



**UPMC** | University of Pittsburgh  
Medical Center

Western Psychiatric Institute and Clinic  
of UPMC Presbyterian Shadyside  
Office of Education and Regional Programming

University of Pittsburgh School of Medicine  
Center for Continuing Education in the Health Sciences

**January -  
March  
2012**

## Winter Videoconference Series

**Fayette County Behavioral Health Administration**  
215 Jacob Murphy Lane  
Uniontown, PA 15401  
724-430-1370

Contact: Nicole Fijalkovic [NicoleFijalkovic@fcbha.org](mailto:NicoleFijalkovic@fcbha.org)

**January 11, 2012**

- **Solution Focused Brief Therapy**

**March 14, 2012**

- **Behavioral Interventions for Children and Adolescents with Pervasive Developmental Disorder**

### Programs Available at Other Participating Sites

- **Treatment of Tourette Syndrome (1/25/12)**
- **Screening, Monitoring, Treatment and/or Referral for Psychiatric Patients who Meet Criteria for the Metabolic Syndrome (2/15/12)**
- **Eye Movement Desensitization and Reprocessing (EMDR) (2/29/12)**
- **Treatment of the Frail Elderly: Delirium Prevention and Management (3/28/12)**

To register, please complete the attached registration form.

## Solution Focused Brief Therapy

January 11, 2012  
9 to 11 a.m.  
Course Code: T251

### Presenter:

**Frank Ghinassi, PhD**  
Vice President  
Quality and Performance Improvement  
Western Psychiatric Institute and Clinic of UPMC

### Program Description:

Solution focused brief therapy's (SFBT) primary focus is on what clients want to achieve in the present and the future, and not so much on the problem(s) that initially led them to seek out help. In this way, SFBT aims to assist the individual in identifying, testing, and implementing more adaptive and successful solutions to the daily problems they encounter and to change their patterns of less successful coping strategies. This videoconference will discuss SFBT and demonstrate its effectiveness as one possible therapy alternative for psychotherapists from all professional disciplines.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Examine the origins and basic tenants of solution focused brief therapy (SFBT).
- Identify the specific therapeutic interventions and techniques employed in SFBT.
- Formulate a plan to utilize SFBT on one's counseling practice.

### Target Audience:

All clinical and research professionals, students, and trainees, as well as interested family members and consumers

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

### Tuition:

This program is free of charge.

To register: Please complete the attached registration form.

Registration information: Nicole Fijalkovic (724) 430-1370 [NicoleFijalkovic@fcbha.org](mailto:NicoleFijalkovic@fcbha.org)

## Treatment of Tourette Syndrome

January 25, 2012  
9 to 11 a.m.  
Course Code: T256

### Presenters:

**Keith A. Coffman, MD**

Assistant Professor  
Children's Hospital of Pittsburgh of UPMC  
Neurodevelopmental Disabilities  
Division of Child Neurology  
Co-Director, Tourette Syndrome Clinic  
Director, Movement Disorders Clinic  
Member, Medical Advisory Board, National Tourette  
Syndrome Association

**Robyn A. Filipink, MD**

Clinical Assistant Professor  
Medical Director of Fragile X Clinic  
Co-Director of Tourette Syndrome/Movement Disorder  
Clinic  
Neurodevelopmental Disabilities  
Child Neurology Division and Child Development Unit  
Children's Hospital of Pittsburgh of UPMC

### Program Description:

This program will discuss the clinical issues associated with Tourette Syndrome in children and adults. Included in the discussion will be the signs and symptoms of this disorder and the treatment approaches utilized.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Examine the clinical issues associated with Tourette Syndrome in children and adults.
- Describe the various treatment approaches in addressing this clinical issue.
- Learn about new research in Tourette Syndrome.

### Target Audience:

Psychologists, counselors, social workers, educators, nurses, family members, and other mental health professionals who work with individuals with Tourette Syndrome.

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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### Tuition:

This program is free of charge.

### Please Note:

**Fayette County Behavioral Health Administration  
will not be a participating site for this videoconference.  
Please check here for another site location. [Participating Sites](#)**

## Screening, Monitoring, Treatment and/or Referral for Psychiatric Patients who Meet Criteria for the Metabolic Syndrome

February 15, 2012  
9 to 11 a.m.  
Course Code: T252

### Presenter:

**Roy Chengappa, MD**  
Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic of UPMC

### Program Description:

The presentation will provide the audience with an understanding of the issues that combine to form what is called the metabolic syndrome. Rates of metabolic syndrome and those in people with psychiatric illnesses will be reviewed, including risks that elevate the rates of metabolic syndrome. National guidelines for monitoring this syndrome in persons with psychiatric disorders and what a mental health professional can do will also be reviewed.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Describe the metabolic syndrome concept and the prevalence rates in the general population and in patients with mental illness.
- Discuss risk factors associated with the metabolic syndrome.
- Explain guidelines for monitoring the metabolic syndrome in psychiatric patients.
- Describe what steps a clinician can take once a patient screens positively for the metabolic syndrome.

