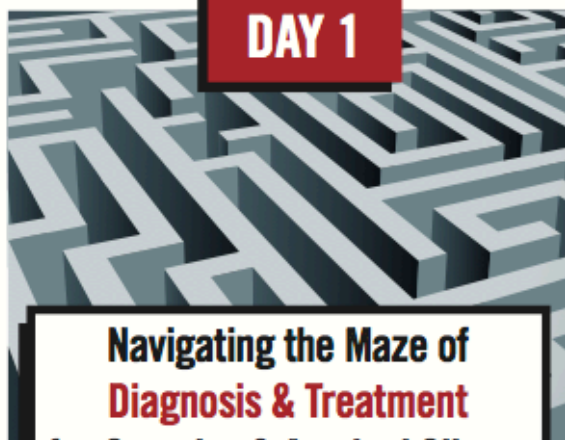


OCTOBER 2014 TWO-DAY CONFERENCE

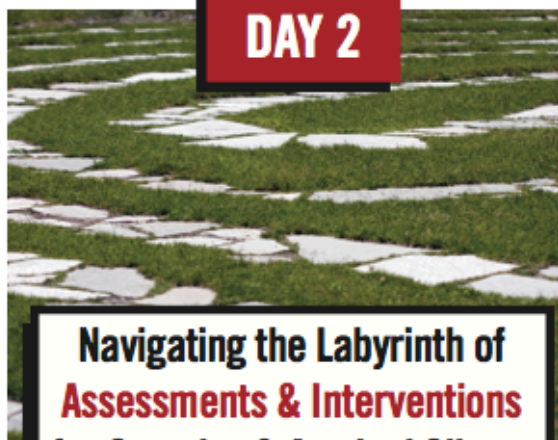
Collaborative Perspectives on
**BIPOLAR SPECTRUM
DISORDERS**

DAY 1



**Navigating the Maze of
Diagnosis & Treatment
for Complex & Atypical Clients**

DAY 2



**Navigating the Labyrinth of
Assessments & Interventions
for Complex & Atypical Clients**

**Attend the day of your choice or
attend both days at special tuition!**

TWO LOCATIONS TO CHOOSE FROM

Fife, WA

Emerald Queen Conference Center
(Smoke free/Separate from casino/Easy parking)
October 15 & 16, 2014

OR

Lynnwood, WA

Lynnwood Convention Center
(Centrally located near I-5 & 405/Easy parking)
October 22 & 23, 2014



**Register by September 19th
for special tuition discounts**

*Two great seminars covering the latest information on
bipolar spectrum disorders from the fields of psychiatry,
medicine, and clinical psychology.*



COURSE DESCRIPTION

Bipolar Spectrum Disorders: Maze or Labyrinth?

A MAZE is a confusing pathway that has many branches, choices of path and dead-ends.

A LABYRINTH has a single through-route with twists and turns but without branches

Two great days covering the latest information for bipolar disorders from the fields of psychiatry, medicine, and clinical psychology: What causes bipolar? Genetic? Biological? Environmental? What is known about the causes and the factors that affect the course of the disorder? What are the different types of bipolar? What is the role of psychiatrist, psychologist and other health professionals in the treatment and management of the disorder? What are the risk factors? What are the most effective treatments and what are some useful ways of self-management of bipolar disorder? What remains to be learned about the disorder and its treatment and what are we going to see in the future?

DAY 1

Bipolar: Navigating the Maze of Diagnosis & Treatment for Complex & Atypical Clients

A paradigm of “**bipolar spectrum disorders**” is shaping up in the research literature and in clinical practice. The breadth of bipolarity is not represented in the DSM5. Although there is much research into the genetic of bipolarity, it is often difficult to translate this information into clinical practice. The net effect of the broadened boundaries of bipolarity is encroachment into the terrain of the “unipolar” anxious-depressions. However, the diagnosis and management of mild bipolar disorders can be difficult because they present with only fragments of the severe forms. The concept of the bipolar spectrum is a hot topic in both clinical psychiatry and clinical counseling.

