

OUTLINE

Mental Health Evaluation

- Depression
- Anxiety
- Alcohol Abuse

Cognitive Disorder and "Forgetfulness"

- Transient Cognitive Decline
- Pre-cursor to dementia
- Mild Neuro-Cognitive Disorder

Diagnostics of Dementing Conditions

- Alzheimer's
- Vascular
- Parkinson's
- Lewy Body
- Frontotemporal
- Reversible Conditions

Cognitive Assessment Tools

- Mini-Mental State Examination
- SLUMS
- Clinical applications
- Administration and scoring
- Objective and subjective interpretation
- Therapy modalities

Differentiate Dementia and Depression

- Clinical indicators of depression and anxiety
- Practical application

Psychopharmacology

- Early and Mid-stage Alzheimer's - Acetylcholinesterase Inhibitors
- Mid and Late-stage Alzheimer's - Neurotransmitter Glutamate
- Alternate interventions

OBJECTIVES

- 1 Analyze the impact of dementia on brain structure and function, and determine the difference between "normal forgetfulness" and cognitive impairment.
- 2 Differentiate dementias from one another by identifying manifestations of each type.
- 3 Articulate differences between the Folstein Mini-Mental Status examination and SLUMS and effectively utilize them as screening measure tools for cognitive impairment and dementia.
- 4 Employ adaptable behavioral interventions that can provide patients with individualized care and promote more effective participation in therapy.
- 5 Investigate the concept of caregiver guilt and its implications for the client, clinicians, and those caring for older adults with dementia.
- 6 Correlate patients' strengths and limitations to potential therapeutic approaches when developing treatment plans for older adults with dementia.

Target Audience

Social Workers • Psychologists • Occupational Therapists • Physical Therapists • Nurses • Speech-Language Pathologists
Counselors • Nursing Home Administrators • Assisted Living Facility Administrators • Long Term/Acute Care Professionals
Case Managers • Marriage & Family Therapists

Behavioral Interventions

- Intervention strategies for depression, poor appetite, verbal and physical combativeness, refusing ADL care
- Strategies for coping mechanisms for the caregiver and clinician

Working with Caregivers at Home

- Caregiver guilt
- Depression

Ethics

- Responsibility to patient
- Reporting abuse
- Power of Attorney
- Documentation

“Excellent presentation. I ABSOLUTELY RECOMMEND it to all Mental Health and Health Care professionals.”
— Mary Lou Hipolito, LCSW

Live Seminar Schedule

- 7:30 Registration/Morning Coffee & Tea
- 8:00 Program begins
- 11:50-1:00 Lunch (on your own)
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

A printable tool for helping clients manage their anxiety

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THE AGING BRAIN

Assessments, Treatments & Interventions for Alzheimer's Disease & Other Dementias

ARLINGTON, VA

Monday, May 20, 2019

ELLICOTT CITY, MD

Tuesday, May 21, 2019

TIMONIUM, MD

Wednesday, May 22, 2019

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THE AGING BRAIN

Assessments, Treatments & Interventions for Alzheimer's Disease & Other Dementias

- Explore the LATEST medications and preventative treatments
- Clearly understand diagnoses for Alzheimer's disease and differentiate it from other dementias
- Easy-to-use tools that assess for possible cognitive difficulties
- EFFECTIVE INTERVENTIONS for coping with combativeness, depression and other dementia related behaviors
- Powerful strategies for working successfully with caregivers and families

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THE AGING BRAIN

This dynamic, one-day program will help you more effectively understand and intervene with Alzheimer's disease and other dementias that affect your geriatric patients. In an energetic and uplifting style, Dr. Steinberg will introduce you to a recipe of what works and what doesn't with and for older adult patients and their care providers. Dr. Steinberg will address the cognitive implications of the aging process

in general, its effects on individual patients, and the pathological changes and functional manifestations specific to Alzheimer's disease and other dementias. Walk away with the tools necessary to differentiate the diagnostic criteria for various types of dementias seen in older adults, including Alzheimer's disease, Vascular Dementia, Parkinson's disease, Frontotemporal Dementia and Lewy Body Dementia. You will return to your practice better able to participate in interdisciplinary approaches in evaluation and treating Alzheimer's patients and their caregivers. Don't miss this 'one-of-a-kind' seminar.

Join geropsychologist Roy Steinberg, PhD, and walk away with:

- Behavioral interventions to engage patients with dementia to participate in therapy
- In-depth therapeutic approaches and practical strategies to use for ADL re-training and functional mobility for patients with Alzheimer's and dementia
- Strategies to strengthen and refine report writing/results
- Answers to your patients' and their families' concerns and fears related to the aging brain
- Tools to recognize underlying psychological conditions vs. dementia
- Evaluation and development of treatment plans for patients with dementia
- Cognitive interventions to maximize daily functioning

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 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.

Speaker Disclosures:

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.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Ryan Bartholomew at rbartholomew@pesi.com or call 715-855-8225.



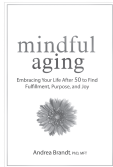
PESI Inc. is proud to offer this seminar (at these locations only) *free of charge* (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

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.



Anti-Burnout Card Deck: 54 Mindfulness and Compassion Practices To Refresh Your Clinical Work

By Laura Warren, MD, Mitch R. Abblett, Ph.D., Christopher Willard, Psy.D.

Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction.



The Cognitive Behavior Therapy (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.



Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 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 as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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

CASE MANAGERS: This course has been awarded 6.25 clock hours by the Commission for Case Manager Certification. Full attendance is required.

COUNSELORS: This intermediate activity consists of 6.25 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.

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VIRGINIA COUNSELORS: This intermediate activity consists of 6.25 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.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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 6.3 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

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 (NAB) and approved for 6.25 clock hours and 6.25 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 6.0 contact hours or .6 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 6.25 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.

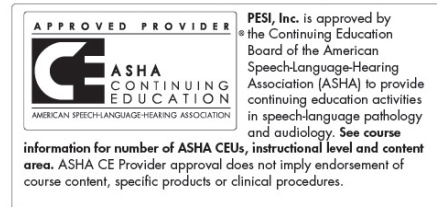
VIRGINIA PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

PSYCHOLOGISTS: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

DISTRICT OF COLUMBIA PSYCHOLOGISTS: Please contact our customer service department at 800-844-8260 or info@pesi.com for the most current information.

PENNSYLVANIA PSYCHOLOGISTS: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.



SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 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 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 6.25 (Clinical Practice) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 380 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.



How to Register

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*

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___ Seminar on CD* (audio) \$169.99 (RNA062655)

___ *Mindful Aging* book* \$16.99 (PUB085125)

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