



2010 SPRING Lecture Series

Welcome!

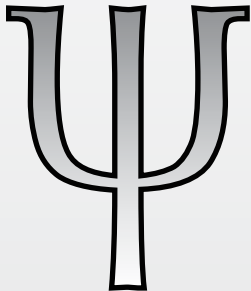
12.0 CE Credits



Nationally Recognized
Speaker



Professional Networking



About ArPA

The Arkansas Psychological Association is committed to expanding the parameters of psychology in our state and increasing the quality of services within communities. In an effort to promote the mental and emotional well-being of individuals, families, and society at large, we strive to serve both the public and our membership through education opportunities, workplace training, networking, and professional development. For more information go to www.arpapsych.org.

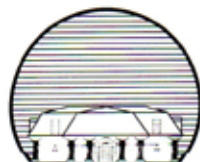
MARCH 5 & 6, 2010

**PHILANDER SMITH COLLEGE
HARRY R. KENDALL SCIENCE & HEALTH MISSION CENTER
812 WEST 13TH STREET
LITTLE ROCK, AR 72202**

**Friday & Saturday
March 5 & 6, 2010**

G. Alan Marlatt, Ph.D.
on
Mindfulness-Based Relapse
Prevention in the Treatment
of Addictive Behaviors

Corporate Partners



American Home Life Insurance Company



Friday & Saturday
March 5 & 6, 2010

G. Alan Marlatt, Ph.D.

Mindfulness-Based Relapse Prevention in the Treatment of Addictive Behaviors

The purpose of this workshop is to provide an overview of Mindfulness-Based Relapse Prevention (MBRP), a group therapy program that meets weekly for 8 sessions for clients with addictive behavior problems. MBRP combines cognitive-behavioral relapse prevention with mindfulness meditation as a meta-cognitive coping skill. In addition to practicing various meditation skills (including breath and body-scan meditation, urge-surfing and breathing-space breaks), participants will learn how to develop coping skills to deal with urges and cravings and other triggers for relapse.

Educational Objectives

1. To learn how to apply MBRP interventions to work with clients with addictive behavior problems.
2. To practice various meditation skills that are a central component of MBRP.
3. To gain knowledge about treatment outcome research showing that MBRP is an evidence-based clinical practice.



G. Alan Marlatt is Professor of Psychology and Director of the Addictive Behaviors Research Center at the University of Washington. He received his Ph.D. in clinical psychology from Indiana University in 1968. After serving on the faculties of the University of British Columbia (1968-1969) and the University of Wisconsin (1969-1972), he joined the University of Washington faculty in the fall of 1972. His major focus in both research and clinical work is the field of addictive behaviors. In addition to over 200 journal articles and book chapters, he has published several books in the addictions field, including *Relapse Prevention* (1985; 2005), *Assessment of Addictive Behaviors* (1988; 2005), *Harm Reduction* (1998), and *Brief Alcohol Screening and Intervention for College Students (BASICS): A Harm Reduction Approach*

(1999). Over the course of the past 30 years, he has received continuous funding for his research from a variety of agencies including the National Institute on Alcohol Abuse and Alcoholism, the National Institute on Drug Abuse, the Alcoholic Beverage Medical Research Foundation, and the Robert Wood Johnson Foundation. In 1990, Dr. Marlatt was awarded The Jellinek Memorial Award for outstanding contributions to knowledge in the field of alcohol studies, in 2001 he was given the Innovators in Combating Substance Abuse Award by the Robert Wood Johnson Foundation, and in 2004 he received the Distinguished Researcher Award from the Research Society on Alcoholism.

AGENDA
FRIDAY & SATURDAY
MARCH 5-6, 2010

6.0 CE CREDITS

Registration	8:30 – 9:00
Marlatt Lecture	9:00 – 12:00
Lunch on your own	12:00 – 1:30
Marlatt Lecture (<i>cont'd</i>)	1:30 – 4:30

DISCOUNT ON FEES OFFERED

If you are registering five (5) or more staff members from the same firm, we are offering a 20% discount on fees.

- Please list additional names on a separate sheet of paper.
- Be sure to include name for a badge (with degree), and an email address.
- Indicate whether attending both days, or Friday/Saturday only.

----- REGISTRATION FORM -----

ArPA 2010 SPRING LECTURE SERIES

NAME FOR BADGE _____ DEGREE _____

MAILING ADDRESS _____

PHONE NUMBER _____ FAX NUMBER _____

FIELD OF WORK (*Psychology, Social Work, LPC, etc.*) _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

REGISTRATION INFORMATION

	ArPA Members		Non-Members	
	On or before 2/23	On or After 2/24	On or before 2/23	On or After 2/24
<i>Standard Registration</i>				
Both Days	\$225	\$250	\$245	\$270
Single Day Attendance	\$150	\$175	\$170	\$195
<i>Full-Time Student / Trainee</i>				
Both Days	\$55	\$65	\$65	\$75
Single Day Attendance	\$45	\$55	\$55	\$65
<i>Full-Time Retiree/ Early Career Provider*</i>				
Both Days	\$145	\$160		
Single Day Attendance	\$95	\$110		

PAYMENT METHOD

ATTENDING: BOTH DAYS FRIDAY SATURDAY

CHECK # _____ AMOUNT \$ _____

VISA MC # _____

EXP DATE: ____ / ____ / ____ VIN CODE (*last 3 digits on back of card*) _____

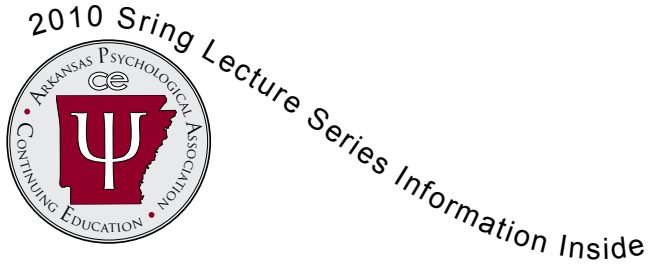
NAME ON CARD _____

INSTITUTION (*From which payment will follow*) _____

Return this form by mail or fax to:
ArPA 2010 SPRING LECTURE SERIES

P.O.Box 21220
Little Rock, AR 72221
phone: 501-614-6500 fax: 501-224-0988
or register online at www.arpapsych.org

* Individual who has been licensed 7 years or less.
Lunch on your own



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Driving Directions from I-30

Take I-630 West
Take exit 2A, Chester St.
Turn right at S Chester St .
Turn left at W 12th St.
Turn right at S IZARD St., 361 ft.
Turn left at W 13th St./Trudie
Kibbe Reed Dr.
College will be on the right.

For campus map, visit our website at www.arpapsych.org.

2010 Spring Lecture Series

~ Register by February 23 for best rates ~

Target Audience: Psychologists, students, and professionals from other mental health and allied disciplines. The instructional level for all activities is at the introductory to intermediate level.

Continuing Education: The Arkansas Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Arkansas Psychological Association maintains responsibility for this program and its content.

Certificates: At the close of each workshop, CE Certificates will be given when completed evaluation forms are returned to the proctors. The APA Sponsor Approval System stipulates that credit is only to be awarded for full attendance at each workshop.

Cancellations: Refunds minus a 20% administrative fee will be issued if written request is received by postal mail, email or fax 5 business days prior to the event. Refunds will not be granted for cancellation requests received after this date.

Conflict of Interest: The Arkansas Psychological Association is receiving no commercial support for these programs that might present any conflict of interest for attendees.