

Learning Objectives

Attendees will:

Personality Disorders

- Participants will learn about different kinds of personality disorders with a particular emphasis on Borderline Personality Disorder and Antisocial Personality Disorder.
- Participants will be able to describe various modalities of treatment for such disorders.
- Participants will examine the role of trauma in the evolution of some of the disorders.

Sex, Sexuality, and Psychiatry

- Identify the origins of human sexual behavior and theories of psychosexual development
- Identify the current DSM 5 sexual disorders
- Identify paraphilias
- Understand the justification of civil commitment for individuals engaged in certain sexual behaviors

Fitness for Thought

- What have I learned in many years of teaching. “Inserting humor and laughter!”
- Current and Past Trends in Fitness
- Gauging your own progress
- Self-care and awareness
- How fitness relates to your mental health
- How you can lead by example

What’s New In Psychiatry

- Review new medications and new indications for existing meds
- Psych indications for Medical Marijuana
- Other trends emerging in psychiatry

Learning Objectives Continued

Pain and Mental Health

- Participants will consider how society’s beliefs and expectations about pain affect how we interpret pain and treat pain.
- Participants will learn how we process pain at the brain level.
- Participants will identify how pain can be interpreted and processed differently in people with underlying mental health disorders
- Participants will consider treatment options that can help or harm pain management in people with mental health disorders.

An Overview and Understanding of EMDR

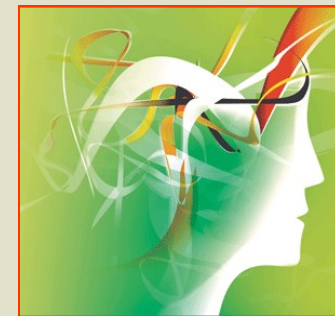
- Participants will develop an understanding of EMDR therapy.
- Participants will become familiar with the Adaptive Information Processing model.
- Participants will gain an increase in knowledge of who may be an appropriate candidate to refer for further assessment for EMDR therapy.

This training is sponsored by:



6th Annual SCCBI Mental Health Conference:

Current Trends and Topics in Adult Mental Health



Tuesday, October 10, 2017
Courtyard by Marriott
901 Raintree Road, Mankato, MN

Trends & Topics in Adult Mental Health 2017

Program Overview

7:30-8:15	Registration
8:15-9:15	Personality Disorders Dr. Soniya Hirachan
9:15-10:15	Sex, Sexuality, and Psychiatry (Part One) Michael Farnsworth, MD, DFAPA
10:15-10:30	Break
10:30-11:30	Sex, Sexuality, and Psychiatry (Part Two) Michael Farnsworth, MD, DFAPA
11:30-12:00	Panel/Q & A
12:00-1:00	Lunch
1:00-1:30	Fitness for Thought Vicki Huber
1:30-2:30	Pain and Mental Health Ruth Vortherms, NP
2:30-2:45	Break
2:45-3:30	An Overview & Understanding of EMDR Maureen Tanis, LICSW
3:30-4:00	What's New in Psychiatry Michael Farnsworth, MD, DFAPA
4:00-4:30	Panel/Q&A
4:30	Wrap-Up & Adjourn

Intended Participants: Mental Health Professionals and Practitioners, Nurses, Social Workers, Case Managers, LADCs, Primary Care Physicians, Community Support Workers, Rehabilitation Workers, and Group Home Staff.

CEUs being applied for Boards of Behavioral Health, Psychology, Nursing, and Social Work.

Vendor opportunities for your organization at the 6th Annual Mental Health Conference

Our community partners are encouraged to share information about their services to conference attendees. Being a Conference Vendor **includes two registrations** for the Conference. For more information, please contact Sara Emich if you are interested in being a vendor at this year's conference at 507-304-4407 or sara.emich@blueearthcountymn.gov.

Nonprofit Vendor \$250 ● For-profit Vendor \$800

About the Speakers

Michael Farnsworth, MD, DFAPA, is a board certified general adult and forensic psychiatrist with 30 years of experience evaluating and managing complex mental health issues in both inpatient and outpatient settings. He is a Distinguished Fellow of the American Psychiatric Association and an assistance clinical professor of the University of Minnesota Medical School. He is a popular speaker on forensics and tele-psychiatry. Dr. Farnsworth currently services as the Medical Director of the Blue Earth County Mental Health Center in Mankato, from his home in Nisswa, MN and maintains an active forensic practice. You can visit his webpage at www.MichaelFarnsworthMD.com.

Soniya Hirachan, MD is a Board Certified General Adult and Forensic psychiatrist currently serving as the Medical Director of Forensic Services in St. Peter, Minnesota. As a faculty member of the University of Minnesota, she teaches Psychiatry residents, medical students and Forensic Psychology fellows.

Vicki Huber, has been a fitness instructor for 26 years, teaching various classes, ranging from aerobics, step aerobics, Zumba, Kids Zumba, Piyo, Pilates, step, boot camp, drums, circuit, R.I.P.P.E.D, HIIT and weight training. For over 19 years, she has also been a social worker by day, and is currently working in Adult Protection, Adult Services, and Prepetition Screening for Civil Commitment.

Maureen Tanis, LICSW is a Licensed Independent Clinical Social Worker (LICSW), and practices at Mayo Clinic Health System – Eastridge Clinic. Maureen provides diagnostic assessments and psychotherapy to individuals across the lifespan. She is certified in Primary Care Behavioral Health. Her special interests include anxiety and depressive disorders, ADHD, child behavioral problems, and PTSD. Maureen received her basic training in Eye Movement Desensitization and Reprocessing (EMDR) therapy in 2007 and 2008 and continues to participate in advanced trainings on a regular basis.

Ruth Vortherms, FNP, APRN is a family nurse practitioner. She attended Sioux Valley School of Nursing in Sioux Falls, SD with a diploma in nursing, BS in nursing from SDSU and later a MS from U-W Madison. She has worked the past 26 years as a family nurse practitioner first in Le Sueur in family practice for 20 years and now for the past 5 and ½ years at Advanced Pain Management in Mankato, specializing in caring for patients with all aspects of chronic pain. Those patients with concomitant issues of mental health and chronic pain present special challenges in treatment and recovery.

6th Annual SCCBI Mental Health Conference

Register below or online at www.SCCBI.info
Registration Deadline is September 30, 2017

Name and Title: _____

Agency: _____

Address: _____

Telephone Number: _____

Email address: _____

Special accommodations (please identify): _____

**Fee: \$99.00 (includes materials,
light breakfast and lunch on site)**

Please make checks payable to:
Blue Earth County Human Services

Mail to:
Blue Earth County Human Services
Jamie Grohman
410 South Fifth Street
P.O. Box 3526
Mankato MN 56002

CANCELLATIONS WILL BE ACCEPTED
WITH A FULL REFUND, UNTIL
SEPTEMBER 30, 2017.