

PSYCHIATRIC NURSING 2012

PHILADELPHIA • APRIL 18-21, 2012

LAS VEGAS • MAY 16-19, 2012



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www.onlineCElibrary.com



CONTEMPORARY
FORUMS

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We Invite You!

The future is now! Healthcare in general is facing fundamental changes requiring new conceptual frameworks, updated guidelines, and adherence to changing regulations. Psychiatric nursing in particular is examining the implications for mental healthcare of the internet and social media, integrated models of care and incorporation of recovery principles into daily practice.

We invite you to the **2012 Psychiatric Nursing** Conferences to increase your awareness and broaden your understanding of these far-reaching issues. In addition, our expert faculty will address the current realities of providing the best possible evidence-based care for our clients. Though we recognize the challenges we face, both now and in the future, we should also recognize the opportunities that meeting these challenges will provide.

Highlights of the conferences include:

- ▶ *Psychopharmacology: Learning from the Past, Creating the Future*, a Preconference offered in both Philadelphia and Las Vegas addressing issues ranging from re-evaluating “old” medications to new drugs of abuse.
- ▶ Las Vegas only! *Recovery is Real: Principles, Challenges and Tools to Make It Happen*, a second Preconference offering insights into both theory and practice in a recovery-oriented mental healthcare system.
- ▶ New perspectives gained through dynamic interaction with our expert faculty as well as your colleagues from diverse practice settings across the country.
- ▶ An opportunity to earn pharmacology credit for gaining or renewing prescriptive authority.
- ▶ Case studies interwoven with didactic content in order to emphasize clinical applications of the material presented.
- ▶ Presentations addressing both the global issues affecting psychiatric nursing as well as daily practice challenges.
- ▶ A chance to relax and recharge in either historic Philadelphia or dazzling Las Vegas!

Mark your 2012 calendar now and plan to join us at one of these “must attend” conferences. **See you there!**

Philadelphia Planning Committee

Joan Kenerson King, MSN, APRN, BC
Marin Konstadt, MSN, RN, PMHCNS-BC
Laura G. Leahy, MSN, APN, CRNP, BC

Las Vegas Planning Committee

Mary Ann Nihart, MA, PMHNP-BC, PMHCNS-BC
Josh Hamilton, DNP, RN-C, FNP-C, PMHNP-BC, CNE
Andrew Penn, MS, NP, CNS

Contemporary Forums

Jeannine Strunk, BSN, RN
Senior Program Manager

Conference Objectives

These conferences will enable the experienced clinician to:

- ▶ Investigate the principles of recovery and integrated care and discuss ways to utilize these models in a move towards transformation of the mental healthcare system.
- ▶ Demonstrate improved risk assessment skills to better insure both patient and staff safety.
- ▶ Describe evidence-based psychotherapeutic interventions for selected psychiatric disorders.
- ▶ Evaluate psychopharmacologic treatment options including risks, benefits and side effects.

Who Should Attend?

- ▶ Staff Nurses
- ▶ Clinical Nurse Specialists
- ▶ Nurse Practitioners
- ▶ Nurse Managers
- ▶ Educators/Instructors
- ▶ Private Practitioners/Consultants
- ▶ Case Managers



Accreditation

A Certificate of Attendance will be available online after you complete the course requirements, enabling you to register your credit with the appropriate licensing boards or associations. To apply for credit not listed below, use the procedure established by the specific organization.

Nurses and Nurse Practitioners

Philadelphia

Preconference: 7 ANCC/8.4 CA BRN contact hours
Main Conference: 16.75 ANCC/20.1 CA BRN contact hours
Lunch Presentation: 1 ANCC/1.2 CA BRN contact hours
After-Lunch Forum: 1 ANCC/1.2 CA BRN contact hours

Las Vegas

Preconference A: 7 ANCC/8.4 CA BRN contact hours
Preconference B: 7 ANCC/8.4 CA BRN contact hours
Main Conference: 16 ANCC/19.2 CA BRN contact hours

Contemporary Forums is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**.

Contemporary Forums is approved by the **California Board of Registered Nursing**, Provider #04516.
(CA BRN contact hour = 50 minutes)

Pharmacology Credit for Prescriptive Authority

Philadelphia

Preconference: 7 hours
Main Conference: 4.5 hours available

Las Vegas

Preconference A: 7 hours
Main Conference: 6 hours available

R indicates pharmacology content. Because states' requirements vary, contact your Board of Nursing for more information.

Social Workers/Marriage, Family & Child Counselors

Las Vegas Only

Preconference A: 7 CE credit hours
Preconference B: 7 CE credit hours
Main Conference: 16 CE credit hours

This conference has been approved by the **Washington Chapter, National Association of Social Workers (NASW)** for Licensed Social Workers, Licensed Marriage & Family Therapists and Licensed Mental Health Counselors, Provider #1975-148.

This course meets the qualifications for continuing education credit hours for Marriage, Family & Child Counselors and/or Licensed Clinical Social Workers as required by the **California Board of Behavioral Sciences**, Provider #PCE771.

Case Managers

Application has been made for continuing education credit from the **Commission for Case Manager Certification**.

