



**UPMC** | University of Pittsburgh  
Medical Center

Western Psychiatric Institute and Clinic  
of UPMC Presbyterian Shadyside  
Office of Education and Regional Programming

University of Pittsburgh School of Medicine  
Center for Continuing Education in the Health Sciences

**September-  
November  
2018**

## **Videoconference Series**

**Fayette County Behavioral Health Administration**  
215 Jacob Murphy Lane  
Uniontown, PA 15401  
(724) 430-1370

~~September 26, 2018~~ **October 17, 2018**

- **Cognitive Enhancement Therapy for Adults with Autism Spectrum Disorder**

**November 28, 2018**

- **Cognitive Behavior Therapy Overview**

### **Programs Available at Other Participating Sites**

- **Music Therapy Overview and Clinical Uses in Mental Health (10/24/2018)**

**To register, please complete the attached registration form.**

## Cognitive Enhancement Therapy for Adults with Autism Spectrum Disorder

~~September 26, 2018~~ **October 17, 2018**

1 to 3 p.m.

Course Code: T338

### Presenter:

**Shaun M. Eack, PhD**

**David E. Epperson Professor of Social Work and Professor of Psychiatry**

**School of Social Work and Department of Psychiatry**

**University of Pittsburgh**

**Pittsburgh, Pennsylvania**

### Program Description:

This session will introduce a new psychosocial treatment approach for adults with autism spectrum disorder, Cognitive Enhancement Therapy. Information on the rationale and development of this treatment approach will be presented, along with emerging data from ongoing feasibility and clinical trial studies in adults with autism. Attendees will learn about the practice of cognitive remediation and its general principles and applications, as well as its use in adult autism with Cognitive Enhancement Therapy. Emerging efficacy data will be presented on the impact of this treatment approach on cognition, the brain, and adaptive function. Finally, future directions for developing and implementing treatments to help individuals with autism succeed in adulthood will be discussed.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Identify major gaps in the treatment of adults with autism spectrum disorder.
- Describe the practice of cognitive remediation and its application to adult autism using Cognitive Enhancement Therapy.
- Evaluate the emerging evidence surrounding the potential benefits of cognitive remediation in the treatment of adult autism.

### Target Audience:

This is an intermediate program intended for physicians, psychologists, social workers, nurses, counselors, therapists and other clinicians working in mental health settings.

### Continuing Education Credits:

CADC – 2.0	CME – 2.0	General CEU – 0.2
LSW/LCSW/LPC/LMFT – 2.0	NCC – 2.0	Psychologist – 2.0

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

### Tuition:

This program is free of charge.

To register, please complete the attached registration form.

If you have questions, please contact: Nicole Fijalkovic (724) 430-1370 Email: [video@fcbha.org](mailto:video@fcbha.org)

## Music Therapy Overview and Clinical Uses in Mental Health

October 24, 2018

1 to 3 p.m.

Course Code: T339

### Presenters:

#### Phil Mauskapf, MS, MT-BC

Music Therapist  
Creative & Expressive Arts Therapy (CEAT)  
Western Psychiatric Institute and Clinic of UPMC

#### Robert Miller, MS, MT-BC

Music Therapist and Program Coordinator  
Creative & Expressive Arts Therapy Program (CEAT)  
Fellow of the Association of Music and Imagery  
Music Therapy Internship Director  
Western Psychiatric Institute and Clinic of UPMC

### Program Description:

Music is a powerful tool that connects us all. It is all around us, from the radio and television to advertising and educational settings. Music therapy utilizes our connection with music and the relationships it brings in the therapeutic process. Participating in music therapy helps individuals to express themselves, build increased self-awareness and self-image, learn and practice new skills, and connect with others in a meaningful way, both verbally and non-verbally.

This presentation will provide an overview of the field of music therapy while also focusing on its presence and use in the behavioral health setting. The two presenters will discuss their approaches to music therapy, providing case examples and experiences geared toward understanding the principles of music therapy. We will discuss the differences between music therapy and other music-based interventions in the treatment setting and explore safe and appropriate uses of music with clients..

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Define music therapy and identify differences between music therapy and music as therapy.
- Identify individual skills to look for in music therapists to find appropriate professionals in various settings.
- Describe the benefits of having music therapy as part of mental health services.

### Target Audience:

This is an introductory program intended for physicians, psychologists, social workers, nurses, counselors, therapists and other clinicians working in mental health settings.

### Continuing Education Credits:

CADC – 2.0	CME – 2.0	General CEU – 0.2
LSW/LCSW/LPC/LMFT – 2.0	NCC – 2.0	Psychologist – 2.0

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### Tuition:

This program is free of charge.

**Fayette County Behavioral Health Administration  
will not be a participating site for this videoconference.  
Please check here for another site location. [Participating Sites](#)**

## Cognitive Behavior Therapy Overview

November 28, 2018  
1 to 3 p.m.  
Course Code: T340

### Presenter:

**Barbara Baumann, PhD**

Clinical and Developmental Psychologist  
Research Instructor, Psychiatry  
National AF-CBT Trainer and Consultant  
Western Psychiatric Institute and Clinic  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### Program Description:

Cognitive Behavioral Therapy (CBT) is a form of psychotherapy that emphasizes the important role of thinking in how we feel and what we do. It has been found to be effective for many different disorders and for clients of varying ages and referral issues. This program will present an overview of the CBT model and its application to children, adolescents, and adults.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- Describe the relationship between thoughts, feelings, and behaviors in a CBT model.
- Differentiate between helpful and unhelpful cognitions.
- Determine how aspects of CBT may be incorporated into practice.

### Target Audience:

This is an introductory program intended for physicians, psychologists, social workers, nurses, counselors, therapists and other clinicians working in mental health settings.

### Continuing Education Credits:

CADC – 2.0	CME – 2.0	General CEU – 0.2
LSW/LCSW/LPC/LMFT – 2.0	NCC – 2.0	Psychologist – 2.0

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEU's) which are equal to 2.0 contact hours.

### Tuition:

This program is free of charge.

To register, please complete the attached registration form.  
If you have questions, please contact: Nicole Fijalkovic (724) 430-1370 Email: [video@fcbha.org](mailto:video@fcbha.org)

## Continuing Education Credit

Each program is offered for the designated number of continuing education credits

### PHYSICIANS: CME

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates these educational activities for a maximum number of *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity.

### CERTIFIED ADDICTION COUNSELORS: CADC

Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.



### COUNSELORS: NCC

Western Psychiatric Institute and Clinic is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

### PSYCHOLOGISTS

Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for these programs and their contents.

### LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT

The indicated number of clock hours of continuing education is provided through Western Psychiatric Institute and Clinic of UPMC's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For more information, call (412) 204-9085.

### MENTAL HEALTH PROFESSIONALS: CEU

Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

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