

Alberta Addiction Education Sessions (AAES) 2021-2022

AAES runs September through to June, from 9 am – 12 pm (MST). Each session consists of didactic lectures from subject matter experts and individuals with living/lived experience, followed by facilitated de-identified case reviews with clinicians specializing in the field. Case reviews invite audience participation, offering the opportunity to engage in treatment decisions through the use of interactive online polling software. Each session concludes with a question-and-answer period via text, email, or chat box options.

To join the livestream please [click here](#).

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 27.5 hours.

September 24, 2021

Motivational Interviewing: What you Need to Know

This session focuses on an intermediate understanding of motivational interviewing and the various methods used. Upon completion of this session, the learner will be able to:

- Explain the strength-based approach and how it benefits clients.
- Define the key principles and techniques used in motivational interviewing
- Explain the stages of change to assess different levels of motivation and identify appropriate strategies that align with the stage for addiction and mental health clients.
- Practice motivational interviewing for a client with SUD, a client with mental health presentation, and a client with concurrent disorders.

October 29, 2021

How Do We Support Family and Friends in Addiction & Mental Health (AMH)? CRAFT & Congruence Couple Therapy

This session explores how CRAFT and CCT interventions involve efforts to change behavioural patterns. Upon completion of this session, participants will be able to:

- Describe the CRAFT protocol, including the 3 principles of CRAFT and related clinical outcomes.
- Explain the core principles and strategies for CCT interventions.
- Demonstrate CRAFT technique with a family member.

November 26, 2021

Acceptance and Commitment Therapy (ACT)

This session focuses on the importance of ACT and the implementation of the interventions. Upon completion of this session, participants will be able to:

- Identify how to differentiate between substance-induced disorders and primary psychiatric disorders.
- Explain the similarities/distinctions in recovery pathways for substance-induced vs primary psychiatric disorders.
- Practice the process of differential diagnosis and treatment planning for both a substance-induced disorder and a primary psychiatric disorder.

December 17, 2021

Cognitive Behavioural Therapy (CBT)

This session explores how CBT strategies assist clients to change difficult or problematic behavioural patterns. Upon completion of this session, participants will be able to:

- Describe the use of CBT in addiction and mental health services.
- Apply the key strategies of CBT to individuals experiencing crises.
- Demonstrate CBT with an individual experiencing addiction and mental health concerns.

January 28, 2022

Dialectical Behavioural Therapy (DBT)

This session focuses on how and when to use DBT in a clinical setting. Upon completion of this session, participants will be able to:

- Apply DBT principles to individuals experiencing addiction and mental health concerns.
- Identify DBT strategies for supporting individuals with intellectual disabilities.
- Demonstrate DBT with an individual experiencing addiction and mental health concerns.

February 25, 2022

Trauma-informed vs Trauma-specific: What's the Difference?

This session explores the most current and evidence-informed practices for trauma-informed to trauma-specific care. Upon completion of this session, participants will be able to:

- Explain the difference between trauma-informed and trauma-specific treatment.
- Describe the recommended modalities for trauma-specific interventions.
- Demonstrate a natural processing intervention with an individual experiencing addiction and mental health concerns.

March 25, 2022

Solution-Focused Brief Therapy

This session explores the intervention techniques of solution-focused brief therapy. Upon completion of this session, participants will be able to:

- Describe solution-focused brief therapy techniques and how it benefits individuals seeking addiction and mental health services.
- List the modalities that complement solution-focused brief therapy and when to best use solution-focused therapy.
- Demonstrate the solution-focused intervention with an individual experiencing addiction and mental health concerns.

April 29, 2022

Psychedelics in Psychiatry: What you need to know

This session focuses on psychedelics in addiction and mental health treatment and how they work. Upon completion of this session, participants will be able to:

- Recognize that evidence supports psychedelic-assisted therapies for a variety of diagnoses and presenting issues.
- Describe proposed treatment pathways and methodologies for psychedelic-assisted therapy interventions including therapeutic, behavioural and pharmacotherapy interventions.
- Discuss ethical and legal considerations for working with individuals in non-ordinary states.
- Explain how principles of harm reduction apply to psychedelic work.
- Recall lived experience voices on the effectiveness of psychedelic-assisted therapies.

May 27, 2022

Sexual Addiction

This session focuses on understanding sexual addiction and various approaches to recovery. Upon completion of this session, participants will be able to:

- Demonstrate understanding of sexual addiction and current research.
- List best practice treatments recommended for sexual addiction.
- Demonstrate a psychosocial intervention for an individual experiencing guilt related to their sexual addiction behaviours.

June 24, 2022

Gender Identity: Creating Inclusive Environments in Addiction and Mental Health

This session focuses on gender identity and creating inclusivity in addiction and mental health treatment services. Upon completion of this session, participants will be able to:

- Define the concepts of the gender spectrum, gender dysphoria, fluidity, and non-binary.
- Identify the treatments and resources available for transgender youth and adults in the Alberta context.
- Describe the gender spectrum demographic prevalence of addiction and mental health concerns and effective evidence-informed treatment interventions.
- Recall the lived experience voices about gender spectrum and identity.