MENTAL HEALTH

#8750-16-LAAS
W, Dec 9
9am–4pm; check in at 8:30am
American Club
419 Highland Dr, Kohler, WI

Instructor:
David Mays, MD, PhD
Program Director:
Kristi Obmascher
Fee: $175
Credits: 0.6 CEU/6 hours of instruction; 6 CECH (CHES) contact hours
Level: Beginner to Advanced

Better than Okay: Moving Our Clients from Illness to Happiness

The traditional goal of health treatment has been to treat disease, not promote health. This workshop provides suggestions to get beyond neutral in our clients’ lives, using findings from neurophysiology and the science of positive psychology. The content focuses on what makes us mentally healthy, fulfilled, and happy—not simply free from misery.

Learning Objectives
• Describe the various models of mental health
• Define the major tenets of positive psychology
• Summarize strategies to help clients become mentally healthy, fulfilled, and satisfied

Free on-site parking.
A block of rooms is held at the neighboring Inn on Woodlake through Nov 6 at a rate of $119/night for a single or $139 for a double room. Call 800-344-2838 to reserve a room, and reference City Ledger 82B11V, University of Wisconsin–Madison group block. Registrants can also stay at the American Club for $169/night for a single room.

“Great presentation. I had fun and learned a great deal. I feel empowered to continue working on happiness with my patients.”

—Sarah Q Miner, Registered Nurse
Registration Form

To Register

Choose the method that works for you. Charge to your American Express, Discover, MasterCard or Visa, or make checks payable to UW-Madison. Use this registration form or any of the following methods.

1. Online

Online registration is available. See course descriptions at continuingstudies.wisc.edu/behavioral-health.

2. By phone—608-262-2451 800-725-9692 (Wisconsin Relay 711)

Register by phone 7am–4:30pm, Monday–Friday. Before you call please have the necessary information handy, including your credit card or purchase-order number.

3. By mail

Send your registration form, check (payable to UW-Madison) or credit-card information to UW-Madison Continuing Studies Registrations, Pyle Center, 702 Langdon St, Madison, WI 53706.

4. In person

Bring your registration form to the UW-Extension Registration Office, 702 Langdon St. Madison, WI 53706. The office is open 7:45am-4:30pm, Monday–Friday.

5. By fax—608-265-3163 800-741-7416

You may fax your registration form if you pay by credit card or provide a purchase-order number.

Registration Form

Please duplicate to register for multiple programs.

Help us keep our mail lists current: circle the code below that matches the mail code on the back of this catalog, even if the label is addressed to someone else.

UW#C5BHC  UW#C5BHD  UW#C5BHE  UW#C5BHE1  UW#C5BHE2

Are you a National Certified Counselor through the National Board for Certified Counselors (NBCC)?  □ Yes  □ No

Name

Address

street

city / state / zip

E-mail

Information used to contact you about your registration and for future marketing

Phone (          )

area code  daytime number / evening number

Program Name

Program Number

Program Date

Amount Enclosed

Please make checks payable to UW-Madison, 702 Langdon St, Madison, WI 53706

Credit Card:  □ MasterCard  □ VISA
  □ American Express  □ Discover

Credit Card #  Expiration Date

Cardholder’s Name

If you have a disability and desire accommodations, please contact the department offering the class. Requests are confidential. These programs are offered by UW-Madison in cooperation with UW-Extension.

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