

TRAINING OPPORTUNITY

Dialectical Behavior Therapy: In-depth Training on the Four Basic Modules

Friday, April 8, 2016

Lindner Center of HOPE Gymnasium
Conference Center
4075 Old Western Row Rd.
Mason, OH 45040

8 a.m. - 4 p.m.

6 CE Credits

Description

This workshop is designed for participants to develop a deeper knowledge of Dialectical Behavior Therapy (DBT) and its four modules. This training will be experiential and tutorial, consisting of practice and discussion of the key components of DBT, as well as case presentations to demonstrate practical use.

Objectives

1. Participants will learn an overview of the development of Dialectical Behavior Therapy (DBT).
2. Participants will learn the bio-psycho-social model for using DBT and how DBT differs from other modalities of treatment.
3. Participants will learn the four core components of DBT treatment: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.
4. Participants will learn how DBT services are being offered at Lindner Center of Hope (LCOH) and how they can partner with LCOH.

Registration

Registration includes: all sessions, up to 6 Continuing Education Credits, copies of presentations and support materials, continental breakfast, lunch and refreshment breaks.

Conference registration fee: \$60 Contact: Pricila Gran to register at (513) 536-0318 or pricila.gran@lindnercenter.org.

More on the Web - lindnercenterofhope.org**> Library of Resources**

This library offers resources that will enhance the understanding of mental illness, specific diagnoses, and treatment options.

> Treatment Teams

Lindner Center of HOPE has a diverse team offering patients and families expertise in diagnosis and treatment.

> Support Groups

Review the list of support groups available at the Center.

> For the Patient with Complex, Co-Morbid Needs

A short-term residential treatment center where clinicians are dedicated to bringing the latest treatment methods to optimize successful patient outcomes. Call (513) 536-0537 to learn more about Sibcy House.

Speakers

Dr. Robin Arthur, PsyD, Chief of Psychology
Dr. Jennifer Bellman, PsyD
Dr. Brett Dowdy, PsyD
Ms. Karen Byerly-Lamm, M.A., Psychology Intern

Ms. Shannon Jensen, LISW-S
Ms. Paget McCarthy, M.A., Psychology Intern
Ms. Michelle Minette, M.A., Psychology Intern

Lindner Center
of HOPE |  Health™

4075 Old Western Row Rd.
Mason, OH 45040
(888) 536-HOPE (4673)

**Interested in touring
Lindner Center of HOPE?**

Contact Jennifer Pierson at (513) 536-0316.

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The Source

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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

MARCH 2016

**Events****Alcohol Awareness Month****Stress Awareness Month**

April 5

Grand Rounds: Anne Marie Ruhe, PharmD presents on **Prolonging the QTc interval - and shortening life? An assessment of current practice standards for QTc monitoring** at Noon, Lindner Center of HOPE Gymnasium/Conference Center

April 7

World Health Day

April 8

Dialectical Behavior Therapy: In-depth Training on the Four Basic Modules, Lindner Center of HOPE Gymnasium/Conference Center, 8 a.m. - 4 p.m.

April 12

Assurex Health presents Richard M. Weinsilboum, MD, *Beyond the Genome, Linking Metabolomics and Genomics in Major Depressive Disorder*. One size does not fit all. Mason High School Auditorium, 5 - 6 p.m., to RSVP please contact: cwoodmansee@assurexhealth.com

April 16

University of Cincinnati 6th Annual Mood Disorders Symposium, 8 a.m., Daniel Drake Conference Center

April 28

Chris Tuell, EdD, LPCC-S, LICDC-CS, Clinical Director of Addiction Services, Lindner Center of HOPE, presents *Teen Addiction to Mental Health America*

Patient Satisfaction

Patient Satisfaction results for February 2016 averaged a rating of **4.5 out of 5**, with 5 signifying the best possible care.

**Complexity-Based Mental Health Systems**

By Michael K. O'Hearn, MSW, LISW-S, Lindner Center of HOPE

Complex Adaptive Systems (CAS) are dynamic networks of interacting components and processes that generate, mutate, extinguish, and regenerate emergent properties over time. The mental health service delivery system is a component CAS in the larger healthcare delivery CAS. Complexity, a transactional process dynamic, drives the evolution and co-evolution of CAS components and processes.

