Integrative Approaches to Attention Deficit Disorders and Depression.
Presented by: Connie Basch, MD.
NCAMHP Humboldt Area Foundation 373 Indianola Rd., Bayside, Ca. 95524 on 04/25/2015 from 9am to 12:30pm.

**Workshop Description:**

This workshop will explore integrative approaches to Attention Deficit Disorder in children and adults as well as to Depression in adults.

**Attention Deficit:** The impact of diet and lifestyle will be reviewed, long-termed outcomes with behavioral and pharmaceutical treatments, as well as data on the efficacy as risks of alternative therapies. Useful resources for assessment and tracking of response to treatment will be reviewed as well.

**Depression:** A brief critical review of current standard medical treatment of depression (including analysis of current data on antidepressant efficacy vs. placebo) will be followed by a review of the impact of exercise, diet, nutritional supplements, light therapy, hormonal and herbal therapy as well as a discussion of strategies, such as motivational interviewing, for assisting patients in making use of these adjuncts.

**Course Outline:**

1. Review of ADHD symptoms.
2. Discuss treatment options of ADHD.
4. Review the definition of depression and how it is triggered.
5. Discuss treatment options for depression.
6. Discuss techniques of motivational interviewing.

**Course Objectives:**

1. Participants will be able to name three inattention symptoms.
2. Participants will be able to name three intervention parents can enlist for their ADHD children with sleep disturbances.
3. Participants will be able to list the four levels that may be out of balance with patients with depression.
4. Participants will be able to name three alternative treatment options for depression.
5. Participants will identify at least 2 key components of motivational interviewing

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**About the Presenter:**

Connie Basch, M.D. is Board Certified in Family Medicine and Integrative and Holistic Medicine. She has been practicing Integrative Medicine since 2000, Functional Medicine since 2003, and conducting group medical visits since 2005.

She practices inpatient and outpatient family medicine. She taught in the family medicine residency at Family Medicine of Southwest Washington in Vancouver, Wa. from 2008-2013 where she helped develop a collaborative protocol for the treatment of ADHD involving on-site Behavioral Health and Resident Physicians.

As a primary care physician, she has seen and treated numerous patients with depression. Because of the sobering statistics about treatment-resistant depression with standard care (70% of treated patients have response without remission or no response at all according to the AHQR), she has explored integrative and adjunctive treatments to improve clinical response rates. Dr. Basch currently has a private practice in Arcata, Ca.
ATTENDANCE and CANCELLATION

Confirmations: Confirmation Notices are not required for admittance and will not be sent. If you wish to confirm receipt of your registration, please contact Judy Judge @ (707) 443-3384 or precisionbilling@sbcglobal.net

Attendance: Attendance at all CE activities must occur in full (100%) from start to end, in order to receive CE credit. Variable or partial credit based on a percentage of attendance will not be provided. In special circumstances, a 10-minute allowance may be provided at the discretion of the NCAMHP Board representative at that training. Also, you must complete and turn in a Workshop Evaluation for each session you attend in order to receive your certificate. If you do not pick up your certificate at the workshop, you will be charged $20 for a copy.

Cancellation/Refunds: Cancellation prior to and on the day of the workshop entitles an individual to a refund of the workshop fee minus a $50 administrative fee. After the day of the workshop, no refund will be given. Cancellation notification can be made by contacting Educational Coordinator Judy Judge at 443-3384 or precisionbilling@sbcglobal.net

ABOUT CONTINUING EDUCATION CREDITS

NCAMHP is an approved provider of Continuing Education by the Board of Behavioral Sciences (BBS #335).

MFT, LCSW & LPCG: This course meets the BBS requirements for 3.0 hours of continuing education credits.

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By:
Connie Basch, M.D.

Humboldt Area Foundation
373 Indianola Road, Bayside, Ca. 95524
Sat Apr 25, 2015
9am to 12:30pm
3 CE hours

Refreshments provided