

## Our Instructor

### Patricia A. Burke, MSW, LCSW, BCD

Patricia is a Board Certified Diplomate in Clinical Social Work, a Certified Clinical Alcohol, Tobacco, and Other Drugs Social Worker, and a Certified Clinical Supervisor with over thirty years of clinical and teaching experience. Patricia is a nationally recognized trainer and currently on the faculty of Union Institute & University undergraduate program in the Psychology & Human Development concentration and the Addiction Studies specialty. Patricia was on the faculty of the Rutgers Summer School of Alcohol and Drug Studies from 1989-2010. She has been an instructor for the Addiction Technology Transfer Center of New England at the Brown University Center of Alcohol Studies since 1999 and a trainer for CCSME since 2006. She's been on the faculty of the New England Institute of Addiction Studies, the University of New England School of Social Work, University of Southern Maine, and Southern Maine Community College. Her most recent publications include one chapter in *Trauma Counseling: Theories and Interventions* (Springer 2012). Other recent publications include three chapters in *Psychological Trauma and Addiction Treatment* (Haworth Press, 2006). She was also on the Expert Advisory Board of Managing Depressive Symptoms in Substance Abuse Clients During Early Recovery, Treatment Improvement Protocol (TIP) Series 48 (Substance Abuse and Mental Health Services Administration, 2008). Patricia is a member of the Motivational Interviewing Network of Trainers (MINT) and maintains a private clinical and consultation practice in Yarmouth, Maine.

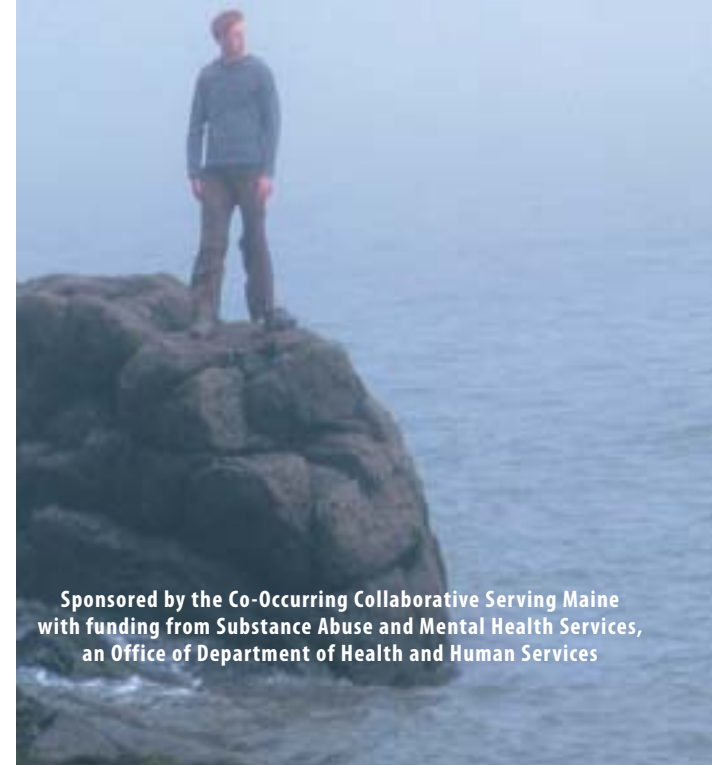
#### CONTACT HOURS

Certificates will be emailed to participants upon completion of an online course evaluation.

- 8 contact hours for nurses. CCSME Provider Unit is an approved provider of continuing nursing education by ANA-Maine, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- 8 contact hours by the Maine Board of Alcohol and Drug Counselors pending approval
- 8 Category I contact hours for Psychologists are provided. CCSME is a pre-approved sponsor and provider of Professional Education Activities for Psychologists.
- Certificate of attendance for 8 contact hours for social workers, licensed clinical professional counselors, and other professionals

# Spirituality, Health, Wellness & Recovery

A Four-Week Online Course  
Beginning March 4, 2013



Sponsored by the Co-Occurring Collaborative Serving Maine  
with funding from Substance Abuse and Mental Health Services,  
an Office of Department of Health and Human Services

# Spirituality, Health, Wellness & Recovery

Recovery from co-occurring conditions is much more than healing from the damage caused by addictive behaviors or simply learning to manage symptoms of mental illness or addiction. It is about making life changes that promote ongoing physical, psychological, social and spiritual growth and wellness. This online course will explore the multi-dimensional nature of wellness and spirituality in recovery. This course will also examine counseling methods that explore spiritual meaning and promote change in a respectful way to assist people in recovery to lead meaningful and healthy lives.

This course will help participants:

- ☛ Define wellness and its importance in recovery and health promotion
- ☛ Identify the domains of health and wellness in recovery to create a wellness plan with clients
- ☛ Apply the principles and methods of Motivational Interviewing to help clients change health risk behaviors
- ☛ Use the Circle of Meaning to explore the multi-dimensional nature of spirituality and its meaning in ongoing recovery in a culturally sensitive and respectful way

## Target Audience

Mental health, alcohol and drug counselors, social workers, case managers, health care providers, probation personnel, clinical supervisors and peer counselors

## Refund Policy

Cancellations received in writing either by email, fax or mail are accepted until one week before the course begins and will be refunded minus a \$10 administrative fee. Students who cancel less than one week before the course begins or who fail to participate will be charged the full registration fee.

**Register online today with a credit card!**

**<http://spirithhealthwell.eventbrite.com>**

## Spirituality, Health, Wellness & Recovery

**Date** This four-week online course begins 3/4/2013  
*After you register, the online course materials and instructions will be emailed to you before the start date*

**Cost** CCSME Members \$ 65.00  
Non-Members \$ 75.00

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Name(s) & Credentials

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Organization

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Address

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Address

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Telephone

Fax

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Email

Total due: \_\_\_\_\_

If you are unable to register online, CCSME accepts registrations with a check or purchase order. Mail this form with your check or with a copy of your purchase order to:

CCSME

94 Auburn Street, Ste. 110, Portland, Maine 04103

Tel. (207) 878-6170 ♦ Fax. (207) 878-6172

## Method of Payment

- Check made payable to CCSME
- Purchase order #