

Treating Teens

When: *NEW DAY & TIME!* Third Tuesday of each month; 8 to 9 a.m.

Where: *NEW LOCATION!* The Reading Hospital Conference Center, Room 1

- Park in 5th Avenue Garage
- Enter at 5th Avenue Lobby

Info: Physicians: a maximum of 1.0 *AMA PRA Category 1 Credit™* per session. All others: 1.0 CE credits. Attendance is **FREE**. Seating is limited. Registration requested. Call Udema Millsaps at **610-988-8364** or millsapsu@readinghospital.org.
A certificate of attendance will be awarded.

TUESDAY, SEPTEMBER 21

Eating Disorders: An Overview

Wendy Cramer, MEd, *Professional Relations Representative, Renfrew Center, Philadelphia, PA*

1. Attendees will be able to evaluate a patient with disordered eating patterns, constructing a model for understanding the development of anorexic and bulimic as well as binge eating patterns to use in their practice after the lecture. Attendees will be able to utilize multidisciplinary approaches in this.
2. Using these models, attendees will be able to employ a therapeutic approach based on current treatment paradigms (based on experimental and consensus approaches) that will best suit the immediate needs of the individual case at hand in his/her clinical practice, and in so doing, improve clinical outcomes as seen by regulation of eating and exercise patterns, sustaining appropriate BMI, and the development of a healthy approach to food in the patient's life.
3. After the presentation attendees will be able to identify the impact of various factors in patients with eating disorders that hinders their progress including social, psychological, and nutritional/medical features.

TUESDAY, OCTOBER 19

Special Issues in Supervision*

David Palmiter, PhD, *Professor of Psychology and Counseling Marywood University, Scranton, PA*

**Patient Safety/Ethics Lecture*

1. Attendees will be able to evaluate and contrast practices which constitute effective supervision, and critique those practices which may result in more ineffective supervisory approaches.
2. Attendees should be able to apply effective strategies upon returning to their office to evaluate and respond to supervision both as supervisor and supervisee including what sort of measures and outcomes are helpful and how to formulate the supervisory relationship effectively over time. Attendees will be able to assess progress in supervision as well as judge the effectiveness of a supervisory relationship by identifying outcome goals and managing modification of supervision as indicated.
3. After the presentation, attendees will be able to identify and collect useful tips in successful supervision.

Patient Safety/Ethics Objective:

4. Attendees will discover how to use supervision to build effective treatment teams and facilitate communication between healthcare professionals and use these supervision techniques in everyday practice immediately.

TUESDAY, NOVEMBER 16

Cluster Suicides*

David Brent, MD, *Academic Chief, Child and Adolescent Psychiatry, Western Psychiatric Institute and Clinic;*

Professor of Psychiatry, Pediatrics, and Epidemiology, University of Pittsburgh Medical Center, Pittsburgh, PA

**Patient Safety/Ethics Lecture*

1. Attendees will be able to name current evidence-based models for understanding the phenomenon of cluster suicides, and identify specific steps that can be taken within a community to reduce the occurrence of them within the next year.
2. Attendees will be able to integrate current suicide prevention models with public health strategies to provide early detection of events and reduce harm in the community upon returning to their office or attending community meetings.
3. Attendees will be able to explain and communicate effectively with community members after the presentation within potential clinical practice strategies that will be useful in reducing the clustering, resulting in improved rates of suicide within a community.

Patient Safety/Ethics Objective:

4. At the end of the lecture, attendees will be able to describe and define "cluster suicides" as distinct from random events, and identify the unique aspects socially of them.

WHO SHOULD ATTEND

The Continuing Professional Education lecture series is designed to help psychiatrists, hospitalists, general medical physicians, psychologists, social workers, and other healthcare professionals keep up-to-date on the rapid changes in the field. The topics presented by distinguished guest speakers are of universal and specific interest to anyone in health care.

CONTINUING MEDICAL EDUCATION

ACCREDITATION STATEMENT

The Reading Hospital and Medical Center is accredited by the Pennsylvania Medical Society to sponsor continuing medical education for physicians. The Reading Hospital and Medical Center takes responsibility for the content, quality and scientific integrity of each CME activity.

