

Daystar Education, Inc.

A 501(c)3 nonprofit
consortium of Oregon
Addiction Educators

Over 25 years of experience offering
continuing education in addictions,
pharmacology, addiction treatment best
practices, co-occurring disorders, and prevention.

Our Team of Instructors

Nikki Johnson, M.A., CADC III
Director of Daystar Education
ACCBO Ethics Chair
Adjunct Faculty, Portland Community College

Eric Martin, M.A.C., CADC III, CPS
Former Director, ACCBO
Addictions Trainer, DHS

Sarah Wheeler, CADC II
Private Practice/Consultant

**Kathyleen Tomlin, Ph.D., LPC,
LMHC, CADC III**
Supervisor, MINT trainer & author with
Hazledon Press

Michael Razavi, M.P.H., CADC I
CPS, PRC, ACCBO Co-Director

**Lisa R. Bevans, MS, NCC, LPC, LMHC,
CADC I**
Washington County

Kimberly Crow, MA, CADC I

Kelly Washam, MA, CADC II

Steve DeLugach, MS, LSP, CSAT
Counselor, Sexual Addictions Specialist

Michele Mannix, BS, CADC II
Mental Health Therapist, Homeless Advocate

Cathy Moonshine, Ph.D., CADC III
Consultant, Adjunct /faculty Pacific University,
Lewis and Clark College

Jesus Navarro, CADC II
Multnomah County Drug Court, Prevention

Christeine Terry, Ph.D.
Licensed Psychologist, Seattle, Wa.

Diane Rivera

Cindi Scott, BA, CADC II, NCAC II

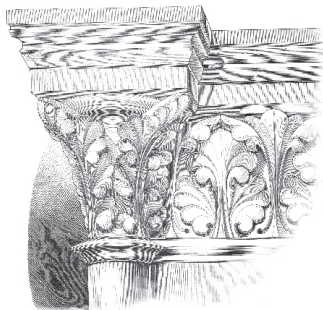
**Dr. Clare Steffen, Ed.D., ND, BCC,
NCC, CADC II, ICADC, CNHP, CMH**



www.DaystarEd.com

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Accredited by
The Addiction Counselor
Certification Board of Oregon
and The National Association of
Alcoholism and Drug Abuse Counselors



Course Descriptions

Core Certification Workshops

Addiction Pharmacology 18 hours

A three day course that meets prerequisite requirements for CADC & CPS. This course includes the basics of human physiology, rules of pharmacology, and the drugs of abuse categories. Excellent course for pre-test brush-up. Presented by Johnson, M.A., CADC III & Martin, M.A.C., CADC III.

ASAM Managing Client Records with 12 hours

ASAM Made Easy has been morphed into a two-day workshop. The most common finding State Auditors have with client records is treatment plans. Adding this to ASAM should be a great help to people struggling with this paperwork. Taught by Kathy Tomlin, Ph.D., LPC, LMHC, CADC III.

Infectious Disease Risk Assessment/Risk Reduction 6 hours

A one day course that meets prerequisite requirements for certification. Covers: HIV, Hep-C update and counselor issues in RA:RR interviewing. RA:RR tool and skill training. Presented by Johnson, M.A. CADC III & Razavi, M.P.H, CADC I.

Professional Ethics for Chemical Dependency Counselors 12 hours

This workshop meets the prerequisite for certification. Explores professional roles and values, dual relationships, Ethical Principles, Ethical Decision-making and more. Presented by Johnson, M.A. CADC III.

Group Counseling Skills 18 hours

This three-day course meets the prerequisite requirements for certification. This course will give participants an understanding of basic group dynamics, stages of development, and how to use facilitation skills. Through the use of group practice and feedback, lectures and written materials, this training will assist in developing effective techniques, including EBTs such as Stages of Change. By Johnson, MA. CADC III.

Basic Counseling Skills 18 hours

This three-day course meets the prerequisite requirements for certification. Through lecture, skill demonstration and practice, participants will have the opportunity to understand counseling in its most basic parts and practice the skills contained therein. All skills will be drawn from evidence-based practices. Participants will create and review a video tape counseling interaction. Presented by Wheeler, CADC II

Peer Mentor Certifying Training 40 hours (16 on line, 24 live)

A true hybrid class! Live segment includes Communication and Motivational skills, Group facilitation, Crisis intervention, Assertive Outreach, Culture, Trauma, Ethics and Boundaries. Team taught. MORE INFORMATION ON THE WEBSITE

Continuing Education Workshops

MI: Theory and Practice 12 hours

This workshop will ground participants in the theory and skill of this evidence based practice. Participants will practice the skills and strategies of MI. Presented by MI author Kathyleen Tomlin, Ph.D., LPC, LMHC, CADC III.

Theories of Addiction Treatment and Counseling 12 hours

This two day course covers traditional counseling theories, and principles of effective drug treatment. Designed as a refresher for the theories section of the CADC exams. Includes test taking strategies. Presented by Eric Martin, M.A.C, CADC III, CPS.

Principles of Understanding Addictions and the Family 12 hours

Provides an overview of theories, addictive processes, roles and relational problems that emerge in treatment of families with addiction. Will be set up for special topics workshops: adolescents, relationships and addiction. Taught by Kelly Washam, MA, CADC II.

Dialectical Behavioral Therapy 12 hours

Helps develop an understanding of DBT and the foundation for skill set necessary to use DBT. DBT helps clients to improve emotional containment and function. Participants will gain experience by practicing specific DBT techniques. Taught by Cathy Moonshine, Ph.D. CADC III.

