



Mindfulness-Based Interventions for Co-Occurring Mental Health and Alcohol/ Other Substance Use Disorders

Training Description:

Co-occurring mental health and substance use disorders represent a major global public health concern. Often, these disorders are treated separately in different clinics. However, this increases the likelihood that patients will not follow through on one aspect of their treatment. Mindfulness-based interventions are an evidenced-based approach for both substance use disorders and mental health concerns. Mindfulness interventions target key neurobiological processes and thereby change cognitions and behavior. This training will give providers tools to treat co-occurring mental health and substance-use disorders. Participants will learn the foundation of mindfulness and mechanisms by which mindfulness influences health. Mindfulness strategies will be practiced and many different options will be provided for those patients who say “I can’t meditate.”

Fee: \$35 (members); \$135 (partial & nonmembers)

6.0 Continuing Education Hours



Trainer: Stephanie Steinman, PhD CSAC

Dr. Stephanie Steinman is a clinical psychologist and Assistant Professor of Psychology at the University of Wisconsin’s Department of Psychiatry. She has been working for UW Health since 2006. She is the director of the Dialectical Behavior Therapy (DBT) group program for UW Health. Dr. Steinman has facilitated DBT groups since 2004 working in residential and outpatient settings with both adolescents and adults presenting with a variety of concerns. Dr. Steinman earned her doctoral degree in clinical psychology and completed her internship at UW Madison. She has received the National Addictions Outstanding Clinician of the year. She lectures around the country about borderline personality disorder and treatment. Dr. Steinman is involved in direct patient care in both group and individual therapy and training of residents and psychology interns. Her specialties are Dialectical Behavior Therapy, Posttraumatic Stress Disorder, Substance Use Disorder, Adolescents, women’s mental health and Mindfulness-based therapies.