



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM

39th Annual LAP Conference:

Hotel Ballast
Wilmington NC
October 26-28, 2018

5 CLE Hours

Conference Schedule

Friday, Oct. 26, 2018

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

4:30 - 5:30 LAP Steering Committee Meeting

6:00 - 6:30 Meet and Greet

6:30 - 7:30 Dinner

- Greetings from LAP Board Chair – John Bowman
- Greetings from LAP Steering Committee Chair – Doug Underwood

7:30 - 8:30 Welcome Session

Don Carroll and Robynn Moraites

Saturday, Oct. 27, 2018

7:00 - 8:30 Breakfast

7:15 - 8:15 Friends of Bill Discussion Meeting/Friends of Lois Discussion Meeting

8:45 - 12:00 Breakout Sessions (3 CLE hours)

Breakout 1 – Guide Rails

Dolan Williams, LCSW

Guide rails are used to keep a train on its track and a car from going over a cliff. If we could only have a few of these in place to protect our relationships and help manage them, especially the most difficult ones. Our relationships are our most valuable asset, and when managed well, they can bring many rewards. However, sometimes relationships can become overwhelming, abusive, and even toxic. In this workshop participants will take away some key guide rail skills to support healthy relationships, from how to appropriately express needs, to negotiating difficult interactions, to how to set boundaries to help reduce conflict and frustration.

Breakout 2 – Neuroscience of Recovery

Mandy Baker, MS, LCDC

The recent science of neurobiology is rapidly advancing the field of addiction treatment. The advent of neuroimaging, neurofeedback, and neuroplasticity has generated multiple applications for the treatment of addictive illness. But what does this new science say about older wisdom? Many of the new developments in neuroscience support older methods of treatment for addiction and the cluster of diagnoses that often accompany it. This presentation combines modern advances in science with older understandings of psychotherapy and the 12-Steps. It also seeks to provide the participant with a description of how addiction—and other illnesses such as depression, anxiety, and PTSD—work together in the mind of a person both with and without substance use disorders. Implications for treatment, recovery, and advocacy will be addressed.

12:00-1:00 Lunch

12:00-6:30 Free Time for Fellowship and Activities

Pre-planned & pre-paid group activities:

- Golf with Fred
- Fly fishing with Lanée

6:30-9:30 Dinner

- Comments from LAP Director – Robynn Moraites
- Greetings from the State Bar – Gray Wilson, President
- LAP Foundation of NC Update – Jerry Jemigan
- Sunlight of the Spirit Award – Robynn Moraites
- Presentation of Chief Justice's LAP Service Award - Justice Robin Hudson

Guest Speaker: Marsha Stone

Sunday, Oct. 28, 2018

7:00 - 8:30 Breakfast

7:15 - 8:15 Friends of Bill Discussion Meeting/Friends of Lois Discussion Meeting

8:30 - 11:00 Breaking the Unconscious Trance of Personality to Better Support Recovery Efforts (2 CLE hours)

Don Carroll

We each have a personality type or structure that functions on “automatic” most of the time. This automatic response to life can sometimes benefit us. Sometimes, however, it serves as a detriment when it unconsciously supports patterns of addiction, even when the disease is in remission. It can also unconsciously support patterns of thought and reaction that can lead to compounding depression, anxiety, rage, or other unhealthy, reactive, emotional states.

The Enneagram is a useful tool for understanding how our particular automatic responses manifest and how they are energized. With that awareness, we begin to discover what we can do to dissolve the blocks created by our personality type and its habitual patterns so that we can live our most authentic lives. In this workshop Don will introduce the unique and precious gift of each personality type. He will lead us into an understanding of how we lose touch with this gift and how, in our personality structure’s attempts to create or imitate this gift, it actually blocks us from receiving it. Over time this pattern can harden into a dysfunctional way of being and create special barriers for each personality type in the recovery process. Once we begin to understand and build awareness of the blocks for our specific type, the patterns begin to loosen their grip and power over us. From this more awakened place, we have the opportunity to have a life that is truly happy, joyous, and free.

In preparation for this session, Robynn will be conducting personality typing leading up to the conference, and will provide some preliminary reading material on your specific type.

Our Speakers

Amanda K. (Mandy) Baker, MS, LCDC

Mandy is the clinical director at BRC Recovery in Manor, Texas. As such, she is responsible for overseeing all clinical services. She is also the co-founder and clinical director of Windhaven Counseling Center. She is the former vice-president of clinical services at Origins Recovery Centers, where she oversaw five levels of care in four facilities. She has also held positions at The Ranch at Dove Tree and Texas Tech Center for Students in Recovery. At Texas Tech, Mandy and her team were instrumental in developing the recovery campus movement, which has significantly impacted the ways in which colleges address addiction.

Don Carroll

Don Carroll served as director of the North Carolina Lawyer Assistance Program from 1994-2011. Don is a lawyer, a certified EAP professional, a professional coach, and a certified Strozzi Institute somatic coach. Don is an author of several books including *A Lawyer’s Guide to Healing* as well as *The 9 and 12 Workbook*, *Renewing your Recovery*, *Reclaiming your Life*.

Dolan Williams, LCSW

Dolan is a therapist and coach with Life Enrichment Resources in Raleigh. He has been providing mental health services for the past 15 years, seven of which as a clinical director for a mental health agency. He has specialized expertise, knowledge, and skill in helping those with addiction(s) (alcohol, drug, sex, work, money, food), Adult Children of Alcoholics (ACOA), codependency, depression, general anxiety, panic, excessive worry, obsessive compulsive disorder, bipolar disorder, and personality disorders. Dolan is also a seasoned facilitator of personal and relationship growth workshops, classes, and groups at Life Enrichment Resources.

Activities

Fly Fishing

Inshore saltwater fishing with “Feel Good Fishing Charters and Adventures.” We'll fish the beautiful intracoastal jetties and marshes. Meet in the hotel lobby to grab a boxed lunch and head to the Wrightsville Beach Boat Ramp for a 12:30 departure, returning 5:00. Cost: \$100 per person. If interested, indicate on the registration page and Lanée will be in touch.

Golf

This year we will play at the Beau Rivage Golf Club in Wilmington. The club is located at 649 Rivage Promenade, just minutes from the historic river district of downtown Wilmington and the surrounding island beaches. Cost is \$59, which includes cart. If interested, indicate on the registration page and Fred will be in touch.