

Registration

Registration is required within **three weeks prior to each event**. To register for our workshops or for a complete listing of all Aurora Health Care CME programs go to www.Aurora.org/CMEActivities. Click on upcoming CME Course and use your credit card to reserve you space.

Start times are the same for all Workshops: Registration 8 a.m. to 8:30 a.m.
Presentation 8:30 a.m. to 4:30 p.m.

Refunds

Cancellations two weeks prior to activity will be assessed a \$25 administrative fee. Cancellations one week prior to activity will be charged 50% of the registration fee.

Course Objectives

The objective of the *Evidence-Based Behavioral Health Series* is to improve the diagnostic and therapeutic capabilities in psychiatry and addiction medicine for psychotherapists, psychologists and physicians treating patients and their families.

Statement of Need

Programming for this series is based on the analysis of current primary caregiver needs as requested by past attendees. The topics will be relevant to medical and allied staff associated with this facility. The audience will be solicited for comments about future topics.

Target Audience

The program is aimed at psychiatrists, psychologists, social workers, nurses and other allied health professionals who deal with mental health issues and addiction medicine.

Conference Prerequisites

None

Planning Committee Chairman

Cynthia C. Valentin, Ph.D.

Reminder: Please save this brochure to register for future conferences.

Policy on Faculty and Sponsor Disclosure

It is the policy of Aurora Health Care to disclose real or apparent conflict of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation. Detailed disclosure will be made in the course handout materials.

Accreditation

Aurora Health Care is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

Aurora Health Care designates this educational activity for a maximum of **12.5 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Aurora Health Care, Milwaukee, Wis., is an approved provider of continuing nursing Education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Aurora Behavioral Health Services is approved by the American Psychological Association to sponsor continuing education for psychologists. Aurora Behavioral Health Services maintains responsibility for the program and its content.

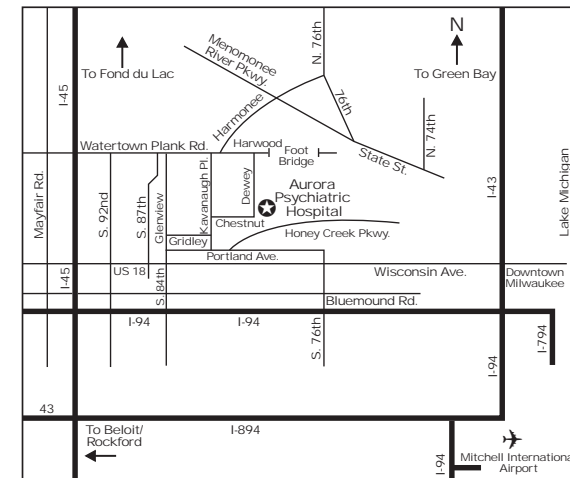
*Participants must attend entire presentation to be in compliance with CME, CEU and APA for continuing education accreditation.

Aurora Health Care subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you or anyone accompanying you require special assistance, please notify us at **414-454-6485**.



About Aurora Psychiatric Hospital

Aurora Psychiatric Hospital is a not-for-profit hospital and has been a leader in behavioral health care since 1884. Located at 1220 Dewey Avenue in Wauwatosa, Wisconsin on a beautiful 30-acre campus. We offer a full-continuum of treatment options for most substance abuse and mental health problems. Our staff includes some of our area's leading behavioral health clinicians who are dedicated to providing the most current evidence-based treatment available.



Parking

Parking is available in the various lots on campus. Overflow parking can be found in the Village of Wauwatosa lot at the end of Harwood Ave. next to the railroad tracks.



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The 2009 Workshop Series

Aurora Behavioral Health Services
Continuing Education

Aurora Psychiatric Hospital
Norris Auditorium – Main Campus
1220 Dewey Avenue, Wauwatosa
414-454-6600

Sponsored by Aurora Health Care



Friday, January 30, 2009

Basic Attributes Needed To Practice Ethically

Anthony M. Kuchan, Ph.D.



Dr. Kuchan earned his Ph.D. in clinical-counseling psychology from Purdue University. Before his retirement, he taught in the Department of Psychology at Marquette University for 37 years. Since 1976, he has served for 13 years as Chair of the Wisconsin Psychological Association's Ethics Committee and as the Ombudsman for the Ethics Committee for the last 18 years, during which he has conducted over 1,400 peer consultations on ethics questions posed by mental health professionals.

