

UNDERSTANDING MENTAL DISORDERS: PERSONALITY DISORDERS, ANXIETY, & DEPRESSION

Instructor: David Longo, Ph.D.

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:40 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

7:45 AM to 8:30 AM – Registration

8:30 AM to 10:00 AM – Morning Session

- **Elements of Personality:** How We Become Who We Are.
- **Cognitive Appraisals:** Do We Perceive Reality? Do We Feel the Way We Think?
- **Genes and Mental Disorders:** Do we Inherit Abnormal Behavior?
- **Personality Disorders:** Three Clusters of Relationship Killers.
- **Worship Me—What I Want, What I Think, and What I Feel:** Narcissistic Personality Disorder.

10:00 AM to 10:10 AM – Break

10:10 AM to 11:30 AM – Mid-Morning Session

- **What Just Happened Here?** The Person with Borderline Personality Disorder.
- **Coping With Difficult Behaviors:** Avoidant, Dependent, and Paranoid Personality Disorders.
- **Self-Centered and Guiltless with Loss of Empathy:** Antisocial Personality Disorder.
- **Chronic Stress and the Brain:** How Self-Defense Turns Into Self-Destruction.
- **Early-Life Traumatic Stress:** A Powerful Path to Mental Illness.

11:30 AM to 12:20 PM – Lunch

12:20 PM to 2:00 PM – Afternoon Session

- **Anxiety Disorders:** Diagnostic Pitfalls and Treatment Options for Fear Out of Control.
- **Medical Conditions That Can Cause or Mimic Anxiety:** Adverting Disaster.
- **Dental Anxiety:** Managing the Anxious Dental Patient.
- **Obsessive- Compulsive Disorder:** Is this Compulsive Gambling and Hoarding?
- **Posttraumatic Stress Disorder:** The Unrelenting Power of Flashbacks; CPT, PET, and EMDR Treatments.

2:00 PM to 2:10 PM – Break

2:10 PM to 3:40 PM – Mid-Afternoon Session

- **Major Depressive Disorder:** DSM-5 Criteria; Effects of Hormones, Insomnia, Stress, and Chronic Pain.
- **New Treatment Guidelines for Depression:** Medication and Cognitive Therapy.
- **Depression and Suicide:** Medication Risks; Postpartum Depression.
- **Complementary Measures to Treat Depression:** Exercise, Dietary Strategies, Transcranial Magnetic Stimulation, Electroconvulsive Therapy (ECT), and Vagal Stimulation.
- **Bipolar Disorders:** Avoiding Diagnostic and Treatment Pitfalls; Medication and compliance problems.
- **Beyond “Either/Or” Thinking in Treatment:** Medications, Mindfulness, and Psychotherapy.

Evaluation, Questions, and Answers

6 CONTACT HOURS / www.INRseminars.com

MEETING TIMES & LOCATIONS

WESTPORT, MA	STURBRIDGE, MA	PEABODY, MA	NATICK, MA	RANDOLPH, MA	HADLEY, MA
Wed., Nov. 6, 2019	Thu., Nov. 7, 2019	Wed., Nov. 20, 2019	Thu., Nov. 21, 2019	Fri., Nov. 22, 2019	Sat., Nov. 23, 2019
8:30 AM to 3:40 PM	8:30 AM to 3:40 PM	8:30 AM to 3:40 PM	8:30 AM to 3:40 PM	8:30 AM to 3:40 PM	8:30 AM to 3:40 PM
White's of Westport	Sturbridge Host Hotel	Holiday Inn Peabody	Hampton Inn Boston	The Lantana	Hadley Farms Meeting House
66 State Road	366 Main Street	1 Newbury Street	319 Speen Street	43 Scanlon Drive	41 Russell Street Route 9
Westport, MA 02790	Sturbridge, MA 01566	Peabody, MA 01960	Natick, MA 01760	Randolph, MA 02368	Hadley, MA 01035

TUITION:

\$83.00 per person with pre-registration (\$98.00 at the door if space remains). Tuition includes a syllabus. (Group pre-registration rate: \$78.00 per person. To qualify, 3 or more registrations must be submitted together. Please list names of all registrants.)

