

# Complex Trauma and Addiction

Friday, August 26, 2016,  
8:00AM to 5:00PM

## CONFERENCE REGISTRATION

**Pricing Details:**  
**\$85.00 per person**

**Register Online at**  
[www.ebhevents.com](http://www.ebhevents.com)  
or  
[www.eventbrite.com](http://www.eventbrite.com)

For questions, please contact  
[events@theelements.com](mailto:events@theelements.com)  
or  
1.866.825.1104

### **Registration Assistance Provided by:**

Elements Behavioral Health  
5000 E. Spring Street, Suite 650  
Long Beach, CA 90815



UAA Center for Behavioral Health Research & Services (CBHRS) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBHRS maintains

responsibility for this program and its content. The activity has been approved for 7 APA credits.

This program has been approved by the National Association of Social Workers-Alaska Chapter for 8.0 social work clock hours in Substance Abuses per approval certificate #OA082616-017AK."

Providence Health System is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

Providence Health System designates this live activity for a maximum of 8.25 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants should check with their respective State Boards to confirm acceptance of these credits.

The memory of trauma is often suppressed through excessive use of drugs or alcohol. However, this pain filled inner world will eventually reveal itself when life becomes unmanageable.

A group of nationally acclaimed clinicians will track trauma developing from the womb beginning with neonatal abstinence. The Office of Children's Services will describe their parameters guiding family intervention when parents are addicted.

The changes seen on fMRI in the adult brains of those who have experienced childhood trauma is then presented.

Essential insights and foundational truths about wounds, healing, and healers as depicted in stories from classical antiquity, Jewish and Christian holy days, and Native American ceremonies are introduced.

Finally, the trauma of professional training with its practice of self-neglect as a recipe for addiction is explored.

After completion of the symposium, participants will:

1. Be familiar with Neonatal Withdrawal.
2. Describe the interventions of Office of Children Services (OCS0) in drug dependent mothers.
3. Identify the risk of professionals for developing substance dependence.
4. Discuss the long-term brain changes as seen on fMRI, persisting years after childhood trauma.
5. Describe brain changes that occur in the setting of substance dependence.
6. Discuss trauma healing from a philosophical perspective.
7. Conceptualize impact of complex trauma on historically traumatized groups including indigenous populations.
8. Become familiar with empirical interventions that address the phenomenon of PTSD informed by a rich literature base from the military experience.

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Anchorage, AK 99508



Department of  
Human Services  
UNIVERSITY of ALASKA ANCHORAGE

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# Complex Trauma and Addiction

## Impact and Resolution



August 26, 2016  
8:00 am – 5:00 pm

Providence Cancer Center  
3851 Piper Street  
Building U  
Room # 2281  
Anchorage, AK 99508

## CONFERENCE SCHEDULE

**8:00 to 8:15 AM**

Paula Colescott, MD  
Introductions and Opening Remarks

**8:15 to 9:30 AM**

Evelyn Rider, MD  
The cranky baby: Substance withdrawal in the Neonate:  
The neonatal abstinence syndrome.

**9:30 to 10:30 AM**

Travis Erickson, MS, MBA  
OCS Dealings with the Addicted Mother.

**10:30 to 10:45 AM**

Break

**10:45 to 12:00 PM**

Gregory Skipper, MD  
Impaired Professional

**12:00 to 1:00 PM**

Catered Lunch  
Dr. Colescott - Addicted Neurons  
Dr. Young - CSAT

**1:00-2:00 PM**

James M. Fitterling, Ph.D.  
PTSD

**2:00 to 3:15 PM**

Christopher La Tourette La Riche, MD  
The Child is Father of the Man: Neurobiological  
Crossroads of Trauma, Mood and Addictive Disorders.

**3:15 to 3:30 PM**

Break

**3:30 to 4:45 PM**

Sherry Young, Ph.D.  
Healing Psychological Wounds: A Reflection and  
Case Study of Embodied Memory and Trauma across  
Traditions.

**4:45 to 5:00 PM**

Wrap Up

### Paula J. Colescott, MD



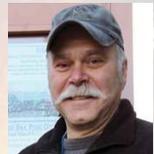
She is a Diplomat of the American Board of Addiction Medicine and board certified in internal medicine. She is currently the Assistant Medical Director at Providence Breakthrough. She is certified as a Medical Review Officer, and on contract with the Narcotic Drug Treatment Center which provides methadone maintenance for Anchorage residents. She also serves on the Board of Trustees of the Anchorage Rescue Mission, which addresses the needs of the homeless.

