

# Envision Learning Institute



We offer relevant, interesting, and interactive training in a comfortable setting.

## Comments from our participants:

*"I really like the small workshop size and the great discussions."*

*"Great Speakers. Clarified questions that I had!! Thank You!"*

*"Great! Relaxed atmosphere with very good info & tools."*

*"Excellent class and the subject matter was well prepared and answered most of my questions."*

These past few months we have been busy. Based on the feedback we have received, our workshop participants have enjoyed learning and sharing as much as we have.

We scheduled some workshop favorites in June along with a few new workshops. We are offering 6 hours of continuing education each week including several that are Ethics, Alcohol & Drug Specific, and/or Co-Occurring CEUs. We continue to keep our participant size small so that participants can contribute their own experiences and get their questions answered.

Check out pages 2 and 3 for the workshop descriptions and information about the type of CEUs included. Page 4 is a registration form you can email or mail to us with your check or money order. If you want to pay by credit or debit card we can email an invoice to you or you can pay online.

During June, we have a Food Truck available at lunch time on training days. A portion of the Food Truck sales goes to support Envision Success' veteran programs



Hope to see you soon.

## Envision Counseling Associates' Mission:

*We strive to present innovative and engaging training programs that inform participants while providing opportunity for discussion and application, and inspire a sense of curiosity.*

**envision**  
Counseling Associates LLC



## at Envision Success, Inc.

Envision Success, Inc. is an approved 501(c)(3) organization. All proceeds from training go to support Envision Success, Inc. programs. All of our volunteer trainers receive free training instead of payment.



1151 E. Main St. Norman, OK 73071

GPS Address: 1161 Veterans Drive



## Descriptions of Some of our Favorite Workshops

**Chronic Pain Treatment Alternatives:** Chronic pain can be difficult to treat effectively. Some conditions such as PTSD, Depression, Addiction, and Anxiety can make chronic pain worse. As care providers it is important to explore the client's mental status and addiction history, as they affect pain treatment options and pose a risk to recovery. It is important for mental health and addiction counselors to know how pain treatment options are impacted for clients using recovery assisting medications. This training will include information about generally available pain management options and some advantages and concerns of these treatments. We will discuss strategies for identifying the client's treatment options, strengths, and challenges as well as assisting clients in discussing these with their medical care provider to minimize the potential for relapse or recovery disruption. Trainer: Gail Wilcox, LPC, LADC, 3 hrs CO, AD, SB

**Co-occurring is more Than Addiction + Mental Health.** Co-occurring disorders refers to the simultaneous presence of at least one substance use disorder and one or more mental health disorders. The disorders impact each other but exist independently. Both require assessment, treatment, and an intensity of service that matches needs. Co-occurring disorders include a wide range of disorders that differ in severity, course, and cause. This overview training is designed to elicit discussion and an opportunity to develop an action plan. Participants will be able to: discuss relationships between the disorders, identify symptoms of severe mental health disorders, list potential barriers to integrated treatment, recognize common recovery themes, and compare and contrast consecutive treatment, concurrent treatment, and integrated treatment of co-occurring and addiction disorders. Gail Wilcox, LPC, LADC 3 hrs CO, AD,

**Drugs of Abuse:** This training is intended to provide information on commonly abused drugs. The training is intended for those new to addiction treatment including those preparing to take the Alcohol and Drug Counselor exam. Major drug categories will be discussed along with identifying the most common drugs in those categories. Participants will learn basic information including the scientific and street names, a description of its physical appearance, origin and medical uses, short-term effects, long-term effects, addictive properties, legal status, drug testing considerations and withdrawal concerns. Trainers: Gail Wilcox, LPC, LADC & Rock Richardson, LPC, LADC, 6 hrs CO, AD

**Ethics in the Digital Age:** Over the past several decades, technology has advanced at an amazing rate. As new technology develops, professionals are challenged to define appropriate ethical boundaries to accommodate technology while protecting clients' rights. Some Counselors contemplate using technologies such as social media, cell phones, email, and video conferencing to enhance treatment. This training includes a review of these technologies and used by some therapists. Participants will review an Ethical Framework for any counseling environment. Participants will identify and discuss practical strategies for evaluating what technologies if any to incorporate into treatment. Trainer: Gail Wilcox, LPC, LADC, 3 hrs E