This workshop will describe the factors necessary to practice ethically, teach the participant to analyze ethical dilemmas, and recognize important boundary distinctions.

Objectives: At the end of this activity the participant will be able to:

1. Use ethical problem solving through the analysis of ethical vignettes.
2. List the personal qualities they need to serve patients/clients at a high professional level.
3. Identify boundary dilemmas and effective strategies for resolutions.

Cost: \$130

6.5 credits/contact hours

Friday, March 13 and
Saturday, March 14, 2009

Enhancement of Peak Performance in Sports, the Performing Arts and the Worksite

Daniel Brown, Ph.D.



Dr. Brown is an Assistant Clinical Professor of Psychology at Harvard Medical School. He has taught; hypnotherapy workshops for over 20 years, peak performance workshops for the past 15 years, and conducted outcome research on intensive meditation for 10 years.

The workshop is designed to teach skills needed to help clients recognize and function at their peak level of performance. Learn state-of-the-art mental skills training; entailing visualization, self-hypnosis, and mental rehearsal. Learn how to increase concentration, master negative cognitive and emotional states, and how to develop self-discipline for resilient recovery from failure.

This course is for any professional who wishes to bring sustained excellence into his or her work, and in particular, those working with clients wishing to enhance their performance in avocational or professional work environment. This course translates research into practical methods for the direct experience of peak performance states.

Objectives: At the end of this activity the participant will be able to:

1. Discuss factors which interfere with or potentiate ideal performance states.
2. Develop and refine peak performance states.
3. Identify and correct factors that interfere with peak states.
4. Mentally rehearse peak performance.
5. Work through negative self-talk and limiting beliefs that inhibit peak performance.
6. Develop concentration skill, sustaining concentration through distracting conditions.

Cost: \$250

12.5 credits/contact hours

Friday, May 1, 2009

An Introduction to Acceptance and Commitment Therapy

Michael Maslar, Psy.D.



Michael Maslar, Psy.D., Director of Mindfulness and Behavior Therapies, is a licensed clinical psychologist. A graduate of the Chicago School of Professional Psychology, he had specialty practices in mindfulness-based therapies, dialectical behavior therapy, acceptance and commitment therapy, and other "third wave" behavioral therapies. He works with individuals, couples and families, and offers consultation using these treatments for a range of problems, including self-harm and suicidality, pervasive emotion deregulation, anxiety and mood difficulties, and trauma.

This workshop will orient the attendee to the evolution and basic principles of radical behaviorism, and how it has led to the development of Acceptance and Commitment Therapy (ACT). With this understanding, the attendee will then learn the two major components of ACT, the concepts of acceptance, and the strategy of living a life committed to values-based action. Learn practical skills in "how-to" format, with opportunities to experience acceptance and commitment strategies. The workshop will then cover therapy techniques central to practicing ACT.

Objectives: At the end of this activity the participant will be able to:

1. Discuss the concept of relational frame theory as applied to verbal behavior.
2. Demonstrate basic mindfulness and acceptance practice to their clients.
3. Use basic strategies for helping clients act on their values.

Cost: \$130

6.5 credits/contact hours

Friday, September 18, 2009

How to Improve Mental Health Care by Integrating Primary Care and Mental Health Specialty Care

David J. Katzelnick, M.D.



Dr. Katzelnick is a Distinguished Senior Scientist at the Madison Institute of Medicine, Inc., Clinical Professor of Psychiatry at the UWM School of Medicine and Public Health. His major clinical and research interests are in mood and anxiety disorders, psychopharmacology, diagnosis and treatment of mental disorders in primary care. He was awarded the Collaborative Partner of the Year in 2006 by the Mental Health Association of Wisconsin. He has been principal investigator for a number of retrospective and prospective randomized trials of treatment of mental disorders in managed care.

It's been said, "If you don't have behavioral health included, you don't have patient centered care". Learn what research and clinical findings have shown to be treatment outcomes of those having chronic condition with and without behavioral health treatment. Learn both why and how to add medical value, off set costs with the integration of behavioral health in patient treatment planning and delivery.

Objectives: At the end of this activity the participant will be able to:

1. Describe the barriers that have hindered integration of mental health care.
2. Discuss what interventions have been shown to improve mental health outcomes.
3. Discuss the processes that lead to successful system change that facilitate integration of mental health care.

Cost: \$130

6.5 credits/contact hours