

THE CENTER FOR OPTIMAL LIVING PRESENTS:

INTEGRATIVE HARM REDUCTION PSYCHOTHERAPY:

A 2-PART TRAINING LED BY ANDREW TATARSKY, PH.D

PART I: INTRODUCTION TO INTEGRATIVE HARM REDUCTION PSYCHOTHERAPY

Friday, December 9th, 2011 9:30 a.m. – 4:30 p.m.

Location in NYC: To be determined

and

PART II: TECHNIQUES AND STRATEGIES OF INTEGRATIVE HARM REDUCTION PSYCHOTHERAPY

Friday, December 16, 2011, 9:30a.m. – 4:30 p.m.

Location in NYC: To be determined

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 psychobiosocial view that substance use problems and other risky behaviors reflect an interplay of biology, personal and interpersonal meaning, habit and social context that is unique to each individual. IHRP emphasizes the therapeutic alliance and relationship as the necessary contexts in which exploration of the multiple meanings and functions of these problems and active strategizing for positive behavior change can take place.

Part I: Description, goals, objectives -

This one-day workshop will introduce participants to the theory, rationale and history of integrative harm reduction psychotherapy. Through lecture and interactive activities, participants will be able to:

- Understand harm reduction's core principles
- Describe a person's substance use in terms of the Psychobiosocial, Multiple Meanings and Stage of Change models
- Identify the Seven Therapeutic Tasks of IHRP

Part II Description, goals, objectives

In this one-day workshop Dr. Tatarsky will describe and demonstrate the foundational skills and strategies of the Seven Therapeutic Tasks of IHRP. Participants are encouraged to bring case material and clinical challenges for discussion. Through lecture and interactive activities, participants will be able to:

- Utilize strategies for establishing therapeutic alliance, building self-management skills, Urge-surfing and embracing ambivalence
- Utilize the Microanalysis and Unwrapping the Impulse techniques for assessment
- Utilize the Ideal Use Plan technique for developing a personalized plan for positive change

Dr. Andrew Tatarsky has specialized in the field of substance use treatment for individuals, group, couples and families for 30 years as a psychologist, supervisor, program director, lecturer and author. He holds a doctorate in clinical psychology from the City University of New York and is a candidate in New York University's post-doctoral program. He is the Director of The Center for Optimal Living, a treatment and training center in New York City. For more information about Integrative Harm Reduction Psychotherapy and The Center for Optimal Living visit www.andrewtatarsky.com or email atatarsky@aol.com.

REGISTRATION FORM

INTEGRATIVE HARM REDUCTION PSYCHOTHERAPY

Please check the appropriate box(es):

- | | |
|--|---|
| <input type="checkbox"/> PART I ONLY: \$150.00 | Discounted fees (ID required): |
| <input type="checkbox"/> PART II ONLY \$ 150* | <input type="checkbox"/> PART I: \$100.00 FOR STUDENTS |
| <input type="checkbox"/> PARTS I AND II \$ 250 | <input type="checkbox"/> PART II:\$100.00 FOR STUDENTS* |

*(Please note if you would like to attend only day 2, please be sure to have some background in the integrative harm reduction model. See contact information below if you have any questions.)

- Please send me information on future workshops, when available.

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WORKSHOPS ARE APPROPRIATE FOR TREATMENT PROFESSIONALS AND STUDENTS.

For additional information: Marlene M. Reil, PhD, CASAC: 917-310-5126 or Reilpsych@aol.com