Welcome, your facilitator will be: Samson Teklemariam, LPC, CPTM

- Director of Training and Professional Development for NAADAC
- NAADAC, the Association for Addiction Professionals
- www.naadac.org
- Steklemariam@naadac.org
Who is AMHCA?

- **Founded in 1976** – Only professional association working exclusively for clinical mental health counselors.

- **1998** – The first AMHCA Code of Ethics and Standards for the Practice of Clinical Mental Health Counseling were adopted.

- **2012** – AMHCA launched advanced practice credentials (Diplomate and Clinical Mental Health Specialist).

- **Vision** – “To position clinical mental health counselors to meet the health care needs of those we serve while advancing the profession.”

- **Mission** – “To advance the profession of clinical mental health counseling by setting the standard for: Collaboration, Advocacy, Research, Ethical Practice, and Education-Training-Professional Development.”
Telehealth During COVID-19 and Beyond: Integrative Treatment

Presented by Fredrick Dombrowski, PhD, LMHC, MAC
Using GoToWebinar (Live Participants Only)

- Control Panel
- Asking Questions
- Handouts
- Audio (phone preferred)
- Polling Questions

Fredrick Dombrowski, PhD, LMHC, MAC, CASAC

- Professor
- University of Bridgeport, CT
- Additional Credentials: LPC, LADC, NCC, CCMHC, ACS, BC-TMH, HS-BCP, ICADC, DCMHS
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NAADAC Webinar Presenter
Webinar Learning Objectives

- Participants will be able to identify how COVID-19 has impacted those living with co-occurring anxiety and substance use disorder.

- Participants will identify how to use tele counseling to implement mindfulness and cognitive based interventions.

- Participants will list three activities which can help those living with co-occurring anxiety and substance use disorders which can help lessen anxiety and prevent relapse during COVID-19.

Polling Question 1

What do you do if you see a friend has a shoelace untied?

A. Tell them to tie their lace.

B. Engage in discussion understanding how the shoe became untied, exploring what the untied shoe means to your friend, and then allowing your friend to make an informed decision if they should tie their lace.
Counselors seeing patients suffer

- Motivated on helping
- Goal exploration
- Fixing the problem
- Improving symptoms immediately
- Countertransference

Mental Health Concerns During COVID-19

- Isolation
- Unemployment
- Financial
- Family
- Disrupted treatment
- Concerns over med management adherence
Expected symptoms during COVID-19

- Interpersonal
- Excessive worry
- Restlessness
- Lack of energy
- Feelings of panic
- Feelings of helplessness
- Inability to enjoy activities
- Limited or excessive sleep
- Headaches
- Changes in appetite

Substance Use Concerns during COVID-19

- Outpatient tx is limited
- Toxicology is limited
- Liquor stores open
- Illicit substance sales still open
- Immediate supports may not understand
- Unable to attend self help meetings
- Lack of accountability
Polling Question 2

Be honest, what do you think about anxiety?

A. It is a normal human emotion.
B. It is irrational and caused by inaccurate beliefs.
C. An unconscious way for people to avoid things they don’t want to do.
D. People choose to be anxious.

Conceptualizing anxiety

• Is a natural reaction indicating danger or concern.
• Can be impacted by unconscious core beliefs.
• Inadvertently create rewards for anxiety.
• Causing impacted functioning.
• COVID has magnified anxiety.
• Anxiety at full strength is panic.
Conceptualizing panic

- Similar to a fog.
- Unable to see beyond experience.
- Trapped in emotion.
- Normal
- Expected
- Exacerbated in those with pre-existing anxiety disorders

Cognitive Behavioral Therapy

- Core beliefs influence automatic thoughts.
- Catastrophizing thoughts as a result to a trigger.
- Thoughts cause increased feelings of anxiety and panic.
- Anxiety and panic contribute to unhelpful coping strategies.
Limitations of CBT

• Panic prevents people from logically thinking
• Socratic questioning breaks down
• Overrun by feelings
• The individual will do what is necessary to feel better
• Can seem invalidating to the patient.

Dialectic Behavioral Therapy
Trapped in the emotion mind

- Panic prevents connection to the reasonable mind and wise mind.
- Client acts to manage overwhelming feeling.
- Overrun with concerns about future and past.
- Avoids the present.
- When completed, fears about future symptoms persist.

Getting out of the emotion mind

Mindfulness skills (preferably active skills).

- What skills:
  1. Observe
  2. Describe
  3. Participate

- How skills:
  1. Non-Judgmentally
  2. One-Mindfully
  3. Effectively
Tele counseling

- Informed consent
- Safety information
- Mandated reporter
- Mental Status Exam (Oriented to time and place)
- Treatment plan

Informed Consent

[Image of a consent form being signed]
Mental Status

Emergency Services
Treatment Plan

Polling Question 3

Do you feel comfortable providing telecounseling?

A. Yes
B. No
Mock Video Session

https://www.youtube.com/watch?v=OsY7Wrp-5aI

Play up to the 6 minute mark: Stop at the 6 minute mark and go to the next poll question.

