

# RUTGERS

University Behavioral Health Care

**Treating Addiction in Psychotherapy Practice:  
Harm Reduction, Medication-Assisted Treatment, and Other  
Evidenced-Based Approaches**

**Part of the Professional Development Workshop Series at UBHC**



**Target Audience:**  
Addiction Professionals,  
Social Workers,  
Professional Counselors  
and Psychologists

**Registration Fee:**  
**\$189**

Price includes Breakfast, Networking Lunch & Continuing Education Credits for Behavioral Health Care Professionals



A psychologist specializing in the treatment of substance use and other behavioral health problems since 1978, Dr. Washton is co-founder of The Washton Group, a private practice in Princeton NJ and NYC. He has served as Clinical Professor of Psychiatry at NYU School of Medicine, as director of several nationally recognized addiction treatment and research programs, and as consultant to professional sports teams, government agencies, media organizations, and major corporations.

Dr. Washton has been a recipient of research grants from the National Institute on Drug Abuse, has served on the Substance Abuse Advisory Committee of the U.S. Food and Drug Administration, and has given expert testimony before special committees of The U.S. Senate and House of Representatives on drug abuse trends in America.

Dr. Washton is the author of several books, including "**Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works**" (Guilford

Press) and “Willpower’s Not Enough: Understanding and Recovering From Addictions of Every Kind” (Harper-Collins).

[Click Here To Register](#)

Friday, April 3, 2020

9 am - 3 pm

Rutgers University  
Behavioral Health Care (UBHC)  
Behavioral Research and  
Training Institute (BRTI)

151 Centennial Avenue  
Piscataway, NJ 08854



This course meets the 1 hour continuing education requirement in Opioid according to 13:44G-6.2 for New Jersey Social Workers during the 2018-2020 Licensing Cycle.

**Program Objectives:**

- Explain why it is important for all practicing therapists to know how to treat addiction.
- Summarize the basic principles and practices of a nuanced client-centered approach.
- Describe harm reduction strategies, medication-assisted treatments, various evidence-based psychosocial approaches.
- Describe the current scope of the opioid epidemic and its consequences.
- Summarize the major pharmacological actions of opioids and other psychoactive drugs.
- Describe the most effective medications for treating SUDs.





In support of improving patient care, Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare.



**Psychologists:** This course is approved for **5.0** CE Credits. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office Maintains responsibility for the content of the programs.



**Certified Counselors:** Rutgers University Behavioral Health Care has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6198. Programs that do not qualify for NBCC credit are clearly identified. Rutgers University Behavioral Health Care is solely responsible for all aspects of the program. (**5.0** Clock Hours)

**Social Workers (The New Jersey Board of Social Work Examiners):** This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for **5.0** continuing education hours and fulfills the NJ Social Work requirements for Opioid education.



[Registration hosted RBHS CloudCME](#)

## Working Agenda

8:30 am-9:00 am	Registration and Breakfast
9:00 am-10:00 am	Advantages of Office Based Treatment; Principals of Harm Reduction and Harm Reduction Therapy
10:00 am-11:00 am	Case Vignettes; The Clinician's Dilemma; The Clinical Role of Moderation Strategies
11:00 am-11:10 am	Break
11:10 am-12:00 pm	Psychoactive Substances; Pharmacological Effects on the Body and Mind; SUD's Epidemic; MAT's Assessment Issues
12:00 pm-1:00 pm	Networking Lunch
1:00 pm-2:00 pm	Candidates for Moderation; Rationale for Moderation Strategies
2:00 pm-2:10 pm	Break
2:10 pm-3:00 pm	Abstinence Alternatives; Goal Setting; Strategies and Skills