

The 2012 Workshop Series

Aurora Behavioral Health Services Continuing Education

Aurora Psychiatric Hospital
Norris Auditorium – Main Campus
1 220 Dewey Avenue, Wauwatosa

Sponsored by:

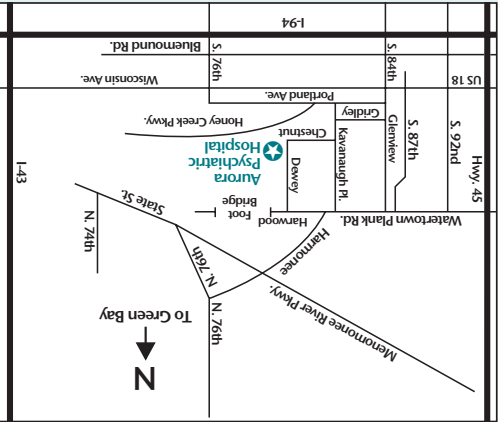


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Aurora Psychiatric Hospital, Inc.
Aurora Behavioral Health Services
1220 Dewey Avenue
Wauwatosa, WI 53213



Parking

Parking is available in the various lots on campus. Overflow parking can be found in the Village of Wauwatosa lot at the end of Harwood Avenue, next to the railroad tracks.



Reminder: Please save this brochure to register for future conferences.

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Conflict of Interest Disclosure Statement

It is the policy of Aurora Health Care's Office of Continuing Professional Development to ensure rigor in all of its sponsored education activities. All participating faculty, course directors and planning committee members are required to disclose to the program audience any financial relationships related to the subject matter of this program. Disclosure information is reviewed in advance in order to manage and resolve any possible conflicts of interest. All faculty and planning committee members have attested that their financial relationships do not affect their ability to present well-balanced evidence-based content for this activity. Specific disclosure information for each course faculty will be shared with the audience prior to the faculty's presentation.

Accreditation

Aurora Health Care is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

Aurora Health Care designates this live activity for a maximum of 15.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Aurora Health Care is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Aurora Behavioral Health Services is approved by the American Psychological Association to sponsor the American Psychological Association's Behavior Health Services maintains responsibility for the program and its content.

Course approval from the Wisconsin Association for Marriage and Family Therapy: WAMFT 711013. For a complete listing of all Aurora Health Care programs, go to Aurora.org/CMEActivities.

Aurora Health Care subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you or anyone accompanying you require special assistance, please notify us at 414-454-6485.

Registration

Registration is required at least three weeks prior to each event. Seating is limited to 80 participants. To register, go to Aurora.org/CMEActivities. Click on Live Courses and then scroll to appropriate workshop. Click on Register button. To download handouts, click on Handouts button.

For cancellations or questions regarding workshops, contact Aurora Behavioral Health Services, Medical Staff Services, at 414-454-6606.

Refunds
Cancellations two weeks prior to activity will be assessed a \$25 administrative fee. Cancellations one week prior to activity will be charged 50 percent of registration fee.
*Participants must attend the entire presentation to be in compliance with CME and APA for continuing education credits.

Course Objectives
The objective of the Evidence-Based Behavioral Health Series is to improve the diagnostic and therapeutic capabilities in psychiatry and addiction medicine for psychotherapists, psychologists and physicians treating patients and their families.

Statement of Need
Programming for this series is based on the analysis of current primary caregiver needs as requested by past attendees. The topics will be relevant to medical and associated allied staff. The audience will be solicited for comments about future topics.

Target Audience
The program is aimed at psychiatrists, psychologists, social workers, nurses and other allied health professionals who deal with mental health issues and addiction medicine.

Planning Committee
Cynthia Valentin, PhD, Chair; Anthony Meyer, MD; Joseph Cunningham, PhD; Jay Chrostowski, PsyD; Cindy Seager, RN; Joy Mead-Meucci, MS, CSAC; BJ Larus, PhD; Mark A. Batory, MD; Pat Naeser, RN, MS; Jodie Pietruszynski, CPD Specialist; Janet Rewolinski, RN, BSN; Larry Lenz, MS, MBA; Kate Connelly, MSW

Conference Prerequisites
None

Friday, April 27 – Sunday, April 29, 2012 Therapeutic Meditation for Mind-Brain-Body Transformation

Registration: 8 to 9 a.m.

Presentation: 9 a.m. to 3:30 p.m.

