

as the area has four state parks and many local parks, beaches, hiking trails, and golf courses. It is the home of one of the largest concentration of artists in the Midwest. There are also numerous musical and theatrical events as well as opportunities for fine dining.

Session Information

seminars are held at the Landmark Resort in Egg Harbor, WI. A continental breakfast will be served daily. Casual dress is standard for all sessions.

Special Needs

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Session 1 - 5 Days

July 24- 28, 2023 9:00 am-12:15 pm

Donald Meichenbaum, PhD

David Meichenbaum, PhD

Title: Addressing the Mental Health and Academic Needs of "High- Risk" Children, Adolescents and Their Parents

Dr. Donald Meichenbaum, Phd., is a Distinguished Professor Emeritus from the University of Waterloo in Ontario Canada, from which he took early retirement just over 25 years ago. Since that time he has been Research Director of the Melissa Institute for Violence Prevention in Miami (www.melissainstitute.org). He is one of the founders of Cognitive behavior therapy, and in a survey of clinicians he was voted "one of the ten most influential psychotherapists of the 20th century."

He has received a Lifetime Achievement Award from the Clinical Division of the American Psychological Association and was Honorary President of the Canadian Psychological Association.

He has presented in all 50 U.S. states as well as internationally, and he has published extensively. His latest book is entitled "Treating Individuals with Addictive Disorders". He has just turned 83 years of age, and he has seven grandchildren.

Dr. David Meichenbaum is a New York State licensed clinical psychologist specializing in the diagnostic evaluation and treatment of developmental and mental health disorders. He is both the Clinical Director of the Behavioral Pediatrics Clinic and the Director of Community Consulting and Clinical Services at The Summit Center in Amherst, NY. for 18 years. Dr. Meichenbaum is a highly sought-after consultant for school districts, offering practical behavioral and educational strategies that focus on the social, emotional, adaptive, and behavioral development of students with autism spectrum and disruptive behavior disorders. Dr. Meichenbaum graduated with his doctorate in Clinical Psychology from the State University of New York at Buffalo.

Course Description:

This workshop discusses ways to use a multi-prong intervention approach designed to meet the mental health needs of students, along with their parents and educators. Given the lingering impact of the pandemic, school violence, and the disruptions due to natural disasters, there is an increasing need for the implementation of evidenced-based interventions. Ways to make schools safer, more inviting and inclusive, and academically more effective will be addressed. A student survivor-centered, goal-oriented, strengths-based life-span perspective, and ecologically-driven approach will be presented.

Learning Objectives:

Participants who engage in this education intervention will be able to:

- Identify issues emerging in our nation's classrooms
- Develop strategies to address those issues
- Utilize evidence-based, trauma-informed interventions
- Address the core tasks of treatment, particularly for high risk adolescents and their families

Monday

We will consider the nature of the challenges and the implications for both preventative and treatment interventions

How to intervene at the Universal (primary school-wide), Selective (secondary targeted), and Indicated (tertiary wrap-around services) levels will be addressed

We will explore the impact of Covid, school shootings, community violence, climate change, and ways to integrate high needs students in classrooms

How to make schools safer and more inviting will be discussed, and a Principal's Report Card for creating a safe and inclusive school will be presented

Tuesday

How to make schools more integrative and pedagogically effective

Inclusive programming considerations for students with autism and developmental disabilities

Building skills versus doing skills: Considerations and strategies for fostering student independence and reducing adult supports

What "expert" teachers do

Ways to increase the generalization and maintenance of skills being taught

Wednesday

How school personal need to use trauma-informed interventions

Evidenced-based interventions for children with externalizing and internalizing problems (e.g., emotional dysregulation)

Redefining consequences: Considerations and strategies for reducing challenging behaviors.

How to make an aggressive individual: Preventative and treatment implications How to incorporate

Emotional and Social Learning into school and home settings The increasing development of

Community-based schools

Thursday

Core tasks of therapeutic interventions and the trans-theoretical principles of behavior change

How to choose intervention programs wisely and avoid HYPE

Focus on the impact of Adverse Childhood Experiences, victims of natural disasters, and ways to bolster resilience in high-risk children and their parents

Discuss various cognitive behavioral interventions including TF-CBT, cognitive behavioral play therapy, and other related interventions

Discuss specific ways communities can bolster resilience

Friday

Focus on high-risk adolescence and their families

Session 2 - 5 Days

July 24-28 9:00 am-12:15 pm

Fred Heide PhD and Lee Becker

Title: Developing Attunement Skills Via Medical Improvisation

Frederick J. Heide, Ph.D. is Adjunct Professor at the California School of Professional Psychology at Alliant International University in the San Francisco Bay Area. There he was a member of the core faculty for 37 years and won both the Mas1.07e bBeT Q years

Learning Objectives:

Participants who engage in this education intervention will be able to:

Learn about literature documenting the importance of spontaneity and improvisational ability in medicine, psychotherapy, pharmacy, and other health-related fields

Understand Fu's (2019) classification of medical improvisation's goals and core skills into three categories: (a). Attunement (knowledge of self and others), (b). Affirmation (validation of self and others), and (c). Advancement (enrichment of self and others)

Review research demonstrating the importance of patient-centered communication in improving clinical outcomes, reducing malpractice suits, and enhancing patient satisfaction

Practice micro-communication skills via medical improvisation, including mindfulness, empathy, agreement, adaptation to feedback, comfort with failure, etc.

