

OUTLINE

Establishing Whole Person Care

Formal assessments to identify physical and emotional stressors
How to ask “What do you think is wrong”
The client who considers their problem only medical and isn’t open to behavioral interventions
Setting a collaborative agenda
Addressing quality of life concerns

Psychological Distress in the Medically Ill

Distress
 Manifestations in medical populations
 Distress screening tools
 Balance efficiency with depth
 Identify changing feelings related to disease progression
Depression
 Is it really “expected” after diagnosis of an illness?
 What to do when symptoms of disease overlap with signs of depression
 Measuring depression
 Cognitive-Behavioral Therapy interventions
 Creating balance with ACT
 Establish an integrated approach

Anxiety
 Forms of anxiety that are particularly prevalent in medical illness
 Assessment measures
 Interventions when anxiety threatens tolerance for treatment
 Specific mindfulness and relaxation therapy exercises and scripts
 CBT tools to address worry and illness related anxiety
Grief
 Strategies to address: “I’m not the same physically and emotionally...”
 Tools for releasing negative and obsessive thinking
 Working with the emotions and turmoil of Anticipatory Grief

Behavioral Interventions for Physical Symptom Management

Addressing physical issues
 Motivational interviewing to help the client process lifestyle changes
 Self-management skill development

OBJECTIVES

1. Determine the psychological challenges for the medically ill and their family caregivers.
2. Choose psychological/behavioral interventions to address psychological distress and distressing symptoms.
3. Point out challenges in communication with different disciplines.
4. Specify the differences between supportive care, palliative care and hospice care.
5. Utilize mindfulness-based strategies, ACT and CBT tools to decrease symptoms of pain, nausea, fatigue and insomnia.
6. Assess the psychological, social and behavioral factors that contribute to chronic illness and articulate their treatment implications.

Strategies to minimize symptoms
 Help the client determine the what and how of symptom relief
 Addressing pain with ACT
 Exercise recommendations for fatigue
 Increase the likelihood of adherence
 CBT for insomnia
 Mindfulness techniques for nausea
The clinicians “tool box” for symptom management
 Ensure a wide array of options
 Determine the next step

End of Life Considerations

Quality vs. quantity of life
Assessing patient preferences
The difference between supportive, palliative, and hospice care
Managing family disagreements related to treatment options
What about family dysfunction...
Decision to withhold or withdraw care

Communication Issues

With clients
 Client-centered communication
 Breaking bad news with the SPIKES protocol
With healthcare professionals
 Efficient but effective interprofessional communication with the SBAR method
 Sharing information without breaking confidentiality

Family Caregivers

Challenges
 Sociodemographic changes & changes in medical care that make caregiving even more challenging
 Impact of the family caregiving on the caregiver’s health
Caregiver psychological issues
 Prevalence of depression and anxiety in caregivers
 Relationship with client’s distress
Financial toxicity
Limitations of the research and potential risks

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BEHAVIORAL TREATMENT INTERVENTIONS FOR CLIENTS COPING WITH MEDICAL ILLNESS

Lancaster, PA • Tuesday, October 1, 2019
King of Prussia, PA • Wednesday, October 2, 2019
Cherry Hill, NJ • Thursday, October 3, 2019

BEHAVIORAL TREATMENT INTERVENTIONS FOR CLIENTS COPING WITH MEDICAL ILLNESS

- Strategies to assess for depression and anxiety in the context of illness
- Clear techniques for communicating with the medical team without breaking confidentiality
- Innovative mindfulness, ACT & CBT-based strategies for symptom management
- Guidelines for discussion of end of life decisions and grief
- Practical, evidence-based approaches to address the family caregivers’ needs and concerns

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BEHAVIORAL TREATMENT INTERVENTIONS FOR CLIENTS COPING WITH MEDICAL ILLNESS

Heart Disease, Stroke, Diabetes, Cancer, COPD, Arthritis and the list goes on...

Chronic illness has become rampant across the United States and no doubt it has made its way into your office. Many chronic conditions require people to undergo demanding, debilitating treatment and make incredible lifestyle changes. Treating these clients comes with the challenge of addressing ongoing medical stressors and the accompanying depression, anxiety, and quality of life concerns.

Teresa Deshields, Ph.D., ABPP, knows first-hand how difficult it can be to navigate these challenges – she knows that treating these vulnerable individuals is serious work that demands a thoughtful, organized, and dedicated approach. Join her as she shares 20 years of experience treating clients with chronic illness in this compelling, practical seminar. You'll learn specific strategies to:

- Address the psychosocial needs of clients coping with physical illness
- Assess for co-morbidity between mental health and physical conditions
- Motivate clients to undergo lifestyle changes to benefit their health
- Teach clients mindfulness techniques to cope with physical pain
- Process ever-changing thoughts and feelings related to illness
- Provide advocacy for your clients among their medical team

Sign-up today for this interactive, cutting-edge training that will take your practice to the next level!

SPEAKER

Teresa L. Deshields, Ph.D., ABPP, is a licensed clinical psychologist and clinical associate professor in the departments of medicine and psychiatry at Washington University School of Medicine in St. Louis. She is a Fellow of the American Psychosocial Oncology Society and its past-president. She was the manager of the Siteman Counseling Service for the Alvin J. Siteman Cancer Center at Barnes-Jewish Hospital for 20 years. Her clinical practice is devoted to treating cancer patients and survivors and their family members, throughout the cancer continuum – diagnosis, treatment, survivorship, end of life, and grief. Her research is focused on issues related to psychological adjustment and quality of life in cancer patients and survivors.

Speaker Disclosures:

Financial: Teresa Deshields is a clinical associate professor at Washington University School of Medicine. She receives a speaking honorarium from PESI, Inc.

Non-financial: Teresa Deshields is a member of the American Psychological Association.

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Target Audience

Social Workers • Psychologists • Counselors
Occupational Therapists • Psychotherapists
Marriage and Family Therapists • Case Managers
Physical Therapists • Physical Therapy Assistants
Nurses • Nurse Practitioners • Other Helping Professionals

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By David Kessler

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Linda Graham, MFT

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Live Seminar Continuing Education Credit Information

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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Pennsylvania Counselors: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESi offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Pennsylvania Marriage & Family Therapists: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESi offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESi, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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Physical Therapists & Physical Therapist Assistants: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

New Jersey Physical Therapists & Physical Therapist Assistants: This course has been submitted to the New Jersey State Board of Physical Therapy for review.

Pennsylvania Physical Therapists & Physical Therapist Assistants: The Pennsylvania State Board of Physical Therapy recognizes approval by all other state boards. This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists.

Psychologists: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESi, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESi, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESi, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

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New Jersey Social Workers: Behavioral Treatment Interventions for Clients Coping with Medical Illness, Course #2623, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESi, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 08/14/2019 - 08/14/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

Pennsylvania Social Workers: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESi offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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