DAY 2

Bipolar: Navigating the Labyrinth of Assessments & Interventions for Complex & Atypical Clients

Mood disorders are considered to be one of the leading causes of disability worldwide, and are associated with a significant social and economic burden. A history of over-diagnosis, under-diagnosis and misdiagnosis exists. Clinicians are being called to a better understanding of bipolar. The psychology and the science of “bipolar spectrum disorders” has been both broadened and softened. Clinical assessments and interventions are challenging. This seminar strives to encourage clinicians to combine an intellectual understanding with an intuitive sense of knowing for care pathways relevant to “**bipolar spectrum disorders**” complexities.

DAY 1

The Maze

Bipolar: Navigating the Maze of Diagnosis & Treatment for Complex & Atypical Clients

8:00 am	Registration/Sign-in	1:30 pm	Afternoon Session Begins
9:15 am	Seminar Begins	4:45 pm	Seminar Concludes
12:30 pm	Lunch (on your own)		
5:00 pm	You're invited to stay for additional Q&A time with speakers		

CONTENT

- Historical Origins For Bipolar Symptoms: Mania, Hypomania, Depression, Mixed
- Epidemiologic Considerations and Risk Factors: Incidence and Prevalence; Biological Concomitants of Mood Disorders: Physiological Changes; Genetic Considerations
- The Brain and Bipolar Disorder: Hypothesis—Bipolar disorder is largely a metabolic disease; Bipolar Disorder is a Neuropsychiatric Manifestation of Systemic Metabolic Disease
- Behaviors in Psychotherapy Suggestive of Bipolar Disorder; The Emergence of the Bipolar Spectrum--Validation along Clinical-Epidemiologic and Familial-Genetic Lines.
- DSM5 Bipolar I, II & Cyclothymic, plus Evidence for Bipolar III And IV and Prototype-matching Diagnosis as an Alternative to DSM5
- Current Disagreements about the Boundaries of Affective Disorder Subtypes
- Pharmacological Treatments: Available Mood Stabilizers Classes—Lithium, Anticonvulsants, Antipsychotics, and Tamoxifen; Adjunctive Treatment for Bipolar Depression: Antidepressants, ECT/TCMS, Psychostimulants, Ketamine
- Clinical Considerations: Communicating with Primary Care Providers; Patient-Driven Iatrogenic Injury Is Common In Bipolar Disorder; Case Management of Associated Health Care Professionals

SPEAKERS



Jerry Mixon, MD



Jon Berner, MD, PhD

OBJECTIVES

1. **Understand** the "Bipolar Spectrum Disorders"
2. **Recognize** diagnostic difficulties of mild bipolar disorders
3. **Increase your knowledge** regarding "Bipolar spectrum disorders"
4. **Gain an understanding** of bipolar spectrum disorders and **improve** diagnostic ability
5. **Examine** the literature on metabolism relative to other organs and how bipolar disorder is a neuropsychiatric manifestation of systemic metabolic disease
6. **Develop** case management skills for communicating and coordinating with other health care providers

A MAZE is a confusing pathway that has many branches, choices of path and dead-ends.

DAY 2

The Labyrinth

Bipolar: Navigating the Labyrinth of Assessments & Interventions for Complex & Atypical Clients

8:00 am	Registration/Sign-in	1:30 pm	Afternoon Session Begins
9:15 am	Seminar Begins	4:45 pm	Seminar Concludes
12:30 pm	Lunch (on your own)		
5:00 pm	You're invited to stay for additional Q&A time with speakers		

