

The Integrated Behavioral Health Conference is all about the “how to’s.” When you join us in Charleston, September 22-24, you’ll walk away not just with big ideas from the country’s and our State’s leading practitioners, researchers and innovators but with skills for putting those ideas to work! There will be three types of learning opportunities provided during

Educational Workshop: Educational workshops focus on helping attendees to learn or refine their skills related to the subject matter. Workshops may occur over 1 or multiple time periods and provides knowledge in a specific topic area. Participants should have an opportunity for interaction with the presenter for questions. Presenters regularly incorporate audio visual aids illustrating key points of their content.

Skill-Building Session: Skill-building sessions usually occur over many time periods and provide in-depth knowledge introducing a new skill or technique providing an opportunity for hands-on practice by those attending. Because of the extended length, most Skill-Building Sessions approach the content by employing a range of adult learning strategies, including opportunities for peer-discussion and/or trying out what you have learned. Examples of hands-on practice might include: role-playing or working through a case study with sample data.

Expert (Keynote/ Plenary) Lecture: Expert Lectures are formal 45 - 90 minute presentations by an acknowledged expert in the field who will share conceptual or methodological innovations through a lecture. The presenter will speak on a given topic, usually for the majority of the session. Occasionally, a respondent or discussant will speak following the lecture. The amount of time allocated to audience questions varies greatly depending on the speaker and topic. Most lectures will include audio-visual aids that illustrate key points.

Exhibitor Booths and Networking- Most conference surveys state that the most invaluable take away from an event is the informal networking and the initiation of professional relationships that result in future connections. The IBHC will host local and national exhibitors who will bring the latest in educational resources to West Virginia. The exhibition areas are often a great place to begin networking and reciprocal sharing of resources.

Community Learning Event

A free event, *Online & Internet Use - Resources & Dangers*, will be open to the public to educate families on staying informed and getting involved to make sure children know the risks, as well as the rewards, of the internet. The learning opportunity is scheduled to provide a family friendly workshops “after hours” for those unable to attend the conference with separate sessions for adults and youth.

Self-Care Opportunities

Beginnings with work of Freud, who attributed patient’s maladaptive behavior to histories of trauma, to the ACE study (1994 – 1997), demonstrating the role of childhood trauma on health; much work has been completed on the role of trauma and health and wellness. Additionally, there has been a substantial amount of speculation on the role of “self-healing” techniques in the reintegration of mind, body and spirit, shattered by trauma. In his book, “Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World”, Richard F. Mollica (2006) discusses the healing that can take place by bringing the mind and body back into alignment through these self-healing techniques. Also, termed, “complementary and alternative medicine”, these approaches are a part of conventional medicinal practices in other parts of the world but are being increasingly being explored as an adjunct to traditional therapy in the United States. These techniques appear to shift the individual's perspective in a way that counteracts psychopathological processes and, when coupled with more traditional therapy such as cognitive - behavioral principles, appear to affect significant change. 88% of Veterans centers, report using these types of approaches in conjunction with traditional therapy for PTSD. Guided imagery, mindfulness, progressive muscle relaxation, yoga, Emotional Freedom Techniques and stress management/relaxation are gaining popularity in the treatment of trauma and recovery from addictions. Also, appearing in the literature is work using Acupuncture, Meditation, Movement Therapy (i.e. Tai Chi, dance), Native American Healing Circles and Therapeutic Drumming.

Based on the research, this year's Integrated Behavioral Health Conference will integrate some of these approaches into the fabric of the conference to expose conference participants to free "snippets" of these approaches. Not only will this give conference attendees a needed break in a quiet area away from the conference sessions but will expose them to techniques that they can use with their clients. The "Self-Care Area" will allow attendees to experience mind-body approaches such as acupuncture, massage, drumming, Tai Chi, Meditation/Relaxation as well as an opportunity to share their own story of recovery through creative expression and more traditional means such as 12 step meetings. A schedule of events will be posted in multiple areas of the conference venue and at the registration counter.

Book Store and Signing Event

The *Journeys of Life* on-site book store will provide conference attendees with resources, gifts, and inspiration to explore personal growth, life issues, spirituality and alternatives needed by all who travel this Journey called Life. Journey's offers a quiet haven during a hectic face-paced event to those who need time to regroup and relax.

During the 2015 Conference, attendees will be fortunate to hear national speakers who are also well known authors. These individuals will be signing purchased books outside of the bookstore on the day that they are speaking. A schedule will be posted outside of the bookstore displaying author availability.

Recovery Celebration

An evening of fun, fellowship and great music is planned for Wednesday, September 23. Beginning at 5:00pm specialized exhibitors will begin sharing their recovery resources. One of our own, Randy Housh, will begin warming up the crowd with laughter and song. The main event will include Templeton Thompson, singer/songwriter from Nashville who with her husband will entertain the group through a concert. Following the concert, popcorn and a movie—*The Anonymous People* will be offered to allow conference goers to relax and reenergize and prepare for Day 3 of the Integrated Behavioral Health Conference.