

## **ADDICTION STAFF TRAINING Programs with Cardwell C. Nuckols, PhD,**

### **Robert Wubbolding, EdD and Dan Newman PhD**

#### **CARDWELL C. NUCKOLS**

An internationally recognized expert in such areas as behavioral medicine and addictions treatment, Cardwell C. Nuckols, Ph.D. has been a clinical and developmental consultant for over twenty-five years. He served as a trainer and consultant to the Federal Bureau of Investigation (FBI), federal court systems, and branches of the armed forces specializing in the areas of anti-sociality, violence, and trauma. Dr. Nuckols has also served as hospital administrator. During his career he has been awarded national honors including the SECAD and Gooderham awards, as well as, being recognized for his contributions to The American Society of Addiction Medicine's Patient Placement Criteria. .



#### **ROBERT WUBBOLDING, EdD**

Dr. Robert Wubbolding has over 30 years of experience and is a licensed psychologist and professional clinical counselor. He currently serves as director of the Center for Reality Therapy, professor emeritus at Xavier University in Cincinnati and senior faculty for The William Glasser Institute in Los Angeles.

#### **DANIEL A. NEWMAN, PhD**

Dan Newman has over 20 years of experience in public health. He was a Senior Health Educator for the Northern Kentucky Health Department. Certified as a "Trainer of Trainers" by the Ohio Department of Health in HIV, Substance Abuse, and Public Sex Environments, Dan serves as a faculty member of the Cincinnati STD/HIV Midwest Prevention Training Center as the North-Eastern Prevention Specialist. Dan holds a Doctor of Philosophy (Ph.D.) in Holistic Ministries and a Doctor of Divinity (D.D.) from the American Institute of Holistic Theology.



#### **ACTION CENTERED REALITY THERAPY (4 DVDs)**

In this workshop recorded live, Dr. Bob Wubbolding, EdD addresses clients with a wide range of diagnoses who often display an inability or unwillingness to deal with the reality of their situations, and choose ineffective or destructive methods of coping instead. Mental health and addictions professionals need skills that can be used as brief interventions, combining empathy with the belief that a better life is possible for clients. This skills training video program provides these skills and strategies as well as tools for helping clients move from helplessness to more effective control of their lives by gaining a sense of hope as well as plans for self-improvement. Dr. Wubbolding demonstrates his time-honored techniques and explains his WDEP system. The role-plays are included on the 4th DVD, along with the PowerPoint presentations. 15902/0773 2011 \$229.95

#### **GETTING HIGH AT THE CONVENIENCE STORE (2 DVDs)**

This day-long workshop with Dan Newman, PhD includes the latest information pertaining to use and abuse of the so called "Legal High's" such as Spice, K2, Spice, Bath Salts, Meow-Meow (Mephedrone), Salvia Divinorum, and Cahta, a flowering shrub native to northeast Africa and the Arabian Peninsula. Dr. Newman looks at over-the-counter drug abuse, pharmaceutical drug abuse, what's new on the streets; long-term/short-term dangers of the new millennium/designer drugs, and the drugs used for drug-facilitated sexual abuse and rape. He will also look at the dangers of combining HIV/AIDS medication with these drugs and their relationship in the spread of HIV/AIDS and STD's. The 2<sup>nd</sup> DVD includes the slides used in the presentation as a PDF file. 15904/0773 2012 \$149.95

#### **THE ART AND SCIENCE OF HEALING with Cardwell Nuckols, PhD**

At its inception, medicine was an art utilizing science as a tool; "the healing art". Today practitioners are overwhelmed with science with little or no attention to the art. The talk is of treatment and management often with a goal of symptom reduction or tolerable recovery. The words "to heal" speak not of reduction or abstinence but of a spiritual freedom to fully experience life "in the present moment. Two double-blind studies give differing results-one shows that a certain therapeutic approach is extremely effective and the other shows the statistical equivalent to placebo. What is the difference? It is primarily related to the healing potential manifest by the clinicians. The question then becomes, can this ability be acquired? The answer is this ability is already there-has always been there and always will be there. This course simply helps guide the participant back toward their healing essence. This self-enhancing experience is designed to assist the helping person intuitively further develop their art and science while enhancing their personal ability to help others heal. #15900/0773 2010 \$229.95

## **COCAINE: The Power and the Story with Cardwell C. Nuckols, PhD**

This four-part series, designed for use in a structured therapeutic setting helps bring your clients from the intervention to a point where they are ready to embrace the recovery life-style.

