

LARNED STATE HOSPITAL
100th Anniversary

11th Annual
MENTAL HEALTH CONFERENCE

August 11-13, 2014

Larned Community Center
1500 Toles Larned, KS



Gregory W. Lester, Ph.D.
Diagnosis, Treatment, and Management of DSM 5
Personality Disorders
Monday August 11th
9a-4p



Cathy Moonshine, Ph.D., MAC, CADC II
Mastering Dialectical Behavior Therapy
Tuesday August 12th
9a-4p



David Prescott, LICSW
Motivation and Good Lives: Engaging Challenging Clients
Ethics & Boundaries for Professionals Treating People Who
are Sexually Abused
Wednesday August 13th
9a-4p

To contact us:
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Larned, KS 67550
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message please)
E-Mail:
travis.reed@lsh.ks.gov

LARNED STATE HOSPITAL

**State of the art services, provided by caring
and competent staff**

1914—2014

Quality Care for More Than 100 years

Diagnosis, Treatment, and Management of DSM 5 Personality Disorders

Monday
August 11th
9 a—4 p
Lunch 12-1



Gregory W. Lester, Ph.D.

Goal:

The purpose of the presentation is to update participants on the changes to the Personality Disorders diagnosis in the DSM 5 and to provide the latest information on diagnosing, treating, and managing those conditions.

Objectives:

Upon completion of this program the participant will be able to:

- describe the changes and updates to the diagnosis of Personality Disorder in the DSM 5
- screen for and diagnose the presence of DSM 5 Personality Disorders in clientele
- describe the model that explains and differentiates a Personality Disorder from a psychiatric disorder
- describe the differences between treating and managing psychiatric conditions and Personality Disorders
- describe and implement the current methods for treating DSM 5 Personality Disorders
- describe and implement methods for managing DSM 5 Personality Disorders

Six (6) Total CEU's for this presentation. ALL 6 hours meet the DSM requirements.

Dr. Gregory Lester has been licensed as a clinical and consulting psychologist for 25 years. He maintains private practices in two states, has held membership on the graduate faculty of The University of St. Thomas, is on the Continuing Education Faculty of Cross Country Education, and is Senior Research Director with the Improvement Research Group. He is a member of Phi Beta Kappa, The American Psychological Association, APA Division of Independent Practice, APA Division of Consulting Psychology, The Texas Psychological Association, The Houston Psychological Association, The Colorado Psychological Association, The Association for the Advancement of Psychology, The American Association of Spinal Cord Injury Psychologists and Social Workers, and The Committee for the Scientific Investigation of Claims of the Paranormal. Dr. Lester's research and articles have appeared in publications including *The Journal of Behavior Therapy*, *The Western Journal of Medicine*, *Action Through Advocacy*, *The Journal of the American Medical Association*, *The Yearbook of Family Practice*, *The Transactional Analysis Journal*, *Emergency Medicine News*, *The Houston Lawyer*, *The Handbook of Depression*, *The Priest Magazine*, *Restaurant Hospitality*, *The Skeptical Inquirer*, *The Independent Practitioner*, *Coping With Cancer*, *Living World*, *Dermatology Times*, and *Black Belt Magazine*. Dr. Lester is the author of five books: *Power With People: How to Handle Just About Anyone to Accomplish Just About Anything*, *Personality Disorders in Social Work and Health Care*, *Borderline Personality Disorder: Treatment and Management that Works*, *Personality Disorders II: The Advanced Course*, and the recently released *Shrunken Heads: The Insane, the Profane, and the Profound on the Road to Becoming a Psychologist*. Dr. Lester is currently finishing his sixth book: *Medicine for Everyday Life: What the Spiritual Masters Discovered and Why It Made Them Happy*.

