Freud Meets Buddha

AN NCAD MEETING

CHICAGO
March 6–9, 2019

Explore Treatment Strategies at the Intersection of Psychotherapy & Mindfulness

FREUDMEETSBUDDHA.COM
Join us for our 12th annual conference in Chicago as we explore the intersection of traditional psychotherapeutic techniques with Eastern concepts, such as mindfulness, to provide patients with an evidence-based, holistic approach to addressing their mental health needs.

### Highlights

**Clinical Learning With Top Experts**

Hear John P. Forsyth, PhD, Polly Young-Eisendrath, PhD, and Rockelle Lerner.

**Enjoy Chicago’s River North District**

A stylish urban neighborhood that borders the Magnificent Mile and is just across the bridge from the Loop, River North is the go-to district for those who appreciate fine art and design. And for those who value fine dining, the momentum behind the latest trendsetting openings continues to build and the late-night energy swells.

**Earn up to 24 CE Hours and 6 Ethics Hours**

Get 2 years of your required ethics education at Freud Meets Buddha!

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### Agenda*

#### DAY 1 Wednesday, March 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>7:30 AM</td>
<td>Conference Registration</td>
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<tr>
<td>8:30 AM–12:00 PM</td>
<td>Dancing Mindfulness: A Trauma-Focused Approach to Expressive Arts Therapy</td>
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<td>Jamie Marich, PhD, LPCC-S, LICDC-CS, REAT, RYT/RMT</td>
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<td>Beyond Trauma: Proven and Effective Applications of EMDR</td>
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<td>Client Welfare, Therapist Responsibility: Legal and Ethical Considerations</td>
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<td>12:00 PM–1:30 PM</td>
<td>Lunch on your own</td>
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<td>1:30 PM–5:00 PM</td>
<td>Ethics Session: Countertransference and the Boundary of Self</td>
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<td>EMDR Therapy and Mindfulness: Redefining the Therapy for Trauma-Focused Care</td>
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<td>Jamie Marich, PhD, LPCC-S, LICDC-CS, REAT, RYT/RMT</td>
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<td>Provide an Experience, Not an Explanation: How to Work Dynamically in Brief Treatment</td>
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<td>Sarah Buino, LCSW, CADC, CDWF, Robert Hilliker, LCSW-S, LCDC</td>
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</tbody>
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*Designed and accredited for:*

- Private Practice Therapists
- Counselors
- Psychologists/Psychotherapists
- Addiction Professionals
- Social Workers

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**Networking Breaks & Book Signing**

Jamie Marich, PhD

10:30 AM–11:00 AM
3:00 PM–3:30 PM
Agenda

**DAY 2 Thursday, March 7**

7:30 AM
Registration and Networking in the Exhibit Area

8:30 AM–8:45 AM
Welcome Remarks

8:45 AM–10:15 AM
Buddha Meets Narcissus: Transforming Narcissistic Relationships
ROKELLE LERNER

10:15 AM–10:45 AM
Networking Break in the Exhibit Area

10:45 AM–12:15 PM
Prodependence: A New Paradigm for Treating Partners (and Other Loved Ones) of Addicts
ROBERT WEISS, PHD, MSW

12:15 PM–1:45 PM
Lunch on your own

**DAY 3 Friday, March 8**

7:30 AM
Registration and Networking in the Exhibit Area

8:30 AM–10:00 AM
The Ways We Create Our Own Suffering and What Can Be Done About It, Using Acceptance and Commitment Therapy
JOHN FORSYTH, PHD

10:30 AM–12:00 PM
Cultivating Psychological Health Using Acceptance and Commitment Therapy
JOHN FORSYTH, PHD

10:30 AM–12:00 PM
Transforming Trauma: A Bridge Between East and West

12:00 PM–1:30 PM
Lunch on your own

1:30 PM–3:00 PM
Recognition and Treatment of Psychiatric Disorders in the Addiction Population
ERIC KAPLAN, MD

3:00 PM–3:30 PM
Networking Break in the Exhibit Area

3:30 PM–5:00 PM
Fire in the Basement: Trauma and Treatment Strategies for Clinicians
AARON WILSON, MD

**The Freud Meets Buddha Experience**

Hear renowned speakers present cutting-edge content, meet your favorite authors, and network with your peers between sessions while exploring the Windy City in the evening. This national gathering of treatment professionals brings you the best in the field to promote your professional development and to provide you with the tools to refine your patient care.
Agenda

7:30 AM
Registration and Networking

8:30 AM–10:00 AM
Love Between Equals: Relationship as a Spiritual Path
POLLY YOUNG-EISENDRATH, PHD

10:15 AM–11:45 AM
Transforming an Intimate Enemy Into an Intimate Friend: A Time-Limited Model of Couple’s Therapy Based on Psychoanalysis and Mindfulness
POLLY YOUNG-EISENDRATH, PHD

1:00 PM–2:30 PM
Out of the Doghouse: Healing Relationships Affected by Digital Infidelity

2:30 PM–2:45 PM
Networking Break

2:45 PM–4:15 PM
Why Measurement-Based Care Matters in Substance Use Treatment
When the Titanic Meets the Iceberg: Addressing the Trauma Underneath Heroin Addiction, Criminality, and Self-Harming Behavior

10:00 AM–10:15 AM
LUNCH ON YOUR OWN & BOOK SIGNING

POLLY YOUNG-EISENDRATH, PHD
10:00 AM–10:15 AM

3:15 PM–3:30 PM
NETWORKING BREAK & BOOK SIGNING

Robert Weiss, PhD, MSW
3:15 PM–3:30 PM

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Platinum Sponsors

Holiday Inn Chicago Mart Plaza River North

350 West Mart Center Drive
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312.836.5000

Located atop the Chicago Sun-Times building, the Holiday Inn Chicago Mart Plaza River North presents stellar views of the Windy City from a unique 15th-floor atrium lobby, as well as newly redesigned guestrooms. Its downtown location in the hip River North area provides easy access to area shops, restaurants, attractions, and the Loop.

Discounted room rate: $153 per night
Special rate ends: February 4, 2019
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AN NCAD MEETING

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Join your colleagues at the national conference on trauma, addictions, and mindfulness.

Register Today!
freudmeetsbuddha.com

$599* Clinical Professionals
$850 Non-Clinical Professionals

*Lower rates are still available. Check website for more details.