



TRANSFORM YOUNG LIVES: SPECIALIZED MENTAL HEALTH TRAINING FOR PROFESSIONALS

Our latest GXC BLAST features top experts and engaging topics scheduled for the event. As a not-for-profit, GXC unites diverse professionals to enhance patient care and wellbeing.

This BLAST focuses on **sessions addressing family and young people's behavioral and mental health** including:

- **Dr. Nora D. Volkow:** Marijuana Use and its Connection to Mental Health: What Are We Learning?
- **Dr. Adrian Hickmon:** The Masterpiece Effect of Rupture & Repair: Transcending Addiction & Trauma
- **Heather Hayes:** Increasing Engagement and Decreasing Trauma in Young-Adult and Adolescent Mental Health Treatment
- **Dr. Constant Mouton:** The Future of Family Programs: The Whole Family Recovery Approach
- **Fiona Yassin:** Interplay Between Family Dynamics, Trauma, and Borderline Personality Disorder in Adolescents
- **Mike Giresi:** Attachment, Individuation, & Developmental Trauma Patterns in Adolescence
- **Dr. Phoenix Adams:** Addressing the Clinical Needs of Family Members of Identified Patients in Residential Treatment: A Family Systems Approach to Care

GXC offers Continuing Education (CE) sessions, resources, and networking opportunities. Attend to stay informed, connected, and equipped to make a difference.

Secure Your Spot today



Marijuana Use and its Connection to Mental Health: What Are We Learning?

Wednesday, October 9th | 1:00 PM - 2:30 PM

Dr. Nora D. Volkow, M.D.

Dr. Volkow, Director of NIDA at NIH since 2003, has revolutionized understanding of drug addiction as a brain disease through pioneering brain imaging. Her research also advances neurobiology of obesity, ADHD, and aging.

Dr. Volkow, a prolific author of over 680 peer-reviewed articles and numerous book chapters, has received multiple prestigious awards. Named one of Time's "Top 100 People Who Shape Our World," she has also been featured on CBS's 60 Minutes.

Highlights: Marijuana is one of the most frequently used drugs globally, particularly among young people. In 2022, it was the most used illicit drug in the U.S., with 22.0% of people aged 12 or older using it. The highest usage was among those aged 18 to 25. Increasing THC levels have led to harmful reactions and emergency room visits. Long-term use is linked to mental health issues, such as depression, anxiety, and schizophrenia.

We will review epidemiological trends in marijuana use, the short and long-term effects cannabinoids have on the brain and body, and recent studies showing populations most at risk for serious negative consequences.

[Find out more about Nora](#)



The Masterpiece Effect of Rupture & Repair: Transcending Addiction & Trauma

Monday, October 7th | 4:45 PM - 5:45 PM

Dr. Adrian Hickmon, PhD

Adrian developed the Core-Systems Model, he is a Licensed Professional Counselor (LPC), Licensed Marriage and Family Therapist (LMFT), and Licensed Alcohol and Drug Abuse Counselor (LADAC).

He also holds certifications as a Certified Sex Addiction Therapist-Supervisor (CSAT-S), Certified Trauma Therapist (CTT), and Certified Multiple Addictions Therapist-Supervisor (CMAT-S). Adrian founded Capstone Treatment Center in Arkansas.

Highlights: In 2023, the world saw significant rises in mental health issues, especially with Millennials and Generation Z. Trauma injures our neurophysiological systems, miscalibrating the Autonomic Nervous System and inner self with toxic shame.

This session delves into the "Masterpiece Effect" in addiction treatment. Attendees will construct the three-core systems framework, describe post-traumatic growth, discuss trauma from a Polyvagal Theory perspective, and understand the concept enticement power factor in addiction development.

[Find out more about Adrian](#)



Increasing Engagement and Decreasing Trauma in Young-Adult and Adolescent Mental Health Treatment

Monday, October 7th | 9:45 AM - 11:15 AM

Heather Hayes, M.Ed., LPC, CIP, Interventionist

Highlights: This session addresses adolescent mental health, focusing on family involvement and Family Systems Theory. It explores trauma responses,

Heather is a Master's level Licensed Counselor, Board Registered Interventionist (CIP), and Certified ARISE Interventionist.

She holds a B.A. and M.Ed. in Counseling Psychology and is a leading authority in treating adolescents and young adults, specializing in trauma, behavioral issues, and eating disorders. Heather is the founder and CEO of Heather R. Hayes & Associates, Inc.

COVID-19 impacts, and neurochemistry. Attendees will study and develop personalized care plans and understand trauma-informed interventions and Therapeutic Transport™.

