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**EARN YOUR CONTINUING EDUCATION HOURS AT THIS PROGRAM!**

# UNDERSTANDING OLDER MINDS

## *Issues in Geriatric Health Care*

**Normal Aging • Medical Problems • Delirium, Delusions, & Psychoses  
The Aging Brain • Memory Disorders • Dementias**

**APRIL 20, 2010 • GREENVILLE, SOUTH CAROLINA  
APRIL 21, 2010 • COLUMBIA, SOUTH CAROLINA  
APRIL 22, 2010 • MYRTLE BEACH, SOUTH CAROLINA  
APRIL 23, 2010 • CHARLESTON, SOUTH CAROLINA**

Activity Directors • Occupational Therapists • Marriage & Family Therapists • Case Managers  
Physical Therapists • Counselors • Recreational Therapists • Psychologists • Long-Term Care Consultants  
Social Workers • Nurses • Nursing Home Administrators • Speech-Language Pathologists

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Presented by: **William Matteson, PhD**

# UNDERSTANDING OLDER MINDS

## *Issues in Geriatric Health Care*

Dr. William Matteson's commitment to helping professionals improve the quality  
of the lives of older adults and their families is evident in his work as a clinician,  
consultant, author, and accomplished presenter!

*"This is one of, if not the most, INFORMATIVE and INTERESTING seminars I have at-  
tended in 20 years!"*

-Patricia Pintard, PhD Clinical Psychologist

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# Agenda

## Understanding Older Minds

- 7:30** **Registration, Sign-In, & Course Materials**
- 8:00** **Course begins** (Morning and afternoon breaks determined by Dr. Matteson.)  
**Normal Aging**  
The Aging Body • The Aging Senses • The Aging Personality  
**Medical Problems**  
Pain • Strokes • Medications • Substance Abuse • Sexual Problems • Sleep  
**Delirium, Delusions, & Psychoses**  
Delirium • Delusions • Hypochondria & Somatization  
Schizophrenia & Late Life Psychosis • Bipolar Disorder  
**Depression, Anxiety, & Suicide**  
The Extent of the Problem • Barriers to Diagnosis & Treatment  
Treatments & Interventions
- 11:30** **Lunch** (on your own)
- 12:30** **The Aging Brain**  
Myths of Memory • The Memory Process  
**Memory Disorders**  
Age Associated Memory Impairment • Mild Cognitive Impairment • Dementia  
**Dementias**  
Dementia Risk Factors • Types of Dementia • Reversible Dementias  
Prevention & Treatment • Subcortical Dementias (Parkinson's & Huntington's)  
Diagnosing Dementia
- 3:30** **Evaluations, Adjournment, & Certificates**

## Learner Objectives

At the conclusion of this program, you will have the knowledge required to:

- Assess the mental and emotional status of elderly clients.
- Discuss the multiple effects of aging on mental health.
- Differentiate between depression and dementia.
- Describe treatments and interventions for behavioral and emotional difficulties.

### Comprehensive Program Manual Included with Your Registration!

*Understanding Older Minds*, designed specifically for this program by Dr. Matteson, will be provided to each registrant at sign-in.

*"Hands down, the MOST JAMMED PACKED conference with the MOST RELEVANT INFORMATION on the aging mind that I've ever encountered! Dr. Matteson is very entertaining, informative, & offers great insight."*

Robin Bounville, LCSW, Nursing Home

## Location

**APRIL 20, 2010**  
**GREENVILLE, SOUTH CAROLINA**  
EMBASSY SUITES GREENVILLE GOLF  
RESORT & CONFERENCE CENTER  
670 Verdae Boulevard | Greenville, SC 29607  
864-676-9090

**APRIL 22, 2010**  
**MYRTLE BEACH, SOUTH CAROLINA**  
MYRTLE BEACH MARRIOTT RESORT & SPA AT GRANDE  
DUNES  
8400 Costa Verde Drive | Myrtle Beach, SC 29572  
843-449-8880

For additional hotel information, including driving directions and parking, please contact hotel directly or go to this program's page at [www.health-ed.com](http://www.health-ed.com) for link to hotel website.

**APRIL 21, 2010**  
**COLUMBIA, SOUTH CAROLINA**  
CLARION HOTEL DOWNTOWN  
1615 Gervais Street | Columbia, SC 29201  
803-771-8711

**APRIL 23, 2010**  
**CHARLESTON, SOUTH CAROLINA**  
EMBASSY SUITES AIRPORT/CONVENTION CENTER  
5055 International Boulevard | North Charleston, SC 29418  
843-747-1882

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## CONTINUING EDUCATION HOURS:

### Sponsor: HEALTH Education Network, LLC

To receive verification of successful completion of the following credit hours, participants must sign-in, attend the entire program, and complete an evaluation. For continuing education inquiries, please go to this program's page at [www.health-ed.com](http://www.health-ed.com) or contact [ssell@health-ed.com](mailto:ssell@health-ed.com).

#### CERTIFIED CASE MANAGERS: 6.0 Hours.

**CCMC** - This program has been approved by the Commission for Case Manager Certification. Approval number will be issued on the certificate of attendance.