CONTENT

- DSM5 Relevant Changes; Controversies for Bipolar and Related Mood Disorders
- Role of Environment and Lifestyle on Bipolar; The Role of Temperament in Bipolarity; Risk Factors
- Overview of "State of the Art Psychological Treatments" for bipolar spectrum disorders
- Psycho-Education; Taking a Different Direction toward Bipolar Therapy; Communicating a Practical and Empathetic Understanding
- Practical Bipolar Assessment tools
- Mood Monitoring Tools
- Pathways to Treating Bipolar Spectrum Disorders
- Bipolar-Specific Cognitive Behavioral Therapist (CBT)
- Interpersonal Therapy with Social Rhythm Therapy (IPSRT)
- Family-focused Therapy; Mindfulness Training
- Lifestyle Factors that Support Mood Regulation; The importance of sleep, exercise, reducing stimulation, managing stress, etc.
- Co-occurring Psychological Problems: anxiety and substance abuse
- Motivational Interviewing for Medication and Psychological Treatment Adherence
- The Labyrinth Pathway for Treatment and other conclusions

SPEAKERS



Mary O'Leary, PhD



Samara C.K. Fritchman, LMHC

OBJECTIVES

1. **Identify** the role of environment, lifestyle and temperament in bipolarity
2. **Utilize** different directions toward bipolar treatment and interventions
3. **Gain awareness** between the intellectual understanding of bipolar and an intuitive knowing of the disorder
4. **Develop** the use of practical assessment tools and therapy best practices: CBT, IPSRT, Family-focused and Mindfulness Training
5. **Examine** clinical psychological interventions, recognizing that treatment is palliative and not curative; how co-occurring psychological problems and lifestyle factors undermine treatment
6. **Develop skills** for creating a "care pathway"



A LABYRINTH has a single through-route with twists and turns but without branches

SPEAKERS



Jon Berner, MD, PhD
Psychiatrist

Dr. Berner is a board certified Psychiatrist in solo practice. He treats brain disorders, broadly defined, in all age groups. He typically sees patients with difficult bipolar and psychotic illness, complex pain, addiction, and undiagnosed neuropsychiatric syndromes. He has published multiple papers on new treatments. He is an active member in the Mitochondrial Research Society, the Biological Psychiatry Society, and the Washington Academy for Pain Management. For more details visit: www.woodinvillepsychiatric.com



Mary O'Leary, PhD
Licensed Psychologist

Mary is a Licensed Clinical Psychologist with more than 20 years of experience providing psychotherapy to adults, couples, teens, and parents. She is a National Speaker for PESI-CMI Education in the field of Motivational Interviewing. Mary is a clinical supervisor for Doctoral students in the PsyD program at Antioch University in Seattle. Her private practice is located in downtown Seattle at the Pike Place Market and she has a special interest in treating people with Bipolar Spectrum Disorders. For more details visit: www.maryolearyphd.com



Jerry Mixon, MD
Physician

Dr. Mixon is a board certified medical doctor who holds both a BS in Microbiology and an MD. He is board certified in family practice. He recognized a need to go beyond the traditional narrow focus of treating acute disease, and instead, find ways to improve health rather than just treating problems after they arise. Dr. Mixon has extensive experience and credentials in this emerging field. His weekly radio programs and frequent seminars are widely acclaimed. For more details visit: www.lmclinic.com



Samara C. Kezele Fritchman, MA, LMHC, CEAP, PhD[Ed]
Licensed Therapist, Professor, Employee Assistance Specialist

Samara is licensed clinical counselor, a nationally certified employee assistance professional and an employee assistance specialist—clinical. She has 35+ years of experience working with individuals spanning a variety of job classifications, ethnic backgrounds, and educational levels providing consulting, counseling and professional development training services as an external employee assistance professional. She is a National Speaker for PESI-CMI Education: Ethics, Multiculturalism, and Complex Clients. For more details visit: www.samdia.com

Continuing Education Credit Information

TARGET AUDIENCE: Counselors + Social Workers + Marriage & Family Therapists + Psychologists + Addiction Counselors + Case Managers + Other Mental Health Professionals

Continuing Education: Credits listed below are for full attendance at the live event only. If your profession is not listed, contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For further continuing education information contact CESeminarsNW at info@ceseminarsnw.com or 888-391-8518 before the event. Full attendance is required to receive full credit. Partial credit may be awarded if your board allows.

