

# Healthy Minds/Healthy Children

## Online Continuing Professional Development Courses

*Fall 2011*

### SEPTEMBER

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#### Effects of Trauma on the Brain

- **Part 1. Effects of Physical and Emotional Trauma on Brain Structure and Function in the Developing Child** - Kristin Morrison, MD, FRCPC, Paediatrician

Objectives:

- Understand how brain structure and function develops and can be altered by the social, emotional, and physical environment of the child
- Recognize situations where emotional or physical events may have affected/changed the development of the emotional regulation and neuro/cognitive processes
- Recognize signs and symptoms of concussions resulting from minor head injuries
- Identify and manage the cognitive, behavioural and emotional problems that can result from minor head injuries

- **Part 2. Clinical Management of the Child Previously Exposed to Emotional Trauma** – Heather Good, MSW, RSW, Clinical Consultant, Healthy Minds/Healthy Children Outreach Service, Alberta Health Services

Objectives:

- Identify indicators of emotional trauma in children
- Recognize the stages of trauma-informed treatment
- Develop safe and developmentally-appropriate environments to assist in processing trauma
- Implement appropriate evidenced-based interventions for a child experiencing trauma-related problems

#### Childhood Depression: From Risk and Screening to Clinical Presentation and Treatments

Allan Donsky, MD, FRCPC, Psychiatry & Paediatrics, Division of Child Psychiatry, University of Calgary

- **Part 1. Assessment and Clinical Presentation of Depressive Disorders**

Objectives:

- Identify risk factors and the ways in which depressive disorders present
- Outline the clinical course, understand the importance of screening for depression and be able to use a screening instrument in daily clinical work

- **Part 2. Psychotherapeutic and Pharmacological Interventions**

Objectives:

- Describe current evidence based treatments
- Understand risk/benefit analysis of various treatments including risks associated with anti-depressant medication

## OCTOBER

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### **Understanding Eating Disorders**

Robyn Englund, MSW, RSW, Consultant/Family Therapist, Eating Disorders Program, Alberta Health Services; Carolyn Zelt, MSW, RSW, Program Consultant, Eating Disorders Program, Alberta Health Services

Objectives:

- Identify and understand eating disorders
- Understanding change
- Describe treatment strategies for eating disorders

### **Preparing For a Good Assessment**

Heather Good, MSW, RSW, Clinical Consultant, Healthy Minds/Healthy Children Outreach Service; Lindsay Hope-Ross, MSc., R. Psych., Clinical Lead, Healthy Minds/Healthy Children Outreach Service, Alberta Health Services

Objectives:

- Recognize the components of a good assessment
- State how an assessment of a child differs from that of an adult
- Identify different approaches that can be used in assessment
- Describe the components of a mental status exam
- State the components of a good risk assessment
- Describe the role of standardized psychological testing in assessment

## NOVEMBER

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### **When Families Get Pushed to the Edge: Working with Families and Anger**

Sally St. George, PhD., MS, Associate Professor, Faculty of Social Work, University of Calgary; Dan Wulff, PhD, MSW, Associate Professor, Faculty of Social Work, University of Calgary

Objectives

- Conceptualize anger as relational phenomenon or experience
- Utilize conversational strategies to assist families in understanding anger as relational and worthy of the whole family's attention
- Utilize strategies for intervening with families to help them develop alternative ways of responding to stress and frustration rather than with anger

### **Loss and Grief through the Eyes of Children and Adolescents**

Nadine Gariépy-Fisk, MA, RPT, Family Counsellor, Hospice Calgary

Objective:

- To describe the normal course of grief for children and adolescents, including developmental and social factors
- To recognize the symptoms of complicated grief in children and adolescents
- To discuss meaning making and the impact of protective factors in resiliency on grief
- To apply nonverbal intervention methods to explore and express grief as well as to develop a selection of coping strategies