Client Counselor Boundary Issues: Resolving Transference and Countertransference 12 hours

Enhance skills in recognizing and resolving transference and countertransference with addiction treatment clients, enhance awareness of counselor vulnerability, and will assist in developing a plan to avoid and/or resolve boundary violations. Presented by Johnson, MA, CADC III

Co-Occurring Disorders: Screening and Assessment 12 hours

This workshop will review the principles of COD-substance abuse and mental health disorders and criminality, in light of substance-induced brain injury. Participants will practice using validated screening and assessment instruments using TIP 42. Taught by Kimberly Crow, MA, CADC I

Cognitive Behavioral Therapy (CBT) 12 hours Fundamentals of this EBP that is extensively used in drug treatment. Learn schemas, cognitive distortions and how to help clients THINK and feel better. Lisa Bevans, MS, NCC, LPC, LMHC, CADC I.

Acceptance and Commitment Therapy (ACT) 12 hours EBP for addictions that helps people commit to living meaningfully and skillfully accept the pain that comes from life. Utilizes both unique and well-known CBT strategies. Learning will include experiential activities to demonstrate core principles of ACT. Christeine Terry, Ph.D.

Sexual Addiction 6 hours

Will explore the nature, cycle and recovery from sexual addiction. Learn practical tools for assessment and treatment planning, and address the needs of families affected by sexual addiction. Led by Steven Delugach, LPC, chair Advisory Board ITAP

Addiction and Personality Disorders 6 hours

This workshop explores Cluster B personality disorders, interaction with drug use, and defines strategies for engagement and retention. Reviews psychiatric EBP's with Personality Disorders research on Co-Disorder EBP's, including DBT. Taught by Nikki Johnson, MA, CADC III.

Saboteurs of Recovery: Co-Dependence & Shame **6 hours**

This workshop will focus on a model for understanding and exploring shame and co-dependency issues, and their impact on recovery and relapse. We will apply evidence-based counseling practices that support the client's resolution of their shame issues. Taught by Sarah Wheeler, CADC II.

Treating Marijuana Dependence **6 hours**

Covers NIDA best practices with marijuana dependent clients, educating clients on health consequences, etc. . Addresses the increasing potency of marijuana, delivery devices and neuropharmacology of THC. Presented by Eric Martin, M.A.C, CADC III.

Criminality and Addiction **6 hours**

Explores the relationship between addiction and criminal behavior, and EBTs, including MRT, for working with Criminal Addicts. Taught by Cindi Scott CADCII and Diane Rivera .

Racism as an Ethical Issue **6 hours**

Meets 6 CE hour Ethics requirement. This workshop explores of unintentional counselor bias, microaggressions, and strategies to enhance counselor competence. Uses video, small group discussion and individual exploration activities. Taught by Nikki Johnson, MA, CADC III.

Trauma and Substance Abuse Disorders **6 hours**

Explores Physical and psychological effects of trauma on people and the relationship of trauma to substance abuse, EBP for treating addicted Trauma survivors. Taught by Dr. Clare Steffen, Ed.D., ND, BCC, NCC, CADC II, ICADC, CNHP, CMH..

Co-Occurring: Psychotic, Mood and Anxiety Disorders - **One Day Each 6 hours**

Explore symptoms, similarities with drug effects, EBP. Taught by Kelly Washam, MA, CADC II.

Homelessness and Addiction **6 hours**

Explores causes, EBP for engaging chronic Homeless people who often have multiple problems, plan to end homelessness. Presented by Michele Mannix, CADC II.

NEW COURSES

ADHD & Substance Use- **6 hours**

This workshop will review the correlations between SUD and ADHD, explore the concept of ADHD as an impairment of executive functions and help develop strategies to improve them. Self Assessment, lecture/discussion, and small group work will be employed to enhance learning. Taught by Nikki Johnson, MA, CADC III.

DSM-5 - 6 hours The purpose of this one day class is to discuss common co-occurring diagnoses between substance use disorders and common mental health diagnoses. The areas to be covered include trauma and stress related disorders and common personality disorders. Taught by Kathy Tomlin, Ph.D., LPC, LMHC, CADC III.

Relapse Prevention - **6 hours**

Can we ever talk enough about Relapse Prevention? Let's not fall into the common misconceptions that "Everybody Relapses" or "Relapse is a part of Recovery". Let's work as a group to dialogue and study Marlatt and Gorski's Prevention Models. Students will leave with a thorough understanding of techniques to reduce risks or the length of a relapse and ingredients that will support success in your clients recovery plan. Taught by Michele Mannix CADC II.

Calendar At-A-Glance

OCTOBER

Infectious Disease: RA/RR	5
Group Counseling	11-13
Peer Mentor	17-19
Treating Marijuana	20
Homelessness	24
MI: Theory and Prac	26-27
Criminality	31

NOVEMBER

ADHD & Sub. Abuse	1
Professional Ethics	2-3
Racism as Ethical Issue	6
Pharmacology	8-10
COD	13-14
ASAM	16-17
Relapse Prevention	21
Basic Counseling	28-30

DECEMBER

Group Counseling	6-8
Co-Dependence & Shame	12
Infectious Disease RA/RR	15

JANUARY 2018

Homelessness	9
Pharmacology	10-12
Group Counseling	17-19
Infectious Disease	24
DSM-5	26
Peer Mentor	29-31

FEBRUARY

Relationships & Addiction	5
ASAM	7-8
ADHD & Sub. Abuse	9
Basic Counseling	12-14
Trauma & Sub. Abuse	16
Racism as Ethical Issue	21
Professional Ethics	22-23
Group Counseling	28-3/2

MARCH

Group Counseling	2/28-2
Relapse Prevention	6
ACT	8-9
Co-Dep & Shame	13
MI	15-16
Infectious Disease	19
Pharmacology	21-23
CBT	28-29

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To schedule any of the workshops at your agency (or a training tailored to your needs) please contact:
Daystar Education, Inc.

503-234-1215

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