

## Full-Day Set #2

# Reaching the People Beneath the Diagnosis

**Presenter: Shawn Christopher Shea, M.D.**

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**Intended Audience:** Appropriate for psychiatrists, counselors, psychologists, social workers, psychiatric nurses, case managers, substance abuse counselors, and all mental health trainees

### Description

Dr. Shea begins the day by tracking down the answers to two elusive and controversial questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the answers to these philosophical questions can be powerfully applied - a model called "matrix treatment planning" - to reach the people beneath the diagnoses, providing practical strategies and techniques for transforming stalled healing and creating resiliency. Matrix treatment planning also provides a surprisingly refreshing antidote to clinician "burn-out" as both client and clinician undertake their respective quests for happiness.

In the second workshop, Dr. Shea shifts the focus to specific interviewing methods for uncovering problematic personality dysfunction in a sensitive fashion. In an effort to better understand the unique qualities of the people beneath the Axis II diagnoses, he brings new life to psychodynamic concepts such as "object relations" and the "psychology of the self" while integrating them with cognitive and behavioral approaches. The result is an easily understood and clarifying set of specific interviewing techniques for engaging difficult clients, uncovering serious personality pathology, and determining the number of treatment sessions.

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate or missed diagnoses. Taking the workshop participants on a sophisticated journey into an exploration of the people beneath the anxiety diagnoses - using a series of vivid videos of actual clinical interviews - he provides a refreshing understanding of how people individually experience and make sense of their anxiety symptoms. From this phenomenological understanding, Dr. Shea demonstrates numerous interviewing techniques that help uncover the complexities of often misunderstood diagnoses such as OCD, PTSD, and panic disorder including their atypical presentations.

In the last workshop Dr. Shea looks at the puzzling world of psychosis. He demonstrates a variety of specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse, while providing a better understanding of the exquisite pain created by psychotic process. In addition he provides immediately practical interviewing techniques for spotting dangerous psychotic process including suicide, homicide, and self-mutilation. Once again Dr. Shea illustrates his interviewing techniques with compelling videos of actual clients experiencing psychotic process.

## Objectives

- 1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects, damaging matrix effects and the "Red Herring Principle") to transform stalled treatment interventions.
- 2) Be able to utilize the theories of object relations (Kernberg) and the psychology of the self (Kohut) to apply specific interviewing techniques - such as the complementary shift - to engage difficult clients while quickly spotting serious psychopathology such as borderline, narcissistic, and antisocial process.
- 3) Be able to use specific interviewing techniques for rapidly uncovering OCD, PTSD, and panic disorder (including atypical presentations) using the DSM-IV-TR while sensitively understanding the nuances of each of these disorders for each unique client (including the concept of primary, secondary, and tertiary symptoms).
- 4) Be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity.

## Sample Schedule

<b>Registration:</b>	8:00 to 8:30
<b>Workshop 1:</b>	8:30 to 10:00
"Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning"	
<b>Break:</b>	10:00 to 10:15
<b>Workshop 2:</b>	10:15 to 12:00
"The Innovative Use of Object Relations: Gateway to Understanding the People Beneath the Personality Diagnoses"	
<b>Lunch:</b>	12:00 to 1:00
<b>Workshop 3:</b>	1:00 to 2:30
"The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders."	

**Break:** 2:30 to 2:45

**Workshop 4:** 2:45 to 4:15

"The Elusive World of Psychosis: How to Help Patients Share  
Their Pain, Hallucinations, Delusions, and  
Dangerous Thoughts"

### **The Speaker**

Shawn Christopher Shea, M.D. is an internationally acclaimed workshop leader and educational innovator in the fields of suicide prevention, resiliency, clinical interviewing, and improving medication adherence having given over 850 presentations worldwide. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the annual meeting of the American Association of Suicidology and at the Cape Cod Symposium where his course has received the highest evaluation of the thirty courses featured over the summer. He has also presented at the Santa Fe Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of six books and numerous articles including one of the classic texts in the field of suicide prevention, *The Practical Art of Suicide Assessment*. His works have been translated into a variety of languages as diverse as French, Greek, Japanese, and Chinese. Both editions of his book, *Psychiatric Interviewing: the Art of Understanding*, have been chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry.

His book on creating resiliency in difficult times - *Happiness Is* - was chosen as a Brodart Library Gem, a Bowker's title to Watch, and as the Philosophy Book of the Month by the Radical Academy. Former Surgeon General C, Everett Koop, M.D., Sc.D. provided the foreword to Dr. Shea's latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications* which, in 2009, was chosen for Doody's Core Titles list of the most important books in the fields of medicine and nursing.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing ([www.suicideassessment.com](http://www.suicideassessment.com)), a training and consultation service providing workshops, consultations, and quality assurance design in mental health assessments. Dr. Shea is also in private practice.