Manic Depression in America
Wed, Sep 14, 2016

Emily Martin (2007) wrote that living under the description of bipolar disorder is to “live and die simultaneously.” Listen to a personal, devastating reflection of mania and depression including hospitalization and incarceration. This will be juxtaposed with a timeline of the biological shift to pharmacological mental health treatment beginning in the 1980s. The end result brings us to question the medical model of treatment: how do medications for one’s mood work? Are mood episodes preventable? What is the impact of culture, history, and social change? In addition, alternative approaches to treatment will be offered based on current research, video testimonials, and clinical examples.

Learning Objectives
• Enhance each individual’s knowledge of bipolar I disorder through Archer’s lived and professional mental health experience.
• Address the stigma and common misunderstandings of mania and depression.
• Explain what mania is and what mania isn’t.
• Critique the establishment perspective on medications, diagnostic criteria, and the genetics of bipolar disorder.
• Provide diagnostic and treatment modalities to treat rather than simply contain symptoms.

Anatomy of Trauma: Past, Present, and Future Approaches to Healing
Wed, Oct 19, 2016

We now know the origins of most unhealthy behaviors and habitual patterns. Trauma, adverse childhood experience, and disruption in attachment are at the core of psychopathology across shifts in culture and epigenetic fluctuation. You are invited to learn the interplay between socio-cultural and biological processes that shape our ability—or inability—to experience safety. This workshop deconstructs the anatomy of the brain in order to comprehend emotional dysregulation as it relates to traumatic experience. With up-to-date research on the neuroscience related to trauma, as well as instruction on past-oriented (exposure therapy and EMDR) and present-focused (Mindfulness and Seeking Safety) interventions, you will leave with a developmental perspective on the impact of trauma and applications to restore equilibrium to the body.

Learning Objectives
• Understand the developmental model for hyperarousal and dissociation (i.e., interpersonal neurobiology) and learned adaptation.
• Examine the history of trauma-based disorders in the DSM-III, DSM-IV, and DSM-5.
• Discuss cultural elements of trauma and the relevance of diagnosis.
• Review the trauma and related DSM disorders and commonly prescribed medications.
• Emphasize therapeutic alliance as the vehicle for treatment via engagement, assessment, and intervention.

For more information or to register, visit continuingstudies.wisc.edu/mental-health
About Your Presenter

Andrew James Archer, MSW, LCSW is a clinical social worker. He uses mindfulness and EMDR interventions to treat rather than simply contain mental health symptoms. Archer is the author of the 2013 memoir, *Pleading Insanity*, which details a genuine portrait of his own dramatic devastations through mania and depression, as well as tools to manage symptoms. He is also an instructor for University of Minnesota and UW-Madison and writes as a topic expert for GoodTherapy.org. He practices psychotherapy at Midwest Center for Human Services Madison, WI.

Cancellation Policy: Cancellations made at least three full business days before a program begins will receive a full refund minus a $25 administrative fee.

Weather Policy: In the event of impending severe weather or other public emergencies, visit continuingstudies.wisc.edu or call 608-263-4432 to learn whether a UW-Madison Continuing Studies program or class has been cancelled.

Continuing Education Credit Information

Approved Hours/Continuing Education Credits:
- 0.1 CEU=1 hour of professional continuing education. Participants receive verification of attendance at end of program. The University of Wisconsin-Madison Division of Continuing Studies is an acceptable continuing education provider for the following organizations:
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    - UW-Madison Division of Continuing Studies maintains responsibility for these programs and their content.
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  - Health Educators (CHES/MCHES): UW-Madison Division of Continuing Studies (MEP5461) is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. (NCHEC) for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES).
    - Education by the National Commission for Health Education Credentialing, Inc. (NCHEC) for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES).
    - Note: Only Anatomy of Trauma is certified for CHES.
  - Marriage and Family Therapists: These programs qualify as an accredited university continuing education course relevant to professional practice.
    - Social Workers participating in this course will receive 0.6 continuing education clock hours. Madison Department of Safety and Professional Services, and the Iowa, Illinois, Michigan, and Minnesota Boards of Social Work recognize ACE programs.

General Information

Both programs will be held at the Pyle Center at 702 Langdon St on the UW-Madison campus. Registration at 8:30, programs run 9am-4pm. Enjoy lunch on your own at the many nearby restaurants or at the UW-Madison Memorial Union, located one block away. Outside food items (including items from home) are NOT allowed to be consumed at the Pyle Center.

Cost: $165 per program

Continuing Education Units (CEUs): 6 hours instruction (0.6 CEUs)

For more information, contact Alix Segal 608-263-7023 or liz.nagel@wisc.edu.

For more information or to register, visit continuingstudies.wisc.edu/mental-health