



**NCLAP**  
NORTH CAROLINA  
LAWYER ASSISTANCE PROGRAM

## 36th Annual LAP Conference

Crowne Plaza Resort  
Asheville, NC  
November 6-8, 2015

*5 CLE Hours*

# Conference Schedule

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## Friday, Nov. 6, 2015

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3:00-6:30 Registration and Check-In

4:00-5:30 LAP Steering Committee Meeting

6:00-6:30 Meet and Greet Activity

6:30-8:30 Dinner

- Greetings from LAP Board Chair – Darrin Jordan
- Greetings from LAP Steering Committee Chair - Roberta Sperry

8:30-9:30 Small Group Topic Discussions

## Saturday, Nov. 7, 2015

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7:00-8:00 Friends of Bill/Friends of Lois Discussion Meetings

7:00-8:30 Breakfast

8:30-12:00 Breakout Sessions

### Core Issues in Recovery and Maintaining Serenity – Tammy Bell

Being triggered by core issues creates one of the biggest serenity disruptions (“relapse”) for people in all forms of recovery. Relapse means different things to people recovering from different issues. For alcoholics in early recovery, it means picking up a substance. In later recovery (and for those in Al-Anon or others) it can mean engaging in certain unwanted behaviors we have shed in the recovery process. For those with mental health issues, it can mean a resurgence of symptoms or reacting in old self-defeating patterns. For co-dependents it can mean taking on loved ones’ (or anyone’s) problems and responsibilities that are not ours to take. Recognizing signs of the core issue as well as management strategies for these triggers will be presented. As we all have core issues and serenity disruptions caused by core issues being triggered, this session is appropriate for all attendees as well as family members.

### Uncovering the False Self – Ann Starrette

Whether you are recovering from alcohol, depression, or from the human condition, everybody is recovering from something. Sometimes it is just plain childhood! Those in recovery are familiar with the process of growth akin to peeling back layers of an onion. It is normal to hit a plateau after years of deep work, where no matter what we do, we are stuck. This session examines the mechanism of why and how that happens. In this session you will be introduced to the false-self system and the primary “instincts run amok” that form the basis of it—instincts for power, control, security, and approval. The false-self system (fear, anger, jealousy, wrong motives, cravings for power, prestige, possessions, approval, affirmation, control, etc.) can dominate the best intentions of those in recovery until the false self-system is seen for what it is. When we find it difficult, if not impossible, to let go of an emotion or state of being, we can instead learn to welcome it rather than stuff it; feel it rather than deny it; release it rather than clutch it. This session will provide an in depth examination of the false-self system and suggestions for moving past it. This session is recommended for people and family members with dedicated, long-term recovery of at least ten years.

12:00-1:00 Lunch

1:00-6:30 Free time for Fellowship and Activities

### Photo Scavenger Hunt in Downtown Asheville

### Golf Tournament - Asheville Municipal Course

- Boxed lunches provided for those playing golf
- \$38 per person (includes cart)
- Contact Fred Baggett if interested (fredpbaggett@gmail.com)

6:30-9:30 Dinner

- Greetings from the State Bar – Margaret Hunt, President
- Presentation of Chief Justice’s LAP Service Award – Justice Bob Edmunds
- Guest Speaker

Sunday, Nov. 8, 2015

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7:00-8:00 Friends of Bill/Friends of Lois Discussion Meetings

7:00-8:30 Breakfast

**8:30-11:00 Intensive Volunteer Training**

This session will cover the key components of best practices for volunteers across the spectrum of volunteer activities, including interventions, giving CLE talks, mentoring, contract monitoring, and other activities. Presentation will include panels, speakers, and group discussion. It is important that all active volunteers and prospective volunteers attend this training.

## Our Speakers

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**Tammy Bell** is a Licensed Clinical Social Worker, a Master Addiction Counselor, and a Certified Relapse Prevention Specialist. She is the founder and current director of the Relapse Prevention Center in Charlotte, NC. She is an author, national lecturer, and private consultant, and has been working in the addiction treatment field for more than 25 years.

**Ann Starrette** is the director of The Lydia Group, LLC, which she founded in 1998 to provide workshops and retreats for those in the helping professions. She is an active teacher and workshop facilitator at The Farm Retreat Center in Statesville, and director of Spiritual Formation at Davidson United Methodist Church. Ann's post graduate studies include Shalem Institute, Pfeiffer University, and Renovare Spiritual Formation Institute.