TO REGISTER:

There are **four** ways to register:

- 1) **Online:** www.INRseminars.com
- 2) **By mail:** Complete and return the Registration Form below.
- 3) **By phone:** Register toll-free with Visa, MasterCard, American Express®, or Discover® by calling **1-800-937-6878**. (This number is for registrations only.)
- 4) **By fax:** Fax the completed registration form—including Visa, MasterCard, American Express®, or Discover® Number—to (925) 687-0860.

For all inquiries, please contact **customer service at 1-877-246-6336 or (925) 609-2820**.

Please register early and arrive before the scheduled start time. Space is limited. For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

Please check course date:

_____ Wed., Nov. 6, 2019 (Westport, MA)
 _____ Thu., Nov. 7, 2019 (Sturbridge, MA)
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REGISTRATION FORM

(This registration form may be copied.)

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Signature: _____

Please provide an e-mail address above to receive a confirmation and directions to the meeting site.

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UNDERSTANDING MENTAL DISORDERS: PERSONALITY DISORDERS, ANXIETY, & DEPRESSION



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6 CONTACT HOURS

A course for:

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Dietitians and DTRs
Psychologists
Mental Health Counselors
Addiction Counselors
Social Workers
Occupational Therapists & OTAs
Physical Therapists & PTAs
Recreational Therapists
Case Managers
Nursing Home Administrators
Massage Therapists
Other Health Professionals



Tuition \$83

ACCREDITATION

To obtain the 6 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 6 contact hours for nurses licensed in the states of Massachusetts, New Hampshire, Rhode Island, and Connecticut and includes one Rx contact hour of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1) and the Iowa Board of Nursing (#288) for 6 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 7.2 contact hours.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The Massachusetts, New Hampshire, Rhode Island, and Connecticut Boards of Pharmacy and the boards of pharmacy of all 50 states will accept, for credit toward license renewal, courses presented by an ACPE-accredited organization. The ACPE universal activity number (UAN) for this course is 0751-0000-19-044-L04-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 127843 and Performance Indicators: 9.1.3, 9.1.4, 9.4.1. CPE Level: I.



PSYCHOLOGISTS & MENTAL HEALTH COUNSELORS

New Hampshire Board of Psychologists will accept CE programs approved by NASW for Category A credit. INR courses are approved by NASW. The Connecticut Board of Examiners of Psychologists will accept courses approved by a behavioral science organization that is professionally or scientifically organized. This program has been approved for 6 Category I MaMHCA/MMCEP hours for re-licensure, in accordance with 262 CMR. Under Sponsor #00088989 and Approval #TRN1822330, CRCC has approved this course for six contact hours.

ADDICTION COUNSELORS

INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS

This program is approved by the NASW (Approval #886502971-9751) for 6 clinical social work continuing education contact hours.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

Massachusetts, New Hampshire, and Connecticut-licensed physical therapists successfully finishing this course will receive course completion certificates. The Rhode Island PT Board will accept courses offered by organizations accredited by AOTA.

RECREATIONAL THERAPISTS

This session content is CE Pre-Approved by NCTRC and the content meets the specialty certification area in Behavioral Health.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS

This program has been submitted for Continuing Education through NAB/NCERS for 6 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

MESSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.



ACCREDITATION (cont'd)

OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

INSTRUCTOR

Dr. David Longo (Ph.D.) is a part-time lecturer for INR. Dr. Longo is a clinical psychologist and neuro-psychologist who has presented hundreds of continuing education seminars to healthcare professionals across the United States. Dr. Longo received his doctoral degree in clinical psychology from Virginia Polytechnic Institute and State University (Virginia Tech). He has authored more than 50 scientific papers, journal articles, and books in the area of medical psychology. Currently, Dr. Longo has a private practice limited to patients with post-concussion syndrome, chronic pain, and post-traumatic stress disorders.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

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LEARNING OBJECTIVES

- Participants completing this course will be able to:
describe how the brain produces behavior and how learned patterns of behavior become a personality.
- list the personality disorders and explain how they disrupt relationships.
- discuss how to diagnose and treat the major anxiety disorders, including dental anxiety, and outline the effects of early life stress, medical disorders, and medications on anxiety.
- describe the characteristics of posttraumatic stress disorder and obsessive-compulsive disorder and explain why they are no longer grouped with anxiety disorders.
- outline the diagnostic criteria, course, and many treatment options for major depressive disorder and bipolar disorder.
- describe how the information in this course can be utilized to improve patient care and patient outcomes.
- describe for this course, the implications for nursing, dentistry, mental health, and other health professions.