

How to Manage Provider and Patient Intense Distress: Lessons from Dialectical Behavior Therapy

Wednesday, August 23, 2017 (12 - 1 p.m.)

Target Audience

Physicians, physician assistants, nurse practitioners, nurses, social workers, counselors, psychologists, and other health care professionals.

Description

In this one hour talk participants will learn about intense distress, the physiological changes that it causes in the moment, as well as applicable skills to use to reduce the distress and tolerate the crisis until it subsides. These skills can be applicable when working with clients who have intense emotions as well as when providers feel "in crisis" in their patient interactions. The goal of the workshop is to enhance understanding of intense distress as well as to provide attendants with tools to reduce this distress as needed. The information presented is consistent with Dialectical Behavior Therapy although can be used in a wide variety of settings. Examples will be included and time for questions and case consultation permitted at the end.

Objectives

- Name at least 3 distress tolerance skills you can use in a crisis.
- Discuss research related to physiological changes during emotion and use of distress tolerance skills.
- List two key principles when handling intense emotions.

Fee

There is no fee for this web conference.

Speaker

Andrada Neacsiu, PhD., Dr. Neacsiu is a clinical psychologist with a primary interest in outpatient interventions for difficulties managing emotional experiences that interfere with well-being. As a clinician, she specializes in Dialectical Behavior Therapy (DBT) and Cognitive Behavioral Therapy (CBT) for adults who report a variety of mental health problems, including personality, mood, anxiety, eating, trauma, stress-related, adjustment, and impulse control disorders. Her approach

to psychotherapy includes working collaboratively with patients to identify their unique life and therapy goals and to implement evidence-based interventions in order to achieve their identified goals. As an educator, she trains clinicians nationally and teaches Duke graduate students, psychology and psychiatry residents in how to effectively apply CBT and DBT in their clinical work. As a researcher, her focus is on psychotherapy optimization and neuroscience-informed treatment development for emotion dysregulation. Dr. Neacsiu's research keeps her up to date with the latest evidence-based approaches to use in her clinical work, and her work with patients strongly influences her research. Outside of work, she enjoys traveling, gourmet food, nature adventures, and time with friends with family.

Agenda

11:55 a.m.	Log-on and Dial-in
12 noon	Web Conference
12:55 p.m.	Question and Answer Session
1 p.m.	Evaluation and Adjournment

Credit

CEU – 0.1 hour will be awarded for those who attend 100% of the webinar and complete an evaluation at the conclusion. Evaluation and certification information will be sent via e-mail after the program. If you would like credit please use the Webex registration form prior to the webinar to make the request.

Contact

Althea Bell, Program Assistant, Continuing Medical Education,
SR-AHEC / Althea.Bell@sr-ahec.org / 910-678-0112



LOG ON AND REGISTRATION INFORMATION

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