The session covers systemic risk and protective factors, professional collaboration identifying qualified behavioral health referents. Participants will explore how increased family engagement can decrease trauma and enhance outcomes.

[Find out more about Heather](#)



The Future of Family Programs: The Whole Family Recovery Approach

Monday, October 7th | 1:00 PM - 2:30 PM

**Dr. Constant Mouton MBChB.,
FCPsychSA., KNMG
Psychiatric.**

Constant is a psychiatrist, therapist, family interventionist, and author. He founded Mouton Mental Health, a private mental health practice in The Netherlands. He also serves as a consultant psychiatrist at a prominent Recovery Centre and is the director and senior trainer at ARISE® Consulting, Europe.

Highlights: Participants will be introduced to the Whole Family Recovery approach, which involves treating the entire family alongside the individual undergoing SUD treatment to foster long-term recovery and intergenerational resilience.

This session focuses on the significant impact of family programs on mental health and SUD recovery.

Find out more about Constant



Interplay Between Family Dynamics, Trauma, and Borderline Personality Disorder in Adolescents

Tuesday, October 8th | 8:30 AM - 9:30 AM

Fiona Yassin MSc., NCIP(Acc. Supervisor), EMDRIA

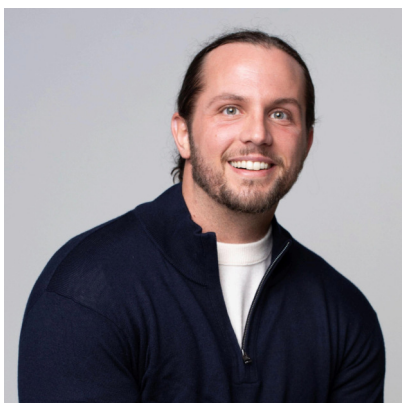
Fiona is a child, adolescent, and family psychotherapist specializing in Borderline Personality Disorder (BPD) and eating disorders. A complex trauma specialist, she is trained in EMDR and Mentalization-Based Therapy (MBT).

Fiona is the founder and international clinical director at The Wave Clinic. She recently completed a MSc in Neuroscience from King's College London and is now studying for a MSc in Psychiatry at Cardiff University.

Highlights: This session provides a comprehensive understanding of Borderline Personality Disorder (BPD) in adolescents, including co-occurring conditions, diagnostic challenges, and new ICD-11 criteria. It explores trauma's role in BPD, the importance of early intervention, and practical management strategies like family therapy.

Key learning objectives cover, differential diagnosis with ADHD, CPTSD, PTSD, and Bipolar Disorder, updates in ICD-11 and DSM5-TR, family-centered approaches, and practical management skills.

Find out more about Fiona



Attachment, Individuation, & Developmental Trauma Patterns in Adolescence

Monday, October 7th | 3:00 PM - 4:30 PM

Mike Giresi CAC, CTP, ICADC, NMP.

Mike is a Florida Certified Addiction Counselor, an Internationally Certified Alcohol and Drug Counselor, a nationally Certified Trauma Professional, and a NARM® Master Practitioner.

He is the Chief Clinical Officer for Family First Adolescent Services in South Florida.

Highlights: This session explores the complex dynamics of adolescent development and mental health outcomes through the lenses of attachment theory, individuation processes, and developmental trauma.

Attendees will learn about evidence-based interventions and trauma-informed approaches to support adolescents with attachment disruptions, individuation struggles, and developmental trauma.

[Find out more about Mike](#)



Addressing the Clinical Needs of Family Members of Identified Patients in Residential Treatment: A Family Systems Approach to Care

Monday, October 7th | 3:00 PM - 4:30 PM

Dr. Phoenix Adams, LCSW, DSW, MBA, GC-C

Phoenix is a licensed psychotherapist with over 15 years of clinical experience. He specializes in mental health and substance use treatment, particularly bereavement, grief, and loss.

Dr. Adams earned his MSW, MBA, and DSW from Florida Atlantic University with his doctoral research highlighting the benefits of family participation in substance use disorder treatment.

Highlights: This session discusses research on the benefits of family participation in the treatment of Substance Use Disorder.

It will highlight methods that have positively impacted family outcomes, such as family restructuring and assessment protocols, encouraging ongoing family involvement beyond initial intervention stages.

Find out more about Phoenix

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We have some amazing hotel choices for GXC and partners at Walt Disney World Resort. If you have not yet booked, take advantage of our discounted hotel rates, starting at \$315 per night. We have limited availability on Saturday October 5th so make sure you have secured your stay well in advance.

[Book your stay](#)

Not yet registered? Book your ticket today!

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