

# Outline

**DAY ONE:**  
**Brain Topography, Function, and “Normal Aging”**  
Temporal Lobe  
Frontal Lobe  
Parietal Lobe  
Occipital Lobe  
Impact of dementia on brain structure and functioning  
How we view the patient - compassion and sensitivity in your work

**Cognitive Disorder and “Forgetfulness”**  
“Normal aging” and ageism  
Transient Cognitive Decline  
Pre-cursor to dementia  
Mild Neuro-Cognitive Disorder

**Clearly Understand Diagnoses for Alzheimer’s Disease and Differentiate it from Other Dementias**  
Alzheimer’s  
Vascular  
Parkinson’s  
Lewy Body  
Frontotemporal  
Potentially reversible conditions  
Wernicke-Korsakoff

**Easy-to-Use Cognitive Assessment Tools**  
Mini-Mental State Examination  
SLUMS  
Clinical applications  
Administration and scoring  
Objective and subjective interpretation

**The Latest Medications and Preventative Treatments**  
Current medications  
Early and Mid-stage Alzheimer’s  
Mid and Late-stage Alzheimer’s  
Preventative treatments  
Alternate interventions

**DAY TWO:**  
**Mental Health Evaluation**  
Depression  
Major Depression  
Persistent Depressive Disorder  
Adjustment Disorder  
Grief  
Anxiety  
Schizophrenia  
Bipolar Disorder  
Alcohol Abuse  
Differentiate dementia and depression  
Practical applications

**Mental Health Interventions**  
Therapy modalities  
Cognitive-Behavioral Therapy  
Music Therapy  
Art Therapy  
Pet Therapy  
Garden Therapy

**Difficult Behaviors Related to Dementia: Triggers and Effective Intervention Techniques**  
Goals and general concepts  
Individualizing care - strengths and limitations  
Depression  
Delusions and hallucinations  
Potential causes and complications  
Agitation/restlessness - triggers and care planning  
Activities of Daily Living - structure and engagement strategies  
Tactics for verbal and physical combativeness  
Elopement - reduce risks and action steps  
Adapting as the disease progresses

**Sexual Intimacy in the Elderly**  
Sexual manifestation and expression  
Dementia and marital sex  
Assessment tools for ability to consent  
Sexual expressiveness and interventions for dignity

**Working with Caregivers: Family as Members of the Care Team**  
The most common questions from family  
Family dynamics  
Normalizing change  
Anticipatory grief counseling  
Caregiver self-assessment scale  
Caregiver stress, depression and guilt -- coping mechanisms  
Coping for the clinician

**Ethics**  
End of life issues  
Responsibility to patient  
Reporting abuse  
Power of Attorney  
Documentation

**Live Course & Webcast Schedule (both days)** (Times Listed in Eastern)  
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends  
  
For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

**Target Audience:**  
Social Workers • Nurses • Speech-Language Pathologists  
Psychologists • Counselors • Nursing Home Administrators  
Assisted Living Facility Administrators • Case Managers  
Long Term/Acute Care Professionals • Physical Therapists  
Occupational Therapists

# Objectives

1. Explore brain function in older adults, recognize the impact of dementia on brain structure and function, and determine the difference between “normal forgetfulness” and cognitive impairment.
2. Diagnose Alzheimer’s disease and distinguish it from other dementias by accurately identifying manifestations of each type and understand how these differences impact diagnosis and prognosis in older adults.
3. Articulate differences between the Folstein Mini-Mental Status examination, SLUMS, and MOCA as screening measuring tools for cognitive impairment and dementia.
4. Communicate answers to the most difficult questions family members ask regarding diagnosis and prognosis with confidence and sensitivity.
5. Detect triggers for delusions, resisting care, and combativeness and learn to defuse problem behaviors with clinical strategies that reduce risks and can be adjusted as the disease progresses.
6. Adapt clinical interventions used in-session to provide patients with individualized care and promote more effective participation in therapy.
7. Correlate patients’ strengths and limitations to potential therapeutic approaches when developing treatment plans for older adults with mental health issues or dementia.
8. Maximize support for your clients with tips and tactics for working in partnership with families to improve care and strengthen the therapeutic alliance.
9. Investigate the concept of caregiver guilt and its implications for the client, clinicians, and those caring for older adults with dementia
10. Analyze appropriate and inappropriate sexual behaviors in relationships impacted by dementia and effectively intervene when ability to consent is impaired.
11. Explore the ethical issues related to dementia and elucidate how end of life issues and elder abuse inform decisions regarding patient responsibility and documentation.
12. Effectively employ tools that assess for common mental health conditions found in the geriatric population including alcohol abuse, anxiety, and depression and learn to differentiate dementia from depression despite similar clinical manifestations.