Part I: DEFINING ADDICTION introduces the drug, the power it has over the addict, anchors and rituals of use, including losses experienced because of drug use. 19 minutes

Part II: ACCEPTANCE opens with a discussion by members of the group about how they came to accept that they were addicted. The difference between acceptance and willpower is discussed and how recovery cannot happen until acceptance and surrender occur. Progression and tolerance are discussed. 19 minutes

Part III: HIGH RISK SITUATIONS

What brings the recovering addict back to active use? Internal and external triggers are discussed, as well as the importance of breaking old habits and patterns. Cravings and drug hunger are discussed. 15 minutes

Part IV: EARLY RECOVERY AND PERSONAL BALANCE

The components of a healthy recovery program, including diet, and nutrition, learning how to play, how to set priorities are discussed. 18 minutes

The series includes lecture material, interspersed with comments by four recovering addicts. #15893/0773 1986 \$179.95



## **DISCOVERY TO RECOVERY: Science, Spirituality and 12-Step Facilitated Recovery**

Prior to the onset of organizations such as the Oxford Group and Alcoholics Anonymous, most alcoholics died from their disease or its complications. Since 1935 over 200 research studies have provided evidence that millions have entered recovery utilizing 12-step programs. Over the past decades, a rigorous science of recovery has emerged. Some of this science comes from evidence based studies of the treatment of early life trauma in early recovery. The social sciences, spiritual disciplines (Christianity, Buddhism, etc.) and enhancement of health from meditation practices such as mindfulness merge seamlessly into the understanding of 12-Step facilitated recovery. Quantum physics and neuroscience, including scientific studies of spiritual states, neuroimaging of the brain, and studies of genetic influence on a person's predisposition for addictive disorders also contribute. Completing the picture, research findings in neurobiology reveal how psychoactive drugs work within the brain to cause the many manifestations of addictive disorders. This understanding has been intuitively realized by millions of alcoholics, addicts, clinicians, and others who have observed - sometimes against all odds - what can only be called the miracle of recovery. Now we can scientifically understand and treat much of what has in the past been relegated to anecdotal lore and mystery. Included in this presentation set are the PowerPoint presentations used by Dr. Cardwell Nuckols in his presentation. #15898/0773 2009 \$179.95

## **EVIDENCE BASED TREATMENT OF CO-OCCURRING DISORDERS: A Toolkit Approach (4 DVDs)**

The field of Behavioral Medicine is robust with new data and research that needs to be translated into useful information for the benefit of the front-line clinician. The ultimate goal of this translation is to empower the clinician with the best information and technique available. This multi-disc presentation by Charles W. Nuckols gives clinicians the latest research on the interface between Substance-Related Disorders and other DSM-IV and expected changes in DSM-V entities. Participants can expect to learn how this research translates into actual work with clients. Empirically based psychotherapeutic and pharmacological interventions will be the focus of this skills training event. Case vignettes will be utilized to demonstrate application of clinical technique.

#15905/0773 2013 \$229.95

## **NEUROBIOLOGY: A Seminar for Clinicians**

To be able to understand and utilize current research, a clinician needs some understanding of the brain and its complexity. In many ways the brain still remains a mystery; neuroimaging and other forms of research, however, have uncovered some of the story about how our brains operate. In this staff training program, participants will learn about the various descriptions and regions of the brain and how these regions function and relate. From this understanding, the clinician can better understand how wellness, psychotherapy, pharmacotherapy and spiritual tools aid in the recovery of their clients. #15899/0773 2010 \$229.95



## **PSYCHOLOGY, SPIRITUALITY AND TRUE HAPPINESS**

Recorded live over two-days, this set featuring Cardwell Nuckols utilizes integrated multiple pathways leading one toward true happiness. Developed from the lost discipline of Christian contemplative practice, this powerful approach incorporates current understandings of psychology, neurobiology and monastic contemplative approaches to permanently dissolve aspects of the false-self (ego). This dissolution or emptying of self opens one up to spiritual healing. This realization is the key to serenity and selfless service-sources of true happiness. PowerPoint slides are included. #15901/0773 2009 \$229.95

