

Solution Focused Brief Therapy

January 11, 2012
9 a.m. to 11 a.m.
Course Code: T251

Presenter:

Frank Ghinassi, PhD
Vice President
Quality and Performance Improvement
Western Psychiatric Institute and Clinic of UPMC

Program Description:

Solution focused brief therapy's (SFBT) primary focus is on what clients want to achieve in the present and the future, and not so much on the problem(s) that initially led them to seek out help. In this way, SFBT aims to assist the individual in identifying, testing, and implementing more adaptive and successful solutions to the daily problems they encounter and to change their patterns of less successful coping strategies. This videoconference will discuss SFBT and demonstrate its effectiveness as one possible therapy alternative for psychotherapists from all professional disciplines.

Educational Objectives:

At the conclusion of this program, participants should be able to:

- Examine the origins and basic tenants of solution focused brief therapy (SFBT).
- Identify the specific therapeutic interventions and techniques employed in SFBT.
- Formulate a plan to utilize SFBT on one's counseling practice.

Target Audience:

All clinical and research professionals, students, and trainees, as well as interested family members and consumers.

Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

Registration:

To register: Please visit the ValueOptions Provider Trainings Web page at: <https://www.valueoptions.com/forumRegistration/displayForumInfo.do>. Select **Pennsylvania** from the state dropdown list, (DO NOT change any of the other fields) and then click on **Select**. Scroll down the screen and put a check mark in the box next to the event(s) and then hit **Register**. Phone-in registrations WILL NOT be accepted.

Registration information: Kimberly Tzoulis (724) 744-6377 or kimberly.tzoulis@valueoptions.com.

This program is free of charge.

Treatment of Tourette Syndrome

January 25, 2012
9 a.m. to 11 a.m.
Course Code: T256

Presenters:

Keith A. Coffman, MD

Assistant Professor
Children's Hospital of Pittsburgh of UPMC
Neurodevelopmental Disabilities
Division of Child Neurology
Co-Director, Tourette Syndrome Clinic
Director, Movement Disorders Clinic
Member, Medical Advisory Board, National Tourette
Syndrome Association

Robyn A. Filipink, MD

Clinical Assistant Professor
Medical Director of Fragile X Clinic
Co-Director of Tourette Syndrome/Movement Disorder
Clinic
Neurodevelopmental Disabilities
Child Neurology Division and Child Development Unit
Children's Hospital of Pittsburgh of UPMC

Program Description:

This program will discuss the clinical issues associated with Tourette Syndrome in children and adults. Included in the discussion will be the signs and symptoms of this disorder and the treatment approaches utilized.

Educational Objectives:

At the conclusion of this program, participants should be able to:

- Examine the clinical issues associated with Tourette Syndrome in children and adults.
- Describe the various treatment approaches in addressing this clinical issue.
- Learn about new research in Tourette Syndrome.

Target Audience:

Psychologists, counselors, social workers, educators, nurses, family members, and other mental health professionals who work with individuals with Tourette Syndrome.

Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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Registration:

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Registration information: Kimberly Tzoulis (724) 744-6377 or kimberly.tzoulis@valueoptions.com.

This program is free of charge.

Screening, Monitoring, Treatment and/or Referral for Psychiatric Patients who Meet Criteria for the Metabolic Syndrome

February 15, 2012
9 a.m. to 11 a.m.
Course Code: T252

Presenter:

Roy Chengappa, MD
Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC

Program Description:

The presentation will provide the audience with an understanding of the issues that combine to form what is called the metabolic syndrome. Rates of metabolic syndrome and those in people with psychiatric illnesses will be reviewed, including risks that elevate the rates of metabolic syndrome. National guidelines for monitoring this syndrome in persons with psychiatric disorders and what a mental health professional can do will also be reviewed.

Educational Objectives:

At the conclusion of this program, participants should be able to:

- Describe the metabolic syndrome concept and the prevalence rates in the general population and in patients with mental illness.
- Discuss risk factors associated with the metabolic syndrome.
- Explain guidelines for monitoring the metabolic syndrome in psychiatric patients.
- Describe what steps a clinician can take once a patient screens positively for the metabolic syndrome.

Target Audience:

All clinical and research professionals, students, and trainees, as well as interested family members and consumers.

Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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Registration:

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Registration information: Kimberly Tzoulis (724) 744-6377 or kimberly.tzoulis@valueoptions.com.

This program is free of charge.

Eye Movement Desensitization and Reprocessing (EMDR)

February 29, 2012
9 a.m. to 11 a.m.
Course Code: T253

Presenter:

Deborah Conway, PhD

Licensed Clinical Social Worker and Psychologist
UPMC Center for Integrative Medicine

James Donnelly, MA

Licensed Psychologist
UPMC Center for Integrative Medicine

Program Description:

EMDR is a new and rapidly expanding form of therapy that has several advantages over traditional talk therapy. First, it integrates somatic, cognitive, and emotional elements and tends to move clients beyond the endless repetition of their story, enabling them to achieve quicker results. Second, it decreases issues of dependency on the therapist and issues of transference by emphasizing that healing comes from the clients own "instinct to heal," not the therapist's wisdom. Finally, it reduces the feeling of shame some clients feel in talking about their experience since EMDR does not require that the client tell the therapist the specific issue he/she is working on. While this workshop will not train you to be an EMDR therapist it will expose you to the exciting possibilities of EMDR. If you are already a certified EMDR therapist this workshop will introduce you to ways that EMDR can be integrated into your practice regardless of your specialty.

