

- All seminars are from 9:00 am-12:30 pm
- Continental Breakfast and Registration from 8:30-9:00 am
- All seminars are worth 3 Continuing Education Units (CEUs)
- All seminars are held at the Interact for Health (formerly Health Foundation of Greater Cincinnati Conference Center in the Rookwood Tower)

**3805 Edwards Road, Suite 500 (5th Floor)  
Cincinnati, OH 45209**

**Directions:**

From I-71 North:

Take I-71 North to Exit 6 (State Route 561/Smith Road/Edwards Road). Take a right at the end of the ramp. The garage entrance for Rookwood Tower is on the right, after J. Alexander's and the entrance to Rookwood Commons.

From I-71 South:

Take I-71 South to Exit 6 (State Route 561/Smith Road/Edwards Road). Turn right at the end of the ramp. Take the first left onto Smith Road (this will become Edmondson Road just before the overpass). The garage entrance for Rookwood Tower is on the right, after J. Alexander's and the entrance to Rookwood Commons.

From I-75 North or I-75 South:

Take State Route 562 East via Exit 7 towards Norwood. Merge onto I-71 South, then follow above directions from I-71 South.

**Continuing Education Credit Available:**

- **Social Workers:** Approved for 3 CEUs; Provider #RCS059702.
- **Counselors:** Approved for 3 CEUs; Provider #RCS059702.
- **Nurses:** A continuing education activity that has been approved by other licensing boards will be accepted by the Ohio Board of Nursing for all nurses in the State of Ohio. You may use this continuing education to meet your licensure requirement.
- **Nursing Home Administrators:** 3 CEUs pending approval (We are a limited provider.) Application has been sent to BENHA.
- **Teachers:** You must take the seminar to your Local Professional Development Committee (LPDC) for credit approval.
- **Ohio Department of Developmental Disabilities:** 3 CPDUs pending approval. Application has been sent.

**“How to Manage Perfectionism”**

Thursday, January 29 2015

Speaker: Charles F. Brady, PhD, ABPP, Psychologist, Lindner Center of HOPE

**About the Seminar:** In today’s world, individuals are bombarded with explicit and implicit messages that seem to tell them that they need to be the perfect spouse, parent, employee and friend as well as have the perfectly clean house, perfectly organized garage, perfectly in shape body, and perfectly healthy eating and sleeping habits. Although logically many realize that perfectionism is not achievable, they often find themselves suffering needlessly due to the anxiety that fuels perfectionistic expectations. Dr. Brady’s presentation will address the various types of perfectionistic traps that exist. In this presentation, individuals will learn to better identify unhealthy perfectionistic beliefs and learn ways on how to weaken the hold that these beliefs may have on them. The connection between perfectionistic tendencies and their roots in anxiety will be

**“ADHD through the Age Spectrum”**

Thursday, February 26, 2015

Speaker: Paul R. Crosby, MD, Director, Lindner Center of HOPE, Division of Child and Adolescent Services and Center for Attentional Disorders

**About the Seminar:** Attention Deficit Hyperactivity Disorder is a common, underdiagnosed, undertreated, and often misunderstood neurodevelopmental disorder. This presentation will include a discussion of how this disorder impacts a patient throughout their life. Inheritance, presenting symptoms, diagnosis, and treatment will also be discussed. The objectives of this presentation are: Attendees will be able to describe ADHD in childhood and adulthood; Attendees will be able to outline the personal and societal effects of this disorder; Attendees will be able to discuss treatment.

**“Side-Effects of Psychotropic Medications”**

Thursday, March 26, 2015

Speaker: Mary Jo Pollock, MSN, CNS, Advanced Practice Nurse, Lindner Center of HOPE

**About the Seminar:** Psychotropic medications are used to treat the symptoms of mental health disorders such as depression, anxiety disorders, bipolar disorder, and schizophrenia. With the help of these medications, many people lead more fulfilling lives. As with any medication, side effects can occur. This seminar will discuss most common side effects of specific medications and factors influencing a person’s response to the medication.

**“Personality Types: A Look at understanding Ourselves and Others”**

Thursday, April 30, 2015

Speaker: Karen Amend, MA, CET

**About the Seminar:** The first step to understanding others and creating more fulfilling relationships is becoming aware of how we and others view life. This seminar will introduce participants to a profile of nine different personality types with the goal of discovering our own type so we can understand ourselves and others. This seminar will discuss the nine personality types and the three centers of knowing. Participants will leave this seminar with a better understanding of personality types and how they affect the way we think, feel and react to others, as well as how others react to us.

