EXPANDING DEFINITIONS OF RECOVERY: Examining The Multiple Pathways To A Life Worth Living

FRIDAY, JUNE 11, 2021
Noon - 1 p.m. CST
Live virtual Zoom seminar
Advanced registration required
Click to Register or visit NCWRecovery.org

Katie Witkiewitz, Ph.D.

GUEST SPEAKER
Dr. Katie Witkiewitz is a Regents’ Professor of psychology at the University of New Mexico with a joint appointment at the Center on Alcohol, Substance Use, and Addictions. She is a licensed clinical psychologist and has authored five books and over 230 peer-reviewed publications.

Witkiewitz has conducted numerous empirical studies on the efficacy and effectiveness of mindfulness-based relapse prevention as a treatment for substance use disorders, prediction of relapse following treatment for alcohol and drug use disorders, and mechanisms of successful treatment outcomes following mindfulness-based interventions to prevent alcohol and drug use.

DESCRIPTION
This course is designed for medical professionals, faculty, students and individuals interested in learning about:

- Specific benefits of reductions in drinking in clinical trial data.
- Evaluating the range of positive functional outcomes that correspond to non-abstinent reductions in drinking and maintenance of non-abstinent recovery over time.
- Key limitations of an abstinence-only model for the treatment of alcohol use disorder from a public health perspective.