

12<sup>th</sup> International Conference on  
**Neurology and Neurophysiology**  
&  
2<sup>nd</sup> International Conference and Exhibition on  
**Dual Diagnosis** May 18-20, 2017 Munich, Germany



## *Charles W Graham*

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### **Emotional regulation: Implications for the theory and practice of individual psychotherapy considerations in co-occurring intensive outpatient program environment**

Today the necessity to better understand the complex world of emotional regulation is evident in the process of screening, assessment, case formulation, and treatment of patients with co-occurring disorders. This presentation will bring theory into the arena of evidenced-based treatment to one of the most difficult populations, co-occurring disorders. It explores the nature of emotional regulation, the predominant underlying theories, client resilience and resistance, and the interaction between the autonomic nervous system, the physiology of emotion, and application in diagnosis, assessment, treatment, and remediation. This presentation covers the foundation and process of controlling emotions for some potentially damaging myths about emotions, and the key habits of emotionally resilient people. This study takes emotion out of the theoretical laboratory and into the practical application of fostering emotional maturity and resilience in the care and treatment of patients with co-occurring disorders including case study analysis.

#### **Biography**

Charles W Graham has completed his PsyD from the Chicago School of Professional Psychology and has done his graduation from the University of North Texas. He is the Vice President of Clinical Operations of CoreVision Network, a premier dual diagnosis treatment organization based in Colorado Springs, CO. He is one of the leading professionals in the field of recovery and co-occurring disorders. He was the Program Director at Sober Living, one of the premier treatment centers in America, for five years, and for the past five years he has been the Executive and Clinical Director at Behavioral Health Synergy, where he has started up numerous sober living homes, treatment centers, and counseling centers. He has been a Speaker at state and national conferences on topics such as domestic violence and substance abuse, and co-occurring bipolar disorder and substance abuse. He is currently an Adjunct Professor of Psychology at the Community College of Aurora.

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