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 **CONTINUING STUDIES**  
University of Wisconsin—Madison  
21 N. Park St., 7th flr  
Madison WI 53715-1218

Depression and Bipolar Disorders... February 22, 2010  
Better than OK... February 23, 2010

NEW

Two excellent workshops  
with Dr. David Mays, MD, PhD

## Depression and Bipolar Disorders in Adults and Young People —February 22, 2010

NEW

## Better than OK: Moving Our Clients from Illness to Happiness —February 23, 2010

Sheraton Milwaukee  
Brookfield Hotel, Brookfield, WI



**CONTINUING STUDIES**  
University of Wisconsin—Madison  
Professional Development  
and Applied Studies

# Depression and Bipolar Disorders in Adults and Young People

Major depression and bipolar disorder cause enormous personal, social and economic suffering throughout the world. Depression is quite common, occurring in up to 10% of men and 20% of women. It is the cause of intense economic and health difficulties in the U.S., including lost productivity, increased hospitalization, higher suicides and a growth in long-term treatment.

Bipolar disorder wreaks havoc among the families of those affected, with as many as 50% of patients making suicide attempts. Occupational status deteriorates in most instances and treatment is frequently complicated by lack of insight.

The diagnosis of depression and bipolar disorder in young people is quite difficult, and complicated by competing social and economic agendas. Is bipolar disorder in children and adolescents an under-diagnosed epidemic or is it a diagnosis run amok, fueled by pharmaceutical advertising?

This workshop will present evidence-based data in a clinically informed context dealing with these and other relevant issues.

*“Dr. Mays is probably the most impressive presenter I have experienced.”*

—Linda R. Schnable, MSW

**For more information:** Contact Kristi Obmascher at 608-262-8971 or e-mail [kobmascher@dsc.wisc.edu](mailto:kobmascher@dsc.wisc.edu), or Anne Voxman at 608-263-7023 or [avoxman@dcs.wisc.edu](mailto:avoxman@dcs.wisc.edu) or call toll free 800-442-4617.

**Web site:** Visit [www.dcs.wisc.edu/pda/mental-health/](http://www.dcs.wisc.edu/pda/mental-health/)

### Program Outline

#### Major Depression

- Demographics
- Presentation
- Bereavement
- Genetics
- Gender issues
- Children and adolescents
- Stress
- Suicide
- Treatment

#### Bipolar Disorder

- Demographics
- Presentation
- Genetics
- Gender issues
- Children and adolescents (attachment disorders vs. ADHD vs. conduct disorder)
- Substance abuse
- Treatment

#### Special Treatment Issues

- Medications, therapy, psychosurgery

### Program Objectives

After actively participating in this program, participants will be able to:

- Describe and identify the major symptoms of depression and bipolar disorder
- Understand the diagnostic complications in young people
- Do a basic suicide risk assessment
- Be familiar with the evidence-based treatments
- Be able to educate clients about mood disorders

NEW

# Better than OK: Moving Our Clients from Illness to Happiness

The traditional goal of mental health treatment has been to alleviate symptoms of disease, rather than promote health and happiness. From Freud's theoretical view that the best that neurotic human beings can achieve is "ordinary unhappiness," to the common assumption that happiness is simply what you get when you get rid of what's bothering you, behavioral science has been slow to apply scientific principles to the study of what makes a life worth living. All this is beginning to change, however, and today we're beginning to understand the principles behind what makes people feel better than "just OK."

This workshop provide you with suggestions so you can get beyond "neutral" in your clients' lives, using findings from neurophysiology and the new science of "Positive Psychology"; this focuses on what makes people mentally healthy, fulfilled, and satisfied—not simply free from misery.

### In this workshop you learn how to:

- understand the various models of mental health
- recognize how culture influences healthcare goals
- describe the major tenets of positive psychology
- apply knowledge about happiness and meaning in working with clients with Axis I and Axis II disorders

### Workshop topics

- Mental health—What is it and who says so?
- The DSM and alternative models of health
- Alternative healthcare and models of disease and illness
- What you think does make a difference!

### Happiness and the goals of positive psychology

- What is positive psychology?
- Is there a science of happiness?
- Is happiness possible and how can I get it?

