Mental Health and the Older Adult
Strengths-based Care Management
Friday, Feb 5, 9am-3pm; $135; Program #3010

Strengths-based care management for older adults has its roots in mental health care that seeks to empower clients. It is both a philosophy and set of methods that emphasize the resources and skills of older adults to create self-determined outcomes, developed through biopsychosocial assessment and collaboratively identified with the client. This seminar is open enrollment and part of the Geriatric Mental Health Care Management Certificate Program.

This seminar is designed to help you:
• Understand the purpose of strengths-based care management for older adults
• Define the core values underlying this approach
• Integrate the strengths-based approach into geriatric mental health care
• Demonstrate the application of the strengths-based assessment and plan
• Apply solution-focused interviewing

Instructor: Suzanna Waters-Castillo, PhD, MSSW is a Distinguished Faculty Associate. She is an educator and director of professional development in geriatric mental health. Dr. Castillo has more than 20 years of experience in higher education and earned her MSSW and PhD from the University of Wisconsin-Madison studying adult learning and social gerontology. Prior to this Suzanna worked in community based care for older adults and wrote long term care policy for the government. She has developed the Mental Health and Older Adult Certificate Series, the only regional, evidence-based training for professionals working with older adults.

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Interprofessional Continuing Education Certificate and Seminar Series
Mental Health and the Older Adult
Spring 2016

The University of Wisconsin–Madison Division of Continuing Studies offers a variety of professional development programs and courses for social workers, psychologists, therapists, marriage and family therapists, counselors, case workers, substance abuse professionals, health educators, and others. Learn about all our offerings at continuingstudies.wisc.edu/behavioral-health.

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Effective Psychotherapeutic Approaches for Older Adults

Friday, Apr 22, 9am-3pm; $135; Program #3014

This seminar is designed to help you:
• Practice skills in managing psychiatric problems in older adults, such as treating depression and anxiety.
• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
• Give examples of how psychotropic medications may result in adverse reactions.
• Better interpret nonverbal behaviors in persons with dementia.
• Apply indicators of well being in persons with dementia.
• Recognize the impact that detractors and enhancers of care have on persons with dementia.
• Define and apply the meaning of personhood and person-centered dementia care.
• Recognize the impact that dementia has on the quality of life of the individual and family.
• Explain the importance of the five basic psychosocial needs of persons with dementia.
• Apply indicators of well being in persons with dementia.
• Better interpret nonverbal behaviors in persons with dementia.
• Observe and understand clients and help them by using an emotionally focused therapy system.

Care That Matters: Providing Person-centered Dementia Care

Friday, May 20, 9am-3pm; $135; Program #3016

Examine the origins of person-centered dementia care as it evolved from the dynamic work of the caregivers and the clinical research for the (UK) dementia work group. Understand the psychosocial needs of persons with dementia, and explore the principles of needs-based care, which emphasizes education of caretakers and enrichers of person-centered dementia care. Case studies, discussion, and videos provide for an active learning environment.

This seminar is designed to help you:
• Identify and understand the six basic psychosocial needs of persons with dementia.
• Recognize the impact that dementia has on the quality of life of the individual and family.
• Explain the importance of the five basic psychosocial needs of persons with dementia.
• Apply indicators of well being in persons with dementia.
• Better interpret nonverbal behaviors in persons with dementia.
• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
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• Better interpret nonverbal behaviors in persons with dementia.
• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
• Give examples of how psychotropic medications may result in adverse reactions.

Mental Health and the Older Adult

Dementia: Assessing and Addressing Challenges

Friday, Feb 19, 9am-3pm; $135; Program #3012

Meeting the needs of an individual diagnosed with dementia can be challenging for the caregiver, and flourishes if caregivers are able to easily express his or her feelings or have the skills to address. Learn strategies and skills to better communicate with dementia patients and their families.

This seminar is designed to help you:
• Practice skills in managing psychiatric problems in older adults, such as treating depression and anxiety.
• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
• Give examples of how psychotropic medications may result in adverse reactions.
• Better interpret nonverbal behaviors in persons with dementia.
• Apply indicators of well being in persons with dementia.
• Better interpret nonverbal behaviors in persons with dementia.
• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
• Give examples of how psychotropic medications may result in adverse reactions.
• Better interpret nonverbal behaviors in persons with dementia.

Late-life Anxiety

Managing Psychotropic Medication for Older Adults

Friday, May 6, 9am-3pm; $135; Program #3019

Medication management of psychiatric problems in older adults can be extremely challenging. When adding psychotropic medications to the list, it becomes imperative to consider the patient’s needs and the potential reactions of these medications. Learn about medications for older adult mood disorders, psychosis, depression, and dementia. Behavioral and psychological symptoms of dementia, and current trends in medication lists for late-life mental health.

This seminar is designed to help you:
• Identify unique presentations of late-life anxiety.
• Explain the importance of the five basic psychosocial needs of persons with dementia.
• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
• Give examples of how psychotropic medications may result in adverse reactions.
• Better interpret nonverbal behaviors in persons with dementia.
• Apply indicators of well being in persons with dementia.
• Better interpret nonverbal behaviors in persons with dementia.
• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
• Give examples of how psychotropic medications may result in adverse reactions.
• Better interpret nonverbal behaviors in persons with dementia.

Strengths-based Care Management

Friday, May 19, 9am-3pm; $135; Program #3018

• Describe potential resources
• Identify challenging behaviors and potential triggers
• Point out the struggles faced by caregivers
• Explain the types and known causes of dementia
• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
• Give examples of how psychotropic medications may result in adverse reactions.
• Better interpret nonverbal behaviors in persons with dementia.
• Apply indicators of well being in persons with dementia.
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• Observe and understand clients and help them by using an emotionally focused therapy system.
• Recognize the importance of the five basic psychosocial needs of persons with dementia.
• Explain the types and known causes of dementia.
• Give examples of how psychotropic medications may result in adverse reactions.
• Better interpret nonverbal behaviors in persons with dementia.

General Information

For More Information Contact: Suzanna Waters-Castillo, 608-263-3174, suzanna.castillo@wisc.edu. All courses are at an intermediate level.

Registration: Open enrollment; class size is limited. Please register early at: continuingstudies.wisc.edu.

Requests are confidential.

Access, Accommodations, and Other Information: If you require special accommodations because of a disability, or additional information, contact Suzanna Waters-Castillo, 608-263-3174, suzanna.castillo@wisc.edu. Requests are confidential.