

# 2015 Behavioral Health Workshop Series

8 TO 8:30 A.M. REGISTRATION | 8:30 A.M. TO 4 P.M. CLASS (BEGINS PROMPTLY)  
AURORA PSYCHIATRIC HOSPITAL • NORRIS AUDITORIUM • 1220 DEWEY AVENUE • WAUWATOSA, WI

**Saturday, January 17, 2015**

## **Ethics and Boundaries of Documentation**

**David Mays, MD**

Documentation is a long-neglected but crucially important aspect of mental health practice. Rather than reducing risk exposure, the electronic health record is exposing clinicians to greater privacy and boundary concerns. Internet and social media pressures are also changing the landscape of mental health care. This workshop will provide training on how and why to document, how to think about confidentiality in the medical health record, how to document risk assessments, and how the use of searches, e-mail, and social media are all changing our understanding of therapeutic boundaries.

### *Objectives:*

1. Recite the basic components of confidentiality and HIPAA.
2. Examine formats and important aspects of intake notes and progress notes.
3. Compile the requirements for doing risk assessments for suicidality and violence.
4. Describe how boundaries are changing between therapists and clients under the influence of the Internet.

### **Cost**

*\$175 - All medical doctors and doctors of osteopathic medicine*

*\$95 - Allied health care professionals*

*\$50 - Students*

**Contact hours: 6.5**

**Saturday, March 14, 2015**

## **Resilience: Analytical, Neuroscience and Spiritual Perspectives**

**Ashok Bedi, MD**

Resilience refers to a class of phenomena characterized by good outcomes in spite of serious threats to adaptation or development. Between the shores of illness and wellness lies the flow of the healing zone. This Neuroplastic zone has transformative properties for our mind, body and relationships. Carl Jung calls this the Psychoid; neuroscientists call this our Triune Brain. Contemporary neuroscientists have explored these mysterious zones in contemplative and meditative states. Jung proposed the concepts of the Psychoid Space and the transcendent function as the forerunners of the emerging neuroscience of the Neuroplastic Healing Zone that foster resilience. The converging findings from variable-focused and person-focused investigations of resilience focus on ego adaptation. Analytical Psychology focuses on transformation that springs from the Soul in the face of adversity. We will explore in a preliminary manner Jung's resilience as depicted in the Red Book. The presentation will start with a Resilience Assessment Test offered to participants. Experiential contemplative practices that foster resilience will be demonstrated, with an opportunity for participants to experience these practices.

### *Objectives:*

1. Summarize the converging findings from variable-focused and person-focused investigations of resilience.
2. Examine the neuroscientific research on resilience from many different perspectives, particularly in trauma research.
3. Discuss the Jungian Analytical perspective on resilience.
4. Utilize the concept of the Transcendent Function to harvest the transformative potential of crisis, trauma and the activation of the Resilience Response.
5. Practice contemplative techniques that enhance resilience.

### **Cost**

*\$175 - All medical doctors and doctors of osteopathic medicine*

*\$95 - Allied health care professionals*

*\$50 - Students*

**Contact hours: 6.5**

**Friday, April 10, 2015**

## **Science for Mental Health Professionals**

**David Mays, MD**

Keeping up to date about the latest science behind brain imaging, brain stimulation, neurochemistry, and genetics is a challenge for even the most obsessive - compulsive mental health professional. Let Dr. Mays do the work for you. This day-long workshop will describe and explain some of the latest findings in basic and applied science that are driving our research and leading to new treatments of the major mental disorders.

We will explore brain anatomy and function as revealed by functional MRI scans. Current brain stimulation techniques will be described, including transcranial magnetic stimulation and deep brain stimulation.

We will consider current views of neurons and microglia in the brain and their contributing role to the development of mental illness. We will look at genetics and the explosive field of epigenetics and how the behavior of our future grandchildren may be influenced by our lifestyle decisions today. We will also see how genetic markers are providing clues for the etiology of our most puzzling disorders and hope for innovative treatments.

No biochemistry degree is needed - only an interest in the science behind the human mind and a willingness to put aside your old preconceptions of how the world works.

### *Objectives:*

1. Describe a few fundamentals of neuroanatomy relevant for mental health practitioners.
2. Recognize the limitations of imaging the brain, particularly fMRI.
3. Be introduced to new technologies in deep brain stimulation and genetic manipulation.