Exhibits

To enhance your educational experience, we are inviting representatives from professionally relevant companies, organizations and hospitals to exhibit equipment, supplies, services and career opportunities. The schedule provides participants time for one-on-one discussion with exhibitors. For exhibit space availability or additional information:

Call the Exhibitor Information Line: (925) 361-4807
Email: exhibits@cforums.com
Visit: www.ContemporaryForums.com/en/Exhibitors

Wednesday, April 18

Psychopharmacology: Learning from the Past, Creating the Future

Nurse clinicians now have more treatment options than ever to help their patients. As we keep an eye to the future for new and more targeted treatments, it is important to remain knowledgeable about all treatments available to help our patients. The psychopharmacology Preconference will look “back to the future” to examine the evidence for all available medication options. Through dynamic, engaging presentations, experienced nurse clinicians will present both the state-of-the-science and the historical context for challenging areas of practice and how psychopharmacology can be utilized to improve outcomes.

This Preconference will enable you to:

- ▶ Discuss the evidence base comparing older medications to more contemporary agents and use this information to make critical decisions in patient care.
- ▶ Demonstrate familiarity with pharmacologic treatment options for alcohol abuse and dependence.
- ▶ Appreciate the risks and benefits of treating attention deficit disorders with medication.
- ▶ Increase awareness of the availability of and risks associated with the use of synthetic cannabinoids and stimulants.

7:00 a.m. Preconference Registration • Exhibits

8:00 **Revisiting Old Friends: Helping Your Patients with Tricyclic Antidepressants, First Generation Antipsychotics and Lithium** (Rx = 1.5 hrs.)
Andrew Penn, MS, NP, CNS

9:30 Refreshment Break • Exhibits

9:45 **Back to Basics: Effective Treatments for Alcohol Abuse and Dependence** (Rx = 1.5 hrs.)
Laura G. Leahy, MSN, APN, CRNP, BC

11:15 **Questions and Discussion** (Rx = .5 hr.)
Faculty Panel

11:45 Lunch Break

1:00 p.m. **Adult Attention Deficit Disorders: Complexities of Treatment** (Rx = 1.5 hrs.)
Laura G. Leahy, MSN, APN, CRNP, BC

2:30 Refreshment Break • Exhibits

2:45 **Spice, Bath Salts, and the Kitchen Sink: New Drugs of Abuse That You've (Probably) Never Heard Of** (Rx = 1.5 hrs.)
Andrew Penn, MS, NP, CNS

4:15 **Questions and Discussion** (Rx = .5 hr.)
Faculty Panel

4:45 Adjourn

Rx = Pharmacology credit for Advanced Practice Clinicians

Thursday, April 19

7:00 a.m. Main Conference Registration • Exhibits

8:00 **Psychiatric Nurses Do Influence Patient Outcomes and Quality of Care Delivery**
Nancy P. Hanrahan, PhD, RN, FAAN

8:45 **When the Nurse is Addicted: Uncovering the Stigma of Nurses Needing Addiction Treatment**
Richard Pessagno, DNP, APRN, BC

9:30 Refreshment Break • Exhibits

10:00 **Parental Loss of A Child at Any Age: Long-Term Grief and Bereavement**
Carol J. Smith, DNP, APRN, BC

10:45 **From Stress to the Relaxation Response**
Dinah Gilburd, MA, MSW, LICSW

11:30 **Questions and Discussion**
Faculty Panel

12:00 p.m. **LUNCH PRESENTATION**
Petabytes, Relationships and Lawyers: How Digital Technology is Changing Behavioral Health Care
Brian D. Ott, PhD

Email, Skype, social networking sites! What are the emerging clinical and ethical issues regarding the use of digital technology in applied psychological settings, and how will these influence your clients and your practice? Join us for a lively presentation and discussion. Cost of the event is \$45 and includes lunch, program and CE credit. Advance reservations required.

During each Concurrent Session, 4 topics are presented simultaneously in separate rooms. Sessions are limited in size. Choices are assigned in the order received. Indicate your selections on Registration Form.

◆ = Advanced Practice ● = Child/Adolescent

1:30 **CONCURRENT SESSIONS #1**

#P-11 ◆ **Let's Talk About Sex: What Every Advanced Practice Psychiatric Nurse Should Know About Sexual Health** (Rx = .25 hr.)
Richard Pessagno, DNP, APRN, BC

#P-12 ● **Management of Complex ADHD in Children and Adolescents** (Rx = 1.5 hrs.)
Geraldine S. Pearson, PhD, APRN, FAAN

#P-13 **Cognitive Approaches to Therapeutic Interventions**
Paul Thomas Clements, PhD, APRN, BC, CGS, DF-IAFN

#P-14 **Complicated Grief: Counseling the Bereaved, Including the Role of Medication** (Rx = .25 hr.)
Carol J. Smith, DNP, APRN, BC

3:00 Refreshment Break • Exhibits

Thursday, April 19 - continued

3:15 **CONCURRENT SESSIONS #2**

- #P-21** ♦ **An Inside Look: Using Genetic Markers to Personalize Treatment** (Rx = .5 hr.)
Laura G. Leahy, MSN, APN, CRNP, BC
- #P-22** ● **Systematic Decision Making in Prescribing for Children and Adolescents** (Rx = 1.5 hrs.)
Geraldine S. Pearson, PhD, APRN, FAAN
- #P-23** **The Evolution of a Mind/Body Program in a Community Health Center, Embracing Core Elements and Flexibility**
Dinah Gilburd, MA, MSW, LICSW
- #P-24** **What Is and What Is Not Exposure Therapy for Anxiety Disorders**
Brian D. Ott, PhD

