

*Treatment Trends Training Institute*  
[www.treatmenttrends.org](http://www.treatmenttrends.org)



**Spring 2021  
Training  
Track**

**May 13—June 11, 2021**



# Spring 2021 Schedule

*All classes are held in the auditorium at the Halfway Home of the LV,  
24 South Fifth Street, Allentown, PA*

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<b>Working with Clients with Co-Occurring Disorders in Substance Use Disorder Treatment Programs</b> Allison Otto, Psy.D.	

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## Accreditation

Unless otherwise indicated: All courses in this catalog are submitted for approval for accreditation from the Pennsylvania Certification Board (PCB) and the State Board of Licensed Social Workers, Professional Counselors, & Marriage/Family Therapists.

Workshop fees include CEU's.

# Courses



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## **Pain Management and Recovery** **Michael Palladini, RPh, MBA, CAC**

**THURSDAY**  
**May 13, 2021**  
**9 AM to 4 PM**

The purpose of this daylong training is to provide information about treating patients that are living with chronic pain and co-existing mental health and/or substance use disorders. The challenging factors for these patients will be examined and specific disorders and the impact of pain will be reviewed. The current strategies for treating pain, including issues and alternatives will be discussed. Synergistic treatment strategies and the employment of practical measures of positive outcomes will be discussed as primary goals for providers and patients

### **Course Objectives**

Participants will:

- Understand the differences between acute and chronic pain and the various treatment strategies employed
- Identify the major problems for clients living with chronic pain and co-existing disorders
- How to formulate treatment plans to develop positive outcomes.

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### **Biography**

**Michael Palladini** has over 25 years of work experience in hospital, retail and long-term care pharmacy. He has developed and instructed in pharmacy technician programs and has been involved in efforts to address prescription drug abuse and community relations to improve substance abuse treatment.

Michael has been a trainer for the PA Certification Board and DDAP for a number of years, and also holds a certification in addiction counseling from the PA Certification Board. He received his MBA from Robert Morris University, his BS in pharmacy from the Medical College of Virginia, and his BA in Psychology from Penn State University.



# Courses

May 14, 2021  
9 AM to 4 PM

## **Methamphetamine and Stimulants** Michael Palladini, RPh, MBA, CAC

The purpose of this daylong introductory level training is to provide information about central nervous system stimulants and their impact on brain, body, and behavior. The day begins with a review of the latest data on the patterns and trends of stimulant use and availability in the United States and beyond, followed by a review of the mental and physical health consequences and cognitive impact of stimulant use. The training concludes with a discussion of how to implement effective behavioral treatment interventions and recovery approaches when providing services to people with a stimulant use disorder.

### Course Objectives

Participants will be able to:

- Identify specific patterns and trends in stimulant use
- Identify short term and long term physical and psychological effects of stimulant use
- Increase their familiarity with behavioral treatment interventions and recovery approaches for stimulant use disorder

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### Biography

**Michael Palladini** has over 25 years of work experience in hospital, retail and long-term care pharmacy. He has developed and instructed in pharmacy technician programs and has been involved in efforts to address prescription drug abuse and community relations to improve substance abuse treatment.

Michael has been a trainer for the PA Certification Board and DDAP for a number of years, and also holds a certification in addiction counseling from the PA Certification Board. He received his MBA from Robert Morris University, his BS in pharmacy from the Medical College of Virginia, and his BA in Psychology from Penn State University.

# Courses



May 21, 2021  
9 AM to 4 PM

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## **Mindful Leadership: Creating the Space to Intentionally Lead**

**Kate Appleman, MA, CAADC, CSAT, CMAT, CCS**

There is always more work and more tasks to complete. As a leader, helping our teams navigate their roles in a mindful, intentional way can increase productivity, job satisfaction, and positively impact outcomes for our staff and our clients. This training is intended to help explore the relationship between mindfulness and stress management and review how attitudinal foundations of mindfulness practice can support self-care. From a leadership perspective, we will process the universal benefits of mindful leadership and the role it plays in effective clinical supervision.

### **Course Objectives**

Participants will be able to:

- Understand the relationship between mindfulness and stress management
- Review the attitudinal foundations for mindfulness practice and their relationship to our self-care
- Develop a practice: formal and informal meditative practices
- Explore the universal benefits of mindful leadership
- Discuss the role of mindfulness in leadership and clinical supervision

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### **Biography**

**Kate Appleman** is the Senior Clinical Director of Men's Treatment Services at Caron Treatment Centers. Since 2005, Kate has been a clinician at Caron working specifically in the adult men's and women's primary treatment programs and the relapse program. In addition, since 2013, she has been working with and developing programs for executives, healthcare professionals, and opioid addiction.

Kate's areas of expertise include a focus on men's addiction treatment and recovery, as well as relapse treatment and prevention, motivational interviewing, and working with family systems impacted by addiction. Her tenure at Caron has allowed her to receive training in addiction interaction disorder (AID) and professional development. Kate is a certified clinical supervisor and a certified advanced alcohol and drug counselor and holds ASAT and CMAT certifications. Kate has also been an adjunct professor at Alvernia University in its Behavioral Health Department since 2013. Kate holds a Bachelor of Science in social work from Alvernia University and a Master of Arts in counseling psychology from Rosemont College.