### **Cost**

*\$175 - All medical doctors and doctors of osteopathic medicine*

*\$95 - Allied health care professionals*

*\$50 - Students*

**Contact hours: 6.5**

**Saturday, May 16, 2015**

## **Emotional Incest in Group Psychotherapy - Conspiracy of Silence**

**Robert S. Pepper, MD**

Participants will learn that abuses of power can occur when the boundary is blurred between therapy and not therapy in group treatment. Alterations of the frame always have consequences. Many clinicians take the frame of treatment for granted. In this case, the frame of treatment refers to the nature of the relationship between leaders and members and the nature of the relationship between the members themselves. This presentation assumes that the frame of treatment is a variable and that the manner in which group members know the leader and what they know, and the manner in which they know each other and what they know, all have a profound effect on the course and outcome of the treatment. Participants will also learn that there are at least eight possible dangers of blurred boundaries in treatment that can produce iatrogenic treatment reactions:

1. Breaches of confidentiality
2. Looping
3. The double bind
4. The pass along effect, or dumping
5. Gaslighting
6. Over-stimulation
7. The "Emperor's New Clothes" effect
8. Scapegoating.

### *Objectives:*

1. Discern the differences between boundary crossings and boundary violations in group psychotherapy.
2. Identify the eight potential dangers of blurred boundaries in group psychotherapy.
3. Analyze the symptoms of iatrogenic treatment reactions produced by blurred boundaries in group therapy.
4. Apply techniques to resolve resistances when working with difficult groups.
5. Understand the countertransference resistances to the effective utilization of induced aggressive feelings in group treatment

### **Cost**

*\$175 - All medical doctors and doctors of osteopathic medicine*

*\$95 - Allied health care professionals*

*\$50 - Students*

**Contact hours: 6.5**

*Continued*

# 2015 Behavioral Health Workshop Series

**Ashok Bedi, MD**, is a Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of Psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, and a Distinguished Life Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a training analyst at the Carl G. Jung Institute of Chicago. He is in private practice in Milwaukee and is the author of several books which may be previewed at his website [www.pathtotheshoul.com](http://www.pathtotheshoul.com). Crossing the Healing Zone is Dr. Bedi's fourth book, following *Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes* (BookSurge, 2007), *Retire Your Family Karma: Decode Your Family Pattern and Find Your Soul Path* (Nicolas-Hays, Inc., 2003), and *Path to the Soul* (Samuel Weiser, Inc., 2000). He is the liaison for the IAAP for developing Jungian training programs in India and travels annually to India to teach, train and consult with the Jungian Developing groups at several centers in India including Ahmedabad and Mumbai. He leads the annual "A Jungian Encounter with the Soul of India" study group at several centers in India under the auspices of the New York Jung Foundation.

**David Mays, MD, PhD**, is a licensed physician in the state of Wisconsin. He is Board Certified by the American Board of Psychiatry and Neurology, and has additional qualifications in Forensic Psychiatry. He is a Clinical Adjunct Assistant Professor on the faculty of the University of Wisconsin, Madison, with a dual appointment as faculty in the Department of Professional Development and Applied Studies. He is a Fellow of the American Psychiatric Association, member the Wisconsin Psychiatric Association, and a member of the American Academy of Psychiatry and the Law. Over the last 23 years, Dr. Mays has practiced psychiatry in a variety of settings, including an HMO, an assertive community treatment program, private clinical and forensic practice, and as the clinical director of the forensic program at the Mendota Mental Health Institute. This program is a 180-bed program with the only maximum security forensic unit in the state of Wisconsin. Dr. Mays was the treating psychiatrist on the most restrictive unit in maximum security, housing some of the most significantly impaired psychiatric patients in the state.

Dr. Mays has received numerous awards for his teaching and clinical work, including the Distinguished Service Award from the

Alliance for the Mentally Ill in Dane County, the Exemplary Psychiatrist Award from the National Alliance of the Mentally Ill, the Exceptional Performance Award from the Wisconsin Department of Health and Family Services, the 2006 Outstanding Professional Award from the Wisconsin Association on Alcohol and Other Drug Abuse, and the 2010 Outstanding Mental Health Professional Award from the Wisconsin National Alliance on Mental Illness. He is a highly sought after presenter on numerous topics in mental health, including psychiatric diagnosis and treatment, personality disorders, suicide and aggression risk management, mainstream and alternative treatments in psychiatry, and the biology of ethics.