### Travis Erickson, MS, MBA



He is the Operations Manager for the State of Alaska's Office of Children's Services. In this role, he is responsible for delivery of child protection services statewide. He has been with the Office of Children's Services for almost 18 years and served in a variety of roles providing direct service, supervision and management. He holds a BA in Psychology, a MS in Rehabilitation Counseling and a Master of Business Administration.

### James M. Fitterling, Ph.D.



He is the UAA Director of Clinical Training of the UAF/UAA joint Clinical-Community Psychology. Ph.D. program. He received his Ph.D. in clinical psychology with specialization in behavior therapy from Georgia State University, and is a certified member of the Motivational Interviewing Network of Trainers. Prior to his current position he was Chief Psychologist, Training Director at the Alaska VA Healthcare System, Chief of the Chemical Dependence Treatment Program at the Jackson VA Medical Center, and Assistant Professor of Psychiatry and Human Behavior at the University of Mississippi Medical Center.

### Christopher La Tourette La Riche, MD



He is a board-certified psychiatrist and addiction psychiatrist. He is a Diplomate of the American Board of Psychiatry and Neurology and specializes in treating patients with addictive and mental health disorders. Prior to joining Lucida, he served as Assistant Professor at Florida International University's College of Medicine. His publications include books, chapters, and journal articles on the topics of addiction, the neurobiology of depression and child abuse. He serves on the editorial board of the Journal of Addiction Medicine and Therapies.

### Evelyn Rider, MD



She received her MD at University of Hawaii School of Medicine, Pediatric Residency training at University of Utah Medical Center, and completed her Neonatology Fellowship training at Harbor-UCLA Medical Center in 1990. She joined the University of Arizona Dept. of Pediatrics faculty in 1992, then was Medical Director of the Level 3 NICU at Benefis Healthcare in Montana before joining Alaska Neonatology Associates group in 2006. She leads QI projects at Providence NICU and directs the NEST Program at Alaska Regional Hospital NICU.

### Gregory Skipper, MD



He is the Director of Professional Health Services, Promises Treatment Centers, Los Angeles, CA, Fellow, American Board of Addiction Medicine, and Certified Medical Review Officer. Dr. Skipper has worked in the arena of professional health, impairment and occupational and addiction medicine for over 30 years.

### Sherry Young, Ph.D.



She is the National Clinical Outreach Director for Elements Behavioral Health. As clinical educator she provides educational learning opportunities and consultation for licensed therapists and psychologists which discuss treatment resources and advocate for clients of those professionals who provide Elements' spectrum of treatment resources. Additionally, she taught psychology and literature at the college level and directed university study programs in Rome, Italy.

## TOPIC HIGHLIGHTS

**Paula J. Colescott, MD:** All addictive substances increase the level of dopamine in the brain, establishing and transforming neural networks. The addicted brain has been changed.

**Travis Erickson, MS, MBA:** Keeping children Safe amid caregiver substance abuse: The role and practice of child protection. The most common type of maltreatment in AK is neglect, often fueled by substance use.

**James M. Fitterling, Ph.D.:** Empirically supported treatment of comorbid PTSD and substance use disorder.

**Christopher La Tourette La Riche, MD:** Early life trauma can cause long-term and persisting changes to the brain and brain chemistry which can be measured and imaged, even decades after the childhood events. The presence (or absence) of childhood trauma can increase later-life vulnerability to addiction and mood disorders and also appears to influence which treatments are most effective. Taking a careful trauma history in children and adults is essential for any provider of health care.

**Evelyn Rider, MD:** Substance abuse in pregnancy is a growing epidemic throughout the state, nation and the world. Tobacco use exacerbates all the complications associated with substance abuse in pregnancy. In 2015, opioid prescription medication was reported as the second most commonly used/abused substance in pregnancy resulting in 1 baby born every 25 minutes affected by Neonatal Abstinence Syndrome; increased from 1 baby born every 60 minutes reported in 2012.

**Gregory Skipper, MD:** Physicians and other health professionals experience trauma in their training. Overwork, depersonalization, patient deaths, shaming and belittlement and to top it off we are often encouraged to repress our own feelings. In some these traumas can fuel pathologic conditions such as addictions, depression, anxiety disorders and even suicide. It is best if we expose these traumas and deal with them in healthier ways.

**Sherry Young, Ph.D.:** Stories and rituals from various ages and cultural traditions provide a framework that suggests a paradigm shift in Western Culture from the view that scars are ugly and that emotional and spiritual wounds are shameful. This presentation challenges medical and behavioral health providers to connect the dots in the phenomenon of their patient's symptoms and look for underlying patterns that can lead to early detection and healing.