

Recovery starts with knowledge.

# Mindfulness Based Relapse Prevention (MBRP®) Training

Module: Mindfulness Based Relapse Prevention (MBRP®) –  
A four-day course integrating empirically-supported relapse  
prevention strategies with mindfulness meditation practices

May 23-26, 2015

Duvall, WA (Near Seattle)

Arrive Friday, May 22 - Depart Wednesday, May 27

Facilitated by

Sue Neufeld-Ellis, LMHC, CSAT, NCACII, RN



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Fax: (480) 595-4753 [IITAP.com](http://IITAP.com)



## SETTING THE STANDARDS IN EDUCATION FOR ADDICTION PROFESSIONALS

This program is an excellent resource for clinicians who want to assist their clients who have undergone inpatient or outpatient treatment with a licensed clinician for Sex & Relationship Addiction; Partners of Infidelity, and other addictive behaviors. Clinicians will learn mindfulness meditation practices that can be used as effective relapse prevention strategies. This is an excellent way for therapists and agencies to add an additional stream of income to their practice. This program is adapted from empirical research from the University of Washington.

### WHO SHOULD ATTEND?

This course is suitable for anyone having an degree and/or license in the mental health field along with training and experience with other models of treating Sex & Relationship Addictions; Partners of Infidelities and other addictive behaviors. Group process experience necessary. Therapists who work in the following settings: hospital, agency, treatment center and/or private practice. You do not need to be a member of the IITAP community to take this training. Training will be mostly experiential and Inquiry Process.

### WHAT WILL I LEARN?

The following are just a few things you can expect to learn:

- How to integrate relapse prevention strategies and mindfulness techniques within treatment and/or therapy.
- How to apply these techniques to multiple addictive behaviors, particularly sexual and relationship addiction, and emotional regulation for partners of sexually acting-out partners.
- How to effectively lead the MBRP mindfulness practices.
- How to integrate mindfulness practice into daily life.

## REGISTRATION

Registration Fee before 4/1/15: \$850

Registration Fee: 4/1/15 to 5/1/15: \$895

Registration Fee after 5/1/15: \$935

Plus room and meals (space is limited).

## PREP WORK

Prep work instructions will be received via email subsequent to program registration. All program materials are included and will be provided on the first day of the training.

## TRAINING SCHEDULE

Friday, May 22	Arrive for dinner 9:00AM - 5:30PM (this includes an hour for lunch (lunch Included) and two 15 mins. breaks)
Saturday, May 23 through Tuesday, May 26	
Wednesday, May 27	Depart after breakfast (Breakfast at your own expense.)

Attendees must be present for all training classes in their entirety in order to receive credit. [Please schedule your flights accordingly to allow ample transportation time to/from the airport.](#)

## RETREAT CENTER ACCOMMODATIONS



**Mosswood Hollow Retreat Center**  
20215 320th Ave. NE  
Duvall, WA 98019  
425-844-9050

Come and nourish yourself in this quiet, comfortable and homey lodge on 40 acres at the foothills of the beautiful Cascade Mountains in a secluded, wooded location. Savor organic and caringly prepared homemade meals cooked on site. Lunch is included as part of the program fee. Dietary restrictions will be accommodated.

[mosswood@mosswoodhollow.org](mailto:mosswood@mosswoodhollow.org)  
[www.mosswoodhollow.org](http://www.mosswoodhollow.org)

Group Code: IITAP Group  
Overnight accommodations (per person):  
Single Room - \$110  
Double Room (2 beds) - \$70  
Double Room (1 bed) - \$65  
Group room (3 or 4 to a room) - \$50  
Camping - \$25

**Note** that there are limited sleeping facilities so book your accommodations early!

Interested in a roommate? Visit the Bulletin Board on <http://www.iitap.com/events/sex-addiction-workshops>.

## WORKSHOP LOCATION

Same as Retreat Center

## TRANSPORTATION

Fly into Seattle/Tacoma (Seatac) airport.

Airport Transportation: \$40 per person if they can pick up at least two people in one trip or \$65 for one person.

Interested in a ride share? Visit the Bulletin Board on <http://www.iitap.com/events/sex-addiction-workshops>.

## DRIVING DIRECTIONS

From airport to workshop:

Approximately 40 miles (one way) – allow approximately one hour (during non rush hours).

## TRAINING FACILITATOR



**Sue Neufeld-Ellis, LMHC, CSAT, NCACII, RN**

Sue Neufeld-Ellis is a Licensed Mental Health Counselor (LMHC); Certified Sex Addiction Therapist (CSAT); Certified Chemical Dependency Counselor both locally and nationally (CCDCII & NCAC II); and an RN. She has worked in the fields of counseling, nursing, addictions, and psychotherapy since 1981. She has been a meditation teacher for 20 years facilitating people in groups; individually; and couples. She has taught meditation at workshops and conferences. She taught meditation classes with Dr. Patrick Carnes for professionals on Cybersex and meditation at ITTAP. GentlePath Press and Dr. Carnes produced Sue's CD 'Serenity Though Meditation' with musician Steven Halpern in 2007. Sue is also a co-author in the book 'Clergy Sexual Misconduct' published by GentlePath Press.

She was part time faculty for six years at Bellevue Community College in WA where she taught classes on Sex Addiction, partners and Stress Management. She has been a featured guest on several radio talk shows and was a columnist for a local newspaper on sex and relationship issues. She has worked with Sex/relationship Addiction; Partners and Couples since 1987, and has a private practice in Bellevue, WA. <http://quantumhealing.us>.



Questions? Please contact:

Tami VerHelst  
Vice President, IITAP  
[Tami@IITAP.com](mailto:Tami@IITAP.com)



This course qualifies for 28 CEU's from the following CE agencies:  
BBS #92423, NASW Provider #886409565, NAADAC Provider #462,  
CABBS Provider #PCE3907,

CACCF and TCBAP #1787-08, Ethics (2 hours)

This program qualifies for 28 Clock Hours as approved by  
NBCC Provider #6251.

This program qualifies for 28 CEC's as approved by APA.  
IITAP is an NBCC-Approved Continuing Education Provider (ACEP™)  
and may offer NBCC-approved clock hours for events that meet NBCC requirements.  
The ACEP solely is responsible for all aspects of the program.  
IITAP is approved by the American Psychological Association to sponsor continuing  
education for psychologist.

IITAP maintains responsibility for the program psychologist, for the program itself  
and its content. IITAP is a CABBS provider (PCE3907) and this Course meets the  
qualifications for 28 hours of continuing education credit for MFTs, LPCCs,  
LEPs and/or LCSWs as required by the California Board of Behavioral Sciences.

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