**Robert S. Pepper, MD**, is the Director of Education and Training at the Long Island Institute for Mental Health in Rego Park, New York, Adjunct Professor of Behavioral Science at the New York Institute of Technology in New York City and is in private practice in Forest Hills, New York. Rowman & Littlefield has just published Dr. Pepper's book: "Emotional Incest in Group Psychotherapy--A Conspiracy of Silence"; he is also the author of numerous articles on the subject of ethics and boundaries in individual and group psychotherapy.

## Registration

To register, go to **aurora.physicianimprovement.com**. If you have an account,

- Login (or select Forgot Password or contact support if you need to retrieve your credentials)
- Under Available Educational Activities, click Live CME Activities
- Access course registration from the course listing

For cancellations or questions regarding workshops, contact Aurora Behavioral Health Services, Medical Staff Services, at 414-454-6606.

## Refunds

Cancellations two weeks prior to activity will be assessed a \$25 administrative fee. Cancellations one week prior to activity will be charged 50 percent of registration fee.

*\*Participants must attend the entire presentation to be in compliance with CME and APA for continuing education credits.*

## Course objectives

The objective of the *Workshop Series* is to improve the diagnostic and therapeutic capabilities in psychiatry and addiction medicine for psychotherapists, psychologists and physicians treating patients and their families.

## Statement of need

Programming for this series is based on the analysis of current primary caregiver needs, as requested by past attendees. The topics will be relevant to medical and associated allied staff. The audience will be solicited for comments about future topics.

## Conference prerequisites

None

## Target audience

The program is aimed at psychiatrists, psychologists, social workers, nurses and other allied health professionals who deal with mental health issues and addiction medicine.

## Conflict of interest disclosure statement

It is the policy of Aurora Health Care's Office of Continuing Professional Development to ensure balance, independence, objectivity and scientific rigor in all of its sponsored education activities. All participating faculty, course directors and planning committee members are required to disclose to the program audience any financial relationships related to the subject matter of this program. Disclosure information is reviewed in advance in order to manage and resolve any possible conflicts of interest. All faculty and planning committee members have attested that their financial relationships do not affect their ability to present well-balanced, evidence-based content for this activity. Specific disclosure information for each course faculty member will be shared with the audience prior to the faculty's presentation.

## Accreditation

Aurora Health Care is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

Aurora Health Care designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Aurora Behavioral Health Services is approved by the American Psychological Association to sponsor continuing education for psychologists. Aurora Behavioral Health Services maintains responsibility for the program and its content.

Course approval from the National Board of Certified Counselors (NBCC): 6559.

Aurora Health Care is an NBCC-approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Participants must attend entire presentation and complete evaluation form to be in compliance.

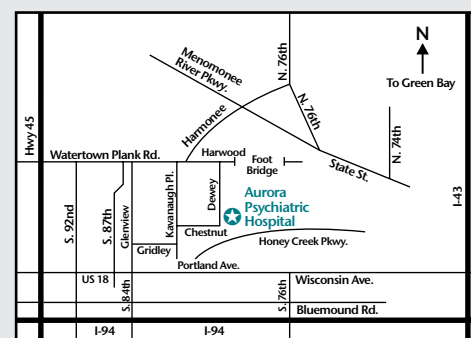
Course approval from Wisconsin Association for Marriage and Family Therapy: WAMFT714017.

For a complete list of all Aurora Health Care programs, go to [Aurora.org/CMEActivities](http://Aurora.org/CMEActivities).

Aurora Health Care subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you or anyone accompanying you require special assistance, please notify us at 414-454-6485.

## Planning committee

Cynthia Valentin, PhD, Chair; Jay Chrostowski, PsyD; Kate Connelly, MSW; Joseph Cunningham, PhD; Zobeida Diaz, MD; Jenni Frank; Larry Lenz, MS, MBA; Tracy Matt; Joy Mead-Meucci, MS, CSAC; Anthony Meyer, MD; Janet Rewolinski, RN, BSN; Nana Tabi, MD; and Pradeep Tatagari, MD.



## Aurora Psychiatric Hospital Norris Auditorium

1220 Dewey Avenue  
Wauwatosa, WI 53213

## Parking

Please park in the Village of Wauwatosa lots at the end of Harwood Avenue, next to the railroad tracks.

**Please save this information to register for future conferences.**