**“When Nothing Else Seems to Work: The Promise of Neurofeedback”**

May 28, 2015

Speaker: Dr. Kirk D. Little, Psy.D, Board Certified in Neurofeedback (BCIA-EEG E-4907), resident-Elect: International Society for Neurofeedback & Research President: Brain Injury Alliance of Kentucky (NKY Branch)

**About the Seminar:** Sometimes patients in our practices are slow to learn and change, or seem stuck in harmful, self defeating patterns that are resistant to our best therapeutic efforts. These more challenging patients may have hidden neurological problems that make it difficult for them to acquire new ways of thinking and behaving. Problems with AD/HD, Learning Disabilities, Mild Traumatic Brain Injury, Migraines or subclinical seizures are just a few of the possible problems that might be interfering with the effectiveness of traditional medical and psychotherapeutic approaches. QEEG-guided Neurofeedback uses a brain-based operant conditioning paradigm to harness the brain’s natural power to modify itself in response to new learning. Dr. Little will describe and demonstrate how QEEG brain mapping can show us the underlying neurophysiological problems of our most difficult to treat patients. He will also describe and demonstrate how Neurofeedback helps those patients who are stuck in their treatment to modify the functioning of their own brains for reduced symptoms and improved well-being.

**“Depression: It’s More than Just the Blues”**

Thursday, June 18, 2015

Speaker: Scott Osterfeld, MS, Coordinator of Community Outreach and Engagement, Butler County Board of Developmental Disabilities

**About the Seminar:** This presentation will provide participants with an understanding of the various forms of depression, causes, myths, and misunderstandings. Strategies for treatment and coping skills shall also be discussed including psychotherapy, self-care, cognitive-behavioral interventions, and medication.

### Cancellation and Payment

Cancellation must occur at least 3 days before a workshop to receive a full refund. After that, if you are unable to attend, you will receive a credit good for a future workshop within the next seminar series, as long as you call by the same day as the seminar. In the event that a workshop is cancelled by the Epilepsy Foundation, you will receive a full refund or credit for a future workshop, whichever you desire. Payment is due prior to each seminar. Certificates will not be given until full payment is received.

### Fees

Registration fee includes education, CEU certificate, continental breakfast and all program materials. All seminars are \$55.00 and qualify for 3 CEUs. If you register and pay for 3 seminars by 1/23/15, you receive a 21% discount. (\$130/3). If you register and pay for 6 seminars by 1/23/15, you receive a 30% discount. (\$230/6).

**Registration Deadlines:** Please register at least 1 week before a seminar!

**Registration Form:** Register by:

How to Manage Perfectionism	1/22/15
ADHD through the Age Spectrum	2/26/15
Side-Effects of Psychotropic Medications	3/26/15
Personality Types: A look into Understanding Ourselves and Others	4/30/15
When Nothing Else Seems to Work: The Promise of Neurofeedback	5/28/15
Depression: It's More than Just the Blues	6/18/15

I would like to attend:

- How to Manage Perfectionism on 01/29/15
- ADHD through the Age Spectrum on 02/26/15
- Side-Effects of Psychotropic Medications on 3/26/15
- Personality Types: A Look into Understanding Ourselves and Others on 4/30/15
- When Nothing Else Seems to Work: The Promise of Neurofeedback on 5/28/15
- Depression: It's more than just the Blues on 6/18/15

**Total Due:** \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Professional License Number: \_\_\_\_\_

**Make check payable & mail to:**

**Epilepsy Foundation of Greater Cincinnati and Columbus**  
895 Central Ave., Suite 550  
Cincinnati, OH 45202

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Cincinnati, OH 45202

## The Epilepsy Foundation of Greater Cincinnati and Columbus Seminars:

**“How to Manage Perfectionism”**  
*Thursday, January 29, 2015*

**“ADHD through the Age Spectrum”**  
*Thursday, February 26, 2015*

**“Side-Effects of Psychotropic Medications”**  
*Thursday, March 26, 2015*

**“Personality Types: A Look into Understanding Ourselves and Others”**  
*Thursday, April 30<sup>th</sup>, 2015*

**“When Nothing Else Seems to Work: The Promise of Neurofeedback”**  
*Thursday, May 28, 2015*

**“Depression: It's more than just the Blues”**  
*Thursday, June 18<sup>h</sup>, 2015*

Seminar Location:

The Health Foundation of Greater Cincinnati Conference Center,  
5th Floor  
(in the Rookwood Tower)

For directions: [www.healthfoundation.org](http://www.healthfoundation.org)

\*Please note: In the event of inclement weather, please be aware that The Health Foundation Conference Center is subject to closure. Please call the announcement line (513) 458-6627 the morning of the event if the weather and road conditions are questionable.