Co-occurring Disorders Webinar Series: Integrating Combined Therapies

Mark McGovern, PhD, with Timothy Sheehan, PhD, LP, Moderator

The third webinar in the Co-occurring Disorders Webinar Series, this presentation shows how three evidence-based therapies—Motivational Enhancement Therapy (MET), Cognitive-Behavioral Therapy (CBT), and Twelve Step Facilitation (TSF)—can be combined in a stagewise approach to provide comprehensive treatment for people with co-occurring disorders.

Participants in this online program will be able to understand:

1. Background research and practice of combining MET, CBT, and TSF, and their adaptation for persons with co-occurring disorders
2. The importance of the therapeutic alliance between the client and clinician to achieve maximum benefits with ICT
3. Strategies for implementation and supervision of ICT
4. Practical tools that can be used in an individual or group setting, found in curriculum 2 of Hazelden’s Co-occurring Disorders Program: Integrating Combined Therapies

Mark McGovern, PhD, is an associate professor of Psychiatry and of Community and Family Medicine at Dartmouth Medical School. Dr. McGovern specializes in the treatment and research of co-occurring substance use and psychiatric disorders. He received a career development award from the National Institute on Drug Abuse. The overarching goal of this award involved developing, testing, and transferring evidence-based treatments to community settings for persons with co-occurring substance use and psychiatric disorders. He also received a grant from the Robert Wood Johnson Foundation to form and foster a multistate collaborative among addiction and mental health systems and treatment providers who are striving to improve the chances of recovery for their patients with co-occurring disorders. Dr. McGovern is currently the editor-in-chief of the Journal of Substance Abuse Treatment, the only scientific journal dedicated to the treatment of addictive disorders.

Timothy Sheehan, PhD, LP, has provided training on co-occurring disorders for more than twenty-five years and has been instrumental in helping administrators and counselors implement the Co-occurring Disorders Program throughout the country.

2 CEs – NAADAC
1 CE – APA