Mastering Dialectical Behavior Therapy

Tuesday
August 12th
9 a—4 p
Lunch 12-1



Cathy Moonshine, Ph.D, MSCP, MAC, CADC III

Mastering DBT:

- Learn the full evidence based model of DBT
- Strategize ways to customize DBT to your practice and clients
- Utilize worksheets, video examples and games in the process of teaching DBT skills
- Set yourself and clients up for success with DBT
- Use DBT flexibly, creatively, and effectively
- Apply DBT to many clinical presentations, age groups and diversity

Perhaps you have a DBT foundation to build on or you are new to DBT. Then you will benefit from this educational experience. In this seminar you will learn several DBT skills that can be taught to a variety of clients and implemented in various formats and settings. This seminar individualizes DBT to many mental health diagnoses including substance use disorders. Additionally, it will adapt DBT to age, cognitive ability and cultural diversity. We will explore strategies for motivating clients to use DBT in their lives as well as practicing a user friendly chain analysis protocol. You will leave this seminar with increased DBT competency as well as many new tools including more than 25 client worksheets, classic & innovative skills crosswalk, recommendations for creating your own skills, and streamlined chain analysis forms.

Come ready to engage in a highly interactive experience, as Dr. Moonshine makes it easy to learn utilizing multimedia, games, laughter and fun. Dr. Moonshine uses her expertise as clinical supervisor and trainer to demonstrate how to use all three learning styles along with being fast passed to engage attention. The day will be jam packed with information, client scenarios, practice opportunities, and recommendations for next steps. You will be able to take your DBT practice to the next level.

Objectives:

Upon completion of this program the participant should be able to:

- Create an effective DBT clinical process
- Apply DBT to a variety of clinical presentations
- Implement DBT in a different formats and settings
- Practice with streamlined diary cards and chain analysis
- Make DBT fun, interesting and relevant for a variety of clients

Six (6) Total CEU's for this presentation.

Cathy Moonshine, Ph.D., MAC, CADC III is the Executive Director of a private consulting firm, Moonshine Consulting as well Director of Internship Training Program, Director of Pacific Psychology Clinics, and Associate Professor at the School of Professional Psychology at Pacific University in Portland, Oregon. Dr. Moonshine has over twenty years of experience in public and private mental health and substance abuse treatment settings across all levels of care. She works with systems of care and individual clinicians to implement and sustain evidence based practices. Dr. Moonshine has served as a Clinical Director for nearly 10 years in Portland, Oregon. She is a founding board member of the DBT National Certification and Accreditation Association.

**Motivation and Good Lives: Engaging Challenging Clients
Ethics & Boundaries for Professionals Treating People
Who are Sexually Abused**

Wednesday
August 13th
9 a—4 p
Lunch 12-1



David Prescott, LICSW

Goal:

Treating people who have sexually abused presents numerous challenges to professionals, from engaging the seemingly impossible client to ensuring the highest standards of ethical practice. These workshops will examine the most recent trends in the field and provide assistance in ensuring best practice.

Objectives: Upon completion of this program the participant will be able to:

Motivation and Good Lives

- Describe primary tenets of the good lives model
- Describe four key skills of motivational interviewing
- Discuss the role of “approach goals” in treatment

Ethics & Boundaries

- Identify two common ethical complaints against sext offender treatment providers
- Identify the most common crimes committed by psychotherapists
- Discuss ways of preventing boundary violations in the workplace

Six (6) Total CEU's for this presentation. Three (3) hours of which meet the Ethics requirements.

David S Prescott, LICSW is the Director of Professional Development and Quality Improvement for the Becket Family of Services, which provide treatment for youth, adults, and families across northern New England. He has worked in both inpatient settings and community service programs since 1984, and specifically with individuals who have sexually abused since 1987. He has a strong interest in sharing resources, networking, and training to increase knowledge in these fields. Specifically, his clinical and training interests focus on motivational enhancement, developing and maintaining therapeutic relationships, and assessing treatment progress. Prior to his move to the northeast, he served as the Clinical Director at a Minnesota Sex Offender Program and Treatment Assessment Director at the Sand Ridge Secure Treatment Center in Wisconsin. He oversaw the progress of patients and groups of patients as well as coordinating treatment tracks. From 1992-2004, Mr. Prescott worked as a Clinical Supervisor at Bennington School, Inc. and has since provided additional training and consult to that program. Mr. Prescott has published 11 books on topics related to sexual violence. He has written numerous articles and book chapters on such topics as assessment, treatment, motivating change, and building a better life. Mr. Prescott is on the International Advisory Board for the *Journal of Sexual Aggression* and a Section Editor for the formative journal *Motivational Interviewing: Training, Research, Implementation, Practice*. He currently writes articles for the *NEARI Press Newsletter*, which has a monthly circulation of over 4,000. He is a past president of the Association for the Treatment of Sexual Abusers (ATSA) and edited of that organization's newsletter, *The Forum*, from 2002-2007. He is currently *The Forum's* Review Editor. Mr. Prescott is a charter member of the International Association for the Treatment of Sex Offenders and has served on the board of directors for Stop It Now!, an organization dedicated to the prevention of sexual abuse. Mr. Prescott is also a member of the Motivational Interviewing Network of Trainers (MINT), an international organization devoted to a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. Most recently, he has become a certified trainer with the International Center for Clinical Excellence, a world-wide community of practitioners, healthcare managers, educators, and researchers dedicated to promoting excellence in behavioral healthcare services.

