

2015 Psychiatry & Behavioral Health Conference



Thursday & Friday, April 23 - April 24, 2015

Robert F. Froehlke Auditorium, Laird Center for Medical Research, Marshfield Clinic, Marshfield, WI

Thursday, April 23, 2015

7:45 a.m. Registration and Continental Breakfast

8:15 a.m. Welcome and Introductions

8:30 a.m. Overview of Disasters and Prevention: Readiness, Response, Recovery for Mental Health - Joseph C. Napoli, MD

8:45 a.m. Individual, Organization and Community Resilience: The Human Dimension - Joseph C. Napoli, MD

- Define resiliency and resilience.
- Enumerate the 12 assets of resilient individuals.
- Describe how to enhance resilience.
- Cite 3 factors for organization resilience.
- List the 6 characteristics of community resilience.

10:00 a.m. Break

10:15 a.m. Calling Upon Your Resilience When Bad Things Happen: Self-Care and Safety - Joseph C. Napoli, MD

- Practice safety for self-protection.
- Describe the concepts of compassion fatigue and secondary traumatization.
- Explain why they are at risk for developing such reactions.
- Enumerate the 4 phases of disaster responders.
- Engage in 3 essential activities for self-care.
- Apply methods for managing stress.

11:45 a.m. Lunch

12:45 p.m. What I Wish I Knew When the Disaster Struck - Joseph C. Napoli, MD

- Cite the essential goal of disaster response.
- Describe the fundamentals of emergency management.
- Identify how to respond to the mental health needs of their local community during times of disaster.
- List various training opportunities and resources for disaster preparedness.

2:15 p.m. Break

2:30 p.m. Psychological First Aid Primer - Joseph C. Napoli, MD

- Place Psychological First Aid (PFA) in a historical perspective.
- Describe the purpose and 4 basic standards of PFA.
- Enumerate the 8 actions of PFA.
- Use a screening instrument to determine when to refer individuals for mental health services.
- Explain crisis counselor actions that augment PFA.
- Be mindful of what to say and not say.

4:00 p.m. Activity Concludes

Joseph C. Napoli, MD, DABPN, DLFAPA is a physician/psychiatrist, advocate, author, clinician, educator, executive, professional leader, media consultant, and public speaker. He is a Diplomate of the American Board of Psychiatry and Neurology, Board Certified in Psychiatry, and a Distinguished Life Fellow of the American Psychiatric Association (APA). Dr. Napoli has been quoted in print media including Men's Health, Real Simple, Self, and various newspapers, and interviewed on CBS-TV, CNBC, WOR-TV, WPVI-TV, by numerous radio stations, and MSNBC including a live studio interview by Contessa Brewer, Anchor/Host, Caught on Camera during the rescue of the 33 Chilean miners on the mental health aspects of their being trapped. Dr. Napoli received his bachelors from Fordham College in New York and his medical degree from Georgetown Medical School in Washington, D.C. He trained in pediatrics at Babies Hospital and in psychiatry at New York Presbyterian Hospital and New York State Psychiatric Institute where he was Chief Resident (all at Columbia-Presbyterian Medical Center). He has done post-graduate training in trauma psychiatry, emergency management, disaster mental health, group therapy and psychoanalysis. He has an adult private psychiatric practice in Fort Lee, NJ and specializes in trauma psychiatry (posttraumatic stress disorders and other trauma-related disorders). He is recognized as one of America's Top Physicians and America's Top Psychiatrists, as a Top Doctor, New York Metro Area by Castle-Connelly, and as a New Jersey Top Doctor by Inside Jersey Magazine.

Friday, April 24, 2015

7:45 a.m. Registration and Continental Breakfast

8:15 a.m. Welcome and Introductions

8:30 a.m. Gaining Control of Out of Control Behaviors: An Introduction to Treating Difficult Clients Using Dialectical Behavior Therapy (DBT) - Elizabeth Dexter-Mazza, PsyD

10:00 a.m. Break

10:15 a.m. Activity Continues - Elizabeth Dexter-Mazza, PsyD

11:45 a.m. Lunch

12:45 p.m. Activity Continues - Elizabeth Dexter-Mazza, PsyD

2:15 p.m. Break

2:30 p.m. Activity Continues - Elizabeth Dexter-Mazza, PsyD

4:00 p.m. Activity Concludes

Learning Objectives

By the end of the training, participants will be able to:

- Understand the development of Dialectical Behavior Therapy (DBT) and research supporting its use with adolescent and adult clinical populations.
- Describe the structure, goals, and stages of DBT treatment.
- Review emotional dysregulation behaviors using Biosocial Theory.
- Explain the different levels of validation used in DBT.
- Identify the four skills modules taught in DBT and one example of a skill from each module.