DESIGNATION STATEMENT

The Reading Hospital and Medical Center designates each activity of the Focus on Psychiatry series, each activity of the Treating Teens series, and each activity of the Willows Program Senior Series for a maximum of 1.0 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CONFLICT OF INTEREST

Faculty and all others who have the ability to control the content of continuing medical education activities sponsored by The Reading Hospital and Medical Center are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

CONTINUING PROFESSIONAL EDUCATION

The Reading Hospital and Medical Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Reading Hospital and Medical Center maintains responsibility for these programs and their content. Each lecture in these series of programs qualifies for 1.0 Continuing Education Credit for successful completion. Licensed Clinical Social Workers, Licensed Social Workers, Licensed Marriage and Family Therapists, and Licensed Professional Counselors may submit for CE credits for these programs but must attend at least 2 programs in the same series to qualify for credit.

CAC

Certified Addictions Counselor credits from the Pennsylvania Certification Board (PCB) are available for all trainings.

NURSING

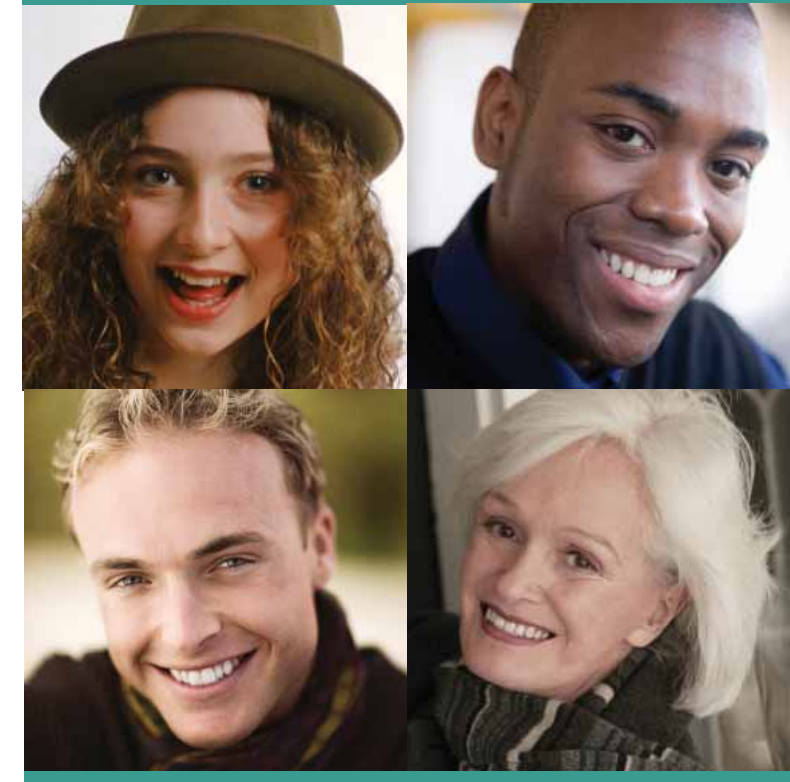
These continuing nursing education activities are approved for contact hours by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (2009).

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DEPARTMENT OF PSYCHIATRY

Continuing Professional Education Services



SEPTEMBER – DECEMBER 2010

- FOCUS ON PSYCHIATRY (CME)
- TREATING TEENS (CME)
- THE WILLOWS PROGRAM SENIOR SERIES (CME)



**The Reading Hospital
and Medical Center**
www.readinghospital.org

Focus on Psychiatry

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TUESDAY, SEPTEMBER 7 Domestic Violence*

Lyndra Bills, MD, *Associate Medical Director, Community Care Behavioral Health, Lancaster, PA*

**Patient Safety/Ethics Lecture*

1. Participants will be able to analyze and describe the effects that domestic violence has on the witnesses of domestic violence to other staff members upon returning to their office or having a discussion with another healthcare professional.
2. Participants will be able to formulate a treatment plan that addresses the effects of trauma on witnesses of domestic violence at the end of the session to use as an example for treatment plans in the future.
3. Participants will be able to create greater awareness in his/her community and practice about domestic violence therefore creating a safer environment for future generations.

Patient Safety/Ethics Objective:

4. The participant will be able to summarize the ways that a professional may help prevent and/or stop domestic violence from further harming patients/clients emotionally and put the methods into practice within the next year if seeing patients/clients affected by domestic violence.

TUESDAY, OCTOBER 5 Violence: Practitioners Can Prevent and React*

Bill Dubin, MD, *Interim Chair, Department of Psychiatry, Temple University, Philadelphia, PA*

**Patient Safety/Ethics Lecture*

1. Participants will be able to assess predictors and risk factors of violence that he/she will be able to utilize immediately to identify patients/clients in need of treatment.
2. At the end of this presentation, the participant will be able to identify and assess techniques to prevent violence while planning for potential violence in the office or community.
3. The participant will be able to recall and compare techniques to react to violence while discussing this topic with colleagues during the following week after the lecture.

