

2021

# FRONTIERS IN ADDICTION LECTURE SERIES

CO-SPONSORED BY THE MEADOWS



**JANUARY 19**

**Addictive Behaviors as Self-Preservation:  
Key Insights From the Internal Family  
Systems Model**

Richard Schwartz, PhD  
*Founder of Internal Family Systems  
Meadows Behavioral Healthcare Senior Fellow*



**MARCH 16**

**Emotional Sobriety: Life on Life's Terms**  
Allen Berger, PhD  
*Clinical Director of The Institute for Optimal  
Recovery and Emotional Sobriety  
Hazelden Author and Clinical Psychologist*



**MAY 18**

**Addiction: What's the Problem?  
What To Do About It?**

Matthew A. Torrington, MD, DFASAM  
*Addiction Medicine and Clinical  
Research Physician*



**SEPTEMBER 21**

**Cannabis and Mental Health:  
What's Lying in the Weeds?**

Timothy Fong, MD  
*Professor of Psychiatry, board certified in  
addiction psychiatry, at the Semel Institute for  
Neuroscience and Human Behavior at UCLA*



**NOVEMBER 16**

**What Lies Beneath:  
Treating the Young Adult**

Claudia Black, MSW, PhD  
*Claudia Black Young Adult Center at The Meadows  
Renowned author and trainer internationally  
recognized for her pioneering and contemporary  
work with family systems and addictive disorders*

**TUESDAYS**

9 - 11:30 am | Virtual Presentation



For access to the virtual presentations and to be added to our email list, please contact [jamie.gelbart@tmmc.com](mailto:jamie.gelbart@tmmc.com)

[ThelmaMcMillenRecoveryCenter.com](http://ThelmaMcMillenRecoveryCenter.com)  
3333 Skypark Drive, Suite 200  
Torrance, CA 90505  
310.784.4879

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# SOUTH BAY NETWORKING LECTURE SERIES

CO-SPONSORED BY CENTER FOR DISCOVERY



**FEBRUARY 16**

**Thriving During These Trying Times**

Kelly Greco, PsyD

*Clinical Associate Professor at Keck School of Medicine of USC in the Department of Psychiatry and Behavioral Sciences*



**APRIL 20**

**Teens, Social Media and the Effects of Trying to Connect**

Peter Fowler, MA, NCC, LPCC

*Executive Program Director, Discovery Mood & Anxiety Program*



**JUNE 15**

**Protective Factors for Adolescents**

Leah M. Niehaus, LCSW



**AUGUST 17**

**Eating Disorders and Substance Use Disorders: A Deadly Mix**

Deandra Christianson, MA, LCPC, CCMHC, CDWF

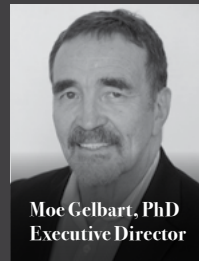
*President, Eating Disorder Division, Center for Discovery*



**OCTOBER 19**

**Maximize Wellness and Satisfaction in the Workplace: Combat Compassion Fatigue**

Donnie W. Watson, PhD, CCFE, CATC V  
*Program Director, Thelma McMillen Recovery Center*



**Moe Gelbart, PhD**  
Executive Director

The Thelma McMillen Recovery Center for alcohol and drug treatment is making lasting changes in the lives of South Bay adults and adolescents as well as their families. We look forward to partnering with you to provide outpatient services to help clients find sobriety within the framework of their daily lives.

**Adult Program - 310.784.4879**  
**Teen Program - 310.257.5760**

**TUESDAYS**

**9 - 10 am | Virtual Presentation**



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