AnnuAl ConferenCe for northeAst regionAl PsyChiAtriC nursing: tides of ChAnge, Currents of ChAllenge

Want a chance to sleep a little later or enjoy a more leisurely breakfast? Take advantage of our early registration opportunity.

THURSDAY, SEPTEMBER 23
Conference Day 1

7:45 am–8:15 am
Registration and Coffee

8:15 am–8:30 am
Welcome and Opening Remarks

8:30 am–10 am
**PSYCHIATRIC MENTAL HEALTH NURSES: CHAMPIONS FOR ADVOCACY**
~Mary Moller, DNP, APRN, PMHCNS-BC, CPRP, FAAN

Advocacy has been defined as the action of advocating, pleading for, supporting a cause or proposal, and the pursuit of influencing outcomes that directly affect people’s current lives. This keynote address will explore the many facets of advocacy that psychiatric nurses are involved with on a daily basis both personally and professionally. Participants will identify opportunities for a personal advocacy plan.

10 am–10:30 am
Room Change Break

10:30 am–12 noon
Choose either A or B

**SESSION A: SCHIZOPHRENIA: THE JIGSAW PUZZLE HAS A FRAME AT LAST**
~Mary Moller, DNP, APRN, PMHCNS-BC, CPRP, FAAN

**SESSION B: SAFE & EFFECTIVE MEDICATION STRATEGIES: GERIATRIC ANXIOUS DEPRESSIONS**
~Eileen Trigoboff, DNS, RN, PMHCNS-BC, DABFN, CIP

12 noon–1:00 pm
Lunch

1:00 pm–2:30 pm
Choose either C or D

**SESSION C: RIGIDITY AND RAGE: DIFFICULT CHALLENGES FOR CHILDREN WITH ASPERGER’S DISORDER**
~Judith Coucouvanis, MA, PMHCNS-BC

**SESSION D: MOOD DISORDERS IN AUTOIMMUNE DISEASE: A MEDICAL-PSYCHIATRIC PERSPECTIVE**
~Brant Oliver, MSN, APRN, MPH

2:30 pm–2:45 pm
Room Change Break

2:45 pm–4:15 pm
Choose either E or F

**SESSION E: AUTISM SPECTRUM: PRESCRIBING ISSUES ACROSS THE LIFESPAN**
~Judith Coucouvanis, MA, PMHCNS-BC

**SESSION F: STALKING: IDENTIFICATION, ACTION, RESOLUTION**
~Eileen Trigoboff, DNS, RN, PMHCNS-BC, DABFN, CIP

4:15 pm–4:45 pm
On Your Own

4:45 pm–6:00 pm
**EVENING PROGRAM: YOGA FOR ALL AGES**
~Laurie Daley, CYT

Participants experience an introduction to techniques that relieve stress and tension, enhance strength and flexibility as well as create a sense of calm and well-being. Please wear comfortable clothes.

FRIDAY, SEPTEMBER 24
Conference Day 2

8:00 am–9:30 am
**PLENARY: COMPASSION FATIGUE: THE RISK OF CARING TOO MUCH**
~Donna White, PhD, RN, CS, CADC-II, LADC-I

Research demonstrates how caretaking behaviors in the nursing professional can increase the risk of stressors that may lead to Compassion Fatigue. This session will discuss methodologies to identify patterns of Compassion Fatigue and strategies to promote wellness, recovery and a renewed sense of identity as a caring professional.

10:00 am–11:30 am
Choose either G or H

**SESSION G: BIPOLAR DISORDER IN CHILDREN: A PSYCHOPHARM**
~Jodi Carner-Higgins, MS, CS, ARNP

**SESSION H: GETTING UNSTUCK: ROLE OF FORGIVENESS IN THE WORK PLACE**
~James Biernat, MA, RN

11:30 am–12:30 pm
Lunch

12:30 pm–2:00 pm
Choose either I or J

**SESSION I: IMPACT AND CONSEQUENCES OF SOCIAL NETWORKING IN PROFESSIONAL PRACTICE**
~Rebecca Blair, MS, ATS, SPHR

**SESSION J: ADDICTIVE DISORDERS: TREATING COMPLEX AND CHRONIC DISEASE STATES**
~Donna White, PhD, RN, CS, CADAC-II, LADC-I

2:00 pm–2:15 pm
Room Change Break

2:15 pm–4:15 pm
Choose either E or F

**SESSION E: AUTISM SPECTRUM: PRESCRIBING ISSUES ACROSS THE LIFESPAN**
~Judith Coucouvanis, MA, PMHCNS-BC

**SESSION F: STALKING: IDENTIFICATION, ACTION, RESOLUTION**
~Eileen Trigoboff, DNS, RN, PMHCNS-BC, DABFN, CIP

3:15 pm–3:30 pm
**EVALUATIONS AND DEPARTURES**

For more detailed descriptions of concurrent sessions, visit our Web site: www.Anselm.edu/CNE
**DISTINGUISHED FACULTY**