**Helping Clients & Supervisees Integrate Self Care:** Self-care includes any intentional actions people take to care for their physical, mental, spiritual and emotional health. Good self-care is a challenge for many people and it can be especially challenging for those in recovery for addiction and co-occurring mental disorders. It can also be an important part of the healing process. Recovery can be overwhelming especially for clients challenged to change so much of their lives. Behavioral Health providers sometimes need to be reminded to assess and implement effective self-care tools to prevent burnout. This training will introduce the Self-Care Assessment tool, a process for identifying activities, resources, and potential obstacles. Participants will develop a sample self-care plan. Trainer: Gail Wilcox, LPC, LADC, 3 hrs, CO, AD, S, E, SB

**Military Values and Culture:** This workshop provides an overview of military culture to include structure, rank, branches of service, and core values, as well as, similarities and differences between the components. It is intended to assist mental health providers in better understanding, communicating, and interacting with active and veteran service members and their families. Additionally, the afternoon training will provide you with an overview of resources available to you and to service members for intervention and support including strategies to increase counselor resiliency and will illustrate how organizations and individuals can implement strategies that promote self-care, reduce compassion fatigue and burnout, and maintain high quality ethical practice. Trainer: Gail Wilcox, LPC, LADC, 3 hrs E



**Pharmacotherapy for Mental Health and Addiction Disorders:** The use of psychotropic medications (pharmacotherapy) in conjunction with psychotherapy is regarded as the standard of care for many with mental health disorders. Counselors, therefore, need to be knowledgeable about psychopharmacology to help monitor its impact on client outcomes as well as considering the impact of a client's current or previous substance abuse. In addition to a review of the benefits and concerns of common mental health medications we will discuss the important functions Counselors can use in treating clients taking the medications. Trainers: Gail Wilcox, LPC, LADC & Rock Richardson, LPC, LADC, 6 hrs CO, AD, E (1hr)

**Realities of Ethics and Supervision:** Applications in Our Daily Environment: A series of trainings designed to assist counseling professionals in connecting therapeutic, moral, ethical and legal considerations in treating and preventing substance abuse and co-occurring mental health issues. Each training looks at a specific aspect of Ethics and Supervision through this lens and provides an opportunity to discuss typical challenges in a safe environment. We will use one or more examples of actual issues we face in our work as we look at the therapeutic, moral, ethical and legal implications of the situations and possible responses. Trainers: Rock Richardson, LPC, LADC, . 3 hrs E, S, AD, CO

**Treating Veterans with PTSD and other disorders.** There has been an increase in attention, research and training for all care providers about Posttraumatic Stress Disorder (PTSD). PTSD can occur after someone goes through a traumatic event like combat, assault, or disaster. This workshop includes a basic understanding of PTSD, the DSM-5 diagnostic criteria, risk factors, co-occurring disorders, and evidence-based treatments for PTSD. Because PTSD often co-occurs with other mental health problems, such as depression, substance abuse, and TBI this training will discuss important considerations when working with veterans. Additionally, the training will introduce useful resources and technology tools to enhance client treatment and strategies that promote self-care, reduce compassion fatigue and burnout, and maintain high quality ethical practice. Gail Wilcox, LPC, LADC, 3 hrs CO, AD,

**Using Genograms Effectively:** Genograms can be used to display family information graphically in a way that provides a quick gestalt of complex family patterns. They are a rich source of information about how a clinical problem may be connected to the evolution of both the problem and the family's context over time. Genograms make it easier for clinicians to keep in mind the complexity of the family's history and patterns while helping the clinician get to know the family. It helps to identify family relationships and the value of the relationships in a very visual way. Each Participant will take home a laminated page with commonly used symbols. Participants will learn and discuss practical strategies for using Genograms as an assessment tool for substance dependent and co-occurring individuals and their families. Participants will practice the skills discussed using case examples or their own life. Rock Richardson, LPC, LADC, 3 hrs, CO CEUs