Elizabeth Dexter-Mazza, PsyD received her undergraduate degree from Florida State University and her doctoral degree from the School of Professional Psychology at Pacific University in 2004. She completed her predoctoral internship at the Albert Einstein College of Medicine/Montefiore Medical Center's Adolescent Depression and Suicide Program under the directorship of Dr. Alec Miller. Dr. Dexter-Mazza completed her postdoctoral fellowship under the direction of Dr. Marsha Linehan at the Behavioral Research and Therapy Clinics (BRTC) at the University of Washington. While at the BRTC, Dr. Dexter-Mazza was the Clinical Director and a research therapist for Dr. Linehan's research studies, which provided both individual DBT and DBT group skills training. Her clinical experience and training with DBT focuses on treatment for adult and adolescent populations along with family members. Dr. Dexter-Mazza's primary research focuses on the development and evaluation of effective training programs for mental health professionals working with suicidal clients. She has published several book chapters and peer reviewed articles on DBT, Borderline Personality Disorder (BPD), and graduate school training in how to manage suicidal clients. Dr. Dexter-Mazza maintains a private practice in Seattle, providing individual DBT to people with BPD and skills based coaching and support to family members and friends of individuals with BPD. Additionally, Dr. Dexter-Mazza is a trainer for Behavioral Tech, LLC, a training company that provides DBT trainings to mental health professionals around the world. She is licensed as a psychologist in the state of Washington.

Target Audience

This activity is intended for physicians, psychologists, psychiatrists, residents, nurse practitioners, physician assistants, registered nurses, school psychologists, guidance counselors, social workers and other professionals.

Accreditation Statement

Marshfield Clinic is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

Designation of Credit Statement

Marshfield Clinic designates this live activity for a maximum of 12.0 *AMA PRA Category 1 CreditsTM*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Contact Hour Statement for Allied Health Professionals

Marshfield Clinic is approved as a provider of continuing health education by the Wisconsin Society for Healthcare Education and Training (WISHET). Marshfield Clinic designates this activity for up to 12.0 contact hours (1.20 CEUs) of continuing education for allied health professionals.

Location

Robert F. Froehlke Auditorium, Laird Center for Medical Research at Marshfield Clinic, 1000 North Oak Avenue, Marshfield, Wisconsin

Planning Committee

Wendy Chryst, LCSW Sandra Bump
Stephanie Kohlbeck, PhD Heather Roth
Justin Schoen, MD

Faculty Disclosure

In accordance with the Standards of the Wisconsin Medical Society, all those who are in a position to affect content of this CME activity (including activity directors, planning committee, speakers, and CME staff) are required to disclose financial relationships with any commercial interest(s) related to the subject matter of this activity. Such disclosures will be made available on the day of the activity so that participants may formulate their own judgments regarding the presentation.

As a provider of CME credit, it is Marshfield Clinic's responsibility to ensure that its credited activities provide information, findings, and recommendations to its audiences that are based on accepted and sound scientific principles (evidence-based medicine). In addition, Marshfield Clinic has safeguards in place to identify and eliminate any commercial bias from CME activities.

Disclosure of Commercial Support

At the time of printing, no activity funding has been secured. Any activity funding through educational grants will be disclosed at the conference.

Sponsored By

This conference is possible thanks to generous supporters of Mike's Run, a 5-mile run and 2-mile walk, promoting mental health awareness. The 2015 Mike's Run will be held at Hackman Field on June 20 in Marshfield, WI.



Handouts

In an effort to be more environmentally friendly the conference handouts will be emailed to registered participants in a PDF format prior to the conference.