James Biernat, MA, RN, Nursing Director of Psychiatry, Dartmouth-Hitchcock Medical Center, Lebanon, NH  
Rebecca Blair, MS, MTS, SPHR, VP Human Resources, Faulkner Hospital, Boston, MA  
Jodi Carner-Higgins, MS, CS, ARNP, Elliot Behavioral Health Services, Manchester, NH  
Judith Coucouvanis, MA, PMHCNS-BC, University of Michigan, Department of Psychiatry, Child and Adolescent Section, Ann Arbor, MI  
Laurie Daley, CYT, LVcyt, Stress Reduction Specialist, Yoga Trainer, Amherst, NH  
Mary D. Moller, DNP, APRN, PMHCNS-BC, CPRP, FAAN, President of APNA, Associate Professor, Specialty Director-Psychiatric Mental Health Nursing, Yale University School of Nursing, New Haven, CT  
Brant Oliver, MSN, APRN, MPH, Instructor in Neurology, Dartmouth Medical School, Director of Evaluative Sciences Research, MS Center at Dartmouth, Dartmouth Hitchcock Medical Center, Lebanon, NH  
Carol Picard, PhD, APRN-BC, President, Carol Picard Associates  
Eileen Trigoboff, DNS, RN, PMHCNS-BC, DABFN, CIP, Director, Program Evaluation, Buffalo Psychiatric Center, Buffalo, NY  
Donna M. White, PhD, RN, CS, CADAC-II, LADC-I, Board Certified Expert in Traumatic Stress, Addiction Specialist, Lemuel Shattuck Hospital

**Saint Anselm College is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.**

**GENERAL INFORMATION**

**LOCATION:** The Colony Hotel, Kennebunkport, Maine. This 1914 Grand Oceanfront hotel is included in the National Trust’s Historic Hotels of America. Spectacularly situated on the rock promontory overlooking the Atlantic Ocean and the mouth of the Kennebunk River, it has a heated saltwater swimming pool, private, safe, surf beach, and gorgeous organic gardens. It’s located within walking distance (1 mile) of the charming village of Kennebunkport.  
A block of overnight rooms have been reserved at the special conference rate of $119 garden side, $189 ocean side per night single or double occupancy with 7 percent tax includes a full breakfast.  
When making reservations, inform the hotel that you are attending the Northeast Regional Psychiatric Conference sponsored by Saint Anselm College. Overnight room reservation deadline: Rooms will be held until 8/8/2010. Thereafter, rooms and group rate may no longer be available. For additional information and directions, please call The Colony Hotel at 800-552-2363 or visit their website: www.thecolonyhotel.com  
**GROUP DISCOUNT:** If five or more people from the same agency register at the same time for the same conference, you may deduct 10%. Mailed registrations must arrive in the same envelope. Faxed registrations must arrive together. Not combinable with Early Registration Discount.  
**EARLY REGISTRATION DISCOUNT:** In order to receive Early Registration Discount, payment in the form of a check, Visa, or MasterCard must accompany registration form and be in our office by 8/24/2010. All payments must be received by the start of the conference or a personal check/cash/credit card will be necessary to attend. Not combinable with Group Discount.  
**CANCELLATION/REFUND POLICY:** Registrants who are not able to attend or send a substitute can obtain a refund of registration fees, minus a $60 processing fee. A written request must be received by 9/8/2010. REFUNDS WILL NOT BE ISSUED AFTER THIS DATE. NO EXCEPTIONS. 
**CONFIRMATIONS:** Your confirmation will be emailed to you. Since some concurrent sessions will be limited in size, early registration is advised.  
**TAPING** is not allowed.  
**CONTACT HOURS:** This 2 day conference carries a maximum of 12.5 contact hours.  
**MORE INFORMATION / SPECIAL NEEDS:** For more information or if you have a special need, please call 603-641-7086. You may also visit www.anselm.edu/cne.  
**TARGET AUDIENCE:** This conference is ideal for advanced practice nurses, such as nurse practitioners, clinical nurse specialists, and clinical educators, as well as RNs and LPNs and other health care professionals who practice in various mental health settings.

Conference rooms are located in two separate buildings and will require walking outside between some sessions. Ocean-side temperatures may vary greatly in the fall. Please bring appropriate outerwear, an umbrella, and layer clothing to assure comfort.
15TH Annual Conference for Northeast Regional Psychiatric Nursing
September 23-24, 2010 at The Colony Hotel, Kennebunkport, Maine
REGISTER EARLY • CONFERENCE SPACE LIMITED • DO NOT MAIL THIS FORM TO THE COLONY HOTEL

Name (Please print clearly or type) ____________________________________________________________

Credentials __________________________________________ Phone (         ) ____________________

Home Address ____________________________________________________________ Zip (Essential) __________

City & State ____________________________________________________________

☐ Check to receive CNE Newsletters by email. Your email address will not be sold or given to any third party.

Email (required for confirmation) ____________________________________________________________

Employing Agency ____________________________________________________________

Address __________________________________________ Phone (         ) ____________________

City & State ____________________________________________________________ Zip (Essential) __________

CONFERECE FEE

| 2-Day Conference: Sept 23 and Sept 24 | Early Registration before 8/24 | $375 | | Regular Registration after 8/24 | $410 | | Special Student & Retired Nurse Rate Early reg.—before 8/24 | $275 | | Special Student & Retired Nurse Rate Regular reg.—after 8/24 | $310 |
| Single Day (circle 1): Sept 23 or Sept 24 | $195 | | $205 | | $145 | | $155 |

COMPANION FEES FOR THURSDAY’S LUNCH: ____ number of tickets ($25 per guest) for my companion(s)

COMPANION FEES FOR FRIDAY’S LUNCH: ____ number of tickets ($25 per guest) for my companion(s)

Method of Payment: ☐ Check enclosed made payable to Saint Anselm College in the amount of $

I authorize the use of my credit card: ☐ VISA ☐ MASTERCARD ☐ DISCOVER Account# __________________________

Amount Authorized: $ __________________________ Exp. Date __________ Signature __________________________

For more information, please visit our website: www.anselm.edu/cne
15th Annual Conference for Northeast Regional Psychiatric Nursing

September 23-24, 2010

Kennebunkport, Maine

The Colony Hotel
To be held at

Tides of Change, Currents of Challenge

Sponsored by:

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