Anellen M. Simpkins, PhD, and Alexander Simpkins, PhD, are psychologists specializing in meditation, hypnotherapy and neuroscience. The Simpkins are authors of 25 books, including the recent release: *Zen Meditation in Psychotherapy* (Wiley, 2011). They have been practicing psychotherapy for more than three decades, performing research and presenting seminars on meditation and hypnosis. The Simpkins look at psychotherapy through the crystal of a unique vision, which they bring to you with warmth and clarity in their books and teaching seminars.

Objectives

At the end of this activity, participants will be able to:

1. Describe key meditation efficacy research, current neuroscience findings and review brain structures and functions relevant for the practitioner to understand how meditation practices can be applied therapeutically and how they alter the structure and function of the nervous system
2. List meditation interventions for stress, anxiety, mood disorders, pain and substance abuse and to instruct on how to learn the techniques as practitioners and how to teach these practices to patients
3. Acquire capabilities with different forms of meditation, applicable for therapy, including breathing meditations, several forms of focus of attention, open-monitoring meditations, including mindfulness, compassion, and Zazen and Wuwei automatic, letting go

Cost: \$325 All MDs/DOs
\$225 Allied Health Care Professionals
\$125 Students

15.0 contact hours

Friday, June 8, 2012 Assessing and Treating Posttraumatic Stress Disorder: DSM-IV, DSM5 and Complex PTSD

Registration: 8 to 8:30 a.m.

Presentation: 8:30 a.m. to 4 p.m.

Julian Ford, PhD, is a psychologist and Professor of Psychiatry at the University of Connecticut School of Medicine where he co-founded and directs the Child Trauma Clinic and the Center for Trauma Response Recovery and Preparedness. He is the Associate Editor of the *Journal of Trauma and Dissociation* and serves on the Board of Directors of the International Society of Traumatic Stress Studies. He has authored and edited several books on traumatic stress and its treatment, and conducts research and dissemination projects on the Trauma Affect Regulation: Guide for Education and Therapy.

This presentation is designed to provide mental health professionals with an up-to-date overview of the standard of practice and challenges involved in assessing and treating post traumatic stress disorder (PTSD) with adults in treatment for comorbid or other primary psychiatric disorders. Criteria for the PTSD diagnosis from the DSM-IV and those proposed for the DSM-5 will be reviewed, as well as guidelines for proposed complex PTSD diagnosis. Guidelines for screening and assessment will be reviewed with specific validated instruments. Evidence-based and empirically-informed treatment models will be described, focusing on memory processing and emotion regulation approaches with a brief review of pharmacotherapy options.

Objectives

At the end of this activity, participants will be able to:

1. Describe one clinical challenge to assessing PTSD criteria
2. Describe one clinical challenge to assessing each of the B, C and D PTSD symptom criteria
3. Identify differences between the DSM-IV PTSD and the proposed DSM-5 PTSD criteria
4. Identify differences between the PTSD and Complex PTSD syndromes
5. Select treatment options for addressing trauma memory processing
6. Select treatment options for addressing posttraumatic affect dysregulation

Cost: \$175 All MDs/DOs
\$95 Allied Health Care Professionals
\$50 Students

6.5 contact hours

Friday, September 21, 2012 Autism Spectrum Disorders in Females: New Directions in Assessment, Diagnosis and Intervention

Registration: 8 to 8:30 a.m.

Presentation: 8:30 a.m. to 4 p.m.

Shana Nichols, PhD, Director/Researcher for Aspire Center for Learning and Development; Clinical Director of the Fay J. Lindner Center for Autism and Developmental Disabilities. Dr. Nichols is a licensed clinical psychologist and researcher and has worked in the field of autism spectrum disorders and child development for over 12 years. She currently specializes in adolescence and dual diagnosis and mental health issues, and the experiences of girls with autism spectrum disorders. Her book, *Girls Growing Up on the Autism Spectrum: What Parents Should Know about the Pre-teen and Teenage Years*, was published by Jessica Kingsley Publishers in December 2008. She was a recipient of the Canadian Psychological Association Certificate of Academic Excellence in 2005 Award for her PhD thesis work, and has received grant support for her work in sexuality, puberty and autism spectrum disorders from the Organization for Autism Research, the Society for the Scientific Study of Sexuality and Autism Coalition/Autism Speaks.

