

## TRAINING TOPIC DETAILS, LEARNING OBJECTIVES + SCHEDULE: 2020

### **COURSE INSTRUCTORS + OVERVIEW:**

Conducted by noted author, teacher and interventionist Brad Lamm, Certified Intervention Professional (CIP), BreakFree Intervention skills training equips participants to understand the history and methods of various addiction intervention models as compared to Brad Lamm's proprietary invitation to change method, which pairs a loving family-infused intervention with a long-term family recovery curriculum. This model is set alongside Kathleen Murphy's action-method approach to trauma-informed treatment. Through education, case studies and role-play rich training, participants learn how to intervene using this cutting edge approach to initiating Family Recovery. 23 CEs available.

BreakFree Intervention skills training follows the concepts & methods outlined in Brad's books:

- HOW TO HELP THE ONE YOU LOVE: A New Way to Intervene (2010)
- JUST 10 LBS: Easy Steps to Weighing What You Want (2011)
- Stop It: 4 Steps in 4 Weeks to Quit Smoking Now (2015)

Kathleen Murphy, MA, LMFT, LPC joins Brad each year in presenting this exciting training program. Breathe Life Healing Center's founding Clinical Director, Kathleen possesses a world of knowledge and a depth of experience, founded on 30+ years of experience working with people with substance abuse issues complicated by relational trauma. Kathleen makes use of didactics, psycho-education, lectures and experiential group processes that are heavily influenced by attachment theory and psycho-dramatic techniques to assist clients in reframing and reclaiming the self as a being in relationship.

### **EXPERIENCE LEVEL:**

The BreakFree Intervention skills training is designed to meet multiple skill levels while advancing each participant's knowledge base. From beginner to expert, everyone learns from being in the same room together for three days, exploring best practices and new ideas.

Beginners looking to get their feet wet as an interventionist learn valuable information from which to build their foundation knowledge. Additionally they benefit from the experience level of the room while also learning how to practically apply the new information through structured role-play exercises.

More advanced professionals benefit from the training by participating in conversations about best practices while new ideas are shared and explored, which benefits the entire room. Additionally, learning the BreakFree Intervention method is always new to attendees. By applying existing knowledge and experience to the new approach to intervening, practical application methods are explored and practiced. Alumni who attend the training benefit from revisiting the training topics as well as being leaders in conversations, sharing practical application of theories, and influencing role-plays and best practice conversations.

The classroom is comprised of a wide range of professional backgrounds, including those interested in making a career change, new interventionists, professionally certified interventionists, and more recently clinicians, social workers, marketing and outreach professionals and a variety of others working in the addiction, recovery and treatment fields.

### **POLICIES + DISCLOSURE:**

- Refunds are provided if cancellation is completed fourteen days prior to the event. No refunds are given if cancelled within fourteen days of event, including late registrations. Registration administration fees are nonrefundable at any time.
- ADA accommodations: if you require ADA accommodations, please contact our office no less than fourteen days in advance of the event so the venue administration can make required accommodations.
- Any grievance, complaint, or other feedback may be made in writing to the organizing office by emailing: tara@change.us. All grievances, complaints, or other feedback will be addressed within five business days. A resolution will be offered or negotiated accordingly.
- There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants or other funding that could reasonably be construed as conflicts of interest.

**POST-TRAINING SURVEY EVALUATION:**

The post-training survey and evaluation is a Survey Monkey link that will be emailed to attendees during the training. The email encourages attendees to participate in the survey to provide feedback.

**REGISTRATION:**

Cost is \$995 per person, \$650 for students who are actively enrolled in an accredited certificate or degree program. Attendees may register by visiting the training page on our website: [intervention.com](http://intervention.com)

**CLASSROOM SERIES SCHEDULE (17 CE's)**

See CE Administration Disclosure for specific details

Days One + Two: (6.5 classroom hours each day)

8:30 – 9am: Sign in + settle in  
 9:00-11:00: Class starts  
 11:00: 15-minute break  
 11:15-12:30: Class resumes  
 12:30-1:30: Lunch break  
 1:30-3:00: Class resumes  
 3:00: 15-minute break  
 3:15-5:00: Class resumes  
 5:00-5:30: Spill over, wrap up, clean up

Day Three: (4 classroom hours)

8:30 – 9am: Sign in + settle in  
 9:00-11:00: Class starts  
 11:00: 15-minute break  
 11:15-1:15: Class resumes  
 1:15-1:30 Surveys, CE's, wrap up etc.

