



## Murphy Day

Murphy Day was started 28 years ago to recognize and honor Dr. Harold D. Murphy for his fine professional contributions to the profession of counseling. Dr. Murphy was a former Department Head in the Department of Counseling at Texas A&M University-Commerce.

The event has grown to become the best and most affordable opportunity for professional growth, stimulation, and continuing education for counselors and other human service workers in educational, agency, and business settings.

It is the goal of the Department of Counseling and the Murphy Day organizers to provide professional counselors and human service workers the highest quality continuing education at an affordable cost. The Department of Counseling is proud to sponsor this event as a reminder of the continued quality of professional excellence that has long been our tradition. We are looking forward to seeing you on campus and having the opportunity to visit with you.

**2011**

**28th Annual Murphy Day**  
Continuing Education Conference  
Quality Continuing Education at an Affordable Cost

6 HOURS OF CONTINUING EDUCATION FOR COUNSELORS, SOCIAL WORKERS,  
PSYCHOLOGISTS

**Addiction as an Attachment Disorder**  
with

**Lois Jordan**  
February 18, 2011

*“Experiences related to early developmental failures leave certain individuals with vulnerabilities that enhance addict-type behaviors and these behaviors are misguided attempts at self-repair. Deprivation of age-appropriate developmental needs leaves the substance abuser constantly searching for something “out there” that can be substituted for what is missing “in here”.*

This presentation by Lois Jordan on the relationship between adjustment disorders and addiction is a “must”!

Program Objectives:

1. Gain an understanding of the nature of attachment disorders and substance use disorders.
2. Learn the interplay between the two disorders and the important treatment implication.
3. Learn how attachment bond shapes adult relationships.
4. Improve ability to work with clients with insecure attachments and/or substance use disorders.

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Lois Jordan is the Owner and Executive Director of Solutions Outpatient Services, which opened in 1995. From 1988 until February 1999 she maintained a private practice devoted to individual, group, and family therapy. Before going into private practice, she served as the Executive Director of the Chemical Awareness Council from 1985 to 1988. Lois was recognized in 1987 as University Park's Most Distinguished Citizen and was the Grand Marshall in the Highland Park 4th of July Parade for her contribution in the areas of chemical dependency and codependency. She serves as an Advisory Committee Member of and is a past Board Member of the Greater Dallas Council on Alcohol and Drug Abuse. For the last four years, Lois has taught a class on addiction for the child and adolescent psychiatry fellows at the University of Texas Southwestern Medical School. Lois is also a nationally recognized speaker and has made guest appearances on national and local television and radio shows, including The Oprah Winfrey Show, NBC 5 News, KTRK-TV's Debra Duncan Show (Houston's ABC affiliate), KRLD 1080's Legal Eagles Show, 570 KLIF Radio's Weekend Well-Being Show, Today's Family TV Show, and the Dr. Lynn Weiss Show. In the last year she was interviewed by CBS Channel 11 and NBC Channel 5 for two different alcohol and drug related stories.

**Workshop Schedule**

8:30-8:55	On-Site Registration	Noon-1:30	Lunch (included)
9:00-10:30	Session One (Symptoms, Causes, & Research)	1:30-2:45	Session Three (Movie Clip & Discussion)
10:30-10:45	Break	2:45-3:00	Break
10:45-Noon	Session Two (The Interplay between Attachment & Addiction)	3:00-4:30	Session Four (The Importance of the Therapeutic Relationship)

**Location:** Sam Rayburn Student Center  
 Texas A&M University--Commerce  
 Commerce, TX

Go [here](#) for directions to the campus and the campus map:

For more information, **call:** 903-886-5637

**Space is Limited.** Pre-registration is strongly encouraged. Onsite registration accepted as space permits only.

[Registration Form](#)

The 27th annual Murphy Day Continuing Education Conference was held on February 26, 2010, at the Eastfield College campus in Mesquite, TX.

Rick Carson, LMFT, and the author of four books, including his best-seller, *Taming Your Gremlin*®, presented a program entitled, "Gremlin-Taming® For Counselors: A Day of Self-Care Experiences and Strategies".

For over 35 years he has been a psychotherapist, consultant and trainer for mental health professionals, businesses and non-profit organizations. Rick is the founder of the Gremlin-Taming® Institute in Dallas. Virginia Satir says, "I loved Taming Your Gremlin. . . I felt I was in a very human picture show where I and all the other humans were being shown how we had all been under a witches spell and did not know it."

## **2009**

The 26th annual Murphy Day Continuing Education Conference was held at the Memorial Student Center on Friday, February 27, 2009.

Byron Katie, internationally known author of *Loving What Is* and founder of The Work, presented a program to teach participants how to end their own suffering by guiding them through the powerful process of inquiry called The Work.

Katie (as everyone calls her) illustrated that our problems originate in our thinking, and she gave participants the tools to open their minds and set themselves free.

Eckhart Tolle, author of *The Power of Now* and *A New Earth*, states, "Byron Katie's Work is a great blessing for our planet. The root cause of suffering is identification with our thoughts, the 'stories' that are continuously running through our minds. Byron Katie's Work acts like a razor-sharp sword that cuts through that illusion and enables you to know for yourself the timeless essence of your being. Joy, peace, and love emanate from it as your natural state. In *Loving What Is*, you have the key. Now use it."

## **2008**

The 25th annual Murphy Day Continuing Education Conference was held at the Memorial Student Center on Friday, February 29, 2008.

Dr. Robert C. Berg presented a program on *Leading Counseling Groups that Work*. Just like in the years past area counselors, psychologists, social workers, and other mental health professionals were present for the seminar.

Dr. Berg retired from private practice and teaching at the University of North Texas after a 38 year career. His specialty area was group counseling, and he has 46 years of experience as a leader of training and therapeutic groups. In 28 years at the University, Dr. Berg trained more group leaders than any other person in the United States.

He has been a consultant at various times to the American Airline, Braniff Airways, the Dallas Cowboys and New Orleans Saints Football Clubs, Chicago Board of Education, University of North Texas Football team, and the Federal Aviation Administration.

He has authored several books and many articles about group counseling including the popular textbook, *Group Counseling: Concepts and Procedures*, with Drs. Gary Landreh and Kevin Fall. A recent article showing the use of the films *Twelve Angry Men* as a teaching tool for group process was co-authored with Drs. Chris Simpson and Steve Armstrong and published in the *Journal for Specialists in Group Work*.

## **2007**

The 24th annual Murphy Day Continuing Education Conference was held at the Memorial Student Center on Friday, February 23, 2007.

Dr. Collin Ross and Melissa Caldwell presented a program on Self-Mutilation to area counselors, psychologists, social workers, and other mental health professionals.

Dr. Ross is an internationally renowned clinician, researcher, author and lecturer in the field of traumatic stress and trauma related disorders. He is the founder and president of the Colin A. Ross Institute for Psychological Trauma. He is the executive director of three trauma programs located at Timberlawn Mental Health System in Dallas, Texas, Forest View Hospital in Grand Rapids, Michigan and Del Amo Hospital in Torrance, California. Dr. Ross provides treatment for patients with trauma related disorders, and symptoms. This would include treatment for: Post Traumatic Stress Disorder (PTSD), Borderline Personality Disorder, Addictive Disorders, Anxiety Disorders, Depression, and Obsessive Compulsive Disorder. The Symptoms treated and the admission criteria are: suicidal ideation, homicidal ideation, self-destructive and addictive behaviors, and inability to function.

Dr. Harold Murphy, for whom the conference is named, and a former Department Head in the Department of Counseling, was also on hand to introduce the program.

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