4:45 Adjourn



Friday, April 20

- 8:00 a.m. **Recovery, Resilience and Reform: Adapting, Energizing and Transforming Psychiatric Nursing Practice**
Joan Kenerson King, MSN, APRN, BC
- 8:45 **Debunking Misconceptions About Weight Loss Surgery**
Diane Grimaldi, MS, RN, PMHCNS-BC
Deborah Van Etten, MS, APRN, GNP-BC, PMHCNS-BC
- 9:30 Refreshment Break
- 9:45 **Perinatal Mood Disorders: Overview and Identification**
Janice Goodman, PhD, RN, PMHCNS-BC
- 10:30 **Do You Work in a Toxic Environment? How Do You Survive?**
Diane M. Wieland, PhD, MSN, RN, PMHCNS-BC
- 11:15 **Questions and Discussion**
Faculty Panel
- 11:45 Lunch Break
- 12:15 p.m. **AFTER-LUNCH FORUM** (Optional)
Let's Talk: Hot Topics in Psychiatric Nursing
Laura G. Leahy, MSN, APN, CRNP, BC

Friday, April 20 - continued

1:15 **CONCURRENT SESSIONS #3**

- #P-31** ♦ **Psychosocial and Psychopharmacologic Issues Following Weight Loss Surgery** (Rx = .5 hr.)
Diane Grimaldi, MS, RN, PMHCNS-BC
Deborah Van Etten, MS, APRN, GNP-BC, PMHCNS-BC
- #P-32** ● **Integrating Pediatric Primary Care with Behavioral Health Care: A Pilot Study** (Rx = .5 hr.)
Christopher Verica, MS, APN, CRNP
- #P-33** **The Right to Suicide: Is It Ever Justified?**
Phillip J. Resnick, MD
- #P-34** **Management of Mood Disorders During Pregnancy and Postpartum** (Rx = .75 hr.)
Janice Goodman, PhD, RN, PMHCNS-BC
- 2:45 Refreshment Break
- 3:00 **CONCURRENT SESSIONS #4**
- #P-41** ♦ **Cognitive-Behavioral Therapy for PTSD**
Seth J. Gillihan, PhD
- #P-42** ● **Pharmacogenomics and Prescribing in the Future: Case Reviews of Adolescent Patients with Depression** (Rx = .5 hr.)
Christine Mulligan, MSN, PMHCNS-BC, CRNP
- #P-43** **Violence Risk Assessment**
Phillip J. Resnick, MD
- #P-44** **Psychiatric Evaluation Prior to Weight Loss Surgery**
Diane Grimaldi, MS, RN, PMHCNS-BC
Deborah Van Etten, MS, APRN, GNP-BC, PMHCNS-BC

4:30 Adjourn

Saturday, April 21

- 8:00 a.m. **The Detection of Malingered Mental Illness**
Phillip J. Resnick, MD
- 8:45 **Suicide Risk Assessment and Malpractice Avoidance**
Phillip J. Resnick, MD
- 9:30 Refreshment Break
- 9:45 **Childhood Bullying and Assessment of Subsequent Implications**
Paul Thomas Clements, PhD, APRN, BC, CGS, DF-IAFN
- 10:30 **Why Can't I Sleep? A Guide to Identification and Treatment of Disrupted Sleep** (Rx = .25 hr.)
Laura G. Leahy, MSN, APN, CRNP, BC
- 11:15 **Questions and Discussion**
Faculty Panel
- 11:45 Conference Summary/Evaluation
- 12:00 p.m. Adjourn

*Conference Faculty (Philadelphia and Las Vegas combined)

Paul Thomas Clements, PhD, APRN, BC, CGS, DF-IAFN

Associate Clinical Professor
Drexel University College of Nursing and Health Professions
Philadelphia, Pennsylvania

Dinah Gilburd, MA, MSW, LICSW

Senior Clinical Social Worker, Massachusetts General Hospital
Charlestown HealthCare Center Counseling and Behavioral Services
Boston, Massachusetts

Seth J. Gillihan, PhD

Assistant Professor of Psychology
Center for the Treatment and Study of Anxiety
Department of Psychiatry
University of Pennsylvania School of Medicine

Janice Goodman, PhD, RN, PMHCNS-BC

Associate Professor, School of Nursing
Massachusetts General Hospital Institute of Health Professions
Boston, Massachusetts

Diane Grimaldi, MS, RN, PMHCNS-BC

Owner, Grimaldi Counseling
Belmont, Massachusetts

Josh Hamilton, DNP, RN-C, FNP-C, PMHNP-BC, CNE

Visiting Professor, Family Nurse Practitioner Program
University of Victoria School of Nursing
Victoria, British Columbia, Canada

Nancy P. Hanrahan, PhD, RN, FAAN

Dr. Lenore H. Kurlowicz Memorial Term Associate Professor
in Psychiatric Mental Health Nursing
Center for Health Outcomes and Policy Research
University of Pennsylvania School of Nursing

Cheri Heffel, MSN, FNP-BC, PMHNP-BC

Integrated Nurse Practitioner
Ukiah Community-Based Outreach Clinic
San Francisco Veterans Affairs Medical Center, Ukiah, California

Joan Kenerson King, MSN, APRN, BC

Owner, Joan Kenerson King Consulting and Counseling
Systems Transformation Consultant for Public Mental Health Systems
Therapist in Private Practice, Telford, Pennsylvania

Marin Konstadt, MSN, RN, PMHCNS-BC

Massachusetts General Hospital
Charlestown HealthCare Center Counseling and Behavioral Services
Boston, Massachusetts

