

5<sup>th</sup> International Conference and Exhibition on

# Addiction Research & Therapy

October 03-05, 2016 Atlanta, USA

## Integrated service treatment approach addressing the whole person including mind, body and spirit

**Rick Krueger**

Vinland National Center, USA

Rick Krueger's presentation will discuss the use of an integrated service treatment approach addressing the whole person including mind, body and spirit. His presentation covers how the integration of these services plays an important role in the long-term success of individuals recovering from substance abuse, mental illness and cognitive challenges. His presentation will discuss illness management and recovery (IMR), an evidence-based mental illness and chemical dependency (MI/CD) treatment practice, Trauma Informed Services, Resiliency, Mindfulness-based meditation, Therapeutic exercise, and adapted yoga. Rick will review outcome studies of both Illness Management Recovery and therapeutic exercise. Additionally, he will review a promising study of the Use of Mindfulness mediation with clients with a Substance Use Disorder.

### Biography

Rick Krueger MA, LPCC, LADC is the Clinical Director at Vinland National Center. Rick earned his Master's Degree in Clinical Psychology at Loras College in Dubuque, Iowa. He completed his Master's level practicum through Mercy Hospital Employment Assistance Program. While earning his Master's Degree he worked full-time as Chemical Dependency Counselor at Turning Point Treatment Center. He moved to Minnesota in 1994 to enter a PsyD program at the Minnesota School of Psychology. He completed his diagnostic assessment practicum at Boston Health Care Services working with individuals with Developmental Disabilities, and he completed a therapy practicum at University Wisconsin River Falls Counseling Center. He worked as Chemical Dependency Counselor at St. Mary's Treatment Center, which later became Fairview Recovery Services. He worked at Hazelden Center for Youth and Family and, he was the Clinical Director at River Ridge Treatment Center before joining the clinical team at Vinland National Center.

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