

THE NEW SCHOOL FOR SOCIAL RESEARCH

Department of Psychology
Concentration in Mental Health & Substance Abuse Counseling
80 Fifth Avenue New York NY 10011

Presents a 2-day workshop led by Andrew Tatarsky, Ph.D

Effective Psychotherapy of Substance Use Problems: An Integrative Harm Reduction Approach

**Friday, February 10th, 2012 10:00 a.m. – 4:00 p.m.
at Kellen Auditorium (66 5th Ave., Ground Floor, Room N101)**

and

**Saturday, February 11th, 2012, 10:00 a.m. – 4:00 p.m.
at Wolff Conference Room (6 East 16th St., Room 1103)**

This workshop will introduce Dr. Tatarsky's Integrative Harm Reduction Psychotherapy (IHRP) described in his book, *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems*, and a series of recent papers. An accumulation of evidence supports the complex psychobiosocial view that addictive behaviors reflect an interplay of biology, personal and interpersonal meaning, habit and social context that is unique to each individual. IHRP emphasizes that the therapeutic alliance and relationship create the necessary context where exploration of the multiple meanings and functions of addictive behavior takes place as well as does active strategizing for positive behavior change. This model suggests that the concept of harm reduction is essential to the effective treatment of substance misuse and other risky and addictive behavior.

During this interactive 2-day workshop, Dr. Tatarsky will define the harm reduction mode and will discuss its history, evolution, and theory. Epidemiological and clinical rationales will also be discussed. IHRP's seven therapeutic tasks and specific techniques will be described. Participants will have opportunities to practice skills and technique with interactive exercise and are encouraged to bring case material and clinical challenges for discussion.

As a result of attending this training, participants will be able to:

- 1) Describe the theory and clinical rationale of IHRP
- 2) List at least three of the seven therapeutic tasks
- 3) Practice engagement skills
- 4) Enhance the therapeutic alliance with clients
- 5) Explore the benefits of guided relaxation and breath-work

**Workshop Sponsored by: The New School for Social Research, Department of Psychology
Concentration in Mental Health & Substance Abuse Counseling, 212-229-5727 ext. 3097, email: MHSAC@newschool.edu**

Workshop is approved by NYS-OASAS for 12 clock hours of Renewal and Initial credit. Enrollment will be limited.
Fees: \$300 (\$150/day); New School students/faculty/staff: \$150 (\$75/day);
Beth Israel/St. Luke's-Roosevelt employees: \$150 (\$75/day); CMHSAC students: \$60 (\$30/day)

REGISTRATION FORM

Effective Psychotherapy of Substance Use Problems: An Integrative Harm Reduction Approach

Please return this form with check/money order or credit card information along with your contact information to:

Concentration in Mental Health and Substance Abuse – Workshops
Department of Psychology
New School for Social Research
80 Fifth Avenue
New York, NY 10011

For additional information: contact Ms. Hillary Levinson at: MHSAC@newschool.edu, 212-229-5727 ext 3097
****Credit card information CANNOT be accepted via email, please mail in your credit card information****

Please check the appropriate box(es):

Workshop: Effective Psychotherapy of Substance Use Problems: An Integrative Harm Reduction Approach
12 clock hours (6 hours each day):

\$300.00 (\$150 each day)

Discounted fees (ID required):

\$150.00 (\$75 per day) for New School Students/faculty/staff

\$150.00 (\$75 per day) for Beth Israel/St. Luke's-Roosevelt employees

\$60.00 (\$30 per day) for Students in the Concentration in Mental Health & Substance Abuse Counseling

Please send me information on future workshops, when available.

Make checks/money orders payable to: The New School – CMHSAC Workshops

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Workshops are appropriate for treatment professionals and students.

Workshops have been approved by NYS OASAS for six (6) initial and renewal clock hours per workshop day for *Credentialed Alcohol and Substance Abuse Counselors (CASAC) and Credentialed Prevention Specialists (CPS)*.