This lecture will provide clinicians with current evidence-based practices used in the treatment and assessment of autism. The presentation will highlight the difference in gender for autism spectrum disorders, focusing on issues of diagnosis in females. It will also discuss important targets for intervention for females with autism spectrum disorders.

Objectives

At the end of this activity, participants will be able to:

1. Describe sex differences in autism spectrum disorders
2. Identify issues related to diagnosis for females with autism spectrum disorders
3. Discuss important targets for intervention for females with autism spectrum disorders

Cost: \$175 All MDs/DOs
\$95 Allied Health Care Professionals
\$50 Students

6.5 contact hours

Friday, November 2, 2012 Professional Ethics and e-Health and Therapy Boundaries: Where, When and How Do We Cross the Electronic Lines?

Registration: 8 to 8:30 a.m.

Presentation: 8:30 a.m. to 4 p.m.

Elizabeth A. Buchanan, PhD, Endowed Chair, Director, Center for Applied Ethics, University of Wisconsin-Stout. Dr. Buchanan is a scholar in the fields of research ethics, information/communication technology ethics, and research methods. Her work is particularly focused on the intersections of research regulation, Internet or online venues and tools, and the subsequent ethical challenges that arise for researchers and research board reviewers. She works across disciplines, providing faculty in a polytechnic institution with pedagogical strategies, guidance and practical examples for infusing ethics into their curricula, with an emphasis on research ethics and integrity.

As various health professions grapple with emerging issues such as online counseling, Internet-based research, and new regulations and standards, ethics becomes more and more significant for professional practice. This session will cover basic ethical frameworks, professional ethics, ethical decision-making techniques, examples of technology used in e-medicine, e-counseling, mobile research and practice, and will culminate with a discussion of extant codes of professional ethics and practice. Participants will engage in case studies and group discussion and decision making.

Objectives

At the end of this activity, participants will be able to:

1. Describe major ethical frameworks that are used in decision making
2. Review the concepts of professional ethics in the fields of psychology, psychiatry, counseling and related health professions
3. Review new forms of Internet-based research, social media, including uses of mobile technologies, for research and practice
4. Discuss ethical and regulatory issues in emergent forms of e-research, e-therapy and practice
5. Explore aspects of risk, privacy, security and confidentiality with e-records and the handling of e-therapies
6. Engage in case studies and hands-on exercises around a range of ethical, regulatory and legal issues facing the mental health professions

Cost: \$175 All MDs/DOs
\$95 Allied Health Care Professionals
\$50 Students

6.5 contact hours

Friday, December 7, 2012 Practical Approaches to Understanding and Treating Bipolar Disorders

Registration: 8 to 8:30 a.m.,

Presentation: 8:30 a.m. to 4 p.m.

Jay Carter, PsyD, is a licensed clinical psychologist and a recognized expert on BiPD. He has trained over 25,000 mental health professionals in the last nine years. He is a Diplomate Candidate in Psychopharmacology (FPPR, cand.) and is certified in Psychoactive Substance Abuse Disorders by the American Psychological Association.

One of the areas that needs improvement in the explanation and treatment of bipolar disorder is a practical explanation and treatment philosophy. Understanding the executive functions (and lack of) in clients with bipolar disorder augments compliance. It fosters empathy and trust with the client if she/he feels understood. People with BiPD use specific types of street drugs to self medicate. The most consistent thing about bipolar disorder is that it is inconsistent. This makes it difficult to discern concretely, easier to discern contextually. There are issues with pregnancy and psychiatric drugs that treat BiPD. Dr. Carter presents this workshop in a unique and rewarding way with an appropriate sense of humor.

Objectives

At the end of this activity, participants will be able to:

1. Develop a more intuitive feel for bipolar disorder
2. Communicate a practical and empathetic understanding of bipolar disorder that can be passed along to clients and relatives fostering compliance with medication, and reducing the risk of ending therapy and future episodes
3. Develop a practical understanding of the loss of executive functions during and after a manic episode
4. Demonstrate improved diagnostic ability of bipolar disorder and be able to discern co-morbid conditions
5. Develop improved diagnostic ability outside of the DSM-IV and the proposed DSM-5
6. Describe comorbidity of substance abuse with bipolar disorder and an awareness of pregnancy issues

Cost: \$175 All MDs/DOs
\$95 Allied Health Care Professionals
\$50 Students

6.5 contact hours