# Courses

June 11, 2021  
9 AM to 4 PM

## Working with Clients with Co-Occurring Disorders in Substance Use Disorder Treatment Programs

Allison Otto, Psy.D

This training will examine the similarities and differences between mental health and substance use disorders, how they manifest within individuals, and the recovery issues associated with each. Some of the major challenges to treating individuals with co-occurring mental health disorders within a substance use disorder treatment program will be examined in terms of assessment, treatment approach, helpful counselor attitudes, psychiatric emergency plans, issues to address in treatment and the use of medications and psychosocial therapy.

By the end of this training the participants will be able to:

- ◆ Identify the major similarities and differences between the mental health and substance use disorder client;
- ◆ Understand the theory and key components of the integrated approach to the treatment of co-occurring disorders;
- ◆ Identify and name some of the difficulties in dealing clients with co-occurring disorders;
- ◆ Identify specific treatment tips and strategies helpful in the approach to treating clients with co-occurring disorders;
- ◆ Structure a psychiatric emergency plan that the client, family and counselor can use in the recovery process;
- ◆ Identify several key concerns in the relapse process for the client with a co-occurring disorder.

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### Biography

**Dr. Allison Otto** is Co-Owner/Psychologist at Otto Psychological Associates, LLC, in Allentown. Previously she provided psychotherapy and assessments with the Institute for Advance Psychological Training. Dr. Otto formerly served as Quality Assurance Director and also as Clinical Supervisor and Therapist at Mid-Atlantic Rehabilitation Services. She also worked with families of youth with serious behavioral difficulties as a Multisystemic Treatment Therapist at Community Solutions, Inc. and also with adolescents and young adult clients as a Life Skills counselor with Valley Youth House.

Dr. Otto was an adjunct faculty member at Chestnut Hill College at DeSales University, School of Graduate Studies, Department of Psychology from 2014-2018. She earned a Psy.D., and M.S. in clinical psychology from Chestnut Hill College, and a B.A. in Psychology and Theatre from Lehigh University. In 2018, Dr. Otto received the Early Career Psychologist of the Year award from the Pennsylvania Psychological Association. In 2014, the association through its Society for Media Psychology awarded her its Dissertation Award.

# Registration Information

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## Ways to Register

**Mail** with payment to:

Treatment Trends Training Institute

Attn: Diana Heckman

PO Box 685

Allentown, PA 18105

**Phone:** 610-432-7690 (x1212)

**Fax:** 610-439-0315

**Online:** [www.treatmenttrends.org](http://www.treatmenttrends.org)  
**Select TTI Training Institute**

## Payment

Payment should be made in advance of class start date, however walk-ins or late registration payment at the door is acceptable in cash, check or money order made payable to Treatment Trends, Inc. We do not accept debit or credit cards for payment at the door.

## Refunds and Cancellation Fees

The training coordinator Diana Heckman must be notified at least 24 hours in advance if an individual cannot attend a training. Substitutions are permissible. Individuals who cancel will be given the choice of a refund or credit towards another course in the current track. **There are no refunds or credits issued for no-shows.** Cancellations made after the 24-hour window will be subject to a \$25 processing fee. If Treatment Trends would need to cancel a training, participants may choose either a full refund or credit towards another course in the current or next available track.

## Accreditation

All courses in this catalog are submitted for approval for accreditation from the Pennsylvania Certification Board (PCB) and the State Board of Licensed Social Workers, Marriage and Family Therapists and Professional Counselors. Check our web site for official confirmation of credit approval.

## Directions and Parking Info

Contact : [dianaheckman@treatmenttrends.org](mailto:dianaheckman@treatmenttrends.org)/ 610-432-4690

**Group Discounts!** We currently offer a group discount program. For 3-5 people, the discount is 5%; For 6-10 people, the discount is 10%; For groups over 10 the discount is 15%.

# Spring 2021 Registration Form

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Name: \_\_\_\_\_

Program/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

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**Pain Management and Recovery** \$60.00 \_\_\_\_\_  
Michael Palladini, RPh, MBA, CAC  
**Thursday, May 13, 2021**

**Methamphetamine and Stimulants** \$60.00 \_\_\_\_\_  
Michael Palladini, RPh, MBA, CAC  
**Friday, May 14, 2021**

**Mindful Leadership: Creating a Space to Intentionally Lead** \$60.00 \_\_\_\_\_  
Kate Appleman, MA, CAADC, CSAT, CMAT, CCS  
**Friday, May 21, 2021**

**Working with Clients with Co-Occurring Disorders in SUD Treatment Programs** \$60.00 \_\_\_\_\_  
Allison Otto, Psy.D.  
**Friday, June 11, 2021**

Less Discount (if applicable): \_\_\_\_\_

**Total :** \_\_\_\_\_

To register, mail with payment to: Treatment Trends Training Institute,  
Attn: Diana Heckman, PO Box 685, Allentown, PA 18105  
**Phone:** 610-432-7690 (x1212) **Fax:** 610-439-0315