



Dr. David Crone – *Schema Therapy for Patients with Substance Use Disorder*

Dr. David Crone is currently a Clinical Psychologist with Ashley Addiction Treatment and owns a private practice in Elkton, MD. Prior to 2015, Crone spent six years working with the United States Air Force treating active-duty members and specializing in trauma-based treatment for PTSD patients with the Dover Air Force Base. He has worked for Union Hospital of Cecil County (now Christiana Care Hospital) where he developed and oversaw three Intensive Care Programs specializing in CBT for mood disorders as well as a program in CBT for pain management. Dr. Crone studied at the Philadelphia College of Osteopathic Medicine in Clinical Psychology with a focus on cognitive behavioral therapy. Prior to his doctoral program, he interned with Terry Children’s Psychiatric Center in New Castle, DE.

Presentation Abstract

Schema Therapy is still a newer approach which combines elements of cognitive behavioral therapy, psychoanalysis, attachment theory, and emotion-focused therapy. Learners will be introduced to schema therapy, allowing for familiarity with its development and use in substance abuse treatment. The 18 early maladaptive schemas will be presented with emphasis on the development and maintenance of those schemas. Treatment techniques to address the dysfunctional schemas will be presented.

Learning Objectives:

1. List and recall the 18 different early maladaptive schemas
2. Review the development and maintenance of schemas
3. Identify 1-2 strategies to use to treat maladaptive schemas in substance abuse treatment



Lorraine Howard, LCSW, LCADC – *Just and Equitable Clinical Work in Addiction Treatment: The Who, Why and How*

Lorraine Howard, LCSW, LCADC is the Director of Addiction Education and Rutgers Center of Alcohol and Substance Use Studies (CAS), Graduate School of Applied and Professional Psychology (GSAPP). She received her master's and bachelor's degrees in Social Work from Rutgers University. Ms. Howard is a Licensed Clinical Social Worker (LCSW) and a Licensed Clinical Alcohol and Drug Counselor (LCADC) in New Jersey. She is also the founder of Jamii Counseling and Consultant LLC, providing counseling services, program evaluation and development, trainings/workshops, and supervision of (L) CADC's and LSW's. Ms. Howard has over 20 years of experience working in the field of social work and addictions working with families and individuals from various socio-economic, cultural, ethnic, educational, and other diverse backgrounds and over 15 years' experience as an administrator and trainer for various social service agencies.

Presentation Abstract

Disparities within the addiction field go far beyond inequality of services and resources; we must consider the impact of disparities on our work with clients. Although the mantra “addiction does not discriminate” is accurate, there is discrimination within addictions. Health disparities among “minoritized” groups have been documented across all structural systems. With all the attention on eradicating addiction stigma, how much attention do we really pay to how those health disparities impact substance use disorder treatment? This workshop will explore the Developmental Model of Intercultural Sensitivity (DMIS) and the impact of cultural humility on the therapeutic relationship and therapy outcomes.

Learning Objectives

1. Define at least 2-3 stages of the Developmental Model of Intercultural Sensitivity
2. Analyze individual self-understanding of cultural humility and apply to personal values and beliefs
3. State 2-3 mechanisms for developing awareness of how race can influence the therapeutic relationship
4. State 2-3 mechanisms to challenge barriers that impact marginalized communities through individual and organizational lenses
5. Measure comprehension through open questions and answer with group discussion



Jennifer Redding, LCSW-C – *Trauma and Resilience within Addiction Treatment*

Ms. Redding has been working in the fields of mental health and addiction for 20+ years. She obtained her Bachelor of Arts degree in Psychology from Randolph-Macon College, and her Master of Social Work degree from Virginia Commonwealth University. Redding joined the University of Maryland Upper Chesapeake Health team in late June 2020 as the Director of Behavioral Health - Outpatient Services and became the Executive Director of Behavioral Health shortly after. In her role, Redding is responsible for providing administrative, financial, and clinical oversight for all Upper Chesapeake Health's behavioral health services including the Klein Family Harford Crisis Center, Outpatient/Intensive Outpatient Programs, Inpatient Behavioral Health Unity, as well as Consultative and Collaborative Care programs. Redding is passionate about creating a safe place for individuals and families to heal, strengthen their resilience, and re-establish a sense of hope, regardless of their life situation.

Presentation Abstract

This multidisciplinary workshop will provide attendees with a basic understanding of trauma and its impact on brain development and behavior. Trauma triggers and de-escalation strategies for intervening in the traumatic response and supporting trauma-impacted individuals will be explored. Finally, understanding the correlation between substance use and trauma as it relates to relapse, and ways to build protective factors and resilience within individuals that we are serving will be an area of focus.

Learning Objectives

1. Discuss the role trauma plays in addiction and its impact on brain development and behavior
2. Identify 1-2 “triggers” and “de-escalation” strategies for intervening in the traumatic response and supporting trauma impacted youth and individuals
3. State 1-2 strategies for supporting and connecting with challenging individuals who may have a history of trauma and rely on substance use as a coping tool



Dr. John Umhau – Medication Assisted Treatment and Nutrition’s Role in Alcohol Recovery

Dr. Umhau is the Medical Director of AlcoholRecoveryMedicine.com where he provides addiction medicine consultation through telemedicine. For over twenty years, Dr. Umhau was a Senior Clinical Investigator at the National Institute on Alcohol Abuse and Alcoholism of the National Institute of Health and has authored more than fifty scientific publications. As a former Commander in the United States Public Health Service, he also served in the Indian Health Service and the FDA. Dr. Umhau completed a residency in Clinical Preventive Medicine. He received a bachelor’s degree from Davidson College, a Medical Degree from Wake Forest, an MPH from Johns Hopkins University, and is a Certified Physician Executive.

Presentation Abstract

Recovery from Alcohol Use Disorder is hindered by impaired thinking and alcohol craving. These signs of central nervous system dysfunction must be addressed by the provision of appropriate nutrition, even though the scientific basis for the effect of diet on brain function is not always appreciated. Medications used in a patient-centered manner, such as naltrexone used following the Sinclair Method, are an important modality to drastically reduce alcohol consumption in those not motivated to be abstinent. This session will provide a scientific basis for the critical role of nutrition in recovery and explain the unique benefits of naltrexone targeted for use only before drinking. Benefits and potential problems associated with naltrexone therapy will be discussed.

Learning Objectives

1. Identify 1-2 medication strategies to reduce craving and the harm caused by alcohol use disorder
2. Apply dietary prevention advice and recommendations to reduce liver inflammation in alcohol use disorder
3. Describe the benefits of targeted use of naltrexone in alcohol use disorder