**CLASSROOM SERIES SYLLABUS: DAY ONE**

**GOAL:** Through hands-on learning experiences, role-play rich workshops, and the handbook received at the training, the participant garners a deeper understanding of the BreakFree Intervention method as the group explores different components of the method. Participants expand and enhance existing knowledge and develop skills competencies through a variety of in-depth case studies, role-play a variety of scenarios from First Call to Engagement, and role-play resistance from the Identified Loved One (ILO) + iTeam.

**TOPICS COVERED:**

- BreakFree Intervention skills training: How It Works
- Busting the “Myths” that keep concerned others from helping
- First Call “Talk Track”
- Building the Intervention Team’s (iTeam) Family Map
- Develop skills in preparing the iTeam and making the invitations
- Develop skills to produce a successful Family Meeting

**CLASSROOM SERIES SYLLABUS: DAY TWO**

**GOAL:** Through continued active participation in the training, participants gain a deeper understanding of valuable information in applying the BreakFree Intervention method to process addictions, understanding mental health interventions, special populations and social congruencies.

**TOPICS COVERED:**

- Utilizing the BreakFree Intervention Method in Addressing:
  - Food + Weight + Eating Disorders
  - Spending, Gambling, Gaming + Digital Addictions
  - Sexual Addictions + Pornography Addictions
  - Chemical Dependency + Alcohol Addiction
  - 21st Century Synthetics: K2, Salts & Pharma
  - Pain Medication Dependency
- Process Addictions + Mental Health Interventions
- Depression + Anxiety
- Bi-Polar + Axis II
- Autism Spectrum
- Special Populations + Cultural Congruency
  - LGBTQ
  - Ethnic + Religious
  - Persons of Color
  - Doctors, Lawyers, Pilots, Nurses
  - Politicians, Celebrities, Great Wealth
  - Wounded Warriors & Their Families
  - Women & Children

## **CLASSROOM SERIES SYLLABUS: DAY THREE**

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**GOAL:** Through continued active participation in a business-centric conversation and exchange, the participant gains valuable knowledge in establishing or enhancing an intervention business.

### **TOPICS COVERED:**

- The Business of Interventions
- Setting Up Your Practice
- Follow-Up Protocol
- Forms & Surveys
- Services & Fees
- Enrollment Agreements: Terms, Conditions & Indemnification
- First Caller & Welcome Letter: Insurance Certificate, Certifications, etc.
- Credit Cards, Checks & Wires
- Social Media & Marketing Strategies

## **VIDEO LEARNING SERIES (6 CEs, Home Study)**

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Three 2-hour video learning series videos are made available to registrants prior to and directly following attending the training at no additional cost. Participants have up to two weeks after the training to watch the videos and complete the homework before being given a certificate of completion and CEs.

**GOAL:** Through independent learning and our 6-hour video learning series, participants gain a broader knowledge of the history, evolution, and variety of methods of interventions and how the industry is shifting towards a kinder, gentler approach to change. Additionally, greater knowledge of definitions of topics such as addiction, motivations for change, change strategies, and the ethics of intervening are explored.

### **VIDEO LEARNING SERIES SYLLABUS:**

*See CE Administration Disclosure for details*

### **TOPICS COVERED:**

#### **Video One (2 hours)**

- Intervention Models, Methods + Techniques (1:00)
  - Johnson Model
  - Systemic Model
  - ARISE Model
  - BreakFree Intervention Method
- Disease Model of Addiction (1:00)
  - Definitions of Addictions:
  - ASAM Definition
  - DSM V
  - Substance Abuse Disorders + Process Addictions
  - (Neurobiology of Behavior)
  - Mental Health Disorders
  - Dual Diagnosis

#### **Video Two (2 hours)**

- Motivations for Change/Common Change Strategies (1:00)
  - Motivational Interviewing
  - Cognitive Behavioral Therapy
  - 12-Step Help + Support Groups
  - Negotiation “Anything but Inpatient...”
  - Boundaries & Bottom Lines
- Ethics of Intervening: (1:00)
  - Personal Ethics
  - Professional + Workplace Ethics
  - Treatment Center Ethics
  - Ethical Dilemmas
  - Ethical Guidelines
  - Ethics of Certified Intervention Professional (PCB)