#### NURSES/NURSE PRACTITIONERS/NURSE SPECIALISTS: 6.0 Contact (60 minute) Hours.

HEALTH ED is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



#### NURSING HOME ADMINISTRATORS: 6.0 Hours.

**NAB** - This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Boards of Examiners for Nursing Home Administrators (NAB) and approved for 6 clock hours and 6 participant hours. Approval #2612010-31497-6. Please bring your license number.

#### OCCUPATIONAL THERAPY PRACTITIONERS/OCCUPATIONAL THERAPY ASSISTANTS: 6.0 Hours.

**AOTA** - 6 CEUs (6.0 Contact Hours). HEALTH ED is an Approved Provider of Continuing Education for occupational therapists and occupational therapy assistants by the American Occupational Therapy Association. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



#### PHYSICAL THERAPISTS/PHYSICAL THERAPIST ASSISTANTS: 6.0 Hours.

This program has been designed to meet the criteria for 6.0 clock hours of acceptable continuing education. Licensees are to determine the acceptability of the program based upon the rules of their licensing board.

**South Carolina** - This program has been approved by the South Carolina Chapter of the American Physical Therapy Association (SCAPTA). Approval #09-776.

#### PSYCHOLOGISTS: 6.0 Hours.

**APA** - HEALTH ED is approved by the American Psychological Association to sponsor continuing education for psychologists. HEALTH ED maintains responsibility for this program and its content. Full attendance is required. No partial credit will be offered for partial attendance.

#### SOCIAL WORKERS, COUNSELORS, AND MARRIAGE AND FAMILY THERAPISTS: 6.0 Hours.

**South Carolina** - HEALTH ED is an approved provider by the South Carolina Board of Examiners for Licensure of Counselors, Therapists and Psycho-Educational Specialists, (provider #196).

**ASWB** - HEALTH ED, (provider #1033), is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program and maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval.



**NBCC** - HEALTH ED, (provider #5655), is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines.



#### SPEECH-LANGUAGE PATHOLOGISTS: 6.0 Hours.



HEALTH ED is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**ASHA** - This course is offered for 0.6 ASHA CEUs (Intermediate level, Professional area). ASHA account number required for ASHA Registry.

√Others: If your profession is not listed, please contact your board to determine how to receive credit. This program is designed to offer six contact hours. Many boards accept reciprocal approval via the organizations listed above.

## Who Should Attend

Activity Directors • Occupational Therapists • Marriage & Family Therapists • Case Managers  
Physical Therapists • Counselors • Recreational Therapists • Psychologists  
Long-Term Care Consultants • Social Workers • Nurses • Nursing Home Administrators  
Speech-Language Pathologists

This is a basic to intermediate course appropriate for those individuals working in a variety of settings including social service agencies, private practice, health, and home care settings. It is especially valuable for those working in long-term care, adult day care, assisted living facilities, continuing care retirement communities, and for those counseling and advising family caregivers.

#### CANCELLATIONS/TRANSFERS

To make registration changes, please email [smartin@health-ed.com](mailto:smartin@health-ed.com) prior to the program for transfers or credit coupons which can be applied toward a future program. If contacted no later than seven (7) business days prior to the start of the program, a tuition refund, less a \$30 cancellation fee, is available. In the unlikely event HEALTH ED has to cancel or postpone a program for an unforeseen reason you, will be notified immediately to discuss options.

HEALTH Education Network, LLC | 304 Gray Street Suite 201 | Eau Claire, WI 54701

## PURPOSE

The explosive growth of older people in our society has been accompanied by a need for health care professionals, especially mental health professionals, who are familiar with the unique problems and challenges facing this population. Effective treatment in the aged requires an understanding of the interplay between the aging body, the aging brain, and psychological well being.

**The purpose of this program** is to provide you with the knowledge, tools, and techniques that will enable you to deliver high-quality health treatment to your older patients. This program will provide you with the skills necessary for the complex process of assessment and intervention, including medical, psychological, environmental, and interpersonal issues, enabling you to apply this knowledge to the diagnosis and treatment of your elderly clients.

## PRESENTER

**WILLIAM MATTESON, PhD** is a licensed psychologist with a clinical practice focus in geriatric services. His practice includes conducting assessments, testing and evaluation; and creating treatment plans for elderly individuals with psychiatric problems. Dr. Matteson conducts training programs and case management consultation for the staffs of geropsychiatric hospitals, home health agencies, retirement homes, assisted living facilities, day treatment programs, skilled nursing facilities, and board and care homes. Nationally known for his work on memory and the causes of memory disorders, Dr. Matteson is an author of five books including the top selling *Stop Memory Loss! How to Fight Forgetfulness Over Forty* and *Caregivers Bible: Managing Behavior Problems in the Elderly*, a book for professional caregivers of the aged. The *Caregivers Bible* has been adopted as the source of training for all Area on Aging staff in the California Department of Aging. These excellent books will be available for review and purchase at the program.

