

Optima Behavioral Health Services
4417 Corporation Lane
Virginia Beach, VA 23462

Taming the Swings: Cognitive Therapy for Bipolar Disorder

Keynote Speaker:

Cory Newman, PhD

Associate Professor of Psychology in Psychiatry
University of Pennsylvania School of Medicine,
Philadelphia, PA

Course Director:

Matthew Keats, MD

Medical Director,
Optima Behavioral Health Services



**Sponsored by
Sentara Healthcare
for**

Optima Behavioral Health Services

Wingate by Wyndham - Short Pump

13991 North Gayton Rd
Richmond, VA 23233
804-421-1600

Friday, October 15, 2010

8:00 am – 12:00 pm

Registration Fee: \$35.00

STATEMENT OF PURPOSE:

This half-day program is dedicated to provide the participant with a broad understanding of the management and challenges of bipolar disorders. This will prepare providers to better identify symptoms, apply cognitive-behavioral techniques, and overall improve the lifestyle of the bipolar patient. The participant will learn the most effective evidence-based approaches for the treatment and care of these patients and their families.

FORMAT: Lecture and Q&A

OBJECTIVES:

Upon completion of this seminar, participants should be able to:

1. To recognize patients' cognitive risk factors for depression and mania in bipolar disorder.
2. To teach bipolar patients to spot their own prodromal symptoms and to apply self-help techniques before the episodes worsen.
3. To apply a wide range of cognitive-behavioral techniques to improve bipolar patients' global functioning; overcoming lethargy, hopelessness, and helplessness; and reducing their risk of suicide.
4. To appreciate the patients' needs for respect and autonomy, as well as their concerns about medications, stigma, and long-term dysfunction – and to address these in ways that support therapeutic change.

TARGET AUDIENCE:

This educational program is designed for psychiatrists, psychologists, social workers, behavioral health professionals, and primary care providers.

ACCREDITATION:

Sentara Healthcare is accredited by the Medical Society of Virginia (MSV) to provide continuing medical education for physicians.

CREDIT DESIGNATION:

Sentara Healthcare designates this education activity for a maximum of 3.75 hours *AMA PRA Category 1 Credits™*. Physician should only claim credit commensurate with the extent of their participation. Currently applying for CCMC CEUs.

Physicians may claim up to 3.75 credits in Type 1 or Type 2 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for the renewal of an active medical license.

ACKNOWLEDGMENTS:

This mental health management series is provided through funding from Optima Behavioral Health Services.

INFORMATION AND SPECIAL SERVICES:

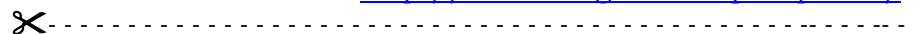
The Americans with Disabilities Act of 1990 requires that all individuals, regardless of their disabilities, have equal access. The Physician Education Department of Sentara Healthcare is pleased to assist participants with special needs. Requests need to be made in writing by October 1, 2010.

FACULTY DISCLOSURES: Dr. Newman will provide disclosure information about financial affiliations and identify any discussion of non-FDA approved uses to the audience at the conference.

PROGRAM SCHEDULE: Wingate by Wyndham

- 7:30-8:00 am Registration Sign In and Continental Breakfast
- 8:00-8:15 am Welcome and Introduction: Matthew Keats, MD, Course Director
- 8:15-9:45 am Role of cognitive therapy in treating bipolar disorder. Depressive episodes (key concepts and strategies). Interventions to counteract hypomanic symptoms. Dysfunctional beliefs about pharmacotherapy.
- 9:45-10:00 am Break
- 10:00-11:45 am Recognition of early warning signs of episodes. Clinical video excerpts (cognitive therapy sessions) Empirical overview. Bipolar disorder and the family Stigma, loss and acceptance.
- 11:45am-Noon Questions and Answers

DIRECTIONS: Website: <http://www.wingateshortpump.com/>



REQUIRED SEMINAR REGISTRATION FORM:

Registration Deadline – October 8, 2010 To Register, complete items below and Fax to 757-552-7108. Then mail and enclose check to address below.

Last Name, First Name, MI Title (MD, RN, SW, etc.) Last 4 Digits of SSN (used to track CME credits)

Clinical Affiliation

Primary Mailing Address

City / State / Zip Code

() _____ () _____ _____
Phone Fax E-Mail

Attach Registration fee: \$35.00

Make check payable to *Sentara Healthcare*

Fax then Mail completed Registration forms to:

Debra Rutherford, CME Consultant,
Sentara Healthcare Physician Education
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