

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

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

Questions?

Call customer service at 800-844-8260

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.

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BEHAVIORAL
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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 Webcast Details and Live Webcast Continuing Education Credit Information

Join us on November 14, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/74860

Live Seminar & Webcast Schedule (Times listed in Pacific)

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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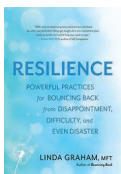


Healing Grief Card Deck

55 Practices to Find Peace

By David Kessler

David Kessler, one of the world's foremost experts on grief and grieving, has created powerful coping strategies to heal and rebuild after loss. This easy-to-use card deck has 55 practices that focus on your response to loss, understanding grief, and healing - all remembering that grief is evidence of your love.



Resilience

Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster

Linda Graham, MFT

Whether it's a critical comment from the boss or a full-blown catastrophe, life continually dishes out challenges. Resilience is the learned capacity to cope with any level of adversity, from the small annoyances of daily life to the struggles and sorrows that break our hearts. Resilience is essential for surviving and thriving in a world full of troubles and tragedies, and it is completely trainable and recoverable - when we know how. In Resilience, Linda Graham offers clear guidance to help you develop somatic, emotional, relational, and reflective intelligence - the skills you need to confidently and effectively cope with life's inevitable challenges and crises.

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Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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California Counselors: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licensees/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

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

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PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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.

California Physical Therapists & Physical Therapist Assistants: PESI, Inc. is recognized by the Physical Therapy Board of California as an approval agency to approve providers. This lecture qualifies for 6.25 continuing competency hours.

California Psychologists: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

California Social Workers: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licensees/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 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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