

Registration Form

Please register me for

Each face-to-face course = \$145; Online = \$225

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|--|-------|
| <input type="checkbox"/> Dementia: Assessing and Addressing Challenges; Feb 10 | #3012 |
| <input type="checkbox"/> Strengths-Based Care Management; Mar 9 | #3010 |
| <input type="checkbox"/> NEW! Delirium: How to Respond When Told “This Is Not My Mom!”; Mar 1 | #2941 |
| <input type="checkbox"/> Late-Life Anxiety; Mar 22 | #3014 |
| <input type="checkbox"/> NEW! Loneliness: An Invisible Mental Health Epidemic Among Older Adults; Apr 7 | #3098 |
| <input type="checkbox"/> Effective Psychotherapeutic Approaches for Older Adults; Apr 20 | #3011 |
| <input type="checkbox"/> Managing Psychotropic Medication for Older Adults; May 3 | #3019 |
| <input type="checkbox"/> Care That Matters: Providing Person-Centered Dementia Care; May 18 | #3016 |
| <input type="checkbox"/> NEW! Contemporary Issues in Geriatric Mental Health Care (Online) | #3051 |

Are you a National Certified Counselor through the National Board for Certified Counselors (NBCC)? Yes No

Are you a psychologist? Yes No

Contact information

NAME _____	
TITLE _____	
ORGANIZATION _____	
MAILING ADDRESS _____	
CITY / STATE / ZIP _____	
PHONE () _____	EVENING / CELL PHONE _____
EMAIL _____	

Payment method

- Please bill my organization at the address above.
 Enclosed is my check payable to UW-Madison.
 Please charge to the following account: MasterCard VISA Am Ex Discover

CARD NO. _____	EXPIRES _____
CARDHOLDER'S NAME _____	

Mail to: UW-Madison Continuing Studies Registrations
Pyle Center, 702 Langdon St, Madison, WI 53706-1487
Call: 608-262-2451 or 800-725-9692 (Wisconsin Relay 711)
Fax: 608-265-3163 or 800-741-7416

Online: continuingstudies.wisc.edu/certificates/mental-health-older-adult
Phone, fax or online registrations must include payments by credit card or purchase order.

If you have a disability and require accommodations, contact Andy Richardson at andy.richardson@wisc.edu or 608-262-0557. Requests are confidential.

Programs offered by UW-Madison in cooperation with UW-Extension.

DCS-IMC-13573-11/16

General Information

Location: Programs take place at the Pyle Center, 702 Langdon St., UW-Madison; 608-262-1122. Information on parking and lodging is included with your registration confirmation.

Time: Registration is at 8:30am. Seminars are 9am-3pm, with a one-hour lunch break.

Fee: Course fees include instruction, materials, continuing education hours, refreshments, and a nonrefundable \$25 administration fee. Lunch is not included. Enjoy lunch on your own at one of many nearby restaurants or the UW-Madison Memorial Union, located one block away. The Pyle Center does not allow outside food items, including items from home.

Registration deadline: Please register as early as possible. Visit continuingstudies.wisc.edu/aging or call 608-262-2451.

Cancellation policies: If you are unable to attend a program or arrange for a substitute, you may obtain a refund minus the \$25 administrative fee by contacting our registration department at least three business days before the start date. If you cancel three business days or less before the program begins, or do not attend, you are responsible for the entire fee. To cancel or arrange for a substitute, call 800-725-9692. In the event of bad weather or other emergencies, visit continuingstudies.wisc.edu or call 608-263-4432 to learn whether a Continuing Studies program has been cancelled.

UW-Madison Division of Continuing Studies is an approved continuing education provider for the following:

Social Workers: UW-Madison Continuing Studies (provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org, through the Approved Continuing Education (ACE) program. Continuing Studies maintains responsibility for the program. ASWB Approval Period: 4/27/2016-4/27/2019. Social workers should contact their regulatory board to determine course approval. See course descriptions for number of continuing education hours. Wisconsin Department of Safety and Professional Services, and the Iowa, Illinois, Michigan, and Minnesota Boards of Social Work recognize ACE programs.

Psychologists: UW-Madison Continuing Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. Continuing Studies maintains responsibility for these programs and their content.

Counselors: UW-Madison Continuing Studies is a National Board for Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP) #5990. Programs that do not qualify for NBCC credit are clearly identified. Continuing Studies is responsible for all aspects of the program.



Health Educators (CHES/MCHES): UW-Madison Continuing Studies (MEP4561) is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES).

Marriage and Family Therapists: These programs qualify as accredited university continuing education courses relevant to professional practice.

WI Substance Abuse Counselors: These programs qualify as continuing education courses consisting of relevant subject matter taught by qualified presenters.

Educators: These programs may qualify towards your Professional Development Plans (PDPs).

Other professionals: Contact your board or organization for specific continuing education requirements.