Laura G. Leahy, MSN, APN, CRNP, BC

Psychiatric Advanced Practice Nurse
APNSolutions, LLC
Vineland, New Jersey

Barbara J. Limandri, DNSc, PMHCNS-BC

Professor of Nursing, Linfield College, Portland, Oregon

Robert D. Martin, CPS, CPRP

Recovery Initiatives Specialist
Department of Behavioral Health & Intellectual disAbility Services
Philadelphia, Pennsylvania

Christine Mulligan, MSN, PMHCNS-BC, CRNP

Adult and Family Board Certified Psychiatric Nurse Practitioner
Child Guidance Resource Centers
Havertown and Coatesville, Pennsylvania

Mary Ann Nihart, MA, RN, PMHNP-BC, PMHCNS-BC

Nurse Manager, Outpatient Mental Health Services
San Francisco Veterans Administration Medical Center
Partner, Professional Assault Response Training, LLC
Pacifica, California

Brian D. Ott, PhD

Professor of Psychology, Massachusetts School
of Professional Psychology
Instructor in Psychiatry, Harvard Medical School
Boston, Massachusetts

Geraldine S. Pearson, PhD, APRN, FAAN

Associate Professor
Assistant Training Director
Child/Adolescent Psychiatric Fellowship
University of Connecticut School of Medicine

Andrew Penn, MS, NP, CNS

Psychiatric Nurse Practitioner, Kaiser Permanente
Redwood City, California

Richard Pessagno, DNP, APRN, BC

Psychiatric Nurse Practitioner
Private Practice, Moorestown, New Jersey

Beth Phoenix, PhD, RN, CNS

Health Sciences Clinical Professor
Department of Community Health Systems
University of California San Francisco School of Nursing

Bobbie Posmontier, PhD, CNM, PMHNP-BC

Assistant Professor, Doctoral Nursing Program
Drexel University College of Nursing and Health Professions
Philadelphia, Pennsylvania

Katherine Powell, MSN, RN, PMHNP

Psychiatric Mental Health Nurse Practitioner
Hill Country Health and Wellness Center
Round Mountain, California

Phillip J. Resnick, MD

Professor of Psychiatry
Director, Division of Forensic Psychiatry
Case Western Reserve University School of Medicine
Cleveland, Ohio

Carol J. Smith, DNP, APRN, BC

Psychiatric Clinical Nurse Specialist
Community Counseling of Bristol County
Taunton, Massachusetts

Martha Suarez, MS, RN

Bereavement Facilitator
San Diego, California

Michael Terry, DNP, APRN-PMH/FNP

Associate Clinical Professor
Psychiatric Mental Health Nurse Practitioner Program
University of San Diego Hahn School of Nursing & Health Sciences

Matt Tierney, MS, RN, PMHNP-BC, CNS

Nurse Practitioner
Division of Substance Abuse and Addiction Medicine
San Francisco General Hospital

Deborah Van Etten, MS, APRN, GNP-BC, PMHCNS-BC

Clinical Assistant Professor
Department of Nursing, School of Health & Environment
University of Massachusetts, Lowell

Christopher Verica, MS, APN, CRNP

Family Psychiatric Nurse Practitioner
Child Guidance Resource Centers
Philadelphia, Pennsylvania

Diane M. Wieland, PhD, MSN, RN, PMHCNS-BC

Private Practice, Lansdale, Pennsylvania

* For full faculty listings, please visit our website.

Preconference A – Las Vegas

Wednesday, May 16

Psychopharmacology: Learning from the Past, Creating the Future

Nurse clinicians now have more treatment options than ever to help their patients. As we keep an eye to the future for new and more targeted treatments, it is important to remain knowledgeable about all treatments available to help our patients. The psychopharmacology Preconference will look “back to the future” to examine the evidence for all available medication options. Through dynamic, engaging presentations, experienced nurse clinicians will present both the state-of-the-science and the historical context for challenging areas of practice and how psychopharmacology can be utilized to improve outcomes.

This Preconference will enable you to:

- ▶ Discuss the evidence base comparing older medications to more contemporary agents and use this information to make critical decisions in patient care.
- ▶ Demonstrate familiarity with pharmacologic treatment options for alcohol abuse and dependence.
- ▶ Appreciate the risks and benefits of treating attention deficit disorders with medication.
- ▶ Increase awareness of the availability of and risks associated with the use of synthetic cannabinoids and stimulants.

7:00 a.m.	Preconference Registration
8:00	Revisiting Old Friends: Helping Your Patients with Tricyclic Antidepressants, First Generation Antipsychotics and Lithium (1.5 hrs.) Andrew Penn, MS, NP, CNS
9:30	Refreshment Break
9:45	Back to Basics: Effective Treatments for Alcohol Abuse and Dependence (1.5 hrs.) Matt Tierney, MS, RN, PMHNP-BC, CNS
11:15	Questions and Discussion (.5 hr.) Faculty Panel
11:45	Lunch Break
1:00 p.m.	Adult Attention Deficit Disorders: Complexities of Treatment (1.5 hrs.) Matt Tierney, MS, RN, PMHNP-BC, CNS
2:30	Refreshment Break
2:45	Spice, Bath Salts, and the Kitchen Sink: New Drugs of Abuse That You've (Probably) Never Heard Of (1.5 hrs.) Andrew Penn, MS, NP, CNS
4:15	Questions and Discussion (.5 hr.) Faculty Panel
4:45	Adjourn

Preconference B – Las Vegas

Wednesday, May 16

Recovery is Real: Principles, Challenges and Tools to Make It Happen

Transforming our practice as psychiatric nurses to fully support the vision of recovery - a life in the community like everyone else - is in keeping with the federal direction set by SAMHSA and with the heart of psychiatric nursing. While the direction is set and work is now being done with all of the major disciplines, the movement from a conceptual understanding of recovery to practices that actually support it can be exciting and challenging.

