

Fall Virtual Conference

brought to you by Alina Lodge

Friday November 6th, 2020

8:30 am - 4:30pm



Gregory M. Koufacos
MA, LCADC, NCRC

Mr. Koufacos

is a licensed clinical alcohol and drug counselor, and a nationally certified recovery coach. He has extensive training in Imago Therapy, Rational Emotive Behavioral Therapy, Internal Family Systems, Psychodrama, Modern Psychoanalysis, and Nature Based Models of the human psyche. He received an MA in Psychology in 2007 from the New School for Social Research in NYC and has been practicing in the addiction field since then. Currently Mr. Koufacos runs a mentoring program for young males in NYC and the surrounding area.

Presenting:

Therapy In Motion: 'Using Experiential Methods in the Social World'

Objectives

Upon completion of this training participants will be able to:

1. Explain how using experiential and action oriented methods work, using walking instead of just talking.
2. Identify the importance of using community integration to combat isolation, self-centeredness and fear.
3. Recognize the use of Miyagi Mentoring, the art of teaching deeper concepts using simple actions.
4. Explain the power of Mirroring and Role Modeling and its role in health.
5. Define the Alongside Technique of facing the world together.

Register Today!

\$65 per person

Name (s) _____

Address _____

City _____ State _____ Zip _____

Email: _____ Phone # _____

License Type: LCSW SW LCADC CADC

License Number: _____

Payment by Credit Card: _____

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Payments can be submitted via email to silvanat@alinalodge.org
or by mail to PO Box G, Blairstown, NJ 07825.

Please make checks payable to Little Hill Foundation.



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Fall Conference Schedule

8:30 am

Webinar Login, Introduction and Zoom tips/procedures

9:00 am – 10:30 am Morning Session I

This session will include a 30 minute didactic providing an overview of the presenter's experiential method of working with young people. It will provide the background and the tools he uses to reach this sometimes treatment resistant population. The tools covered in session 1 will be: The Walking Cure which focuses on getting out of the office and into the community, Miyagi Mentoring or learning through doing which uses acts to teach.

10:30 am – 10:45 am Break

10:45 am – 12:30 pm Morning Session II

The session will begin with a 15 minute Q and A and then focus on the role of challenging young people, teaching them to win and to lose, using defeat to their advantage, the role of the life drive and how to create it in young people.

12:30 pm – 1:30 pm Lunch

1:30 pm – 2:45 pm Afternoon Session I

This session will begin with a 30 minute chair yoga by a licensed yoga professional to demonstrate the learning through doing approach followed by 15 minute break-out groups (triads) to process their experience. We will then have a 30 minute didactic session focusing on the stages of development the presenter has identified in using his method: Bonding, Exploring, Engaging, and Creation.

2:45 pm – 3:00 pm Break

3:00 pm - 4:30 pm Afternoon Session II

In this session, participants will be divided into either the Bonding or Exploring stages for 45 minutes. Each group will focus on an activity related to their stage. The large group will speak about their experience with their stage for 30 minutes. The program will end with a 15 minute Q and A.

Course Description

We will be exploring a new modality of working with emerging men (ages 16-35), a demographic that is often unreceptive to traditional psychotherapeutic and rehabilitation methods. We will show that by using a bag of simple tools, you can increase your effectiveness and joy at working with young people, who seem to both crave and need a method that addresses their biology, a biology that needs action in the social world.

- Conference will be held via Zoom Webinar. A link with a meeting ID will be emailed to all registered participants.
- Please contact Alina Lodge, 908-362-6114 for information about continuing education credits for social workers.
- Credits have been approved by the Certification Board for Continuing Education credits for CADC, LCADC licenses.
- Due to the limited number of spaces available, no refunds will be issued.
- Registration will be limited. First come, first served.

Course length: 6 hours

Number of continuing education credits requested for course (one credit for each hour of course work): 6 credits.

Fee: \$65 per person

Little Hill Foundation is a 501c3 not-for-profit organization operating Alina Lodge and Haley House.



ALINA LODGE

The mission of Alina Lodge is to help people attain and maintain a life of hope and recovery. At Alina Lodge, we provide affordable residential treatment and care for those suffering from Substance Use Disorder combined with an in-residence Family Program.

908-362-6114

www.AlinaLodge.org



Haley House

Women's Transitional Living

Haley House offers a new beginning for women seeking recovery in a supportive, nurturing environment. Our beautiful new 14 bed transitional living home provides women a dignified residence with a clinically driven 12 step based program to foster healing and growth.

908-362-5417

www.haleyhousewomen.org