



Featured Speaker  
**Jeff Georgi, M.Div., MAH, LCAS, LPC, CGP**

# Craving Management

Friday, January 25, 2019

9 a.m. – 4:30 p.m.

Location:

Southern Regional AHEC  
1601 Owen Drive  
Classroom D (3rd Floor)  
Fayetteville, NC 28304

## Target Audience

This event has been planned for social workers, counselors, addictions therapists, mental health providers, nurses substance use, mental health, law enforcement professionals and other interested health and human service professionals.

## Program Description

The DSM-5 has added craving as a major symptom of addiction, making it more important than ever to incorporate craving management at all levels of treatment intervention. For too long, we have focused on relapse prevention utilizing a cognitive model to serve our patients. Such interventions focus on engaging the frontal cortex in an effort to “out think” potential symptomatic return. As we continue to learn more about the many pathways of addiction, it is clear that much of the energy for this illness comes more from within the limbic system. When a craving strikes, the patient, much like a PTSD event, encounters a limbic storm which can literally take the frontal cortex off line. Reason and thinking simply are not enough. We need to arm our patients with craving management tools that they can use to “act” their way through the intensity of the craving experience.

## Objectives

Upon completion of this workshop, participants will be able to:

- Review integrated model of substance use disorders;
- Define the term “craving”;
- Discuss the limitations of the relapse prevention approach which focuses primarily on neocortical interventions; and
- Identify specific techniques to help patients “act” through a craving.

## Agenda

8:30 a.m.	Registration /Check In
9 a.m.	Integrated Model of SUDs
10:30 a.m.	Break
10:45 a.m.	Working Definition of Craving
12 p.m.	Lunch (On your own)
1 p.m.	Limitations of the Relapse Prevention Approach
1:30 p.m.	Specific Techniques for Craving Management
2:30 p.m.	Break
2:45 p.m.	Specific Techniques for Craving Management (Cont’d)
4:15 p.m.	Wrap-up
4:30 p.m.	Adjourn

## Speaker

**Jeff Georgi, M.Div., MAH, LCAS, LPC, CGP** has practiced psychotherapy with a focus on substance abuse and families for more than 35 years. He holds licenses as a Clinical Addiction Specialist, a Certified Clinical Supervisor, a Licensed Professional Counselor, and a Certified Group Psychotherapist by the American Association of Group Psychotherapy. For over seven years, Jeff and his wife, Becky, have been working with the South Carolina Department of Alcohol and Other Drug Services implementing a staff development program through Georgi Educational and Counseling Services (GECS), which provides training and consultation for their addiction treatment professionals with a common definition of addictive disease, Bio/Psych/Social/Spiritual/Experiential model, and a group intervention for SUDs patients, Modified Interpersonal Group Psychotherapy.

Prior to his involvement with GECS, Jeff served as the clinical director of the Duke Addictions Program. For more than two decades at the Medical Center, Jeff held clinical appointments in the Departments of Surgery, Obstetrics, and Psychiatry. He helped to create the Family Care Program, a treatment approach for pregnant women and mothers with young children struggling with SUDs. He remains a consulting faculty member in the Department of Behavioral Medicine, Division of Addiction Research and Translation as well as a faculty member of the Duke University School of Nursing. Jeff has served as the Consensus Panel Co-chair for the Treatment Improvement Protocol (TIP 35), Substance Abuse Treatment: Group Psychotherapy, published by the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment, 2005 and was a panel member and contributor on two other TIPs, Enhancing Motivation for Change and Brief Interventions.

## Fee

Fee \$119.00 if registration and payment are postmarked on or before January 18, 2019; \$129.00 thereafter.

## Credit

C.E.U.: 0.6

**Contact Hours:** 6.0

**NAADAC:** SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #108762 (Substance Abuse Credit).

**NBCC:** Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.



**NC Psychologists Category A:** The program will provide 6.0 contact hours (category A) continuing education credit to NC Psychologists.

Southern Regional AHEC is solely responsible for all aspects of the program.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit. Credit will be awarded to participants who attend 100% of the program.

## Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel two (2) business days (Monday-Friday), before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel two business days (Monday-Friday) before the program and obtain a refund for 70% of the registration fee.

Cancellations less than two business days (Monday-Friday) before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Please bring a jacket or other additional covering since we will not be able to adjust the thermostat.

## Contacts

Bertina Parkins, Director Mental Health CE / 910-678-0132 / Bertina.Parkins@sr-ahec.org

Kate Smith, Program Assistant for Mental Health CE / 910-678-7305/ kate.smith@sr-ahec.org

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# Registration Form

Form may be duplicated.

**Craving Management**  
CASCE #57753 / MH190125

**Phone:** 910-678-7226 **Fax:** 910-323-0674

**Online:** <https://www.southernregionalahec.org/courses-and-events/57753>

**Mail:** SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name

Certifications/Degrees

Specialty Area

Employer

Job Title

Work Address

City

State

Zip Code

Home Address

City

State

Zip Code

Phone (work)

(home)

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary)

(secondary)

Do not send email announcements of upcoming SR-AHEC programs.  Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies

## Payment Information

Check (Make payable to SR-AHEC)

Mastercard / Visa / American Express / Discover #

Expiration Date (mm/yy)

Name on Card

Signature

The handouts for the program will be provided online. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to:

<https://www.southernregionalahec.org/about-us/general-reference/>

**Office Use Only:** Check Auth # \_\_\_\_\_ Date \_\_\_\_\_ From \_\_\_\_\_ Amount \$ \_\_\_\_\_

SR-AHEC.org

1601 Owen Drive • Fayetteville, NC 28304

(910) 678-7226

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**AHEC** | Area Health  
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