This Preconference will help you understand and develop a framework for change, gain a conceptual understanding of recovery, challenge remaining doubts, and provide tools for the ongoing work of developing recovery-oriented behavioral health practices and services.

This Preconference will enable you to:

- ▶ Describe the history of recovery and articulate it as a cross-cutting conceptual and practice framework bringing together addiction and mental health services.
- ▶ Identify the value of peer staff and list three potential roles.
- ▶ Evaluate challenges to implementing a recovery program and methods for overcoming them.
- ▶ Explore tools and resources for integrating recovery principles into practice settings.

7:00 a.m.	Preconference Registration
8:00	Finding Our Way Out of the Black Box: Developing a Recovery Orientation and a Framework for Change Joan Kenerson King, MSN, APRN, BC
9:30	Refreshment Break
9:45	Facing Our Fears: Identifying and Overcoming Challenges to a Recovery-Based Practice Mary Ann Nihart, MA, RN, PMHNP-BC, PMHCNS-BC
11:15	Case Examples/Questions and Discussion Faculty Panel
11:45	Lunch Break
1:00 p.m.	Developing a Peer Culture and Supporting Peer Leadership Joan Kenerson King, MSN, APRN, BC Robert D. Martin, CPS, CPRP
2:30	Refreshment Break
2:45	Considerations in Prescriptive Practice Mary Ann Nihart, MA, RN, PMHNP-BC, PMHCNS-BC
3:30	Approaches in Acute Care Mary Ann Nihart, MA, RN, PMHNP-BC, PMHCNS-BC
4:15	Case Examples/Questions and Discussion Faculty Panel
4:45	Adjourn

Thursday, May 17

- 7:00 a.m. Main Conference Registration
- 8:00 **Decade of the Brain: A Decade Later**
Mary Ann Nihart, MA, RN, PMHNP-BC,
PMHCNS-BC
- 8:45 **Neurobiology of Trauma: Applications
to Treatment Approaches** (R = .75 hr.)
Barbara J. Limandri, DNSc, PMHCNS-BC
- 9:30 Refreshment Break
- 10:00 **Neuroplasticity and Epigenetics**
Josh Hamilton, DNP, RN-C, FNP-C,
PMHNP-BC, CNE
- 10:45 **Bringing Primary Care and Behavioral
Health Together: Do We “Fit” or Do We Lead?**
Joan Kenerson King, MSN, APRN, BC
- 11:30 **Questions and Discussion**
Faculty Panel
- 12:00 p.m. Lunch Break
- 1:30 **New Models in Telepsychiatry: When Your
Therapist/Psychiatrist is Just a Click Away**
Michael Terry, DNP, APRN-PMH/FNP
- 2:15 **Loss, Grief and Military Life**
Martha Suarez, MS, RN
- 3:00 Refreshment Break
- 3:15 **Treating Anxiety and Depression During
Peri-Menopause and Menopause** (R = .75 hr.)
Bobbie Posmontier, PhD, CNM, PMHNP-BC
- 4:00 **Questions and Discussion** (R = .25 hr.)
Faculty Panel
- 4:30 Adjourn

R = Pharmacology credit for Advanced Practice Clinicians

Friday, May 18

During each Concurrent Session, 4 topics are presented simultaneously in separate rooms. Sessions are limited in size. Choices are assigned in the order received. Indicate your selections on Registration Form.

◆ = Advanced Practice

8:00 a.m. CONCURRENT SESSIONS #1

**#L-11 ◆ Psychopharmacology in Pregnancy
and Lactation** (R = 1.5 hrs.)
Bobbie Posmontier, PhD, CNM, PMHNP-BC

**#L-12 Cognitive Approaches to
Therapeutic Interventions**
Paul Thomas Clements, PhD, APRN, BC,
CGS, DF-IAFN

**#L-13 The Role of the PMHNP in a Rural,
Isolated Practice**
Katherine Powell, MSN, RN, PMHNP

**#L-14 Medically Unexplained Physical
Symptoms** (R = .25 hr.)
Josh Hamilton, DNP, RN-C, FNP-C,
PMHNP-BC, CNE

9:30 Refreshment Break

10:00 CONCURRENT SESSIONS #2

**#L-21 ◆ Metabolic Syndrome: An Integrated
Practice Approach** (R = .25 hr.)
Cheri Heffel, MSN, FNP-BC, PMHNP-BC

**#L-22 Directing Behavior Change: Listening
and Responding to Change Talk in
Motivational Interviewing**
Matt Tierney, MS, RN, PMHNP-BC, CNS

**#L-23 Crossing the Line: Strategies for Working
with Borderline Personality Disorder**
Paul Thomas Clements, PhD, APRN, BC,
CGS, DF-IAFN