AD = Alcohol & Drug Specific, E = Ethics, CO = Co-Occurring, SB = Strength Based, S = Supervision

## Our Trainers

### Gail P. Wilcox, LADC, LPC

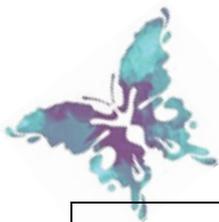


Gail is Executive Director of Envision Success, Inc. Previous positions include: Court Specialist, at Norman Addiction Information & Counseling (NAIC), Director of Treatment Services at Comprehensive Community Services, Greeneville, TN, and an Academic and Career Counselor at Virginia Tech, Blacksburg, VA. She is an Oklahoma Cognitive Behavioral Techniques Trainer, and a Problem and Compulsive Gambling Counselor. Gail has over 30 years of experience providing education and training in a variety of settings including in military, corporation, and university settings. Gail is an USAF veteran. She earned a B.B.A. from University of Montevallo, AL and M.S. degree in Counseling and Human Development from Radford University, VA.

### Rock Richardson, LPC, LADC



Rock has worked in the Mental Health and Substance Abuse field since 1980. He has worked in various settings including the Cleveland County Detention Center, not-for-profit and state outpatient mental health and substance abuse treatment centers, private practice and at ODMHSAS. Rock is a Certified Behavioral Health Case Manager through ODMHSAS, a Certified Supervisor for Licensed Professional Counselors, certified as Problem and Compulsive Gambling Counselor and has completed the Center for Deployment Psychology training for PTSD and TBI. He has a Master of Public Health from the University of Oklahoma, University of Oklahoma. Health Science Center and a Master of Human Relations from OU.



## Registration for Scheduled Trainings

**Check the training(s) you are interested in attending**

- 06/03/2016, 9-4, Drugs of Abuse, 6 CEUs, CO, DA
- 06/10/2016, 9-12 Helping Clients & Supervisees Integrate Self Care, 3 CEUs, CO, DA, S, E, SB
- 06/10/2016: 1-4, Co-occurring is more Than Addiction + Mental Health, 3 CEUs, CO, DA,
- 06/17/2016: 9-4, Psychopharmacotherapy for Mental Health & Addiction Disorders, 6 CEUs, CO, AD, E (1)
- 06/24/2016: 9-12, Military Values and Culture, 3 CEUs, E
- 06/24/2016: 1-4, Treating Veterans with PTSD and other disorders, 3 CEUs, CO, AD,

**AD = Alcohol/Drug Specific, E = Ethics, CO = Co-Occurring, SB = Strength Based, S = Supervision**

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Address \_\_\_\_\_ Company \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Email Address \_\_\_\_\_ Phone #: \_\_\_\_\_

- Please add me to your email list so I can receive information about future training workshops.

Three hour trainings are \$75 and six hour trainings are \$150

Discounts:

Early Registration: Register and pay at least 2 days prior to the training for a 15% discount or Register for 15 hours and attend 3 additional hours for free. Total cost is \$375

**To Register online, please go to <https://www.surveymonkey.com/r/2016CEUs>**

**To pay online, please go to: <https://squareup.com/store/envision-success-inc> the promo code for early registration is ER15.**

Must be paid or postmarked by the Early Registration date in order to qualify for the discount.  
No refunds for cancellations less than 24 hours prior to the start of training.

To calculate payments \_\_\_\_\_ (total hours) x \$25 = \_\_\_\_\_ x .85 (if registering early) = \_\_\_\_\_ total due

Email this to [Admin@EnvisionOK.org](mailto:Admin@EnvisionOK.org) or  
Mail this form with your check to P.O. Box 1762, Norman, OK 73070

## Schedule

Morning

8:45 am - 9:00 pm Registration  
9:00 am - Noon Workshop

Afternoon

12:45 pm - 1:00 pm Registration  
1:00 pm - 4:00 pm Workshop