



Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine Department invites you to virtually attend its August 2020 presentation.

THE SYMBIOTIC RELATIONSHIP BETWEEN PSYCHIATRY & THERAPY: BIOLOGICAL, PSYCHOLOGICAL AND SOCIAL PERSPECTIVES

Michael Bolton, M.D.

Many factors contribute to what is currently going on in one's life including biology, psychological make-up, relationships, spirituality and childhood experiences. Some patients do not fit neatly into a diagnostic category nor does a diagnosis ever fully explain what may be "wrong" in their life. The cause for how a patient is feeling may be a result of factors within the body (biological factors), the way one thinks about things (psychological factors), a patient's relationships, family, job, finances, or a combination of these (social factors).

Additionally, each patient has a unique history that influences all of the above. An understanding of these bio-psychosocial factors is an important first step to feeling better. Rigid diagnostic labels may miss the nuances that make a patient's situation unique. Therefore, the focus should start with an individual's history and evaluation of their current situation. To feel better or change something in one's life, the solution may require a new approach. Medications may be helpful to some people; however, it is sometimes appropriate to discontinue medication when no longer effective. Therapy is critical in the journey toward behavioral health.

OBJECTIVES:

1. Recognize desired outcomes of psychiatry patients working in tandem with a therapist.
2. Identify the bio-psychosocial factors that contribute to understanding a patient's situation.
3. Describe the positive results of focusing on a patient's bio-psychosocial factors.

TUESDAY, AUGUST 25, 2020

Noon to 1:30 p.m.

No meals or breaks provided.

This event has gone virtual.

Join us via GoToTraining at:

attendee.gototraining.com/r/9132675930465007618

Training ID: 402-414-140



Cottage
Psychiatry and
Addiction Medicine

Michael Bolton, M.D., treats adults of all ages. He specializes in issues related to positive psychiatry, well-being, and achievement in college and at work, specifically ADHD. His focus on people's strengths and abilities, rather than on their weaknesses, is an approach he has seen lead to greater change and lasting benefits. He earned his medical doctorate at Yale University's School of Medicine, a master's degree in health policy and management from Harvard University's School of Public Health, and an undergraduate at UCSB. He attended residencies in psychiatry at Massachusetts General Hospital, McLean Hospital and at Cedars Sinai Medical Center. He served two years as a clinical fellow in psychiatry at Harvard Medical School. He is board certified in psychiatry by the American Board of Psychiatry and Neurology.

Learn more about our Psychiatry and Addiction Medicine services at:
cottagehealth.org/mentalhealth

Please register at:

attendee.gototraining.com/r/913267593046500761

Training ID: **402-414-140**

After registering you will receive a confirmation email containing information about joining the training.

Program Coordinators

Cynthia Manigault, BSN, RN
Carole Reynolds Ingraham, LMFT

Education Consultant

Christine Block, MSN, RN, CNRN

Target Audience

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

CONTINUING EDUCATION

Physicians: Please note that Psychiatric Grand Rounds is no longer able to offer CMEs because of changes to the CME requirements.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- Continuing Education: Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

Please register for this virtual PGR at:

attendee.gototraining.com/r/913267593046500761

TrainingID: **402-414-140**

After registering you will receive a confirmation email containing information about joining the training.

Cottage Hospital Employees: send name, email and employee number to: cmanigau@sbch.org

Fees: There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

Certificates: Cottage Health employees will complete evaluations in HealthStream. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.