

Evidence Based Behavioral Health Series

Spring 2022

Presentations are held virtually via Microsoft Teams | 8:30-10:30am.

Accreditation Statement: Advocate Aurora Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Advocate Aurora Health has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6559. Programs that do not qualify for NBCC credit are clearly identified. Advocate Aurora Health is solely responsible for all aspects of the programs.

Credit Designation: Advocate Aurora Health designates this live activity for a maximum of 2 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Advocate Aurora Health designates this live activity 2 NBCC clock hours. Participants must attend entire presentation and complete evaluation form to be in compliance.

Advocate Aurora Health subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you require special assistance, please call 414-454-6648.

Programming for this series is based on the analysis of current primary caregiver needs as requested by past attendees. The program is aimed at psychiatrists, psychologists, social workers, nurses, and other allied health professionals. The course objective is to improve the diagnostic and therapeutic capabilities in psychiatry and addiction medicine.



Evidence Based Treatment: Using Evidence Based Interventions for Effective Treatment

January 12, 2022

Vikki Smoter, PsyD

Christine Weingarten, Ph.D.

Lions and Tigers and Bears: The Basics of an Integrative Approach to Managing Depression and Anxiety

February 9, 2022

Nicole Eull, PsyD

Perinatal Mood and Anxiety Disorders

March 9, 2022

Laura Gertz, LPC

Relapse and Cravings: How to Work with Patients Struggling with Recovery

April 13, 2022

Amanda Gragg, LPC, SAC

Crucial Conversations around Death, Dying, and End of Life and the Impacts on Complicated Grief and Bereavement

May 11, 2022

Emma Burton-Loder, LCSW

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Evidence Based Treatment: Using Evidence Based Interventions for Effective Treatment

January 12, 2022

Vikki Smoter, PsyD & Christine Weingarten, Ph.D.

This presentation will review principles of evidence-based treatment, levels of evidence-based treatment, application of EBT for effective intervention, and outcome measures for treatment efficacy.

1. Define Evidence Based Treatment, Evidence Based Practice, and related concepts.
2. Learn about the components of Evidence Based Treatment and Levels of Evidence.
3. Discuss application of evidence-based treatment for diverse patients and presenting concerns.
4. Identify practices to assess efficacy of intervention and outcome measures.

Lions and Tigers and Bears: The Basics of an Integrative Approach to Managing Depression and Anxiety

February 9, 2022

Nicole Eull, PsyD

In mental health, we rely on therapy and medications to treat anxiety and depression. These evidenced-based treatments are successful with many patients, but others remain unchanged or with room for more growth. This workshop will explore integrative treatment methods for anxiety and depression.

1. Explore a wide range of categories of treatment modalities to enhance and invigorate the treatment process.
2. Introduce choice and variety into your treatment relationships with patients.
3. Learn how to engage patients in a systematic discussion of alternative treatment options.
4. Identify risks, benefits, and contraindications of an integrative approach to mental health treatment.

Perinatal Mood and Anxiety Disorders

March 9, 2022

Laura Gertz, LPC

Perinatal mood and anxiety disorders (PMADs) are the most common complication of childbirth. This presentation will discuss the different disorders that fall within this category, treatment recommendations, and how to differentiate severity and recommend appropriate level of care.

1. Describe the different perinatal mood and anxiety disorders and differentiate between the disorders.
2. Identify the evidence-based treatment recommendations for perinatal mood and anxiety disorders.
3. Differentiate severity of diagnoses and appropriate levels of intervention.

Relapse and Cravings: How to Work with Patients Struggling with Recovery

April 13, 2022

Amanda Gragg, LPC, SAC

Relapse and cravings are a natural part of recovery; however, it is often feared by patients and providers alike. Whether a provider specializes in AODA treatment or not, these are issues that may arise in a patient's life. We will examine what relapse and cravings can look like and the impact that it has on treatment. We will learn about treatment options available in the area and trends both local and nationwide that impact all. Finally, we will explore ways to provide compassionate and effective treatment, while making sure we stay healthy as providers.

1. Learn signs and symptoms of relapse and cravings.
2. Explore treatment options available to patients.
3. How to help a patient cope with relapse and cravings.

Crucial Conversations around Death, Dying, and End of Life and the Impacts on Complicated Grief and Bereavement

May 11, 2022

Emma Burton-Loder, LCSW

Conversations regarding death/end of life are not typically seen as comfortable topics and are often avoided in both professional and personal arenas. Open dialogue regarding life expectancy with patients and families can set the tone for how the patient and family choose to spend their limited time and where they focus their energy. This also sets the stage for the grief process and the impacts on complicated grief/bereavement. Attendees will have the opportunity to explore discussions regarding death/end of life and ways to initiate those conversations with patients and families.

1. Differentiate between traditional presentations of grief/bereavement and complicated grief/bereavement.
2. Identify crucial conversations regarding death/end of life.
3. Initiate crucial conversations regarding death/end of life with patients' and their families.