#### **Video Three (2 hours)**

- Harm Reduction:
  - Self-Harming Behaviors vs. Self-Nurturing Routines
  - “More Good Less Bad” as Change Strategy
  - Developing Family-Infused “Change Agreements”
- Duty to Warn:
  - Reporting Laws: Suicide + Homicide
  - Abuse & Neglect: Child, Spousal + Elder

**LEARNING OBJECTIVES:**

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1. Demonstrate new competencies and enhance existing knowledge through in-depth role-play scenarios.
2. Identify the obstacles that can stand in the way of a successful BreakFree intervention and the skills necessary to overcome them successfully.
3. Demonstrate new Family Map competencies and explain the important role it plays in the BreakFree Intervention method of intervening.
4. Apply new information to build a new or enhance an existing intervention business based on the understanding and application of the BreakFree Intervention method.
5. Identify new ideas applicable to current practices in realistic, manageable ways to enhance service levels in agreement with the BreakFree Intervention method.
6. Demonstrate a working knowledge of special populations and how to apply this intervention methodology.
7. Identify the four types of intervention covered in the history of interventions including basic techniques used in each method.
8. Identify personal and professional ethical duties and boundaries, utilizing an ethical system of business guidelines and personal conduct.

**2020 CE Administration Disclosure:** BreakFree Intervention skills training equips participants to understand the history and methods of various intervention models in comparison to Brad Lamm's proprietary invitation to change, paired with long-term family recovery. Through education, case studies and role-plays, participants learn how to intervene using this cutting edge approach to initiating family recovery. **CE Administration Information:** **17 Classroom Continuing Education Units** are provided by CE-Classes.com and the PA Certification Board. CE-Classes.com has national and state approvals to provide CE's to a wide range of mental health professionals including Social Workers, Professional Counselors, Marriage and Family Therapists, Drug Counselors, Nurses and Psychologists. PA Certification Board approves CE's for interventionists and the Certified Interventionist Professional (CIP) certification. **6 additional CE's** are available and provided by PA Certification Board for completing the **Video Learning Series** within two weeks of the workshop dates.

#### Brad Lamm, CIP

Brad is an author, teacher and interventionist best known for helping people make life-enhancing change alongside Oprah, the Dr. Oz Show, Today Show and others. Brad is the founder of Breathe Life Healing Center, a sophisticated treatment program that is helping America recover through trauma-informed evidence-based clinical solutions steeped in spiritual awakenings. A trauma survivor, Brad began his own recovery journey in 2003 from drugs, alcohol, bulimia and nicotine. Brad's life and work demonstrates how even the most challenging case might not only recover, but offer help and hope to those in crisis. [www.BradLamm.com](http://www.BradLamm.com)

#### Kathleen Murphy, M.A., LPC, LMFT

Breathe Life Healing Center's founding Clinical Director, Kathleen possesses a world of knowledge and a depth of experience, founded on 30+ years of experience working with people with substance abuse issues complicated by relational trauma. Kathleen makes use of didactics, psycho-education, lectures and experiential group processes that are heavily influenced by attachment theory and psycho-dramatic techniques to assist clients in reframing and reclaiming the self as a being in relationship.

#### CE-Classes.com Approval Statements:

- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2021
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-147-0221 Expires 02-2021
- The Texas Board of Social Work Examiners, Continuing Education Provider – 5674 expires 4/30/2020
- The Texas Board of Professional Counselors, Continuing Education Provider
- Massachusetts Authorization Number: (TBD)
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board Provider # RCST031201 Expires 5/31/2021
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education
- Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2020 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2020.

**Licensed Professionals should contact their regulatory board to determine course approval.**

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#### Video Learning Series: (6hrs)

Disease Model of Addiction, Harm Reduction + Duty to Warn, Motivations for Change + Common Change Strategies, Ethics of Intervening, Intervention Models, Methods + Techniques

#### Classroom Learning Series Agenda:

**Day One(8:30-5:30):** BreakFree Intervention: How it Works  
Utilizing the BreakFree Method

**Day Two (8:30-5:30):** Process Addictions + Mental Health Interventions  
Special Populations + Cultural Congruency

**Day Three (8:30-1:30):** The Business of Interventions

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#### CE Administration provided by:

Certificates of Completion are awarded to participants at the end of the last day and include PCB CE's. All other CE certificates are awarded online through CE-Classes.com after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a key-code, and completing an evaluation form.

[www.CE-Classes.com](http://www.CE-Classes.com)

[www.pacertboard.org](http://www.pacertboard.org)



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