



# The Informed Family Series

Tuesdays from 7 to 8:30 pm  
101 Phoenixville Pike, Malvern, PA 19355

**June 13**

"Family Recovery" with Patrick Dowling, LPC

**July 11**

"Relapse: Responses & Prevention" with A. Michael Blanche, MSS, LCSW

**August 1**

"Compassion Fatigue" with Lex Remillard MSW, LCSW & Patrick Dowling, LPC

**September 5**

"Belief & Disbelief: Clinical Implications of Spirituality" with A. Michael Blanche, MSS, LCSW

**October 3**

"Advocacy" with Patrick Dowling, LPC & a panel

**November 7**

"Anxiety is Your Friend" with Louis J. Bevilacqua, Psy.D.

**December 5**

"What's Right with You?" with Patrick Dowling, LPC

Co-Sponsored by



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Suggested Donation: \$15. Proceeds benefit the Center for Families & Be a Part of the Conversation.  
Register to attend at [www.informedfamily.eventbrite.com](http://www.informedfamily.eventbrite.com)

# The Informed Family Series

## June 13 | "Family Recovery" with Patrick Dowling, LPC

Addiction can tear families apart. Family Recovery offers the family the opportunity to heal together, to renegotiate relationships, to re-cover together. We will discuss the parallel process of recovery and how to take responsibility for your own recovery, invite family members to do the same, and to create a family culture that works.

## July 11 | "Relapse: Responses & Prevention" with A. Michael Blanche, MSS, LCSW

We will be looking at decreasing mental health symptoms and increasing recovery resilience. Mike would like to explore relapse prevention for both mental health and substance use disorder and develop healthy recovery resources to meet seasonal needs of recovery. Insightful discussion on strengthening the individual and family in their recovery journey.

## August 1 | "Compassion Fatigue" with Lex Remillard MSW, LCSW & Patrick Dowling, LPC

Attending to the suffering of loved ones with mental illness and addiction issues can exhaust our ability to keep ourselves safe. Vicarious trauma can damage our brains and bodies just as intensely as the person experiencing the trauma directly. This workshop will focus on ways to ensure we are adequately resourced to maintain our health while we attend to the suffering of others.

## September 5 | "Belief & Disbelief: Clinical Implications of Spirituality" with A. Michael Blanche, MSS, LCSW

We'll explore the intersection of spirituality in the clinical setting. Integrating alternative and classic recovery terms and beliefs while honoring individuals' disbeliefs is possible. We'll investigate healthy spirituality in recovery.

## October 3 | "Advocacy" with Patrick Dowling, LPC & a panel

*Details coming soon.*

## November 7 | "Anxiety is Your Friend" with Louis J. Bevilacqua, Psy.D.

Anxiety is a natural part of every day life. Yet, for millions of us, anxiety can stop us from enjoying life. Whether anxiety stops us from talking with someone, going somewhere, trying something new, or leaving the house – there is hope. Dr. Lou will explain how to manage and overcome anxiety.

## December 5 | "What's Right with You?" with Patrick Dowling, LPC

*Details coming soon.*

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# Meet the Presenters

## **Louis J. Bevilacqua, Psy.D.**

Dr. Lou Bevilacqua is a clinical psychologist, author of numerous books and frequent speaker among community and professional audiences. He is trained in cognitive-behavioral therapy and received his doctorate from the Philadelphia College of Osteopathic Medicine. Dr. Lou's latest book, ***When you can't snap out of it: Finding your way through depression*** is available through amazon.com. You can visit his website at [drlouonline.com](http://drlouonline.com). He is also the owner of Sanare Today, which provides intensive outpatient programming for individuals struggling with mental health conditions and for those who also have a secondary substance abuse condition. Sanare Today has locations in West Chester, Springfield, King of Prussia and Chester Springs PA. You can learn more about Sanare at [sanaretoday.com](http://sanaretoday.com).



## **Patrick Dowling, LPC**

Patrick Dowling is a Licensed Professional Counselor with a Master's Degree in Clinical Counseling/Marriage and Family Therapy. Patrick maintains a private practice in West Chester, PA and is a clinical interventionist. He has worked at Caron Treatment Center as an addictions counselor, at Main Line Health as the Director of Outpatient Behavioral Health and at Rehab After Work as the Clinical Director. For the last 20 years Patrick has brought his passion for mental health and addictions recovery to his work with individuals and families.

## **A. Michael Blanche, MSS, LCSW**

Michael Blanche is a licensed clinical social worker that has over twenty years of experience providing direct clinical treatment for those who are dually diagnosed with addiction and other psychological issues. Michael has worked in all levels of care in the treatment of addiction and mental health. Michael has extensive expertise in establishing and supervising residential and outpatient programs throughout the Philadelphia Metropolitan area.

Mr. Blanche is a leading expert in the field of prevention. Michael specializes in middle school and high school prevention talks and staff development. Providing CEUs on the impact of technology, process addiction, complex trauma, young adult substance abuse and dual diagnosis are just a few workshop titles Michael has facilitated. Michael is known for working with complex individuals and their families assisting in difficult times of discerning the appropriate level of care or proper placement.



## **Lex Remillard MSW, LCSW**

Lex Remillard is a trained behavioral health and substance abuse psychotherapist, in both residential, outpatient and intensive outpatient settings. He has over 14 years of experience in the field of substance abuse including 10 years of clinical experience working with adolescents, young adults, adults. His area of specialty is opioid dependency and assisting families through this difficult long-term recovery process.