Dr. Matteson earned his PhD in clinical psychology at the California Graduate Institute, MA in experimental and physiological psychology and BA in psychology at California State University, Long Beach. He is a member of numerous organizations including the International Psychogeriatrics Association, the American Society on Aging, the Gerontological Society of America, the National Academy of Neuropsychologists, and the American Medical Writers Association.

## PROGRAM PLANNING TEAM

William Matteson, PhD • Lauren Zeefe, M.Ed., LPC, CT • Kay Gautsch, PT

Linda Schreiber, MS, CCC-SLP • Judith Kay Nelson, PhD, LCSW

Louise J. Armstrong, OTR • Susan Fralick-Ball, PsyD, MSN • Jacqueline Pavelski, NHA

**FREE SHIPPING when PURCHASING this book with program registration!**



***The Tao of Music*** by John Ortiz, PhD

Like millions of other people, when you're feeling "blue", you might listen to music to reflect your feelings, or to cheer you up. Dr. Ortiz has focused on this basic impulse and created an effective, systematic way to deal with life's vagaries. He offers "Musical Menus" of carefully selected songs and melodies, reflective of specific emotional states that you can use to progress from identifying your pain to healing it. He provides creative exercises, koans (meditative questions), anecdotes, and case histories that reveal the transformative power of music. Learn to use behavioral, cognitive, and affective psychological techniques incorporated with toning, chanting, affirmations, and visualization to help you deal with issues such as chronic pain, lack of self-esteem, depression, anger and more. You can use music to change your life and the lives of your clients... let Dr. Ortiz show you how!

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To find out how **you** can **receive CE credits** at a **reduced tuition rate**, please go to the **Reduced Tuition Coordinator** link at [www.health-ed.com](http://www.health-ed.com)!

### How to Register:

**ON-LINE** health-ed.com (*secure website*)  
**PHONE** 800-839-4584 • 715-839-8055  
 8:00 am - 5:00 pm CT  
**FAX** 715-839-8680  
**MAIL** HEALTH ED  
 P.O. Box 1075  
 Eau Claire, WI 54702-1075  
**Federal Tax ID** 39-1779320

### Registration Policy:

A completed registration form, payment, or purchase order hard copy is required at time of registration for **each** attendee. Use only one registration form per person. Please copy this form for multiple registrations. **Pre-Registration** rates apply only to individuals and groups registering with payment in full before 12:00 noon CT the day before the program. **Groups must register at the same time.**

**ADA:** Contact us a minimum of 3 weeks prior to the program for accommodations.

**Receipt/Confirmation:** Register on-line at [www.health-ed.com](http://www.health-ed.com) or email your request to [smartin@health-ed.com](mailto:smartin@health-ed.com).

**1 To expedite the processing of your registration, please complete form in its entirety.**

<b>REGISTER ME FOR</b>	<input type="checkbox"/> <b>APRIL 20, 2010 • GREENVILLE, SOUTH CAROLINA</b>
	<input type="checkbox"/> <b>APRIL 21, 2010 • COLUMBIA, SOUTH CAROLINA</b>
	<input type="checkbox"/> <b>APRIL 22, 2010 • MYRTLE BEACH, SOUTH CAROLINA</b>
	<input type="checkbox"/> <b>APRIL 23, 2010 • CHARLESTON, SOUTH CAROLINA</b>

**2 Please print legibly.**

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 My profession is:  CCM  SW  SLP  OT  
 OTA  MFT  PT  PTA  
 NHA  LPC  Nurse  Psychologist  
 Other \_\_\_\_\_ Position \_\_\_\_\_

Name \_\_\_\_\_ (First) \_\_\_\_\_ (Last)  
 Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_  
 Email \_\_\_\_\_  
 Employer/Agency \_\_\_\_\_  
 Approving Manager Name/Title/Phone \_\_\_\_\_

**Address**

My name and address appear on the mailing label.  
 ✓ If yes, please write mailing label address below in **Part 1**.  
 ✓ If yes, but address has changed, please complete **Part 1 & Part 2**.  
 ✓ If no, please complete **Part 2**.

**Part 1 (address from mailing label)**

Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Part 2**

Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**3 Tuition** *Fee includes program manual and refreshments.*

- †\$169 per person for a group of 2 or more **pre-registering** at the same time
  - †\$179 per person **pre-registering**
  - \$199 per person when registering **after** the pre-registration deadline
  - \$25 **Tao of Music** - Order **NOW** with registration and receive **FREE SHIPPING!**  
*(Product prices subject to change without notice. Product will be shipped to the address you list below.)*
  - 5.5 %** tax applies only when purchasing product in Wisconsin
- \$ \_\_\_\_\_ Total

**Ship My Product To** *(please allow 10 business days for delivery)*

Address is same as above  
 Name \_\_\_\_\_  
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 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**4 Payment Information**

Purchase order hard copy enclosed P/O# \_\_\_\_\_  
 Check enclosed made payable to HEALTH ED Ck. No. \_\_\_\_\_ Amt. Paid \_\_\_\_\_  
 Visa  MC  DC  AE # \_\_\_\_\_ Exp. Date \_\_\_\_ / \_\_\_\_  
 Card Holder's Name \_\_\_\_\_ Card Security Code \_\_\_\_\_  
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