

THE NEWLY UPDATED DSM-5-TR:

— CLARIFICATION OF CHANGES & ADDITIONS —

PROGRAM/LECTURE

INTRODUCTION TO THE NEW DSM-5-TR:

- How the changes were made.
- The DSM-5-TR Collection/Resources.
- Brief history of the DSMs.
- Revised manual includes:
 - Noteworthy changes to criteria for more than 70 disorders.
 - Updates to descriptive text for the majority of disorders based on literature reviews.
 - A comprehensive review of the impact of racism and discrimination.

UPDATES TO TERMINOLOGY AND NOMENCLATURE

INTRODUCTION TO THE USE OF THE DSM-5-TR

- Information is of value to all professionals associated with various aspects of mental health care
- The use of "clinical judgement"

BREAK (15 MINUTES)

CULTURE, RACISM, AND DISCRIMINATION TEXT REVISIONS

- Cultural and Social Structural Issues
- Terminology and Culture
- Sex and gender differences

ASSESSMENT and MONITORING TOOLS

- What's available and where to find it

BREAK (15 MINUTES)

CODES and CODING UPDATES

- DSM-5-TR and ICD-10-CM
- Significant code changes with Substance-Induced Disorders
- Significant changes with Neurocognitive Disorders

DISORDERS: TEXT UPDATES

- Subtypes and specifiers
- Other Specified and Unspecified Mental Disorders
- Clarifying modification to Disorder Criteria Sets
 - Suicidal Behavior and Non-Suicidal Self-Injury
 - Unspecified Mood Disorder
 - Gender Dysphoria
 - Prolonged Grief Disorder
 - Autism Spectrum Disorder
 - Z Codes

CONCLUDING THOUGHTS

RESOURCES and LINKS

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) identify significant DSM-5-TR changes to criteria and descriptive texts.
- 2) review the DSM-5-TR updates to terminology and nomenclature.
- 3) review DSM-5-TR available tools and access helpful resources.
- 4) identify the text revisions in the DSM-5-TR for culture, racism and discrimination.
- 5) outline changes required due to DSM-5-TR updates to text and coding for billing accuracy.

INSTRUCTOR

Dr. Samara C. Kezele Fritchman (LMHC, EJD, PhD) is a Washington State-licensed mental health counselor (LMHC), a national certified counselor (NCC) through NBCC (National Board for Certified Counselors), a Certified Employee Assistance Professional (CEAP), and a Critical Incident Responder as a Certified Clinical Trauma Professional.

Dr. Fritchman holds a doctoral degree (PhD) in educational psychology and an executive juris doctorate (EJD: a law degree for those individuals who do not intend to become practicing attorney) from Columbus University. In addition, she obtained a master's degree in counseling psychology from St. Martin's College, and has been in private practice for 30 years. In her professional career, Samara has provided consulting, counseling, and professional-development services. She has over 40 years of experience working with all levels of staff, spanning a variety of job classifications, ethnic backgrounds, and educational levels within a wide variety of industries providing consulting, counseling, and professional development services. Dr. Fritchman currently provides tele-therapy for Employee Assistant Programs (EAP).

Dr. Fritchman is the presenter of several INR programs: "Ethics/Legal Issues for Mental Health Professionals," "Suicide Assessment, Treatment & Management, and Collaborative Management with Health Professionals," and "Diversity and Cultural Competence." Samara's presentations are derived from her work with complex clients. Samara's "Ethics" program is one of the longest-running national ethics seminars in the United States. Samara's use of humor, relevant examples, and the ability to elicit lively audience interactions help make a tough subject fun and the day fly by.