#L-24 Colors of Grief: Integrating Loss into Life
Martha Suarez, MS, RN

11:30 Lunch Break

Friday, May 18 - continued

1:00 p.m. **CONCURRENT SESSIONS #3**

- #L-31** ♦ **Clinical Pearls in Prescriptive Practice** (1x = 1.5 hrs.)
Barbara J. Limandri, DNSc, PMHCNS-BC
- #L-32** **The Right to Suicide: Is It Ever Justified?**
Phillip J. Resnick, MD
- #L-33** **Pain Management with Substance Abuse Patients** (1x = 1 hr.)
Katherine Powell, MSN, RN, PMHNP
- #L-34** **Communication with the Confused Patient**
Mary Ann Nihart, MA, RN, PMHNP-BC, PMHCNS-BC
- 2:30 Refreshment Break
- 3:00 **CONCURRENT SESSIONS #4**
- #L-41** ♦ **Sleep Disturbance: Psychiatric Symptom or Primary Disorder?** (1x = .25 hr.)
Cheri Heffel, MSN, FNP-BC, PMHNP-BC
- #L-42** **Violence Risk Assessment**
Phillip J. Resnick, MD
- #L-43** **The Primary Care Behavioral Nurse Practitioner: Newest Member on the Community Health Center Team**
Michael Terry, DNP, APRN-PMH/FNP
- #L-44** **Using Video Cases to Teach Depression Care**
Beth Phoenix, PhD, RN, CNS
- 4:30 Adjourn

CONTEMPORARY FORUMS 2012 CONFERENCE CALENDAR

(Partial listing)

The Young Child With Special Needs
Las Vegas, NV • March 21-24, 2012

Advances in Health Care for Women Over 40
Las Vegas • May 17-19, 2012

Adolescent Health Care
San Francisco, CA • May 31 - June 2, 2012

Hot Topics In Primary Care
Jackson Hole, WY • July 29 - August 1, 2012

AACN Nurse Manager Priorities
Las Vegas, NV • September 6-8, 2012

Pharmacology for Advanced Practice Clinicians
San Francisco, CA • September 10-16, 2012
Washington, DC • October 8-14, 2012
Las Vegas, NV • November 5-11, 2012

Case Management Along the Continuum
Boston, MA • October 14-17, 2012

For complete conference information, visit www.ContemporaryForums.com, call toll-free at (800) 377-7707 or email: info@cfforums.com.

Saturday, May 19

- 8:00 a.m. **Suicide Risk Assessment and Malpractice Avoidance**
Phillip J. Resnick, MD
- 8:45 **Childhood Bullying and Assessment of Subsequent Implications**
Paul Thomas Clements, PhD, APRN, BC, CGS, DF-IAFN
- 9:30 Refreshment Break
- 9:45 **Update: Neuropharmacology in the Treatment of Mood Disorders** (1x = .75 hr.)
Mary Ann Nihart, MA, RN, PMHNP-BC, PMHCNS-BC
- 10:30 **Psychiatric Nursing 2012: Where Are We Heading?**
Beth Phoenix, PhD, RN, CNS
- 11:15 **Questions and Discussion**
Faculty Panel
- 11:45 Conference Summary/Evaluation
- 12:00 p.m. Adjourn

RAVE REVIEWS!

"The education through Contemporary Forums has always been invaluable to me. I strive to attend the Psychiatric Nursing conference every year to keep up on current issues and to add to my skill, knowledge and treatment toolbox."

Rachelle Heyen, MNA, APRN, PMHNP • Salt Lake City, UT

"Really up-to-date information and great fun!"

Julie Hogen, RN, BSN, MSN, PMHNP • Tucson, AZ

"The wide range of topics presented at this conference makes it appropriate to nurses in any level of nursing practice."

Patricia Economidis, MS, ARNP • Leesburg, FL

"It's always so interesting to learn about other areas than those in which you specialize. It makes for a great conference!"

Linda Viteri, BSN • Philadelphia, PA

"A very well planned and organized, professional conference ... a delight to attend."

Patricia Geiser, PMHNP-BC • East Northport, NY

"Advanced Practice Nurses rock!! Attending these conferences always confirms for me that learning can be fun. I look forward to attending every year."

Risa Coleman, RN, MSN • Farmington Hills, MI

Registration Information

- ▶ **Registrations must include full tuition payment to be accepted. Registrations faxed without payment will not be processed.** Conference communications are sent via email. When registering please provide attendee's best email address as some emails are filtered and blocked. Since conference registration and hotel rooms are limited, early registration is advised.
- ▶ Out of consideration to registrants, children of any age and spouses may not attend the sessions.

Tuition (U.S. Funds)	Preconferences	Main Conference
Early Registration Fee*	\$215	\$480
Regular Registration Fee	\$245	\$510

*Postmarked or phone/fax/online registration and fees received on/before **March 7, 2012** for Philadelphia and **April 4, 2012** for Las Vegas. Tuition includes Certificate of Attendance, refreshment breaks and Online CE Library access to presentation handouts before the conference. Those attending the Philadelphia conference will have access to all recorded presentations for which you've registered via the Online CE Library (see page 11 for details). The Las Vegas conference will not be recorded.

▶ Early Registration Fee Deadlines

Payments postmarked or telephone/fax registration made with credit card on/before the dates listed below qualify for the early registration fee.

Philadelphia Conference: March 7, 2012

Las Vegas Conference: April 4, 2012

▶ Group Discounts (Mail, fax or call in together. Online registration is not available.)

