

Luncheon & Lecture

Trauma and Addiction *Presented by Shelley Uram, MD*

Thursday, November 15, 2012

Luncheon at 1:00 p.m. | Lecture from 1:30 to 3:00 p.m.

AGC Building

1200 Westlake Avenue North, 2nd Floor | Seattle, WA 98109



Shelley Uram, MD
Senior Fellow, The Meadows

ABOUT THE PRESENTATION

Since the earliest days of mankind, the human brain was already deeply programmed to avoid pain. Come and join us for this fascinating look with Dr. Shelley Uram, at how this and other programming "sets us up" for addiction, and what to do with it.

WHAT YOU WILL LEARN

- Describe the connection between emotional pain and nervous system regulation
- Explain how addictions become a natural outcome in dealing with some of our evolutionary early brain wiring
- Describe why it is extremely important to clear trauma from our system in order to more effectively deal with addiction.

ABOUT THE PRESENTER

Dr. Uram is a triple board-certified, Harvard-trained psychiatrist. She is a much sought out speaker and educator on topics including the human brain's survival "wiring" and how it often interferes with our ability to thrive in our lives; the underpinnings of depression; and the science of meditation. Dr. Uram is best known for taking very complex information and turning it into "easy to understand", fascinating, and helpful presentations.

*This event is hosted in collaboration with
EDGEWOOD Seattle Addiction Services*



Space is limited! RSVP to Joan Sputh
855.216.6714 | jsputh@themeadows.com

EARN 1.5 CONTINUING EDUCATION CREDITS:

The Meadows provides 1.5 continuing education credits from the following agencies:

- NAADAC Approved Provider. Provider # 000217, 1.5 CEU's.
- The Meadows is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #5687
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CERTIFICATE OF COMPLETION:

You must attend the lecture in its entirety. No partial credit will be given. No exceptions. Please note that it is your responsibility to contact your licensing/certification boards to determine eligibility to meet your continuing education requirements.