

## Core Counseling and Therapy Skills and Processes for Addictions and Co-Occurring Conditions

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Objectives

- 1) Participants will learn core skills and processes for building the psychodynamic alliance and therapeutic relationship in clinical work with clients.
- 2) Participants will learn core skills and processes for group therapy in addictions and co-occurring conditions.
- 3) Participants will learn core skills and processes for cognitive-behavioral therapy and mindfulness-based therapies.

This workshop will include core clinical skills and processes for essential therapeutic interventions in addictions and co-occurring conditions (mainly depression, anxiety, and trauma). From the perspective of forming and enhancing the ever-important therapeutic relationship to therapeutic interventions in group and individual therapy. Clinical content will include psychodynamic therapy, cognitive-behavioral therapy, and mindfulness-based therapies in group therapy, and individual formats - all with emphasis on major clinical conditions of addictions, depression, anxiety, and trauma.

9AM Introduction to the workshop

9:15 - 12:00 Skills, processes, and structures of psychodynamics in alliance, relationship and on-going therapy

12 Noon to 1 PM

1 to 2:30 Group therapy - Essential skills, processes and structure

2:30 15 minute break

2:45 to 4:15 CBT/MBSR/ACT - Essential skills, processes and structure

4:15-4:30 Ending discussion