What you just saw

- Person centered
- Open ended questions
- Affirmations
- Reflective listening
- Summarizing
Resume Video

https://www.youtube.com/watch?v=OsY7Wrp-5aI

Resume video at the 6 minute mark and stop at 8:52

What we are seeing

- Identifying automatic thoughts
- Cognitive flexibility
- Assess actions taken - outcomes
Resume video

https://www.youtube.com/watch?v=OsY7Wrp-5aI

Play from 8:52 and stop at 14:55

What I have just done

• DBT states of mind education
• Patient identification
• Listing actions in emotion mind
• Assessing patient flexibility
• Briefly identified the “What skills”
• Introduced activity
Resume Video

https://www.youtube.com/watch?v=OsY7Wrp-5aI

Resume video at 14:55 and go to 17:38

What we are seeing

• Observe emotions
• Describe through the senses
• Participate in activity
• Focus on the activity
• Lack of judgment
Resume Video

https://www.youtube.com/watch?v=OsY7Wrp-5aI

Start at 17:38 and go to 23:47

What you just saw

• Engage in activity
• Reviewed activity connected to skills
• Assessing for flexibility
• Assessing their anxiety
• Priming for CBT
Resume Video

https://www.youtube.com/watch?v=OsY7Wrp-5aI

Start at 23:47 go to 36:06 - STOP VIDEO

CBT Process

- Triggers, thoughts, feelings, actions
- Separate thoughts and feelings
- Scaling feelings
- Identify outcomes
- Review goals
- Introduce to thought challenging
Things that were left out of the video

- Cognitive Distortions Worksheet
- Ways to challenge thoughts worksheet

Active Mindfulness options

- Tactile games
- Aroma therapy (get creative)
- Music - really listening
- Snacks - observe, describe, participate (similar questions to Jenga)
- Memory games
Resources

Thought Challenging and New Actions Worksheet

<table>
<thead>
<tr>
<th>Triggers</th>
<th>Thoughts</th>
<th>Feelings (1 to 10)</th>
<th>Actions</th>
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<tbody>
<tr>
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</table>

<table>
<thead>
<tr>
<th>New Thoughts</th>
<th>New Feelings</th>
<th>New Actions</th>
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Telehealth Informed Consent

While we are attempting to meet your needs via telecounseling, the same expectations are required as if you were attending an in person face-to-face session. We ask that you allow private time between yourself and your counselor for the session. As this session is conducted through an agency, you are agreeing to regular reimbursement as charged by the agency and as paid by your insurance provider. As your counselor, I remain a mandated reporter working to protect your safety and the safety of those around you. While we work to maintain your confidentiality, we can’t promise that your online session is free from danger by hackers or those with illegal internet access. Do you agree to continue with this session as scheduled?
Available Mindfulness and CBT worksheets

- [https://www.therapistaid.com/therapy-worksheets/cbt/none](https://www.therapistaid.com/therapy-worksheets/cbt/none)

Thank You!

Fredrick Dombrowski, PhD, LMHC, MAC, CASAC

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ANY QUESTIONS?
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Cost to Watch:
Free

CE Hours Available:
1.5 CE

CE Certificate for NAADAC Members:
Free

CE Certificate for Non-members:
$20

To obtain a CE Certificate for the time you spent watching this webinar:
1. Watch and listen to this entire webinar.
2. Pass the online CE quiz
3. If applicable, submit payment for CE certificate or join NAADAC.
4. A CE certificate will be emailed to you within 21 days of submitting the quiz.

UPCOMING WEBINARS

May 20th, 2020

**Telehealth During COVID-19 and Beyond:** Integrative Treatment for Co-Occurring Disorders
By: Fredrick Dombrowski, PhD, LMHC, MAC, CASAC

May 27th, 2020

The Americans with Disabilities Act: SUD and Eliminating Discriminatory Barriers to Treatment and Recovery
By: Oce Harrison, EdD and Charlotte Lanvers, JD

May 22nd, 2020

**VIRTUAL WORKPLACE WELLNESS:** Successfully Managing Change & Reducing Stress During COVID-19
By: PerCilla Zeno, CPRS, CCHW, HTP-A, CHC and Tracy Haskins, CPRS, CCHW, CSAC-A

June 10th, 2020

Substance Use Disorder in the African American Community
By: Chester Wilson, EdD, CAP, CMHP

www.naadac.org/webinars
Clinical Supervision in the Addiction Profession Specialty Online Training Series

Part One: The Supervisory Relationship  
By: Thomas Durham, PhD.

Part Two: Using Technology for Clinical Supervision  
By: Malcolm Horn, PhD, LCSW, MAC, SP

Part Three: Legal and Ethical Issues in Supervision  
By: Thomas Durham, PhD.

Part Four: Stages of Clinical Supervision  
By: Thomas Durham, PhD.

Part Five: How to Structure Clinical Supervision  
By: Cynthia Moreno Tuohy, BSW, NCAC II, CDC III, SAP and  
Samson Teklemariam, MA, LPC, CPTM.

Part Six: Motivational Interviewing in Clinical Supervision –  
A Parallel Process  
By: Alan Lyme, LISW, MAC

www.naadac.org/clinical-supervision-online-training-series

Addiction Treatment in Military & Veteran Culture Specialty Online Training Series

Part One: Supporting Those Who Served – Substance Use and Comprehensive Mental Health for Military Affiliated Populations

Part Two: Supporting Life After Service – Addiction and Transition to Post-Military Life

Part Three: Mental Health for Military Populations – Core Clinical Competencies for Treating Service Members, Veterans, and their Families

Part Four: Beyond Basic Military Awareness – Cultural Competence in Working with Military Affiliated Populations

Part Five: Identifying Presenting Concerns – Assessment Competencies for Service Members, Veterans, and their Families

Part Six: Using What Works – A Review of Evidence Based Treatments for Military Populations

Series Presented By: Duane K.L. France, MA, MBA, LPC

www.naadac.org/military-vet-online-training-series

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INDEPENDENT STUDY COURSES
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CONFERENCES
NAADAC Annual Conference & Hill Day, September 25 – 30, 2020
Washington, DC
www.naadac.org/annualconference

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• Conflict Resolution in Recovery
• National Certificate in Tobacco Treatment Practice

Thank you for joining!

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