### Target Audience:

All clinical and research professionals, students, and trainees, as well as interested family members and consumers

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEU's) which are equal to 2.0 contact hours.

### Tuition:

This program is free of charge.

### Please Note:

**Fayette County Behavioral Health Administration  
will not be a participating site for this videoconference.  
Please check here for another site location. [Participating Sites](#)**

## Eye Movement Desensitization and Reprocessing (EMDR)

**February 29, 2012**  
**9 a.m. to 11 p.m.**  
**Course Code: T253**

### Presenter:

**Deborah Conway, PhD**

Licensed Clinical Social Worker and Psychologist  
 UPMC Center for Integrative Medicine

**James Donnelly, MA**

Licensed Psychologist  
 UPMC Center for Integrative Medicine

### Program Description:

EMDR is a new and rapidly expanding form of therapy that has several advantages over traditional talk therapy. First, it integrates somatic, cognitive, and emotional elements and tends to move clients beyond the endless repetition of their story, enabling them to achieve quicker results. Second, it decreases issues of dependency on the therapist and issues of transference by emphasizing that healing comes from the clients own "instinct to heal," not the therapist's wisdom. Finally, it reduces the feeling of shame some clients feel in talking about their experience since EMDR does not require that the client tell the therapist the specific issue he/she is working on. While this workshop will not train you to be an EMDR therapist it will expose you to the exciting possibilities of EMDR. If you are already a certified EMDR therapist this workshop will introduce you to ways that EMDR can be integrated into your practice regardless of your specialty.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Describe the basic components of EMDR.
- Explain what kinds of problems and what types of clients are suitable for treatment with EMDR.
- Describe the concept of dysfunction ally stored information and how this concept explains a number of therapeutic issues and problems.
- Provide several different explanations of how EMDR achieves its results.
- Describe how EMDR can be used to supplement different therapeutic approaches such as cognitive behavioral therapy, ego state work, and mindfulness based therapy.
- Explain some ways the basic EMDR protocol can be modified for specific populations and issues such as addictions, eating disorders, chronic depression, anger management, and shame issues.

### Target Audience:

All clinical and research professionals, students, and trainees, as well as interested family members and consumers

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 3.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.3 continuing education units (CEUs) which are equal to 3.0 contact hours.

### Tuition:

This program is free of charge.

**Please Note:**

**Fayette County Behavioral Health Administration  
 will not be a participating site for this videoconference.  
 Please check here for another site location. [Participating Sites](#)**

## Behavioral Interventions for Children and Adolescents with Pervasive Developmental Disorder

March 14, 2012  
9 to 11 a.m.  
Course Code: T254

### Presenters:

**Aprilynn Artz, MS, NCC Board Eligible Counselor**  
Psychiatric Specialty Counselor  
Center for Autism and Developmental Disorders  
Merck Child and Adolescent Outpatient Services  
Western Psychiatric Institute and Clinic of UPMC

**Ryan Cramer, LSW**  
Clinical Coordinator  
Western Region ASERT Autism Center  
Center for Autism and Developmental Disorders  
Western Psychiatric Institute and Clinic of UPMC

### Program Description:

This presentation will provide an overview of the functional behavior assessment process used to assess the motivation and/or manifestation of challenging behavior in children and adolescents with pervasive developmental disorders. Behavioral interventions and strategies will also be discussed.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Describe the functional behavior assessment process.
- Identify approaches in supporting challenging behaviors.
- Review diagnostic criteria for pervasive developmental disorders to include autistic disorder, Asperger's disorder, and pervasive developmental disorder, not otherwise specified.

### Target Audience:

All clinical and research professionals, students, and trainees who work with individuals with autism as well as interested family members and consumers

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

### Tuition:

This program is free of charge.

To register, please complete the attached registration form.

Registration information: Nicole Fijalkovic (724) 430-1370 [NicoleFijalkovic@fcbha.org](mailto:NicoleFijalkovic@fcbha.org)

## Treatment of the Frail Elderly: Delirium Prevention and Management

March 28, 2011  
9 to 11 a.m.  
Course Code: T255

### Presenters:

**LalithKumar K. Solai, MD**  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Director  
Geriatric Psychiatry Service  
Western Psychiatric Institute and Clinic of UPMC

**Additional faculty to be announced**

### Program Description:

Delirium is a debilitating syndrome suffered by many elderly with profound negative effects. Delirium has been known to increase the risk of morbidity, length of hospital stay, and mortality in the elderly. This is particularly of concern in the frail elderly. The speaker will discuss some of the known pharmacological and non-pharmacological strategies to prevent delirium and/or the effects of delirium.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Assess the risk factors for delirium in frail elderly.
- Formulate strategies to prevent delirium in frail elderly.
- Implement strategies to decrease the negative effects of delirium in frail elderly.

