

Geriatric Behavioral Health: Certificate Training Day 1

Caroline Atterton, LCSW

Learning Objectives

- Distinguish between aging successfully and aging with illness
- Describe the role of recovery in successful aging.
- Explain how culture influences the aging process
- Recognize the importance of interdisciplinary collaboration
- Explain the appropriateness of holistic assessments in treating older adults
- Compare symptoms that overlap psychological and physical conditions

Time

Activity

8:30 am – 9:30 am	Introductions and Language of Recovery
9:30 am – 10:45 am	Ageism, Aspects of Aging, EngAging
10:45 am – 11:00 am	Break
11:00 am- 12:00 pm	Assessment of Older Adults
12:00 pm- 1:00 pm	Lunch
1:00 pm – 1:45 pm	Assessment of Older Adults
1:45 pm- 2:15 pm	Impact of Loneliness on Physical and Mental Health
2:15 pm – 2:30 pm	Break
2:30 pm – 3:00 pm	What is Healthy Aging?
3:00 pm – 3:30 pm	“Over 90 and Loving It”
3:30 pm – 4:00 pm	EngAging in Social Participation
4:00 pm – 4:30pm	Feedback, Reflections and Evaluations

Geriatric Behavioral Health: Certificate Training Day 2

Dr. Dara Schwartz, and Kimberly Beckstead LCSW, ADC-II

Module 3 – Dementia Care

Learning Objectives:

As a result of today's training, participants will be able to:

- Explain how Alzheimer's and dementia is impacting San Diego County
- Describe risk factors and protective factors for Alzheimer's and dementia
- Explain the progress and stages of both Alzheimer's and dementia
- Identify signs of dementia and Alzheimer's in adults
- Describe tools and resources available to caregivers

Module 4 – Trauma Informed Care

Learning Objectives:

As a result of today's training, participants will be able to:

- Apply the core principles of Trauma Informed Care in treatment.
- Define trauma and understand its impact on the brain.
- Express understanding of the effects of trauma and its prevalence over the life span.
- Demonstrate an understanding of how to implement trauma informed care with the older adult population.

Time	Activity
8:30 am – 8:45 am	Review of the previous day and e-learning
8:45 am – 10:30 am	Module 3: Dementia Care
10:30 am – 10:45 am	Break
10:45 am – 12:00 pm	Module 3: Continued
12:00 pm – 1:00 pm	Lunch
1:00 pm – 2:30 pm	Module 4: Trauma Informed Care
2:30 pm – 2:45 pm	Break
2:45 pm – 4:00 pm	Module 4: Continued
4:00 pm – 4:30 pm	Reflection, Next meetings assignments and Evaluations

Geriatric Behavioral Health: Certificate Training Day 3

Susan Writer, PhD

Module 4 – Treatment Planning

Learning Objectives:

As a result of today's training, participants will be able to:

- Distinguish how and when to incorporate treatment for Older Adult Clients
- Define and differentiate among empirically based treatment models for Older Adults
- Identify the role of family in the therapeutic process
- Create a treatment plan for an older adult client



Time	Activity
8:30 am – 8:45 am	Review of the previous day
8:45 am – 10:30 am	Trauma & Behavioral Health
10:30 am – 10:45 am	Break
10:45 am – 12:00 pm	De-escalation, Readiness for Treatment & Treatment Goal Development
12:00 pm – 1:00 pm	Lunch
1:00 pm – 2:30 pm	Vignettes, Discussion, Conceptualization & Treatment
2:30 pm – 2:45 pm	Break
2:45 pm – 4:00 pm	Vignettes, Discussion, Conceptualization & Treatment (Cont.)
4:00 pm – 4:30 pm	Closing Discussion

Geriatric Behavioral Health: Certificate Training Day 4

Trainer Name: Susan Writer, PhD.

Learning Objectives

- Distinguish how and when to incorporate treatment for Older Adult Clients
- Define and differentiate among empirically based treatment models for Older Adults
- Identify the role of family in the therapeutic process
- Create a treatment plan for an older adult client

Time	Activity
8:30 am – 10:30 am	Sign-in Partner Exercises Will to Live vs. Value of Life
10:30 am – 10:45 am	Break
10:45 am- 12:00 pm	Age Related Therapy Considerations & Final Vignettes
12:00 pm- 1:00 pm	Lunch
1:00 pm – 2:30 pm	Film: Gen Silent
2:30 pm - 2:45 pm	Break
2:45 pm – 3:15 pm	Film discussion
3:15 pm – 4:30 pm	Graduation and Evaluations