

# Addiction: Conceptualization, Treatment, Clinical Updates and Provider Resources

In this program I will review the conceptualization of addiction, including the biological bases for how alcohol and drugs alter the brain. I will then discuss evidence-based treatments for addiction, including pharmacological and psychosocial treatment options. I will review their evidence-based as well as provide practice advice on their implementation. Then, I will discuss the latest developments in substance use disorders, including vaping, cannabis use legalization, and the opioid epidemic. I will conclude by reviewing a host of free resources for evidence-based practices in addiction, primarily those offered by the National Institutes of Health. I will conduct this seminar by combining lecturing, question & answer periods, videos, and polling tools to engage the audience.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Describe the conceptualization of addiction from a scientific viewpoint.
- 2) Explain a host of evidence-based treatments for addiction.
- 3) Identify recent developments in substance use disorders, including vaping of tobacco products, marijuana use in the context of legalization, and the opioid epidemic.
- 4) Select a host of evidence-based resources for the assessment and treatment of substance use disorders.
- 5) Utilize a host of evidence-based resources for the assessment and treatment of substance use disorders.

## Seminar Schedule

Typically begins at 11:00 AM and ends at 1:00 PM Eastern time. However, check the webinar schedule.

## Outline

Begin 11 AM ET

The program will be conducted in four blocks of 30-minutes each, including Q & A periods.

First 30-min period: Conceptualization of addiction, including definition, causes, and risk factors

Second 30-min-period: Treatment of addiction, including medications and psychotherapies

Third 30-min period: Latest issues in addiction, including vaping, cannabis use, and opioid epidemic

Fourth 30-min period: Discussion of resources for providers and how to implement them in practice

End 1 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 2 CE's for attending once they have completed these requirements.

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## The Presenter

Lara Ray, PhD, earned her doctorate in clinical psychology at the University of Colorado, Boulder, in 2007. During her training she specialized in the biological bases of behavior, including behavioral genetics and neuroscience of addiction. Dr. Ray completed her predoctoral internship at Brown University Medical School, where she also completed a postdoctoral fellowship in Addiction Psychology at the Brown University Center for Alcohol and Addiction Studies. In 2008, Dr. Ray joined the faculty in the Department of Psychology at the University of California Los Angeles (UCLA), where she is now a full professor. Dr. Ray has been actively engaged in research, teaching, and practice of psychology with a focus on addiction. She provides direct services to patients in her private practice and she leads a Cognitive Behavioral Therapy Clinic for Addiction within the UCLA Psychology Clinic. Dr. Ray has over 200 peer-reviewed publications, mostly on the topic of addiction etiology and treatment. Dr. Ray has been widely recognized for her scientific contributions to the field, notably receiving the prestigious Distinguished Scientific Award for Early Career Contribution to Psychology by the American Psychological Association (APA) in 2017. Dr. Ray lectures nationally and internationally on the topic clinical research in addiction.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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Tzkseminars  
6030 Daybreak Circle, Suite A150/355  
Clarksville, Md. 21029