Cost to attend:

\$100.00 for registrations received on or by **Post Mark date of July 15**

\$150.00 for registrations received on or after **Post Mark date of July 16**

\$25.00 for Students with a current **School ID**

Free to **Campus Employees**

**Print this page and submit with REGISTRATION BY MAIL
or Online Registration at <http://lsh.ks.gov/LSHPublic/OnlineRegistration.aspx>**

First name _____ Last name _____

Organization: _____

Street Address: _____

City & State _____

Zip/Postal Code: _____ Phone Number: _____

Email: _____

Classification: _____ License #: _____

Sessions I will attend:

- Gregory W. Lester, Ph.D.-Monday August 11th 9:00 a.m—4:00 p.m.
- Cathy Moonshine Ph.D., MAC, CADC II, Tuesday August 12th 9:00 a.m—4:00 p.m.
- David Prescott, LICSW Wednesday August 13th 9:00 a.m.—4:00 p.m.

Registration times each day are 8:00 a.m. - 8:45 a.m.

We accept the following payments:

Payment amt enclosed \$ _____

- Enclosed – Check or Money order
- At the door: Cash, check or Credit card only through PAY PAL.
- Campus Employee-FREE **

** LSH, LCMHF, LJCF employees may fax completed registration form to 620-285-4454.



Lunch Options

\$5

Sponsored by:
LSH Endowment Association

Monday, Aug 11th– Taco Salad/ Drink/Dessert

Tuesday, Aug 12th –Sloppy Joes/Chips/Drink/Dessert

Cash or check (payable to the LSH Endowment) accepted at the time of the meal. If know you will be joining us for lunch please let us know, as it will help us prepare for the crowd. If you do not sign up and decide to eat with us anyway, please do join us.

- I will be eating lunch at the conference on Monday

- I will be eating lunch at the conference on Tuesday



Welcome—

Parking: available at the Larned Community Center and will be clearly marked for attendees.

Guides: Persons wearing Sunflower ID Badges will be available to assist you with any questions regarding locations, registration, restroom, phones, break areas, snack areas or other questions you may have.

Cell phones: If you must be available by phone, as a courtesy to the presenter, please set your phone to vibrate or if possible turn it off during the presentations. Please make or receive any calls in the hallway.

Temperature: You may want to bring a jacket as the facility is usually kept a little on the cooler side.

Special accommodations: Should you need any special arrangement, please feel free to contact us in advance. Once you are at the conference you may contact a Conference Guide and they will do their best to assist you.

Meals: The LSH Endowment Committee will be offering noon meals at the Conference Center. Other restaurants available in Larned are: Wendy's, Subway, Sonic, El Dos De Oros, Peking Garden, Pizza Hut, Broadway Pub, Sweets and Eats, Scraps, and Pin High.

Hotel Accommodations:

LARNED:

Best Western Townsman Inn	620-285-3114
Country Inn Motel	620-285-3216
Rodeway Inn	620-285-2300

GREAT BEND (20 miles)

America's Best Value Inn	620-793-8486
Best Western Angus Inn	620-792-3541
Traveler's Budget Inn	620-793-5448
Great Bend Travelodge	620-792-7219

This conference offers a total of 18 hours of continuing education credits.

Join us in Larned, Kansas for the 11th Annual Mental Health Conference



Conference is held at the Larned Community Center

