



JOIN US VIA LIVE WEBINAR

February 2, 2024

# AGING WELL DURING THE WISDOM YEARS:

*Supporting Psychophysiological Well-being and Recovery*

**Location** Join us live via webinar

**Date** Friday, February 2, 2024

**Log-in** 8:30 am–9:00 am

**Program** 9:00 am–4:30 pm

## EARLY FEES AVAILABLE THROUGH 1/26/2024

<b>\$159.00</b>	General Registration Fee
<b>\$135.00</b>	Five or more from same agency (registering & paying at same time)
<b>\$80.00</b>	Peer Support Specialist and RN Refresher Student
<b>Free</b>	MAHEC Employee

[REGISTER ONLINE](#)

## DESCRIPTION

Generations currently moving into their elder years are enjoying greater health and longevity while often holding expectations for vibrant, healthy, and active lifestyles. Learn to meet the needs of elders with vitality through individualized treatment adaptations and evidence-based interventions to address mood, brain, and chronic pain challenges. Drawing from neuroscience, polyvagal theory, and contemplative approaches, join us to integrate strategies that support your aging clients in transmuting losses into strengths during the elder years while increasing resilience and enhancing overall health and well-being.

Join Dr. Alvis for an informative, experiential seminar to gain important knowledge and skills that will help your elder clients thrive. Take home brief interventions designed to transform lives and enhance treatment outcomes.

## FACULTY

**Debra Alvis, PhD**, is a licensed psychologist, meditation teacher, and therapeutic yoga instructor who has served aging populations for more than twenty years. She integrates neuroscience, polyvagal theory, and contemplative-based therapies with cognitive approaches to address the needs of elders, while optimizing wellness and vitality.

Dr. Alvis is an experienced and sought-after international presenter, well-known for her experiential and compassionate approach to teaching and clinical work.

## CONFERENCE AGENDA

<b>8:30–9:00</b>	Log-in
<b>9:00–9:15</b>	Overview
<b>9:15–10:15</b>	Brain & Cognitive Health
<b>10:15–10:30</b>	Mood and Treatment for the “New” Aging
<b>10:30–10:45</b>	Break
<b>10:45–11:30</b>	Mood and Treatment for the “New” Aging ( <i>continued</i> )
<b>11:30–12:15</b>	Overcome Grief and Loss
<b>12:15–1:15</b>	Lunch
<b>1:15–1:30</b>	Overcome Grief and Loss ( <i>continued</i> )
<b>1:30–2:30</b>	Living Well with Chronic Pain
<b>2:30–2:45</b>	Motivation for Change—Encourage & Sustain
<b>2:45–3:00</b>	Break
<b>3:00–3:30</b>	Motivation for Change—Encourage & Sustain ( <i>continued</i> )
<b>3:30–4:30</b>	Ageism & How to Debunk It

## OBJECTIVES

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

- Demonstrate how a polyvagal-informed approach can be employed to address mood and cognitive symptoms while also enhancing well-being.
- Analyze and explain how intersectionality influences ageism to assist in debunking stereotypes.
- Apply 3 steps for enhancing willpower and motivation.
- Create an individualized energy allocation plan to increase functioning for individuals with chronic pain.
- Apply a mindfulness-based grief model to help clients acquire a new perspective on loss.
- Articulate methods by which polyvagal-informed, contemplative-based approaches can be integrated with CBT to improve clinical outcomes.

## TARGET AUDIENCE

Mental Health Clinicians including Psychologists, Social Workers, Counselors, Marriage and Family Therapists, Nurses, and others interested in this topic.

## CREDIT OFFERINGS



**NBCC:** 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 their programs. Approved for **6.00 hours**.



**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **6.00 hours**.

**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 **6.00 hours** Category A.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **0.60 CEUs** as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **6.00 contact hours**.

## REGISTRATION

Event fees include administrative costs and educational materials. If your registration is received after the early registration 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 that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

*MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.*

### HAVE A QUESTION?



### Special Services

828-771-3490

### Program Planner

Barbara Warren, MSW, LCSW, LCAS, CFT  
828-257-4728 | [barbara.warren@mahec.net](mailto:barbara.warren@mahec.net)

### Registration Phone

828-257-4475

### Email

[registration@mahec.net](mailto:registration@mahec.net)

### Registration Fax

828-257-4768

### Mail

MAHEC Registration  
121 Hendersonville Road  
Asheville, NC 28803

### Online Registration

[mahec.net/events](http://mahec.net/events)

**Send completed registration to:** MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803

**Fax completed registration to:** 828-257-4768



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## REGISTRATION FORM

☐ Updated contact information Event #71939

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Occupation \_\_\_\_\_

Email Address \_\_\_\_\_

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

☐ Please remove me from the MAHEC mailing list

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Work County \_\_\_\_\_

### General Registration Fee

☐ \$159.00 ☐ \$174.00 if paying after 1/26/2024

### Five or more from same agency (registering & paying at same time)

☐ \$135.00 ☐ \$150.00 if paying after 1/26/2024

### Peer Support Specialist and RN Refresher Student

☐ \$80.00 ☐ \$95.00 if paying after 1/26/2024

### MAHEC Employees

☐ Free

*Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.*

☐ Check is enclosed ☐ Credit card information below

☐ Visa ☐ MasterCard ☐ Discover Card ☐ AmEx

Account # \_\_\_\_\_

Expiration Month/Year \_\_\_\_\_ / \_\_\_\_\_

Verification Code \_\_\_\_\_ (3 or 4-digit number)

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_