

# Professional Development and CE Presentation Overview

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## TRAINING TOPICS

**Tailored to your business needs, in-person, virtual or hybrid options:**

- Understanding and Treating High-Functioning Clients with AUD and SUDs
- Creating Compassion Satisfaction from Compassion Fatigue
- Supporting Clients in Navigating All Recovery Stages
- Developing Trauma Stewardship from Vicarious Trauma and Secondary Trauma
- Similarities and differences between compassion fatigue and countertransference
- Professional Burnout Prevention and Management
- Effective Clinical Integration of 12-step programs into Dual Diagnosis Treatment
- Navigating 12-step Programs and MATs
- Developing Complete 12-step Program Literacy
- Shame as a Barrier to Addiction Treatment/Developing Shame Resiliency
- Stress Busters: Learning to Practice What We Teach
- Establishing Personal and Professional Views of Recovery
- Trauma-Informed Supervision
- Pandemic Aftershocks: Solutions for Healthcare Providers
- Managing the Mental Health and Addiction Pandemic Aftershocks
- Case Management 101

## SPEAKER BIO

*Sarah Allen Benton is a Licensed Professional Counselor and Advanced Alcohol and Drug Counselor. She is Co-Owner of Benton Behavioral Health Consulting, LLC specializing in clinical and business support services. Sarah is also the Chief Clinical Officer at Waterview Behavioral Health in Wallingford, CT. She was the Clinical Strategy Advisor for Aware Recovery Care and former Director of Clinical Services in North Haven, CT. She has been a therapist and consultant for various substance use disorder and mental health treatment levels of care. Sarah was a Therapist at McLean Hospital in Belmont, MA at the McLean Brook dual diagnosis transitional treatment program, McLean Klarman Center for eating disorder treatment and the McLean Obsessive-Compulsive Disorder Institute. Sarah has presented internationally to a wide variety of audiences on many unique topics. She is author of the book "Understanding the High-Functioning Alcoholic" and "Parents in Recovery" (2024) and has been featured in the New York Times, on The Oprah Winfrey Show, The Today Show, CBS Early Show, SiriusXM, NPR and writes a blog on Psychology Today.com.*

