You know there are many ways to earn the continuing education required to stay current in your profession. With UW-Madison's Behavioral Health programs, you will find a level of quality that you simply cannot get anywhere else.

We understand the skills that employers demand and our speakers are experts in their fields. Our classes adhere to principled academic standards guided by the UW-Madison mission and address the challenges you face in your job.

Aging and Long-Term Care
continuingstudies.wisc.edu/aging

An Overview of Key Issues in Geriatric Mental Health 3008-16-LAAS
Th, Nov 5 9am-3pm
Instructor: Suzanna Waters Castillo, PhD, MSSW
Fee: $135; Credit: 0.5 CEU/5 hours of instruction; 5 CECH (CHES) contact hours

Recognizing and treating the unique symptoms of late-life mental illness requires specialized knowledge. This course focuses on screening and treatment of depression and anxiety disorders in the elderly. Review best-practice screening tools, methods, and treatment approaches.

Learning Objectives
• Explain how late-life depression and anxiety present differently than midlife mental illness
• Apply valid, reliable, and age-specific tools to screen for geriatric depression and anxiety
• Identify evidence-based treatment modes for geriatric depression and anxiety
• Summarize the impact that pain has on the development of geriatric depression
• Identify five facts that are indicators of potential for elder suicide
• Differentiate among geriatric depression, dementia, and delirium

The Impact of Common Geriatric Conditions on Mental Health 3003-16-LAAS
Th, Nov 12 9am-3pm
Instructors: Ken Robbins, Board Certified Geriatrician and Beth Fahlberg, PhD, GNP, MSN, RN
Fee: $135; Credit: 0.5 CEU/5 hours of instruction; 5 CECH (CHES) contact hours

The interplay between late-life chronic health problems and mental illness is complex. This course focuses on best practices to minimize the impact of chronic disease on quality of life and mental health.

Learning Objectives
• Identify four chronic conditions that often occur in aging
• Identify the percent of adults 65+ who experience chronic pain
• Explain what percent of older adults do not report their pain
• Describe effective treatment for chronic pain in older adults
• Explain the relationship between cardiovascular disease and geriatric depression
• Define delirium and explain how, if untreated, it affects older adults
• List current treatment guidelines for common chronic geriatric diseases
• Collaborate to develop a treatment plan for an elderly person with a complex chronic disease and mental illness

Questions: Suzanna Waters Castillo, 608-263-3174, scastillo@dcs.wisc.edu
Forgiveness: A Pathway to Emotional Healing 3305-16-LAAS
W-Th, Oct 21-22 9am–4pm on Oct 21; 9am–2:30pm on Oct 22
Instructor: Robert Enright, PhD
Fee: $150/day, $275 both days; 0.6 CEU/6 hours of instruction; 6 CECH (CHES) contact hours day one; 1.0 CEU/10 hours of instruction; 10 CECH (CHES) contact hours both days
This program on the psychology of forgiveness addresses critical questions for anyone interested in bringing emotional healing to individuals, families, and communities: What is forgiveness? Why forgive? How do people forgive? How can we bring forgiveness to families, schools, the workplace, and other communities for better emotional health? Day two provides a deeper look at the psychosocial, emotional, and physiological healing that can be expected from forgiveness. Day two also addresses the role of forgiveness in the helping professions with applications for mental health counselors, life coaches, clinical psychologists, and other helping professionals.
Learning Objectives
• Describe how to teach children the art of forgiveness

Mindfulness Meditation from a Clinical Perspective 3318-16-LAAS
F, Nov 13 9am–4pm
Program Director: Barbara Nehls-Lowe
Fee: $150, Credits: 0.6 CEU/6 hours of instruction; 6 CECH (CHES) contact hours
This course begins with a review of the foundations of mindfulness meditation and identifying what the mind-brain system is. Throughout the day, practice and experience mindfulness meditation. Build the expertise to use this knowledge to support clients by increasing calm, reducing impulsiveness, gaining insight, and connecting with their innate desire to avoid suffering and seek happiness.
Learning Objectives
• Explain and demonstrate what mindfulness and mindfulness meditation are, and describe its limits and strengths
• Recognize what neuropsychology is and how it helps clients’ understanding of the change process
• Describe the mind-brain system in client-friendly language
• Show how to support clients in identifying and practicing mindful moments or pauses during their day and how to bring their insights into their sessions
Questions: Barbara Nehls-Lowe, 608-890-4653, bnehlslowe@dcs.wisc.edu

Effective Models for Treatment (Substance Abuse Class 5) 2725-16-LAAS
T, Nov 17 9am–4pm
Instructor: Flo Hilliard, MS
Fee: $140; Credit: 0.6 CEU/6 hours of instruction; 6 CECH (CHES) contact hours
This workshop covers successful treatment models and recovery-management tools.
Learning Objectives
• Compare group therapy and self-help groups as they relate to substance use disorders
• Summarize Cognitive Behavioral Therapies (CBT) and explain how to use CBT in treatment and relapse prevention
• Use Acceptance and Commitment Therapy (ACT) in treatment and recovery management planning
• Summarize the benefits of mindful meditation as a clinical intervention
Motivating Clients for Change (Substance Abuse Class 6) 2732-16-LAAS
W, Nov 18 9am–4pm
Instructor: Scott Caldwell, MA, CSAC
Fee: $140; Credit: 0.6 CEU/6 hours of instruction; 6 CECH (CHES) contact hours
This knowledge and skills-based class focuses on an evidence-based practice that motivates people to change behavior even in the most difficult circumstances.
Learning Objectives
• Explain what Motivational Interviewing (MI) is and why it succeeds
• Describe why MI is so effective even with the most difficult clients
• Explain how to use MI effectively with different populations and cultures
• Demonstrate listening for and supporting change-talk
• Demonstrate how to use MI to work effectively with difficult clients without having to be confrontational
Questions: Flo Hilliard, 608-265-2679, fhillard@dcs.wisc.edu

Substance Use Disorders
continuingstudies.wisc.edu/substance-use-disorders

General Information
For more Information: Kristi Obmascher, 608-262-8971, kobmascher@dcs.wisc.edu
Registration: Enrollment is limited: Register early at continuingstudies.wisc.edu/behavioral-health.
Location: Pyle Center, 702 Langdon St, Madison, WI; 608-262-1122
Directions and Parking Information: conferencing.uwex.edu/mtgspace_pyle.cfm
Please make your own travel and lodging arrangements.
Times/Fees/Continuing education hours: Check the program descriptions for specific course times, fees, and continuing education hours. The registration fee includes instruction, materials, CEUS, refreshments and a nonrefundable $25 administration fee.
Approved Continuing Education Hours for Human Services Providers: Programs provide continuing education hours and meet multiple continuing education requirements and standards for social workers, counselors, marriage and family therapists, psychologists, substance abuse counselors, certified health education specialists, and educators. Details at continuingstudies.wisc.edu/ceu-approved-hours.html
Cancellation Policies: Call UW-Extension Registration Services at 608-262-2451 (Wisconsin Relay 711) to find out the cancellation policy for a specific program. In the event of bad weather or other emergencies, call 608-263-4432 or visit continuingstudies.wisc.edu to learn whether a program has been cancelled.
Access, accommodations, and other information: If you require special accommodations because of a disability, or additional information, contact Kristi Obmascher at 608-262-8971 or kobmascher@dcs.wisc.edu. Requests are confidential.

Mental Health
continuingstudies.wisc.edu/mental-health