Tuition discounts are given to groups of 3 or more registering for the complete **Main Conference**. Discounts do not apply to the Preconferences. To qualify for the group discount, all registration information must be complete for all group members, payment included and forms sent together. If faxing, list all group members on cover sheet. Subtract the discount from the tuition fee. Groups may not be formed after individual registrations are received.

\$25 per person discount for 3 or 4 in a group

\$45 per person discount for 5 or more in a group

▶ Method of Tuition Payment

Make payment by **check** (payable to **Contemporary Forums** and enclose with Registration Form), **Visa, MasterCard, Discover, American Express or Purchase Order**. A \$30 fee is charged for any returned check. Personal checks are NOT accepted at the conference. Purchase Orders must be received with registration by the conference date and include the P.O. number, invoice address, tuition, approval signature, contact name, email address and phone number.

▶ Register Online, or by Phone, Fax or Mail (Payment is required to register.)

Register only ONCE, online at www.ContemporaryForums.com, by mail or fax (800) 329-9923, or call (800) 377-7707, Monday-Friday, 8 a.m. - 5 p.m. (Pacific Time). **Before calling, complete all registration information.**

▶ Tax Deductibility

Expenses of training, tuition, travel, lodging and meals to maintain or improve professional skills may be **TAX DEDUCTIBLE**. Consult your tax advisor.

▶ Partial Attendance (Online registration is not available.)

Call Contemporary Forums for tuition and CE credit for individual days. **Group discounts do not apply. Registrations may not be shared.**

▶ Cancellations

Cancellations may be made by phone or in writing. Cancellations received on/before **March 7 for Philadelphia** and **April 4 for Las Vegas** receive a full tuition refund. Cancellations received after **March 7 for Philadelphia** and **April 4 for Las Vegas** are assessed a \$20 processing fee. No refunds for cancellations received after the conference begins or for "no shows." If this meeting is cancelled for any reason, including labor strikes or acts of God, liability is limited to a full refund of registration fees.

▶ Program Changes

Contemporary Forums reserves the right to make necessary changes in speakers, topics or schedule. The most current program can be found on our website.

▶ Questions? Contact Contemporary Forums at (800) 377-7707, Monday - Friday, 8 a.m. - 5 p.m. (Pacific Time) or email info@cforums.com.

☎ If you require special arrangements at this conference, call (800) 377-7707, at least 30 days prior to the conference.

EASY WAYS TO REGISTER



Online (Credit card only)

Visit us at

www.ContemporaryForums.com



Fax (Credit card or

Purchase Order)

(800) 329-9923

24 hours a day



Phone (Credit card only)

Monday - Friday

(800) 377-7707

8am - 5pm, Pacific Time



Mail - Attn: Registrar

Contemporary Forums

6377 Clark Avenue, Ste. 200

Dublin, CA 94568

Hotel Accommodations

- ▶ Special group rates are in effect for participants and their guests, based on room availability.
- ▶ **You must make your reservation early and before the "hotel room block release date"** listed for each hotel. Rooms may sell out before this date so be sure to make your reservation now. After the release date, rooms and group rates may no longer be available so call the hotel for availability.
- ▶ For room reservations, call the hotel and inform them that you are attending the **Contemporary Forums' Conference *Psychiatric Nursing***. Request a confirmation number and written confirmation of your reservation.
- ▶ Contact the hotel regarding cancellation policy. For arrivals after 3 p.m., call the hotel on the day of travel to reconfirm reservations.

Philadelphia

- ▶ This conference will be held at the **Sheraton Society Hill** located at One Dock Street, Philadelphia, PA 19106.
- ▶ **Rates: \$179 single/double**
Rates are per room and subject to prevailing state and local taxes.
- ▶ Special group rates are in effect from **April 16 to April 22**. Hotel room block release date is **March 17, 2012**.
- ▶ Reservations must include a first night's deposit.
- ▶ To reserve your room online, please visit our website at www.ContemporaryForums.com.
- ▶ For **room reservations** call (800) 325-3535, 24 hours daily. For additional hotel information, call the **Sheraton Society Hill** at (215) 238-6000.

Las Vegas

- ▶ This conference will be held at **The Las Vegas Hotel** (formerly the *Las Vegas Hilton*) located at 3000 Paradise Road, Las Vegas, NV 89109.
- ▶ **Rates: \$99 single/double**
Rates are per room and subject to prevailing state and local taxes.
- ▶ Special group rates are in effect from **May 14 to May 20**. Hotel room block release date is **April 24, 2012**.
- ▶ Reservations must include a first night's deposit.
- ▶ To reserve your room online, please visit our website at www.ContemporaryForums.com.
- ▶ For **room reservations** call (800) 732-7117, 24 hours daily. For additional hotel information, call **The Las Vegas Hotel** at (702) 732-5111.

PHARMACOLOGY UPDATE Calling all NPs

Do you need prescriptive authority to enhance your current position or provide opportunities for other employment? Do you need a pharmacology update to help you stay current in today's rapidly changing clinical arena?

If you answered yes to any of these questions, check out ***Pharmacology for Advanced Practice Clinicians***, at www.ContemporaryForums.com.

Travel Discounts



Contemporary Forums has a special discount agreement with United Airlines unavailable to the general public. To obtain these special conference fares call the Special Meeting Desk at (800) 521-4041, **Account Code 510CW**. Ticketing and payment can be done directly by you or through your travel agent. To ensure the best flights and times, since seats are limited, make your reservations early. Fares are guaranteed at the time of the ticket purchase.