### Target Audience:

All clinical and research professionals, students, and trainees who work with the frail elderly and their families

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

### Tuition:

This program is free of charge.

### Please Note:

**Fayette County Behavioral Health Administration  
will not be a participating site for this videoconference.**  
**Please check here for another site location. [Participating Sites](#)**

## Continuing Education Credit

*Each program is offered for the designated number of continuing education credits*

### **PHYSICIANS: CME**

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates these educational activities for a maximum number of *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity.

### **EDUCATORS: ACT 48**

Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Western Psychiatric Institute and Clinic adheres to the Act 48 Continuing Education Guidelines.

### **CERTIFIED ADDICTION COUNSELORS: CADC**

Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.

### **CERTIFIED PSYCHIATRIC REHABILITATION PRACTITIONERS: CPRP**

The announced credit hours for each program can be applied to your training hours for the Certified Psychiatric Rehabilitation Practitioners (CPRP).

### **COUNSELORS: NBCC**

Western Psychiatric Institute and Clinic is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC Continuing Education Guidelines.

### **CERTIFICATE OF ANNUAL ADMINISTRATOR TRAINING – PERSONAL CARE HOME ADMINISTRATORS**

The indicated number of clock hours are approved by the Department of Public Welfare Bureau of Adult Residential Licensing. These clock hours may count towards the 24 hours of annual training for administrators required in **55 Pa. Code Chapter 2600** (relating to personal care homes).

### **PSYCHOLOGISTS**

Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for these programs and their contents.

### **SOCIAL WORKERS: SW**

The indicated number of credit hours of continuing education is provided through co-sponsorship of the University of Pittsburgh School of Social Work, a PA-approved provider of social work continuing education. These credit hours satisfy requirements for LCSW renewal. For information of social work continuing education, call (412) 624-3711.

### **MENTAL HEALTH PROFESSIONALS: CEU**

Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

*The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or status as a disabled veteran or a veteran of the Vietnam era. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University's mission. This policy applies to admissions, employment, access to and treatment in University programs and activities. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations. For information on University equal opportunity and affirmative action programs and complaint/grievance procedures, please contact: William A. Savage, Assistant to the Chancellor and Director of Affirmative Action (and Title IX and 504 Coordinator), Office of Affirmative Action, 901 William Pitt Union, University of Pittsburgh, Pittsburgh, PA 15260, (412) 648-7860.*

## REGISTRATION FORM FOR THE VIDEOCONFERENCE SERIES JANUARY-MARCH 2012

This registration form may be duplicated as needed.

Please mail or fax this registration form to:

**PLEASE NOTE:** Pre-registration is required. Please register at least two weeks before the course(s) you plan on attending as space is limited.

Fayette County Behavioral Health Administration  
215 Jacob Murphy Lane  
Uniontown, PA 15401  
Attn: Nicole Fijalkovic  
Fax: (724) 430-1386

Only the continuing education credits listed on the individual program description are available for that program.

Information on upcoming WPIC/OERP programs is available on the OERP website at <http://www.wpic.pitt.edu/oerp>

Name (Last, First):

Agency:

Address:

City:

State:

Zip code:

Day Telephone:

Email:

### Indicate with an "X" which program(s) you want to attend

January	February	March
<input type="checkbox"/> Solution Focused Brief Therapy 1/11/12 (T251)	Screening, Monitoring, Treatment and/or Referral for Psychiatric Patients who Meet Criteria for the Metabolic Syndrome 2/15/12 (T252) Not Available at Fayette County Behavioral Health Administration Check for <a href="#">Participating Sites</a>	<input type="checkbox"/> Behavioral Interventions for Children and Adolescents with Pervasive Developmental Disorder 3/14/12 (T254)
Treatment of Tourette Syndrome 1/25/12 (T256) Not Available at Fayette County Behavioral Health Administration Check for <a href="#">Participating Sites</a>	Eye Movement Desensitization and Reprocessing 2/29/12 (T253) Not Available at Fayette County Behavioral Health Administration Check for <a href="#">Participating Sites</a>	Treatment of the Frail Elderly: Delirium Prevention and Management 3/28/12 (T255) Not Available at Fayette County Behavioral Health Administration Check for <a href="#">Participating Sites</a>

### Videoconference location:

**Fayette County Behavioral Health Administration**  
215 Jacob Murphy Lane  
Uniontown, PA 15401  
Contact: Nicole Fijalkovic [NicoleFijalkovic@fcbha.org](mailto:NicoleFijalkovic@fcbha.org)  
Phone: (724) 430-1370  
Fax: (724) 430-1386

*In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference.*

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs **at least two weeks** in advance of the program by calling (724) 430-1370.