

UNDERSTANDING MENTAL DISORDERS: PERSONALITY DISORDERS, ANXIETY, & DEPRESSION

A BIOMED SEMINAR FOR NURSES: 6 CONTACT HOURS

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **Elements of Personality:** How We Become Who We Are.
- **Cognitive Appraisals:** Do We Perceive Reality? Do We Feel the Way We Think?
- **Genes and Mental Disorders:** Do we Inherit Abnormal Behavior?
- **Personality Disorders:** Three Clusters of Relationship Killers.
- **Worship Me—What I Want, What I Think, and What I Feel:** Narcissistic Personality Disorder.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **What Just Happened Here?** The Person with Borderline Personality Disorder.
- **Coping With Difficult Behaviors:** Avoidant, Dependent, and Paranoid Personality Disorders.
- **Self-Centered and Guiltless with Loss of Empathy:** Antisocial Personality Disorder.
- **Chronic Stress and the Brain:** How Self-Defense Turns Into Self-Destruction.
- **Early-Life Traumatic Stress:** A Powerful Path to Mental Illness.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **Anxiety Disorders:** Diagnostic Pitfalls and Treatment Options for Fear Out of Control.

- **Medical Conditions That Can Cause or Mimic Anxiety:** Adverting Disaster.
- **Dental Anxiety:** Managing the Anxious Dental Patient.
- **Obsessive- Compulsive Disorder:** Is this Compulsive Gambling and Hoarding?
- **Posttraumatic Stress Disorder:** The Unrelenting Power of Flashbacks; CPT, PET, and EMDR Treatments.

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Major Depressive Disorder:** DSM-5 Criteria; Effects of Hormones, Insomnia, Stress, and Chronic Pain.
- **New Treatment Guidelines for Depression:** Medication and Cognitive Therapy.
- **Depression and Suicide:** Medication Risks; Postpartum Depression.
- **Complementary Measures to Treat Depression:** Exercise, Dietary Strategies, Transcranial Magnetic Stimulation, Electroconvulsive Therapy (ECT), and Vagal Stimulation.
- **Bipolar Disorders:** Avoiding Diagnostic and Treatment Pitfalls; Medication and Compliance Problems.
- **Beyond "Either/Or" Thinking in Treatment:** Medications, Mindfulness, and Psychotherapy.

Evaluation, Questions, and Answers: 3:20 PM – 3:30 PM

6 CONTACT HOURS / www.biomedglobal.com

MEETING TIMES & LOCATIONS

CALGARY, AB

Thu., Oct. 18, 2018
8:30 AM to 3:30 PM
Clarion Hotel & Conference Center
2120 - 16th Avenue Northeast
Calgary, AB

EDMONTON, AB

Fri., Oct. 19, 2018
8:30 AM to 3:30 PM
Radisson Hotel & Convention Center
4520 76th Avenue Northwest
Edmonton, AB

EDMONTON, AB

Thu., Nov. 1, 2018
8:30 AM to 3:30 PM
Radisson Hotel & Convention Center
4520 76th Avenue Northwest
Edmonton, AB

CALGARY, AB

Fri., Nov. 2, 2018
8:30 AM to 3:30 PM
Clarion Hotel & Conference Center
2120 - 16th Avenue Northeast
Calgary, AB

INSTRUCTOR

Dr. Michael E. Howard (Ph.D.) is a full-time psychologist-lecturer for INR. Dr. Howard is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation.

During his 30-year career, Dr. Howard has been on the faculty of three medical schools, headed three neuro-psychology departments, and directed treatment programs for individuals with brain injury, dementia, addiction, chronic pain, psychiatric disorders, and other disabilities.

Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

ACCREDITATION INFORMATION

This program is designed to provide nurses with the latest scientific and clinical information and to upgrade their professional skills. Numerous registered nurses in Canada and the United States have completed these courses. This activity is co-provided with INR.

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**For all inquiries, please contact customer service at
1-877-246-6336 or (925) 602-6140**

TUITION \$109

CHECKS: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. **CREDIT CARDS: Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.** The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus and a receipt for tuition payment.

TO REGISTER

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express, or Discover by calling **1-888-724-6633**. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express, or Discover Number—to (925) 687-0860. Or register online at: www.biomedglobal.com.

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN) service charge applies to each returned cheque. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees are subject change without notice. **The rate of exchange used will be the one prevailing at the time of the transaction.**

Please check course date:

- ____ Thu., Oct. 18, 2018 (Calgary, AB)
____ Fri., Oct. 19, 2018 (Edmonton, AB)
____ Thu., Nov. 1, 2018 (Edmonton, AB)
____ Fri., Nov. 2, 2018 (Calgary, AB)

PLEASE PRINT CLEARLY

Name: _____ Profession: _____
Home Address: _____ Professional License #: _____
City: _____ Province: _____ Postal Code: _____ Lic. Exp. Date: _____
Home Phone: (____) _____ Work Phone: (____) _____
Employer: _____ E-Mail: _____
(needed for confirmation & receipt)

Please enclose full payment with registration form. Check method of payment.

____ Cheque for \$109.00 (CANADIAN) (Make payable to **Biomed General**)
____ Charge the equivalent of \$109.00 (CANADIAN) to my ____ Visa ____ MasterCard ____ American Express® ____ Discover®
Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.

Card Number: _____ Exp. Date: _____ CVV: _____
(enter all raised numbers) (card security code)

Signature: _____

Please provide an e-mail address above to receive a confirmation and directions to the meeting site.

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Biomed General
Box #622
Unit 235, 3545-32 Avenue NE
Calgary, AB T1Y 6M6
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