Complexity is not complicated. Components tend to follow fairly simple rules. Frogs eat flies. Flies have a fast flight response. Complexity influences component functioning and component interactions; in other words, process. This transactional analysis of component functioning in CAS is the study of evolution and co-evolution, and these basic principles apply to everything from neuronal avalanches, to galaxy formation.

Darwin believed that evolution was a linear process with a set pace of development. However, sudden changes or catastrophic events like avalanches, wild fires, or any of the mass extinctions could not be explained as linear events. Catastrophic events (sometimes called "punctuations") are nonlinear dynamics: an ordinary event like an ember pop from a campfire starts a chain reaction ending in a catastrophe - a wildfire. The size of the ember is not correlated to the size of the wild fire.

Catastrophes are state dependent. They can only occur in a CAS with very high complexity levels. Their function is to mutate or extinguish antiquated components and/or processes in the interest of continued growth. CAS are nonlinear, driven by complexity, and regulated by punctuated equilibrium.

Human beings, families, society, culture, including national and international relations constitute a CAS; not exempt from natural law. Human beings do present a formidable challenge to how natural law applies to the unprecedented acceleration of human socio-cultural evolution. Near exponential

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population growth has elevated complexity levels in the socio-cultural hierarchy. Human nonlinear dynamics tend to be expressed on the aggression spectrum: family violence to riots and war.

Mental health service delivery, a CAS, has a niche in healthcare – promote optimal health and wellness in individuals, couples, families, and society. Relatively recent advances in brain imaging and cognitive neuroscience reflect a self-organized, complexity based process of human development across the lifespan. Recall, CAS includes both components and processes. Both naturally manifest, and exert substantial influence on clinical outcomes and operational efficiency at all hierarchical levels. Further, clinical efficacy is a function of change, a process dynamic.

The dilemma of mental health service delivery is that the foundation of today’s system was conceived in an era dominated by a deterministic and mechanized worldview; process dynamics were not in vogue. We still use linear clinical and administrative models and methods for a complexity-based process as there is no process feedback yet. Everything from budgets to “evidence-based” practices are informed by less than half of the available data. The mental health stigma persists, and considerable autonomy shifted to political and corporate interests

who do not understand or promote the true mission of mental health services.

A mental health service delivery system is more attuned with technology, client systems, and treatment processes when complexity-based: (1) it reflects the design and mechanics of self-organization, (2) has integrated component and process dynamic feedback, (3) capacity for nonlinear dynamics including nonlinear efficacy, and (4) has complexity-based models of practice, administration, and evaluation. The necessary challenge is integrating process components and feedback to an existing component-only system.

The following is a proposed hypothetical complexity-based assessment based on the traditional mental status exam. The same individual is assessed per MSE item to discern the impact of complexity on perception, cognition, and behavior. These recurring state determined outcomes reflect the impact of complexity on functioning. Likewise, phase transitions (to/from these three states) have associated thinking and behavioral traits. The end result is a map of recurring state and phase determined cognitive and behavioral traits.

Criticality of Mental Status	LOW COMPLEXITY Low resonance, altered perception, low resilience	OPTIMAL COMPLEXITY Optimal resonance, balanced spontaneity and restraint, high resilience	HIGH COMPLEXITY Hyper-resonance, altered perception, nonlinear dynamics, low resilience
Appearance	Unkempt	Well Groomed	Disheveled
Behavior	Lethargic	Active/Rest Balance	Erratic, Non-linear
Mood	Despair	Euthymic	Manic, Psychotic
Affect	Depressed, Anxious	Confident	Euphoric, Terror
Speech	Slow, Monosyllabic	Well-Modulated	Pressured, Tangential
Cognition	Slow, Concrete, Internalize stress	Clearer Perception, Abstract	Loose, Disorganized, Distortions, Externalize
Memory	Difficulty w/ recall	Intact x3	Difficulty Filtering, Accuracy
Att’n/Concentration	Dissociative	Appropriate to Task	Deflected, Unfocused
Insight	Limited by hopeless/worthless	Empathic	Limited, Ego-centric
Judgment	Limits Possibilities	Appropriate to Task	Limited by distorted perception of context
Impulsivity	Low, Inert	Balance Spontaneity/Restraint	High, More Spontaneity than Restraint

State/Phase	Associated Mental States
Low	Euthymic; Clearer Perception; Concentration, Insight, Judgment are appropriate to task.
Optimal	Unkempt; Despair; Limited by worthlessness.
High	Erratic; Disorganized; Impulsive; Difficulty filtering.
PT1: High to Low	Erratic; Difficulty filtering; Limited by worthlessness.
PT2: High to Optimal	Disorganized; difficulty filtering; insight, concentration, and judgment appropriate to task.
PT3: Optimal to High	Euthymic; appropriate insight and judgment; impulsive; difficulty filtering.
PT4: Optimal to Low	Appropriate concentration and judgment; despair.
PT5: Low to High	Limited by worthlessness; insight and judgment appropriate to task.
PT6: Low to Optimal	Despair; limited by worthlessness; erratic and disorganized.