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# The Aging Brain & Alzheimer’s Disease, & Other Dementias

Accurately Diagnose Dementing Conditions,  
Skillfully Manage Difficult Behaviors and  
Mental Health Issues, and Successfully  
Work with Family and Caregivers

**Columbia, MD**  
April 17 & 18, 2018

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- Clearly understand how to diagnose Alzheimer’s disease and differentiate it from other dementias
- Easy-to-use tools that assess for possible cognitive difficulties and identify underlying psychological conditions
- Get the most effective interventions for coping with combativeness, depression, and other difficult behaviors
- Powerful strategies for successfully working in collaboration with caregivers and family
- Explore the latest medications and preventative treatments related to cognitive decline

Accurately Diagnose Dementing Conditions,  
Skillfully Manage Difficult Behaviors and  
Mental Health Issues, and Successfully  
Work with Family and Caregivers

# The Aging Brain & Alzheimer’s Disease, & Other Dementias

**2-Day Certificate Course**



# 2-Day Certificate Course on The Aging Brain—Alzheimer’s Disease, and Other Dementias

Accurately Diagnose Dementing Conditions, Skillfully Manage Difficult Behaviors and Mental Health Issues, and Successfully Work with Family and Caregivers

Working with people suffering with dementia can feel overwhelming. You worry because your patients’ needs aren’t clearly communicated and you need a better way to reach them. Difficult behavioral issues like depression, agitation and resistance often get in the way of your ability to provide optimal care. Interventions and techniques that worked yesterday, don’t work today. Distressed families have a litany of questions and concerns, and you’re the one who needs to give the difficult answers. You even need to work with patients and their spouses regarding uncomfortable personal matters like sexual intimacy - issues they didn’t teach you about at school.

Roy D. Steinberg, PhD, is a gero-psychologist and nationally recognized speaker for professionals and laypersons on the assessment and treatment of individuals with Alzheimer’s disease. He has spent the last 30 years immersed in the Alzheimer’s and dementia field, providing evaluation, consultation, and psychotherapeutic services to older adults as well as outpatient consultation, education, and counseling services to their families and caregivers. Through his work, Dr. Steinberg has perfected the recipe of what works and what doesn’t with dementia patients and acquired the hands-on skills, techniques, and solutions you need to handle the challenges, answer your questions, and provide the best care possible.

In this critical 2-day workshop Dr. Steinberg will bring to life the tools, strategies, and therapeutic practices you need to best serve your older adult patients facing Alzheimer’s disease and other dementias, as well as significant mental health issues such as depression and anxiety. Return to your practice better able to evaluate, assess, and differentiate between different types of dementias and recognize underlying psychological conditions. Broaden your understanding of medications and preventative treatments, and understand their impact on older patients and your practice. Walk away with practical and easy-to-implement tools that effectively intervene in depression, anxiety, aggression and other psychological and behavioral presentations. Learn to put a game plan in place that maximizes support for patients in partnership with caregivers and family members.

**Key benefits of attending:**

- Gain a clear understanding of the diagnostic criteria for Alzheimer’s disease and other dementias.
- Sidestep problem behaviors – identify and understand triggers for delusions, resisting care, and anxiety.
- Up-to-date behavioral interventions to manage agitation and elopement, reduce risks, and allow you to adapt treatment as the disease progresses.
- Tools to recognize the most frequently seen psychological conditions in older adults.
- Therapeutic interventions related to mental health concerns.
- Tips and tactics for working in partnership with families to improve care.
- Learn how to handle sexuality and intimacy issues across the continuum of older adults with confidence and sensitivity.

In an energetic and uplifting style, Dr. Steinberg will draw you into the dire nature of dementia and leave you feeling empowered and eager to use your new skills.

**Don’t wait, sign up for this essential two-day course and get your Certificate in The Aging Brain - Alzheimer’s disease, and Other Dementias!**

**LIVE WEBCAST DETAILS**

**Join us on April 17 & 18, 2018, 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 and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$29.99 per CE Certificate for each additional participant.

