

Evidence-Based Treatment for Later Life Depression

FRIDAY, OCTOBER 11, 2019



Ann Steffen, Ph.D. ABPP, is a board-certified geropsychologist and Professor of Psychological Sciences at the University of Missouri-St. Louis. In addition to teaching, clinical supervision and research in mental health and aging, she has a part-time private practice with older adults and family caregivers.

Susan Ogland-Hand, Ph.D., is a geropsychologist in private practice in Grand Rapids, MI and is Adjunct Assistant Professor of Psychiatry at Michigan State University. She focuses on family caregiving, treatment-resistant depression across the adult lifespan, and personal and family adjustment

to chronic health problems including neurocognitive disorders. She co-authored the book "Assessing & Treating Late-life Depression: A Casebook and Resource Guide."

Overview: Depression is the second leading cause of disability in the US. Specific groups of older adults are at risk but underserved due to the national workforce shortage of behavioral health providers trained in aging. This workshop trains clinicians to identify and respond to age-related challenges in depression assessment and intervention. Topics covered include use of a Cognitive Behavioral Therapy conceptualization to inform assessment, development of treatment goals, and implementation of CBT approaches with middle-aged and older adult clients. This approach includes screening for cognitive impairment along with utilizing common modifications to behavioral activation (rationale, assessing, systematically tracking, and increasing pleasant events over time), relaxation training, mood monitoring, and cognitive reappraisal that are helpful for many older clients. Further, training will address ways to use printed aids provided at the workshop to help with communication, structuring sessions and maintaining focus - all critical to effective and professionally rewarding treatment with this complex population.

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| <p>Objectives:</p> <p>At the conclusion of the workshop, the participant will be able to:</p> <ul style="list-style-type: none"> Describe age-related features of depression & select age-appropriate assessments. Identify key considerations in psychotherapy with middle-aged and older adult patients. Implement at least one evidence-based modification for CBT with older adults. Develop a personal plan for implementing evidence-based strategies for depression. Create a professional development plan for further competencies working with middle-aged and older adults. | <p>Who Should Attend:</p> <p>This intermediate level workshop is appropriate for social workers, psychologists, counselors, case managers, peer support specialists, nurses and nurse practitioners, and other helping professionals</p> | <p>Schedule:</p> <p>8:00 – 8:30 (ET) 8:30 – 10:00 10:00 – 10:10 10:10 – 11:40 11:40 – 12:50 12:50 – 2:20 2:20 – 2:30 2:30 – 4:00</p> | <p>Registration Later-Life Depression Features & Assessment domains Break Assessment tools in practice & Treatment Planning Lunch (on your own) Behavioral Activation Break Cognitive Reappraisal Strategies & Professional Development Resources</p> |
| <p>Questions and Auxiliary Aids</p> <p>To register: visit www.parkcenter.org or contact Morgan Taylor, Workshop Registrar at (260) 482-9125, ext. 2019. For workshop questions: contact Emily Liechty at (260) 482-9125, ext. 2148 or E-mail address: emily.liechty@parkcenter.org</p> | | | |

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Featuring: **Ann Steffen, Ph.D., ABPP** and **Suzann Ogland-Hand, Ph.D.**

REGISTRATION FEE: \$150.00 / \$110.00 per person for four or more registrations submitted together from the same organization / \$55 for students. Light continental breakfast and training materials included. Lunch is on your own.

CANCELLATION: Up to 5 days prior, \$10.00 administrative fee; less than 5 days, non-refundable.

LOCATION: Grand Wayne Center ~ 120 W. Jefferson Blvd. ~ Fort Wayne, Indiana 46802 ~ (260) 426-4100.

LODGING: The Hilton Hotel is located in the Grand Wayne Center complex. Make your reservations by calling (260) 420-1100, ext. 7205. Or, visit www3.hilton.com.

PARKING: Parking is available for a fee within a two-block radius of the workshop location.

FACILITY ACCESSIBILITY: The Grand Wayne Center and Hilton Hotel are handicap accessible facilities. Please contact Morgan Taylor, Workshop Registrar, toll free (866) 481-2700, ext. 2019 if special accommodations are needed.

QUESTIONS OR CONCERNS: Contact Emily Liechty at (260) 482-9125, ext. 2148 or Morgan Taylor at ext. 2019

Workshop rooms are typically cool, please dress appropriately.

Continuing Education Credits

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| American Psychological Association | ↔ | Park Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Park Center maintains responsibility for this program and its content. Credit: 6 Continuing Education Hours. |
| Indiana Behavioral Health Board | ↔ | Approved provider of Category I continuing education for LSW, LCSW, LMFT, LMFTA, LMHC, LMHCA LCAC and LAC. However, licensees must judge the program's relevance to their professional practice. Credit: 6 Continuing Education Hours. |
| Indiana State Psychology Board | ↔ | Approved sponsor of continuing education programs for psychologists. Credit: 6 Hours. |
| Indiana Law Enforcement Training Board | ↔ | Approved provider for training of Indiana law enforcement officer and support personnel. Credit: 6 Continuing Education Hours. |
| National Board for Certified Counselors | ↔ | Park Center is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Credit: 6 Continuing Education Hours. |
| NAADAC - The Association of Addiction Professionals | ↔ | Approved NAADAC education provider. Credit: 6 Continuing Education Hours. |
| Ohio Counselor, Social Work, Marriage & Family Therapist Board | ↔ | Approved sponsor of continuing education programs. Approved for counselors and social workers only. Provider number: RCS038704 Credit: 6 Hours. |



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October 11, 2019

Registration Deadline: 10/4/19

Name: _____
Degree: _____
Organization: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Day Phone: _____ Evening Phone: _____
E-mail: _____

Indicate Continuing Education Credit Requested

- APA NAADAC LCSW LMFT/LMFTA LMHC/LMHCA LSW
 LAC/LCAC ISPB/HSP ILETB NBCC Ohio CSWMFTB

Method of Payment

Check enclosed (payable to Park Center, Inc.)
Amount Enclosed \$ _____
Charge my Mastercard VISA Discover
 Mastercard/VISA Debit American Express
Card Number _____
Exp. Date: _____
3-Digit CVV Code or 4-digit AMEX Code _____
Cardholder* Name (print): _____
Cardholder Address (include zip code*): _____

Signature: _____

Mail Checks & Registration Form To:

Morgan Taylor, Workshop Registrar, Park Center, Inc.,
909. E. State Blvd., Fort Wayne, Indiana, 46805