For more information: Contact the program director, Suzanna Waters Castillo, suzanna.castillo@wisc.edu, 608-263-3174; or program coordinator, Maureen Friend, maureen.friend@wisc.edu, 608-263-7055.

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Spring 2017
**Mental Health and the Older
Adult Certificate Series**

*The professional development you need.
The quality you expect.*



Spring 2017
**Mental Health and the
Older Adult Certificate Series**
Interprofessional Continuing Education

 **Continuing Studies**
UNIVERSITY OF WISCONSIN-MADISON

Mental Health and the Older Adult Certificate Series *Interprofessional Continuing Education*

Launched in 2008, this is the region's only professional development series taught by University of Wisconsin–Madison faculty in geriatric psychiatry and other faculty in social work, nursing, geriatric medicine, geriatric pharmacy, and psychotherapy.

Attend engaging, evidence-based training on geriatric mental health to meet your continuing education requirements for professional development. ***This series can be taken on its own or in pursuit of a certificate.*** Register for the certificate option at any time.

Certificate Option

Each fall and spring semester, choose from professional development seminars in geriatric mental health, each of which provides five continuing education hours. You must complete the biannual Summer Institute on Mental Disorders and the Older Adult (next offered in summer 2018), three electives, and the following required seminars within two years, for a total of 52 continuing education hours:

- Late-Life Depression
- Late-Life Anxiety
- Late-Life Sleep Disorders
- The Impact of Common Geriatric Conditions on Mental Health
- Managing Psychotropic Medications for Older Adults

For more information, contact program director Suzanna Waters Castillo at suzanna.castillo@wisc.edu or 608-263-3174.

Dementia: Assessing and Addressing Challenges

Fri, Feb 10, 9am-3pm; \$145; Program #3012-17
CE credit: 5 hours (0.5 CEU), 5 CECH (CHES) • Level: Intermediate

Individuals with dementia often struggle to express their needs, becoming frustrated easily and displaying behaviors caregivers may not understand or have the skills to address. Learn strategies and skills to better communicate with dementia patients and their families.

This seminar is designed to help you:

- Describe the types and known causes of dementia
- Point out the struggles caregivers face
- Identify challenging behaviors and potential triggers
- Apply assessment techniques when challenging behaviors surface
- Discover effective communication strategies
- Examine and compare different behavioral methods
- Identify resources

Instructor: Tracy Schroeffer, PhD, MSW

NEW! Delirium: How to Respond When Told “This Is Not My Mom!”

Wed, Mar 1, 9am-3pm; \$145; Program #2941-17
CE credit: 5 hours (0.5 CEU), 5 CECH (CHES) • Level: Intermediate

Delirium is a complex and acute cognitive illness, common in frail older adults and often symptomatic of other serious health conditions. Untreated, the results can be devastating. This workshop is for health and human service professionals challenged by working with

older persons at risk for delirium or currently experiencing it. Explore evidence-based approaches, including risk screening, prevention, acute intervention, and transitional care, through case studies and other materials.

This seminar is designed to help you:

- Discuss the complexities of delirium and misconceptions about it
- Distinguish between the two types of delirium
- Identify causes and etiology
- Understand prevalence rates, impact, and screening
- Describe the range of symptoms and how they vary according to setting
- Learn about the role of sleep
- Explore treatment options for community care post-discharge

Instructor: Suzanna Waters Castillo, PhD, MSSW and Beth Fahlberg, PhD, RN

Strengths-Based Care Management

Thu, Mar 9, 9am-3pm; \$145; Program #3010-17
CE credit: 5 hours (0.5 CEU), 5 CECH (CHES) • Level: Intermediate

Rooted in client empowerment and developed through biopsychosocial assessment, strengths-based care management emphasizes the resources and skills older adults have to create self-determined outcomes. This seminar is part of the Geriatric Mental Health Care Management Certificate Program, but enrollment in the certificate program is not a prerequisite. For more information on this certificate option, visit continuingstudies.wisc.edu/aging.

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 a strengths-based approach into geriatric mental health care
- Apply solution-focused interviewing techniques, and the strengths-based assessment and goals plan

Instructor: Suzanna Waters Castillo, PhD, MSSW

Late-Life Anxiety

Wed, Mar 22, 9am-3pm; \$145; Program #3014-17
CE credit: 5 hours (0.5 CEU), 5 CECH (CHES) • Level: Intermediate

Anxiety, depression, and physical health problems frequently coexist in older adults, making it difficult to identify the primary problem. Explore the latest research on late-life anxiety, as well as new information about evidence-based treatments. Recognize unique presentations of late-life anxiety, comorbid anxiety with depression, etiology of late-life anxiety, comorbid medical conditions, polypharmacy, and effective psychotherapeutic and psychopharmaceutical treatments.

