

# Mood Disorders

## Thursday, April 8, 2010

\*Name: \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_  
Home Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Occupation/Discipline (for CE credits) \_\_\_\_\_  
E-mail address: \_\_\_\_\_

Registration Fee: \$80; \$85 after April 1 (includes materials, certificate, lunch)

I prefer a vegetarian meal

Pre-registration Deadline: April 1, 2010

*\*Please complete a registration form for each participant. All requested information is required to have course recorded on Minnesota State University, Mankato transcript.*



CAHN Continuing Education  
Minnesota State University, Mankato  
124 Myers Field House  
Mankato, MN 56001

NON-PROFIT ORGN.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 202  
MANKATO, MN 56001

Social Security Number (for Minnesota State Mankato records)

Place of Employment

Phone: \_\_\_\_\_ Home \_\_\_\_\_ Work \_\_\_\_\_

Have you taken Minnesota State University, Mankato courses or CE programs previously? Yes \_\_\_ No \_\_\_

**No refunds 48 hours prior to workshop date.**

**Mail registration form and fee to:**

CAHN Continuing Education  
Minnesota State University, Mankato  
124 Myers Field House  
Mankato, MN 56001

Phone: 507-389-1162

Fax: 507-389-6447

**Register online by credit card at <http://cahn.mnsu.edu/continuing/>**



COLLEGE OF ALLIED HEALTH & NURSING

# Mood Disorders

THURSDAY,  
APRIL 8, 2010  
9:00 AM – 3:45 PM  
(REGISTRATION 8:30-9:00 AM)

South Central College  
Conference Center  
1920 Lee Blvd.  
North Mankato, MN

SPONSORS:



507-389-1162

## PROGRAM DESCRIPTION

No one is immune to mood disorders. Major depression, bipolar disorder, dysthymic and cyclothymic disorders affect the experiences of individuals across the lifespan and through socioeconomic divides.

You will learn symptoms to help you recognize the many different types of depression and understand the dynamics of bipolar disorder. Current treatment approaches for each of the mood disorders will be discussed. Intervention guidelines will be identified, providing direction for interactions.

This course uses imagery in the discussion of suicide risks. You will have an opportunity to do a case study practicing your suicide assessment skills.

## OBJECTIVES

1. List the characteristics of major depression and dysthymia.
2. Discuss current theories related to causes of mood disorders.
3. Discuss treatment options for depression.
4. Discuss helpful interventions in working with individuals who are depressed and/or suicidal.
5. List the symptoms of bipolar disorder.
6. Identify treatment options including medications, therapy, and hospitalization.
7. Discuss the course of the illness through the lifespan.
8. Review guidelines for interventions with people who are diagnosed with bipolar disorder.

## PARKING AND DIRECTIONS

Please park on the North side of SCC in the Blue Lot and enter through Door 15 to the Conference Center (no parking pass required). For directions to SCC go to the SCC website at:

<http://www.southcentral.edu/about/mankatodirections.cfm>

## PRESENTERS

**Karen Finck, RN, MS, CS**, is an expert in psychiatric nursing and president of HCS. An engaging speaker, Ms. Finck lectures throughout Minnesota on mental health topics. She adeptly uses humor and presents real-life anecdotes from her experiences in the field. She provides not only an understandable theoretical framework, but offers practical approaches as well.

## TARGET AUDIENCE

This workshop is designed for licensed nurses, social workers, program directors and other interested health care professionals.

## AGENDA

- 9:00 The Mood Spectrum  
Types of Mood Disorders:
- Dysthymic disorder
  - Bipolar I disorder
  - Bipolar II disorder
  - Cyclothymia
  - Post-partum depression
  - Seasonal affective disorder
  - Atypical depression
- 10:30 Characteristics of depression  
Risk factors of depression  
Causative theories of major depression  
Treatment approaches for major depression
- 12:00 Lunch
- 12:45 Interventions with people who have major depression  
Suicide risk assessments
- 2:15 Characteristics of bipolar disorder  
Treatment approaches for bipolar disorder  
Interventions for manic episodes  
Psychotic episodes
- 3:30 Evaluations, program concludes

There will be three 10 minute breaks interspersed throughout the day.

## CONTINUING EDUCATION

RN's and LPN's: 6.3 contact hours  
Social Workers: 5.5 CEH's

## REGISTRATION INFORMATION

### Registration Fee:

- \$80.00 if received by April 1, 2010 (includes materials, lunch and continuing education certificate)
- \$85.00 if received after April 1, 2010 (on a space available basis)

### Make checks payable to:

Minnesota State University, Mankato

### Mail registration form and fee to:

CAHN Continuing Education  
Minnesota State University, Mankato  
124 Myers Field House  
Mankato, MN 56001

### Online Registration:

To register online, using VISA or MASTERCARD, please go to <http://ahn.mnsu.edu/continuinged/> and follow the link to Register Online.

### Pre-registration deadline: April 1, 2010

- No refunds 48 hours prior to workshop date
- Assume your registration is complete unless notified.

## VISIT OUR WEBSITE

For more information on our continuing education programs, visit our website at: <http://ahn.mnsu.edu/continuinged/>

*A member of the Minnesota State Colleges and Universities System. Minnesota State University, Mankato is an Affirmative Action/Equal Opportunity University. Individuals with a disability who need a reasonable accommodation to participate in this event, please contact CAHN Continuing Education at 507-389-1162 (V), 800-627-3529 or 711 (MRS/TTY) at least five working days prior to the day of the event. This document is available in alternative format to individuals with disabilities by calling the above numbers.*