Mental Health and the Older Adult

Strengths-based Care Management

Friday, Feb 5, 9am-3pm; $135; Program #3010

Strengths-based care management for older adults has its roots in mental health care that seeks to empower clients. It is both a philosophy and set of methods that emphasize the resources and skills of older adults to create self-determined outcomes, developed through biopsychosocial assessment and collaboratively identified with the client. This seminar is open enrollment and part of the Geriatric Mental Health Care Management Certificate Program.

This seminar is designed to help you:
• Understand the purpose of strengths-based care management for older adults
• Define the core values underlying this approach
• Integrate the strengths-based approach into geriatric mental health care
• Demonstrate the application of the strengths-based assessment and goals plan
• Apply solution-focused interviewing

Instructor: Suzanna Waters-Castillo, PhD, MSSW is a Distinguished Faculty Associate. She is an educator and director of professional development in geriatric mental health. Dr. Castillo has more than 20 years of experience in higher education and earned her MSW and PhD from the University of Wisconsin-Madison studying adult learning and social gerontology. Prior to this Susanna worked in community based care for older adults and wrote long term care policy for the government. She has developed the Mental Health and Older Adult Certificate Series, the only regional, evidence-based training for professionals working with older adults.

The University of Wisconsin-Madison Division of Continuing Studies offers a variety of professional development programs and classes for social workers, psychologists, therapists, marriage and family therapists, counselors, case workers, substance abuse professionals, health educators, and others. Learn about all our offerings at continuingstudies.wisc.edu/behavioral-health.

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Interprofessional Continuing Education Certificate and Seminar Series

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Spring 2016

continuingstudies.wisc.edu/behavioral-health
Mental Health and the Older Adult
Dementia: Assessing and Addressing Challenges
Friday, Feb 19, 9am-3pm; $135; Program #3013
Meeting the needs of an individual diagnosed with dementia can be challenging for the caregiver, and frustration can easily erode his or her ability to provide quality care. Without the communication skills they once possessed, these individuals can become easily frustrated and display behaviors that caregivers may not understand or have the skills to address. Learn strategies and skills to better communicate with dementia patients and improve their quality of life.

This seminar is designed to help you:
• Practice skills for working with older adults, such as developing interview questions, eliciting cooperation, maintaining collaboration, formulating a case, and positioning oneself in a complex system.
• Observe and understand clients and help them by using the emotional information conveyed by their nonverbal behaviors.
• Recognize dissociation, manage it in the interview, and teach clients to use it to their advantage.
• Give examples of how psychotropic medications may result in adverse reactions.

Instructor: Marilyn Bonjean, LICSW, is a skilled therapist who has more than 20 years of clinical experience with older adults and is a nationally known speaker and author on issues related to their well-being.

Managing Psychotropic Medication for Older Adults
Friday, May 6, 9am-3pm; $135; Program #3019
Medication management of psychiatric and behavioral symptoms in older adults can be extremely challenging. When adding psychotropic medications to the list, it becomes imperative to understand the reasons for these medications. Learn about managing medications for older adult mood disorders, psychosis, dementias, and delirium; understand the therapeutic role that these medications play. Learn about managing medications for older-adult mood disorders, psychosis, dementias, and delirium; understand the therapeutic role that these medications play. Learn about managing medications for older-adult mood disorders, psychosis, dementias, and delirium; understand the therapeutic role that these medications play.

This seminar is designed to help you:
• Assess the quality of the psychotherapeutic and psychopharmaceutical treatments.
• Practice skills for working with older adults, such as developing interview questions, eliciting cooperation, maintaining collaboration, formulating a case, and positioning oneself in a complex system.
• Observe and understand clients and help them by using the emotional information conveyed by their nonverbal behaviors.
• Recognize dissociation, manage it in the interview, and teach clients to use it to their advantage.
• Give examples of how psychotropic medications may result in adverse reactions.

Instructor: Joseph Gouws, MD, is an assistant professor, research scientist, and clinician in the Department of Psychiatry at the Medical College of Wisconsin and is board certified in geriatric psychiatry.

Effective Psychotherapeutic Approaches for Older Adults
Friday, Apr 22, 9am-3pm; $135; Program #3011
Evidence-based research in psychotherapy indicates that effective practice methods and approaches for older adults differ from those for younger persons. In this seminar, you will learn to identify the unique presentations of late-life anxiety and effective psychotherapeutic and psychopharmaceutical treatments. Recognize unique presentations of late-life anxiety, comorbid anxiety with depression, clinical presentations of dementia, and how to respond, as well as new information about evidence-based psychotherapy.

Instructor: Courtenay Lawrence, LICSW, is an assistant professor, research scientist, and clinician in the Department of Psychiatry at the Medical College of Wisconsin and is board certified in geriatric psychiatry.

Care That Matters: Providing Person-centered Dementia Care
Friday, May 20, 9am-3pm; $135; Program #3016
Examine the origins of person-centered dementia care as it evolved from the dynamic work of agitated and agitated persons in the (UK) dementia work group. Understand the psychosocial needs of persons with dementia, and explore the principles of needs-based care, which emphasizes identification of detractors and enhancers of person-centered dementia care. Case studies, discussion, and videos provide for an active learning environment.

This seminar is designed to help you:
• Understand the origins of person-centered dementia care.
• Identify the importance of the psychosocial needs of persons with dementia.
• Recognize ways to impact that detractors and enhancers of care for persons with dementia.
• Apply indicators of well being in persons with dementia.
• Build better nonverbal behaviors in persons with dementia.
• Review the meaning of the MESSAGE communication approach.

Instructor: Suzanne Waters-Castillo, PhD, MSSW (see Strengths-based Care Management).

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Instructor: Suzanne Waters-Castillo, PhD, MSSW (see Strengths-based Care Management).

General Information
For More Information: suzanna.castillo@wisc.edu. All courses are at an intermediate level.
Registration: Online, phone, or mail. To register early please register at continuingstudies.wisc.edu/behavioral-health.
Location: The Pyle Center, 702 Langdon St, Madison, WI, 608-202-1122.
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