

2022

# FRONTIERS IN ADDICTION LECTURE SERIES

CO-SPONSORED BY THE MEADOWS AND DISCOVERY MOOD AND ANXIETY PROGRAM



**JANUARY 18**

**Fueling Well in a New World: The Latest Data on How to Fuel Better for Mental Health, Immunity and Longevity**

Kristin Kirkpatrick, MS, RDN  
*Senior Fellow at Meadows Behavioral Healthcare  
Creator of the Fuel Well® nutrition program*



**MAY 17**

**Assessment and Treatment of Chronic Pain and Addiction**

Mel Pohl, MD, DFASAM  
*Senior Medical Consultant to the Pain Recovery Program at The Pointe Malibu Recovery Center*



**MARCH 15**

**Families and Resilience: Why Integrative and Collaborative Family Therapy is More Relevant Today Than Ever**

Judith Landau, MD, DPM, LMFT, CFLE, CIP, CAI, CRS  
*President, CEO and founder of Linking Human Systems, LLC, and ARISE® Network  
President and founder of LINC Foundation, Inc.*



**SEPTEMBER 20**

**The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma**

Bessel van der Kolk, MD  
*Senior Fellow at Meadows Behavioral Healthcare  
Co-founder and Chair of Trauma Research Foundation*

**TUESDAYS**

9 – 10:30 am, PST | Virtual Presentation



To be added to our mailing list, please contact [jamie.gelbart@tmmc.com](mailto:jamie.gelbart@tmmc.com). Participants will receive an email link to register for each presentation.

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

2022

# SOUTH BAY NETWORKING LECTURE SERIES

CO-SPONSORED BY DISCOVERY MOOD AND ANXIETY PROGRAM



**FEBRUARY 15**

**Practitioner Heal Thyself (ie); Professional Online Skills and the American Psychological Association's (Div. 46) Recommended Guidelines for Digital Engagement**

Don Grant, PhD, MA, MFA, DAC, SUDCC IV  
*President of the American Psychological Association (APA) Division 46; The Society for Media Psychology & Technology; Chairman of APA's (Div. 46) "Device Management & Intelligence" and "Strategic Planning" committees; Executive Director of Outpatient Services; Newport Healthcare*



**APRIL 19**

**Trauma Factors in Transgender and Non-Binary Clients: Treating Addiction Through a Gender Affirming Lens**

Linda K. Reeves, MA, LMFT  
*WPATH Certified Gender Specialist at Beach Cities LGBT Therapy*



**AUGUST 16**

**Helping Students Find Balance: Looking at the Relationship of Academics and Mental Health**

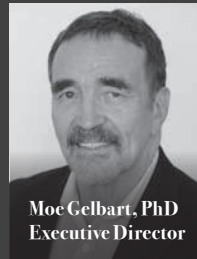
Peter Fowler, LPCC  
*Director of Education at Discovery Mood & Anxiety Program*



**JUNE 21**

**The Art and Science of Forgiveness**

Fred Luskin, PhD  
*Faculty at the Stanford Executive Program – Graduate School of Business  
Director of the Stanford University Forgiveness Projects  
Co-founder of LifeWorks and Wellness Education – Health and Human Performance at Stanford Health*



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

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