Educational Objectives:

At the conclusion of this program, participants should be able to:

- Describe the basic components of EMDR.
- Explain what kinds of problems and what types of clients are suitable for treatment with EMDR.
- Describe the concept of dysfunction ally stored information and how this concept explains a number of therapeutic issues and problems.
- Provide several different explanations of how EMDR achieves its results.
- Describe how EMDR can be used to supplement different therapeutic approaches such as cognitive behavioral therapy, ego state work, and mindfulness based therapy.
- Explain some ways the basic EMDR protocol can be modified for specific populations and issues such as addictions, eating disorders, chronic depression, anger management, and shame issues.

Target Audience:

All clinical and research professionals, students, and trainees, as well as interested family members and consumers.

Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 3.0 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.3 continuing education units (CEUs) which are equal to 3.0 contact hours.

Registration:

To register: Please visit the ValueOptions Provider Trainings Web page at:

<https://www.valueoptions.com/forumRegistration/displayForumInfo.do>. Select **Pennsylvania** from the state dropdown list, (DO NOT change any of the other fields) and then click on **Select**. Scroll down the screen and put a check mark in the box next to the event(s) and then hit **Register**. Phone-in registrations WILL NOT be accepted.

Registration information: Kimberly Tzoulis (724) 744-6377 or kimberly.tzoulis@valueoptions.com.

This program is free of charge.

Behavioral Interventions for Children and Adolescents with Pervasive Developmental Disorder

March 14, 2012
9 a.m. to 11 a.m.
Course Code: T254

Presenters:

Aprilynn Artz, MS, NCC Board Eligible Counselor
Psychiatric Specialty Counselor
Center for Autism and Developmental Disorders
Merck Child and Adolescent Outpatient Services
Western Psychiatric Institute and Clinic of UPMC

Ryan Cramer, LSW
Clinical Coordinator
Western Region ASERT Autism Center
Center for Autism and Developmental Disorders
Western Psychiatric Institute and Clinic of UPMC

Program Description:

This presentation will provide an overview of the functional behavior assessment process used to assess the motivation and/or manifestation of challenging behavior in children and adolescents with pervasive developmental disorders. Behavioral interventions and strategies will also be discussed.

Educational Objectives:

At the conclusion of this program, participants should be able to:

- Describe the functional behavior assessment process.
- Identify approaches in supporting challenging behaviors.
- Review diagnostic criteria for pervasive developmental disorders to include autistic disorder, Asperger's disorder, and pervasive developmental disorder, not otherwise specified.

Target Audience:

All clinical and research professionals, students, and trainees who work with individuals with autism as well as interested family members and consumers.

Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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Registration:

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Registration information: Kimberly Tzoulis (724) 744-6377 or kimberly.tzoulis@valueoptions.com.

This program is free of charge.

Treatment of the Frail Elderly: Delirium Prevention and Management

March 28, 2011
9 a.m. to 11 a.m.
Course Code: T255

Presenters:

LalithKumar K. Solai, MD
Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Medical Director
Geriatric Psychiatry Service
Western Psychiatric Institute and Clinic of UPMC

Additional faculty to be announced

Program Description:

Delirium is a debilitating syndrome suffered by many elderly with profound negative effects. Delirium has been known to increase the risk of morbidity, length of hospital stay, and mortality in the elderly. This is particularly of concern in the frail elderly. The speaker will discuss some of the known pharmacological and non-pharmacological strategies to prevent delirium and/or the effects of delirium.

Educational Objectives:

At the conclusion of this program, participants should be able to:

- Assess the risk factors for delirium in frail elderly.
- Formulate strategies to prevent delirium in frail elderly.
- Implement strategies to decrease the negative effects of delirium in frail elderly.

Target Audience:

All clinical and research professionals, students, and trainees who work with the frail elderly and their families

Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

Registration:

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Registration information: Kimberly Tzoulis (724) 744-6377 or kimberly.tzoulis@valueoptions.com.

This program is free of charge.

Continuing Education Credit

Each program is offered for the designated number of continuing education credits

PHYSICIANS: CME

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates these educational activities for a maximum number of *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity.

EDUCATORS: ACT 48

Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Western Psychiatric Institute and Clinic adheres to the Act 48 Continuing Education Guidelines.

CERTIFIED ADDICTION COUNSELORS: CADC

Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.

CERTIFIED PSYCHIATRIC REHABILITATION PRACTITIONERS: CPRP

The announced credit hours for each program can be applied to your training hours for the Certified Psychiatric Rehabilitation Practitioners (CPRP).

COUNSELORS: NBCC

Western Psychiatric Institute and Clinic is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC Continuing Education Guidelines.

CERTIFICATE OF ANNUAL ADMINISTRATOR TRAINING – PERSONAL CARE HOME ADMINISTRATORS

The indicated number of clock hours are approved by the Department of Public Welfare Bureau of Adult Residential Licensing. These clock hours may count towards the 24 hours of annual training for administrators required in **55 Pa. Code Chapter 2600** (relating to personal care homes).

PSYCHOLOGISTS

Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for these programs and their contents.

SOCIAL WORKERS: SW

The indicated number of credit hours of continuing education is provided through co-sponsorship of the University of Pittsburgh School of Social Work, a PA-approved provider of social work continuing education. These credit hours satisfy requirements for LCSW renewal. For information of social work continuing education, call (412) 624-3711.

MENTAL HEALTH PROFESSIONALS: CEU

Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

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Videoconference location:

Value Behavioral Health of PA, Inc.
Walnut Room
520 Pleasant Valley Road
Trafford, PA 15085
(724) 744-6377 for questions

Information on upcoming WPIC/OERP programs is available on the OERP website at <http://www.wpic.pitt.edu/oerp>

In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference.

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs **at least two weeks** in advance of the program by calling 724-744-6377.