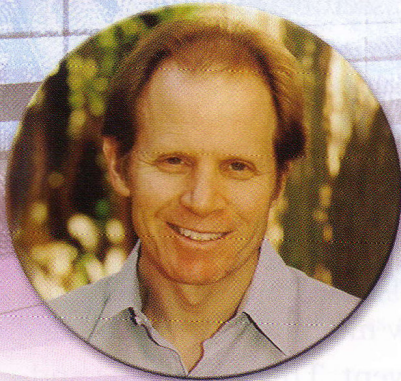
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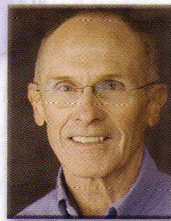
2nd Annual CONFERENCE

NEUROSCIENCE *meets* RECOVERY

Continuing to Bridge the Gap
Between Scientific Discovery
and Patient Recovery



Dan Siegel, M.D.
Internationally acclaimed Speaker, Author of
*The Developing Mind and The Mindful Brain
in Human Development* (March 2007)



Robert Scaer, M.D.
Author, *The Trauma Spectrum:
Hidden Wounds and
Human Resiliency*



Cardwell C. Nuckols, Ph.D.
Program Chair,
One of America's most influential Clinical
Trainers, Author of *Healing An Angry Heart*

MARCH 1-3, 2007
LAS VEGAS HILTON

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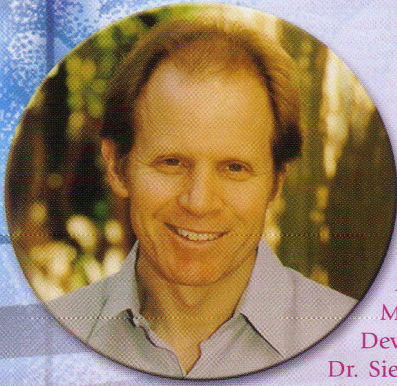
**Recent Advances in the Sciences
Can Enhance Your Patients' Recovery.**

**Experience research and clinical technique
from the most recent findings in:**

- Addiction Medicine
- Neuroscience
- Neuropsychology
- Developmental Psychology (Attachment Theory)
- Interpersonal Neurobiology
- Stress and the Brain
- Meditation and Mindfulness
- Spirituality

18 CREDIT HOURS for Continuing Education

Thursday, March 1



9:30-10:30AM **CONFERENCE REGISTRATION**

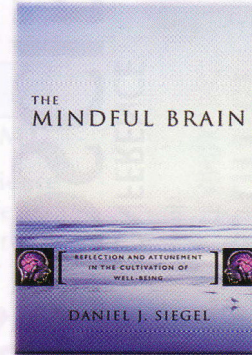
10:30AM-12:00PM **OPENING KEYNOTE**

The Mindful Brain: Reflection and Attunement in the Cultivation of Well Being

Daniel J. Siegel, M.D.

Associate Clinical Professor of Psychiatry at the UCLA School of Medicine, and on the faculty of the Center for Culture, Brain and Development, Director of the Mindsight Institute, Los Angeles, CA. Dr. Siegel is the author of *The Developing Mind: Toward a Neurobiology of Interpersonal Experience*, and *Parenting From the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*, which explores the application of this newly emerging view of the mind, the brain and human relationships to families. He is currently finishing two texts, *Mindsight* and *The Mindful Brain in Human Development*, which will expand these applications into the arenas of everyday life and psychotherapy.

Recent discoveries in the areas of mindful awareness reveal that how we pay attention to our own internal processes can help promote well-being in our bodies and our minds. This life-enhancing awareness has been shown to help with the treatment of drug addiction and relapse prevention, the reduction of anxiety and obsessions, the care of those with borderline personality, and the prevention of chronic depression. Studies of Mindfulness Based Stress Reduction have also demonstrated improvements in immune function and overall sense of well-being. In this presentation, an examination of "the mindful brain" will propose how mindfulness can be viewed as a form of internal attunement that utilizes the neural circuitry of the brain to promote well-being.



1:15-2:45PM

The Mindful Brain: Reflection and Attunement in the Cultivation of Well Being (Part 2)

3:15-4:45PM

The Mindful Brain: Reflection and Attunement in the Cultivation of Well Being (Part 3)

4:45-6:15PM

Music of the Mind

Cardwell C. Nuckols, M.A., Ph.D.
Conference Chair

One of the Most Influential Clinical Trainers in America. Internationally Recognized Expert in Behavioral Medicine and Addictions Treatment, Longwood, FL, Author, *Healing An Angry Heart*, Co-Author, *Co-Occurring Series: Adolescent Disruptive Behavior Disorders*

John McAndrew

Renowned Singer, Songwriter, Jazz Musician, McAndrew Music www.johnmcandrew.com

All of us remember the music that marks the extraordinary times in our lives. John McAndrew states, "I want to make sense of the things I feel. I try to tell stories . . . say important things and make them easy to understand . . . lyrics are power."

In this moving session, participants can expect to learn how music works its emotional magic within the brain by experiencing the feelings associated with the depths of addiction and the struggles and joys of recovery. Participants will also learn to put their "mirror neurons" to work as they obtain a deeper level of empathy for clients struggling with addiction and personal recovery.