**Register Now:** [800-844-8260](tel:800-844-8260) [pesi.com/express/61102](http://pesi.com/express/61102)

## Speaker

**ROY D. STEINBERG, PhD**, a gero-psychologist with over 22 years of experience, concentrates his work on diagnosing and facilitating treatment of individuals with Alzheimer’s disease and other forms of dementia. He has lectured nationally on the assessment and treatment of individuals with Alzheimer’s disease, and on increasing attention on caring for caregivers. Dr. Steinberg is the author of *Forgetting the Memories: A Caregiver’s Journey Through Alzheimer’s Disease* a guide for caregivers that draws upon his profound knowledge of the disease, its manifestations and treatment, and his great love and tenderness as the son of an Alzheimer’s patient.

Dr. Steinberg maintains a private practice in Los Angeles devoted exclusively to serving older adults and their caregivers. He provides evaluation, consultation, and psychotherapeutic services to older adults in nursing homes, assisted living, and medical facilities. Dr. Steinberg provides outpatient consultation, educational, and counseling services to families and other caregivers of older adults to facilitate coping with the process of dementia.


Dr. Steinberg is licensed in New Jersey, Pennsylvania, New York, and California. He received his PhD from the California School of Professional Psychology at Berkeley. He has been featured in numerous media venues, including television, radio, and print.

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Speaker Disclosure:

Financial: Roy Steinberg maintains a private practice. He is an author for AuthorHouse. He receives a speaking honorarium from PESI, Inc.

Non-financial: Roy Steinberg has no relevant non-financial relationship to disclose.



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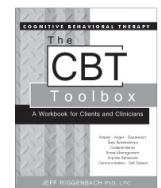


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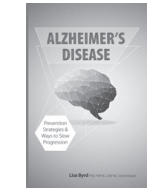
If you are interested in becoming a speaker or have a new topic idea, please contact **Ryan Bartholomew** at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or call **715-855-8225**.

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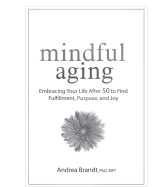
**The CBT Toolbox**  
*A Workbook for Clients and Clinicians*  
By Jeff Rigenbach, Ph.D., LPC

Theoretically sound, yet practical and easy to use, this resource guides you through evidence-based exercises. Not a “one strategy fits all” book or approach; it integrates research with practical application and exercises. Tools for depression, anxiety, impulsive and destructive behaviors, problem solving, toxic relationships, stress management and more.



**Alzheimer’s Disease**  
*Prevention Strategies & Ways to Slow Progression*  
By Lisa Byrd, PhD, FNP-BC, GNP-BC, Gerontologist

Filled with strategies, activities and approaches - cognitive interventions, exercise plans, diet solutions, ways to promote social engagement and medication treatments. Case studies and personal experiences highlight this must have resource for anyone working with Alzheimers, dementia and delirium patients.



**Mindful Aging**  
*Embracing Your Life After 50 to Find Fulfillment, Purpose, and Joy*  
By Andrea Brandt, PhD, MFT

The acclaimed *Mindful Aging* is full of exercises and tools to help you embrace a new mindset and blaze a new trail in your life fueled by passion, purpose, and creativity. Through research, inspiring stories of real people, and Dr. Brandt’s psychological insight, you’ll be able to claim the immense joy and love that are yours to have, the deep wisdom that is yours to share, and the exciting self-discoveries and contributions that are uniquely yours to make.

## Live Course & Webcast Continuing Education Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” 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](mailto: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 or beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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

**ETHICS:** This seminar qualifies for .75 hours of general ethics instruction. If ethics is not specified within your licensing board’s approval statement below, please contact your board to determine the applicability and amount of ethics allowed.

**COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**DISTRICT OF COLUMBIA COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**MARYLAND COUNSELORS:** This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**VIRGINIA COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

**NURSE PRACTITIONERS:** This program offers 45 instructional minutes of pharmacology content which is designed to qualify for .75 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.


**NURSING HOME ADMINISTRATORS:** This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NALTB) and approved for 12.5 clock hours and 12.5 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 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 12.5 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.

**MARYLAND PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



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**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for 12.5 ASHA CEUs (Intermediate level, Professional area).

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB). [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 11.75 (Clinical) and .75 (Ethics) continuing education clock hours for completing this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. No more than 12.5 total CE hours may be awarded for this activity.

**OTHER PROFESSIONS:** This activity qualifies for 760 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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