

FIRST FRIDAY FORUM

Friday, May 6, 2016

Craig Sawchuk, Ph.D., L.P.

POPULATION-BASED APPROACHES TO MANAGING ANXIETY DISORDERS

Registration: 8:30 – 9:00 a.m.

Program: 9:00 a.m. – 12 p.m.

Location: Metropolitan State University,
St. Paul Campus Auditorium
700 E. Seventh St., St. Paul, MN 55106

About the Program:

This program qualifies for 3.0 continuing education credits.

Anxiety disorders are common, costly, yet treatable conditions that frequently present in primary care. Anxiety disorders are associated with increased risk for unhealthy behaviors (e.g., nicotine use, alcohol use, sedentary lifestyle), and in turn, associated with greater risk for developing chronic diseases (e.g., cardiovascular disease, diabetes). Unrecognized and untreated anxiety disorders often complicates disease management and escalates health care expenditures.

Although evidence-based treatments for anxiety disorders are available, multiple barriers to their timely access exist. This program's purpose is to highlight new developments in the dissemination of evidence-based treatments for anxiety disorders, with a particular emphasis on improving access for anxiety disorders within the primary care setting. This presentation is at the intermediate level and is designed for psychologists and other mental health providers.

Participants will:

1. Explain five guiding principles of population-based treatments for anxiety disorders.
2. Utilize the evidence-based treatment principles and guidelines for managing clinical anxiety.
3. Describe the main findings from programs designed to treat anxiety disorders at a population-based level.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About the Presenter:

Craig Sawchuk, Ph.D., L.P., is a clinical psychologist, associate professor, and vice-chair with the Division of Integrated Behavioral Health at Mayo Clinic, Rochester. His primary areas of clinical expertise are in cognitive behavioral therapy for anxiety disorders, and the intersection between physical and mental health. His research interests include the dissemination of evidence-based models of care for anxiety and depression in primary care settings, and developing population-based models for mental health conditions in primary care. He serves as a consultant with the British Medical Journal in developing online, evidence-based evaluation and management resources for anxiety. He is the author of over 60 peer reviewed publications and is a past recipient of a New Investigator Award with the National Institute of Health, Health Services Division. Dr. Sawchuk received his Ph.D. in clinical psychology from the University of Arkansas.

About First Friday Forums:

Friday Forums cosponsored with Metropolitan State University Psychology Department

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952.564.3048.



MPA First Friday Forum • May 6, 2016

Note lower registration fees for 2016!

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

E-mail: _____

Phone: _____ Please check: Home Work Fax: _____

If you register **by** April 22 select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** April 22, select the **Regular Registration** Fee: MPA member: **\$55** Non-member: **\$75** Student: **\$25**

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number _____ Exp. date _____ Security Code _____

Cardholder Name (print) _____

Cardholder Signature _____

Credit card billing address: Same as above

Address: _____

City/State/Zip _____

Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

Return To:

Minnesota Psychological Association

5353 Wayzata Blvd. Suite 350

Minneapolis, MN 55416

P: 952.564.3048 • F: 952.252.8096



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LOCATION: Metropolitan State St. Paul Campus Auditorium

Directions

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)
These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

Handicapped-accessible parking

Handicapped-accessible parking is readily available in the parking lots adjacent to the St. Paul Campus.