## REMOVING DEFECTS OF CHARACTER

A feature presentation by Cardwell Nuckols from a day-long workshop. In addition to a discussion of the Alcoholics Anonymous Sixth Step, Dr. Nuckols also explores other spiritually based systems. He shows how not addressing these issues can lead to relapse and other self-defeating behaviors. At the root of these defects are narcissistic beliefs about the self (I, me, mine) and a distorted self-image. Defects of character respond poorly to psychotherapy and pharmacotherapy, and are more amenable to change utilizing spiritual tools such as humility, honesty, acceptance and surrender. This workshop teaches clinicians how to assist clients in the removal of these defects, including pride, greed, jealousy and envy. Understanding that "I am jealous and I will change" is an illusion and the fact change occurs in the "moment" is at the heart of this transformation. #15906/0773 2013 \$189.95

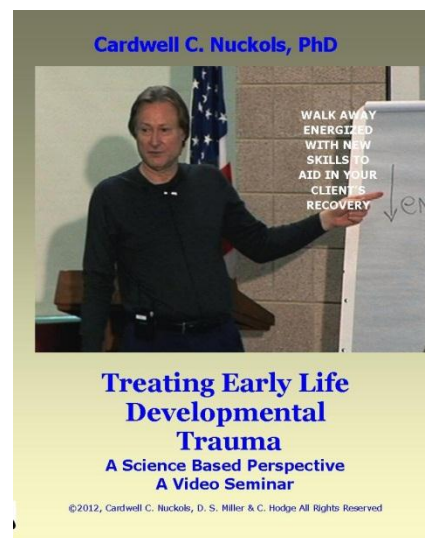
## THE SCIENCE OF RECOVERY: Applying Neuroscience and Neuropsychology to Your Practice

This skills training event featuring Dr. Cardwell Nuckols will give the clinician an understanding of the neuroscience and neuropsychology of addiction and recovery. From this profound understanding, psychotherapeutic and pharmacological techniques will be described that can assist the client in early recovery. This assistance is in the areas of cognitive enhancement, increased motivation and management of craving. This is an exciting advanced clinical skills workshop based on recent neurobiological scientific advances. Upon completion of this course, the participant will have an understanding of genetic changes that take place in both addiction and recovery; an understanding of the relationship between Dopamine D2 receptors and alcohol/drug consumption; and be able to discuss the importance of the therapeutic relationship in regard to client improvement in treatment and be able to look at routine counseling practices in a new and exciting way.

\*PowerPoint slides are included as a separate document. #15897/0773 2009 \$169.95

## TREATING EARLY LIFE DEVELOPMENTAL TRAUMA: A Science Based Perspective (3 DVDs)

Take a look at the population you treat. No matter whether it is a criminal justice, alcohol and drug or psychiatric population, the recidivists will have a high incidence of early life trauma. Research is teaching us more and more about this population. However, research is only useful when it can be translated into clinically useful technique. This updated presentation featuring Cardwell Nuckols, PhD focuses on the treatment of early life developmental trauma. Emphasis is placed on the understanding of current research from such disciplines as neuroscience, neuropsychology and attachment theory. Practical treatment techniques translated from the research give participants hands-on skills that can be used to better client understanding and clinical outcomes. The third DVD in the set includes the PowerPoint presentation Dr. Nuckols used in the South Bend, Indiana presentation in May of 2012. #15903/0773 2012 \$189.95



## \*\*\*SPECIAL OFFER... BRIEF THERAPY FOR ADDICTIONS SERIES

A 7-part series featuring some of the greatest addiction and brief therapy experts of our time. See how leading addictions counselors use different tools and techniques in treating this challenging population. \*\*\*Detailed descriptions of each program are available under the series item number on our website.

STAGES OF CHANGE FOR ADDICTIONS MODEL with John C. Norcross, 66 minutes

MOTIVATIONAL INTERVIEWING with William R. Miller, 102 minutes

COGNITIVE THERAPY with Bruce S. Liese, 115 minutes

INTEGRATING THERAPY WITH 12-STEP PROGRAMS with Joan Ellen Zweben, 114 minutes

HARM REDUCTION THERAPY FOR ADDICTIONS with Dr. G. Alan Marlatt, 115 min.

COUPLES THERAPY FOR ADDICTIONS with Dr. Barbara S. McCrady, 116 minutes

REALITY THERAPY FOR ADDICTIONS with Robert Wubbolding, EdD, 107 min.

#11535 Seven Programs 2007 \$179.95 each or \*\*\*SPECIAL TIME-LIMITED OFFER – entire series save 20% - \$999.95!!!



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16 Munition Street, Toronto, Ontario M5A 1G7 Phone (416) 538-6613 Toll-Free (800) 263-6910 Fax (416) 538-9984