Patient Safety/Ethics Objective:

4. The learner will be able to elaborate on different plans that may be put into place to protect office staff and healthcare professionals in such a way that the plan may be implemented in his/her own practice.

TUESDAY, NOVEMBER 2

Integrative Medicine in Current Medical Practice

Bernardo Merizalde, MD, *Assistant Clinical Professor of Psychiatry and Human Behavior, Thomas Jefferson University, Philadelphia, PA; Consultant at Myrna Brind Center of Integrative Medicine, Thomas Jefferson University Hospital, Philadelphia, PA*

1. The participant will be able to describe a clinical approach that combines non-traditional diagnostic and therapeutic methods with those in conventional clinical practice at the end of the lecture.
2. The participant will be able to summarize and critique the current status of integrative medicine so that other professionals will understand options that may be put into everyday clinical practice.
3. The participant will be able to define functional medicine and describe ways to incorporate this concept into his/her clinical practice immediately after the lecture.

TUESDAY, DECEMBER 7

Mental Health Parity and Healthcare Reform*

Bob Green, MS, MBA, *President, Quest Behavioral Health; Adjunct Faculty and Lecturer, Departments of Psychology and Business, York College, York, PA*

**Patient Safety/Ethics Lecture*

1. Participants will be able to summarize the key points of the Healthcare Reform Act and interpret the possible effects of this act for health care in the future.
2. The learner will be able to list the key points of the Mental Health Parity Bill at the end of the lecture and debate the pros and cons of these key points.
3. The learner will be able to discuss and predict how the Mental Health Parity Bill will affect Mental Health Practice within the next year.

Patient Safety/Ethics Objective:

4. The learner will be able to recommend the best action for his/her practice to take to be in compliance with the Healthcare Reform Act and the Mental Health Parity Bill as each item becomes a reality.



Willows Program Senior Series

When: Fourth Thursday of each month; 8:30 to 9:30 a.m.

Where: The Reading Hospital and Medical Center
Thun/Janssen Auditorium

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Info: Physicians: a maximum of 1.0 *AMA PRA Category 1 Credit™* per session. All others: 1.0 CE credits. Attendance is **FREE**. Registration requested. Call Vicki Miles at **610-988-9063** or milesv@readinghospital.org.

A certificate of attendance will be awarded.

THURSDAY, SEPTEMBER 23

The Myth of Alzheimer's: What You Aren't Being Told about Today's Most Dreaded Diagnosis

Daniel George, PhD, MSc, *Assistant Professor, Department of Humanities, Penn State College of Medicine, Milton S. Hershey Medical Center, Hershey, PA*

1. At the end of the session, the participant will be able to distinguish the difference between scientific fact and social "myths" about Alzheimer's disease using new technology and research to justify the truth.
2. The participants will be able to describe a more ecological vision for the postponement of brain aging to coworkers after the lecture.
3. The participants will be able to summarize current knowledge about Alzheimer's disease to explain the disease to family members as needed including how communities are changing around the world to care for persons with dementia.

THURSDAY, OCTOBER 28

A Reason to Get Out of Bed When You Can't Get Out of Bed

George Simms, MD, *Professor Emeritus, Pennsylvania State University, College of Medicine, Hershey, PA*

1. The participants will be able to describe biological characteristics of fatigue and depression in the geriatric population to colleagues upon returning to the office.
2. The participants will be able to formulate a treatment plan and interventions for patients suffering from depression and/or fatigue at the end of the lecture.
3. The participants will be able to differentiate the common emotional and/or spiritual causes of fatigue and/or depression from other psychiatric disorders that occur in late life in future patients/clients.

SPECIAL DATE: MONDAY, NOVEMBER 22

Creatively Coping with Change: Lessons from the Beatles and the Serenity Prayer

William Klinger, PhD, CTRS, *Retired Assistant Professor, Department of Psychiatry, Penn State College of Medicine, Hershey, PA; Recreational Therapist, Veterans Administration, Salt Lake City, UT*

1. At the end of the lecture, the participants will be able to define the basic nature of change including at least 3 negative (ineffective) and 3 positive (effective) outcomes of dealing with change.
2. The participants will be able to formulate therapeutic (and other creative) strategies to best maximize a person's outcome and integrate these strategies into practice within the next month after the lecture.
3. The participants will be able to assess a person's ability to cope with his or her particular situation; therefore, helping them to realize that the only thing one can truly change is his/her self.
4. The participants will be able to apply the Serenity Prayer Formula to assist current and future clients/patients to cope with change by helping them to list 2 things for each portion of the formula.