Hertz is the official car rental agency for the conference. Special rates will be in effect throughout the conference as well as one week before and after. For special rates, call HERTZ at (800) 654-2240 and refer to Contemporary Forums plus the conference discount code **CV# 03000259**.

Email Updates

If you are not currently receiving Online CE Library or conference information and updates via email, please go to www.ContemporaryForums.com/en/Email-Updates/. You will then be notified of all conferences as soon as they are announced as well as have access to special promotions. All email addresses are for Reed Elsevier use only. Contemporary Forums is a division of Reed Elsevier.

Online CE Library

Conference Attendees

Registration for the Philadelphia conference allows you to:

- Access recorded conference sessions for 2 years
- Earn additional CE online for Concurrent Sessions **free**
- Share online sessions with 3 colleagues

Can't Attend This Live Conference?

Pre-purchase online access to the recorded Philadelphia conference before **4/17/2012** for only **\$330**

- Over **40** hours of ANCC credit included
- Share content with 3 colleagues (CE credit optional)
- Unlimited online access for 2 years

Online CE Library Group Access Programs:

To request group access account pricing and details, visit onlineCElibrary.com or call (925) 361-4811.



OnlineCElibrary.com

Please Post Prominently or Forward to a Colleague if Unable to Attend.

Registration Form: Psychiatric Nursing

Send this form with full payment (U.S. Funds) to:
Contemporary Forums, Attn: Registrar, 6377 Clark Avenue, Suite 200, Dublin, CA 94568
Fax (800) 329-9923, Phone (800) 377-7707, or visit www.ContemporaryForums.com

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Forums

ONLINE CE LIBRARY ONLY (Not Attending Conference - Details/Price Page 11)

Conference Content via Library only (*Philadelphia conference content only*)
(Complete all Registration Information, Professional Profile, and Payment Summary.)

REGISTER TO ATTEND:

Philadelphia (#071012)

- Preconference (April 18)
- Main Conference (April 19-21)

Las Vegas (#072012)

- Preconference A (May 16)
- Preconference B (May 16)
- Main Conference (May 17-19)

REGISTRATION INFORMATION (Please Print Clearly)

*Name, License/Degrees, Place of Employment, City, State appear on your badge.

*First Name Social Security # (Last 4 Digits)
*Last Name *License/Degrees

*Place of Employment
*City *State

*Attendee's E-mail For confirmation, receipt, access to presentation slides prior to conference, access to your Certificate of Attendance and Online CE Library. Please print clearly and provide your best email address as some emails are filtered and blocked.

Home Address
City State Zip
Daytime Phone(s)

CONCURRENT SESSIONS SELECTION (Phila. pgs. 4-5; Las Vegas pgs. 8-9)

List the letter and number of your 1st and 2nd choices since sessions are limited in size. Assignments are made in the order received.

Session #1 _____ 1st, _____ 2nd choice
Session #2 _____ 1st, _____ 2nd choice
Session #3 _____ 1st, _____ 2nd choice
Session #4 _____ 1st, _____ 2nd choice

PROFESSIONAL PROFILE

Choose ONE category in each section that best applies to you. If you have multiple roles, select the one that occupies the majority of your time. Use "Other" only if none of the choices apply to you.

1. POSITION/JOB FUNCTION

- Administrator/Director
- Case Manager
- Clinical Nurse Specialist
- Educator/Instructor
- Nurse Practitioner
- Nursing Management
- Private Practice/Consultant
- Social Worker
- Staff/Charge Nurse
- Other: _____

2. CLINICAL SETTING

- Community Mental Health
- General Hospital Inpatient Psych Unit
- Long-Term Care
- Military Clinic/Hospital
- Outpatient Clinic/Agency
- Private Practice
- Psych Emergency Services
- Psychiatric Hospital
- School of Nursing
- Other: _____

3. CLINICAL FOCUS

- Adult
- Child/Adolescent
- Geriatric
- All
- Other: _____

4. HIGHEST EDUCATIONAL LEVEL

- Diploma
- Associate Degree
- Bachelors Degree
- Masters Degree
- Doctoral Degree
- Other: _____

Please share with your colleagues

Contemporary Forums
6377 Clark Avenue, Ste. 200
Dublin, CA 94568
Code: P D F

PAYMENT SUMMARY #071012/072012

Early Fee Postmark Deadline:
March 7 for Philadelphia / April 4 for Las Vegas

Conference Content via Library Only (Philadelphia conference) \$ _____
OR
Main Conference Tuition (Attending) (Philadelphia or Las Vegas) \$ _____
Group Discount (See page 10) (Registration forms must be sent in together) - \$ _____
Preconference Tuition (Philadelphia) + \$ _____
Preconference A Tuition (Las Vegas) + \$ _____
OR
Preconference B Tuition (Las Vegas) + \$ _____
Lunch & Presentation (Philadelphia) (April 19 - \$45 - See page 4) + \$ _____
TOTAL PAYMENT ENCLOSED \$ _____

Check/Money Order Payable to Contemporary Forums
Credit Card # _____
Exp. Date _____
Print Cardholder's Name _____
Billing Address _____
City _____ State _____ Zip _____
Payer Email _____
Payer Phone # _____

OFFICE USE ONLY: E D C

We collect this data in order to provide you with information about Contemporary Forums, conferences and the Online CE Library. If you prefer not to receive further information, please see our Privacy Statement at www.ContemporaryForums.com or call our Privacy Administrator at 1-(888) 306-2344, or from outside the U.S. at (203) 840-5810.