Full-Day Set #3

Transforming Clinical Gremlins: Stalled Healing, Medication Nonadherence, and Missed Diagnoses

Presenter: Shawn Christopher Shea, M.D.

For workshop inquiries contact us at: sheainterview@hughes.net

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

Description (Note: Same as Day #2 except the second workshop is completely different)

In the first workshop, Dr. Shea creatively uses philosophy as a cutting edge tool for re-addressing the practical art of treatment planning. Pulling from his highly acclaimed book of philosophy - *Happiness Is.* - he tracks down answers to two 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 provocative answers to these questions can be powerfully applied - an approach called "matrix treatment planning" - to the transformation of stalled treatment plans. Matrix problem-solving also provides a creative springboard for collaborative treatment planning between clinician and client as well as a revitalizing antidote to clinician "burn-out."

In the second workshop Dr. Shea addresses head-on the complex problem of medication nonadherence. He delineates over ten specific interviewing techniques that can help psychiatrists, psychiatric nurses, case managers, social workers, and other therapists to transform medication nonadherence, using an innovative approach called the "medication interest model." From the Foreword to Dr. Shea's latest book *Improving Medication Interest*, former Surgeon General C. Everett Koop comments: "With sophistication, wit, astute clinical observation, and a vibrant sense of compassion, Shea throw a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

In the afternoon, Dr. Shea turns the focus onto one of the most problematic of all clinical gremlins - inaccurate diagnosis. Taking the workshop participants on a sophisticated journey into an exploration of "the people beneath the diagnosis" - using a series of vivid videotapes - he provides a fresh and refreshing understanding of how people individually experience psychiatric symptoms. From this phenomenological understanding Dr. Shea describes, in the third workshop, numerous interviewing techniques that can help uncover the complexities of often missed and misunderstood diagnoses including OCD, PTSD, and panic disorder, including atypical presentations. The last workshop looks at the puzzling world of psychosis, once again using a series of

illustrative videotapes, to demonstrate specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse as well as spotting dangerous psychotic process including suicide, homicide, and self-mutilation.

Objectives

1) Be able to apply the principles of "matrix treatment planning" (including healing matrix effects and the "Red herring Principle") to transform stalled treatment interventions.
2) Understand and be able to use ten interviewing techniques for improving medication adherence including the "inquiry into lost dreams," the "inquiry into med sensitivity," and the "trap-door question."
3) Understand and 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) Understand and 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

Registration: 8:30 to 9:00

Workshop 1: 9:00 to 10:30
"Inside Matrix Treatment Planning and the Quest for Happiness: Unstalling Stalled Treatment Planning"

Break: 10:030 to 10:45

Workshop 2: 10:45 to 12:15
"The Medication Interest Model (MIM): Innovative Interviewing Techniques for Improving Medication Adherence"

Lunch: 12:15 to 1:15

Workshop 3: 1:15 to 2:45
"The Inner World of the People Beneath the Diagnosis: Interviewing Techniques for Uncovering Anxiety Disorders"

Break: 2:45 to 3:00

Workshop 4: 3:00 to 4:30

"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), a training and consultation service providing workshops, consultations, and quality assurance design in mental health assessments. Dr. Shea is also in private practice.