

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

A FITTING DENOUEMENT: GEROPSYCHOLOGY'S URGENT RELEVANCE IN THE TIME OF COVID-19

Betsy Bates Freed, PsyD

This presentation will focus on how mental health professionals can become aware and attuned to the developmental, physical, social and existential issues common in older adults, especially in the time of COVID-19. Older adults are at a sharply elevated risk of serious COVID-19 complications. Many older adults today are isolated in quarantined facilities or otherwise distanced from their multigenerational families, friends and activities while struggling to adapt to online alternatives. The critically important in-person connections are stymied by technical or hearing challenges. There is a feeling of being stigmatized and/or abandoned by what they see as the business-as-usual society around them.

The common mental health diagnoses (especially anxiety, depression, sleep disorders and PTSD) in older adults will be reviewed as well as an overview and practical guidance about identifying diagnoses specific to older patients (especially dementia and delirium). Mental health professionals will be challenged to consider adjustments to their offices, therapeutic style and billing to accommodate older adults. Clinicians can learn how core orientations like cognitive-behavioral, narrative, family systems, psychodynamics and existential can be applied to the unique needs of this population. Finally, attendees will learn about key legal and ethical issues pertinent to the psychological care of older adults.

OBJECTIVES:

1. Describe the physical and psychological impact of COVID-19 on older adults
2. Define the ways in which at least three common psychiatric conditions are manifested in older adults
3. Describe how mental health professionals can support patients and family members who are caring for older adults with mental health diagnoses

TUESDAY, NOVEMBER 24, 2020

Noon to 1:30 p.m.

No meals or breaks provided.

This event has gone virtual.

Join us via GoToTraining at:

<https://attendee.gototraining.com/r/6943484509730668290>

Training ID: 822-477-676



Cottage
Psychiatry and
Addiction Medicine

Dr. Betsy Bates Freed is a licensed clinical psychologist specializing in psychological concerns related to medical illness. Her private practice, located within a primary care medical office in Santa Barbara, serves adults of all ages, especially older adults and individuals or families living with chronic illnesses such as cancer, cardiovascular disease, Alzheimer's disease and other forms of dementia. She recently published, "Psychotherapy with Persons with Parkinson's Disease" in the *Journal of Health Service Psychology* (2019). Dr. Bates Freed is a member of the American Psychosocial Oncology Society (APOS) and the American Psychological Association's Division of Health Psychology.

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.

Cottage Health 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.

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

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

Please register at:

<https://attendee.gototraining.com/r/6943484509730668290>

Training ID: **822-477-676**

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