### The power of hope

- The placebo effect
- Research about psychotherapy
- Making use of what we know

### Moving beyond "OK"

- Axis I
- Axis II
- Ourselves

**"Dr. Mays is a consistently exceptional presenter. He combines an appropriate and respectful sense of humor with an obvious wealth of experience and knowledge. Regardless of subject matter, he is never boring."**

Jeff Cole, MS, LPC, FEI behavioral health

**"Great speaker, communicator and presenter. The discussion of genetics/environment related to illnesses was interesting."**

Ashley Wegener, AODA assessment counselor  
Milwaukee, WI

**"Today I was challenged. I had to ponder, think, examine. Will check to see when Dr. Mays presents on other topics and will attend."**

Alexander Stolarski, PhD, supervisory psychologist  
WI Department of Corrections

### About the Instructor

David Mays, MD, PhD, is a forensic psychiatrist who directed the forensic program at the Mendota Mental Health Institute in Madison for 13 years. He served as the unit psychiatrist for the Management and Treatment Unit, a 14-bed maximum security unit for the most challenging and violent mental health clients in Wisconsin. He currently provides training and consultation throughout Wisconsin and nationally; and is on the clinical faculty at the University of Wisconsin–Madison. He is the recipient of the Exemplary Psychiatrist Award from the National Alliance for the Mentally Ill, and the Exceptional Performance Award from the Wisconsin Department of Health and Family Services. Dr. Mays is a seasoned clinician and highly sought-after presenter. His seminars are consistently rated as excellent learning experiences by participants.

### General Information

**Location:** Sheraton Milwaukee Brookfield Hotel, 375 S Moorland Rd, Brookfield.

**Enrollment is limited:** To ensure your place in the program, we ask that you register as early as possible.

**Times:** Registration is 8:30 am. Workshops are 9 am–4 pm

**Fees:** \$140/program includes instruction, materials, CEUs, continental breakfast, lunch, refreshments and nonrefundable \$20 administrative fee. If you do not receive registration confirmation in writing, call 608-262-7942.

**Credit:** Approved Hours/Continuing Education Credits: 0.6 CEU=6 hours of professional continuing education for each program. **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), (800-225-6880) through the Approved Continuing Education (ACE) program. PDAS maintains responsibility for the program. Social workers will receive 6 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 Number:** 06-138; IL Registered Social Worker Continuing Education Sponsor #159.000243. **Counselors:** approved continuing education provider through the National Board for Certified Counselors (provider # 5990). We adhere to NBCC Continuing Education Guidelines. **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:** Program completion qualifies for 6 continuing education hours. Contact your own board or organization for specific continuing education requirements.

**Lodging:** A block of rooms has been reserved at the Sheraton Milwaukee Brookfield Hotel for \$97/ single or double. Contact the Sheraton, 262-364-1009, by Jan. 13, to receive the special rate (ask for the "UW-Madison" event).

**Cancellation Policy:** 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 three business days or less prior to the program, or do not attend, you are responsible for the entire fee. To cancel or arrange for a substitute, call 800-725-9692.

### Registration Form

#### Sheraton Milwaukee Brookfield Hotel, Brookfield, WI

- Depression and Bipolar Disorders...** #8751  
February 22, 2010; \$140
- Better than OK...** #8752  
February 23, 2010; \$140
- I require a vegetarian option for lunch.

Enter 3-digit code from mail panel: 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. 102, 702 Langdon Street  
Madison, WI 53706-1487

 **Call:** 608-262-7942 (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/pda/aoda

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

Female  Male Birthdate: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Heritage:	<input type="checkbox"/> African American	1	<input type="checkbox"/> Hispanic/Latino	4
	<input type="checkbox"/> Asian/Pacific Islander	2	<input type="checkbox"/> White/Other	5
	<input type="checkbox"/> American Indian/Alaskan Native	3		

Occupational Area:	<input type="checkbox"/> Educational Services	2	<input type="checkbox"/> Public Administration. (govt.)	8
	<input type="checkbox"/> Health Services (phy/mental)	5	<input type="checkbox"/> Social, Recreat., Religious	10
	<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. These programs are offered by UW-Madison in cooperation with UW-Extension. No Wisconsin tax dollars were used to print this publication. DCS-MAC-198-11/09