This seminar is designed to help you:

- Identify the unique presentations of late-life anxiety
- Explain how geriatric anxiety is comorbid with depression
- Describe how comorbid medical conditions impact geriatric anxiety
- Identify evidence-based cognitive-behavioral and psychotropic medication treatments
- Utilize course-specific information about polypharmacy and adverse reactions

Instructor: Joseph Goveas, MD

NEW! Loneliness: An Invisible Mental Health Epidemic Among Older Adults

Fri, Apr 7, 9am-3pm; \$145; Program #3098-17
CE credit: 5 hours (0.5 CEU), 5 CECH (CHES) • Level: Intermediate

Older adults are reporting higher levels of loneliness, even as the potential for electronic connection grows. Loneliness has serious health consequences for individuals, including mental health problems, loss of physical functioning, and increased risk of earlier-than-expected death. Social isolation, one contributor to loneliness, is costly to communities as well, leading older adults to use more health and social services. Plus, lonely clients can be difficult to assess and treat since isolation can negatively influence their worldview and ability to trust others. Learn strategies for identifying clients' strengths and increasing their resilience, which can help them meet the challenges of late life. We'll also examine community programs that effectively address loneliness and isolation.

This seminar is designed to help you:

- Understand the prevalence, causes, and impact of loneliness and social isolation
- Explore methods to assess and address these issues
- Discover methods for promoting resiliency in the face of late-life changes and loss
- Get acquainted with community programs that reduce isolation

Instructor: Marilyn Bonjean, EdD

Effective Psychotherapeutic Approaches for Older Adults

Thu, Apr 20, 9am-3pm; \$145; Program #3014-17
CE credit: 5 hours (0.5 CEU), 5 CECH (CHES) • Level: Intermediate

Evidence-based research in psychotherapy indicates that the practice methods and therapeutic approaches that best serve the general population differ from those that work best with older adults. Examine psychotherapies proven more effective for older adults, and practice interviewing techniques to use when talking with this population.

This seminar is designed to help you:

- Practice skills for working with older adults, such as developing interview questions, eliciting cooperation, shifting alliance to maintain collaboration, and formulating a case
- Clarify your own model for creating changes and positioning yourself in a complex system
- Identify and utilize the emotional information clients' physiological responses convey
- Recognize dissociation so you can manage it in interviews and teach clients to use it purposefully

Instructor: Marilyn Bonjean, EdD

For more information: Contact the program director, Suzanna Waters Castillo, suzanna.castillo@wisc.edu, 608-263-3174; or program coordinator, Maureen Friend, maureen.friend@wisc.edu, 608-263-7055.

continuingstudies.wisc.edu/certificates/mental-health-older-adult

Managing Psychotropic Medication for Older Adults

Wed, May 3, 9am-3pm; \$145; Program #3019-17
CE credit: 5 hours (0.5 CEU), 5 CECH (CHES) • Level: Intermediate

Managing medication for older adults' physical health problems can be extremely challenging. When adding psychotropic medications, it is imperative to understand the therapeutic role these medications play. Learn about managing medications for older-adult mood disorders, psychosis, dementias, and delirium; behavioral and psychological symptoms of dementia; and current trends in medication therapy for late-life mental health problems.

This seminar is designed to help you:

- Discover how to help older adults better manage their psychotropic medications
- Explain the rationale for selecting various medication and nonpharmacologic therapies for dementia, delirium, and depression
- Give examples of how psychotropic medications may result in adverse reactions in the elderly
- Define discontinuation syndrome and discuss its impact on older adults
- Recognize problems of polypharmacy in older adults

Instructor: Robert Breslow, RPN

Care That Matters: Providing Person-Centered Dementia Care

Thu, May 18, 9am-3pm; \$145; Program #3016-17
CE credit: 5 hours (0.5 CEU), 5 CECH (CHES) • Level: Intermediate

Examine the origins of person-centered dementia care as it evolved from the dynamic work of the University of Bradford (U.K.) dementia work group. Understand the psychosocial needs of people 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 help create an active learning environment.

This seminar is designed to help you:

- Define personhood and person-centered dementia care
- Explain the importance of the five basic psychosocial needs
- Recognize how detractors and enhancers of care impact people with dementia
- Discover how to use indicators of well-being and better interpret nonverbal behaviors when working with this population
- Understand the MESSAGE communication approach

Instructor: Suzanna Waters Castillo, PhD, MSSW

NEW! Contemporary Issues in Geriatric Mental Health (Online)

Start any time and complete within one year; \$225; Program #3051-17
CE credit: 15 hours (1.5 CEUs), 15 CECH (CHES)

This new online professional development series, the only of its kind in the Midwest, features five modules that provide an overview of late-life depression, anxiety, and sleep disorders; geriatric psychopharmacology; and the role of chronic conditions in geriatric mental health. UW-Madison and Medical College of Wisconsin faculty in geriatric psychiatry and pharmacy teach this course, integrating audio lectures, PowerPoint visuals, readings, and post-tests.

Facilitator: Suzanna Waters Castillo, PhD, MSSW