

General Information

Location: Pyle Center on the University of Wisconsin–Madison campus

Time: 8:30–9 am—registration; 9 am–3 pm—workshop

Fees: \$120 each workshop includes instruction, materials, credit, refreshments, and \$20 nonrefundable administrative fee. Lunch is on your own.

Registration deadline: To ensure your place in the programs and to help us accommodate you, please register as early as possible. If you do not receive a confirmation letter before the program, please call 608-262-1397 or 800-725-9692.

Cancellation policy: Program—In the event of bad weather or other emergencies, visit www.dcs.wisc.edu or call 608-263-4432 to learn whether a Continuing Studies program or class has been cancelled. Participant—If you are unable to attend or arrange for a substitute, you may obtain a refund minus the \$20 administrative fee by contacting our registration department at least three business days before the program. If you cancel later than that or do not attend, you are responsible for the entire fee. To cancel or arrange for a substitute, please call 800-725-9692.

Accommodations: Please make your own travel and lodging arrangements. Maps and information on lodging and parking are sent with your registration confirmation.

Approved hrs/continuing education credits/workshop: 0.5 CEU=5 hours for each seminar of professional continuing education.

Social workers: UW-Madison, Professional Development and Applied Studies (PDAS) (provider #1042), is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), (1-800-225-6880) through the Approved Continuing Education (ACE) program. PDAS maintains responsibility for the program. Social workers will receive 5 continuing education clock hours for completing this course. **WI, IA and MI Boards of Social Work** recognize ACE programs.

MN board of social work CE approval #: 06-138.

IL registered social worker continuing education sponsor #:159.000243.

Counselors: PDAS is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. PDAS adheres to NBCC continuing education guidelines (provider # 5990).

WI psychologists, and marriage and family therapists: qualifies as an accredited university continuing education course relevant to professional practice.

WI substance abuse counselors: qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters.

Educators: this program may qualify towards your Professional Development Plans (PDPs).

Other professions: completion of this program qualifies for 5 continuing education hours for each seminar. Contact your own board or organization for specific continuing education requirements.

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Effective Psychotherapeutic Approaches for Older Adults • November 2, 2009



CONTINUING STUDIES
University of Wisconsin–Madison

Certificate

MENTAL HEALTH AND
THE OLDER ADULT

Program

*This seminar is open to anyone interested
in the field of gerontology and geriatrics.*

Effective Psychotherapeutic Approaches for Older Adults

**November 2, 2009
9 am–3 pm**

**The Pyle Center
702 Langdon Street
Madison, Wisconsin**

www.dcs.wisc.edu/pda/aging/certificate.htm

Registration Form

Please register me for:

Effective Psychotherapeutic Approaches for Older Adults

November 2, 2009; Fee: \$120

Prog. #3009

UW# W55

Name _____

Organization _____

Address _____

street

city / state / zip

Phone () _____

area code daytime number / evening number

E-mail _____

Information used to contact you about your registration and for future marketing


Enclosed is my check/money order, payable to **UW-Madison.**


Please charge to the following account:


MasterCard VISA American Express


Card No. _____ Expires _____

Cardholder's Name _____

 **Clip and mail to:** UW-Extension Registrations, Pyle Center
Dept. 101, 702 Langdon Street
Madison, WI 53706-1487

 **Call:** 608-262-1397 or 800-725-9692
(TDD 608-265-2370)

 **Or fax:** 608-265-3163 or toll-free 800-741-7416
Phone or fax registrations must include
payments by credit card or purchase order.

 **Online:** www.dcs.wisc.edu/classes/aging.htm

Voluntary information collected to enhance UW programming. Check all that apply.

Female Male Birthdate: Month Day Year

Heritage: African American 1 Hispanic/Latino 4
 Asian/Pacific Islander 2 White/Other 5
 American Indian/Alaskan Native 3

Occupational Area:

<input type="checkbox"/> Educational Services	2	<input type="checkbox"/> Public Administration. (govt.)	8
<input type="checkbox"/> Engineer., Architect., Surveying	3	<input type="checkbox"/> Retail Trade	9
<input type="checkbox"/> Finance, Insurance, Real Estate	4	<input type="checkbox"/> Social, Recreat., Religious	10
<input type="checkbox"/> Health Services (phy/mental)	5	<input type="checkbox"/> Transport., Comm., Utilities	11
<input type="checkbox"/> Manufacturing	6	<input type="checkbox"/> Wholesale Trade	12
<input type="checkbox"/> Protect. Svcs. (police, guards, corr.)	7	<input type="checkbox"/> Other	13

Are you enrolled in this program primarily for career purposes? Yes No

If you have a disability and desire accommodations please advise us ahead of time. Requests are confidential. This program is offered by UW-Madison in cooperation with UW-Extension. No Wisconsin tax dollars were used to print this publication.

DCS-MAC-019-08/09

Effective Psychotherapeutic Approaches for Older Adults—November 2, 2009

This elective seminar is part of the certificate series on Mental Health and the Older Adult. Enrollment is also open to all professionals in the field of gerontology and geriatrics, whether enrolled in the certificate or not.

Description

Later life challenges older adults to preserve their identity in the presence of physical, psychological, environmental, and spiritual changes. Older adults benefit from the assistance of health personnel well trained in psychotherapeutic intervention. However, counseling older adults and their families requires professionals to enter complex systems with rigid interactional patterns, to develop cooperative relationships, and to provide effective interventions. These can be very difficult tasks.

This workshop will explore the unique features of counseling older adults. It will emphasize skills such as establishing collaboration, assessment, case formulation, treatment planning, and use of self in the client system. The most difficult and complex cases will challenge the counselor's boundaries and sense of self. Exercises will be provided to clarify each participant's model of change creation and therapeutic interaction. Understanding nonverbal information conveyed by the client's body and the role of dissociation in complex cases will be explored.

Learning Objectives

You will:

- Understand the unique features of counseling older adults and their families.
- Practice skills such as formulating interview questions, eliciting cooperation, shifting alliances to maintain collaboration, case formulation, and use of self.
- Clarify your own model of creating changes and positioning oneself in a complex system.
- Learn to observe, understand, and help clients use emotional information conveyed by physiological responses.
- Learn to recognize dissociation, manage it in the interview, and teach clients to use it purposefully.

Agenda

9:00 am	Welcome and introductions
9:15	Effectiveness and unique features of counseling older adults
9:45	Practice skills—collaboration, assessment
10:30	Break
10:45	Practice skills—case formulation, treatment planning, and intervention
Noon	Lunch
1:00 pm	Clarifying your own model—the self in the system
2:00	Utilizing information from the body
2:30	Recognizing, managing, and using dissociation
3:00	Closing

Your instructor

Dr. *Marilyn Bonjean* is president of ICF Consultants, Inc. in Milwaukee. She is a clinical member and approved supervisor of the American Association for Marriage and Family Therapy and a member of the American Family Therapy Academy. She has directed social service programs in the community and in institutional settings. Over the last 30 years she has developed internationally used education models for professionals to improve counseling services for older adults and their families. Dr. Bonjean's areas of focus include caregiving families, chronically ill older adults, and trauma and aging. She works with individuals after invasive medical treatment, violent episodes, or other traumatizing experiences. In support of the aging network, she supervises and trains regarding complex cases and advocates for older people and their families.

For more information contact Suzanna Castillo toll-free at 800-442-4617; in the Madison area call 608-263-3174.

To register call 608-262-1397 or 800-725-9692.