

The Masters Series in Mental Health

BEGINNING NOVEMBER 2017

Choose from individual programs
or attend the entire series!



FOR ALL PROGRAMS

LOCATION MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville NC 28803

REGISTRATION PROGRAM 12:30 pm–1:00 pm
1:00 pm–4:15 pm

Early registration fees through 7 days prior to the start of each program.

PER WORKSHOP \$60.00 per workshop

FULL SERIES \$200.00 full series

GROUPS OF FIVE OR MORE FROM SAME AGENCY \$45.00 per workshop
(must register & pay at the same time)

Five or more participants from the same agency may register for the full series at a discounted rate of \$150.00 per person!

STUDENTS \$30.00 per workshop
(must provide student ID at check-in)

MAHEC EMPLOYEES FREE (must register to attend)

DESCRIPTION

The Masters Series in Mental Health is taught by Kim Masters, MD, a Harvard trained, innovative Psychiatrist with more than 40 years of experience in providing compassionate, individualized care to children, adolescents, and adults. Both prescribers and non-prescribers alike will find his 3-hour seminars to be insightful and empowering. Practical, evidence-based skills are offered to enhance and enliven any mental health practice, with a breath of fresh air. Dr. Masters gracefully presents a variety of mental health topics designed to improve understanding, initiate dialogue among practitioners, promote compassionate care, enhance expertise, and optimize well-being. A true master in the art and science of psychiatry, Dr. Masters has been providing “whole person care” for more than four decades.

AUDIENCE

Mental health professionals, including substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors, and other professionals interested in this subject.

FACULTY

Dr. Kim Masters received his undergraduate degree in English from Princeton University and his medical degree from Harvard Medical School. He completed his general psychiatry residency and child psychiatry fellowship at the University of California in San Diego. Dr. Masters is board certified by the American Board of Psychiatry and Neurology in general psychiatry and child psychiatry. He is a fellow of both the American Academy of Child and Adolescent Psychiatry and the American College of Physicians. He is also a member of the Association of Child Psychiatry and Psychology in Great Britain and the American Psychiatric Association.

Dr. Masters is a Clinical Assistant Professor in the College of Health Professions at MUSC, and Assistant Clinical Professor of Psychiatry at the Medical College of Georgia since 2003. He is a representative of the American Academy of Child and Adolescent Psychiatry to the Professional Training Advisory Committee (PTAC) of the Joint Commission since 2003. During the past two decades, Dr. Masters has presented more than 70 lectures on aggressive management, dual diagnosis, DSM IV, child abuse and autism, and cognitive behavioral therapy.

Dr. Masters has 16 publications, two audio presentations and a book titled *The Angry Child: Sleeping Giant or Paper Tiger*. He was the senior author of “The Academy of Child and Adolescent Psychiatry’s Practice Parameter on the Prevention of Aggressive Behavior in Psychiatric Facilities with a Focus on Seclusion and Restraint” and is part of the team updating the parameters. He also writes a column for the Academy of Child and Adolescent Psychiatry News on seclusion and restraint prevention.

PROGRAM #1

Insomnia: How and Why People Don’t Sleep

Thursday, November 16, 2017 (Snow Date: 11/29/17)

This practical workshop reviews various types of Sleep Disturbances—including Insomnias, Parasomnias, REM, and Circadian Rhythm Disorders—as well as Dietary influences and Medications that may cause sleep problems. Evidence-based therapies are discussed, including current psycho-pharmacological approaches and behavioral treatments such as CBT-Insomnia, Behavioral Activation Therapy, and Light Therapy. Participants are encouraged to bring examples of Insomnia problems for discussion.

Objectives

Upon completion of this workshop, participants will be able to:

- List at least six potential causes of Sleep Disturbance
- Describe evidence-based therapies for treating Sleep Disturbances
- Discuss optimal approaches for specific types of Insomnia



[Click here to view all available programs in this series and register online.](#)

PROGRAM #2

Childhood Disorders: Path to Violence

Includes One Hour of Ethics

Wednesday, January 17, 2018 (Snow Date: 1/24/18)

This workshop reviews common paths that lead children into violence toward others and toward themselves. Psychosocial, somatic, and pharmacologic treatment approaches are compassionately and realistically explored. Potential development of psychopathology, irritability, and psychosis are discussed as well as environmental and biological links to Adverse Childhood Events (ACEs). Parental discipline strategies and substance abuse as distinct influential factors are also integrated into this discussion. The “duty to warn” (Tarasoff vs. Regents), as a clinical obligation will be reviewed. Attendees are encouraged to bring clinical examples of violence issues for discussion.

Objectives

Upon completion of this workshop, participants will be able to:

- List the circumstances which adversely impact childhood development and may inadvertently steer children into repetitive patterns of violence
- Describe how parental discipline and substance abuse may influence the development of pathology and explore early intervention strategies that may increase positive outcomes
- Discuss ethical considerations and the mandated “duty to warn” using realistic examples of violence based on clinical practice

PROGRAM #3

Conversion Disorder and other Somatoform Disorders: Historical Context, Diagnostic Features, and Current Treatment

Wednesday, February 14, 2018 (Snow Date: 2/21/18)

Development and evidence-based treatment of Conversion Disorders is presented with a focus on interesting patterns of group Conversion symptoms in teenagers, as well as those which may occur in adult individuals. Somatoform disorders, Illness Anxiety Disorder (Hypochondriasis), Factitious Disorders, and Malingering are reviewed in the context of their origins and treatments. Attendees are encouraged to bring anonymous clinical examples of any of these illnesses to enrich group discussion.

