



THE NH TRAINING INSTITUTE ON ADDICTIVE DISORDERS

Presents:

SPIRITUALITY FOR THE HARD TIMES

with **Patricia Mulready, MD**

A 25 HOUR TRAINING EVENT MONDAY THROUGH FRIDAY, AUGUST 3-7, 2009

Approximately 8:30 a.m. – 3:30 p.m. daily (registration begins at 8:00 a.m.)
at Dr. Thomas Fox Memorial Chapel, Main Building, 105 Pleasant St, Concord, NH

DESCRIPTION OF THE PRESENTATION: Our clients depend on us to help them through their difficult times. How can we assist our clients when we feel frightened, discouraged or hopeless by the circumstances of our lives and our world? Spirituality is a way of living that comes into its own during hard times as a way to keep us centered, balanced, productive and full of hope. This is not “pie in the sky” spirituality but the use of principles and practices that have withstood the test of time – centuries of time. All of the concepts and skills provided in this workshop are designed for participants to take home for use with clients, colleagues and supervisees to bring stability and empowerment back into their lives. From a spiritual base, it is possible to know that good work will continue during these hard times so clients will recover, new opportunities to provide services will arise and professionals will not only survive but thrive until the pendulum swings toward easier times. The participant will be able to:

- ❖ Define the components of spirituality and understand how they differ from religion
- ❖ Describe time-tested principles leading to clarity of thought, access to inner resources, resiliency, empowerment, collaboration and prosperity
- ❖ Become proficient in centering, feelings management, goal setting, realistic action planning, networking and use of spiritual tools including energy balancing
- ❖ Integrate spiritual principles and practices into conventional behavior-oriented treatment plans

CPS Category: Prevention Practice and Theory

LADC Performance Domains: I, II, III Categories of Competence: 1, 2, 13, 14 & 16 -18

ABOUT THE PRESENTER: A graduate of the University of Connecticut School of Medicine, Patricia Mulready, M.D., is Board certified in Family Medicine and has a master’s degree in counseling with a specialty in addictions. She has expertise in conventional medicine, biochemical medicine, and complementary/ alternative medicine. Additionally, Dr. Mulready has years of experience in the addictions and mental health field in several capacities including: Director of Prevention for Addictions for the State of Connecticut; unit director of prevention for Wheeler Clinic, Inc.; addiction counselor; and her own private psychotherapy practice. For over 30 years, she has taught professionals at undergraduate and graduate levels, as well as led workshops for the general public in health, addiction, mental health and spirituality. Currently, Dr. Mulready maintains an organizational consultation and

training practice as well as a private practice of wholistic assessment and systemic health restoration for individuals with health issues.

Register by: July 20, 2009

Fee: \$200; People who have previously taken a Spirituality course with Dr. Mulready may request a \$25 discount. A minimum of 20 participants is required to hold this training.

For registration information contact: Dianne Pepin, 528-6800 or nhtiad@myfairpoint.net

REGISTRATION FORM:

Name:			
Title:			
Agency:			
Mailing Address:			
Email Address:			
Work Phone:			
Home Phone:			
NHADACA Member?	YES	NO	
Who is responsible for payment ?	Agency Contact Email Address:		
Training (s) you are registering for: Date Title	Fee	Add \$5.00 for NASW CEUs	Total fee
August 3-7, 2009 Spirituality for Hard Times			

REGISTRATION FEES: _____ \$
200.00

NASW credits _____ \$
5.00

Persons who have taken a previous Spirituality course with Dr. Mulready may deduct a \$25 discount

**Make checks payable to
NHADACA.**

TOTAL FEE SUBMITTED:

For more information, or to send registration forms or cancellation notice, please contact:

NHTIAD REGISTRATION AND CANCELLATION POLICY

All registrations and cancellations must be received in writing via mail, email or fax. If registration is not accompanied by payment, you or your agency, are still responsible for full payment and, in the event of non-attendance/NO SHOW (without proper cancellation as outlined below) will be sent an invoice, as materials and food have been purchased in reliance on your registration. No refunds will be issued. You may cancel your registration up to seven days before the training by transferring your registration to another NHTIAD training of your choice within 12 months or by sending a substitute from your organization. No refunds will be issued. If you need to cancel less than seven days prior to the designated training, there will be no refund, however you may send a substitute in your place. When using US mail, the postmark will determine date of cancellation. Apart from inclement weather or trainer illness, if NHTIAD must cancel a training, this determination will be made ten days prior to the date of the training, and you will have the option of a full refund or transferring your registration to another training. In the event of trainer illness or weather cancellation as determined by NHTIAD, NHTIAD will make every reasonable effort to reschedule the event in a timely fashion. You will have the option of attending on the new date, a full refund, or transferring your registration to another training. To verify if an event is being cancelled due to weather conditions, call (603) 528-6800, after 6:30 a.m. the morning of the event. The answering machine will have any cancellation information, if needed. If you call, and there is no message referencing cancellation, then the training is proceeding as scheduled.

Send registration or cancellation information to:

Mail: Dianne Pepin
c/o NHADACA
25 Country Club Rd, # 604
Gilford, NH 03249

Email: nhtiad@myfairpoint.net
nhtiad@gmail.com

Fax: (603) 528-2105

DIRECTIONS TO THE DR. THOMAS FOX MEMORIAL CHAPEL IN CONCORD, NH

From the South (Manchester): Take I-93 North, to exit 13. Turn left at the end of the exit. Turn left at the third light onto Pleasant Street. Once on Pleasant Street go straight through three sets of lights then turn left into State Office Park South. Park in the large lot directly in front of you or bear right for other visitor parking. Main Building will be up the hill on the right. Enter Main Building, check in with security, then follow signs to the chapel. The Dr. Thomas Fox Memorial Chapel is straight up the stairs at the 2½ floor landing.

From the West (Keene): Take Route 9 to I-89 South/Concord. Take exit 2. Turn right at the end of the ramp (down the hill). At the first light, turn left onto South Fruit Street. At the next light, take your immediate right onto Pleasant Street. Just over the next hill, turn right into State Office Park South. Park. Park in the large lot directly in front of you or bear right for other visitor parking. Main Building will be up the hill on the right. Enter Main Building, check in with security, then follow signs to the chapel. The Chapel is straight up the stairs at the 2½ floor landing.

From the North (Plymouth/Berlin): Take I-93 South to exit 14. Turn right at the end of the exit. Take a left at the second set of lights onto Main Street. Turn right onto Pleasant Street. Once on Pleasant Street go straight through three sets of lights then turn left into State Office Park South. Park in the large lot directly in front of you or bear right for other visitor parking. Main Building will be up the hill on the right. Enter Main Building, check in with security, then follow signs to the chapel. The Chapel is straight up the stairs at the 2½ floor landing.

From the East (Portsmouth): Take Route 4 to I-393 to Concord. Stay straight on I-393 to North Main Street, turn left at the light onto North Main Street. Staying straight through Main Street, you will turn right at the 4th light onto Pleasant Street. Once on Pleasant Street go straight through three sets of lights then turn left into State Office Park South. Park in the large lot directly in front of you or bear right for other visitor parking. Main Building will be up the hill on the right. Enter Main Building, check in with security, then follow signs to the chapel. The Dr. Thomas Fox Memorial Chapel is straight up the stairs at the 2½ floor landing.

Drive Safely.

If you are concerned about a training being cancelled due to the weather conditions, call (603) 528-6800, **after 6:30 a.m. the morning of the event**, to check the status. The answering machine will have any cancellation information, if needed. If you call, and there is no message, then the training is proceeding as scheduled.