COUNSELORS: 6.0 contact hours/clock hours per day of attendance. CESeminarsNW, a division of A-C-E-Seminars, LLC, is approved to provide continuing education through Seattle Central College, an Institution of higher learning that are accredited by a national or regional accrediting body recognized by the Commission on Recognition of Postsecondary Accreditation, in accordance to Counselor continuing education requirements under WAC 246-809-602.

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PSYCHOLOGISTS: 6.0 contact hours/clock hours per day of attendance. Faculty providing CE offerings shall meet the training and the full qualifications of their respective professions in accordance with WAC 246-924-230. All faculty (seminar speakers) shall have demonstrated an expertise in the areas in which they are instructing. Psychologists

receive 6.0 hours per day of continuing education credit through Seattle Central College, an Institution of higher learning that are accredited by a national or regional accrediting body recognized by the Commission on Recognition of Postsecondary Accreditation. Full attendance is required, no partial credits will be offered for partial attendance.

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ADDICTION COUNSELORS: 6.0 contact hours/clock hours per day of attendance. CESeminarsNW, a division of A-C-E-Seminars, LLC, is approved to provide continuing education through Seattle Central College, an Institution of higher learning that are accredited by a national or regional accrediting body recognized by the Commission on Recognition of Postsecondary Accreditation, in accordance to Counselor continuing education requirements under WAC 246-809-602.

OTHER PROFESSIONALS: This seminar qualifies for 6.0 contact hours/clock hours as required by many national, state, and licensing boards and professional organizations. WAC 246-809-620: What are industry-recognized local, state, national, international organizations or institutions of higher learning? Recognized organizations or institutions include: Institutions of higher learning that are accredited by a national or regional accrediting body recognized by the Commission on Recognition of Postsecondary Accreditation. WAC 246-12-220: If continuing education is required for renewal, the practitioner must verify compliance by submitting a signed declaration of compliance. Each participant/attendee will be given a certificate of completion. Save your course outline/seminar brochure.

About CE Seminars NW

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Guarantee: Your satisfaction is our goal. If you are not satisfied with this seminar, we'll make it right.
Hassle-free Cancellation Policy: If you contact us prior to the seminar, you'll receive a certificate to attend future seminars, or receive a tuition refund, less a \$40.00 cancellation fee.

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www.CESeminarsNW.com

FAX

253-292-3737

MAIL

CE Seminars NW
2661 N. Pearl St. #407
Tacoma, WA 98407

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Please print clearly and attach a duplicate form for each person attending.

Name _____

Profession [] LMHC [] SW [] Psychologist [] MFT [] Other: _____

License Number # _____

Employer's Name (if applicable) _____

Address _____ Dept./Suite _____

City _____ State _____ Zip _____

Work Phone (____) ____-____ Cell Phone (____) ____-____

Email Address (Required—Confirmations are sent via email)

Please print email address clearly

2 CHOOSE both LOCATION and DAYS Attending

☐ FIFE, WA

Emerald Queen Conference Center
(Smoke free/Separate from Casino)
5700 Pacific Highway E.
Fife, WA 98424

- ☐ Day 1 October 15
- ☐ Day 2 October 16
- ☐ Both days

☐ LYNNWOOD, WA

Lynnwood Convention Center
(Central location/Easy Parking)
3711 196th Street S.W.
Lynnwood, WA 98036

- ☐ Day 1 October 22
- ☐ Day 2 October 23
- ☐ Both days

3 SELECT YOUR TUITION for DAY(S) Attending

BEFORE Sept. 19th

- ☐ Day 1 Only \$220.00
- ☐ Day 2 only \$220.00
- ☐ BOTH DAYS \$340.00

AFTER Sept. 19th

- ☐ Day 1 Only \$240.00
- ☐ Day 2 only \$240.00
- ☐ BOTH DAYS \$380.00

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