Information on the Area

For more information on the area, please visit the local Convention & Visitor's Bureau website at www.visitmarshfieldwi.com.

Accommodations

It is the registrant's responsibility to arrange for lodging. For your convenience, we have listed the Marshfield area accommodations.

Baymont Inn & Suites 2107 N. Central Avenue Marshfield, WI 54449 715.384.5240 1.6 miles Website	Holiday Inn 750 S. Central Avenue Marshfield, WI 54449 715.486.1500 1.3 miles Website	Hotel Marshfield 2700 S. Central Avenue Marshfield, WI 54449 715.387.2700 2.41 miles Website	Quality Inn 114 E. Upham Street Marshfield, WI 54449 715.387.8691 .9 miles Website	Woodfield Inn & Suites 1651 N. Central Avenue Marshfield, WI 54449 715.387.2233 1 mile Website
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Attire

Casual attire is appropriate for this conference. Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to the educational activities.

Electronic Devices

As a courtesy to conference attendees, we request that all electronic devices (pagers, cell phones, laptop computers, etc.) be silenced during educational sessions. If you must use your electronic device, we request that you use the vibration ringing mode and step outside the meeting room so you do not disturb other attendees.

Registration

Advanced registration is required. The registration fee includes continental breakfast, lunch, breaks, and all electronic course materials. Meal functions are intended for conference participants only. You will receive confirmation within two (2) weeks of registering.

PHYSICIANS

Both Days: \$100 After April 9: \$125
One Day: \$65 After April 9: \$90

ALLIED HEALTH & OTHER PROFESSIONALS

Both Days: \$75 After April 9: \$100
One Day: \$40 After April 9: \$65

Awaiting Approval to Attend?

If your registration is dependent upon approval from your agency, don't hesitate to register now. You may cancel your registration without penalty until April 9, 2015.

Cancellation Policy

For cancellations received April 10 - 20, 2015 your registration fee less a \$25 administrative fee will be given. No refunds will be given after April 20, 2015. To cancel, call 1-866-894-3622, ext. 9-3776.

Marshfield Clinic reserves the right to cancel the conference due to insufficient enrollment or inclement weather. Registration fees will be refunded in full for these types of cancellations.



Marshfield Clinic complies with the Americans with Disabilities Act. If you desire special accommodations, please advise us when you register. All requests are kept confidential.

How to Register

Online: <https://www.surveymonkey.com/s/R9KPPZL>

Phone: 1-866-894-3622, option 1 and pay by MasterCard®, VISA®, American Express®, or Discover®

Or, return your completed registration form via:

Email: esser.tanya@marshfieldclinic.org

Mail: Marshfield Clinic, Conference Registration-GR, 1000 North Oak Avenue, Marshfield, WI 54449-5777

