

2021 Evidence Based Behavioral Health Series (EBBHS)- Virtually

JOIN VIRTUAL LINK: 8:15 to 8:30 A.M. PRESENTATION: 8:30 A.M. TO 10:30 A.M.

Virtual– link will be emailed to you a few days prior to the presentation

To register, go to cme.advocateaurorahealth.org For registration concerns please email cme@aah.org

Attending the full workshop earns 2 credits

Virtual

The link to join the virtual learning platform will be emailed to you a few days prior to presentation.

Accreditation: Advocate Aurora Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Advocate Aurora Health designates this live activity for a maximum of 2 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

January 13th Ethical Issues in Contemporary Substance Abuse Treatment Paul Zensiek, LCSW, CSAC

Substance use disorders (SUD) are highly stigmatized, therefore, they require more rigorous ethical protections than other medical conditions. SUD’s often involve illicit drug use and high-risk behaviors which can intersect with the law, it is imperative to understand professional and legal obligations and how it impacts the therapeutic alliance with the client. This presentation will focus on helping the treating clinician to navigate the complex ethical issues found in contemporary substance abuse treatment.

At the end of this series, learners should be able to:

- Identify at least three reasons SUD clients require ethical considerations
- Apply a model for ethical decision making to a client case study
- Identify at least one Federal and one Wisconsin Legislative act impacting ethical SUD treatment

February 10th Non Pharmacological Skills for ADD/ADHD Patric Mattek, Ph.D.

This presentation will provide information regarding identification and treatment of ADD/ADHD. The presentation will address tools for assisting patients and other patient supports in developing solutions that are patient-centered and non-pharmacological.

At the end of this series, learners should be able to:

- Identify the multimodal for treatment possibilities
- Tools and resources to help build executive skills for ADD/ADHD
- Describe at least three non-medicated treatment options for patients

Course approval from the National Board of Certified Counselors: NBCC: 6559. Aurora Health Care is an NBCC-approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Participants must attend entire presentation and complete evaluation form to be in compliance. Course Approval from Wisconsin Association for Marriage and Family Therapy: WAMFT714017

March 10th The Narrative Medicine Approach David Thoele, MD

This presentation will discuss narrative medicine which is a practice that encourages patients to share personal narratives with their provider to promote healing. The approach focuses on creating a connection between the patient and doctor through the sharing of stories and emotions. It is re-humanizing health care and increasing capacity for empathy and self-reflection.

At the end of this series, learners should be able to:

- Discuss benefits related to the therapeutic use of expressive writing.
- Understand the benefits related to a specific, writing exercise, the 3-Minute Mental Makeover, which can be used with patients and family members experiencing stress.
- Identify the benefits of narrative medicine as it applies to the patient clinician relationship

For a complete list of all Advocate Aurora Health programs, go to cme.advocateaurorahealth.org

April 14th Diverse Patient Groups: Transgender Populations Kirby Parks and Holly Neuman, LCSW

This presentation will explore how increased awareness and education of diverse patient groups such as Transgender populations can prevent increased harm on patients and improve the quality of service provided.

At the end of this series, learners should be able to:

- Identify health disparities experienced by the Transgender community and strategies for addressing them in clinical environments
- Gain a working knowledge of culturally competent mental health care with Transgender populations
- Apply best practices in Transgender health care with patients, including in surgery referral letters and hormone consultations.

Advocate Aurora Health subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you require special assistance, please call 414-454-6648.

May 12th

Trauma Informed Approach for Behavioral Health

Vikki Smoter, PsyD and the
Trauma Recovery Center

Trauma is a wide-spread public health problem and is being compounded due to a global pandemic. This presentation will discuss what entails a trauma informed approach to working with patients.

At the end of this series, learners should be able to:

- Identify ways to adapt a trauma informed approach to their work
- Understand the different types of trauma and how patients experience trauma differently
- Be able to describe coping techniques and other evidence-based skills to working with patients who've experienced trauma

September 8th

Cultural Sensitivity Training

Munther Barakat, PsyD and the
Diversity, Equity and Inclusion Council

This presentation will explore how increased awareness of ethno-cultural differences can prevent increased harm on patients and improve the quality of service provided. Increased cultural competence will prevent against application of pre-determined norms on all patients.

At the end of this series, learners should be able to:

- Describe what it means to be culturally competent when working with patients
- Be able to identify a range of normal behaviors by a particular ethnic or cultural group
- Be able to identify personal biases and how it may play a role during treatment

October 13th

Working with Difficult Patients: Addiction and College-age Individuals

Robert Reff, PhD

College campuses and cultures have pivoted during the COVID pandemic as have the student populations in the way they socially interact which can impact addictions. This presentation will discuss working with college-age individuals experiencing addiction. It will discuss the current trends and treatment options for alcohol and other drug related addictions on college campus.

At the end of this series, learners should be able to:

- Identify key components of motivational interviewing as it applies to this population
- Develop skills to assist with moving the patient to non-action and action respectively
- Identify and combat barriers that prevent compliance

November 10th

Moral Injury

Mila Felder, MD and Victoria Smoter, PsyD

Presentation information and learning objectives will be provided at a later date

December 8th

Topic to be Determined at a Later Date

Programming for this series is based on the analysis of current primary caregiver needs as requested by past attendees. The program is aimed at psychiatrists, psychologists, social workers, nurses and other allied health professionals. The course objective is to improve the diagnostic and therapeutic capabilities in psychiatry and addiction medicine.

Planning Committee: Russell Temme, MD, Cynthia Valentin, PhD, APNP, Paul Zenisek, LCSW, CSAC; Jay Chrostowski, PsyD; Munther Barakat, PsyD; Victoria Smother, PsyD, and Anna Helbig, Chair