Tuesday

Session 4 - 5 days

July 31 – August 4, 2023 9:00 am-12:15 pm

Francis G. Lu, MD, DLFAPA

Title: Enhancing Gratefulness for Resilient Well-being Through the Mindful Viewing of Film

Francis G. Lu, MD, is the Luke & Grace Kim Professor in Cultural Psychiatry, Emeritus, at the University of California, Davis. As a Distinguished Life Fellow of the American Psychiatric Association (APA), Dr. Lu has contributed to the areas of cultural psychiatry including the interface with religion/spirituality, psychiatric education, diversity/inclusion, mental health equity, and psychiatry/film. He has presented at every APA Annual Meeting since 1984. He was awarded APA Special Presidential Commendations in both 2002 and 2016 for his contributions to cultural psychiatry, and in 2020, he received the APA Distinguished Service Award. In 2008, the Association for Academic Psychiatry awarded him its Lifetime Achievement in Education Award. In 2020, the Society for the Study of Psychiatry and Culture awarded him the Lifetime Achievement Award. In 2021, the American College of Psychiatrists awarded him its Distinguished Service Award, the first Asian American to be so honored since the award was presented annually from 1965. Websites: www.francislumd.com and <https://amazon.com/author/francislud>.

Course Description:

Learning Objectives:

Participants who engage in this education intervention will be able to:

Identify how film characters embody gratefulness as a way to resilient well-being so as to identify these strengths in themselves and in their patients.

Develop skills and practice techniques of viewing of films from a mindfulness perspective in which inspiring characters embody gratefulness as a means to resilient well-being for the purpose of renewing these qualities in their lives.

Understand the essential role of developing gratefulness as a way to resilient well-being.

Learn to help patients view films from a mindfulness perspective in which inspiring characters embody gratefulness as a means to resilient well-being for the purpose of renewing these qualities in patients' lives.

Monday

"Twenty-Four Eyes" 1954, directed by Keisuke Kinoshita, based on the 1952 novel of the same name by Sakae Tsuboi* (extended session to 1:15 p.m.)

Bonus evening film (non-CME): "Gratitude Revealed" 2022, directed by Louis Schwartzberg

Tuesday

"The Joy Luck Club", 1993, directed by Wayne Wang, based on the 1989 novel written by Amy Tan

Wednesday

"Departures" * 2008, directed by Y. Jir Takita

Thursday

"Babette's Feast" 1987, directed by Gabriel Axel

Bonus evening film (non-CME): "After Life" 1998, directed by Hirokazu Kore-eda

Friday

"Tokyo Story" 1972, directed by Yasujir Ozu

Session 5 - 5 days

July 31 – August 4, 2023 9:00 am-12:15 pm

John Luo, MD

Title: Information Technologies in Mental Health

Course Description:

Over the last twenty years, information technologies (IT) have played an increasingly vital role in the delivery of healthcare. Ready information access on the Internet was the first intersection of IT and healthcare, which began to change the dynamic between patient and provider. Electronic health records, telemedicine, and medical applications on smartphones have now become ubiquitous in the delivery of healthcare. Social media, artificial intelligence, and virtual reality are playing an increasing role in terms of access, changing attitudes towards mental health, assessment of clinical acuity, and delivery of care. In this course, we will examine and explore the benefits, risks, and appropriate use of these technologies. At the end of this course, participants will have an improved understanding of the benefits, risks, and appropriate implementation of many technologies used in mental health services.

Learning Objectives:

Participants who engage in this education intervention will be able to:

- recognize the impact of social media with regards to decreasing stigma of mental health, influence on health seeking behaviors, and professional development
- assess smartphone applications with regards to scientific basis, privacy, security, and clinical in

Monday:

Session 7 - 2 days

August 7th – August 8th, 2023 9:00 am-12:15 pm

Michael F. Hoyt, Ph.D.

Single Session Thinking and Practice: One Session at a Time

Michael F. Hoyt, Ph.D. (Yale '76) is one of the originators (with Moshe Talmon and Bob Rosenbaum) of the Single-Session Therapy approach. He is based in Mill Valley, CA. He is a recipient of the APF Cummings Psyche Prize for lifetime cont7e 11 Tf 190.48 651.58 Td (-)Tj ET Q q 0 0 612 792 re W*1Mre.0064PQ q 0 0 612

Session 8- 2 Days

August 10-11, 2023 9:00 am-12:15 pm

Rebecca Anderson, MD

Title: Case by Case: Ethics for Mental Health Professionals

Rebecca Anderson, PhD, is Professor in the Department of Anesthesiology and Director of Integrated Mental Health in Pain Management Center at MCW. She is the author of over 70 peer reviewed articles, 6 book chapters, and 2 books. She serves as Secretary of the WI Examining Board and is currently a board member of WPA. Clinically she is a member of a comprehensive pain management program which encompasses musculoskeletal pain, neuropathic pain, and headaches working with Anesthesia, Neurology, and Physical

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***The deadline for claiming credit is December 31, 2023, after which you **will not** be able to obtain 0 612 792 re W* n BT XT0 1*