

**OPEN  
INTRODUCTORY  
LECTURE ON  
SUGAR:  
Tuesday  
September 22nd.  
at 8 pm.**

Seminar and  
Certificate payments  
due with Dahl&Dahl  
by August 20th 2015  
Invoice will be sent  
after application is  
received. Please send  
application to:  
bitten.jonsson@  
bittensaddiction.com

For information  
and help on travel  
and lodging send  
email to  
esther@mfm.is

# SUGAR

(Sugar Use General Assessment Recording)

**International training in mapping sugar/foodaddiction,  
Reykjavik, Iceland September 23-25, 2015**

**Included in seminar: 3 training days, 4 monthly  
conferencecalls; 3 three hour webinars; 2 interviews with  
trainer, lectures, a facebookgroup.**



## Special offer:

**First seminar day (23rd) is open to anyone interested,  
especially professionals as an introduction to the  
instrument SUGAR. Special price: \$ 110**



After the training you will be able to: Ask specific questions and create a therapeutic environment, and be able to analyze information from SUGAR based on ICD 10 criteria and addiction knowledge. Compile information gathered through SUGAR - in a way that the client and administrator / referral organization can understand and assimilate. Assist the client to gain insight into their problems and receive help and show the person the way to the appropriate treatments.



Teacher is Bitten Jonsson Registered Nurse, Addictionspecialist, ADDIS certified 1990, Developed SUGAR 2002, Working with foodaddiction since 1993. Extensive training with Terence T Gorski since 1993 in relapseprevention and tretament of foodaddicts. Lecturing and eduating professionals and patients for 23 yrs. Developed an Holistic Tretament Model, 12 Step and Orthomolecular medicin since 2000- Written 2 books, third about Food Craving management, biochemistry and addiction on its way. Involved in three research Projects for foodaddiction with two different universitys in Sweden.

**Dahl & Dahl, prevention and addiction center and Bittens Addiction present the first mapping instrument for sugar/flour and food-related problems.**

**SUGAR** is an indepth Assessment and Mapping Instrument performed as a structured interview, exploring patients/clients relationship to sugar /flour products and/or eating patterns. We are working on "validity and reliability" in order to launch it as a diagnostic tool, the only one so far.

The instrument is based on the diagnostic criteria for harmful use and/or dependence on mind-altering drugs as described in ICD-10, International Classification of Diseases.

Sugar is proven to act as a pshycoactive drug (Mark Gold Prof MD, University of Florida, Nicole Avena PHD and others) SUGAR is for anyone who work with people who have some kind of problem with food, eating disorder and or may have developed a problematic/addictive use of sugar/ flour / food.

It's only certified SUGAR practitioners who are authorized to use the instrument. It requires a certification process to become qualified.

**The purpose of the training:**

- Being able to use the instrument SUGAR an assessment based on international criteria for dependence according to ICD 10's harmful use or pathological use (addiction)

**Conditions for Certification:**

- Participated in an intensive course with Bitten Jonsson
- Nutrition Specialist
- Training with Food Addiction Institute
- Lic. Nutritional Advisor
- Academic education, topics with care, social orientation (eg physician, nurse, psychologist, social worker)
- Alcohol / Drug Counselor
- Holistic Addiction Medicine, 1-year training program.
- At least fourteen hours of training in alcohol / drug problems for professionals who are not working in the addiction field.
- Eduacation in Psychoactive Drugs
- Exceptions can be granted if someone have several years work experience in drug / alcohol field. You can then receive permission to conduct interviews, do assessment and suggest treatmentplan, although someone with certification must sign and take responsibility for the assessment. We then need a referral.

**Education Process:**

The training is partly interactive, it starts with three instructor-led training days with Bitten Jonsson 23-25 th of September, 2015, in Reykjavik, Iceland

**1. Lecture Days**

- Addiction, knowledge of the diagnostic criteria (ICD 10 and DSM-IV / DSM5).
- Sugar addiction, background and research.
- SUGAR interview forms, the purpose of the instrument, background development and logic, interview techniques, role playing, compilation of material from role-playing, assessment and action.
- Whom should I interview? How do I go about that. Confidentiality rules, Ethics.
- Compilation of the interview, assessment, completion of addiction dvelopment mapping. Proposal /suggestion for action / treatmentplan.
- Role play: Meeting the client with the result. The therapeutic motivational interview where the client meets reality.

**2. Supervision (three patient cases)**

- Compiled materials, see below, emailed to the instructor. Supervision is carried out thru telephone / Skype conferences and are recorded for you to be able to listen through the tutorial as often as you want and need. At least three such conferences,once a month, each lasting three hours.
- Completed SUGAR form, transferred data to the checklists, compiled symptoms curve, making assessment, analysis and recommended action plan/treatment plan.
- Participate in and further develop your skills in the group of participants thru a closed group on facebook.

3. Further training, lecture , webinar before Examination.

#### **4. Examination**

- Review and Examination, occurs only when you have completed and passed the three patient cases. The examination consists of:
  - A written test with 30 questions with a total score of 57 points , and you need 47 to pass.
  - Implementation of a separate case report.
  - If you do not get approved, take the chance to continue doing more cases and ask for extra tutoring ( observe that there is an extra cost for those).

#### **5. Recertification**

In order to keep the certification it is mandatory, to do a full-day training session and discuss Your experience with the instrument with other practitioners, and to be updated on new development and research.

#### **After the training you will be able to:**

- Ask specific questions and create a therapeutic environment, and be able to analyze information from SUGAR based on diagnostic criteria and dependent knowledge.
- Compile information gathered through SUGAR - in a way that the client and administrator / referral organization can understand and assimilate.
- Assist the client to gain insight into their problems and receive help and show the person the way to the appropriate treatments.

#### **NOTE!**

The training does not lead to competence in implementing ADDIS / ADDIS YOUNG interviews.

To obtain permission to use ADDIS / ADDIS YOUNG instrument requires a special certification training. (See [www.addis.se](http://www.addis.se))

#### **Cost**

- Certification Training SUGAR US Dollar 1940 , number 1-4 all included. OBS not extra case tutoring.
- Re-certification training SUGAR US Dollar 303

All prices are exclusive of VAT.

***This is the future,*** fill in your application form today

Welcome