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When mental health service delivery system feedback includes clinical and administrative component and process data, the system is closer to an unprecedented optimized state which may include nonlinear efficacy. Further, when clinical goals and interventions are understood as complexity-based, a lifestyle route to wellness and resilience includes optimized adaptive coping for self-regulation. Adherence to cooperative

behavioral algorithms in families and social institutions is more realistic, and fostered by an optimized mental health system. It stands to reason, that increased personal wellness and resilience potentiates grater interpersonal cooperation. This potentiates maintenance of complexity rates below threshold for nonlinear dynamics.

I N T H E N E W S

The Research Institute at Lindner Center of HOPE Seeks Patients Struggling With Binge Eating Disorder to Participate in Medication Trial

Study May Provide Information About the Safety and Effectiveness of an Investigational Medication

Individuals struggling with binge eating disorder (B.E.D.) feel that their repetitive overeating is out of control. They may feel embarrassed and guilty after eating an excessive amount of food in a set period of time. This is a disorder and not a decision, yet sufferers often can feel shame.

B.E.D. can have a significant impact on people who are suffering. Research and evaluation of investigational medications could lead to treatments that may reduce suffering.

Those diagnosed with B.E.D. may be eligible for a medical research study. Researchers at Lindner Center of HOPE are currently conducting a medical research study evaluating an investigational medication in adults with B.E.D. In this study, the safety and effectiveness of the investigational medication will be evaluated when it is taken daily for 12 weeks.

Those interested in participating in the study must:

- Be 18 to 55 years of age.
- Regularly engage in overeating (binge eating) episodes

Study-related tests and investigational medication will be provided to eligible participants at no cost. In addition, reimbursement for travel and related expenses may be provided for completed study visits.

Lindner Center of HOPE is one site for this national study seeking to have 300 participants.

Call (513) 536-0710 for more information. All inquiries are kept confidential.

Pete Earley to Speak at Annual Spring Fundraiser for Lindner Center of HOPE

Center’s Fundraising Auxiliary Features National Speaker and Mental Health Advocate

Pete Earley, American journalist and author of *CRAZY: A Father’s Search Through America’s Mental Health Madness*, will be the keynote speaker at *A Night of High Hopes*, dinner and auction, on Thursday, April 14, 2016. A cocktail reception and silent auction will begin at 6 p.m., followed by dinner and a speech by Pete Earley at 7 p.m. at the Manor House in Mason.

Mr. Earley is a writer, journalist, storyteller, and mental health advocate. After a 14-year-long career in journalism, including six years with *The Washington Post*, he became a full-time author with the purpose to share and expose stories that entertain and enlighten. Earley has published 17 books including 4 *New York Times* bestsellers, including 2007 Pulitzer Prize finalist *CRAZY: A Father’s Search Through America’s Mental Health Madness*. When his life was unraveled by the events recounted in his book *Crazy*, he joined the National Alliance on Mental Illness to advocate for strong mental health public awareness, and ultimately, reform. His new mission has compelled him to travel to 48 states and multiple countries around the globe delivering speeches to rally around mental health sufferers.

Mr. Earley will talk about his son’s breakdown, his experiences in the Miami Dade County Jail, creative ways to end the jailing of persons with mental illnesses, and his son’s recovery.

A Night of High Hopes is the 8th annual spring fundraiser presented by High Hopes, Lindner Center of HOPE’s fundraising auxiliary. Proceeds from the event will benefit bipolar and mood disorders research at the Center. Research aids those suffering with bipolar and mood disorders worldwide. Mr. Earley’s book will be for sale at the event, where he will be available for signing.

Event co-chairs Dianne Brown and Ruthie Keefe encourage those interested in attending the event to register by going to: myhighhopes.com. Reservations are \$75 per individual, or \$750 for a patron table of 10. For more information, call Kathy Bechtold at (513) 791-8133, or email Kathy at: nkbechtold5@gmail.com