

SEMINAR TOPICS

Anxiety Disorders - This seminar presents a review of the diagnosis and treatments of the major anxiety disorders. In addition, I provide information on the etiology and epidemiology of anxiety. Talks can also be arranged on specific disorders like panic disorder, obsessive compulsive disorder, phobias and generalized anxiety. This can be a 1-6 hour presentation.

Depression – This talk explores diagnosis and treatments for major depression. It discusses both non-pharmacological and pharmacological interventions. The talk can also focus on depression conditions specific to women's health such as post-partum depression and pre-menstrual dysphoric disorder. This can be a 1-2 hour presentation.

Headaches – This talk discusses both non-pharmacological and pharmacological interventions for preventing and controlling headaches. It is geared for a professional audience working with patients who are coping with chronic headaches. This can be a 1-2 hour presentation.

Pain Management - This seminar focuses on the issues needed to assess and treat pain based on the standards established by JCAHO. It looks at the role of pharmacological, psychological, physical and non-traditional methods of treatment for chronic pain conditions. Other modules focus on understanding pain, issues unique to pediatric pain, controversies over the use of chronic narcotic therapies, the placebo effect, and managing acute pain conditions. This can be a 1-6 hour presentation.

Psychological Factors in Diabetes - This talk can be focused for either the mental health professional who wants to understand diabetes or the diabetes professional who wants a greater understanding of mental health issues. The talk deals with the role of depression, anxiety and eating disorders on diabetes as well as looking at adherence to the medical regimen. This can be a 1-2 hour presentation.

Sleep Disorders - This seminar presents information on the causes and treatments of the major dyssomnias and parasomnias. The primary focus is on insomnia but information is also presented on circadian rhythm disorders, sleepwalking and night terrors. This can be a 1-2 hour presentation.