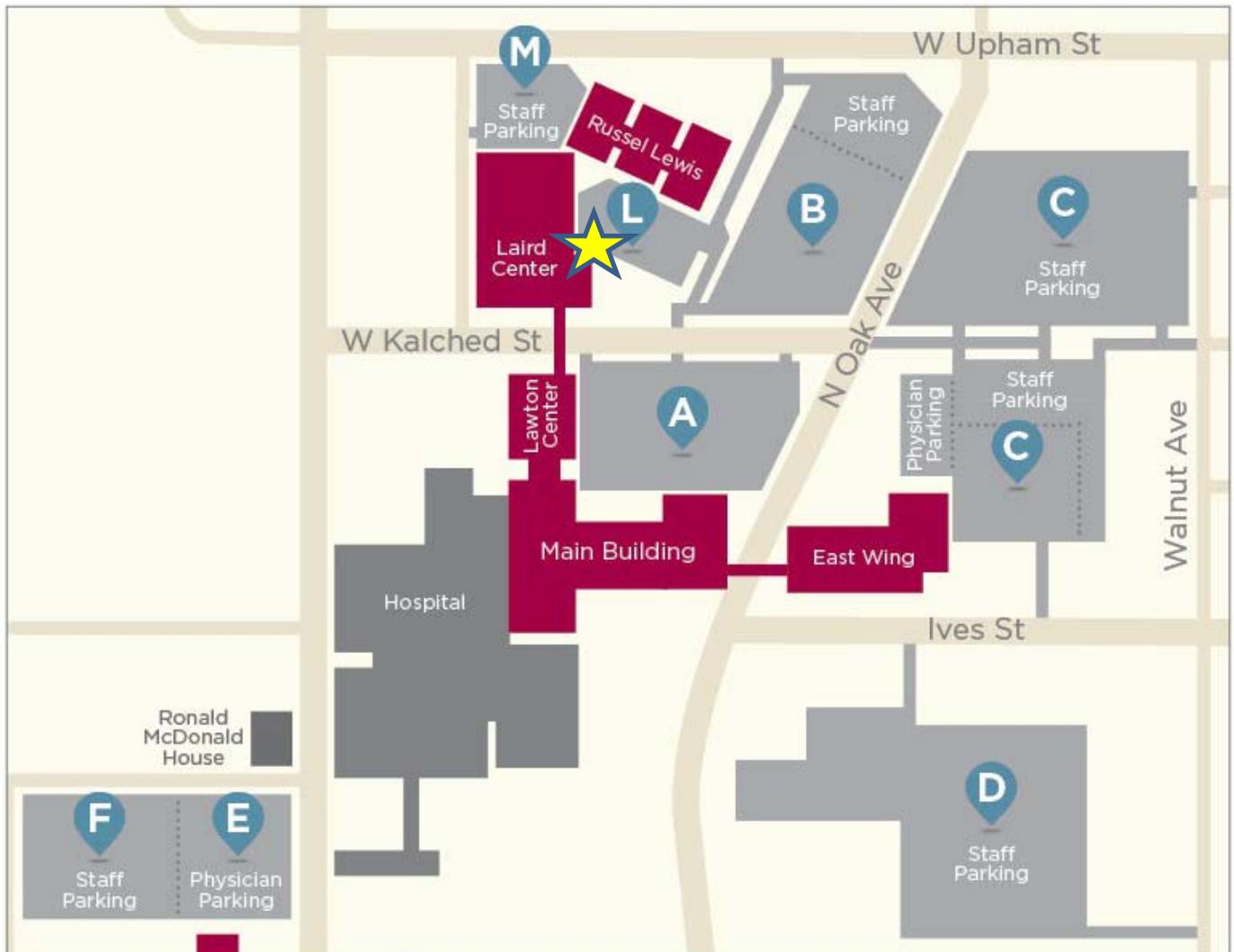
Fax: 715-389-3770

Further Information

Requests for further information should be directed to Tanya Esser, Marshfield Clinic CME at esser.tanya@marshfieldclinic.org, 715-389-3776 or 1-866-894-3622, ext. 9-3776.

Parking

Parking lot **B** is designated for conference participants. Marshfield Clinic employees must park in designated employee lots.





Marshfield Clinic

2015 Psychiatry & Behavioral Health Conference

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Name: _____ Degree: _____
(Please print)

Organization name: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____ Fax: _____

E-mail address: _____

Dietary Restrictions: _____

Registration Fees

Advanced registration is required. The registration fee includes continental breakfast, lunch, breaks, and all electronic course materials. Meal functions are intended for conference participants only. You will receive confirmation within two (2) weeks of registering.

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Thursday, April 23: \$65 _____	After April 9: \$90 _____
Friday, April 24: \$65 _____	After April 9: \$90 _____

ALLIED HEALTH & OTHER PROFESSIONALS

Both Days: \$75 _____	After April 9: \$100 _____
Thursday, April 23: \$40 _____	After April 9: \$65 _____
Friday, April 24: \$40 _____	After April 9: \$65 _____

Please circle payment type:

MasterCard[®] Visa[®] American Express[®] Discover[®] Check (Make check(s) payable to: Marshfield Clinic)

If you are paying by Visa[®], MasterCard[®], American Express[®], or Discover[®], please print below the name as it appears on the card and include account number and expiration date.

Print Name: _____ Account #: _____

Signature : _____ Expiration Date: _____

Return completed form and payment to:
Marshfield Clinic, Conference Registration – GR
1000 North Oak Avenue
Marshfield, WI 54449-5777
Phone: 715-389-3776
Fax: 715-389-3770