Objectives

Upon completion of this workshop, participants will be able to:

- Describe primary features of Conversion Disorder which may develop in groups of teens, as well as symptoms of Conversion Disorder commonly noted for individual adults
- List origins and treatments, as well as key facets, of related disorders—including Somatoform Disorders, Illness Anxiety Disorder, Factitious Disorder, and Malingering—while discussing relevant clinical examples

DIRECTIONS

121 Hendersonville Road, Asheville NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

PROGRAM #4

Autism Spectrum and Related Disorders: Diagnosis and Treatment throughout the Life Span

Wednesday, March 14, 2018 (Snow Date: 3/21/18)

This workshop reviews the current diagnosis and presentation of Autistic Spectrum Disorders and highlights psychosocial, somatic, and pharmacological approaches shown to optimize management and promote success. Differences between childhood and adult presentations, the unique needs of each, and treatment approaches based on best-practice are compassionately discussed. Attendees are encouraged to bring clinical examples of difficult-to-treat cases, focusing on diagnosis, family issues, and symptom management.

Objectives

Upon completion of this workshop, participants will be able to:

- Identify diagnostic criteria and the key features present in Autism Spectrum Disorders
- List successful approaches—including psychosocial, somatic, and pharmacological interventions—that serve to promote symptom management and optimize function
- Describe at least three differences between childhood and adult presentation of Autism Spectrum Disorders

PROGRAM #5

How to Complete a Psychiatric Mental Status Exam: Clues to Psychopathology

Includes One Hour of Ethics

Wednesday, April 18, 2018 (Snow Date: 4/25/18)

This practical workshop offers a psychiatric format for conducting mental status exams when working with children as well as adults. A variety of clinical components are carefully explored, which may enrich assessment and optimally guide treatment. Rating scales, as well as the current strategy of “Treatment to Target” are included in this fascinating presentation. Several issues related to professional/client boundaries, which may occur during these exams, will also be reviewed from an ethical standpoint. Role play demonstrations will be employed to illustrate how various components of the exam are best recorded. Attendees are encouraged to bring questions and examples of ethical and logistical issues they have experienced while using Mental Status Exams in their respective clinical settings.

Objectives

Upon completion of this workshop, participants will be able to:

- Describe how to complete a psychiatric mental status exam for children and adults
- List and describe at least two rating scales as well as the main tenets and benefits of “Treatment to Target”
- Discuss ethical issues related to professional boundaries which may occur during mental status exams and how they might be best addressed

From 19-23 (I-26):

Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

CREDITS

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **3.0 hours** Category A. Full attendance is required to receive credit.



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. Approved for **3.0 hours**.



NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. Full attendance is required to receive credit. **3.0 hours**.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.3 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **3.0 Contact Hours**. Full attendance is required to receive credit.

REGISTRATION

Early registration fees up to one week prior of program start.

Registration fee is \$60.00, \$45.00 for groups of five or more from the same agency (must register and pay at the same time), \$30.00 for Students (must provide student ID at check-in), and free for MAHEC Employees. These fees include administrative costs, educational materials, and refreshments. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes unless prior written notification is given by individual attendees.

Send completed registration form to:

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

Fax to: 828-257-4768

1: #18MH011A/53259
2: #18MH011B/53278
3: #18MH011C/53279
4: #18MH011D/53280
5: #18MH011E/53283

The Masters Series in Mental Health

BEGINNING NOVEMBER 2017

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

SELECT EACH PROGRAM YOU WOULD LIKE TO ATTEND:

- 1:** Insomnia: How and Why People Don't Sleep **11/16/17**
- 2:** Childhood Disorders: Path to Violence **1/17/18**
- 3:** Conversion Disorder and other Somatoform Disorders **2/14/18**
- 4:** Autism Spectrum and Related Disorders **3/14/18**
- 5:** How to Complete a Psychiatric Mental Status Exam **4/18/18**
- All of the above programs

PER WORKSHOP: \$60.00 \$75.00 (7 days prior)

GROUPS OF FIVE OR MORE (same agency) \$45.00 \$60.00 (7 days prior)
(must register and pay at the same time)

STUDENTS: \$30.00 \$45.00 (7 days prior)
(must provide student ID at check-in)

MAHEC EMPLOYEES: FREE \$15.00 (7 days prior)

Total (per workshop fee x # of programs selected): _____

FULL SERIES: \$200.00 Late fee waived for full series.

GROUPS OF FIVE OR MORE (same agency) \$150.00 Late fee waived for full series.
(must register and pay at the same time)

Full payment must accompany all registrations (unless a payment plan has been approved in advance) or they will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

HAVE A QUESTION?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net or 828-257-4728



Special Services
828-257-4778

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803