



## REGISTRATION

Name \_\_\_\_\_

Title/Discipline \_\_\_\_\_

Employer/School \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

License ID# (for CEU's) \_\_\_\_\_

General (deadline Sept. 8) \$70

After Sept. 8<sup>th</sup> or at the door \$75

Full-time student (with ID) \$30

Senior (over 55) \$20

**Fee includes:** Course materials, continental breakfast and boxed lunch. Please check here if you would like a vegetarian lunch.

### PAYMENT METHODS

Enclosed is my check/money order made payable to NAMI San Diego:

Mail to: NAMI San Diego  
4480 30<sup>th</sup> Street  
San Diego, CA 92116

**OR**

Please charge to the following account:

Card # \_\_\_\_\_ Exp: \_\_/ \_\_

Cardholder's Name \_\_\_\_\_

Fax completed registration form to NAMI San Diego:

Fax: (619) 584-5569

**Registration fee is not refundable if cancellation is received after Sept. 8th**

## DIRECTIONS TO UCSD MEDICAL CENTER IN HILLCREST

Take Interstate 8 to 163 South toward downtown. Exit 163 at Washington Street West. Follow Washington to 1<sup>st</sup> Avenue; turn right on 1<sup>st</sup>. Turn left onto W. Arbor Drive. Continue on W. Arbor Drive - main entrance of hospital is on your right, the, parking structure is straight ahead.

### ARBOR DRIVE PARKING STRUCTURE

#### ***Come early – parking is at a premium***

Use levels 1-7. Note the stall number you are parked in and deposit \$1 per hour, up to 8 maximum per day, into the pay station at the north end of each level. Do not park in reserved spaces. Pay stations accept Visa, MasterCard and cash, and do not dispense change.

### AUDITORIUM

From the parking structure, walk back to the main entrance of the hospital. Ask for directions at the Information Desk in the Lobby

*For further information contact:  
Sally Shepherd - 619-659-9160  
Shannon Jaccard - 619-584-5564x311*

The mission of the Senior Mental Health Partnership is to improve the quality of life for older adults in the diverse communities of San Diego County by addressing the issues of mental health and substance use through education and advocacy.



## SENIOR MENTAL HEALTH PARTNERSHIP

*A program of NAMI San Diego*

Presents

# POST-TRAUMATIC STRESS DISORDER IN OLDER ADULTS & VETERANS

Friday, September 12<sup>th</sup>,

2008

8:00AM – 4:00PM

UCSD Medical Center  
(Hillcrest)

200 W. Arbor Drive  
San Diego, CA 92103

We would like to thank our co-sponsors  
The VA Center for Excellence for Stress and Mental Health, the Department of Geriatric Psychiatry, UCSD and  
Sharp Mesa Vista Hospital

## Learning Objectives

- Participants will be able to describe the most common signs and symptoms of PTSD in young combat veterans.
- Participants will be able to present an overview of the causes and symptoms of PTSD as they present in older adults, including prevalence rates, assessment issues, and treatment options based in part on a review of original data from a psychotherapy study of older male veterans with PTSD.
- Participants will be able to describe the link between PTSD and non-combat-related life-threatening conditions which can cause or exacerbate PTSD, such as myocardial infarction, severe burns, severe injuries, and cancer.
- Participants will be able to list psychiatric co-morbidities that may present in conjunction with PTSD.
- Participants will be able to describe the co-occurrence of pain and PTSD.
- Participants will be able to describe evidence-based forms of psychotherapy which may be used in the treatment of PTSD.
- Participants will be able to describe mechanisms of action and efficacy of the most current pharmacological interventions used to treat PTSD.
- Participants will be able to underscore the physical and mental health consequences of failing to identify and treat PTSD.

## Conference Schedule

- 8:00 Registration & Continental Breakfast
- 8:20 Welcome
- 8:30 Film: **A Soldier's Heart – Frontline**
- 9:30 **Introduction & Overview of the Causes and symptoms of PTSD as they present in Older Adults**  
Steven Thorp, Ph.D.
- 10:15 Break
- 10:30 **Pharmacological treatment of PTSD**  
Rene Endow-Eyer, PharmD, BCPP
- 11:30 **The History and Evolution of Combat Stress**  
Jeffrey L. Matloff, Ph.D.
- 12:30 Lunch
- 1:30 **PTSD and Pain**  
Niloo Afari, Ph.D.
- 2:15 **Psychiatric Co-morbidities in PTSD**  
Laurie Lindamer, Ph.D.
- 3:00 **Identifying Older Adults with PTSD**  
Julie Wetherell, Ph.D.
- 3:45 Evaluation and Post-test

**Sharp Mesa Vista Hospital is an approved provider for CEU's for the following professionals:**

*MFT/LCSW (PCE 312) & RN/LVN/LPY (0070): 6 CEU*

*Sharp Mesa Vista Hospital is approved by the MCEP Accrediting Agency to offer mandatory continuing education for psychologists and maintains sole responsibility for the program. California Psychologists 6 CEU (MES-005) (submitted to MCEPAA for approval).*

## Featured Speakers

**NILOO AFARI, PhD** Assistant Adjunct Professor of Psychiatry and staff psychologist in the VASDHS Behavioral Medicine service as well as the Associate Director of the Clinical Health and Neurosciences Unit of the VA Center for Excellence for Stress and Mental Health

**Rene Endow-Eyer, PharmD, BCPP** is a Psychiatry clinical Pharmacy Specialist in the VA San Diego Health System

**Laurie Lindamer, Ph.D.**, is Assistant Professor of Psychiatry and Assistant Director of the VA is Center San Diego's Center for Excellence in Stress and Mental Health.

**Jeffrey L. Matloff, Ph.D.** is Assistant Clinical Professor of Psychiatry at the UCSD School of Medicine; and Clinical Director of the Post-Traumatic Stress Disorder Program

**Steven Thorp, Ph.D.**, is assistant Professor of Psychiatry at the UCSD School of Medicine and the Program Director of the Post-Traumatic Stress Disorders Clinical Team at the VA San Diego Healthcare System. He also serves as the Associate Chief of the Psychotherapy Unit in the Center of Excellence for Stress and Mental Health.

**Julie Wetherell, Ph.D.** is Associate Professor of Psychiatry at the UCSD School of Medicine and Staff Psychologist in the VA San Diego Healthcare System Home Based Primary Care Program\*\*

The program will also include a very brief presentation on benefits for individuals with PTSD. The presentation will be given by Yolanda York, Director of Public Affairs for Social Security, San Diego. Print materials will also be available.